



ENGLISH POWERLIFTING
ASSOCIATION

Qualification Procedure

1. EPA national championships are open to all full members of BP whose registered division forms part of the Home Nation of England and meet all the below criteria.
2. Members to express interest and/or enter in EPA national championships:
 - a. Must achieve the qualification total for the respective age and weight category, in the period from the date of the previous championship to five weeks before the current championship.
 - b. This must be at a sanctioned BP or IPF championship.
 - c. Not subject to suspension either by BP or the IPF.
 - d. Comply with Article 14 of the Constitution of the IPF. Accordingly, lifters who have competed internationally in a non-WADA compliant powerlifting event will not be eligible to compete at EPA national championships for a period of 12 months thereafter. Lifters who have competed nationally in a non-WADA compliant event during the relevant qualification period will be required to withdraw their membership to any other non-WADA compliant powerlifting federation prior to entering the EPA national championships they intend to compete in.
3. If a qualifying total set in a particular category exceeds that of higher weight classes, the competitor may elect to lift in the higher class. This must be shown on the entry form.
4. Current national champions can nominate to defend their title without qualification via entering the championship.
5. Qualification for the EPA bench press only championship can be achieved using the bench press from a bench only competitions, as well as bench press in a three-lift competition.
6. Where the EPA national championships consist of multiple age categories, competitors who are eligible to enter multiple age categories must nominate their chosen Age Category at the point of entry and this may not be changed past closure of entries.
7. A national championship title can only be claimed if the qualifying total is attained at the relevant national championship.
8. Current BP membership cards and photographic ID must be shown at weigh-in for all competitors. Proof of age may also be requested to confirm eligibility for age category.
9. Competitors cannot change their nominated bodyweight after the closing date for entries and if they do not make the required weight limit for their category, they can only lift as a guest and cannot place. Additionally, entry fees shall not be refundable after the closing date for entries.
10. All competitors must comply with WADA, IPF, and BP anti-doping procedures and be available for testing should it be required of them.
11. Competitors must be active in their division / and home nation. Active means competing, officiating, spotting, loading or being involved in the promotion of divisional or home nation events.
12. Competitors shall attend their relevant presentation ceremony unless permission has been expressly granted by the relevant official(s).

BP – British Powerlifting

EPA – English Powerlifting Association

IPF – International Powerlifting Federation

WADA – World Anti-Doping Agency



ENGLISH POWERLIFTING
ASSOCIATION

Equipped Qualification Totals 2026

Three Lift – Women Equipped							
B/W	U18	U23	Open	Master 1	Master 2	Master 3	Master 4
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

Bench Press – Women Equipped							
B/W	U18	U23	Open	Master 1	Master 2	Master 3	Master 4
43	35	45					
47	37.5	47.5	55	47.5	42.5	25	25
52	40	50	60	50	45	25	25
57	42.5	52.5	65	55	47.5	25	25
63	45	57.5	70	57.5	50	25	25
69	47.5	60	72.5	60	52.5	25	25
76	50	65	77.5	65	57.5	25	25
84	55	70	85	72.5	62.5	25	25
84+	57.5	72.5	90	75	65	25	25

Three Lift – Men Equipped							
B/W	U18	U23	Open	Master 1	Master 2	Master 3	Master 4
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

Bench Press – Men Equipped							
B/W	U18	U23	Open	Master 1	Master 2	Master 3	Master 4
53	75	82.5					
59	82.5	92.5	117.5	105	92.5	85	25
66	95	100	132.5	120	102.5	97.5	25
74	100	110	142.5	130	112.5	105	25
83	110	120	155	142.5	122.5	115	25
93	117.5	127.5	165	147.5	130	122.5	25
105	122.5	135	175	157.5	137.5	127.5	25
120	127.5	140	182.5	162.5	142.5	135	25
120+	132.5	132.5	187.5	167.5	142.5	140	25

The totals listed are in kg



ENGLISH POWERLIFTING
ASSOCIATION

Classic Qualification Totals 2026

Three Lift – Women Classic							
B/W	U18	U23	Open	Master 1	Master 2	Master 3	Master 4
43	132.5	207.5					
47	147.5	230	Qual*	200	175	157.5	122.5
52	165	255	Qual*	222.5	195	180	137.5
57	170	262.5	Qual*	227.5	197.5	182.5	140
63	195	305	Qual*	265	232.5	205	155
69	202.5	315	Qual*	272.5	237.5	212.5	162.5
76	212.5	332.5	Qual*	285	250	225	172.5
84	230	355	Qual*	307.5	270	242.5	190
84+	235	365	Qual*	315	275	232.5	192.5

