

# THE IRISH POWERLIFTING FEDERATION

## OCTOBER OPEN 2018



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

## REBECCA NOLAN

BODYWEIGHT: 54.2KG  
WEIGHT CLASS: 57  
REVOLUTION FITNESS

SQUAT  
**85.0 KG**

BENCH PRESS  
**52.5 KG**

DEADLIFT  
**112.5 KG**

TOTAL  
**250.0 KG**

Rob Burke  
President

