

Male - Full Marathon 60 mins															
Lift & Bodyweight category	Elite Open 24 kg <small>(only Half Snatch & Snatch MS & CMS correspond to IKMF 2020 ranks, Jerk & LC at 28kg)</small>			Vet 1 (40-49) 24 kg <small>(MS, CMS ranks correspond to 2020 IKMF)</small>			Vet 2 (50-59) 20kg <small>(MS, CMS ranks correspond to 2020 IKMF)</small>			Vet 3 (60+) 16kg			Amateur Open		
	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	20 kg	16 kg	12 kg
Jerk	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	R1	R2	R3
under 75 kg	925	725	600	800	600	500	800	600	500	800	600	500	600	600	600
75 - 85 kg	1000	800	650	850	650	550	850	650	550	850	650	550	650	650	650
over 85 kg	1075	875	700	900	700	600	900	700	600	900	700	600	700	700	700
Long Cycle	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	R1	R2	R3
under 75 kg	750	600	500	650	550	450	650	550	450	650	550	450	550	550	550
75 - 85 kg	800	650	550	700	600	500	700	600	500	700	600	500	600	600	600
over 85 kg	850	700	600	750	650	550	750	650	550	750	650	550	650	650	650
Half Snatch	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	R1	R2	R3
under 75 kg	800	700	600	700	600	500	700	600	500	700	600	500	600	600	600
75 - 85 kg	875	775	650	750	650	550	750	650	550	750	650	550	650	650	650
over 85 kg	950	850	700	800	700	600	800	700	600	800	700	600	700	700	700
Snatch	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	R1	R2	R3
under 75 kg	800	700	600	700	600	500	700	600	500	700	600	500	600	600	600
75 - 85 kg	875	775	650	750	650	550	750	650	550	750	650	550	650	650	650
over 85 kg	950	850	700	800	700	600	800	700	600	800	700	600	700	700	700

Male - Half Marathon 30 mins															
Lift & Bodyweight category	Elite Open 32 kg <small>(MS, CMS ranks correspond to 2020 IKMF)</small>			Vet 1 (40-49) 28 kg <small>(MS, CMS ranks correspond to 2020 IKMF)</small>			Vet 2 (50-59) 24 kg <small>(MS, CMS ranks correspond to 2020 IKMF)</small>			Vet 3 (60+) 16 kg			Amateur Open		
	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	24 kg	20 kg	16 kg
Jerk	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	R1	R2	R3
under 75 kg	400	300	200	400	300	200	450	350	300	450	350	300	350	350	350
75 - 85 kg	500	400	300	450	350	250	500	400	350	500	400	350	400	400	400
over 85 kg	600	500	400	500	400	300	550	450	400	550	450	400	450	450	450
Long Cycle	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	R1	R2	R3
under 75 kg	300	250	200	300	200	175	350	280	230	350	280	230	280	280	280
75 - 85 kg	350	300	250	350	250	215	375	305	255	375	305	255	305	305	305
over 85 kg	375	350	300	375	300	250	400	330	280	400	330	280	330	330	330
Half Snatch	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	R1	R2	R3
under 75 kg	275	225	175	325	250	200	400	300	250	400	300	250	300	300	300
75 - 85 kg	325	275	225	375	300	250	450	350	300	450	350	300	350	350	350
over 85 kg	375	325	275	425	350	300	500	400	350	500	400	350	400	400	400
Snatch	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	R1	R2	R3
under 75 kg	275	200	150	300	250	200	400	300	250	400	300	250	300	300	300
75 - 85 kg	325	250	200	350	300	250	450	350	300	450	350	300	350	350	350
over 85 kg	375	300	250	400	350	300	500	400	350	500	400	350	400	400	400

Male Single Bell

Lift & Bodyweight category	Elite Open 20 kg <small>(MS, CMS ranks correspond to 2020 IKMF)</small>			Vet 1 (40-49) 16 kg <small>(MS, CMS ranks correspond to 2020 IKMF)</small>			Vet 2 (50-59) 16 kg			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
Double Jerk	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	R1	R2	R3
under 75 kg	250	200	150	300	250	200	250	200	175	250	200	175	250	250	250
75 - 85 kg	300	250	200	350	300	250	275	225	200	275	225	200	275	275	275
over 85 kg	350	300	250	400	350	300	300	250	225	300	250	225	300	300	300
Double Long Cycle	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	R1	R2	R3
under 75 kg	225	175	125	250	200	150	225	175	150	225	175	150	225	225	225
75 - 85 kg	250	200	150	275	225	175	250	200	175	250	200	175	250	250	250
over 85 kg	275	230	175	300	250	200	275	225	200	275	225	200	275	275	275
Double Half Snatch	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	MS	CMS	R1	R1	R2	R3
under 75 kg	200	150	125	250	200	175	225	175	150	225	175	150	225	225	225
75 - 85 kg	250	200	150	300	250	200	250	200	175	250	200	175	250	250	250
over 85 kg	300	250	175	350	300	225	275	225	200	275	225	200	275	275	275

Male Double Bell