

THE IRISH POWERLIFTING FEDERATION

OCTOBER OPEN 2018



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

CONOR DOWLING

BODYWEIGHT: 89.2KG
WEIGHT CLASS: 93
KINETIC TRAINING SYSTEMS

SQUAT
142.5 KG

BENCH PRESS
95.0 KG

DEADLIFT
182.5 KG

TOTAL
420.0 KG

Rob Burke
President

