



WALES

Director's report for Welsh Powerlifting for Executive meeting 10th December 2023.

It has been a massively successful year for Welsh Powerlifting. We have hit a record number of members at 319. October's Autumn Cup was our first sponsored event, we hope to continue to grow and add to our comps in a similar fashion in the future.

November saw our inaugural Welsh University Championships, spearheaded by Swansea University Powerlifting Club. The hope of this event was to push powerlifting at the grassroots level and really boost university powerlifting in Wales, BUCS 2024 being hosted in Cardiff will also surely add to this endeavour.

We must also mention the Home Nations championship. A fantastic even organised and facilitated by the NIPF, it was great to see a team from Manx Powerlifting, but even better to see the Wales team bring home best male and female classic lifter, alongside the most importantly – the overall trophy!

WPA representation at the European Open Championships was within the coaching team – Jake Downes, and his wife Sabrina Downes. Sabrina successfully passed the Category 2 referee's exam, making her the WPA's first international referee.

The first weekend in December also saw us host another referee's course for 11 entrants, we are awaiting results and hope to add to our bank of referees.

Looking ahead to 2024, we have already published our calendar for the year and it will mark another first for the WPA, a jointly hosted competition with the support of North West Powerlifting. We have long wished to be able to give a better offering to our members in North Wales, and thanks to the drive from the team at Modified Fitness in Flintshire and the unwavering support of our colleagues in North West – we are thrilled to make this a reality. A sincere thanks to Kim and the North West team.

We are also in preliminary talks with the Welsh Fitness Expo, a landmark event being held at the International Conference Centre at Celtic Manor, Newport. We are hoping to host a showcase invitational event which promotes the sport (and indeed the WPA) to a wider audience.

We will continue to push the standard of our competition offering, particularly on the technical side with our Lifting Cast integration and streaming – 2024 promises to be bigger and better than ever.

Adam Thomas

Interim Director for Welsh Powerlifting.