

BRITISH POWERLIFTING QUALIFYING TOTALS – updated April 2019

THREE LIFT

EQUIPPED

Women

Men

B/W	S Junior	Junior	Senior	Master 1	Master 2	B/W	S Junior	Junior	Senior	Master 1	Master 2	Master 3
43	137.5	175				53	212.5	340				
47	145	185	222.5	205	182.5	59	237.5	382.5	485	410	372.5	337.5
52	157.5	200	240	222.5	197.5	66	265	427.5	545	460	417.5	377.5
57	167.5	215	257.5	237.5	212.5	74	290	467.5	592.5	502.5	455	412.5
63	182.5	232.5	300	257.5	230	83	312.5	525	640	540	492.5	442.5
72	200	255	325	285	252.5	93	332.5	550	680	575	522.5	470
84	217.5	280	337.5	310	277.5	105	350	562.5	715	605	550	495
84+	227.5	290	350	322.5	287.5	120	362.5	585	742.5	627.5	570	515
						120+	372.5	597.5	760	642.5	582.5	527.5

THESE ARE APPLICABLE ONLY FOR 2019 BRITISH CHAMPIONSHIPS

CLASSIC

Women

Men

B/W	S Junior	Junior	Senior	Master 1	Master 2	B/W	S Junior	Junior	Senior	Master 1	Master 2	Master 3
43	110	140				53	170	300				
47	115	147.5	180	165	145	59	190	325	400	327.5	297.5	270
52	125	160	200	177.5	157.5	66	212.5	400	450	367.5	335	302.5
57	135	172.5	225	190	170	74	232.5	450	500	402.5	365	330
63	145	185	300	205	185	83	250	525	575	432.5	395	355
72	160	205	325	227.5	202.5	93	265	550	600	460	417.5	375
84	175	225	325	247.5	222.5	105	280	550	625	485	440	395
84+	182.5	232.5	325	257.5	230	120	290	550	625	502.5	455	412.5
						120+	297.5	550	625	515	465	422.5

**THESE ARE APPLICABLE FOR 2020 BRITISH CLASSIC
CHAMPIONSHIPS AS AGREED AT 2019 AGM**

WOMEN

B/W	Sub-Junior	Junior	Senior	M1	M2	M3	M4
43	157.5	202.5					
47	175	225	250	200	175	162.5	125
52	195	250	277.5	222.5	195	182.5	140
57	200	255	282.5	227.5	197.5	185	142.5
63	232.5	297.5	330	265	232.5	210	160
72	245	315	350	280	245	222.5	170
84	270	345	382.5	307.5	270	250	192.5
84+	275	355	392.5	315	275	237.5	197.5

MEN

B/W	Sub-Junior	Junior	Senior	M1	M2	M3	M4
53	260	367.5					
59	310	407.5	440	375	330	287.5	220
66	340	450	485	412.5	365	317.5	242.5
74	367.5	487.5	525	447.5	395	342.5	262.5
83	420	555	600	510	450	390	300
93	437.5	580	625	532.5	470	407.5	312.5
105	452.5	597.5	645	550	485	420	322.5
120	467.5	617.5	665	572.5	500	432.5	332.5
120+	480	635	685	582.5	515	447.5	342.5

BENCH PRESS

EQUIPPED

Women

Men

B/W	S Junior	Junior	Senior	Master 1	Master 2	B/W	S Junior	Junior	Senior	Master 1	Master 2	Masters 3
43	42.5	47.5				53	80	87.5				
47	45	50	60	50	45	59	87.5	97.5	125	112.5	97.5	87.5
52	47.5	55	65	55	47.5	66	100	107.5	140	127.5	110	100
57	52.5	57.5	70	60	52.5	74	107.5	117.5	152.5	137.5	120	107.5
63	55	62.5	75	62.5	55	83	117.5	127.5	165	150	130	117.5
72	62.5	70	82.5	70	62.5	93	125	135	175	157.5	137.5	125
84	67.5	75	90	77.5	67.5	105	130	142.5	185	167.5	145	130
84+	70	77.5	95	80	70	120	135	147.5	192.5	172.5	150	135
						120+	140	140	197.5	177.5	152.5	140

CLASSIC

Women

Men

B/W	S Junior	Junior	Senior	Master 1	Master 2	B/W	S Junior	Junior	Senior	Master 1	Master 2	Master 3
43	32.5	37.5				53	62.5	67.5				
47	35	37.5	45	37.5	35	59	67.5	75	95	87.5	75	67.5
52	37.5	42.5	50	42.5	37.5	66	77.5	82.5	107.5	97.5	85	77.5
57	40	45	55	45	40	74	82.5	90	117.5	105	92.5	82.5
63	42.5	47.5	57.5	47.5	42.5	83	90	97.5	127.5	115	100	90
72	47.5	55	62.5	55	47.5	93	95	105	135	120	105	95
84	52.5	57.5	70	60	52.5	105	100	110	142.5	130	112.5	100
84+	55	60	72.5	62.5	55	120	105	112.5	147.5	132.5	115	105
						120+	107.5	117.5	152.5	137.5	117.5	107.5