

Board Reports

21st July 2024

National QT adjustment proposal.

British Classic Qualifying Totals 2023

Classic Women

B/W	U18	U23	Open	M1	M2	M3	M4	Uni
43	140	220						
47	157.5	242.5	Qual	217.5	185	75	75	225
52	175	270	Qual	242.5	207.5	75	75	250
57	180	292.5	Qual	247.5	210	75	75	272.5
63	207.5	340	Qual	287.5	245	75	75	315
69	215	350	Qual	295	252.5	75	75	325
76	225	367.5	Qual	312.5	265	75	75	350
84	242.5	375	Qual	335	285	75	75	347.5
84+	247.5	385	Qual	342.5	290	75	75	357.5

Uni 92% of junior

Global 2.5 5 7.5 10

Classic Women Bench Press

B/W	U18	U23	Open	M1	M2	M3	M4
43	27.5	40					
47	30	42.5	50	42.5	40	25	25
52	32.5	47.5	57.5	47.5	42.5	25	25
57	35	50	62.5	50	45	25	25
63	37.5	52.5	65	52.5	47.5	25	25
69	40	57.5	67.5	57.5	50	25	25
76	42.5	62.5	70	62.5	52.5	25	25
84	45	65	80	67.5	60	25	25
84+	47.5	67.5	82.5	70	62.5	25	25

Classic Men

92% of junior

B/W	U18	U23	Open	M1	M2	M3	M4	Uni
53	272.5	397.5						
59	350	452.5	Qual	405	347.5	75	75	420
66	382.5	500	Qual	447.5	385	75	75	462.5
74	425	555	Qual	485	417.5	75	75	515
83	485	630	Qual	555	475	75	75	582.5
93	505	657.5	Qual	577.5	495	75	75	610
105	522.5	680	Qual	595	512.5	75	75	630
120	527.5	685	Qual	617.5	525	75	75	635
120+	542.5	705	Qual	632.5	545	75	75	652.5

Classic Men Bench Press

B/W	U18	U23	Open	M1	M2	M3	M4
53	70	77.5					
59	77.5	85	107.5	100	85	25	25
66	87.5	92.5	122.5	110	97.5	25	25
74	92.5	102.5	135	120	105	25	25
83	102.5	110	145	130	115	25	25
93	107.5	120	155	137.5	120	25	25
105	115	125	162.5	147.5	127.5	25	25
120	120	127.5	167.5	150	130	25	25
120+	122.5	135	175	157.5	135	25	25

British Equipped Qualifying Totals 2023

Equipped Women

B/W	U18	U23	Open	M1	M2	M3	M4
43	122.5	220					
47	130	242.5	262.5	212.5	185	75	75
52	140	270	292.5	235	207.5	75	75
57	150	277.5	297.5	240	210	75	75
63	162.5	322.5	347.5	280	245	75	75
69	172.5	332.5	360	287.5	252.5	75	75
76	182.5	350	380	302.5	265	75	75
84	225	375	402.5	325	285	75	75
84+	242.5	385	415	332.5	290	75	75

Equipped Women Bench Press

B/W	U18	U23	Open	M1	M2	M3	M4
43	37.5	47.5					
47	40	50	60	50	45	25	25
52	42.5	55	65	55	47.5	25	25
57	45	57.5	70	60	52.5	25	25
63	47.5	62.5	75	62.5	55	25	25
69	50	65	77.5	65	57.5	25	25
76	55	70	82.5	70	62.5	25	25
84	60	75	90	77.5	67.5	25	25
84+	62.5	77.5	95	80	70	25	25

Equipped Men

B/W	U18	U23	Open	M1	M2	M3	M4
53	272.5	397.5					
59	325	440	485	410	372.5	75	75
66	355	487.5	545	460	417.5	75	75
74	385	527.5	592.5	502.5	455	75	75
83	440	600	640	540	492.5	75	75
93	457.5	625	660	575	522.5	75	75
105	475	647.5	680	605	550	75	75
120	490	667.5	700	627.5	570	75	75
120+	502.5	687.5	725	642.5	582.5	75	75

Equipped Men Bench Press

B/W	U18	U23	Open	M1	M2	M3	M4
53	80	87.5					
59	87.5	97.5	125	112.5	97.5	25	25
66	100	107.5	140	127.5	110	25	25
74	107.5	117.5	152.5	137.5	120	25	25
83	117.5	127.5	165	150	130	25	25
93	125	135	175	157.5	137.5	25	25
105	130	142.5	185	167.5	145	25	25
120	135	147.5	192.5	172.5	150	25	25
120+	140	140	197.5	177.5	152.5	25	25



Overview

Equipped and Equipped Bench frozen with the exception of M3 & M4 where minimum totals have been reduced.

Classic Bench frozen with the exception of M3 & M4 where minimum totals have been reduced.

Sub Juniors, no changes to female. Between 7.5% increase and 10% for male (see legend), 10% seems a lot but its not really going to have a massive effect on lifter numbers but will help keep the larger weight classes under control going forward next year. We had 39 x 83kg sub juniors for the 2024 championships for example.

Juniors, 5% increase for female 57,63,69 and 76 classes, not going to have a massive effect but will help keep those classes under control for next year. Male 2.5% and 5% increases with the larger classes getting the 5% increase.

Masters male and female with a flat 2.5% increase, M3 & M4 reduced to 75kg minimum total.

Uni's both getting 92.5% of the junior totals, which has a similar effect on the heavily populated weight classes as it does with the junior QT's.

Craig Wilkins

Record Keeper

British Powerlifting