



## CHIEF EXECUTIVE'S REPORT FOR 2023 AGM

2022 saw British Powerlifting return to full operation and membership reaching an all time high of close to 5000. We ran a full championship programme and grateful thanks go to all the promoters who stepped up to the mark to make these happen. We face an ongoing challenge to find suitable venues and promoters for championships. In particular, we need prestigious venues for our premier events such as the Open Classic. We are working with our main sponsor SBD to provide a funding package to support this initiative, but someone has to come forward and take responsibility for the organisation. Our university championships will be run under the auspices of BUCS (British University & College Sports) for the first time and this brings an additional administrative workload.

As we grow in size it becomes even more important to operate professionally and engage the best talent we have within the membership. We have started doing this with the appointment of an Assistant Secretary and we will be looking at further expanding the Secretariat. We have many members who have good ideas and do a lot of good work within the divisions and Home Nations. However, we need more to come forward to take on key corporate roles. A University Committee has been established to help coordinate and develop university powerlifting. Nathan Gevao is the chair and has enlisted a good cross section of university powerlifters onto the committee. We are continuing to develop our organisation and particularly to strengthen the secretariat. The demands of external organisations are ever increasing and we need to be able to service these without affecting our day to day operations. However, we face an ongoing issue with filling vacant positions on the Board and there is no easy answer for this.

Last year we carried out anti-doping testing at all major championships under the complete control of the IPF, i.e. all athletes tested were selected by the IPF. The independent DCOs (Drug Control Officers) were provided from UKAD and IDTM. We are well advanced with satisfying all UKAD's Assurance Framework requirements, which will enable our anti-doping programme to transition to them. This includes updating the Anti-Doping page on our website and preparation of an approved Education Strategy plus implementation. I would like to thank Chris Gilbert for his valuable work on this, particularly with the Education Strategy and also for the help of Scott Simon.

Our website continues to be updated to improve functionality and presentation. We will add new features as required and continue to automate as much as technically possible. One facility that could be considered is the inclusion of an

archive, which would be somewhere to hold historical records and images of past achievements.

Our Referee's Corps continues to grow with divisional referee's course being run regularly around the country. However, there are quite a few inactive referees for various reasons. All referees wishing to be considered for promotion, whether it be to National or International, must officiate at British Championships satisfactorily.

We continue to further develop our coaching under the leadership of Charlie Marillier; this includes working towards re-accreditation of our coaching courses with CIMSPA (Chartered Institute for the Management of Sport and Physical Activity). We have run a good number of both Level 1 and Level 2 courses across the country and these are a valuable source of new coaches.

The results from last year's internationals are detailed on the subsequent pages with good results all round. Last year, in cooperation with the IPF, we ran a very successful Arnold Classic at the NEC Birmingham three days of lifting – equipped powerlifting, classic powerlifting and equipped bench press – all with generous prize money.

Lastly, I would like to thank the Board for their continuing support, particularly our Chairman Ian Finch for his valuable guidance and Dave Turner for his professional financial expertise.

Richard Parker

## 2022 INTERNATIONAL MEDAL TABLE

CHAMPIONSHIP	LIFTER	CAT	SQUAT	BENCH	DEAD LIFT	TOTAL	
<b>UK Arnolds Classic</b>	Abdul Majeed Sulayman <b>BL</b>	Abs.	Third	First	First	First	
	Jurins Kengamu	Abs.	First			Second	
	Tony Cliffe <b>BL</b>	Abs.	First	First	First	First	
	Rob Palmer	Abs.	Second	Second	Second	Second	
	Jack Johnson	Abs.		Third		Third	
<b>World Games</b>							
	Tony Cliffe	SH		Bronze	Silver	Bronze	
<b>World Classic Open</b>	Dylan Nelson	74kg	Silver				
	Jurins Kengamu	83kg	Gold		Bronze	Silver	
	Owen Hubbard	83kg		Gold			
	Abdul Maheed Sulayman	93kg		Bronze	Silver	Bronze	
	Joy Nnamani	57kg			Gold WR	Gold	
	Bobbie Butters	57kg	Gold WR	Silver		Bronze	
	Sophia Ellis	76kg		Bronze			
	Ziana Azariah	84kg			Silver		
<b>World Classic Sub-Junior</b>	Isaak Manuel	83kg	Bronze				
	Finley Jones	93kg		Bronze			
	Nonso Chinye	105kg			Gold	Silver	
	Louis Parry	120+kg	Bronze	Silver	Gold	Silver	
	Victoria Hart	57kg	Gold	Gold		Silver	
	Skye Moore	63kg	Silver	Bronze	Bronze	Silver	
	Amelia Martin	69kg			Bronze		
	Martha Day	84kg	Bronze	Bronze	Bronze	Bronze	
<b>World Classic Junior</b>	Antoine Darmon	74kg				Bronze	
	Nathan Gevao	83kg			Silver	Bronze	
	James Adcock	93kg	Gold		Gold	Silver	
	Lewis Bennett	105kg		Bronze			
	Mona Shafiei	47kg		Silver			
	Caitlin Marie-Baxter	57kg		Silver			
	Lucy Robinson	63kg	Bronze				
	Chizaram Egbuziem	84+kg			Silver		
<b>World Classic Masters</b>	<b>M1</b>	Malcolm Long	74kg		Bronze	Silver	Bronze
		Davis White	74kg	Bronze			
	<b>GBR Team 3<sup>rd</sup></b>	Danny Potter	83kg	Bronze	Silver		Bronze
		Mark Fulton	83kg			Gold	
		Scott Simon	105kg		Bronze		Bronze
	<b>GBR Team 3<sup>rd</sup></b>	Emma Drackford	57kg	Gold	Bronze		Silver
		Hannah Yardy	63kg	Gold	Silver	Bronze	Silver
		Hira Teirney	84kg			Gold	
		Joanne Parkin	84+kg		Bronze		Bronze
		<b>M2</b>	Greig Murray	66kg	Silver	Silver	Gold
Bernie McGurk	66kg		Gold		Silver	Silver	

