



**IRISH  
POWERLIFTING  
FEDERATION**

**Irish Powerlifting Federation**

**AGM**

**2025**

**Meeting Minutes**

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13/04/2025

Held via video conference (zoom)

The annual general meeting initiated at 14:00 IST on 13/04/2025

## 1. Roll Call / Attendance / Voting Numbers

The executive committee ensured quoracy of the meeting and ensured that all present actively held membership of the federation.

## 2. President's Report – Ally O'Reilly

Appreciation extended to all committee members, especially outgoing volunteers.

Emphasis on the importance of respect for volunteer efforts and maintaining constructive communication.

Review of 2024 competitions: 14 competitions across 11 weekends in the past 12 months, including successful new venues and events:

Junior Nationals at Marina Market was a success.

Joint competition with NIPF in Gainforth.

Kaos's first open competition in June was successful.

Master's Nationals was held at Marina Market.

Summer Open saw increasing demand.

Open Nationals was held at the Radisson.

December Open was held at AJ Cronin Strength and Fitness, with City Gym hosting a competition in November.

Bench Nationals for 2025 will be moved to the beginning of 2026.

Competitions in 2025 included February Open and University Open at Phenom, and Urban Barbell's first competition.

New venues for the coming year include the Maldron in Tallaght and the Pillo Hotel in Ashbourne.

A second competition in Northern Ireland is being organised for August.

Future goals include Sport Ireland recognition which would enable better funding opportunities and expansion of open competitions.

Call for more volunteers and equipped gyms to support expansion.

### 3. Technical Officer's Report – Leslie Hoare

Clarification on singlet rules: Lifters must wear the same type of singlet (short or long-legged) for all three disciplines.

Knee sleeves can now be put on using socks.

There are currently 53 qualified referees, with 7 Category 2 referees and 9 waiting on shadow sessions.

The next referee exam will be held in Limerick, with the date to be announced.

### 4. Treasurer's Report – Clarice Tighe

Financial Overview (2024):

Income: €219k (membership down 18%, competition revenue up 19%).

Expenses: €212k (anti-doping €15.5k pending, competition costs up 60%).

Profit: €23k (excluding anti-doping invoice).

2025 Priorities:

Reinstate coach stipends if cash flow permits.

Increase ticket/membership prices to reinvest in equipment and events.

\*Income statement presented on next page\*



<b><u>Income</u></b>	<b>Total</b>
IrishPF Memberships	42,264.85
Domestic Competition Entry	88,612.97
Intl Competition Entry	55,520.27
Ref Exam Deposits	1,043.19
Livestream PPV	15,686.05
Sponsorship	6,276.76
Merchandise	3,565.20
Raffle	1,644.87
Equipment Sale	3,200.00
Spectator Entry fees	1,829.86
	<u>219,644.02</u>

<b><u>Expenditure</u></b>	
Affiliation fees	700.00
Merchandise	8,366.75
Competition costs	56,250.23
Competition Equipment	6,000.20
Advertising/Marketing/Media/Livestream	31,654.13
Paypal fees	8.57
Bank Fees	574.74
Jotform	56.29
Mailchimp	833.40
International Comp Fees	90,345.96
IPF Coach Course	2,373.67
Refunds	3,113.31
Prize Pool Credits (paid direct)	952.00
Donations	175.00
Tito	63.33
Google GSuite	1,666.83
Gift	250.00
Canva	109.99
Insurance	4,222.79
Zoom	74.85
Storage Unit	4,507.78
Microsoft 365	69.00
Linux Web Hosting	296.23
	<u>212,665.17</u>

Cumulative Net Income	<u>23,278.00</u>
Balance per PayPal	30.02
Bank Balance	23,247.98
Variance	<u>0.00</u>
Total Available Funds	<u><b>23,278.00</b></u>

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

Teams & Development:

9 assistant coaches were added; transitioning to senior roles.

Selection criteria for Westerns: Proximity to total after international qualifiers.

Mandatory IPF coaching courses for head coaches by 2026.

