

AGM - Performance Board Report

7 November 2023

Overview

Weightlifting Wales has continued to make good progress during the period October 2022 to October 2023. The dedication and hard work of the athletes, staff, coaches, and volunteers and have led to impressive results, reflecting the growing strength in the Welsh weightlifting community.

Competition Performance Updates

Three Welsh athletes represented Great Britain at the European Juniors and Under 23, and Catrin Jones competed at the IWF World Championships in Colombia, and the European Senior Championships in Armenia.

A developing team of 8 Welsh athletes travelled to Austria to compete in the International Junior Battle 2023, achieving four gold and three bronze medals.

In July, a team of 7 athletes, consisting of four seniors and three juniors, represented Wales at the Commonwealth Championships in India. Five of these athletes made their debut appearance on the international stage. The team's outstanding performance led to 3 Commonwealth Championship medals:

Niamh Collins – Senior F87 – Gold

Emma McCready - Senior F81 – Silver

Cian Green - Junior M73 – Silver

A record number of 23 Welsh athletes competed at the British Championships. There were 9 British medallists, 11 debut appearances, 5 Welsh age group records, and 4 juniors competing on a senior stage. Notably, Emma McCready became the F81kg British Champion.

The British Age Group Championships took place in Leeds, and 22 young Welsh athletes took to the platform achieving a total of nine medals and breaking five Welsh age group records, notably, Welsh athlete Thomas Duggan broke a British U15 snatch record.

Sian Peters become European Masters Silver medalist in Ireland.

These strong performances throughout the year emphasize the continuous growth and development within the Welsh weightlifting community. We are extremely proud of our athletes and coaches for their dedication and hard work, and we look forward to achieving even greater success in the coming year.

Commonwealth Games

Victoria have withdrawn from hosting the 2026 Commonwealth Games. Although we currently lack a specific update on the Commonwealth Games, we are encouraged by positive discussions with Team Wales. We anticipate receiving further information before the end of this year.

Performance Pathway

Weightlifting Wales have partnered with BWL to deliver a regional programme across Wales. This program will serve as young athletes' first exposure to the Weightlifting Wales Pathway, offering a structured BWL syllabus. There are 40 young athletes currently on the programme.

The TASS (Talented Athlete Scholarship Scheme) support programme is in the planning stages, set to start in early 2024. This initiative, funded by Weightlifting Wales but delivered

by TASS practitioners, will include various support for our top athletes. The program's vision is to provide high-quality sports science, medicine services, and personal development support services.

WW is collaborating with Sport Wales to use the Smartabase platform, again set to be in use come 2024. This technology enables the creation of athlete profiles and monitoring tools, facilitating evidence-based decision-making. Smartabase centralises athlete data, optimising performance analysis and injury prevention. We are also integrating this system with Sport 80 to streamline data management.

2023 marked the beginning of the female athlete health program, supported by Dr Natalie Brown at Sport Wales and Dr Sophie Harrison at Bangor University. The program is ongoing and continues to empower Welsh lifters with education, support and the creation of an open environment for discussions with personal coaches and WW staff.

WW have supported six senior athletes, four junior athletes with funding. And Sport Aid Cymru Wales grant 2023 has awarded £1600 split amongst four youth athletes.

These updates indicate the growth and development within the Welsh weightlifting community and the commitment to supporting and nurturing young talent. It's an exciting time for Welsh weightlifting, and the future looks promising with the various programs and initiatives in place.