



IRISH POWERLIFTING FEDERATION

ANNUAL GENERAL MEETING 2024

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Agenda

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2. President's Report – Ally O'Reilly
3. Technical Officer's Report – Leslie Hoare

4. Treasurer's Report – Clarice Tighe
5. Coaching Committee Report - Jack Thornton, Open Head Coach, Coaching Committee Chairperson
6. Anti-Doping Report – Lorraine McKenna
7. Member's Motions
8. Operating Committee Elections
9. Executive Committee Elections
10. Any Other Business
11. Adjournment

See the following pages for Member's Motions, and Operating/Executive Committee Nominations.

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1. Roll Call / Attendance / Voting Numbers

2. President's Report – Ally O'Reilly

- Volunteer Manager Role introduced in 2023 to improve the organisation of competitions by:
 - Coordinating volunteers in advance
 - Filling gaps where needed
 - Organising t-shirts and refreshments for volunteers
 - Updating the early bird list to reward volunteers, and enhancing ticket sale processes
- Hosted Junior Nationals and three open competitions in 2023 (locations: GainForth, Phenom, and CityGym)
- First standalone Masters' Nationals were successful and will continue annually
- Bench nationals will be evaluated yearly based on demand
- Christmas Qualifier provided lifters an opportunity to post qualifying standards for internationals
- Hosted January Open in Galway, March Open in Phenom (not sold out, indicating demand met), and subsequent sold-out competitions (Junior Nationals, May Open, June Open, Summer Open, and Master Nationals)
- Plan to adjust the number of competitions to match demand better, possibly reducing by one competition next year.
- Membership numbers increased compared to the previous year
- Enhanced media presence, including master's training days with positive feedback and increased interviews with lifters
- Higher costs for live streaming, aiming for more investment in this area
- Planning to increase membership and ticket costs slightly for 2024-2025 to support these initiatives
- Shifted National-level competitions to external venues, incurring higher costs but providing significant benefits
- Testing samples and collecting feedback to launch merchandise soon

Committee Roles and Future Plans

- Competition Secretary handles technology and administrative tasks
- Competition Director manages on-the-ground activities and liaises with venues
- The Operations Manager oversees the physical setup of venues

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3. Technical Officer's Report – Leslie Hoare

- There are new rules this year: Sub-Junior lifters are no longer allowed in open categories, effective January 1st, requiring lifters to be 19 for open categories. Master 3 and Masters 4 lifters are also removed from open-level competitions. Sub-juniors can still compete in qualifying competitions but not at the Open National level, as they are ineligible for international open teams.
- For long-legged suits, lifters must wear the same style suit throughout the competition (long or short for all lifts). In open competitions, lifters can wear long cotton shorts under their suits, provided they do not touch knee sleeves, but this is not allowed at national or international competitions.
- Form-fitting t-shirts are now required, with no baggy sleeves allowed. The shirts must fit tightly without covering the elbow but still cover the deltoid.
- Referees can now enforce rules on knee sleeves, ensuring no external aids (like plastic bags) are used to put them on. Referees can ask lifters to put on knee sleeves themselves at any time.
- Coaches must be the same gender as the lifters they are coaching in weigh-in rooms
- Lifters can no longer question calls on other lifters, a rule change from the previous allowance for questioning two-to-one decisions.
- In 2023, there were 50 referees on the list, with 39 active. There were 8 category 2 international referees and 6 national-level referees. Throughout 2023, there were 148 competition sessions, requiring less than four sessions per referee on average. Referee involvement varied, with some referees doing as few as one session and others up to fifteen sessions.
- This year, the same 50 referees are on the roster, but only 26 are active. The number of category 2 referees has decreased to 7, while national-level referees remain at 6.
- An exam held earlier this year qualified 21 new referees; 3 have completed their shadow sessions, with the rest pending at open competitions.

4. Treasurer's Report – Clarice Tighe

- The 2023 income statement shows just under 160,000 euros in income, a 5,000 euro increase from the prior year, with expenses at 165,000 euros.
- Ending cash balance is 17,000 euros, down from 33,000 euros in 2022, due to reinvesting funds into the federation.
- Significant investments include a 54% increase in domestic competition costs, a 300% increase in marketing and live streaming, and a 25% increase in equipment.
- Despite a 5,000-euro operational loss, the financial position is strong with all invoices paid, including a 15,000-euro anti-doping bill. Good liquidity allowed extra investment for the Christmas qualifier.
- Hosting fees for gyms increased to 25% of ticket sales, resulting in over 12,000 euros paid to gyms, a 32% increase from 2022.
- Volunteer support included almost 2,000 euros in refreshments and reimbursed fuel costs, a 260% increase from the prior year.
- Investments in the international team covered 100% of anti-doping and participation costs for all lifters as well as flights and accommodation for head and senior coaches.
- In 2023, 10% of revenue from ticket sales at national competitions was allocated to support athletes, totaling just under 3,500 euros.
- Over the past two years, 59,000 euros were covered by the federation for athletes and coaches, with 42,000 euros in 2023 alone.

