



# Irish Powerlifting Federation

AGM - 11th March 2023

## Meeting Minutes

### **1. Members present**

Jay Farrant, President  
Ally O'Reilly, Vice President  
Adam Phillips, General Secretary (minutes)  
Clarice Tighe, Treasurer  
Leslie Hoare, Technical Director

Members In Attendance: 72, including executive committee members  
Voting: 36 for simple majority, 48 for a two-thirds majority

### **2. President's Address - Jay Farrant**

Jay welcomes all members to the AGM and thanks all, members or otherwise for all the effort in the last 12 months, noting how productive the year has been. Finally stating that the Irish Powerlifting Federation is back at its peak after a tough few years of dealing with the fallout of the pandemic.

### **3. Vice President's Address - Ally O'Reilly**

The key points noted included:

- A very successful and dedicated committee was elected in 2022
- Medals for National level events in 2023 have been updated
- It was difficult to find suitable venues in Connacht but added a meet to the calendar in Phenom. The calendar since the AGM 2022 is as follows:
  - Junior & Masters Nationals - CityGym,
  - June Open - GainForth,
  - July Open - CityGym,

- September Open - Phenom,
- Last Chance - ABS
- February Open - CityGym
- Open Nationals - The Radisson
- More financial support has been provided for coaches going to international level events
- More financial support has been provided for international level lifters
- Merchandise is to be released this year
- New membership platform "ClubForce" - This new platform issues an immediate membership number
- Bench Nationals has been added to the calendar of events
- Big improvement in our livestream service have been made
- Lifter goodie bags were provided to each lifters at Nationals 2023
- A jury was present at Nationals 2023
- The committee has been proactive in getting feedback from each competition and has acted on each piece of feedback to the best of our ability.

#### **4. Treasurer's Address - Clarice Tighe**

The key points noted included:

- Net income FY22 €18,767.27  
43% increase in net income versus 2021
- Ending cash balance €33,895.48  
224% increase versus 2021

#### **Key Drivers:**

- Memberships - €14k in 2021 vs €40k in 2022
- Domestic Comp Entry - €20k in 2021 vs €60k in 2022
- Competition Costs - €6.5k in 2021 vs €23.5k in 2022
- International Comp Cost - €11k in 2021 vs €66k in 2022
- Anti doping €100 in 2021 vs €18k in 2022



	PY Carry Forward	Total
<b><u>Income</u></b>		
IrishPF Memberships		40,533.19
Domestic Competition Entry		60,013.19
Intl Competition Entry		49,103.77
Ref Exams		239.42
SBD Refund		5,015.00
Equipment/Merch Sales		680.00
Spectator Entry fees		197.00
		<u>155,781.57</u>
<b><u>Expenditure</u></b>		
Affiliation fees		709.00
Competition costs		22,863.61
Competition Equipment		7,730.29
Legacy IrishPF debt		3,500.84
Advertising/Marketing/Media		3,467.60
Paypal fees		3,945.57
Jotform		228.00
Mailchimp		837.19
IPF Referee Costs		100.00
International Comp Fees		66,246.74
Refunds		7,680.80
Anti Doping		18,265.00
Slido		149.00
Google GSuite		537.23
Microsoft 360		69.00
Linux Web Hosting		684.43
		<u>137,014.30</u>
Net Income	<u>€15,128.21</u>	<u>€18,767.27</u>
Balance per A/c (note contains ClubForce data)		33,895.48

## 5. Head Coach's Address - Jay Farrant

The key points noted included:

- New levels of success achieved by the Irish National Team in 2022 and 2023

- Total of 81 medals won in the last 12 months:
  - 17 Junior Medals won
  - 2 Junior European Champions
  - 11 Open Medals won
  - 52 Masters medals won
  - 2 Masters European Champions
- One of very few countries supporting lifters, compared to other larger nations who charge lifters a fee to support the coaching team.
- Jay notes how these successes stem from a high level of competition at a National level.
- Open, Junior and Masters coaching teams have been solidified.
- Irish National Team has the highest average attempts made in international powerlifting.
- Damien Nam and Ally O'Reilly are the first to hit the new A standard.
- New standards are only relevant to worlds and europeans, other competitions such as Western European Championships will be based on a "best of the rest" selection process.

