



**GB Powerlifting Federation Ltd ANNUAL GENERAL MEETING**

**Sunday 23rd April 2023 11.00hrs at**

**MOULTON COLLEGE GATE 4, THORPE CENTRE**

**ALL REGISTERED MEMBERS ARE INVITED TO ATTEND AND MUST  
SHOW THEIR 2023 MEMBERSHIP CARDS**

**A G E N D A**

1. Register of all voting members present and proxies.
2. Minutes of the 2022 AGM.
3. Matters arising.
4. Finance Report.
5. Agreement of budget for 2023.
6. Appointment and remuneration of accountants.
7. Chairman's Report.
8. Chief Executive Officer's Report.
9. Committee Reports:
  - 9.1. England
  - 9.2. Scotland
  - 9.3. Wales
  - 9.4. Northern Ireland
  - 9.5. Disciplinary Committee
  - 9.6. Athlete's Commission
  - 9.7. Law and Legislation Committee
  - 9.8. Medical Committee

10. Elections – none this year.

11. Notices of motion from the Board:

- 11.1. To accept the appointment of Marty Cummings as Director for Northern Ireland.
- 11.2. To accept the resignation of Ben Davis as Development and Competition Director.
- 11.3. To accept the resignation of Dave Turner as Finance Director.
- 11.4. To amend By-Law 12 to include a Coaching membership category with a fee of £20/year. These will have the suffix C in their membership number and will not be valid for competition entry.

REASON: There are coaches who wish to handle lifters who are not competitive lifters, referees or officials. A Coaching membership will enable them British Championships warm-up area access without having to purchase full membership, but still be under British Powerlifting jurisdiction. This similar to other NGBs such as BWL. However, all coaches for international teams must have full membership.

- 11.5. To limit the number of people accompanying a lifter in the warm-up area to a maximum of two.

REASON: This is in line with IPF championships and will help reduce overcrowding.

12. Notice of Motion from members:

- 12.1. From Mat Brignall and Sheridan Wray

That the British Bench (and any other) comps are not run in the 'open' format.

- 12.2. From Jacob Wymer

Individuals can apply to complete the Level Two Coaching Course without prior completion of the Level One Coaching Course if the individual has an equivalent or higher level qualification. e.g. Level Three Personal Trainer, UKSCA Accreditation, Sports Science Degree, etc.

**Stipulation:**

Individuals would not be able to claim the Level One Certification without completion of the course, nor call themselves a British Powerlifting Coach, they would simply be exempt from the Level One Course. The qualifications for

exemption are to be determined by the Coaching Course Lead, as well as input from the Tutors, Performance Director, Development Director and/or Head Coaches to ensure sufficient agreement across the relevant parties. Applications for exemption would be handled on a case by case basis, as a list is likely to be non-exhaustive and any given qualification does not guarantee the knowledge attained by completing Level One. However, a list should still be formalised and published alongside the process in order to direct those that are eligible to apply for exemption.

### REASON

1. All nine of the Course Aims and Objectives would still be met by those that complete the Level Two Course without completion of the Level One Course.
2. Equivalent processes are seen widely across other fields, both sporting and non-sporting. For example, individuals can complete a Level Four Certificate in Strength and Conditioning if they have a Level Three in Personal Training, have a degree in Sport and Exercise Science or a related field, or a number of other industry-related qualifications.
3. While generally low cost itself, the location, accommodation and time investment quickly see these courses become less accessible and more costly. Where equivalent or higher qualification is already met, this becomes an unjustifiable expense to the individuals. This motion would remove both financial and time barriers to those with prior qualification.
4. This motion directly supports multiple aspects of the British Powerlifting Strategic Plan (Section 1, 8, 10 & 11).

#### 12.3. From Joanna Platt

British Powerlifting AGMs to facilitate online attendance (hybrid/fully online).

### REASON

Rationale: As British Powerlifting is comprised of lifters from all over the UK, there should be an option to attend and vote at AGMs in an online capacity, as it is often not possible or feasible to attend AGMs in person due to travel time. For example, travelling from Glasgow to Moulton College would take around 6 hours by car, and 8.5 hours by public transport, each way. It is unreasonable to expect members to make long and expensive journeys to allow their voice to be heard at AGMs. Additionally, if you are not in contact with a member attending the AGM who is willing to act as a proxy, you are not able to vote on motions.

Scottish Powerlifting transitioned to online AGMs in 2020 and have seen much greater engagement from members with attendance, discussion, and voting.

Impact:

- Allows a greater number of BP members to engage with the AGM
- Removes the need for the proxy voting procedure, reducing administration time.
- Reduces venue hire/catering costs to BP (fully online option)
- Promotes a more modern image to members

#### 12.4. From Joanna Platt

Update AGM Proxy Voting Procedure to allow completion of an electronic form

#### REASON

Should the members vote against the above motion of AGM online attendance and voting, the current system to administrate proxy voting requires updating. Requiring members to print the Proxy Voting Form, physically fill out the form, scan in, and email to BP is an outdated and convoluted process. This could be replaced by a single electronic form, hosted on the BP website, that could be completed online with a computer or mobile phone.

