



### **Motion 1**

All National Championships to award a Best Lifter Award in both male and female classes. This is an award that has disappeared from all championships in recent years and it is important to recognise those who perform at such a level.

Submitted by Phil Richard

### **Motion 2**

To consider a proposal for the Welsh Championship to be implemented from 2023 onwards:

- Lifters must have competed previously (within the last two years) to enter the Welsh Championship. This is not restricted to Welsh competitions.
- To consider the implementation of qualifying totals for the Welsh Championship. This is intended to boost standards and competitiveness of our national championship.

Submitted by Tom Morgan