

## **GBPF GENERAL SECRETARY'S REPORT FOR 2013**

2013 saw a milestone in the history of the GBPF, namely the reaching of 1000 members. There was considerable growth in Northern Ireland and Scotland, which was a significant contribution to our membership increase. If all divisions could make the same increase we would definitely reach the magic 1650 required, which is the first step in gaining NGB recognition.

We have held four Executive Committee meetings and one Council meeting since the last AGM and a considerable amount of business has been conducted. Nevertheless, there remains a lot to do including the establishment of an on-line membership payment system. Rob Thomas is working hard on this and various options are being explored. Issues include satisfactory integration with the on-line application system coupled with minimising the cost. However, we are aiming to have a system in place in the near future.

Drug testing has been carried out at the British senior equipped and classic championships, as well as at Greater London and Northern Ireland championships. A total of 29 tests were conducted in 2013 and out of these there were five adverse findings. These resulted in one life ban and four two year bans for the lifters concerned. I would like to commend the Disciplinary Committee for their diligence in dealing with these cases.

On the technical side, despite strenuous efforts by Doreen Dowsett our Technical Officer, we continue to have difficulty getting enough referees at British championships. In particular, all international referees need to be aware that their continued registration as IPF referees depends on officiating at the requisite number of national and international championships. Congratulations to Duke Owers who passed his Category 1 exam and Jim McGill who qualified as a Category 2 referee. I would also like to congratulate our most prolific international referee Alex Mathieson, on his continuing high attendance at European and World championships.

A new coaching course is being produced, courtesy of Peter Fiore, who many of you will know as a former Director of Powerlifting under the BWLA and World Champion. This is a very comprehensive course covering all aspects of lifting, training and nutrition and the intention is to apply for it to be recognised and promoted by REPS (Register of Exercise Professionals). This has a major advantage in that successful applicants will earn accreditation points. This will attract personal trainers and others from within the fitness industry, resulting in a boost for GBPF membership. A launch will be planned for the coming months and all international team coaches within the GBPF will be encouraged to take the course.

We rely on volunteers and the work put in by GBPF officials is valuable and essential to the success of the GBPF. Many of the non-executive jobs are effectively backroom, meaning that a lot of behind the scenes hours which are put in, are not always understood or appreciated. These include the Membership Registrar and the Records Registrar. Of course I'm well aware

of the work done by the Membership Registrar, Carol Parker and this is very time consuming. Not only processing membership applications, but also answering the many queries that come in each day. I would like to publicly thank Carol for her hard work and diligence. The new Records Registrar, Bill Taylor, helped by Marc Giles, has had an onerous job getting to grips with the records data base and catching up with outstanding claims. Unfortunately, Bill has faced serious family illness and he has asked to be replaced. We have another vacancy as Richard Scott has also decided to step down as DCO because of family illness. I would like to sincerely thank both, for their hard work and hope they will continue to play a part in the GBPF. Other unsung heroes include championship promoters and our thanks go to Fred McKenzie, Kevin Jane, Marc Giles, Bryn Evans and Jim McGill. Also, many of you will not realise that the majority of paperwork for championships is prepared by our Chairman Fred Sterry. Again this entails a considerable amount of time and effort.

The medals gained at internationals are shown in the appended table and there were many outstanding performances, including Stephen Manuel's Silver at the World Classic and Dean Bowring's Silver at the World Open. Of course, the masters' lifters also put up some excellent performances. However, we do face a challenge with the diminishing number of lifters on the equipped side. These are now around a quarter of those for classic lifting, which means it's becoming increasingly difficult to field full teams for the major equipped internationals.

In most regions, powerlifting is developing strongly and particularly Scotland and Northern Ireland have made great strides. This is due to the efforts of their officers and I would like to thank Ricky Mullen and Michelle Brand for their hard work, both of whom have stepped down for 2014. Some divisions, however, are lagging behind and we need to make concerted efforts to help them progress. Of course, membership numbers can be monitored live via the "Dashboard" on the web-site membership page. As we grow bigger we need to look at strengthening and streamlining our administration and the Executive will be looking at this during the coming year. We rely on members' good will and hard work and we mustn't take this for granted.

Financially we have a healthy position, helped by SBD sponsorship and increasing membership allowing us to continue to give rebates to divisions. My thanks to Mike Edwards and Co. for keeping the books straight.

In conclusion, I would like to thank all Executive and Non-Executive Officers for their support and hard work in 2013 and look forward to working with you all again in 2014.

Richard Parker  
General Secretary

## 2013 INTERNATIONAL MEDAL TABLE

CHAMPIONSHIP	LIFTER	CAT	SQUAT	BENCH	D/L	TOTAL
Euro Junior						
Euro Sub-Junior						
Euro Seniors	Rosi Lima	57kg				Bronze
	Rob Palmer	83kg	Gold	Bronze		Silver
	Dean Bowring	120kg			Silver	
Euro Bench Press						
Euro Masters M2 Bench M3 Bench	Andy Rigby	105kg		Bronze		
	Lee Alexander	74kg		Bronze		
	Tom Collins	105kg		Gold		
Euro Masters M1	Phil Richard BL	74kg	Gold	Gold	Bronze	Gold
	Russell Kirby	105kg	Bronze			Bronze
	Kay Adams	47kg	Silver	Silver	Silver	Silver
	Michelle Brand	84kg	Silver	Bronze	Bronze	Bronze
Euro Masters M2	Allen Ottolangui	74kg	Silver			Bronze
	Steve Cummings	93kg	Bronze	Bronze	Bronze	Bronze
	Marina Cornwall	47kg	Gold	Gold	Gold	Gold
	Jenny Hunter	52kg	Silver	Gold	Gold	Gold
	Sue Giles	72kg	Bronze	Bronze	Bronze	Bronze
	Jackie Blasbery	84kg	Gold	Silver	Gold	Gold
	Jean Maton	+84kg	Gold	Gold	Gold	Gold
British M2 Women's Team Took First Place						
Euro Masters M3	Stan Macrow	74kg	Bronze	Bronze		Bronze
	Kevin Jane	93kg	Silver	Bronze	Gold	Gold
	Jim Dulling	105kg		Silver		
Euro Masters M4	Desi Scott	74kg	Silver	Silver	Silver	Silver
Western Euro Cup	Cheema Singh	83kg		Silver		Bronze
	Andy Spiers	93kg		Bronze		
	Ben Banks	120kg		Bronze	Silver	Silver
	Louise Murray	57kg	Silver	Silver	Gold	Gold
	Amanda Waters	72kg	Silver	Silver	Silver	Silver
World Senior	Dean Bowring	120kg	Bronze		Silver	Silver
World Junior	No British team					
World Sub-Junior	No British team					
World Classic Junior	Ross Lawton	66kg	Gold		Bronze	
	Shaun Kelly	+120kg	Bronze			
World Classic Senior	Stephen Manuel	93kg	Gold	Bronze	Bronze	Silver
World Masters M2  M4	Jenny Hunter	52kg	Gold	Silver	Gold	Gold
	Jackie Blasbery	84kg	Gold	Silver	Gold	Gold
	Jean Maton	+84kg	Gold	Gold	Gold	Gold
	Steve Cummings	93kg				Bronze
	Ernie Parkes	83kg	Bronze		Silver	Bronze
World Masters Bench M4	Bill McFayden	83kg		Bronze		
World Junior Bench	Megan Ainsworth	43kg		Gold		
World Sub-Junior Bench						
World Bench Press						

BL = Best Lifter