



## **Membership**

The WPA has had a great year in 2017. We closed the year with 135 members, massively exceeding our 100 target. I'm pleased to see that we have already have 60 members for 2018 on the database.

## **Competitions**

We have hosted 5 competitions this year with 134 athletes taking part. The most recent the Winter Cup which was held on 17<sup>th</sup> December, 2017 at Synergi Weightlifting. This is a new venue and proved to be fantastic – the gym is kitted out with Rogue IPF approved equipment and is home to the British Powerlifting Eleiko kit. This made set up very easy for a (welcome) change.

The competition filled up within 2 weeks of opening entries which is becoming the norm these days. We open entry to Welsh lifters followed by guests from other divisions a week later. This latest comp only had space for 6 guests so in the future we will have to consider hosting competitions over more than 1 day. We had a number of very young lifters (under 18) as well as a load of new joiners from BDFPA.

In a change from previous reports we had many volunteers to help out with the platform and table. The incentive of free entry to a future Welsh competition is obviously paying off.

In 2018 we plan to host 4 competitions:

February 4<sup>th</sup>, 2018 – North Wales Cup, Bangor Barbell, Bangor

April 14<sup>th</sup>, 2018 – Welsh Champs, CAVC, Cardiff

July – South Wales Cup, tbc, Swansea

November/December – Winter Cup, tbc, Cardiff

## **Committee/AGM**

We held our AGM immediately following the Winter Cup with 19 members in attendance.

Our new committee was elected for 2018 as follows:

Chair/Director – Tanya Bull

Secretary – Adam Thomas

Treasurer – Lucy Cohen

Comp Secretaries – Ryan Griffiths and Sabrina Moore (job share)

DCO – Owen Hubbard

Media Officers – Vikki Eades and Jordan Walters (job share)

Records Registrar – Sabrina Moore

We also discussed a few motions (this is a first for WPA since I have been a member so a very positive step). These were agreed and are being submitted to the British Powerlifting AGM.

## **Development**

The election of a number of additional officers to the committee in the last year has made a huge difference to our ability to run the division. Additional help at competitions is proving invaluable, but we are still a little stuck on referees. In 2018 we are hosting a referees course (13<sup>th</sup> January) in the hope that we gain a few more. We've had to rely on referees from other divisions in 2017 and whilst we are extremely grateful for their assistance and support we really do need more referees in Wales. We extend our thanks to Charlie Shotton-Gale, Helen Toms, Amy Spencer, Carrie Shearer and Molly Chapman for helping us out in times of need.

Alongside the incentives for spotting and loading we are developing an online system for volunteering at competitions. This will include an option to help with set up and take down as well as duties on the day. This is an area we will need particular support with in the coming months due to injuries and a pregnancy amongst the committee.

## **Anti Doping**

Two drugs tests were carried out at the South Wales Cup in July this competition – many thanks to British Powerlifting for funding these tests. Both were negative. However, one of those tested in July was tested again at the Men's British Classic in October and yielded a positive result. This individual has received a 4 year ban.

## **Internationals/Nationals**

Once again Wales have secured a number of places on GB teams and achieved international successes in the last year. We are particularly proud of Phil Richard who became World Champion once again and secured a silver medal in the best lifter awards. In total this year we have seen 8 of our members compete on the World, European and Western European platforms and 4 at the Commonwealth.

Unfortunately we lost our Home Nations Champs title very deservedly to Scotland. Although I was not able to attend, I understand that the competition hosted by NI was excellent – I'm sorry to have missed it!

The recent European Masters qualifier saw Tracy O'Callaghan come away successful and I'm pleased to note that she has since received an invitation to attend the first European Masters Classic Championship in March. Tracy attended the first development day we hosted in 2014 and has become a real contender over the last few years.

The WPA has grown beyond all expectations in 2017 and our Welsh members have done us proud. We are all looking forward to the challenges that 2018 brings.

Tanya Bull  
Director for Wales  
January 2018