<b>GBR Team 1<sup>st</sup></b>	Phil Richard	74kg	Gold	Gold	Silver	Gold
	George Millar	83kg	Bronze		Bronze	
	Robert Rodney	93kg			Silver	Silver
	Chris Lynn	105kg	Silver			
	Derek Forsyth	120kg		Silver	Bronze	
	Karen Burns	57kg	Bronze		Silver	Silver
	Deborah Tiernan	57kg		Bronze		
	Sharon Holmes	63kg	Silver	Gold		Bronze
	Heather Tagg	69kg	Bronze		Silver	Bronze
	Terrie Redmore	69kg	Silver	Gold		
	Georgina Hazell	84kg	Bronze	Gold	Gold	Gold
<b>M3</b>	Allen Ottolangui	74kg	Silver		Silver	Silver
	Grant Sugarman	83kg	Bronze	Bronze	Silver	Silver
	Jenny Hunter	52kg	Silver	Gold	Silver	Silver
	Valerie Dourley	57kg	Gold			
	Joan Trimble	63kg	Gold	Bronze	Silver	Silver
<b>World Masters Equipped M2</b>	Bernie McGurk BL	66kg	Gold	Silver	Gold	Gold
<b>GBR Team 3<sup>rd</sup></b>	George Millar	83kg		Bronze	Silver	Silver
	Allen Ottolangui	74kg	Silver		Bronze	Bronze
	Doug D'Gama	83kg	Silver		Gold	Silver
	Mick Ellender	93kg	Silver	Gold	Gold	Gold
	Louise Edwards	52kg	Gold	Gold	Gold	Gold
<b>GBR Team 1<sup>st</sup></b>	Maureen Gordon	63kg	Silver	Gold	Silver	Silver
	Ynonne Treharne	63kg	Bronze	Bronze	Bronze	Bronze
	Joanne Frost	84kg	Gold	Gold	Gold	Gold
	Joanne Whiteley	84+kg	Gold	Gold	Gold	Gold
<b>World Open</b>	Jordan Bollard	120+kg	Bronze			
	Emma Goodwin	52kg			Gold	
	Katrina Sweatman	84+kg		Silver		
<b>World Equipped Juniors</b>	Ray Bowring	120+kg	Gold	Bronze	Gold	Gold
<b>World University Cup</b>	Faiad Sharif	59kg			Gold	Gold
	Bailey James	59kg	Silver	Bronze	Bronze	Bronze
	Jerry George	66kg	Silver	Gold		Silver
	Brandon Teh	74kg	Bronze			
	Joey Awala <b>BL</b>	83kg	Silver	Silver	Gold	Gold
	Hamza Bham	83kg	Gold	Gold	Silver	Silver
	Jack Hopkins	93kg	Bronze	Gold		Gold
	Cyrus Khine	93kg	Gold		Silver	Silver
	Charlie Kidd	105kg	Silver		Bronze	Silver
	Alasdair Wilson	105kg	Bronze			Bronze
	Isla Mitchinson	47kg	Silver	Bronze		Bronze
	Naomi Cheong	47kg			Silver	
	Molly Clark	52kg	Gold	Gold	Bronze	Gold
	Bridget Parris	52kg	Silver		Silver	Silver
	Hannah Matson	57kg	Silver	Bronze	Gold	Gold
Hannah Clayton	57kg	Bronze	Silver	Bronze	Bronze	

