



## NIPF Directors Report for 2012

### Introduction

The NIPF was initiated in Dec 2011 as a specific sporting body with a simple remit to promote and develop powerlifting in NI. After the collapse of powerlifting in 2011 a few members decided to see what could be done to change the situation. It is amazing to think that only 12 months ago there was a vote to decide whether it was worth giving powerlifting in NI a chance in 2012. I still can't believe how far we've come on this rollercoaster.

### Committee Review

In Dec 2011 a senior committee of Barry, Brian and myself was voted in to action the objectives as defined earlier. Unfortunately Barry resigned in Oct 2012, however will continue to support the NIPF as a referee.

During the year several executive assistants were seconded into the committee to assist as follows:

Mike Gibson – strength coach  
Niall Nugent – graphic design  
William Newell – web master

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 and I look forward to further involvement from several new members in 2013.

### Objectives Review

9 objectives were defined in Jan 2012 and we have been able to successfully complete 7 of them:

- A minimum of 50 members by Dec 2012.
- 5 NIPF competitions organised and run successfully in 2012.
- At least 1 international competition attended by NIPF team in 2012.
- At least 1 NIPF member qualify and attend a British Championship in 2012.
- A minimum of £250 in the NIPF bank account at close of accounts in Dec 2012.
- NIPF to re-affiliate with GBPF during 2012.
- Hold 2 NIPF seminars for NIPF members in 2012.

The highlight of the year is the re-integration of the NIPF into GBPF during April. Once again we have a development pathway for local lifters to test themselves against the best in GB, set records and compete in 4 Nations or Commonwealth championships.

Although progress has been made in regard to the following, we still have follow-up actions to close out early in 2013 to maintain our status of recognised NGB by Sport NI

- NIWLA reintegrated with Sport NI in 2012.



- At least 1 drug test performed in 2012.

In addition the NIPF committee have been assisting in discussions with WAUNI and the reintegration of weightlifting in NI.

### Competition Review

The NIPF has successfully hosted 5 local competitions across NI. All have been supported well by lifters and local business alike. All have made a modest profit which affords us the ability to reinvest into powerlifting inside NI.

We have had representatives at the British Benchpress and British Classis competitions. The NIPF has had 4 British Champions from these competitions and I congratulate Brian Coombes, James McIlwaine, Jonny Cathcart and Colin Wright on their achievements and wish them success in defending their titles in 2013. Their success should be our inspiration and I encourage every lifter to take their skills to the next level by testing themselves at a National level.

We have had NIPF teams in 2 international competitions this year. In June Jonny Cathcart and Ryan Stewart attended an international friendly against Netherlands and GBPF teams. Subsequently we had a team of ladies and men attend the 4 Nations competition in Wales. The 3 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 also a British deadlift record for Carla Wright. It was a simply superb performance by a group of dedicated lifters.

### Plan 2013

The objectives for 2013 are based on the same simple and sustainable principle from 2012 – to promote the sport of powerlifting and enhance the lifters experience.

We look forward to including new faces in the committee as only with fresh ideas will we continue to progress. During 2012 it has been wonderful to watch the NIPF community develop – ending in multiple offers of help to set-up and tear down the Raw Power competition in Ballyearl.

This is something we absolutely want to encourage in 2013 and can do so with each lifter, referee and coach conducting themselves professionally and with

Thank you for your support this year, I am very excited to see what we can achieve together in 2013.

Ricky Mullan  
NIPF Director