



## **British Masters Championships**

**16 – 17 May 2026 · Telford International Centre  
Telford, Shropshire, TF3 4JH**

### **Qualification System**

#### **Executive Summary**

Athletic participation at the 2026 British Masters Championships will be drawn from the BWL Masters Ranking, as per the Q-Masters points system (subject to the minimum qualification standard).

Athletes will be invited based on Q-Points ranking. This equates to a maximum of 48 invitations for women and 48 invitations for men.

Each bodyweight category will comprise of a maximum of 6 athletes, irrespective of age group.

Any unused invitations will be reallocated on a first-come, first-served basis, subject to available quota within the respective bodyweight category (subject to the minimum qualification standard).

The competition will be run by age group, with medals awarded to the top three athletes in each bodyweight category within each age group.

#### **1. Athlete Quota**

The 2026 British Masters Championships will comprise of minimum of 112 lifters.

Women	Men
48	48

#### **2. Type of Allocation Places**

Quota places (athlete invitations) are allocated to the athlete(s) by name.

#### **3. Athlete Eligibility**

All athletes must be current members of British Weight Lifting (BWL).

#### **4. Qualification Period**

Start of Qualification	End of Qualification
22 March 2025	22 March 2026

#### **5. BWL Ranking List**

BWL will produce and publish the initial ranking spreadsheet on its website by 6 February 2026. Updates will be made on a minimum fortnightly basis, with the final ranking list confirmed and published by 27 March 2026.

## 6. Qualification / Invitation Pathway

### First Round

Places (athlete invitations) are allocated to the athlete(s) by name via the IMWA recognised Q-Masters points system: <https://www.imwla.com/calculator>, providing the minimum qualification total standard has been achieved.

Invitations will be capped to the top six (6) lifters per bodyweight category, irrespective of age group.

### Second Round

If any, by 2 April 2026, BWL will publish on its social media platforms the number of unused quota places and when the Sport 80 entry portal will be open.

Any unaccepted places will be reallocated to any athlete who has lifted the minimum qualification standard on a first come first served basis.

This will be determined on a first-come, first-served basis irrespective of the British Masters ranking but subject to the minimum standard of the respective bodyweight category.

## 7. Minimum Qualification Standard (relevant for second round only)

### MEN · BRITISH MASTERS QUALIFICATION STANDARDS

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

### WOMEN · BRITISH MASTERS QUALIFICATION STANDARDS

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

## 8. Minimum Standards

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

## 9. Qualification / Invitation Pathway

### First Round

Dates	Method	Process
27 – 31 March 2026	Q-Points Ranking	Athletes will be directly invited by bodyweight category as per the Q-Masters points system.

### Second Round

Dates	Method	Process
3 – 10 April 2026	Minimum Qualification Standards	Any unused invitations will be reallocated on a first-come, first-served basis, subject to available quota within the respective category (subject to the minimum qualification standard).

## 10. Competition Format & Award of Medals

The competition will be run by age group, with medals awarded to the top three athletes in each bodyweight category within each age group.

## 11. Best Lifters

Recognised by Q-Points, overall best male and best female lifters will also be awarded.

## 12. Competition Schedule

Draft Competition Schedule	Final Competition Schedule
17 April 2026	6 May 2026

## 13. Other information

Athletes may not move bodyweight category after being allocated a competition place at the British Masters Championships. No changes may be made to the declared entry total after the final verification date (1 May 2026).

- 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 invitation.

- 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.