

# 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
<b>43</b>	137.5	175				<b>53</b>	212.5	340				
<b>47</b>	145	185	222.5	205	182.5	<b>59</b>	237.5	382.5	485	410	372.5	337.5
<b>52</b>	157.5	200	240	222.5	197.5	<b>66</b>	265	427.5	545	460	417.5	377.5
<b>57</b>	167.5	215	257.5	237.5	212.5	<b>74</b>	290	467.5	592.5	502.5	455	412.5
<b>63</b>	182.5	232.5	300	257.5	230	<b>83</b>	312.5	525	640	540	492.5	442.5
<b>72</b>	200	255	325	285	252.5	<b>93</b>	332.5	550	680	575	522.5	470
<b>84</b>	217.5	280	337.5	310	277.5	<b>105</b>	350	562.5	715	605	550	495
<b>84+</b>	227.5	290	350	322.5	287.5	<b>120</b>	362.5	585	742.5	627.5	570	515
						<b>120+</b>	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
<b>43</b>	110	140				<b>53</b>	170	300				
<b>47</b>	115	147.5	180	165	145	<b>59</b>	190	325	400	327.5	297.5	270
<b>52</b>	125	160	200	177.5	157.5	<b>66</b>	212.5	400	450	367.5	335	302.5
<b>57</b>	135	172.5	225	190	170	<b>74</b>	232.5	450	500	402.5	365	330
<b>63</b>	145	185	300	205	185	<b>83</b>	250	525	575	432.5	395	355
<b>72</b>	160	205	325	227.5	202.5	<b>93</b>	265	550	600	460	417.5	375
<b>84</b>	175	225	325	247.5	222.5	<b>105</b>	280	550	625	485	440	395
<b>84+</b>	182.5	232.5	325	257.5	230	<b>120</b>	290	550	625	502.5	455	412.5
						<b>120+</b>	297.5	550	625	515	465	422.5

**THESE ARE APPLICABLE FOR 2020 BRITISH  
CLASSIC CHAMPIONSHIPS AS AGREED AT 2019  
AGM. University totals added June 2019**

**WOMEN**

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

**MEN**

<b>B/W</b>	<b>Sub- Junior</b>	<b>Junior</b>	<b>Senior</b>	<b>M1</b>	<b>M2</b>	<b>M3</b>	<b>M4</b>	<b>University</b>
<b>53</b>	<b>260</b>	<b>367.5</b>						
<b>59</b>	<b>310</b>	<b>407.5</b>	<b>440</b>	<b>375</b>	<b>330</b>	<b>287.5</b>	<b>220</b>	<b>365</b>
<b>66</b>	<b>340</b>	<b>450</b>	<b>485</b>	<b>412.5</b>	<b>365</b>	<b>317.5</b>	<b>242.5</b>	<b>402.5</b>
<b>74</b>	<b>367.5</b>	<b>487.5</b>	<b>525</b>	<b>447.5</b>	<b>395</b>	<b>342.5</b>	<b>262.5</b>	<b>435</b>
<b>83</b>	<b>420</b>	<b>555</b>	<b>600</b>	<b>510</b>	<b>450</b>	<b>390</b>	<b>300</b>	<b>495</b>
<b>93</b>	<b>437.5</b>	<b>580</b>	<b>625</b>	<b>532.5</b>	<b>470</b>	<b>407.5</b>	<b>312.5</b>	<b>517.5</b>
<b>105</b>	<b>452.5</b>	<b>597.5</b>	<b>645</b>	<b>550</b>	<b>485</b>	<b>420</b>	<b>322.5</b>	<b>532.5</b>
<b>120</b>	<b>467.5</b>	<b>617.5</b>	<b>665</b>	<b>572.5</b>	<b>500</b>	<b>432.5</b>	<b>332.5</b>	<b>550</b>
<b>120+</b>	<b>480</b>	<b>635</b>	<b>685</b>	<b>582.5</b>	<b>515</b>	<b>447.5</b>	<b>342.5</b>	<b>567.5</b>

## 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
<b>43</b>	42.5	47.5				<b>53</b>	80	87.5				
<b>47</b>	45	50	60	50	45	<b>59</b>	87.5	97.5	125	112.5	97.5	87.5
<b>52</b>	47.5	55	65	55	47.5	<b>66</b>	100	107.5	140	127.5	110	100
<b>57</b>	52.5	57.5	70	60	52.5	<b>74</b>	107.5	117.5	152.5	137.5	120	107.5
<b>63</b>	55	62.5	75	62.5	55	<b>83</b>	117.5	127.5	165	150	130	117.5
<b>72</b>	62.5	70	82.5	70	62.5	<b>93</b>	125	135	175	157.5	137.5	125
<b>84</b>	67.5	75	90	77.5	67.5	<b>105</b>	130	142.5	185	167.5	145	130
<b>84+</b>	70	77.5	95	80	70	<b>120</b>	135	147.5	192.5	172.5	150	135
						<b>120+</b>	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
<b>43</b>	32.5	37.5				<b>53</b>	62.5	67.5				
<b>47</b>	35	37.5	45	37.5	35	<b>59</b>	67.5	75	95	87.5	75	67.5
<b>52</b>	37.5	42.5	50	42.5	37.5	<b>66</b>	77.5	82.5	107.5	97.5	85	77.5
<b>57</b>	40	45	55	45	40	<b>74</b>	82.5	90	117.5	105	92.5	82.5
<b>63</b>	42.5	47.5	57.5	47.5	42.5	<b>83</b>	90	97.5	127.5	115	100	90
<b>72</b>	47.5	55	62.5	55	47.5	<b>93</b>	95	105	135	120	105	95
<b>84</b>	52.5	57.5	70	60	52.5	<b>105</b>	100	110	142.5	130	112.5	100
<b>84+</b>	55	60	72.5	62.5	55	<b>120</b>	105	112.5	147.5	132.5	115	105
						<b>120+</b>	107.5	117.5	152.5	137.5	117.5	107.5

