

Female - Full Marathon 60 mins															
Lift & Bodyweight category	Elite Open 16 kg <small>(only Half Snatch & Snatch MS & CMS correspond to IKMF 2020 ranks, jerk & LC at 20kg)</small>			Vet 1 (40-49) 12 kg <small>(note IKMF MS, CMS 2020 are at 16kg)</small>			Vet 2 (50-59) 12 kg <small>(MS, CMS ranks correspond to 2020 IKMF)</small>			Vet 3 (60+) 12 kg			Amateur Open		
	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	12 kg	10 kg	8 kg
Jerk	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	R1	R2	R3
under 60 kg	850	650	550	850	650	550	800	600	500	700	500	400	600	600	600
60 - 70 kg	900	750	600	900	750	600	850	650	550	750	550	450	650	650	650
over 70 kg	950	850	650	950	850	650	900	700	600	800	600	500	700	700	700
Long Cycle	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	R1	R2	R3
under 60 kg	750	600	450	750	600	450	700	550	400	600	450	350	550	550	550
60 - 70 kg	800	650	500	800	650	500	750	600	450	650	500	400	600	600	600
over 70 kg	850	700	550	850	700	550	800	650	500	700	550	450	650	650	650
Half Snatch	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	R1	R2	R3
under 60 kg	675	575	475	775	675	550	725	625	500	625	525	400	625	625	625
60 - 70 kg	725	625	525	825	725	600	775	675	550	675	575	450	675	675	675
over 70 kg	775	675	575	875	775	650	825	725	600	725	625	500	725	725	725
Snatch	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	R1	R2	R3
under 60 kg	800	700	600	950	850	750	900	800	700	800	700	600	800	800	800
60 - 70 kg	850	750	650	1000	900	800	950	850	750	850	750	650	850	850	850
over 70 kg	900	800	700	1050	950	850	1000	900	800	900	850	700	900	900	900

Female - Half Marathon 30 mins															
Lift & Bodyweight category	Elite Open 20 kg <small>(note IKMF MS, CMS 2020 are at 24kg)</small>			Vet 1 (40-49) 16 kg <small>(note IKMF MS, CMS 2020 are at 20kg)</small>			Vet 2 (50-59) 16 kg <small>(MS, CMS ranks correspond to 2020 IKMF)</small>			Vet 3 (60+) 12 kg			Amateur Open		
	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	16 kg	12 kg	8 kg
Jerk	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	R1	R2	R3
under 60 kg	450	300	250	550	400	350	500	350	300	500	350	300	350	350	350
60 - 70 kg	550	400	300	600	450	400	550	400	350	550	400	350	400	400	400
over 70 kg	650	500	350	650	500	450	600	450	400	600	450	400	450	450	450
Long Cycle	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	R1	R2	R3
under 60 kg	300	250	200	375	325	275	350	300	250	350	300	250	300	300	300
60 - 70 kg	350	300	250	400	350	300	375	325	275	375	325	275	325	325	325
over 70 kg	380	350	300	425	375	325	400	350	300	400	350	300	350	350	350
Half Snatch	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	R1	R2	R3
under 60 kg	400	300	250	425	325	275	400	300	250	400	300	250	300	300	300
60 - 70 kg	450	350	300	475	375	300	450	350	300	450	350	275	350	350	350
over 70 kg	500	400	350	525	425	325	500	400	350	500	400	300	400	400	400
Snatch	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	R1	R2	R3
under 60 kg	400	300	250	500	400	300	475	375	275	475	375	275	375	375	375
60 - 70 kg	450	350	300	550	450	350	525	425	325	525	425	325	425	425	425
over 70 kg	500	400	350	600	500	400	575	475	375	575	475	375	475	475	475

Female - Full Marathon 60 mins															
Lift & Bodyweight category	Elite Open 16 kg <small>(MS, CMS ranks correspond to 2020 IKMF)</small>			Vet 1 (40-49) 12 kg <small>(MS, CMS ranks correspond to 2020 IKMF)</small>			Vet 2 (50-59) 12 kg			Vet 3 (60+) 8 kg			Amateur Open		
	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	12 kg	8 kg	6 kg
Double Jerk	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	R1	R2	R3
under 60 kg	250	200	150	325	250	200	275	200	150	275	200	150	200	200	200
60 - 70 kg	300	250	200	375	300	250	300	225	175	300	225	175	225	225	225
over 70 kg	350	300	250	425	350	300	325	250	200	325	250	200	250	250	250
Double Long Cycle	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	R1	R2	R3
under 60 kg	200	150	125	250	200	150	225	175	125	225	175	125	175	175	175
60 - 70 kg	250	200	150	280	230	175	250	200	150	250	200	150	200	200	200
over 70 kg	300	250	175	310	280	225	275	225	175	275	225	175	225	225	225
Double Half Snatch	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	R1	R2	R3
under 60 kg	175	150	125	250	200	150	225	175	125	225	175	125	175	175	175
60 - 70 kg	225	200	175	300	250	200	260	210	160	260	210	160	210	210	210
over 70 kg	275	250	225	350	300	250	295	245	195	295	245	195	245	245	245