



Northern Ireland Powerlifting Federation
Annual General Meeting
AGM for year ending 2017

CEO REPORT – RICKY MULLAN

I started the Jan2017 AGM report by saying “Its been a record breaking year for the NIPF”.

Well, we continued to exceed any and all expectations in 2017!!

- Largest membership ever of 285 (up from 224 in 2016)
- 6 local comps strongly supported
- First 2 day local comp
- More divisional referees qualified
- 2 new national level referees certified by GBPF
- GBPF coaching course
- Viking Barbell North Coast hosted a very successful Rookie
- NIPF team at Commonwealth Championships in SA
- NIPF teams at 4 Nations
- Multiple NI, Irish & British records
- 21 lifters represented GBPF at international level with multiple medals
- Increased financial controls/reporting meant better decisions
- 4 “Raise the Bar” seminars with 6k+ total raised over the years

I still haven't been able to setup an “NIPF Hall of Fame” and I'm hoping the committee will permit me to do this for 2018.

The NIPF committee has worked harder than ever behind the scenes to support and deliver the sport of powerlifting in Northern Ireland with 2 NGBs to report and support now with the dual membership. We continued to have a very active facebook close group for the committee and have had fewer face to face meetings this year, which has had its pros and cons. I would like to personally thank all the management team for their dedication, honesty, drive and support...without them none of us would have a sport to compete in.

“British Powerlifting” continues to grow at a fast rate, with an excess of 4000 members for 2017. 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 as well, with 800+ members. The dual membership has proven to be a success overall, however there have been some snags as are to be expected in the first year of a new agreement and its fair to say that it continues to be a work in progress (as all good things should be). The NIPF doesn't have official representation on the IrPF committee and I personally think that is something that would significantly help in the development of the relationship and sport.

We have continued to progress with our antidoping testing and education program. Our ethos remains strong that testing validates the competitions and provides a fair and even playing field for



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our lifters. We make no apologies that over half of our testing is targeted rather than random. We have several UKAD qualified advisors in the committee which is a great benefit to our lifters, please feel free to contact the committee for support at any time. 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.

In 2017 we began a new chapter with NIPF hosting its first British Championships with the British Masters Classic in March. More than 100 of the finest Masters lifters stood on our platform, performed to their best and loved being here. The feedback was awesome and it continues to be one of the most talked about competitions in the British Powerlifting calendar last year. I can't wait to see how many people attend in 2018!

My primary personal goal for 2017 was to bring the biggest team ever to the Commonwealth Powerlifting Championships in South Africa. The team performed exceptionally with a huge medal haul (including a M2 Best Lifter!), but the most important thing to me was how we competed and represented our wee country. The team spirit and community support we demonstrated proved that powerlifting is a team sport, it was clear to all involved that NIPF rocked the Commonwealths!!

The Four Nations and All Irelands competitions finished off a very tough last quarter of the year with NI and Ulster teams battling against the best in the country. Excellent lifting all round with PBs and records, our lifters are once again to be commended.

We have multiple international level lifters representing either GBR or IRE, and in the last week we have had news of 3 NI lifters being selected to attend the 1st European Masters competition in Sweden...a huge well done to Karen, Libby & Greig. I have no doubt further NIPF lifters will be selected once Ire & GB teams are selected for Juniors and Seniors.

On a personal level powerlifting has been not only my sport but my passion since my first comp in 1993. At heart I am a lifter, and everything I worked for within the NIPF was always focused on giving "the lifter" the best experience possible.

I haven't competed since Jun 2016, and 2017 was the first calendar year in my lifting career I haven't successfully stepped on a platform. So I think it's time for me to step aside once again and let new people take over. I need the freedom to get back to where I belong, and the NIPF will benefit from having a new generation to come through and take us to the next level. I truthfully can't wait to see where they can take it as they look at initiatives to promote things like Equipped lifting and confidence/skill in spotting/loading for all our safety.

So, in conclusion 2017 has been an extremely successful year for the NIPF. I am so proud to have been part of it, and met all the wonderful people I have through it. I wish the new committee every success for 2018 and I have every confidence they will continue to successfully develop our sport.

See you on the platform.

Ricky Mullan