



Welsh Powerlifting Association 2022/23 Report

Overview

It has been a successful year for Welsh Powerlifting, we've seen competitions sell out in record time, our largest team sent to the Commonwealth Championships and the highest number of members in a year. There have also been record numbers of Welsh members qualifying for/entering the various British Championships this year.

Membership

2021 - 104 members

2022 - 217 members

2023 - 215 members (as of 20/04)

Competitions

Welsh Championships 2022

- Our first 2 day competition, it ran very well and we received a lot of positive feedback from members

Autumn Cup 2022

- The first competition in our new venue (PB Performance Gym).
- A few minor issues in terms of the layout and running of the event but overall a good step forward.

Home Nations 2023

- Problems with the original venue meant a last minute change had to be made.
- Some issues with heating and volunteers but the event still ran relatively smoothly.

Winter Cup 2023

- Fastest selling competition to date (10 minutes)

Commonwealth Championships

2022 saw 28 Welsh athletes travel to New Zealand for the Commonwealth Championships. This is by far the largest team we have ever sent and the first time (I believe) that we fielded a full age class within that. The team as a whole performed exceptionally well, especially considering it was the first international competition for some of our athletes. Overall we took home 39 medals (10 gold, 9 silver and 20 bronze) with 3 of our athletes winning their respective classes!



Finances

We took a hit with the Home Nations championships (having to pay for 2 venues) however, we still ended the year (2022) with net membership funds of £4792.56. This puts us in a good position to invest in competitions, improvements and potentially hosting larger championships in the future.

A handwritten signature in black ink, appearing to read 'Tom Morgan', with a long horizontal flourish extending to the right.

Tom Morgan
Director/Chairman