



## Welsh Powerlifting Association Director's Report for 2014/2015

2014 ended with our highest ever number of members totalling in excess of 50. Even more exciting is that a good 35%+ of the membership are female lifters which is fantastic news.

2014 also saw the first ever WPA Welsh Powerlifting championships that were held in Swansea. A large number of the membership turned up to lift and/or help out which was very encouraging to see. So much so that we may need to split the 2015 championships over two days to make it more manageable!

2015 started with our first ever AGM where two positions were filled; Tanya Bull filled the role of Secretary and Lucy Cohen filled the role of Treasurer. Help in these two areas have been long overdue and I'm extremely pleased with the selection and the help that these ladies will provide over the coming years.

During the AGM, a motion was passed to request that from 2015, the WPA manages their own membership and pays an affiliation fee to the GBPF in the same way as Scotland and Northern Ireland. This has been discussed with the GBPF and agreed in principle and there are a number of loose ends that need to be tidied up.

Six members became GBPF referees during the last year and that is already proving to be helpful when arranging competitions.

The first competition of the year, the WPA Welsh Cup was held in February and attracted a sizable attendance with 9 new lifters competing for the first time.

A small team of 3 female and 3 male lifters have been invited to attend the South West championships in April, turning the event into a South West vs Wales friendly competition. The team has been selected and are looking forward to it.

The WSA Welsh Powerlifting Championships will be held in Swansea on the 26<sup>th</sup> of July and may need to span two days, this will be reviewed closer to the date. Plans are also being considered to hold a Welsh Bench Press championships later in the year to allow members to qualify for the British Bench next year.

Rob Thomas  
Director for Wales