

# THE IRISH POWERLIFTING FEDERATION NATIONAL CHAMPIONSHIPS 2019



9-10 FEBRUARY 2019

## CLARE PATTERSON

IRON WARRIOR STRENGTH  
WEIGHT CLASS: 72KG

SQUAT  
**150 KG**

BENCH PRESS  
**110 KG**

DEADLIFT  
**145 KG**

TOTAL  
**405 KG**  
2-F-0-72-PL

A handwritten signature in black ink, appearing to read 'Rob Burke'.

Rob Burke  
President

