



WPA Director Report

Membership and committee

2019 was another successful year for Welsh Powerlifting. We closed the year with 215 members, which exceeded our target. Membership is already standing at 50 for 2020 which puts us ahead of the same period last year.

We welcomed some new faces on to the committee in 2019 who have contributed to our successes this year. As always, all of the committee have worked hard to make our competitions successful and to grow powerlifting in Wales.

Vikki Eades is standing down from her role as social media secretary. I would like to extend our thanks to her for all her hard work managing our social media accounts and at our competitions over the year. We are all looking forward to seeing Vikki competing in (or for?) Wales again soon.

Competitions

We hosted 3 competitions during 2019 – the Welsh Championship, the Summer Cup and the Winter Cup. We had scheduled the Autumn Cup for September but this was cancelled due to low numbers of entries. This was the first year that we extended entries for the Welsh Championships which filled up in a few days. We will offer additional places at the 2020 Welsh Championship and consider a move to a two day competition if necessary.

We also supported PB Performance's inaugural competition which went extremely well. We are working with PB to hopefully host a novice comp in 2020.

We are working with members at Bangor University to find suitable venues for a competition in North Wales. We are hoping to work with a venue in Rhyl to ensure there is more access for our members in the North.

We have two new divisional referees to welcome to our small collective – Dean Roberts and Claire Hendy passed their written exams in the early summer and have since refereed at a number of divisional competitions for us. We do always need more referees so will be running another course in 2020 (dates pending).

Internationals

Once again we enjoyed our members' successes on the international platform. Considering we have a small membership, we tend to be well-represented on international teams and the podium.

We sent a team to the Commonwealth Championship in Canada who achieved some fantastic results. Special thanks must go to Tom Morgan and Zoe John who coached the

team for the entire week (especially as Tom competed in the Equipped Junior class at the start of the week).

As always, our international lifters have done us proud and we are looking forward to seeing their achievements in 2020.

Full list of results for Welsh lifters at internationals is included at the end of this report.

Home Nations

We took a full team to the Home Nations in Dover at the end of 2019. The competition was very well organised by Adam Reilly and his team in the South East. As always, it was wonderful to catch up with friends from all of the constituent nations. Whilst we put up a full team, we were unfortunately not able to keep pace with England and Scotland, finishing third overall.

The small number of equipped lifters in Wales does make it difficult to pull together a full team for this competition. This is an area we need to develop.

We are looking forward to welcoming the teams to Wales later this year when it is our turn to host. Likely date for the competition is Saturday 5th December to avoid the rugby autumn internationals.

I would like to extend my personal thanks to all the committee and our members for their support and hard work throughout the year. 2019 has been another great year for Welsh Powerlifting and I am looking forward to celebrating further successes at the end of 2020.

Tanya Bull
Director, WPA
January 2020

International Results 2019

EPF/IPF

Tracy O'Callaghan	EPF Masters Women's Classic – Bronze Squat, Bronze Bench, Gold Deadlift 3 rd overall
Mel Bird	IPF World Classic – 7 th overall EPF European Classic – Bronze squat 4 th overall
Sabrina Moore	IPF World Classic – 6 th overall EPF European Classic – 7 th overall
Phil Richard	European Men's Masters (Equipped) – Gold Squat, Gold Bench 1 st overall Best lifter World Masters Men's (Equipped) Gold squat, Gold Bench, Bronze Deadlift 1 st overall 2 nd Best lifter
Dylan Davies	European Men's Masters (Equipped) – 4 th overall
Joe Walton	Western European Classic – Silver Squat, Bronze Deadlift 1 st overall

Commonwealth

Tom Morgan	83kg Junior Equipped – Gold Squat, Gold Bench, Gold Deadlift 1 st overall
Dylan Davies	120kg+ M1 Equipped – Gold Squat, Gold Bench, Gold Deadlift 1 st overall
Tom Davies	74kg Sub junior Classic – Gold Squat, Gold Bench, Gold Deadlift 1 st overall
Geraint Davies	74kg Junior Classic – Bronze squat, Bronze bench 3 rd overall
Dominic King	74kg Junior Classic – Bronze Deadlift 4 th overall
Tom Seldon	93kg Junior Classic – 5 th overall
Ashley Butler	120kg Junior Classic – Silver Squat, Gold Bench, Gold Deadlift 1 st overall
Dan Yuill	105kg Classic –

	Bronze squat, Bronze Bench, Bronze Deadlift 3 rd overall
Mel Bird	84kg+ Junior Classic – Silver Squat, Silver Bench, Silver Deadlift 2 nd overall
Amelia Crook	57kg Classic – Silver Squat, Bronze Bench 4 th overall
Steph Fleming	72kg Classic – 6 th overall
Chrissie Appleby-Phillips	84kg Classic – Gold Bench (CW record), Bronze deadlift 2 nd overall
Tracy O'Callaghan	84kg+ M1 Classic – Gold Squat, Bronze Bench, Gold Deadlift 1 st overall
Angelina Lane	52kg M2 Classic – Silver Squat, Gold Bench, Gold Deadlift 1 st overall