

# THE IRISH POWERLIFTING FEDERATION OCTOBER OPEN 2018



20-21 OCTOBER 2018  
HOSTED BY ABS POWERLIFTING & UCC POWERLIFTING

## MARK COSGROVE

BODYWEIGHT: 87.4KG  
WEIGHT CLASS: 93  
O'BRIEN FITNESS

SQUAT  
**195.0 KG**

BENCH PRESS  
**137.5 KG**

DEADLIFT  
**232.5 KG**

TOTAL  
**565.0 KG**

Rob Burke  
President

