



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



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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



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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 | 1. Returning champions for each weight class are guaranteed a spot to defend their title, providing they nominate themselves. 2. 6 spots for each weight class will be filled from the nominations, based on highest total achieved. 3. If the returning champion does not meet the minimum threshold or nominate themselves, a 7 th spot will be selected for that weight class. 4. 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 | 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. 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). |
| Round 3 | 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. 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. |

The totals listed are in kg