## **6. Technical Director's Address**

The key points noted included:

- A number of exams which netted 17 newly qualified referees, which brings us to a total of 46 referees within the federation.
- 2 more exams will be held in 2023 which will further increase the number of qualified referees.
- Big congratulations to Louie Warren and Hannah Stephenson on the passing of the Cat. 2 referee examinations.
- Given we only have 3 cat. 2 referees, we do not have the ability to send referees to all international competitions and are subject to fines to the sum of €1000 within the EPF and €500 within the IPF.
- We had our first jury at Open Nationals and plan on having a jury at all national level events on the Irish Powerlifting Federation calendar. Note that it requires an additional 12 referees over a competition weekend.
- There is a plan in place to form a technical committee. This committee will ensure there is a senior referee present at each competition and allow us to run more training days and exams.
- The referee lights are currently broken and not repairable. We are in the process of having a new set of lights built, until they are complete we will be using openlifter and cards as a backup.
- New rules lack clarity but have been enforced in the fairest possible manner in 2023 thus far. Referees are looking for ~50% of the glute to be in contact with the bench before giving the start command. Once the start command is given, less than 50% of the glute can be on the bench as long as there isn't a complete lift of the glute which would result in a yellow being given.

## **7. Anti-Doping Officer's Address - Jayne Jones**

The key points noted included:

- In 2022 we signed an agreement with the IPF that put them in charge of our testing. This testing was run by the CCES in conjunction with Sport Ireland. The cost of this testing in 2022 was ~€15000.
- Testing was carried out and Nationals 2022, Junior and Masters Nationals 2022, September Open and Nationals 2023.
- We included 6 lifters in the IPF testing pool. These lifters were required to submit their whereabouts for out of competition testing.
- We plan on continuing with the agreement in 2023.
- In 2022 we highlighted the WADA speak up reporting process for anti-doping violations which can be found on our Instagram page and website.

## **8. Member's Motions**

### **Motion 1: Platform Crew Training.**

*Proposed by: Ian Grant*

The spotters and loaders play a key role in keeping our athletes safe, as well as ensuring that each competition moves at a decent cadence.

Some volunteers have the benefit of frequently training on competition spec equipment, and can move quite quickly.

Other volunteers or those who might be reluctant to volunteer, that don't train on this equipment can sometimes find the experience difficult.

Would it be possible for each club that has a facility, to run semi regular platform crew training days; open to all in the IrishPF?

If approved, I'd coordinate with Jay to run Dublin based training out of ABS on a Saturday every couple of months.

*EC Note: It has been done before and there was a lack of attendance. We fully support any gyms wanting to put these training days on and we will help to publicise them.*

**Result: 60 Agree - 6 Disagree (91%-9%)**

**PASSED**

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### **Motion 2: Better notice for flights in competition (multiple versions of the same motion).**

*Proposed by: Sarah May Hamilton*

Is it possible for the federation to give more than three weeks notice to ppl competing? Most ppl have to travel to comps, arrange time off work, babysitters and other admin. I realise the timing is to do with ppl changing weight classes but is it not possible to state when flights are on, then if someone changes weight class they may just have to change their own travel/work arrangements instead of 80+ ppl all waiting for one or two ppl to change weight class?

*Proposed by: Nicole Craig*

Lifters need to know at least a month in advance as to what day they will be lifting. Reasons would include a) cutting, they may need to plan a water cut, an extra day will make a big difference when cutting b) if they need to book accommodation it is expensive to book it only 2/3 weeks out c) will they need to book time off work, employers will require plenty of notice.

*Proposed by: Ken Nwaezeigwe*

Nationals change of weight class should be altered from 3 weeks out to 6-8 weeks out. This would allow for faster sorting of flights and people would be able to plan well in advance.

*EC Note: If the membership would prefer more notice, we suggest that the weight class deadline would be changed to be 5 weeks out.*

**Result: 56 Agree - 9 Disagree (86% - 14%)**

**PASSED**

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### **Motion 3: Financial disclosures.**

*Proposed by: Tamzen Malone*

Summary of year's expenses to be shared with members.

Full disclosure would help in shutting down the negative Nancy's in the org.

*EC Note: We publish finances every year at the AGM.*

**Result: 50 Agree - 6 Disagree (89% - 11%)**

**PASSED**

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### **Motion 4: Create divisions in IrishPF.**

*Proposed by: Nathan Neville*

Create divisions in each of the four provinces to allow more competitions to be held and reduce the amount of work placed on the core members.

