



14th July 2026

Director's report for Welsh Powerlifting for the British Powerlifting AGM

Overview

It has been another successful year for Welsh Powerlifting, with our ever increasing standard of competition and Team events – we will continue to deliver on investing in the sport in Wales and improving the athlete experience.

Membership

2022 - 217 members

2023 – 331 members

2024 – 374 members

2025 – 363 members

2026 – 324 members (as of 14 July 2026)

Competitions (last 12 months)

Rising Heat & Dragon's Harvest

94 lifters competed across our two divisional competitions, with a great mix of novice and experienced national level competitors. These two events turned out to be our last at the Naked Ground Health club (previously PB Performance) which had been the home of our divisional events and training base for many of our members, for several years. We are grateful to the management and staff over the years for the positive relationship and great competition environment.

Welsh University Championships

Cardiff University Powerlifting Club organised and managed the competition securing a fantastic venue at the Y Plas Cardiff Student Union, with the WPA playing more of a supportive role providing equipment and affiliation. Feedback on this event was overwhelmingly positive, owing to the great efforts of the CUBC team.

2025 SBD British Championships

The dragon flew high at the NEC in Birmingham as sixteen Welsh Powerlifting Association lifters took to the British Championships platform. Across three days of lifting, WPA athletes stacked up 13 Welsh and British records, brought home three podium places, and crowned one British champion in a deep national field. Congratulations to British Powerlifting on an excellent flagship event and thank you to the multitude of dedicated volunteers who made it possible.

The Phil Richard Classic



On 7 February 2026, Welsh Powerlifting opened the new season with the Phil Richard Classic – our first divisional of the year, held at our new venue U-FIT in Cardiff and dedicated to the memory of Welsh powerlifting legend and Hall of Fame lifter Phil Richard.

The day brought together 67 lifters, including 22 first-time competitors, and saw 28 Welsh records broken. It was exactly the kind of busy, loud, and emotional competition that felt fitting for Phil's name: packed flights, big lifting, new faces, and plenty of reasons to be proud of Welsh powerlifting.

This was our first competition at U-FIT in Cardiff, and we're really pleased with how the venue delivered on the day: plenty of space, great viewing for spectators, and a platform environment that let lifters focus on their job. The inaugural competition at U-FIT has set a strong foundation, and we're excited about future developments and improvements there as Welsh Powerlifting continues to grow.

Through entries and donations on the day, the meet raised £300 for the Rocky Road Foundation, a charity close to Phil's heart - they focus on supporting athletes through the highs and lows of their sporting journeys, with guidance from a team of multi-agency professionals. Another fitting homage to our great friend Phil.

Swansea University vs Cardiff University Varsity

The third year running that we have sanctioned this event with Cardiff University again taking the turn of host, owing to ongoing works at the Swansea University sports facility. The competition ran well and provided a great buzz owing to a long-standing rivalry between the two institutions, Cardiff defending their title and taking home the overall silverware.

Welsh Championships

Welsh Champs 2026 held over May bank holiday was a huge success, being the largest competition that Welsh Powerlifting have hosted. Having just shy of 100 athletes compete across 2 days, breaking 31 single lift records and 15 total records, the level of performance was incredible. The lifting just gets better year on year, with average GL being up 15.39% since 2021. The support from the crowd and the energy was insane, having a packed-out theatre for virtually the entirety of the weekend.

Looking back across the years we are proud of where we have come as a division. The standard of competitions we hold has grown tenfold, along with the experience we provide to lifters. This could not happen without our committee and every single volunteer that steps up when we need them. And thank you to our sponsors who support us in delivering such high-level events.

Finance Report (Courtesy of Lucy Cohen, CFO) – 2025 Calendar year

I present my report for the year-ended 31 December 2025. As at 31 December 2025, the federation had net members' funds of £9750. This provides the WPA with a good balance to invest in competitions, improvements, and hosting of larger championships in the future.

Income



During the year, our income streams primarily came from hosting competitions and membership rebates.

Membership fees - £2,150*

Sponsorship - £600

Competition entries – £17,800

Expenditure

This year we have continued to invest in the continuous improvement of our competitions, safety, and membership experience with a specific focus on making the Welsh Championships the flagship event for the year. We have also purchased Eleiko kit, including two refurbished combo racks and a host of calibrated plates – this allows us to be much more self sufficient when it comes to planning and executing our competitions.

*We are currently awaiting confirmation of any membership fee rebates due from British Powerlifting relating to the period prior to the implementation of Sport80. These have not been included within the figures above

Looking ahead

Our next competition is Rising Heat in August, with entries up on last year – again at our new home in U-Fit.

We of course have the next Team Wales event in September, with Winnipeg, Canada playing host to the 2026 Commonwealth Championships where we are proud to send over 60 athletes and have a full coaching contingent also.

We are also really looking forward to our friends in the Isle of Man hosting their first Home Nations competition in November. They have secured a great venue and we will be sending a strong team as always.

Adam Thomas

CEO Welsh Powerlifting & British Powerlifting Board Member