	Beatrice Fishwick	63kg		Gold	Bronze	Bronze
	Sophie Smith	69kg		Silver		
	Sharon Sandford	69kg			Bronze	
	Millie Mabbutt	76kg	Silver	Silver	Bronze	Bronze
	Lauren Domfe	84kg	Silver	Bronze	Silver	Silver
	Teagan Pooler	84kg	Bronze	Silver	Bronze	Bronze
	Melissa Bird	84+kg	Bronze	Bronze	Silver	Silver
	Milly Stonely	84+kg		Gold	Bronze	Bronze
<b>World Classic Bench Press Sub Junior</b>						
	Max Wadsworth <b>BL</b>	83kg		Gold		
<b>GBR Team 2<sup>nd</sup></b>	Marcus Thornton	105kg		Gold		
<b>M3</b>	Adam Rutter	120+kg		Silver		
	Andy Rigby	120kg		Gold		
<b>M4</b>	Mick Ellender	105kg		Bronze		
<b>Open</b>	Melissa Hexter	63kg		Gold		
<b>GBR Team 3<sup>rd</sup> Sub Junior</b>	Moa Wikner	69kg		Silver		
	Gracie Besant	84kg		Silver		
<b>Junior</b>	Chanice Summers	63kg		Bronze		
<b>GBR Team 3<sup>rd</sup></b>	Melina Irawo	84kg		Silver		
<b>M1</b>	Lucy Hyde	84kg		Silver		
<b>M2</b>	Maureen Gordon	63kg		Silver		
<b>GBR Team 1<sup>st</sup></b>	Rita Shergold	63kg		Bronze		
<b>M4</b>	Joanne Whiteley	84+kg		Gold		
	Judith McGauley	52kg		Silver		
<b>World Equipped Bench Press M1</b>						
	Aaron Gideon	66kg		Bronze		
<b>M4</b>	Mick Ellender	105kg		Silver		
<b>M2</b>	Maureen Gordon	63kg		Gold		
<b>GBR Team 1<sup>st</sup></b>	Rita Shergold	63kg		Silver		
	Joanne Whiteley	84+kg		Gold		
<b>European Classic</b>						
<b>Open</b>	Jurins Kengamu	83kg	Gold		Bronze	Gold
	Owen Hubbard	83kg		Gold		
<b>GBR Team 1<sup>st</sup></b>	Christian Ayandokun	93kg			Silver	Silver
	Adbul Majeed Sulayman	105kg			Silver	
	Ben Pape	105kg			Bronze	
	Kieran Gray	120kg	Gold	Silver		Gold
	Inderraj Singh Dhillon	120kg	Silver		Gold	
	Leoni Tatman	52kg		Bronze		
	Bobbie Butters	57kg	Gold	Gold	Silver	Gold
	Annie Nelson	69kg				Bronze
<b>GBR Team 2<sup>nd</sup></b>	Tasmin Campbell			Silver	Bronze	

	Sophia Ellis	76kg		Gold	Gold	Gold
	Emily Bennett	76kg	Gold			
	Ziana Azariah	84kg	Silver		Gold	Bronze
<b>Sub-Juniors</b>	Edward Butcher	59kg	Silver	Bronze	Bronze	Bronze
<b>GBR Team 2<sup>nd</sup></b>	Alfie Bonsell	59kg		Silver		
	Julian Wilson	93kg			Bronze	Bronze
	Louis Parry	120+kg		Silver	Silver	Bronze
	Victoria Hart	57kg	Silver	Silver	Bronze	Bronze
	Skye Moore	63kg	Silver	Silver	Bronze	Silver
	Ella Smallcombe	76kg	Bronze		Bronze	Bronze
<b>Juniors</b>	Phenyo Botlhoko	66kg			Gold	
<b>GBR Team 3<sup>rd</sup></b>	Antoine Darmon	74kg	Gold			
	Nathan Gevao	83kg	Bronze		Gold	Silver
	Jack Hopkins	93kg		Bronze	Silver	Bronze
	Lewis Bennett	93kg		Silver		
	Mona Shafiei	47kg	Bronze	Bronze	Silver	Silver
<b>GBR Team 2<sup>nd</sup></b>	Gigi Nicolson	47kg			Bronze	
	Izobode-John Erhlove	84kg	Gold		Gold	Gold
	Melina Irawo	84kg		Gold	Bronze	
	Chizaram Egbuziem	84+kg		Bronze	Silver	Bronze
<b>Euro Equipped</b>						
<b>GBR Team 2<sup>nd</sup></b>	Bernie McGurk	66kg			Bronze	
	Rob Palmer	83kg	Bronze		Bronze	Silver
	Hugo Duarte	93kg			Bronze	
<b>GBR Team 3<sup>rd</sup></b>	Emma Goodwin	52kg	Bronze		Gold	Bronze
	Ellie Steel	57kg	Gold	Gold	Bronze	Gold
	Sheri Miles	76kg			Bronze	Bronze
	Kate Sweatman	84+kg		Silver		
<b>Euro Masters Classic</b>						
<b>M1</b>	Malcolm Long	74kg	Silver	Gold	Gold	Gold
	Davis White	74kg	Gold	Silver	Silver	Silver
	Rebecca Heath	52kg	Gold	Gold	Silver	Gold
<b>GBR Team 1<sup>st</sup></b>	Mark Hodgett	83kg			Silver	Bronze
	Ross Brimstead	105kg	Silver	Gold	Gold	Gold
	Paul Walker	120+kg			Bronze	
<b>GBR Team 3<sup>rd</sup></b>	Shaun Bateman	59kg	Gold	Gold	Gold	Gold
	Bernie McGurk	74kg	Silver	Gold	Silver	Gold
	Darren Greville	120kg	Bronze	Silver		Bronze
	Henry Chay	59kg	Gold	Silver	Gold	Gold
<b>GBR Team 1<sup>st</sup></b>	Rick Gould	59kg	Silver	Gold	Silver	Silver
	Grant Sugarman	83kg	Silver	Bronze	Silver	Silver
	Arthur Cowley	105kg	Bronze		Silver	Silver
<b>M4</b>	Ernie Parkes	74kg	Gold	Silver	Gold	Gold
<b>Euro Masters Equipped</b>						
<b>M1</b>	William Murray	66kg	Silver	Gold	Gold	Gold
	Jasvinder Singh Cheema	83kg	Bronze	Gold	Bronze	Bronze
<b>GBR Team 3<sup>rd</sup></b>	Bernie McGurk	66kg	Gold	Gold	Gold	Gold
	Dylan Davies	120kg			Silver	
<b>M3</b>	Allen Ottolangui	74kg	Gold	Bronze	Bronze	Silver
	Doug D'Gama	83kg	Silver		Silver	