*EC Note: Unfortunately, there is a lack of volunteers for committee positions as it is so we don't think it would be possible to create multiple divisions.*

**Result: 14 Agree - 45 Disagree (24% - 76%)**

**FAILED**

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### **Motion 5: Province based comps- improving access for lifters in the north of Ireland.**

*Proposed by: Lorraine McKenna*

The May open sold out immediately with 40 people on a waiting list- as i type! Ticket allocation had been split 50/50 as agreed previously by both federations. While i think its amazing that so many people want to travel up to us- lifters in the north of ireland with Irishpf membership missed out. Is there a way of expanding numbers for the yearly comp - or a second competition in the north of Ireland. Again encouraging participation and retention in the federation and providing a pathway for those lifters.

*EC Note: As per the IrishPF/ NIPF agreement, all IrishPF comps held in the North must be joint competitions. We can look at including a second joint competition per year for 2024.*

**Result: 14 Agree - 50 Disagree (22% - 78%)**

**FAILED**

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### **Motion 6: Stratified National Team Totals for Different Levels of International Competition.**

*Proposed by: Jayne Jones*

The main point of this motion is to focus on National Team Development. I believe to further Ireland's goal of increasing our standings at International Competitions, we should look to other countries who have successfully developed strong national teams over the years within the IPF. I am aware many other factors go into this such as government funding, paid coaching position etc but the main route to these countries improving has been a focus on developing their Open and Junior National Teams. I suggest for each weight class, sub-junior, junior, and open (masters are smashing it anyway!) we set a WEC, European and World qualifying total and set an objective for each competition that these totals are based on.

*EC Note: We don't think it is appropriate to compare ourselves to other nations and the responsibility of choosing teams lies with the coaching team, not the membership. We are suggesting that the membership allows the current standards to be given time and they will be reevaluated next year.*

**Result: 41 Agree - 22 Disagree (66% - 34%)**

**PASSED**

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### **Motion 7: Tiered Membership.**

*Proposed by: Órla*

I am proposing that a tiered membership or half year membership option be made available for lifters wanting to only participate in one competition in any given year. With the membership costs increasing along with the cost of competition tickets - members of the federation who are only able to compete once in-year are to pay a minimum €140 - this could be a deterrent for new lifters or anyone wanting to participate in the sport recreationally. I understand standards of the federation are increasing and all lifters should strive for betterment; however, not all lifters of the federation are of national/international standard - those who are beginning in the sport or those who are recreational lifters and may not need to/want to compete again in any given year to place for national/international team selection.

*EC Note: The membership money is key to developing the federation and providing all of these meets. Also, it would be difficult to police how many meets each member has done with 500 members currently.*

**Result 10 Agree - 54 Disagree (16% - 84%)**

**FAILED**

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## **Motion 8: Rookie Competitions**

*Proposed by: Lorraine McKenna*

Rookie/ beginner competition or some sort of tiered system(say a person has done less than 3). Competitions are now selling out so fast- this might help boost participation and retention rate for the federation.

*EC Note: Jay has suggested running weekday evening one session meets, e.g. 5-9pm, for novices.*

**38 Agree - 27 Disagree (58% - 42%)**

**PASSED**

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## **Motion 9: Change the 3 year international selection ineligibility period for lifters that have represented Northern Ireland in the Commonwealth Powerlifting Championships to 6 months to be in line with IPF By-Laws**

*Proposed by: Adam Phillips*

The major issue I see with this eligibility criteria is its knock on effect on National level event eligibility for lifters that have competed at the Commonwealth PL Championships representing Northern Ireland. One of the National level event eligibility criteria is "Be eligible to be selected for an international competition in order to be invited to Nationals". Which in turn means lifters that compete in CWPC receive a national-level event ineligibility period of 3 years from the date of CWPC. I do not believe the punishment fits the crime here, particularly given the current stability of the IrishPF and continuously growing standard in every class.

*EC Note: We agree with aligning with the IPF By-laws and reducing the period of ineligibility to 6 months. [Section 14.9](#)*

**Result 48 Agree - 12 Disagree (80% - 20%)**

**PASSED**

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## **Motion 10: Adjust international selection criteria in line with olympics international selection protocol**

*Proposed by: Jen Harrington*

In order to be considered for international selection a lifter must

1. Have competed in a national Irishpf competition in the 12 months preceding selection
2. Have clear ties and connections to Ireland and the Irishpf as defined by:

Must have been born on the island of Ireland

Or

Must hold an Irish passport or be eligible to apply for an Irish passport

3. Not have competed at an international event sanctioned by the IPF or any of the IPFs regional federations, representing any other national federation other than Northern Ireland.

