

NIPF Report, Jan 2018-Dec 2018

Ricky began last year's report by remarking on the record breaking membership numbers achieved by the NIPF in 2017. I started my first year as CEO with a goal to break the 300 barrier, so I'm pleased to say that the total membership for 2018 came to a massive 340; far above expectation. It is fantastic to see the sport of powerlifting continue to grow at such a rate through the NIPF, British Powerlifting, and the Irish Powerlifting Federation.

Some of my personal 2018 highlights include:

- Colin Wright being inducted into the BP hall of fame.
- Being able to offer Lee McCafferty a financial contribution for his travel to Worlds
- The NIPF gaining a new national referee, well done to Kat Teggarty
- Trying to keep up with the numerous British, Irish and NIPF records broken by NIPF lifters.
- Seeing equipped lifting flourish under Mike Gibson.

2018 has been an incredibly challenging year. Here are just some of the things we have achieved:

1. Running 4 successful two day competitions over the course of the year – all of which had at least 75 lifters sign-up, the last of which ended up with a waiting list.
2. Introducing 2 weigh-ins per day with the aim of improving the lifter experience, meaning no one had the advantage of longer to eat and no one had to sit around and wait for hours before lifting. I'd like to thank all of our referees for their continued support, and Chris Dorrian for all of the organisation it takes to pull this off.
3. We ran 2 rookie comps in one year, both of which were full long before the event. We took rookie to venues further afield than the Valley – deliberately choosing Limavday and Omagh to reach those lifters who might otherwise be less able to access the sport in Belfast.
4. 2018 saw the NIPF invest in a lot of new equipment, meaning we are now able to operate independently, and improve the lifter experience. Our investments include a full eleiko comp set, a new comp rack, new training bars for the warm-up room, a badly needed new light set and TV to run them on, our own blocks for the platform, winners podiums, new storage for Viking, and a laptop, projector and screen.
5. We hosted spotting and loading courses, put together by Mike Gibson, for the first time in 2018 –aimed at improving safety on the platform. I would like to do this more going forward, but I also feel the focus on having attended the course made potential volunteers feel they couldn't help out without it. This should not be the case; all help is welcome, beginner or otherwise – we always have experienced platform managers around to guide you.
6. We also introduced a credit system to reward spotters and loaders for their contribution throughout the year. Volunteers were able to earn credits which add up to free or half price memberships, and one half price comp entry during 2019.
7. By far the biggest challenge of 2018 was the British Masters which saw 170 lifters take to the platform over a single weekend. The sheer volume of organisation and hard work that went

into the competition was incredible; from having to increase venue opening times at last minute due to the unexpected volume of entries, to pulling two 12 hour shifts in a row. excellent!

8. 2018 also saw many NIPF lifters step on to the international platform for Britain or Ireland. It is a credit to the development of the NIPF that so many of our lifters are selected for such events. And now we also have a GBR Masters coach in our midst!
9. And finally. This year's four nation's team included four fully equipped lifters for the first time. Whilst we did not break our record of coming in fourth place, I am proud of the team we put together and the commitment shown by every lifter.

Through all of this, we have continued to progress in our strong commitment to frequent testing. In 2018 we carried out 26 tests; we are still waiting on 6 results. No tests so far have been failed but we did have one refusal mid-year which resulted in a four year ban. We continue to adopt a targeted approach to testing. Our ethos remains strong that testing validates the competitions and provides a fair and even playing field for all lifters.

British Powerlifting continues to grow at a fast rate, with in excess of 4000 members for 2018. 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 also continued to grow strongly. We voted at our last AGM to continue with the agreement between the NIPF and the Irish PF as it stood at the time, subject to monitoring throughout 2018.

Committee

We held our AGM in January 2019 and the 2019 committee is returned as follows:

CEO – Alex Kapka

Financial Director – Julie Gribbon

Communications Director – Tess Keeler and Clare Conway

IT Director – Rob Newman

Performance Director – Sam Mitchell

Technical Director – Chris Dorrian

Marketing Director – Kyla Mulholland

Anti-doping Officer – Sarah Patterson

Comp Dir – Noreen Wall and Clare Conway (comp communications)

New external role:

Records Registrar – Tim Hughes and Greig Murray (This role sits outside the committee and answers to the IT Director).

The NIPF continues to grow and we look forward to continuing development and providing value for our members throughout 2019.

Alexandra Kapka
CEO, NI Powerlifting
January 2019