

Board Reports

21st July 2024

Welsh Powerlifting Report

We have hosted 2 competitions since the BP AGM, mid-April saw us host our annual Welsh

Powerlifting Championships. We were incredibly proud of this competition, our Comp Director Louie really stepped up and organised a great event. We employed the services of Kasamov Creative (Lukas Amosovas) to run our livestream and were really pleased with the product, we had lots of great feedback on the stream (which included bespoke graphics) and commentary, we also had a delayed playback for the jury. Late April saw our two main Universities, Swansea & Cardiff, battle it out in their annual varsity competition. This year was hosted at Swansea University whose club organised the event in its entirety, we provided some kit for them and referees meaning we could sanction the event for the first time, hopefully this will become a staple in our annual calendar. SBD generously sponsored both competitions with prizes for best male and female lifter(s).

Saturday 13th July saw us host our first 'in-house' referee course, delivered by our Technical Officer and Category 2 referee Sabrina Downes at the Swansea University campus. All 11 entrants (9 WPA and 2 guests including one from our newly affiliated military colleagues) passed and were awarded with their new Kitworld design ties and badges on the day. Feedback on the course format was overwhelmingly positive, we thank those within British Powerlifting who worked on this significant improvement and Sabrina for evidently preparing the participants exceptionally well.

Looking ahead we have our Summer Cup competition July 27th at Naked Ground Health Club (recently rebranded from PB Performance) which has had an unprecedented 70 entrants, an increase of 100% on last year's iteration which is great to see.

Preparations for Commonwealths are well underway, with the team having been selected many weeks ago. We are proud to be sending over 40 lifters to South Africa and will be bringing back many medals, we are sure. We would like to thank SBD for their collaboration on the kit for our international team, we had lots of back and forth around our vision for the design and their team were great – we are thrilled with the result and again the hype and feedback around it has been fantastic, we can't wait to see them in the flesh. We are also pleased to have partnered with Kitworld to produce the Team's 'off-platform' kit, again we are pleased with the designs put forward by Adam and the team at Kitworld and look forward to a positive partnership moving forward.

Adam Thomas

Director for Welsh Powerlifting.