

THE IRISH POWERLIFTING FEDERATION JUNIORS & MASTERS NATIONAL CHAMPIONSHIPS 2018



3-4 NOVEMBER 2018
HOSTED BY REVOLUTION FITNESS

ORLA O'SHEA

A.B.S. POWERLIFTING
WEIGHT CLASS: 63KG / AGE CLASS: F-M1

SQUAT
97.5 KG

BENCH PRESS
57.5 KG

DEADLIFT
135.0 KG

TOTAL
290.0 KG

5-F-0-63-PL



Rob Burke
President

