

BRITISH MASTERS WEIGHTLIFTING QUALIFICATION TOTALS 2024.

MEN											
Age Groups	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85+
B/WTS											
55	160	140	130	121	107	96	65	55	53	50	44
61	171	153	141	131	117	104	70	60	56	50	44
67	185	166	151	140	126	109	75	65	59	50	44
73	195	176	165	148	135	113	80	70	62	50	44
81	205	184	172	156	141	117	85	75	65	50	44
89	215	193	180	164	146	123	90	80	68	50	44
96	221	201	187	169	152	129	95	85	72	50	44
102	227	207	195	174	158	135	100	90	75	50	44
109	231	211	201	181	162	140	105	95	78	50	44
+109	237	218	205	191	166	145	110	100	81	50	44

Minimum weight on the bar 22kg. The 15kg bar can be used from Age group M70.

If you do not achieve the qualification total for your weight and age group you will not be placed or receive a medal

WOMEN											
Age Groups	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85+
B/WTS											
45	93	86	82	65	60	50	45	41	40	38	32
49	98	90	86	68	63	53	48	42	40	38	32
55	101	94	90	71	67	55	51	43	40	38	32
59	105	98	94	74	69	58	53	44	41	38	32
64	110	102	98	77	72	61	55	45	41	38	32
71	113	108	102	81	74	64	59	46	41	38	32
76	116	112	108	84	77	67	61	47	42	38	32
81	120	116	112	87	81	70	64	48	42	38	32
87	122	119	115	90	83	72	66	49	42	38	32
+87	126	121	118	93	85	74	67	50	42	38	32

Minimum weight on the bar 16kg. The 10kg bar can be used from age group W70.

If you do not achieve the qualification total for your weight and age group you will not be placed or receive a medal