

CHIEF EXECUTIVE'S REPORT FOR 2016

2016 was a year of major change for the GB Powerlifting Federation as we rebranded and introduced our trading name of British Powerlifting. This was in conjunction with the launch of our new web-site to reflect the new branding. An on-line shop for all our merchandise has been implemented on the web-site and a new range of merchandise has been produced with our new logo along with a pop-up banner for use at championships Full on-line membership application and British championship entry are now fully operational, which has enforced a much tighter control on payment and membership validation.

Membership has continued to grow apace and we reached the milestone figure of over 3000 registered members for 2016. This of course brings its challenges processing this number of people applying and managing the ever increasing numbers at our championships. We are looking at ways to further automate the processes to reduce the workload of the Membership Registrar and Championships Secretary.

A considerable amount of work has gone on to merge our Constitution with the Memorandum and Articles of Association so that our governance documentation is acceptable to Sport England. The bulk of this has been expertly done by Mike Patterson to ensure everything complies with the Companies Act. In addition, Mike has also advised on other policies including data protection and trade marking. We have also updated other policy documents and added one to cover Equality and Diversity, again to comply with Sport England requirements for National Governing Body (NGB) recognition. Once the AGM has approved these, the application process for NGB recognition will recommence.

100 national and regional tests were conducted in 2016, a significant increase over 2015. Out of these there were several adverse findings and two refusals, which have been processed by the Disciplinary Committee (DC) and the appropriate penalties imposed in accordance with the WADA Code. The cost of testing remains a major budget item, but this is money well spent to keep our sport clean. The DC has done their usual efficient job dealing with drug test failures and other matters.

Several coaching courses have been run successfully by Fred Mckenzie and Pete Sparks, aimed mostly at British Powerlifting members. These are REPS approved and these will be extended in 2017 to include courses open to all comers, the aim being to expand our sphere of influence in the general fitness world. However, we do need more qualified, willing and able people to run and develop our courses. On the technical front, we continue to run many divisional referee courses around the country. However, we need more referees to commit to moving up through the ranks to get their international licences. Finding international referees able to officiate at internationals is an

ongoing challenge; we are fined by the IPF/EPF if we fail to send a referee an international where we have more than four lifters.

We ran our usual range of British championships, including the first University event at Cambridge University. This was a very hectic championship with two platforms and in future years this will be run over at least two days. Scotland ran their own university event and teams for the World Cup University Championships were selected from the combined results of both. We need to improve the standard of our British championships, both from the venue perspective and presentation. The former is of course dependent on willing promoters with good standards of venue, but the latter is down to us. With our growing membership we should be able to find members with the right level of resource expertise to assist.

The medals gained at internationals are shown in the appended table and there were many excellent performances. In the European Classic championship our juniors and sub-juniors did particularly well with a good haul of medal, including overall Golds. In the World sub-junior 74kgs Daniel Sherman took our first Gold medal for quite a few years. Selection issues were a bone of contention last year for some teams and as a result we now have an International Selection Procedure in place, with a sub-committee to arbitrate on the teams selected by head coaches. Five university teams went to the World championships in Belarus with Cambridge coming second in the men's competition and Aberdeen fourth in the women's.

The Strategic Plan has been updated and a key target is achieving a 5000 membership in the next five years. As ever, we need to strengthen our administration to develop the Federation more effectively. As we grow bigger we need to be more professional in the way we do things. We have many people in the Federation with specialist skills and knowledge, but quite often we don't know who they are. We are reliant on people coming forward who are willing and able to take on jobs.

In conclusion, I would like to thank all Executive and Non-Executive Officers for their support and hard work in 2016 and look forward to working with you all again in 2017.