<b>M4</b>	Phil Frost	120+kg	Gold	Gold	Gold	Gold
	Mick Ellender	105kg	Gold	Gold	Gold	Gold
<b>M1</b>	Louise Edwards	52kg	Silver	Silver	Gold	Gold
	Nicola Murphy	57kg	Silver	Silver	Silver	Silver
<b>M2</b>	Michelle Brand	84+kg	Bronze	Bronze	Bronze	Bronze
	Yvonne Treharne	63kg	Bronze	Bronze		
	Melissa Wall	76kg			Bronze	
	Joanne Frost	76kg	Silver		Silver	
<b>WEC Equipped</b>						
<b>GBR Team 1<sup>st</sup></b>	Tom Saunders	83kg			Silver	
	Matt Watson	93kg		Bronze		
	Andy Champ	105kg	Silver			
<b>GBR Team 2<sup>nd</sup></b>	Jordan Bollard	120+kg	Gold	Gold	Gold	Gold
	Lauren Elder	63kg	Gold	Bronze	Gold	Gold
	Catherine Gordon	76kg	Gold	Gold	Gold	Gold
	Katrina Sweatman	84+kg	Gold	Gold	Gold	Gold
<b>Euro Equipped Bench Press</b>						
<b>M1</b>	Keelum Walton	120kg	Bronze			
	Aaron Gideon	66kg	Gold			
<b>M3</b>	Martin Flett	105kg	Gold			
<b>M4</b>	Mick Ellender	93kg	Silver			
<b>Open</b>	Amy Clair	84kg	Bronze			
<b>M2</b>	Rita Shergold	63kg	Bronze			
<b>Euro Classic Bench Press Open Sub-Junior</b>						
<b>GBR Team 3<sup>rd</sup></b>	Ben Hampson	59kg	Bronze			
	Owen Hubbard	93kg	Silver			
	Max Wadsworth	83kg	Gold			
<b>Junior GBR Team 3<sup>rd</sup></b>	Barnaby Spear	105kg	Silver			
	Marcus Thornton	120kg	Silver			
	Martin Rutter	120+kg	Silver			
	Ed Kimber	66kg	Gold			
<b>M1</b>	Jack Taylor	93kg	Gold			
	Barrie Tavener	83kg	Gold			
<b>M2</b>	Darren Ball	120+kg	Silver			
<b>M3</b>	Andy Rigby	105kg	Gold			
<b>M4 Juniors</b>	Mick Ellender	93kg	Silver			
	Gigi Nicholson	47kg	Gold			
<b>GBR Team 1<sup>st</sup></b>	Helen Hughes	57kg	Silver			
	Rose Lincoln	69kg	Gold			
	Elaine Jackson	84+kg	Gold			
<b>M4</b>	Judith McGauley	52kg	Silver			

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BL = Best Lifter, WR = World Record; ER = European Record