

National Masters Qualifying Totals

MEN

(Note that minimum starting attempt is 20kg)

| Category | M85 | M80 | M75 | M70 | M65 | M60 | M55 | M50 | M45 | M40 | M35 |
|----------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 55 | 41 | 54 | 64 | 74 | 87 | 101 | 110 | 127 | 136 | 144 | 153 |
| 61 | 44 | 58 | 70 | 80 | 94 | 109 | 119 | 138 | 147 | 156 | 165 |
| 67 | 47 | 62 | 74 | 86 | 101 | 116 | 127 | 147 | 157 | 166 | 176 |
| 73 | 49 | 66 | 79 | 91 | 106 | 123 | 134 | 155 | 165 | 176 | 186 |
| 81 | 52 | 69 | 83 | 96 | 113 | 130 | 142 | 164 | 175 | 186 | 197 |
| 89 | 55 | 73 | 87 | 101 | 118 | 136 | 149 | 172 | 184 | 195 | 207 |
| 96 | 57 | 75 | 90 | 104 | 122 | 141 | 154 | 178 | 190 | 202 | 214 |
| 102 | 58 | 77 | 92 | 107 | 125 | 144 | 158 | 182 | 195 | 207 | 219 |
| 109 | 60 | 79 | 95 | 109 | 128 | 148 | 161 | 187 | 199 | 211 | 224 |
| +109 | 61 | 81 | 97 | 112 | 132 | 152 | 166 | 192 | 205 | 218 | 231 |

WOMEN

| Category | W80 | W75 | W70 | W65 | W60 | W55 | W50 | W45 | W40 | W35 |
|----------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 45 | 40 | 40 | 40 | 43 | 48 | 56 | 66 | 70 | 74 | 79 |
| 49 | 40 | 40 | 41 | 46 | 51 | 61 | 71 | 76 | 80 | 85 |
| 55 | 40 | 40 | 45 | 51 | 57 | 66 | 78 | 83 | 88 | 93 |
| 59 | 40 | 41 | 48 | 54 | 60 | 70 | 82 | 87 | 93 | 98 |
| 64 | 40 | 44 | 51 | 57 | 63 | 74 | 87 | 92 | 98 | 104 |
| 71 | 40 | 47 | 54 | 61 | 67 | 79 | 92 | 99 | 105 | 111 |
| 76 | 40 | 48 | 56 | 63 | 70 | 82 | 96 | 102 | 109 | 115 |
| 81 | 42 | 50 | 58 | 65 | 72 | 85 | 99 | 106 | 112 | 119 |
| 87 | 43 | 52 | 60 | 67 | 74 | 87 | 102 | 109 | 116 | 123 |
| +87 | 44 | 53 | 61 | 69 | 77 | 90 | 105 | 112 | 119 | 126 |