Richard Parker

2016 INTERNATIONAL MEDAL TABLE

CHAMPIONSHIP	LIFTER	CAT	SQUAT	BENCH	DEADLIFT	TOTAL	
Euro Jun & S-Jun	No team sent						
Euro Seniors	Ellie Steel	57kg		Gold		Silver	
	Rosimery Lima	63kg			Bronze	Bronze	
	Charlie Shotton-Gale	84kg		Bronze		Bronze	
Euro Classic Sen	Andrew Dawes	66kg	Gold				
	James Duff	74kg	Bronze				
	Owen Hubbard	83kg	Gold	Gold		Silver	
	Joy Nnamani	52kg	Silver		Gold -WR	Silver	
	Louise Murray	57kg	Bronze				
	Louise Richardson	72kg	Bronze				
	Camille Holland	84+kg	Silver	Bronze		Bronze	
	Anna Macnab				Silver		
Euro Classic Jun	Jordan Lam	66kg			Bronze		
	Salman Khan	74kg	Bronze		Gold	Silver	
	Daniel Worsley	83kg	Bronze		Gold	Gold	
	Mark McQueen	120kg	Silver	Silver	Gold	Silver	
	Jordan McLaughlin	120+kg	Silver	Gold	Bronze	Gold	
GBR Team 1 st Place Junior Men.							
GBR Team 2 nd Place Junior Women.	Emily Przeslak	47kg	Bronze	Bronze	Silver	Bronze	
	Catherine Smith	52kg	Silver		Gold	Silver	
	Alice Hogg	57kg	Bronze		Bronze	Bronze	
	Charlie Chester	84kg	Gold	Bronze	Gold	Gold	
	Megan Davies	84kg			Bronze		
	Leigh Wetheridge	84+kg	Gold	Silver	Gold	Gold	
Euro Classic Sub-Jun	Declan Zimmerman	66kg	Silver	Silver	Bronze	Bronze	
	Charlie Bolton	105kg	Silver		Silver	Bronze	
	Jack Johnson	120kg	Silver	Gold	Gold	Gold	
	Jamila Digankar	43kg	Gold	Bronze	Bronze	Bronze	
	Abigail McClean	84kg	Bronze		Gold	Bronze	
Euro Bench Press	No team sent						
Euro Masters Bench	M1	Martin Green	105kg		Silver		
		Beverley Rodgers	63kg		Bronze		
		Wendie Kirkland	72kg		Bronze		
	M3	Stan Macrow	74kg		Bronze		
	M4	Lee Alexander	83kg		Gold		
Euro Masters	M1	Phil Richard	74kg	Gold	Gold	Gold	Gold
		Joanne Barnes	72kg	Gold	Silver	Silver	Silver
		Michelle Brand	84kg	Bronze	Bronze	Silver	Bronze
	M2	Allan Ottolangui	74kg	Silver	Silver	bronze	Silver
		Phil Frost	120kg	Bronze		Silver	
		Jacqui Blasbery	84+kg	Gold	Gold	Gold	Gold
	M3	Steve Walker	74kg	Gold	Gold	Gold	Gold
		Marina	47kg	Gold	Gold	Gold	Gold

