



DIRECTOR FOR NORTHERN IRELAND REPORT FOR 2017 AGM

It's been a record breaking year for the NIPF:

- Largest membership ever of 224 (up from 172 in 2015)
- 6 local comps strongly supported
- More divisional referees qualified
- 3 new national level referees certified by GBPF
- GBPF coaching course for 20+ new NI PTs
- Viking Barbell North Coast opened and has 9 new members as a result
- 2x NIPF teams at 4 Nations and All Irelands
- Multiple British records
- 5 lifters represented GBPF at international level with multiple medals
- Increased financial controls and reporting
- 5 "Raise the Bar" seminars

The only goal I had for 2016 that I didn't achieve was to setup an "NIPF Hall of Fame" and this remains on my objectives list for 2017.

The NIPF committee works extremely hard behind the scenes and has been the driving force behind the success. The structures where individual Directors own their area and have individual objectives/reports mean that they have the freedom to develop and deliver improvements as they see fit. The committee communication is our main strength and is consistent throughout the year. We have had 4 face to face meetings across the year, but use remote networking to communicate, plan and finalise topics constantly. It is a true pleasure and honour to work alongside these dedicated people.

The GBPF has re-branded to "British Powerlifting" and now represents the largest powerlifting federation in UK with over 3000 members. The NIPF is represented on the Exec Committee by the NIPF CEO, and we continue to support and represent the IPF goals for the sport.

The Irish Powerlifting Federation has continued to grow strongly in Ireland and there has been a lot of work behind the scenes to ensure that the relationship is supportive and mutually beneficial, so we aren't competing for lifters, resources or budget. This year long activity has resulted in the dual membership proposal we will review shortly.

We have continued to progress with our anti-doping testing and education program. Our ethos is that testing validates the competitions and provides a fair and even playing field for our lifters. We have several UKAD qualified advisors in the committee which is a great benefit to our lifters. Unfortunately we have also had a few positive/refused tests throughout the year, but the frequency continues to reduce and our targeted approach to testing continues to support best practice.

Unfortunately sometimes with success and growth comes negativity and the NIPF has received its fair share in 2016. The NIPF is prides itself with promoting sustainable and drug free powerlifting, and that means sticking to the rules and regulations setup by our international governing bodies.

We respect all forms of powerlifting and strength sports and this is underlined with our new relationship with the IAWA through Stevie Shanks. It adds a different flavour to our membership, and I'm very excited about how we integrate and joint promote as we move forward.

The NIPF has a short history, having been started in late 2010. Most of our members wouldn't realise that powerlifting in NI has a rich history of achievement and characters, you just need to know

where to look and go back through the NIWLA to the NIAWLA and we have such a rich history of characters and achievement. The Beechmount HC club has played a significant role in shining light on some of the legends of the sport of yesteryear through their Facebook page, and I thank them sincerely for that.

In 2017 we will begin a new chapter with NIPF hosting its first British Championships with the British Masters Classic in March. We are very excited about inviting GB lifters to NI and hosting the masters lifters. While doing this we will continue to make NIPF and Powerlifting a sport for all and increase the exposure to potential lifters through additional "Rookie Power" competitions in 2017. I am very excited to see how big a team we can send to the Commonwealth Powerlifting Championships in South Africa in Sept/2017.

We lose a valuable committee member for 2017, however gain some new ones and its fantastic to people keen to get in and support the running of the sport. It's not glamorous, often ridiculed and challenging but is very rewarding when you see what you have achieved over the course of a year.

So, in conclusion 2016 has been an extremely successful year for the NIPF and I see only positive things for the future based on the series of initiatives coming up in 2017.

Ricky Mullan