



England Masters Championships

6 – 7 December 2025 · NEC, Birmingham

Qualification System

2025 England Masters Championships

The Championships will follow the same format and structure as in recent years: an open-entry National Masters Championships, subject to the overall athlete quota and the minimum qualification standard. Medals will be awarded in all age groups and bodyweight categories.

Regarding the Q-Points System, BWL will continue to review its suitability for future editions of the British Masters Championships. This approach reflects feedback from membership consultation following this year's event, as well as the initial consultation undertaken last year.

1. Athlete Quota

Subject to the attainment of the minimum standard within the qualification period, athlete entries will be capped to one hundred (100) lifters. BWL reserves the right to allocate athlete slots on a discretionary basis outside of the athlete quota should it be deemed in the best competition interest of the event.

Women	Men
50	50

2. Minimum Qualification Standard

MEN · ENGLAND MASTERS QUALIFICATION TOTALS

	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85+
60kg	155	140	130	122	100	82	70	60	58	55	52
65kg	165	146	135	123	109	90	66	60	58	55	52
71kg	173	154	143	130	117	98	75	64	59	55	52
79kg	185	166	154	139	125	103	78	69	65	65	56
88kg	195	179	166	148	134	115	90	78	68	60	56
94kg	203	184	171	152	138	122	98	85	75	60	56
110kg	210	191	184	171	155	139	107	91	72	64	58
+110kg	220	202	195	182	166	148	120	105	85	69	58

WOMEN · ENGLAND MASTERS QUALIFICATION TOTALS

	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85+
48kg	89	82	77	69	63	59	55	51	48	45	42
53kg	94	89	83	73	65	59	55	52	49	45	42
58kg	99	94	89	82	70	65	60	54	49	45	42
63kg	104	99	94	90	75	69	65	60	55	50	46
69kg	109	105	99	95	80	74	69	65	58	50	46
77kg	114	109	104	99	84	79	72	66	60	50	46
86kg	118	114	108	104	99	94	87	80	69	50	46
+86kg	121	117	114	109	105	98	91	86	65	50	46

3. Athlete Eligibility

All athletes must be BWL members and domiciled in England as per BWL TCRR.

4. Minimum Standards

As per BWL TCRR, the minimum starting attempt 21kg for women and 26kg for men.

5. Qualification Period

Start of Qualification	End of Qualification
12 October 2024	12 October 2025

6. Transition from old to new bodyweight categories

Recognising the transition period between the 'old' and 'new' bodyweight categories, BWL will apply the following once-off procedure to ensure a safe, fair and consistent ranking is produced

- 12 October 2024 to 13 April 2025
Results attained in the 'old' bodyweight categories (including exact bodyweight) will be sorted into the 'new' bodyweight categories. For example, if a 49kg women has weighed 48kg or less, this result will automatically be ranked in the new 48kg bodyweight category.
- 14 April 2025 to 12 October 2025
Results attained from 14 April 2025 will automatically be sorted into the 'new' bodyweight categories.

7. Sport 80 Entry Portal

Opening of the Sport 80 entry portal	Closure of the Sport 80 entry portal
15 October 2025	24 October 2025

8. Competition Schedule

Draft Competition Schedule	Final Competition Schedule
4 November 2025	14 November 2025

9. Other information

Athletes may move to a higher bodyweight category than that which they entered if their qualification total is equal to or higher than the NQT of the higher bodyweight category. Athletes may also move down a bodyweight category. **This is entirely at the discretion of BWL** and may only change from the point of entry to the final verification date (see below).

- No changes may be made to the declared entry total after the final verification date. This date is 11 November 2025.
- Photo ID must be presented at the point of registration at the front desk and weigh-in regardless of the lifter having a 'lifter' stamp.
- The athlete must identify they cannot straighten their arms or legs before each lift on the platform by pointing at the limb they cannot straighten and not hold their arms over head. Failure to do so may result in a no lift.
- The 80% rule regarding entry total for Masters, as per International Masters Weightlifting Association will apply. For the avoidance of doubt, the 80% of the entry total will be drawn the athlete's total at the time of entry.
- One-piece elastic bandages, or neoprene/rubberised knee wraps, or patella protectors which allow free movement, may be worn on the knees. Kneecap bandages / protectors may not be reinforced by way of buckles, straps, whalebone, plastic or wire.