

British Masters Championships

06 – 07 July 2024 · NEC, Birmingham

Qualification System

1. Minimum Standards

MEN – BRITISH MASTERS QUALIFICATION TOTALS

MEN	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
55	150	130	125	118	102	93	77	66	60	53
61	162	143	136	126	112	101	85	70	64	56
67	175	156	146	135	121	106	92	74	68	59
73	186	168	160	143	131	110	99	78	71	61
81	196	176	167	151	136	114	106	82	75	63
89	206	186	175	159	141	120	111	86	79	65
96	214	193	182	164	147	126	114	89	83	67
102	218	201	190	169	153	132	119	92	87	69
109	223	208	195	176	158	137	124	97	90	71
+109	227	214	201	186	164	142	129	100	93	72

WOMEN – BRITISH MASTERS QUALIFICATION TOTALS

WOMEN	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
45	89	82	78	63	58	48	45	42	42	42
49	93	86	82	65	61	51	48	44	42	42
55	98	90	86	68	65	53	51	46	42	42
59	101	94	90	71	67	56	53	48	43	42
64	105	98	94	74	70	59	55	50	43	42
71	107	102	98	77	72	62	59	52	43	42
76	113	107	102	81	75	65	61	54	44	42
81	115	111	106	84	79	68	64	56	44	42
87	119	115	111	87	82	71	66	58	44	42
+87	121	118	114	90	85	74	67	60	44	42

2. Athlete Quota

Subject to the attainment of the minimum standard within the qualification period, athlete entries will be capped to one hundred and twenty (120) lifters. BWL reserves to 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.

3. Athlete Eligibility

All athletes must be current members of British Weight Lifting.

4. Timelines

5 May 2023	Start of Qualification
5 May 2024	End of Qualification

5. Sport 80 Entry Portal

7 May 2024	Opening of the Sport 80 entry portal
24 May 2024	Closure of the Sport 80 entry portal

6. Competition Schedule

The competition schedule will be released no later than 12 June 2024.

7. Other information

- Lifters cannot move bodyweight categories on the day of competition. 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. This is entirely at the discretion of BWL and may only change from the point of entry to 1700 on 7 June 2024.
- Athletes may move down a bodyweight category providing they inform BWL no later than 1700 on 7 June 2024. This is entirely at the discretion of BWL.
- 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 may be a no lift.
- The '15kg' rules will be applied at the British Masters Championships (as opposed to the 20kg rule applied at senior events).