



Welsh Powerlifting Association

Committee Report 2016

Membership, Committee and AGM

It has been another progressive and exciting year for Welsh Powerlifting. Our membership reached 86 at the end of December 2016 and has already reached over 60 for 2017 so we are hoping to end the year with over 100 members. Our numbers continue to grow and we are committed to ensuring that the WPA develops in 2017.

Our committee was comprised of Lucy Cohen (Treasurer), Tanya Bull (Secretary), Owen Hubbard (DCO) and Francis Barrett (Media Secretary). Lucy and Tanya shared the interim Director role following the resignation of our former Director shortly after the AGM. Francis Barrett emigrated to Canada and also stood down.

Our AGM took place on Sunday 22nd January, 2017 immediately following our first competition of the year. Elections were held for the following roles and I am pleased to say we have a full (and talented) committee:

Chair/Director – Tanya Bull

Secretary – Adam Thomas

Treasurer – Lucy Cohen

Media Secretary – Vikki Eades

DCO – Owen Hubbard

Competition Secretary – Sabrina Moore and Ryan Griffiths (job share)

Records Registrar – Sabrina Moore

We were also able to agree our new constitution thanks to some assistance from Richard Parker and Mike Patterson to ensure it was compliant with the new articles and by-laws of British Powerlifting.

Competitions

In 2016 we hosted 3 competitions all with record numbers of participants. The Welsh Cup in February was well attended by both lifters and spectators. Our Welsh Championship was hosted in early July. We capped entries for this at 40 lifters and it was over-subscribed.

In December we hosted the Home Nations Championship at Cardiff and Vale College. I'm pleased to say that the venue was excellent and we've had great feedback from all the

visiting teams. And best of all, Wales took home the Home Nations title for the first time. We'd like to formally thank all those who helped to run the competition – all the officials, coaches and lifters who attended. Special mention must be made to the Whiteleys and Alice Hogg who travelled hundreds of miles to run the table.

We have already hosted two competitions this year:
Single Lifts on 22nd January at Dave's Gym, Cardiff
Welsh Champs on 18th February, Cardiff and Vale College, Cardiff

Both of these events were great successes and we even managed to run a livestream for the Welsh Champs.

We have a further competition scheduled in Bangor, North Wales for 23rd April. We are hoping for a decent number of entries for this as we haven't hosted any competitions in North Wales in the past. Future competition plans for 2017 include a summer competition, hopefully in Swansea and another one before the end of the year. But as I'm sure other in other divisions, with the increasingly busy national calendar it becomes difficult to schedule these in a sensible manner. In order to meet increased demand for competitions, we need more referees and will be hosting a ref course in April to get a few more on board.

A number of our lifters competed at the World, European and Western European Championships during 2016 and have certainly done a great job of raising our profile with existing and potential members across Wales. We are very proud of the achievements of our members and it's great to see so many talented international athletes coming from our small membership.

We are very much looking forward to 2017 with a new, larger committee and hope that we can build on the successes of 2016.

Tanya Bull
Chair/Director for Wales