



NIPF Directors Report for 2013

Introduction

The NIPF was initiated in Dec 2011 as a specific sporting body with a simple remit to promote and develop powerlifting in NI linking to GBPF and NGB and IPF and IGB. After the collapse of powerlifting in Sep 2011 under NIWLA we decided to see what could be done to change the situation with a few dedicated souls. It is amazing to think that only 24 months ago there was a vote to decide whether it was worth giving powerlifting in NI a chance in 2012.

Today we have a small, overworked but talented committee. The dedication and drive they exhibit is simply staggering and I hope each member past and present appreciates the sacrifice these few have made for the many.

Committee Review

Dec 2012 started a new committee and again several fell by the wayside during the year for a variety of reasons. I sincerely appreciated their efforts, input and assistance while part of the committee – its often a thankless job that happens outside the limelight of the platform.

Of particular note is the work Rob Newman has done on the website and Facebook pages. In addition moving the NIPF to electronic payments for lifters and the online entry and membership forms has had an incredible effect on the efficiency of administration during membership and competition applications.

Once again I can honestly say that through the ups and downs of the past year, it has been a privilege to work along side these dedicated people for the benefit of our federation.

It is therefore all the harder to resign my position as Director effective today. I have thoroughly enjoyed my time leading the NIPF, however increasing work and life pressures, along with the desire to get back to focussing on my lifting means I must move on. It is important to have fresh leaders and managers in any endeavour, and I have every faith that the sport will continue to develop and grow in the new committees hands.

Competition Review

The NIPF has successfully hosted 5 local competitions across NI and 1 national competition during 2013. All have been supported well by lifters, however it is increasingly difficult to attract sponsors. Again all have made a modest profit which affords us the ability to reinvest into powerlifting inside NI with equipment, facilities, anti-doping and team support.

We have had 6 representatives at the British Benchpress and a further 8 at the British Classic competitions. The NIPF has had 4 British Champions from these competitions and I congratulate them Adrian McCulloch, Ethan Brownlee, Dessi



Scott and Colin Wright on their achievements and wish them success in defending their titles in 2014. We had significantly more attendees in 2013 and I cannot promote this goal enough – we should all be striving to represent our federation at the biggest powerlifting show in UK.

We have had NIPF teams of ladies and men attend the 4 Nations competition in Newtonabbey. The 8 ladies and 7 men were a mixture of novice and experienced lifters, several of which competed unequipped. Multiple personal bests, NIPF records were broken and British records where beaten. It was a simply superb performance by a group of dedicated lifters and again I'd like to thank the planners, organisers, loaders and sponsors for putting on an excellent event.

NIPF lifters attended the Commonwealth Games in New Zealand and performed admirably. Brian Coombes was unlucky with injury during the Bench only and 3 lift, however Ally Drysdale put in an excellent performance to take Bronze overall.

We are relieved to be able to initiate the in competition antidoping program again within 2013. This is a positive step towards ensuring fair play on the platform for all lifters.

2013 Objectives Review

Objective	Outcome
A minimum of 75 members by Dec2013.	ACHIEVED
5 NIPF competitions organised and run successfully in 2013. One may be the 4 Nations to be hosted by NIPF in 2013.	ACHIEVED
At least 1 international competition attended by NIPF team in 2013.	ACHIEVED – Dessi Scott at European Masters and NIPF team at Commonwealths.
At least 5 NIPF members qualify and attend a British Championship in 2013.	ACHIEVED
A minimum of £500 in the NIPF bank account at close of accounts in Dec 2013.	ACHIEVED
Hold 4 NIPF seminars for NIPF members in 2013. Seminars will be targeted to develop novice lifters. Seminars will be targeted to develop NI Team members.	ACHIEVED – focussed more on “training session” style rather than formal seminars
NIWLA reintegrated with Sport NI in 2013.	MISSED – initiated conversations with WAUNI and SNI however GBPF preferred that we didn't take this route due conflicting information and also due to national level discussions at UK Sport level.
At least 1 drug test performed in 2013.	ACHIEVED
Enhance media coverage and availability of NIPF information. 5 newspaper reports submitted and published regarding NIPF in 2013. 2	ACHIEVED – several newspaper reports were submitted and printed, especially around 4 Nations. The website has been updated and facebook page is used frequently and



reports in national level newspapers eg Belfast Telegraph. NIPF website up to date NIPF facebook page up to date	appropriately.
NIPF to own platform & warmup room equipment to include: 3x powerbars/collars, 3x squat/benchpress combination racks, 3x sets of mats/boards for platforms, 350+kg slimline platform plates, 500+kg of warmup plates, 2x platform weights trees	ACHIEVED – NIPF has agreement with Newtownabbey Council for funding of equipment and is stored at Viking Barbell.
Promote sport of powerlifting in at least 1x secondary/grammar school in NI. Have the support of at least 1 appropriately trained/cleared development officer	MISSED – school contact ACHIEVED – 2x development officers appointed
Have 1 positive link into another sport to promote Powerlifting training: Crossfit, Rugby, GAA, Athletics	Links to Crossfit via Hayley Patterson and Richard Mullan.
Have a complete and experienced Ladies team for 4 Nations. Have the support of at least 1 lady lifter development officer	ACHIEVED – full team plus 2 reserves competed.
Identify 3 facilities suitable as “Powerlifting Centres of Excellence”. Adequate equipment for powerlifting training Have full time powerlifters training in the facility. Use facilities for novice/team seminars	ACHIEVED – Viking, Rockpit, Peakbody, 8020, BodyGym, Aarons Gym Not all used but potential there for 2014
Investigate and promote the Paralympics sport of Powerlifting in NI. Integrate with GB development Identify a facility in NI to assist in sport development	ACHIEVED – Investigation MISSED – Integration, after several conversations it seems that para would be keen to get traction in NI but level of support from sport development very poor
Have 5 new GBPF divisional referees	MISSED – only 1x ref course this year and 2x refs approved

The highlight of the must definitely be the 4 Nations competition held in NI for the first time since 2005. The professionalism of the squad, loaders, admin and venue was second to none and provided a true experience of a lifetime for all involved. Thank you so much for all the support and hard work it took to put this outstanding event together.

Moving into the future: potential for 2014

The objectives for 2014 are based on the same simple and sustainable principle from 2012 & 2013 – to promote the sport of powerlifting and enhance the lifters experience. Increasingly the objectives should be tailored to support strong maintenance of lifters and values. Funding for antidoping education and testing initiatives as well as



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education of lifter population on training/recovery etc so NIPF can make a legitimate push for better 4 Nations competition results as well as individual success at Local, National and International level competitions.

We look forward to including new faces in the committee as only with fresh ideas will we continue to progress. During 2013 it has been wonderful to watch the NIPF community continue develop – however we really need to band together in 2014 as support is the single biggest risk to NIPF success.

Thank you for your support this year, I am very excited to see what can achieved together in 2014.

Ricky Mullan
NIPF Director