

English Classic Qualifying Totals 2023

Classic Women

B/W	U18	U23	Open	M1	M2	M3	M4
43	132.5	207.5					
47	147.5	230	247.5	200	175	157.5	122.5
52	165	255	277.5	222.5	195	180	137.5
57	170	262.5	282.5	227.5	197.5	182.5	140
63	195	305	330	265	232.5	205	155
69	202.5	315	340	272.5	237.5	212.5	162.5
76	212.5	332.5	360	285	250	225	172.5
84	230	355	380	307.5	270	242.5	190
84+	235	365	392.5	315	275	232.5	192.5

Classic Women Bench Press

B/W	U18	U23	Open	M1	M2
43	25	37.5			
47	27.5	40	47.5	40	37.5
52	30	45	52.5	45	40
57	32.5	47.5	57.5	47.5	42.5
63	35	47.5	60	47.5	45
69	37.5	52.5	62.5	52.5	47.5
76	40	57.5	65	57.5	47.5
84	42.5	60	75	62.5	55
84+	45	62.5	77.5	65	57.5

Classic Men

B/W	U18	U23	Open	M1	M2	M3	M4
53	257.5	377.5					
59	307.5	417.5	440	375	330	282.5	215
66	335	462.5	485	412.5	365	310	237.5
74	365	500	525	447.5	395	335	257.5
83	417.5	570	602.5	512.5	450	380	292.5
93	432.5	592.5	625	532.5	470	397.5	305
105	450	615	645	550	485	412.5	315
120	465	632.5	665	570	497.5	425	325
120+	475	652.5	687.5	582.5	517.5	437.5	335

Classic Men Bench Press

B/W	U18	U23	Open	M1	M2	M3
53	65	72.5				
59	72.5	80	100	95	80	65
66	82.5	87.5	115	102.5	92.5	75
74	87.5	95	127.5	112.5	97.5	80
83	95	102.5	137.5	122.5	107.5	90
93	100	112.5	145	130	112.5	95
105	107.5	117.5	152.5	140	120	97.5
120	112.5	120	157.5	142.5	122.5	102.5
120+	115	127.5	165	147.5	127.5	105

English Equipped Qualifying Totals 2023

Equipped Women

B/W	U18	U23	Open	M1	M2	M3	M4
43	115	207.5					
47	122.5	230	247.5	200	175	157.5	122.5
52	132.5	255	277.5	222.5	195	180	137.5
57	142.5	262.5	282.5	227.5	197.5	182.5	140
63	152.5	305	330	265	232.5	205	155
69	162.5	315	340	272.5	237.5	212.5	162.5
76	172.5	332.5	360	285	250	225	172.5
84	212.5	355	380	307.5	270	242.5	190
84+	230	365	392.5	315	275	232.5	192.5

Equipped Women Bench Press

B/W	U18	U23	Open	M1	M2
43	35	45			
47	37.5	47.5	55	47.5	42.5
52	40	50	60	50	45
57	42.5	52.5	65	55	47.5
63	45	57.5	70	57.5	50
69	47.5	60	72.5	60	52.5
76	50	65	77.5	65	57.5
84	55	70	85	72.5	62.5
84+	57.5	72.5	90	75	65

Equipped Men

B/W	U18	U23	Open	M1	M2	M3	M4
53	257.5	377.5					
59	307.5	417.5	460	387.5	352.5	320	215
66	335	462.5	517.5	435	395	357.5	237.5
74	365	500	562.5	475	430	390	257.5
83	417.5	570	607.5	512.5	467.5	420	292.5
93	432.5	592.5	625	545	495	445	305
105	450	615	645	572.5	522.5	470	315
120	465	632.5	665	595	540	487.5	325
120+	475	652.5	687.5	610	552.5	500	335

Equipped Men Bench Press

B/W	U18	U23	Open	M1	M2	M3
53	75	82.5				
59	82.5	92.5	117.5	105	92.5	85
66	95	100	132.5	120	102.5	97.5
74	100	110	142.5	130	112.5	105
83	110	120	155	142.5	122.5	115
93	117.5	127.5	165	147.5	130	122.5
105	122.5	135	175	157.5	137.5	127.5
120	127.5	140	182.5	162.5	142.5	135
120+	132.5	132.5	187.5	167.5	142.5	140