

**Feet (Ft) to Metre (M)  
Height Conversion Chart**

**Ft**

**M**

**Kg**

**St**

**Kilogram (Kg) to Stone (St)  
Weight Conversion Chart**

Feet & Inches	metres	Feet & Inches	Metres	Feet& Inches	metres
3ft	0.91	4ft.0	1.22	5ft.11 ½	1.81
		4ft.0 ½	1.23	6.ft	1.83
3 ft ½	0.92	4ft.1	1.24	6ft. ½	1.84
		4ft.1 ½	1.26	6ft.1	1.85
3ft.1	0.94	4ft.2	1.27	6ft.1 ½	1.87
		4ft.2 ½	1.28	6ft.2	1.88
3ft.1 ½	0.95	4ft.3	1.29	6ft.2 ½	1.89
		4ft.3 ½	1.31	6ft.3	1.90
3ft.2	0.96	4ft.4	1.32	6ft.3 ½	1.92
		4ft.4 ½	1.33	6ft.4	1.93
3ft.2 ½	0.98	4ft.5	1.34	6ft.4 ½	1.94
		4ft.5 ½	1.36	6ft.5	1.95
3ft.3	0.99	4ft.6	1.37	6ft.5 ½	1.97
		4ft.6 ½	1.38	6ft.6	1.98
3ft.3 ½	1.00	4ft.7	1.40	6ft.6 ½	1.99
		4ft.7 ½	1.41	6ft.7	2.01
3ft.4	1.01	4ft.8	1.42	6ft.7 ½	2.02
		4ft.8 ½	1.43	6ft.8	2.03
3ft.4 ½	1.03	4ft.9	1.45	6ft.8 ½	2.04
		4ft.9 ½	1.46	6ft.9	2.05
3ft.5	1.04	4ft.10	1.47	6ft.9 ½	2.07
		4ft.10 ½	1.48	6ft.10	2.08
3ft.5 ½	1.05	4ft.11	1.50	6ft.10 ½	2.09
		4ft.11 ½	1.51	6ft.11	2.11
3ft.6	1.06	5ft.0	1.52	6ft.11 ½	2.12
		5ft.0 ½	1.54	7ft	2.13
3ft 6 ½	1.08	5ft.1	1.55		
		5ft.1 ½	1.56		
3ft.7	1.09	5ft.2	1.57		
		5ft.2 ½	1.59		
3ft.7 ½	1.10	5ft.3	1.60		
		5ft.3 ½	1.61		
3ft.8	1.12	5ft.4	1.62		
		5ft.4 ½	1.64		
3ft.8 ½	1.13	5ft.5	1.65		
		5ft.5 ½	1.66		
3ft.9	1.14	5ft.6	1.67		
		5ft.6 ½	1.69		
3ft.9 ½	1.15	5ft.7	1.70		
		5ft.7 ½	1.71		
3ft.10	1.17	5ft.8	1.73		
		5ft.8 ½	1.74		
3ft.10 ½	1.18	5ft.9	1.75		
		5ft.9 ½	1.76		
3ft.11	1.19	5ft.10	1.78		
		5ft.10 ½	1.79		
3ft.11 ½	1.20	5ft.11	1.80		

