

THE IRISH POWERLIFTING FEDERATION NATIONAL CHAMPIONSHIPS 2019



9-10 FEBRUARY 2019

SHANNON POLLOCK

A.B.S POWERLIFTING
WEIGHT CLASS: 72KG

SQUAT
162.5 KG

BENCH PRESS
82.5 KG

DEADLIFT
182.5 KG

TOTAL
427.5 KG

1-F-0-72-PL

Rob Burke
President