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- Facing a 250% increase in insurance premiums in 2024, but tight cost control has brought the federation back on track.
- Goal to increase revenue to 180,000 euros through diversified revenue streams such as merchandise, live stream, and coach pass fees.
- Membership fees will remain the same this year, with a possible small increase next year.
- Continued investment in high-quality domestic competitions and support for international athletes and coaches.
- Potential additional support includes covering the IPF hotel rule fine and providing tracksuits.
- Financial goals for last year included more investment in domestic competitions, support for international athletes and coaches, and maintaining a healthy cash balance. All objectives were achieved with more than 95,000 euros invested in domestic competitions and over 60,000 euros covered for international teams by the end of the term.
- Acknowledgment of progress from being in debt to achieving financial stability, thanks to the efforts of the executive committee, operating committees, volunteers, and members.

5. Coaching Committee Report - Jack Thornton, Open Head Coach, Coaching Committee Chairperson

- The quality of lifters sent to international competitions is improving each year, with increased placements, medals, and experienced lifters with multiple international caps.
1. Qualification criteria for 2024 were outlined for Masters, Sub Juniors, Juniors, and Open categories
 - Masters must compete in Masters Nationals and hit the national level total. Performances at international competitions will be considered when selecting the team. Totals from one age category will carry over if lifters move up an age category.
 - Juniors and Sub Juniors must compete in their respective national competitions and hit the national level total. Performances at international competitions will affect team selection.
 - Only Open Nationals will qualify lifters for Open internationals. Junior or Master lifters can qualify for Open internationals if they hit the Open team standard at a national or higher-level event within 12 months prior.
 - The process aims to provide fairness and flexibility, especially for lifters aging out of their categories, allowing them to qualify based on their performance in relevant competitions.
 - Western 2024 results will not qualify lifters for Euros 2025; participation in Open Nationals is required.
 - Emphasis on maintaining the importance of Nationals as the key competition for setting up international qualifications.
 - Gratitude expressed to the operational and executive committees, and volunteers, for their support which enhances the viability and quality of international competition participation.

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6. Anti-Doping Report – Lorraine McKenna

- The agreement signed with IPF in 2022, with testing now managed by CCES in conjunction with Sport Ireland.
- The annual fee for testing is 15,000 euros.
- Testing conducted at various competitions including Junior Nationals, Masters Nationals, Phenom Open, IrishPF Pro-Am flight, Christmas Qualifier, and University Nationals.
- A total of 34 tests conducted in the past 12 months.
- One in-competition anti-doping violation occurred in 2023, resulting in a suspension.
- The IPF testing pool is monitored separately.
- Plans to increase anti-doping education via the Irish PF Instagram and Facebook pages.
- Emphasis on lifters' responsibility for their own compliance with anti-doping rules.
- Aims to enhance educational efforts if reappointed.

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Member's Motions

Motion 1: Change scoring system for best lifter and rankings to IPF GLP

Proposed by: Jayne Jones

Currently we use DOTS but the new GLP score has been implemented across the IPF since 2020. The coefficient is derived from achievements shown at official IPF international and European competitions, as well as official world and European records, starting in 2011. As we are an affiliate of the IPF it makes sense to align ourselves with this points system and our lifters are scored this way when attending internationals

Results: PASSED - 45 yes, 5 no

Motion 2: Add a member of the Competition Team to the Executive Committee

Proposed by: Ally O'Reilly

"There are a lot of important decisions made daily by the Competition Team (Competition Directors and now Competition Secretary and Operations Manager). This means it is very important for them to be up to date about all EC decisions and also to keep the EC in the loop about all competition-related issues. My suggestion is that we replace the Technical Officer role with the most senior member of the Competition Team to bridge this gap and make sure important decisions can happen more swiftly."

Committee Note:

The most senior member of the competition team will be added to the executive committee, aiming to streamline decision-making processes and enhance operational efficiency within the committee structure.

Results: PASSED - 42 yes, 11 no

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Motion 3: Move to distribute national invites based on % of lifters in the weight class

Proposed by: Cormac Dagg

It's unfair for all classes to have the same invites, when some classes have vastly more competitors, I'm proposing we allocate invites based on the % of lifters from that class from the previous years competitions

Results: PASSED - 37 yes, 16 no

Motion 4: Formal removal of best club from National level competitions with the exception of IVs

Proposed by: Cormac Dagg

Best club tally, in its current form, serves no purpose in the Federation, and is a tedious result to calculate at the end of the competition - I vote to formalise it's removal from all National level competitions, as our recent National competitions (masters 23, Christmas qualifier, Juniors 24) have not featured this, and it has, in my opinion, not been missed. If this is not passed - I would like to submit a second motion where Best Club is changed to reflect Average DOTS per lifter.

