



22nd March 2024

Director's report for Welsh Powerlifting for the British Powerlifting AGM

Overview

It has been a successful year for Welsh Powerlifting. There have been record numbers of Welsh members qualifying for/entering the various British Championships this year, as well as representation at several international championships. We also won the Home Nations competition in Belfast, bringing home the silverware for the first time since 2016. We are also proud to unveil our recent rebrand courtesy of Kasamov Creative.

Membership

2021 - 104 members

2022 - 217 members

2023 – 331 members

2024 – 274 (as of 22/03)

Competitions (last 12 months)

Welsh Championships

The Welsh championships ran very well and we received a lot of positive feedback from members. We brought in White Lights Media not only to do photograph packages, but also to run the live stream.

Summer Cup

This competition is typically the quietest in the calendar as it falls out of term time and thus garners less interest from our student membership. We introduced our new Squat Dobbins tech setup with LiftingCast integration.

Autumn Cup

Again a very popular competition selling out fast, another step forward in providing a commentary for our livestream.

Welsh University Championships

Our inaugural University Championships was a great success. Swansea University Powerlifting Club organised and managed the competition, with the WPA playing more of a supportive role on this occasion. The club did an excellent job and I am sure this event will be a permanent fixture in the calendar moving forward.



Winter Cup

Again the most popular divisional competition, selling out in quick time. On a personal note this was my first competition as a lifter for over 6 years, I took immense pride in experiencing how well run the competition was, and in how far the sport has progressed during my hiatus.

North Wales Cup

Feedback on this event has been overwhelmingly positive. We received great support from the venue (Modified Fitness) and especially from Kim Cowell and the North West division. We can now see that there is sufficient interest from WPA members for competitions in North Wales, and next year we will take the lead on organising the next iteration.

Finance Report (Courtesy of Lucy Cohen, Finance Director) – 2023 Calendar year

As of the 31 December 2023 the federation had net Members' funds of £6,622.76. This provides the WPA with a good balance to invest in competitions, improvements, and hosting of larger championships in the future.

Income

During the year our income streams were primarily from hosting competitions and membership rebates. We received £2,177 in membership fees and £9,551 in competition entry fees.

Expenditure

This year we have invested heavily in the quality of the competitions by procuring graphics and equipment to enhance both lifter and officials' experiences.

Looking ahead

In the near future we have our 2024 National Championships (13th & 14th April). We have had significant interest from members in representing Wales at the Commonwealth Championships in South Africa and the team announcement will be made shortly. We have plans to continually improve our competition offering and to promote the sport at grass roots level thus increasing our membership base. Late April we will have our inaugural sanctioned University Varsity (Swansea vs Cardiff) competition, and also are pleased to see the first British National Series competition in Wales with BUCS being hosted by Cardiff University.

Adam Thomas

Interim Director for Welsh Powerlifting.