Impact:

- Reduced administration time for members
- Reduced administration time for BP (new form could auto populate a single list of proxy votes, no need to collate forms from multiple emails)
- Streamlined process encourages more members to seek out voting by proxy
- Higher levels of engagement at the AGM

#### 12.5. From Joanna Platt

Reintroduction of Non-Lifting Associate Membership.

#### REASON

With the Board decision at the meeting held on 23<sup>rd</sup> October 2022 to change By-Law 31, specifying that only British Powerlifting members are permitted in the warm-up areas for British and National Championships, the Non-Lifting Associate Membership should be reinstated to provide a lower cost membership option for those who wish to coach at BP events. Requiring coaches to purchase a full price membership to coach at National Championships will result in coaches choosing not to attend British Powerlifting competitions, which will impact lifter experience. Lifters may also move to alternative federations where such restrictions do not apply.

Impact:

- Ensures all those in contact with lifters are under BP's jurisdiction for anti-doping rule compliance, but at a lower cost to coaches
- Encourages lifters and coaches to stay with BP instead of moving to an alternative federation
- Encourages membership purchases from those who otherwise would not have purchased at full price, increasing revenue to BP

12.6. From Joanna Platt

Championship schedules to be created as live documents, published in a single location, and entrants to be notified by email when the schedule has been published.

### REASON

Entrants should be notified by email when the schedule has been published and directed to the relevant link on the BP website. Social media should not be used as a means to disseminate competition information, as not every member uses social media, or is part of the British Powerlifting Facebook group. Social media should only be used as an additional signpost to the relevant link on the British Powerlifting website.

Scottish Powerlifting have recently transitioned to email communication for important announcements such as competition opening dates, competition schedules and volunteer rotas, and this has been received very well by members.

Impact:

- Allows entrants to reliably access the most up-to-date version of schedule.
- Eliminates confusion/miscommunication.
- Entrants receive relevant competition information directly
- Improves competitors experience at Championship events

12.7. From Kim Cowell and Bryn Evans

#### ***Motion from Bryn Evans & Kimberley Cowell (North West)***

1. Reinstate the Associate membership for non-competing, non-officials members at a reduced fee of c. £10-15.

*Rationale: Not everyone who is a member competes or officiates and in light of the new rule that persons accessing the warm up must be members, there should be an accessible option available to them. The same terms of membership would apply insofar as WADA compliance is concerned so there should be no issue on that front.*

**Motion from Kimberley Cowell (North West)**

2. From 2024, British Powerlifting AGMs to be held remotely; examples of platforms to manage: <https://www.softwarereviews.com/categories/virtual-annual-general-meeting>

*Rationale: The cost and time to the membership of attending currently outweighs the costs to the Federation of hosting this way. A virtual AGM is more accessible and attendance should be encouraged, it is more environmentally friendly, and inclusive. There is appropriate software that can be used; indeed large companies do so frequently.*

**Motion from Kimberley Cowell (North West)**

1. The divisional referee exam shall comprise of:

a. An online CPD-type course, which will largely self-administer and be priced at c. £30pp including the badge and tie for divisional referees, and;

b. Observation, at any sanctioned competition, by a National referee or higher.

The observing referee would simply email the Technical Officer to confirm the observation was satisfactory, or that it was not and feedback has been given to the prospective referee. Further observation can take place at the next available competition, if required.

The current criteria of 2 years' membership, 18+ years old and being put forward by your division to stand.

2. The upgrade to National level referee will be granted upon:

a. The referee having been a divisional referee for a minimum of 2 years to seek an upgrade;

b. The referee having the support of their division, and;

c. Observation, at any sanctioned competition, in the centre seat, by a Cat II IPF referee or higher. The observing referee would simply email the Technical Officer to confirm the observation was satisfactory, or that it was not and feedback has been given to the prospective referee. Further observation can take place at the next available competition, if required.

*Rationale: The divisional referee exam in its current form is, by its own nature, a bar to recruiting referees. It is a memory test, not a test of one's ability to referee a powerlifting competition. It also relies on the time and resources of international referees to host the courses.*

*Moreover, there is no clear pathway published for elevation to National referee. Moving to an online course will materially reduce the administrative burden on the Technical Officer and those running the courses. It will make the exam more accessible, from a geographical point of view, and also offer a more diverse way of learning - the current format requires a candidate to effectively memorise a 45 page document and then regurgitate it notwithstanding the fact many of the dimensions are covered by the fact an approved equipment list exists. In turn, this will encourage the recruitment of more referees and sets out a clear pathway for promotion.*

*The initial setup will be time intensive, however, the self-administration of the process thereafter will serve as a passive income for the Federation. I have discussed this at length with several individuals who have indicated they would be happy to form a group to write the course.*

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## 12.8. From Owen Hubbard

The addition of an associate membership for coaches/noncompeting members"

### REASON

With the new requirement for coaches/helpers being required to be British Powerlifting members (By -Law 31) we now require all coaches to be a member.