Results: PASSED - 37 yes, 14 no

Motion 5: National Team Volunteers

Proposed by: Karen Barry

I propose that National Team members as a way of giving back to the federation Volunteer once a year to help out at competitions.

Results: PASSED - 45 yes, 5 no

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Motion 6: Review of active referee status/commitment to refereeing

Proposed by: Tracey Kelly

"There is a substantial list of supposedly active referees which gives a false representation of how many participating referees are actually available. It appears to be the same referees at every competition which leads to significant burden on those who contribute consistently. I am querying if there could be a yearly review of the list of qualified referees? It could perhaps be linked with the release of the upcoming calendar. Referees should then be asked to commit to a minimum number of contributions per year in order to maintain their active status, or have to shadow again to retain their qualification if significant time has elapsed since their last contribution. (International referees exempt). I do not wish to rule anyone out and the door always be open for people to come to the sport, but it is very difficult to expand our competition calendar and travel to new locations without an accurate list of referees available.

Results: Motion withdrawn by Tracey Kelly

Motion 7: Allow Sub-Juniors to qualify for Open Nationals

Proposed by: Euan Harrison

I think this motion is a good idea because it would allow all the strongest athletes to compete in open nationals. I believe disallowing an athlete to compete based on age (provided they are in the top 7) would go against the point of an open competition. I think it is nonsensical to disallow an athlete the opportunity to compete solely based on their age in a competition meant to consist of Ireland's best lifters. I believe if a lifter hits the total necessary to compete, they should be given the opportunity to do so.

Results: Not voted on as this would contravene IPF regulation

Motion 8: Disciplinary, grievance and dispute procedures

Proposed by: Tara Conlon

"Now ten years in its current existence, the Federation lacks an explicit, agreed, set of procedures for addressing disciplinary matters, disputes and appeals. I propose that such a set of procedures be developed and adopted as soon as possible. Sport Ireland provides helpful

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guidance to assist organisations in complying with the Governance Code for Sport. The Governance Code for Sport is a voluntary code of practice for good governance of sport organisations in Ireland.

<https://www.sportireland.ie/sites/default/files/media/document/2021-04/discipline-grievance-and-dispute-guidelines.docx>

Results: PASSED - 47 yes, 1 no

Motion 9: Live Entries/Nominations for National Level Events

Proposed by: Jayne Jones

Suggest for National level event the entry system is live until change of weight classes close. This is a system used by BPL and over course nominations are used for international competitions. I believe this will help athletes make better choices regarding which weight class to compete in to be the most competitive/make more informed choices around cutting weight, especially since we allow lifters to change one weight class up or down for Nationals

Results: PASSED - 44 yes, 2 no

Motion 10:

Tara Conlon presented a motion to commend the Executive Committee for introducing a written constitution but noted its lack of clarity in disciplinary procedures and ethical standards. She proposed adopting the constitution as a work in progress for 2024, to be formally ratified in 2025.

Results: PASSED - 38 yes, 12 no

Motion 11:

Jennifer Harrington proposed replacing shadowing sessions for referee certification with a practical exam, mirroring the process at international competitions. The exam would assess the quality of calls, with oversight from a national level referee. This aims to enhance the effectiveness of referee assessment compared to the current shadowing system.

Results: FAILED - 17 yes, 29 no

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Operating Committee Nominations

Positions Elected via the AGM

Anti-Doping Officer

- Lorraine McKenna
- Regina Myler

Competition Team

Competition Secretary

- Cormac Dagg

Competition Directors

- Tracey Kelly
- Shauna Boyle

Operations Manager

- Ken Nwaezeigwe

Social Media Officer

- Kate Sheehan

Marketing & Sponsorship Officer

- Rían McKeever

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Website Officer

- Arthur Odlum

Records & Membership Officer

- Mia Kovacs

Technical Officer

- Leslie Hoare

Volunteer Managers

- Rebecca Russell
- Karen Keatinge
- Conor Campbell

Positions Selected via the Executive Committee

National Team Manager (Junior)

- Emma McDermott

National Team Manager (Open)

- Jayne Jones

National Team Manager (Masters)

- Emma Kiely (incumbent)

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Executive Committee Nominations

Positions Elected via the AGM

President

- Ally O'Reilly

Vice-President

- Karen Barry

General Secretary

- Nathan Neville

Treasurer

- Clarice Tighe