



WEIGHTLIFTING WALES
CODI PWYSAU CYMRU

Performance Report

AGM 2024

Competitions

1. British Championships
2. Commonwealth Championships
3. Celtic Championships
4. Masters Competition
5. Para Powerlifting IWC invitational
6. Welsh championships

2025

1. Welsh and British Championships
2. Commonwealth Championships
3. Commonwealth Games qualification
4. Celtic Championships
5. New weight categories announced by IWF



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- All time high for Welsh representation at British Champs
29 entries winning 7 medals (1 Gold, 5 Silver, 1Bronze)
- 7 Athletes Represented Wales in Fiji for CWC
Winning 4 medals (2 senior Bronze, 2 Junior Silver)
- Celtic championships Second place for
Wales Mikey Farmer & Chloe Hood, best senior
sinclair
Grace Morris Welsh u17 C&J record
- 3 masters Gold medals at the World championships
held in Finland
Susan Williams, Gwyn Pearce and Ray Williams
- Evelyn Thomas winning Gold with a 70kg PB, Overall
gold for total and best rookie.
- Nikole Roberts medals at European U23

Performance Update



1. National squad standard to be raised and squad structures reformatted
2. Athlete education
3. Commonwealth games qualification
4. App development with Sport Wales
5. Sport Wales supported projects
Sleep strategy, injury prevention, under fueling
6. Development of Para Powerlifting
7. Coach Education