

THE IRISH POWERLIFTING FEDERATION JUNIORS & MASTERS NATIONAL CHAMPIONSHIPS 2018



3-4 NOVEMBER 2018
HOSTED BY REVOLUTION FITNESS

JOHN O'DWYER

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WEIGHT CLASS: 120+KG / AGE CLASS: M-M3

SQUAT
150.0 KG

BENCH PRESS
167.5 KG

DEADLIFT
150.0 KG

TOTAL
467.5 KG
2-M-0-120+-PL
MALE M3 CHAMPION 2018

Rob Burke
President

