

# THE IRISH POWERLIFTING FEDERATION JUNIORS & MASTERS NATIONAL CHAMPIONSHIPS 2018



3-4 NOVEMBER 2018  
HOSTED BY REVOLUTION FITNESS

## ANDREW MCELLISTRIM

UCC POWERLIFTING CLUB  
WEIGHT CLASS: 74KG / AGE CLASS: M-U21

SQUAT  
**205.0 KG**

BENCH PRESS  
**110.0 KG**

DEADLIFT  
**222.5 KG**

TOTAL  
**537.5 KG**

3-M-0-74-PL

Rob Burke  
President

