



CHIEF EXECUTIVE'S REPORT FOR 2019

2019 was another successful year for British Powerlifting. Membership increased by around 5% to finish at 4588. The challenge for us is matching the increasing numbers with an increase in active referees and people willing to run and staff championships. It will be interesting to see if the increase in membership fees has any significant impact on membership numbers.

We have had a very productive meeting with Sport England regarding National Governing Body (NGB) recognition. Our final application for recognition has now been submitted and we look forward to a successful outcome. We have also had further dialogue with BUCS (British University & College Sports) regarding recognition for powerlifting. However, this has not borne any fruit to date.

91 national and regional tests were conducted in 2019 and out of these there were only two adverse findings. These were processed by the IPF, who are now our Results Management Authority and the appropriate penalties imposed in accordance with IPF Anti-Doping Rules and the WADA Code. In addition, several of our top lifters are in the IPF's Registered Testing Pool (RTP), which means they are subject to Out of Competition Testing (OCT). The cost of testing remains a major budget item, but this is money well spent to keep our sport clean.

We are adding new features to the website, as and when the need arises. For example, we have added a Referees' Availability function for British Championships. Electronic membership cards have been introduced so that we no longer have to go to the expense and trouble of posting out physical cards. The Home Page is also being redesigned to give it a more modern and dynamic look. This will be launched in the near future.

Several coaching courses have been run successfully by Fred McKenzie, Pete Sparks and latterly Charlie Marillier (nee Shotton-Gale), aimed mostly at British Powerlifting members. They are also in the process of updating our course material, which may necessitate re-approval by PD Approval (formerly REPS). On the technical front, we continue to run many divisional referee courses around the country and the two tier Divisional Referee's exam is working well. However, we need more referees to commit to moving up through the ranks to get their international licences. Finding international referees willing to officiate at internationals is an ongoing challenge; we are fined by the IPF/EPF if we fail to send two referees to an international where we have more than fourteen lifters.

In 2019, we ran two of our biggest ever British championships. The University Championships involved over 300 lifters and running two platforms, which was the first time we had tried this. by White Lights Media who provide an excellent photography and video service. The juniors were run over five days as a combined men and women's event by Fred McKenzie. This was the first time we had run a championship on weekdays and it was very successful. We raised qualifying totals for classic championships last year, including adding ones for the university championships. We need to see the effect of these before making further changes to entry requirements for British championships. Championships should be considered on a case by case basis to avoid adversely impacting membership or income.

The medals gained at internationals are shown in the appended table and there were many excellent performances. Outstanding performances were Joy Nnamani and Tony Cliffe taking first place at the World Classic and Ray Bowring winning a World sub-junior equipped title.

Our Executive and Non-Executive Officers do a great deal of work for the Federation and the time and commitment required is not always recognised. Our Championships Secretary Fred Sterry and Membership Registrar Carol Parker spend countless hours dealing with the ever-increasing number of championship entries and members, including queries of all descriptions.

Our new Medical Committee is doing good work assessing and advising on TUEs and other medical matters. The Disciplinary Committee now only have to deal with non-drug related issues, which has reduced their workload somewhat. Inappropriate postings on social media are a ongoing problem and members are reminded that action will be taken against anyone contravening our rules on this.

We also need to recognise the terrific work done, and expense incurred, by our Head Coaches and their teams, selecting and coaching our international teams around the World.

In conclusion, I would like to thank all Executive and Non-Executive Officers for their support and hard work in 2019.