## 6.Anti-Doping Report – Lorraine McKenna & Regina Myler

Testing:

20 lifters tested across 5 competitions in 2024.

Concerns raised about under-delivery by IPF (10% testing requirement unmet).

Education: Slides shared pre-Open Nationals; plans to repeat in 2025.

## 7.Constitution Ratification

Proposed Changes:

Clarify EGM requisition process, disciplinary procedures, and stakeholder definitions.

Remove irrelevant clauses.

Provisionally ratified with amendments to address feedback above (proofreading, procedural clarity).

## 8.Member's Motions

### Motion 1: **Reinstate Club Championships at Age-Related Nationals**

*Proposed by: Ally O'Reilly*

The Executive Committee proposes a motion to reinstate the Best Club at age-related Nationals.

However, the scoring will be the same as international competitions:

*"Point scoring [...] shall be: 12, 9, 8, 7, 6, 5, 4, 3, 2 for the first 9 placing in any bodyweight category. Thereafter, each lifter who makes a total in the competition shall be awarded one point."*

As with international competitions, only the point scores of the five best placed lifters of each club will be counted towards the Best Club tally.

Approved

### Motion 2: **Introduce a Best Club League at Open Competitions**

*Proposed by: Ally O'Reilly*

The Executive Committee proposes a motion to introduce a Best Club league at Open competitions. This would be introduced in 2026 so that it includes a full year of open competitions. A club must have more than 3 lifters competing in the event in order to be included in the league.

The points scoring would be as follows:

The top 5 male and female lifters, calculated on GLP, will receive points for their club (5, 4, 3, 2, 1) and will be added to the Club League leaderboard. Points from the National Championships Best Club Award will also contribute to the league tally. The award for Best Club will be presented at the final competition of the year.

Approved

### Motion 3: **Best Club**

*Proposed by: Kenneth Nwaezeigwe*

The best club trophy should be brought back for national level comps as it adds an extra layer of importance to national level events and promotes clubs fielding bigger and better teams for national level meets. It's also good fun!!

And

### **Bring back Club Championships**

*Proposed by: Ian Grant*

Using a similar model to the team GLP used at int meets, I propose we commit to running a club or team championship. The success of the recent university nationals demonstrates the popularity of team or club head to head competition, this would be another opportunity to offer athletes a chance they may not otherwise get to lift in a high stakes meet.

Especially with how many regular opens have been run this year, we could accommodate something with a unique twist.

As to specifics - X number of athletes can be sent from each participating club. Can still do individual podiums. Then, as is done at Int meets, a final podium for best team.

And

### **Club championships to return to Open Junior and Master**

*Proposed by: Joshua Ola*

Adds a bit more competitiveness

Skipped as per motions 1 and 2

### **Motion 4: Return to gyms to bring costs down**

*Proposed by: Oskar Moranski*

Comps at hotels and marina market may be too expensive for national comps

Rejected

### **Motion 5: Fundraising for internationals**

*Proposed by: Steven McGuire*

Suggestion of running some fundraiser/raffle (Instagram or raffle tickets) to help finance trips for international qualifying teams.

Approved

### **Motion 6: More IrishPF comps in Dublin**

*Proposed by: Arijus Sedleckas*

there should be more Irish PF events organised in Dublin, as going to Cork/Limerick/Belfast/Galway for comps is a far enough journey, fuel costs and needing to book hotels for a weekend can cost up to 700€ if travelling with family who want to show support, even if event ticket prices were to be increased by like 20€ it wouldn't be much of an issue.

Rejected

## Motion 7: All-Ireland Championship for Non-national Lifters

*Proposed by: Beck Phillips*

I would like to propose the introduction of a second national championship to give athletes who do not qualify for the current national championships some exposure to higher level events. This is very similar to why some athletes are selected for Western European Championships, international exposure for those who have potential to get to European and world level. The structure for the all Ireland champs would still involve qualifying by bringing back the province champs. Podium finishers from province champs will be able to represent their province at the all Ireland champs. Maybe we also allow the winners of the all Ireland final a place at nationals.