<b>Kg</b>	<b>Coverts to Stones &amp; Pounds</b>	<b>Kg</b>	<b>Coverts to Stones &amp; Pounds</b>	<b>Kg</b>	<b>Coverts to Stones &amp; Pounds</b>	<b>Kg</b>	<b>Coverts to Stones &amp; Pounds</b>
35	5 st 7 lbs	58.5	9 st 3 lbs	82	12 st 13 lbs	105.5	16 st 8 lbs
35.5	5st 8 lbs	59	9 st 4 lbs	82.5	13 st 0 lbs	106	16 st 10 lbs
36	5 st 9 lbs	59.5	9 st 5 lbs	83	13 st 1 lbs	106.5	16 st 11 lbs
36.5	5 st 10 lbs	60	9 st 6 lbs	83.5	13 st 2 lbs	107	16 st 12 lbs
37	5 st 12 lbs	60.5	9 st 7 lbs	84	13 st 3 lbs	107.5	16 st 13 lbs
37.5	5 st 13 lbs	61	9 st 8 lbs	84.5	13 st 4 lbs	108	17 st 0 lbs
38	6 st 0 lbs	61.5	9 st 9 lbs	85	13 st 5 lbs	108.5	17 st 1 lbs
38.5	6 st 1 lbs	62	9 st 11 lbs	85.5	13 st 6 lbs	109	17 st 2 lbs
39	6 st 2 lbs	62.5	9 st 12 lbs	86	13 st 7 lbs	109.5	17 st 3 lbs
39.5	6 st 3 lbs	63	9 st 13 lbs	86.5	13 st 9 lbs	110	17 st 4 lbs
40	6 st 4 lbs	63.5	10 st 0 lbs	87	13 st 10 lbs	110.5	17 st 5 lbs
40.5	6 st 5 lbs	64	10 st 1 lbs	87.5	13 st 11 lbs	111	17 st 7 lbs
41	6 st 6 lbs	64.5	10 st 2 lbs	88	13 st 12 lbs	111.5	17 st 8 lbs
41.5	6 st 7 lbs	65	10 st 3 lbs	88.5	13 st 13 lbs	112	17 st 9 lbs
42	6 st 9 lbs	65.5	10 st 4 lbs	89	14 st 0 lbs	112.5	17 st 10 lbs
42.5	6 st 10 lbs	66	10 st 5 lbs	89.5	14 st 1 lbs	113	17 st 11 lbs
43	6 st 11 lbs	66.5	10 st 6 lbs	90	14 st 2 lbs	113.5	17 st 12 lbs
43.5	6 st 12 lbs	67	10 st 8 lbs	90.5	14 st 3 lbs	114	17 st 13 lbs
44	6 st 13 lbs	67.5	10 st 9 lbs	91	14 st 4 lbs	114.5	18 st 0 lbs
44.5	7 st 0 lbs	68	10 st 10 lbs	91.5	14 st 6 lbs	115	18 st 1 lbs
45	7 st 1 lbs	68.5	10 st 11 lbs	92	14 st 7 lbs	115.5	18 st 2 lbs
45.5	7 st 2 lbs	69	10 st 12 lbs	92.5	14 st 8 lbs	116	18 st 4 lbs
46	7 st 3 lbs	69.5	10 st 13 lbs	93	14 st 9 lbs	116.5	18 st 5 lbs
46.5	7 st 4 lbs	70	11 st 0 lbs	93.5	14 st 10 lbs	117	18 st 6 lbs
47	7 st 6 lbs	70.5	11 st 1 lbs	94	14 st 11 lbs	117.5	18 st 7 lbs
47.5	7 st 7 lbs	71	11 st 2 lbs	94.5	14 st 12 lbs	118	18 st 8 lbs
48	7 st 8 lbs	71.5	11 st 4 lbs	95	14 st 13 lbs	118.5	18 st 9 lbs
48.5	7 st 9 lbs	72	11 st 5 lbs	95.5	15 st 0 lbs	119	18 st 10 lbs
49	7 st 10 lbs	72.5	11 st 6 lbs	96	15 st 1 lbs	119.5	18 st 11 lbs
49.5	7 st 11 lbs	73	11 st 7 lbs	96.5	15 st 3 lbs	120	18 st 12 lbs
50	7 st 12 lbs	73.5	11 st 8 lbs	97	15 st 4 lbs	120.5	18 st 13 lbs
50.5	7 st 13 lbs	74	11 st 9 lbs	97.5	15 st 5 lbs	121	19 st 1 lbs
51	8 st 0 lbs	74.5	11 st 10 lbs	98	15 st 6 lbs	121.5	19 st 2 lbs
51.5	8 st 1 lbs	75	11 st 11 lbs	98.5	15 st 7 lbs	122	19 st 3 lbs
52	8 st 3 lbs	75.5	11 st 12 lbs	99	15 st 8 lbs	122.5	19 st 4 lbs
52.5	8 st 4 lbs	76	11 st 13 lbs	99.5	15 st 9 lbs	123	19 st 5 lbs
53	8 st 5 lbs	76.5	12 st 1 lbs	100	15 st 10 lbs	123.5	19 st 6 lbs
53.5	8 st 6 lbs	77	12 st 2 lbs	100.5	15 st 11 lbs	124	19 st 7 lbs
54	8 st 7 lbs	77.5	12 st 3 lbs	101	15 st 13 lbs	124.5	19 st 8 lbs
54.5	8 st 8 lbs	78	12 st 4 lbs	101.5	16 st 0 lbs	125	19 st 9 lbs
55	8 st 9 lbs	78.5	12 st 5 lbs	102	16 st 1 lbs	125.5	19 st 10 lbs
55.5	8 st 10 lbs	79	12 st 6 lbs	102.5	16 st 2 lbs	126	19 st 12 lbs
56	8 st 11 lbs	79.5	12 st 7 lbs	103	16 st 3 lbs	126.5	19 st 13 lbs
56.5	8 st 12 lbs	80	12 st 8 lbs	103.5	16 st 4 lbs	127	20 st 0 lbs
57	9 st 0 lbs	80.5	12 st 9 lbs	104	16 st 5 lbs	127.5	20 st 1 lbs
57.5	9 st 1 lbs	81	12 st 10 lbs	104.5	16 st 6 lbs	128	20 st 2 lbs
58	9 st 2 lbs	81.5	12 st 12 lbs	105	16 st 7 lbs	128.5	20 st 3 lbs

