



24th April 2025

## **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 as well as very successful team events at both the Commonwealth Championships in South Africa and the Marion Hammang Cup in Luxembourg.

With having an international referee in our ranks at long last (Sabrina Downes) and owing to the improved referee qualification format, we have also been able to facilitate more courses to bolster our ranks of officials.

### **Membership**

2022 - 217 members

2023 – 331 members

2024 – 374 members

2025 - 250 members (as of 24/04)

### **Competitions (last 12 months)**

#### Welsh Championships

The Welsh championships ran brilliantly, and we received a lot of positive feedback from members. We brought in Kasamov Creative to run the live stream and we were incredibly pleased with the production value.

#### Summer Cup

This competition is typically the quietest in the calendar as it falls out of term time, however on this occasion we had to extend the entry numbers with a total of 70 entrants which was great to see.

#### Autumn Cup

A very popular competition selling out quickly. We secured sponsorship from Donut Barbell, Amity Strengthwear and Dividend strength and we are grateful for their support.

#### Welsh University Championships

Swansea University Powerlifting Club organised and managed the competition, with the WPA playing more of a supportive role providing support and affiliation.

#### North Wales Cup



The second time putting on this event, we received great support from the venue (Modified Fitness), the Modified PL club run by Ross Shahin-Ajerlo and again from Kim Cowell, Mark Henkelis and the Northwest division team. Next year we will consider potentially having this at a different time in the calendar to encourage more entries.

#### The Phil Richard Classic

A very popular divisional competition, selling out in a short time. It was great to be able to honour our great friend and hall of famer and we intend to maintain this branding moving forward. We were supported by Titan (as well as A7 and PhotoLab) who of course sponsored Phil throughout his lifting career, and raised £500 for local charity Rocky Road Foundation, a cause close to Phil.

#### British Bench Press

For the second year running we saw a British Powerlifting National Series event hosted in Wales following the success of BUCS 2024. On this occasion, the WPA took on the mantle of promoters and we were very pleased with how the event ran. Thank you to all the volunteers for helping us make this happen.

#### Swansea University vs Cardiff University Varisty

The second year running that we have sanctioned this event with Cardiff University taking the turn of host. The competition ran well and provided a great buzz owing to a long-standing rivalry between the two institutions, Swansea taking home the overall silverware on this occasion by an incredibly narrow margin!

#### **Finance Report (Courtesy of Lucy Cohen, Finance Director) – 2024 Calendar year**

This report is for the year-ended 31 December 2024. As at the 31 December 2024 the federation had net Members funds of £13,270.71. This provides the WPA with a good balance to invest in competitions, improvements, and hosting of larger championships in the future. There is a buffer as we will soon be incurring significant cost relating to the upcoming Welsh Championships.

#### Income

During the year our income streams were primarily from hosting competitions and membership rebates. Membership fees - £3,188; Sponsorship - £1,110; Competition entries - £13,145; Referees course - £500

#### Expenditure

This year we have continued to invest in the continuous improvement of our competitions, safety, and membership experience with a specific focus on making the Welsh Championships the flagship event for the year.



### **Looking ahead**

In the near future we have our 2025 National Championships (24<sup>th</sup> & 25<sup>th</sup> May). We have secured a great venue and some brilliant sponsorship partners for this event. We have plans to continually improve our competition offering and to promote the sport at grass roots level thus increasing our membership base.

Following the success of British Bench, we are planning to bid for another 2026 British Powerlifting National Series event.

Adam Thomas  
CEO Welsh Powerlifting & British Powerlifting Board Member