There is scope here for a points system and province champs like we had the club champs before.

The province champs would replace an open in each area that is currently being run so no extra demand on comps except for the final. We have uni, age group, and open nationals so why not this too. I think it would generate more interest for those who fall short of the other nationals and raise the strength of Irish powerlifting from the ground up.

Superseded by motion 14

## Motion 8: International Coaches expenditure

*Proposed by: Emma Kiely*

If funds are available for international competition then this motion is to cover coaches expenses first, like flights and accommodation, before covering entry/anti-doping fees for the lifters. The lifter chooses to compete and needs coaches to attend so they can lift.

Rejected

## Motion 9: Media Policy Reversal

*Proposed by: Frank Fallon*

Rationale:

The existing media policy already limits independent media to five accredited individuals per competition and no more than three near the platform at any time, with referees and officials holding authority to manage access and movement. These controls should be sufficient to manage space and prevent disruption.

If these existing controls are not proving effective, the solution should be to revisit and enforce the current policy more firmly, rather than eliminate access for independent media entirely.

The new policy removes access for independent media, creating a monopoly on event coverage and limiting both lifters' choice in media providers and the growth of new photographers and videographers in the sport.

Lifters should have the freedom to choose who captures their competition moments, and removing this choice disadvantages both athletes and independent media professionals.

This change appears to have been made without member consultation or vote. To ensure transparency and fairness, such decisions should be brought before the membership.

Request:

That this policy be reverted and the existing media accreditation policy reinstated, with consideration given to stronger enforcement of current guidelines if necessary.

Rejected

Motion 10: Media company selection process

*Proposed by: Tristan Jacobs*

I propose that a media pass be introduced to increase federation revenue or at least have members vote on who they feel should be the media company as opposed to it being just the federation decision, based on the federation being some what democratic.

Rejected

Motion 11: Media Pass instead of approved photographs

*Proposed by: Lawrence King*

The federation should charge people a fee to take photos at comps. Similar to coaches pass, it would be a source of income for the federation and allow people to “earn their stripes”.

Offer a limited amount of them for a weekend to keep numbers small. Perhaps 6 passes per day at €35 per day or a weekend for €50.

Rejected

Motion 12: Removal of approved photographers list

*Proposed by: Oskar Moranski*

rewarding consistency” who makes this decision?

Rejected

Motion 13: Implementation of Registered Clubs System

*Proposed by: Nathan Neville*

Relating to Sport Ireland recognition criteria - it is necessary for the NGB to have a registered club system in place, as we move closer to fulfilling the recognition criteria, this will be integral to being recognised.

Approved

Motion 14: All Ireland championship for Non-International Lifters

*Proposed by: EC*

Approved

## 9. Member's Queries

Membership raised a query relating to sending a team to junior worlds this year, EC clarified that this was the responsibility of the coaching committee.

Membership raised a query relating to current child protection policy, EC clarified that we are currently working off draft policy, and that the new national children's officer role will play a pivotal role in this being implemented.

Membership raised a query relating to vetting for the coaching team as per IPF rules, EC clarified that this is being worked towards.

## 10. Operating Committee Elections

10.1 Antidoping officers:

Regina Myler and Tristan Jacobs

10.2 Competition secretary:

Rebecca Russell

10.3 Competition director:

Tracey Kelly and Shauna Boyle

10.4 Operations manager:

Kenneth Nwaezeigwe

10.5 Social media officer:

Kate Sheehan, Elizabeth Mulligan

10.6 Website officer:

Frank Fallon, Maeve Mannion

10.7 National children's officer:

Niamh O'Neill

10.8 Volunteer manager:

Karen Keatinge, Nicole Lyle, Dave Horgan

10.9 Records and membership officer :

John Slattery

10.11 Technical officer:

Renee Curtis, Leslie Hoare

10.12 Marketing and Sponsorship officer:

Rian McKeever and Carrie Templeton