

# THE IRISH POWERLIFTING FEDERATION

## OCTOBER OPEN 2018



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

## CONOR BOND

BODYWEIGHT: 90.4KG

WEIGHT CLASS: 93

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SQUAT  
**182.5 KG**

BENCH PRESS  
**112.5 KG**

DEADLIFT  
**215.0 KG**

TOTAL  
**510.0 KG**

Rob Burke  
President