The re-introduction of an associate membership will allow for those wanting to enter the warmup room to be monitored easier as well as it being a better entry point for friends and family who may want to help, especially with newer lifters to the sport. The proposal would be for the fee of an associate member being significantly lower but still a charge. (Proposed fee of £10).

## 12.9. From Adam Reilly and Sheri Miles

International selection process should be uniform across the board and not dependant on rules set by different head coaches. This will ensure a clear process ahead of the championships for all lifters in a fair matter - lifters shouldn't have to chase to find out a process, it should be clearly laid out ahead of the championships (this was not the case at All England 2022)

Special dispensation should not automatically mean selection above the lifters who competed and won at the respective competition regardless of total achieved. The fact a lifter can submit a total without putting it up again and still get selected over the lifter who achieved that total and won the competition doesn't allow for a variety of lifters to be motivated to compete at a national level and grow all lifters within the sport, not just a select few.

Winning your weight class at any national competition, should automatically put you ahead for first selection ABOVE the lifter that has been granted special dispensation. The special dispensation lifter should be an automatic reserve and can gain team selection under the following circumstances:

1. The winner does not accept their place.
2. The winner does not meet the international standards set out by the head coach ahead of the competition. If there are no international standard guidelines clearly communicated to all the lifters ahead of the competition, then the winner should be selected.

Special circumstances will still be taken into consideration such as injury.

12.10. From Sheri Miles

**Personal equipment for Muslim women at BP comps**

British Powerlifting should release a formal statement on the rules relating to Muslim women's dress at British Powerlifting comps. This statement should not leave any guesswork, just clear clothing rules. We understand that plain black leggings and long sleeves tops can be worn, however in 2022 there have been a few incidents which Muslim competitors were told that they were unable to lift with these garments, causing considerable amount of distress for the individuals involved.

We have not seen any official communication regarding this , but understand there are specific rules in place. Additionally, BP should push for the IPF to make suitable and clear changes in the rulebook OR to also release a statement. This is crucial for all inclusivity in the sport.

12.11. From Adam Reilly and Sheri Miles

British Powerlifting increase expense for referees attended British Championships by £5 per Day.

**REASON:**

Fuel cost have increased significantly over the last year, this is a big part of the costs incurred by referees when attending British Championships, so we should increase the expenses given to allow for this.

The new rates would be:

Round trip of 50-100 miles £15 for each day of attendance

Round trip of 101-200 miles £25 for each day of attendance

Round trip of 201-300 miles £35 for each day of attendance

Round trip of over 300 miles £45 for each day of attendance

12.12. From Adam Reilly

British Powerlifting actively look to recruit a Communications Director, current I feel communications could be improved and having someone dedicated to do this will improve the situation.

**REASON**

There are also a number of situations where we have to ask for information which should be readily available on the website. Again, another task of the Communication Director to ensure our procedures are clearly documented and available to avoid confusion.



12.13. From Kim Cowell and Paul Marsh

- a) In addition to the current expenses of £250/£125 for the head coach and referees who attend international competitions, British Powerlifting shall also pay, in advance the accommodation costs of up to 10 nights for the head coach and four nights for referees (up to three referees)
- b) The coaching levy (£30/lifter) is scrapped. It is not a cost that should be met by the lifter, nor is it consistently or transparently distributed to the coaches/officials.
- c) This policy shall be kept under review with a view to increasing funding for coaches and officials at internationals.

REASON

- a) Aside from the financial outlay incurred by coaches and referees, their valuable time is also committed. British Powerlifting is now in a much better position financially and should therefore look to reinstate (and improve funding) where it previously has.
- b) The coaching levy was brought in at a time when the Federation was in financial difficulty and that is no longer the case. Competing internationally already attracts significant outlay when entry/doping fees, the IPF uplift on accommodation and the general costs associated with travelling abroad are taken into account. It no longer makes sense to add further costs for the bill for lifters.
- c) Simple progression.

13. No other business.

NOTES:

- a) Voting by Proxy may be made in accordance with the Articles and Procedure for Voting by Proxy.
- b) A presentation will be made at the end of the meeting to attending members elected to the British Powerlifting Hall of Fame for 2021.
- c) For catering purposes, it would be appreciated if members could inform the CEO at [richard.parker@britishpowerlifting.org](mailto:richard.parker@britishpowerlifting.org) if they are attending.