



England Masters Championships

4 – 6 December 2026 · NEC, Birmingham

Qualification System – Masters Weightlifters

2026 England Championships

The 2026 England Masters Championships will take place at the National Exhibition Centre (NEC), Birmingham, from Friday 4 to Sunday 6 December 2026.

The event will feature competitions across Weightlifting, Para Powerlifting and Masters Weightlifting, and will be staged alongside the SBD British Open Powerlifting Championships and the British Rowing Indoor Championships and the World Rowing Indoor Championships.

New Bodyweight Categories

Recognising the transition period between the current and newly introduced IWF bodyweight categories, BWL will implement a once-off transitional ranking procedure for the 2026 England Championships to ensure a safe, fair and consistent approach to qualification and athlete ranking.

The new IWF bodyweight categories will come into effect from 1 August 2026, creating an overlap period between qualification results achieved under both the outgoing and incoming categories.

1. Athlete Quota

Subject to the attainment of the minimum standard within the qualification period, athlete entries will be capped to one hundred (110) 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
55	55

2. Minimum Qualification Standard

MEN · ENGLAND MASTERS QUALIFICATION TOTALS

	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85+
60 kg	154	146	136	129	118	102	93	81	67	53	43
65 kg	166	157	146	135	125	110	98	85	72	58	44
70 kg	175	166	152	142	131	116	102	90	77	61	46
75 kg	182	172	157	147	134	119	104	93	79	64	48
85 kg	194	182	166	155	141	123	109	97	83	68	49
95 kg	204	192	178	163	149	131	116	102	87	70	50
110 kg	213	202	187	173	157	139	122	107	90	73	51
110+ kg	218	207	191	177	160	143	124	109	90	74	52

WOMEN · ENGLAND MASTERS QUALIFICATION TOTALS

	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85+
49 kg	90	85	76	66	57	50	44	33	26	26	26
53 kg	97	91	81	71	59	51	46	35	29	26	26
57 kg	102	96	85	76	63	54	48	37	30	26	26
61 kg	105	98	88	78	65	57	50	39	31	27	26
69 kg	111	104	92	84	70	59	52	44	32	27	26
77 kg	116	109	97	87	73	63	56	45	33	28	26
86 kg	120	114	100	92	77	66	57	47	34	28	26
86+ kg	128	123	108	94	82	69	60	49	35	29	26

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
01 January 2026	11 October 2026

6. Transition from old to new bodyweight categories

The new IWF bodyweight categories will come into effect from 1 August 2026, creating an overlap period between qualification results achieved under both the outgoing and incoming 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.

- 1 January 2026 to 31 July 2026

Results attained in the 'old' bodyweight categories (including exact bodyweight) will be sorted into the 'new' bodyweight categories.

- 1 August 2026 to 11 October 2026

Results attained from 1 August 2026 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
23 October 2026	06 November 2026

8. Competition Schedule

Draft Competition Schedule	Final Competition Schedule
7 November 2026	21 November 2026

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 20 November 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 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.