GBR Team 1 st Place Men M4.	Cornwall					
	Peter Barret	66kg	Silver	Silver	Silver	Silver
	Desmond Scott	74kg	Bronze	Bronze	Bronze	Bronze
	Mick Ellender	93kg		Silver	Silver	Bronze
Western Euro Cup GBR Women's Team 3 rd Place	Bernie McGurk	74kg	Bronze	Bronze	Silver	Bronze
	William Murray	74kg		Bronze		
	Jon Askey	120+kg	Silver	Silver	Bronze	Silver
	Ellie Steel	57kg	Silver	Gold	Silver	Gold
	Faye Jordan	63kg		Silver	Bronze	Bronze
	Christie Civetta	84kg	Gold	Silver	Gold	Gold
	Shasha Bowers	84kg	Bronze	Bronze	Bronze	Bronze
WEC Classic GBR Women's Team 1 st Place	Dean Barton	59kg	Gold	Gold	Gold	Gold
	David Gray	66kg	Silver	Gold	Gold	Gold
	Pierre Shillingford	93kg	Silver	Silver	Gold	Gold
	Greg Lewis	93kg			Silver	Silver
	Robbie Rees	105kg		Gold	Gold	Silver
	Michael Jones	120+kg	Silver	Gold	Gold	Gold
	Nora Jones	47kg	Silver	Gold	Gold	Gold
	Sophie Walker	52kg	Gold	Silver	Gold	Gold
	Danielle Malcolm	52kg	Silver	Gold	Silver	Silver
	Louise Murray	57kg	Gold	Silver	Gold	Gold
	Abi Graham	63kg	Bronze	Bronze	Gold	Silver
	Charlie Chester	84+kg	Gold	Gold	Gold	Gold
World Senior						
World Sub-Junior GBR Team 3 rd Place Men	Daniel Sherman	74kg	Gold		Silver	Gold
	Jack Johnson	120kg	Silver	Gold	Gold	Silver
World Classic Sub-Junior	Jack Johnson	120kg	Bronze	Gold	Silver	Silver
	Abigail Mclean	84kg	Silver	Silver	Silver	Silver
World Classic Junior	Sion Hughes	93kg	Silver			
	Mark McQueen	120kg	Bronze			
	Emily Przeslak	47kg			Bronze	
	Catherine Smith	52kg			Gold J-WR	
	Charlie Chester	84kg	Bronze		Bronze	Bronze
	Leigh Wetheridge	84+kg	Bronze		Silver	Silver
World Classic Senior GBR Team 3 rd Place Men	Owen Hubbard	83kg	Bronze	Silver		Bronze
	Stephen Manuel	105kg	Gold	Bronze		
	Tony Cliffe	120kg	Bronze	Silver		Bronze
	Joy Nnamani	52kg			Gold WR	
World Classic Masters M1	Roger Hamilton-Smith	66kg			Bronze	Bronze
	Iain Kendrick	93kg	Silver		Bronze	
	Colin Wright	120kg	Gold		Silver	Silver
	Chris Baker	120+kg		Gold		
	Ricky Mullan	120+kg			Gold	
	Pelin Baykal	57kg			Bronze	
	Kris Kyriacou	63kg	Silver	Gold	Gold	Gold
	Jennifer Aulman	72kg			Bronze	

		Catherine Boroughs	84kg	Bronze			
World Classic Masters	M2	Henry Chay	66kg	Bronze		Bronze	Bronze
		Robert Rodney	93kg	Bronze	Bronze	Silver	Silver
		Andy Rodney	120+kg	Gold	Bronze	Gold	Gold
		Robert Sadler	120+kg			Silver	
		Lynda Banks	63kg	Bronze		Bronze	Bronze
		Jacqui Blasbery	84kg	Silver	Silver	Silver	Silver
World Classic Masters	M3						
World Classic Masters	M4	Ernie Parkes	83kg	Silver	Silver	Gold	Gold
World Bench Press	M4	Roger Little	66kg		Bronze		
		Tom Collins	105kg		Gold		
World Masters	M1	Phil Richard	74kg	Gold	Silver	Bronze	Gold
		Joanne Barnes	72kg	Bronze	Bronze	Silver	Bronze
	M2	Allen Ottolangui	74kg	Bronze			
		Jacqui Blasbery	84+kg	Gold	Gold	Gold	Gold
	M3	Steve Walker	74kg	Gold	Gold	Gold - WR	Gold
		Marina Cornwall	47kg	Silver	Silver	Silver	Silver
		Sue Hollands	84+kg	Gold	Gold	Gold	Gold
	M4	Mick Ellender	93kg	Bronze	Bronze	Silver	Silver
World Classic Bench Press		Paul Campbell	74kg		Bronze		
World Classic Junior Bench Press		Sam Hinks	93kg		Silver		
		Balal Ahmed	105kg		Silver		
		Graham Mellor	120+kg		Gold		
World Classic Bench Press	M1	Sheridan Wray	93kg		Gold		
	M2	Andy Rigby	105kg		Gold		
		Marc Giles	120kg		Bronze		
	M4	Lee Alexander	93kg		Bronze		
		Tom Collins	105kg		Gold		
World University Cup		Salman Khan	74kg	2nd	3rd	2nd	Gold
Cambridge Men's Team 2nd		Frank Sanders	120kg			1st	Bronze
Aberdeen Women's Team 4th		Alice Hogg	57kg	2nd		2nd	Bronze
		Molly Gray	57kg			3rd	
		Eve Fordyce	72kg			3rd	
European Classic Cup		Jordan McLaughlin	120+kg	Bronze	Gold	Bronze	Silver
		Rebecca Heath	47kg	Silver	Silver	Gold	Silver

BL = Best Lifter

WR = World Record