THE IRISH POWERLIFTING FEDERATION
JUNIORS & MASTERS NATIONAL CHAMPIONSHIPS 2018

3-4 NOVEMBER 2018
HOSTED BY REVOLUTION FITNESS

LORNA O'BRIEN

DUBLIN STRENGTH & CONDITIONING
WEIGHT CLASS: 84KG / AGE CLASS: F-M1

SQUAT	BENCH PRESS	DEADLIFT
122.5 KG	67.5 KG	140.0 KG

TOTAL

330.0 KG

4-F-O-84-PL

Rob Burke
President