<b>Kg</b>	<b>Coverts to Stones &amp; Pounds</b>	<b>Kg</b>	<b>Coverts to Stones &amp; Pounds</b>	<b>Kg</b>	<b>Coverts to Stones &amp; Pounds</b>	<b>Kg</b>	<b>Coverts to Stones &amp; Pounds</b>
129	20 st 4 lbs	152.5	24 st 0 lbs	176	27 st 10 lbs	199.5	31 st 5 lbs
129.5	20 st 5 lbs	153	24 st 1 lbs	176.5	27 st 11 lbs	200	31 st 7 lbs
130	20 st 6 lbs	153.5	24 st 2 lbs	177	27 st 12 lbs		
130.5	20 st 7 lbs	154	24 st 3 lbs	177.5	27 st 13 lbs		
131	20 st 9 lbs	154.5	24 st 4 lbs	178	28 st 0 lbs		
131.5	20 st 10 lbs	155	24 st 5 lbs	178.5	28 st 1 lbs		
132	20 st 11 lbs	155.5	24 st 7 lbs	179	28 st 2 lbs		
132.5	20 st 12 lbs	156	24 st 8 lbs	179.5	28 st 3 lbs		
133	20 st 13 lbs	156.5	24 st 9 lbs	180	28 st 5 lbs		
133.5	21 st 0 lbs	157	24 st 10 lbs	180.5	28 st 6 lbs		
134	21 st 1 lbs	157.5	24 st 11 lbs	181	28 st 7 lbs		
134.5	21 st 2 lbs	158	24 st 12 lbs	181.5	28 st 8 lbs		
135	21 st 3 lbs	158.5	24 st 13 lbs	182	28 st 9 lbs		
135.5	21 st 5 lbs	159	25 st 0 lbs	182.5	28 st 10 lbs		
136	21 st 6 lbs	159.5	25 st 1 lbs	183	28 st 11 lbs		
136.5	21 st 7 lbs	160	25 st 2 lbs	183.5	28 st 12 lbs		
137	21 st 8 lbs	160.5	25 st 4 lbs	184	28 st 13 lbs		
137.5	21 st 9 lbs	161	25 st 5 lbs	184.5	29 st 0 lbs		
138	21 st 10 lbs	161.5	25 st 6 lbs	185	29 st 2 lbs		
138.5	21 st 11 lbs	162	25 st 7 lbs	185.5	29 st 3 lbs		
139	21 st 12 lbs	162.5	25 st 8 lbs	186	29 st 4 lbs		
139.5	21 st 13 lbs	163	25 st 9 lbs	186.5	29 st 5 lbs		
140	22 st 0 lbs	163.5	25 st 10 lbs	187	29 st 6 lbs		
140.5	22 st 2 lbs	164	25 st 11 lbs	187.5	29 st 7 lbs		
141	22 st 3 lbs	164.5	25 st 12 lbs	188	29 st 8 lbs		
141.5	22 st 4 lbs	165	25 st 13 lbs	188.5	29 st 9 lbs		
142	22 st 5 lbs	165.5	26 st 1 lbs	189	29 st 10 lbs		
142.5	22 st 6 lbs	166	26 st 2 lbs	189.5	29 st 11 lbs		
143	22 st 7 lbs	166.5	26 st 3 lbs	190	29 st 13 lbs		
143.5	22 st 8 lbs	167	26 st 4 lbs	190.5	30 st 0 lbs		
144	22 st 9 lbs	167.5	26 st 5 lbs	191	30 st 1 lbs		
144.5	22 st 10 lbs	168	26 st 6 lbs	191.5	30 st 2 lbs		
145	22 st 11 lbs	168.5	26 st 7 lbs	192	30 st 3 lbs		
145.5	22 st 13 lbs	169	26 st 8 lbs	192.5	30 st 4 lbs		
146	23 st 0 lbs	169.5	26 st 9 lbs	193	30 st 5 lbs		
146.5	23 st 1 lbs	170	26 st 11 lbs	193.5	30 st 6 lbs		
147	23 st 2 lbs	170.5	26 st 12 lbs	194	30 st 7 lbs		
147.5	23 st 3 lbs	171	26 st 13 lbs	194.5	30 st 8 lbs		
148	23 st 4 lbs	171.5	27 st 0 lbs	195	30 st 10 lbs		
148.5	23 st 5 lbs	172	27 st 1 lbs	195.5	30 st 11 lbs		
149	23 st 6 lbs	172.5	27 st 2 lbs	196	30 st 12 lbs		
149.5	23 st 7 lbs	173	27 st 3 lbs	196.5	30 st 13 lbs		
150	23 st 8 lbs	173.5	27 st 4 lbs	197	31 st 0 lbs		
150.5	23 st 10 lbs	174	27 st 5 lbs	197.5	31 st 1 lbs		
151	23 st 11 lbs	174.5	27 st 6 lbs	198	31 st 2 lbs		
151.5	23 st 12 lbs	175	27 st 8 lbs	198.5	31 st 3 lbs		
152	23 st 13 lbs	175.5	27 st 9 lbs	199	31 st 4 lbs		