

# BRITISH POWERLIFTING QUALIFYING TOTALS – updated May 2020

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

University totals added June 2019

## WOMEN

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

## MEN

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

**THESE ARE APPLICABLE FOR 2021 BRITISH CLASSIC CHAMPIONSHIPS AS AGREED AT 2020 AGM**

**Classic Women**

B/W	SJ	J	S	M1	M2	M3	M4	Uni
43	157.5	210						
47	175	232.5	257.5	207.5	182.5	167.5	130	200
52	195	257.5	287.5	230	202.5	190	145	222.5
57	200	265	292.5	235	205	192.5	147.5	227.5
63	232.5	307.5	340	275	240	217.5	165	265
72	245	325	362.5	290	252.5	230	177.5	280
84	270	357.5	395	317.5	280	257.5	200	307.5
84+	275	367.5	405	325	285	245	205	315

**Classic Women Bench Press**

B/W	SJ	J	S	M1	M2
43	32.5	37.5			
47	35	37.5	45	37.5	35
52	37.5	42.5	50	42.5	37.5
57	40	45	55	45	40
63	42.5	47.5	57.5	47.5	42.5
72	47.5	55	62.5	55	47.5
84	52.5	57.5	70	60	52.5
84+	55	60	72.5	62.5	55

**Classic Men Bench Press**

B/W	SJ	J	S	M1	M2	M3
53	62.5	67.5				
59	67.5	75	95	87.5	75	67.5
66	77.5	82.5	107.5	97.5	85	77.5
74	82.5	90	117.5	105	92.5	82.5
83	90	97.5	127.5	115	100	90
93	95	105	135	120	105	95
105	100	110	142.5	130	112.5	100
120	105	112.5	147.5	132.5	115	105
120+	107.5	117.5	152.5	137.5	117.5	107.5

**Classic Men Classic**

B/W	SJ	J	S	M1	M2	M3	M4	Uni
53	260	380						
59	310	420	455	387.5	340	297.5	227.5	365
66	340	465	500	425	377.5	327.5	250	402.5
74	367.5	502.5	542.5	462.5	407.5	355	272.5	435
83	420	572.5	620	527.5	465	402.5	310	495
93	437.5	597.5	645	550	485	420	322.5	517.5
105	452.5	617.5	665	567.5	500	435	332.5	532.5
120	467.5	637.5	685	590	515	447.5	342.5	550
120+	480	655	707.5	600	532.5	462.5	355	567.5

## British Equipped Qualifying Totals 2021

### Equipped Women

B/W	SJ	J	S	M1	M2
43	137.5	175			
47	145	185	222.5	205	182.5
52	157.5	200	240	222.5	197.5
57	167.5	215	257.5	237.5	212.5
63	182.5	232.5	300	257.5	230
72	200	255	325	285	252.5
84	217.5	280	337.5	310	277.5
84+	227.5	290	350	322.5	287.5

### Equipped Women Bench Press

B/W	SJ	J	S	M1	M2
43	42.5	47.5			
47	45	50	60	50	45
52	47.5	55	65	55	47.5
57	52.5	57.5	70	60	52.5
63	55	62.5	75	62.5	55
72	62.5	70	82.5	70	62.5
84	67.5	75	90	77.5	67.5
84+	70	77.5	95	80	70

### Equipped Men

B/W	SJ	J	S	M1	M2	M3
53	212.5	340				
59	237.5	382.5	485	410	372.5	337.5
66	265	427.5	545	460	417.5	377.5
74	290	467.5	592.5	502.5	455	412.5
83	312.5	525	640	540	492.5	442.5
93	332.5	550	680	575	522.5	470
105	350	562.5	715	605	550	495
120	362.5	585	742.5	627.5	570	515
120+	372.5	597.5	760	642.5	582.5	527.5

### Equipped Men Bench Press

B/W	SJ	J	S	M1	M2	M3
53	80	87.5				
59	87.5	97.5	125	112.5	97.5	87.5
66	100	107.5	140	127.5	110	100
74	107.5	117.5	152.5	137.5	120	107.5
83	117.5	127.5	165	150	130	117.5
93	125	135	175	157.5	137.5	125
105	130	142.5	185	167.5	145	130
120	135	147.5	192.5	172.5	150	135
120+	140	140	197.5	177.5	152.5	140