Richard Parker

2019 INTERNATIONAL MEDAL TABLE

CHAMPIONSHIP	LIFTER	CAT	SQUAT	BENCH	DEAD LIFT	TOTAL
Euro Jun & S-Jun	Jack Johnson	120kg		Silver	Gold	Silver
Euro Seniors	Emma Goodwin	52kg	Bronze		Bronze	Bronze
	Ellie Steel	57kg	Bronze	Silver		Bronze
Euro Classic Sen GBR Men's Team 3 rd	Owen Hubbard	83kg	Bronze	Gold WR		Gold
	Sam Watt	105kg			Bronze	Bronze
	Joshua Greenfield	105kg	Gold WR			
	Danielle Malcolm	47kg	Bronze	Bronze	Bronze	Silver
	Joy Nnamani	57kg	Silver	Silver	Gold WR	Gold
	Temitope Nuga	84kg			Gold	Bronze
	Leigh Wetheridge	84+kg	Silver		Gold ER	Silver
	Camille Holland	84+kg	Gold ER	Bronze		Bronze
Euro Classic Jun	Dylan Nelson	83kg	Gold ERJ			Silver
	Scott Webb	83kg	Silver			
	Adedapo Ojewale	93kg			Gold	
	Eric Mata	93kg		Bronze		
	Ben Wharton	105kg	Bronze			Bronze
	Ben Rant	120+kg	Silver	Silver		Bronze
GBR Team 2nd	Sabrina Shah	47kg	Gold	Gold		Bronze
	Cherry Yeung	47kg	Bronze	Bronze	Bronze	
	Arin Aldcroft	52kg		Gold	Silver	Silver
	Suzanne Daniel	63kg			Gold WRJ	Bronze
	Charlie Chester	84+kg	Silver		Silver	Silver
Euro Classic Sub-Jun GBR Team 1st	Alex Summers	53kg	Gold	Gold	Gold	Gold
	Kirill Sakharov	105kg	Silver	Gold WRs	Bronze	
	Josh Pearson	120kg	Silver	Bronze		
	Ray Bowring	120+kg	Gold ERs	Gold	Gold	Gold
Euro Classic Bench Press Sen Junior Sub-Junior	Mihails Monastirkis	105kg				Bronze
	Ben Rant	120+kg		Silver		
	Grace Howse	72kg		Bronze		
Euro Bench Press Senior Junior M1 GBR Team 2nd	Andy Champ	93kg		Bronze		
	Kris Franklin	83kg		Silver		
	Amanda Hughes	52kg		Silver		
	Wendie Kirkland	72kg		Bronze		
	Sarah Bouskill	84+kg		Silver		
Euro Equipped Masters M1 GBR Team 1st	Phil Richard	74kg	Gold	Gold	Gold	Gold BL
	Jas Cheema Singh	83kg	Bronze	Gold		Bronze
	James Brincat-Smith	120+kg	Silver			Bronze

