



Welsh Powerlifting Association

Director Report 2018

Membership, Committee and AGM

It's been another successful year for the WPA. Our membership target for the year was 150 however we finished the year with 175. Membership for 2019 is already off to a good start, currently sitting at 99 so we are hoping to finish the year with 200+ members for the first time.

Our AGM was very well attended and saw some changes to our committee. Owen Hubbard stood down as our DCO and Ryan Griffiths stood down as one of our competition secretaries. We extend our thanks to both for all their work over the last few years and whilst they may no longer hold committee positions, we know they will still be active within Welsh Powerlifting. Big thanks must go to the rest of the 2018 committee to make it such a successful year.

Our 2019 committee is comprised of:

Tanya Bull – Chair/Director

Adam Thomas – Secretary

Lucy Cohen – Treasurer and Web Master

Sabrina Moore – Competition Secretary (job share) and Records Registrar

Tom Morgan – Competition Secretary (job share) and DCO

Vikki Eades – Media Secretary

Competitions

We hosted 3 competitions in 2018. Our last competition of the year, the Winter Cup, filled up within 3 hours. Unfortunately, we were unable to run our February competition in Bangor Barbell (North Wales) due to a very low number of entries. We will continue to work to develop infrastructure in North Wales so that we can provide competitions for our members there.

We have 4 competitions scheduled for 2019 starting with the Welsh Championship on 27th April.

Our volunteer programme for spotters and loaders continues to be a success and will continue in 2019.

We continue to develop our referee network, having gained 3 new referees in January 2018. We are recruiting members to attend the next referee course in Bristol in May so hope to see a few more new referees to swell our ranks.

International Representation

Once again our members have done us proud with some achieving exceptional results at international level:

Tracy O'Callaghan – European Masters Classic Champion, 4th place at IPF Classic Worlds, European M1 squat record holder.

Phil Richard – European Masters Equipped Champion, European Masters Bench Champion.

Owen Hubbard – European Classic Champion, 3rd place at IPF Classic Worlds, European and World bench press record.

Emily Lloyd-Whittington – 6th place at IPF Classic Worlds.

Sabrina Moore – 11th place at Classic Bench Press.

As we are the smallest division, these are quite exceptional results for Wales. We also have a number of members who have committed their time to supporting GB international athletes as members of the coaching team.

We are very much looking forward to 2019, especially seeing how the WPA grows and enjoying some more fantastic Welsh performances on international platforms

Tanya Bull
Director, Welsh Powerlifting Association