*EC Note: We believe that this would be too harsh towards people that have lived here for an extended period of time but have not applied for an Irish passport. It would not be realistic to investigate eligibility for all of these lifters.*



**Result 21 Agree - 41 Disagree (34% - 66%)**  
**FAILED**

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**Motion 11: Fines for improper conduct by athletes when hyped**

*Proposed by: Ken Nwaezeigwe*

If you damage the venue or bring harm to volunteers/refs/admin staff while getting psyched up for a lift then you should have to pay a small fine to support the federation. Akin to a swear jar of sorts. Money from this can then be used to increase the standard of competitions going forward.

*EC Note: We disagree with fining members, unless they have caused financial damage to property. We would suggest a warning for first offence followed by disqualification for repeat offences.*

**Result 20 Agree - 40 Disagree (33% - 66%)**  
**FAILED**

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**Motion 12: Fundraising Competitions to raise funds towards our International lifters.**

*Proposed by: Kiva Oates*

Would be great to see some fundraising competitions to raise funds towards our International team. Although I'm not on the team myself, I'd be happy to contribute and compete to raise funds towards our lifters going abroad, it costs a lot for them and the federation itself can only contribute so much. I believe others would too !!

The competitions would be more "for fun" and obviously wouldn't be as well run as the Opens/nationals due to cutting back costs to raise the funds but just an idea 💡

Thanks all 😊

*EC Note: Unfortunately, we're at capacity for meets and would be unable to hold any more, purely for the purpose of fundraising. However, maybe members could suggest other fundraising events, e.g. raffles.*

**Result 8 Agree - 49 Disagree (14% - 86%)**  
**FAILED**

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**Motion 13: Changing weight class deadline to 5 weeks out for all comps**

**Result 57 Agree - 7 Disagree (89% - 11%)**  
**PASSED**

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**Motion 14: Change residency requirements to 12 months for non students.  
Students can contact the EC to be dealt with on a case by case basis.**

**Result 45 Agree - 15 Disagree (75% - 25%)  
PASSED**

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**Motion 15: Bench only records can only be broken at Bench Nationals.**

**Result - 47 Agree - 10 Disagree (82% - 18%)  
PASSED**

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**Motion 16: Lifters can apply for special dispensation from the Head Coach in order to not compete at their age related Nationals for qualification to their age related international.**

**Result - 44 Agree - 12 Disagree (79% - 21%)  
PASSED**

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## **9. Nominations - elected**

### **9.1 Anti Doping Officer(s)**

Karina Byrne  
Lorraine McKenna

### **9.2 Competition Director(s)**

Cormac Dagg  
Ben Harrison  
Nathan Neville  
Tracey Kelly

### **9.3 Records and Membership Officer**

Karen Barry

### **9.4 Social Media Officer**

Jayne Jones

## **9.5 Volunteers Manager(s)**

Karen Keatinge  
Conor Campbell  
Gordon Bedlow

## **9.6 Website Officer**

Jordan Voss

## **10. AOB**

10.1 Clarification of IPF Constitution Article 14\* as we understand it was issued.

### **\*14. PARTICIPATION IN NON-COMPLIANT ANTI-DOPING EVENTS**

Any athlete, coach, referee or official who competes or participates in an International Powerlifting or Bench Press event not organised, sanctioned, or approved by the IPF shall not be permitted to take part in any IPF international, regional or national event for a period of 12 months from the date of that non-approved event. Any athlete, coach, referee or official that participates in any competition or Event which is organized by a Sporting Body, Federation or Organisation that has not received recognition from the World Anti-Doping Agency and is thus non-compliant with the Code and International Standards shall be automatically rendered ineligible and shall not be permitted to take part in an authorized National or International Powerlifting or Bench Press Event for a period of 12 months from the date of the last non-compliant Event. Should the athlete, coach, referee or official participate in an unauthorized Powerlifting or Bench Press Event prior to the lapse of the 12 months, he/she may be sanctioned with a period of ineligibility of an additional 12 months from the date of the non-compliant Event. In the case of a second infringement for such participation, the period of ineligibility may be a maximum of 24 months. The decision to extend the period of ineligibility will be at the sole discretion of the Anti-Doping Commission.