GBR Team 1st	M2	John Maxwell	66kg	Silver	Gold	Gold	Gold		
		Bernie McGurk	74kg	Gold	Gold	Gold	Gold BL		
	M3	George Millar	83kg	Bronze	Bronze	Silver	Silver		
		Doug D'Gama	83kg	Silver		Gold			
		Dave Charnock	105kg		Bronze		Silver		
	GBR Team 2nd	M3	Karnail Singh	83kg	Silver	Silver	Bronze	Silver	
			Michael James	66kg	Gold	Silver	Gold	Gold	
M4		Mick Amey	83kg	Gold	Gold	Silver	Silver		
		Mick Ellender	93kg	Silver	Gold	Gold	Gold		
Euro Equipped Masters	M1	Louis Edwards	52kg	Gold	Bronze	Gold	Gold		
		Amanda Hughes	52kg	Silver	Gold	Bronze	Silver		
		Galit Goldshmid	63kg	Gold	Silver	Gold	Gold		
		Joanne Barnes	72kg	Bronze	Bronze		Bronze		
	GBR M1 Team 1st	M1	Catherine Gordon	72kg			Silver		
			Jennifer Keane	84kg	Gold	Gold	Gold	Gold	
		M2	Michelle Brand	84+kg	Silver	Gold	Silver	Gold	
			Michelle Franklin	57kg	Silver	Silver	Silver	Silver	
	GBR M2 Team 1st	M2	Joy Mineo	72kg	Silver	Bronze	Gold	Gold	
			Maureen Gordon	72kg	Bronze	Silver	Bronze	Bronze	
			Melissa Wall	84kg	Bronze	Silver	Bronze	Silver	
		M3	Dawn Morrell	84kg	Silver		Silver		
			Jacqui Blasbery	84+kg	Gold	Gold	Gold	Gold	
	M3 GBR Team 1st	M3	Jenny Hunter	52kg	Gold	Gold	Gold	Gold BL	
	Euro Classic Masters	M1	Greig Murray	66kg	Silver	Silver	Gold	Silver	
			Martin Smith	74kg		Bronze			
			Paul Cooper	83kg	Bronze	Silver	Gold	Gold	
		GBR Team 1st	M1	Will Mann	83kg			Bronze	Bronze
Scott Simon				105kg		Bronze		Bronze	
Chris Baker				120+kg		Gold			
M2			Shaun Bateman	59kg	Gold	Gold	Silver	Gold	
			Bernie McGurk	74kg	Silver		Silver	Silver	
			Robert Rodney	83kg	Bronze	Silver	Gold WR	Gold	
GBR Team 1st		M2	Andy Rodney	120kg	Gold ER		Gold	Gold	
			Alistair Murdoch	120kg	Silver	Gold ER	Bronze	Silver	
			Hari Cheema Singh	74kg	Gold		Bronze	Silver	
		M3	Kevin Payne	74kg			Silver		
			M4	Ernie Parkes	74kg	Gold ER	Gold	Gold	Gold
Euro Classic Masters	M1	Catherine Sharmel	52kg	Bronze		Bronze	Bronze		
		Helen Hughes	57kg	Gold	Silver		Gold		
		Majomi Eno	72kg	Gold CR	Gold	Gold	Gold BL		
		Jenni Sherwood	84kg			Gold	Silver		
		Jo Whiteley	84+kg	Silver	Silver	Bronze	Silver		
	GBR Team 1st	M2	Tracy O'Callaghan	84+kg	Bronze	Bronze	Gold	Bronze	
			June Stamp	47kg	Silver	Bronze	Bronze	Bronze	
		M2 (cont)	Lorraine Box	52kg	Bronze	Silver	Bronze	Bronze	
			Lynda Banks	63kg	Silver	Bronze	Gold	Silver	
			Diane Stockwell	63kg	Bronze	Silver	Bronze	Bronze	

M3 GBR Team 1st	Joy Mineo	72kg	Silver	Silver	Gold	Gold	
	Jacqui Blasbery	84kg		Silver	Silver	Silver	
	Louise Wicks	84kg			Bronze		
	Betty Gray	84+kg	Bronze	Bronze	Gold ER	Gold	
	Linda Kaminski	52kg	Gold	Gold	Gold	Gold	
	Jenny Hunter	57kg	Bronze	Gold	Silver	Silver	
	Gloria Fitzpatrick	72kg	Silver		Silver	Silver	
	Joyce Park	72kg	Gold	Bronze	Bronze	Bronze	
Western Cup Classic GBR Team 1st Equipped	Luke Wilson	74kg	Gold				
	Joseph Walton	120kg	Silver		Bronze	Gold	
	Wesley Hall	120+kg	Bronze		Gold	Gold	
	Emma Goodwin	52kg	Silver	Silver	Gold	Silver	
	Catherine Smith	57kg	Silver		Gold	Silver	
	Grace Stilgoe	63kg	Silver	Silver	Silver	Gold	
	Amy Atkinson	72kg	Bronze	Bronze		Bronze	
	Emily Greenway	72kg			Bronze		
	Hira Tierney	84kg			Gold	Bronze	
	Paul Campbell	74kg	Gold	Gold	Gold	Gold	
	Matt Watson	93kg	Bronze	Bronze		Bronze	
	Khalon Hodson	93kg			Bronze		
	Linzi Waite	52kg	Gold	Gold		Bronze	
	Lauren Elder	63kg	Silver		Gold	Gold	
	Lucy Hart	63kg	Bronze		Bronze		
	Christie Civetta	84kg		Bronze			
	Katrina Sweatman	84+kg	Gold	Gold	Gold	Gold	
	World Senior	Emma Goodwin	52kg			Gold	
		Ellie Steel	57kg	Bronze	Silver		
World Sub -Jun	Ray Bowring	120+kg	Gold WSR	Silver	Gold	Gold	
World Classic Sub-Junior	Joel Wakeman	59kg	Silver		Silver	Silver	
	Krill Sakharov	93kg	Bronze	Gold WR	Gold	Gold	
	Bobbie Butters	57kg	Bronze			Bronze	
	Lucy Robinson	63kg	Bronze		Silver WRS	Silver	
World Classic Junior GBR Team 3rd	Nathan Winsala	74kg	Bronze				
	Dylan Nelson	83kg	Gold CR			Bronze	
	Adedapo Ojewale	93kg			Silver		
	Ben Rant	120+kg	Silver	Silver		Silver	
	Cherry Cheung	43kg	Gold	Gold	Gold WRJ	Gold	
	Erin Aldcroft	52kg		Bronze			
	Daniel Suzanne	63kg			Silver		
	Mariella Fisher	72kg	Bronze				
	Alice Francis Freeman	72kg		Bronze			
	Charlie Chester	84+kg	Silver	Bronze	Bronze		
World Classic Senior GBR Team 3rd	Owen Hubbard	83kg		Gold WR			
	Hendrick Famutimi	93kg			Bronze		
	Tony Cliffe	120kg	Silver	Gold	Gold	Gold ER	
	Joy Nnamani	52kg	Silver		Gold	Gold WR	
	Ellie Steel	57kg		Silver			
	Nuga Temitope	84kg			Bronze		
	Greig Murray	66kg			Silver		

