IRISH POWERLIFTING FEDERARTION

NATIONAL QUALIFYING TOTALS

BENCH

EQUIPPED

Women

B/W	S Junior	Junior	Senior	Master 1	Master 2
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

Men

B/W	S Junior	Junior	Senior	Master 1	Master 2	Masters 3
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

CLASSIC

Women

B/W	S Junior	Junior	Senior	Master 1	Master 2
43	32.5	37.4			
47	35	37.4	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

Men

B/W	S Junior	Junior	Senior	Master 1	Master 2	Master 3
53	62.5					
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

IRISH POWERLIFTING FEDERARTION

NATIONAL QUALIFYING TOTALS

3 LIFT

EQUIPPED

Women

B/W	S Junior	Junior	Senior	Master 1	Master 2
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	280	257.5	230
72	200	255	307.5	285	252.5
84	217.5	280	337.5	310	277.5
84+	227.5	290	350	322.5	287.5

Men

B/W	S Junior	Junior	Senior	Master 1	Master 2	Master 3
53	212.5					
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	502.5	640	540	492.5	442.5
93	332.5	535	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

CLASSIC

Women

B/W	S Junior	Junior	Senior	Master 1	Master 2
43	137.5				
47	145	185	230	207.5	182.5
52	157.5	207.5	250	225	195
57	167.5	225	265	237.5	212.5
63	180	235	292.5	257.5	230
72	200	257.5	315	285	255
84	220	280	330	310	277.5
84+	230	292.5	340	322.5	287.5

Men

B/W	S Junior	Junior	Senior	Master 1	Master 2	Master 3
53	170					
59	190	305	387.5	327.5	297.5	270
66	212.5	342.5	435	367.5	335	302.5
74	232.5	375	475	402.5	365	330
83	250	402.5	512.5	432.5	395	355
93	265	427.5	545	460	417.5	375
105	280	450	572.5	485	440	395
120	290	467.5	595	502.5	455	412.5
120+	297.5	477.5	607.5	515	465	422.5