



## **Welsh Powerlifting Association Directors' Report 2015/16**

### **Introduction**

This report has been compiled to review the progress made by the WPA in the last year. Rob Thomas, former Director of Welsh Powerlifting, stood down in February and has left us with a gap. Some constitutional amendments are required before a new Director can be elected and until such time the current Secretary and Treasurer of the WPA will act as co-Directors. Following the necessary constitutional changes, an election will be held for our new Director.

We would like to thank Rob Thomas for all the work he has put into the WPA over the years. Neither of us would have participated to the extent we have if it weren't for Rob encouraging us to take part in more competitions and the wider GBPF organisation outside of Wales. He will be missed as a key member of the WPA.

### **Membership, Committee and AGM**

It has been another progressive and exciting year for Welsh Powerlifting. We hosted a number of divisional competitions in 2015 and have seen many new lifters grow in confidence during that time. At the end of 2015 our membership topped 70 for the first time. This might seem small to some, but is ten times our 2012 membership.

This increased membership has seen greater participation from our members as well. We hosted a referees' course last year with 7 attendees. Our existing divisional referees were nominated as national refs at our AGM in January and those names have been submitted to the Technical Officer for ratification. We have also expanded our committee with Owen Hubbard elected as our DCO and Francis Barrett as our media secretary.

The AGM approved a proposal to develop Welsh divisions over the coming years to allow us to move towards a divisional structure more like that in the EPA. We hope to develop 3 divisions:  
North and mid-Wales  
Southeast Wales  
Southwest Wales

Each division will be encouraged and supported to host local competitions to feed into a National Welsh Championships for which we will eventually develop qualifying totals. A fully functioning divisional structure may be a few years off yet, but we like to have aspirations.

### **Competitions**

As ever, limited funds due to historical low membership continue to cause issues for us in terms of

purchasing equipment. We are immensely grateful to the GBPF Executive for the loan of an Eleiko rack to facilitate our competitions. This generosity has helped us immeasurably and certainly raises our profile as the most professional powerlifting federation in Wales. Now to hunt down some calibrated plates....

In 2015 we hosted 3 competitions and saw increasing numbers of participants. In December we hosted our first competition at a new venue in Cardiff – Dave's Gym. This venue has proved popular with lifters and spectators and the atmosphere has been fantastic. Dave Carter and his staff have been very helpful and welcoming and have contributed to the success of these events. Our first competition of 2016, the Welsh Cup, was held here in February, attracting 30 lifters and considerably more spectators – great to have such a crowd cheering on our lifters. We have a further competition planned in this venue on 3<sup>rd</sup> July.

We are also pleased to host our first North Wales competition on 8<sup>th</sup> May in Bangor. This competition is being organised and run by a local promoter, while the WPA will facilitate online entry and officials. It's a step towards our divisional structure so we are looking forward to seeing a number of new North Wales lifters joining the WPA.

Wales sent a small team of 12 lifters to the Commonwealth Championships in Canada. We were pleased to come home with an impressive medal haul and a number of Commonwealth champions. Special mention must be made to the team – we didn't have a coach as such and all the lifters worked together to coach each other. Long days for all our lifters but the team did fantastically well. And we definitely had the best tracksuits.

A number of our lifters competed at the World and European Championships throughout 2015 and have certainly done a great job of raising our profile with existing and potential members across Wales.

### Four Nations 2016

We're looking forward to hosting the Four Nations 2016 and welcoming the other Home Nations to Cardiff. We have had to change the date of the competition by a week to avoid a clash with the Autumn Internationals fixtures – specifically Wales v South Africa in the Millennium Stadium. This has been agreed by the GBPF Executive as the costs of travelling to and staying in Cardiff on a match day are astronomical and could be difficult for teams and individuals.

Tanya Bull and Lucy Cohen