World Classic	M1	Rebecca Heath	47kg	Gold ER1	Gold	Gold	Gold
	M1	Catherine Shamel	52kg	Bronze	Silver	Silver	Bronze
GBR Team 2nd		Helen Hughes	57kg		Bronze		
		Eno Majomi	72kg	Gold	Gold	Gold	Gold BL
M2		Jenni Sherwood	84kg			Gold	Bronze
		Jo Whiteley	84+kg	Gold ER1	Bronze	Silver	Silver
GBR Team 3rd		Shaun Bateman	59kg	Bronze	Gold	Bronze	Silver
		Henry Chay	59kg			Silver	Bronze
		Robert Rodney	83kg		Bronze	Gold	Gold
		Alistair Murdoch	120kg		Gold WR2		
		Andy Rodney	120+kg	Bronze	Bronze		
		June Stamp	47kg	Silver			
		Karren Burns	57kg	Silver ER2		Gold	Silver
		Joy Mineo	72kg	Bronze	Bronze	Gold	Silver
		Jacqui Blasbery	84kg		Bronze		
		Libby Blair	84+kg			Silver	
GBR Team 3rd	M3	Nigel Haigh	120kg	Gold WR3			
		Linda Kaminski	52kg	Gold		Gold	Gold
M4		Gloria Fitzpatrick	72kg	Gold ER3	Gold	Gold	Gold WR3
	GBR Team 2nd	Malcolm Bainbridge	66kg	Gold	Gold	Gold	Gold
GBR Team 2nd		Ernie Parkes	74kg	Silver	Bronze	Gold	Gold
		Clive Lingard	93kg		Gold	Bronze	Bronze
	World Bench Press	James Brincat-Smith	120+kg		Bronze		
M1	Amanda Hughes	52kg		Bronze			
M2	Jacqui Blasbery	84kg		Gold			
M3	Jenny Hunter	52kg		Bronze			
World Classic Bench	SJ						
	M1	Ed Crossley	120kg		Silver		
		Sheridan Wray	93kg		Silver		
		Chris Baker	120+kg		Silver		
		Abi Graham	63kg		Bronze		
		Ruta Lendratiene	72kg		Gold		
	M2	Jacqui Blasbery	84kg		Silver		
	M3	Jenny Hunter	52kg		Gold		
M4	Judith McGauley	63kg		Bronze			
World University Cup		Remi Rufus-Toye	66kg		Bronze	Gold	Bronze
		Kyle Renwick	105kg	Bronze	Bronze	Bronze	Bronze
		Dan O'Leary	120kg	Silver			Bronze
		Amy Viner	57kg	Bronze		Gold	Silver
		Victoria Hammond	63kg	Bronze		Silver	Bronze
		Alice Freeman-Francis	72kg	Gold	Gold		Gold
University of Glasgow 2nd		Bronwyn Adlington	84kg		Silver		Silver

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