Bench Press – Women Classic							
B/W	U18	U23	Open	Master 1	Master 2	Master 3	Master 4
43	25	37.5					
47	27.5	40	47.5	40	37.5	25	25
52	30	45	52.5	45	40	25	25
57	32.5	47.5	57.5	47.5	42.5	25	25
63	35	47.5	60	47.5	45	25	25
69	37.5	52.5	62.5	52.5	47.5	25	25
76	40	57.5	65	57.5	47.5	25	25
84	42.5	60	75	62.5	55	25	25
84+	45	62.5	77.5	65	57.5	25	25

Three Lift – Men Classic							
B/W	U18	U23	Open	Master 1	Master 2	Master 3	Master 4
53	257.5	377.5					
59	307.5	417.5	Qual*	375	330	282.5	215
66	335	462.5	Qual*	412.5	365	310	237.5
74	365	500	Qual*	447.5	395	335	257.5
83	417.5	570	Qual*	512.5	450	380	292.5
93	432.5	592.5	Qual*	532.5	470	397.5	305
105	450	615	Qual*	550	485	412.5	315
120	465	632.5	Qual*	570	497.5	425	325
120+	475	652.5	Qual*	582.5	517.5	437.5	335

Bench Press – Men Classic							
B/W	U18	U23	Open	Master 1	Master 2	Master 3	Master 4
53	65	72.5					
59	72.5	80	100	95	80	65	25
66	82.5	87.5	115	102.5	92.5	75	25
74	87.5	95	127.5	112.5	97.5	80	25
83	95	102.5	137.5	122.5	107.5	90	25
93	100	112.5	145	130	112.5	95	25
105	107.5	117.5	152.5	140	120	97.5	25
120	112.5	120	157.5	142.5	122.5	102.5	25
120+	115	127.5	165	147.5	127.5	105	25

*For classic open three lift please see the process detailed in Appendix A below.
The totals listed are in kg



Appendix A - Open Classic Qualification and Selection Process 2026 (Three Lift Only)

Minimum Threshold Total and Selection Process Timetable

Members wishing to compete in the open classic division at the EPA three lift championship must achieve the minimum threshold total below to be eligible to nominate themselves in time with the timetable below:

Classic Women		Classic Men	
B/W	Open	B/W	Open
47	247.5	59	440
52	277.5	66	485
57	282.5	74	525
63	330	83	602.5
69	340	93	625
76	360	105	645
84	380	120	665
84+	392.5	120+	687.5

Selection Process Timetable	
Stage	Timescale
Nominations Open	TBC – aim to be as soon as venue is confirmed.
Nominations Close	10 weeks prior to the championship commencing.
Athlete List Announced (Round 1 & 2)	9 weeks prior to the championship commencing.
Athlete Payment Deadline	8 weeks prior to the championship commencing.
Selection from Reserve Pool (Round 3)	8 weeks prior to the championship commencing until 4 weeks prior to the championship commencing.

Selection Process

Open entries will be capped at 112 athletes in total, 56 for both women and men. Entries will be selected utilising the below process, across 3 rounds by the EPA Technical Officer:

Selection Process	
Round 1 7 spots per weight class	<ol style="list-style-type: none"> Returning champions for each weight class are guaranteed a spot to defend their title, providing they nominate themselves. 6 spots for each weight class will be filled from the nominations, based on highest total achieved. If the returning champion does not meet the minimum threshold or nominate themselves, a 7th spot will be selected for that weight class. In the event of two entries having achieved the same total in the same weight class, the lifter who achieved this first will be ranked higher.
Round 2	<p>The remaining spots from the 56 allocated to both women and 56 allocated to men not filled from Round 1 will be allocated based on highest GL points achieved, regardless of weight class until the 56 cap is hit for both women and men.</p> <p>All entries which did not secure a spot through Round 1 will be ranked based on GL points into a selection pool to be utilised for selection (one pool for women and one for men).</p>
Round 3	<p>Entries which did not secure a spot through Round 1 or Round 2 will be placed on the reserve pool (one pool for women and one for men) and will be ranked based on GL points.</p> <p>Should a spot from Rounds 1 or 2 withdraw or not make payment by the required deadlines, this spot will be offered to the reserve pool. This process will continue until 4 weeks prior to the championship commencing. Any withdrawals after this date will not be refunded or replaced.</p>

The totals listed are in kg