



## North West Powerlifting

### AGM held on 4<sup>th</sup> September 2016 at Intershape Gym, Colne

Present:	Bryn Evans	Jim Blanchflower	Barry Richards
	Peter Ratcliffe	Joe Whiteley	Lorna Warriner
	Kimberley Cowell	Steevie Pugh	Hannah Philp
	Rick Booth	Emma Stott	Andy Philp
	Jo Whiteley	Will Wright	Sarah Freeman Dunn
	Dave Clifford	Danny Taylor	Will Freeman Dunn
	Daniel Lee	Thomas Murray	Chris Hubel
	Jimmy Nsouli	Barrie Mark Scougal	Graham Hayes
	Andrew Wilkinson	Adele Fothersgill	

Apologies:	Joe Bullock	Ben Dandy	Aaron Lohan
	Rebecca Hellyer		

#### Introduction

The Secretary, Bryn Evans, opened the meeting by welcoming all present and commenting on the record attendance. He then proposed a vote of thanks to Jo Whiteley for hard work during the year and to the Media Officers, Kim Cowell and Rebecca Hellyer for their excellent work raising the profile of the division on social media.

The Chairman, Jim Blanchflower, spoke briefly on the subject of the expansion of the sport. The North West had just over 200 members in 2015 and have hit almost 300 in 2016. This unprecedented growth puts ever increasing pressure on the current team and Jim stressed the need for more volunteers to help with the organisation of the division, the running of platforms and also the need for more referees.

#### Financial Report

The General Secretary gave the financial report. Increased entry fees and the success of the merchandise bundles have resulted in a huge increase in income. The division received a rebate from the EPA of just over £2000. Purchases have been made in the year of a second-hand Eleiko bar, a laptop and a Paypal card reader. Doping tests so far in 2016 had amounted to just over £900 and we would expect to spend the same again before the end of the year. Venue fee for the Masters and Novice competition has not yet been paid. Bank Balance stands at £9,709 which puts the division in a very strong place. However, it is recognised that a lot of the equipment we use (computer monitors, speakers etc) is very old and tired and will need replacing very soon.

Bryn also ran through the developments of the strategic plan. Most of the actions put in place at earlier meetings are now bearing fruit in terms of more volunteers, more referees and a more devolved structure to enable the spreading of workload.

Bryn also drew attention to the new logo and branding on the website and social media and thanked Jo and Kim for their work in this area. Jo commented that the recent sponsorship deal with CNP was made largely on the back of social media presence and the media team were to be commended.

### Election of Officers

Firstly, the Secretary gave notice that Rebecca Hellyer had decided to step down from her role as media officer and thanked her for her valued work during the year.

The Secretary listed the current roles and responsibilities in the North West. He then went on to discuss the recommended structure as laid down in the EPA constitution which calls for a President, Chairman and Secretary. Proposal from Jo Whiteley was to adjust the roles to give the following:

#### **Executive**

President:	Jim Blanchflower
Chairman:	Bryn Evans
Secretary:	Jo Whiteley
Technical Officer:	Joe Bullock
Treasurer:	Aaron Lohan
DCO:	Rick Booth
Media Officer:	Kimberley Cowell

#### **Non-Executive Roles**

Records Registrar:	Carmen Jones
Merchandise Officer:	Vacant
Webmaster:	Vacant

Although the Media Officer role is not an Executive role per se, Kim was co-opted onto the Exec in recognition of her hard work during the year. This structure was voted in unanimously and with effect from the end of the meeting.

Expressions of interest were invited for the vacant roles. Barrie Scougal volunteered to fill the vacant role of Merchandise Officer and was instated at the meeting.

There were no offers forthcoming for the role of webmaster and this will be advertised more broadly to try to attract some specialist help.

### Equipment Purchase

The division recently purchased a second hand Eleiko bar as the opportunity presented itself. The recent approval of Rogue Fitness equipment was discussed as it may make the purchase of more equipment a possibility. It was agreed to purchase 2 new Rogue PL bars as the bars in the warm-up area in some of our venues are not competition standard (too thick, rings incorrectly placed etc).

The division will also purchase a set of Rogue competition discs – these are currently out of stock and are expected to become available in October. Power & Fitness Gym in Liverpool recently purchased an Italian combo rack at a very good price: Jo Whiteley to evaluate this rack with a view to purchase.

There were discussions around the usage and storage of any equipment bought for the division. The possibility of seeding equipment around the region was felt to be the way forward to develop and promote new and existing clubs. Once the equipment purchase has been finalised, we will examine the best possible use of resource.

### National Events

The North West will be hosting the 2017 men's British Classic Championships. The Secretary went into some detail regarding the facilities and what would be required in order to make this event a success (basically lots of help!). The numbers for the 2016 men's classic were reassuring, being in the region of 90 lifters: We have in the past handled 100 lifters across a 2 day event so this was felt to be very "doable".

### Expo

Kim Cowell has been in talks with the brand new North West Strength Expo which will be holding its first event in September 2017. Kim updated the meeting with details of the event which will feature a strongman arena and a powerlifting arena. There was much discussion on the benefits and pitfalls of such an event. Various suggestions were made included demonstration lifts at set times during the day, a team invitational and several others.

It was agreed that this would be great exposure for the division and for the federation as a whole and the meeting moved unanimously to go ahead with the idea.

NB: Post AGM, it was decided that we would hold our flagship event, the North West Powerlifting Championships at the expo and we would add a novice competition 10 weeks later with a view to signing potential lifters up at the expo.

### Calendar

Jo Whiteley presented the draft calendar for 2107. Main points:

- 3 county championships as in 2016 with entry open to the whole division. Retain the clause that each person can only lift at one of them to maximise the number of lifters that could be guaranteed a place
- Bench Press replaced with a Push Pull with a bench only and deadlift only competition embedded within. Proviso that bench specialists be permitted to do bench only at any of the NW competitions bar the North West Championships.
- Following comments from seniors that, if you didn't qualify for the NW Champs, you only got one competition a year, an extra 2 day open entry competition was introduced: the Summer Classic. NB: post meeting, this was amended to be Christmas Classic.
- Single specialist entry competition: Juniors, Masters and Novices

- Team competition this year will be 2M/1F to match the demographic and make it a single competition rather than a ladies' and a men's.
- Following discussion with other divisions, it was found that the NW was \*still\* the cheapest place in the country to do a competition. In order to support future plans, it was agreed to amend the pricing structure as follows:
  - Team / Juniors, Masters & Novice / Push Pull - £15
  - County Champs / Summer Classic - £20
  - NW Championships - £25
  - Half price entry for sub-juniors

The Secretary brought up the issue of workload for the competition organisers and the need for new promoters as well as new venues. Carlisle Powerlifting Club organised virtually the whole of the Cumbria Championships apart from looking after the entry lists. They agreed that they would take this on for 2017 which makes that competition almost self-sufficient bar some competition discs/bar and some referees. The meeting acknowledged that it would necessary for more competitions to be run on that basis in the future.

Danny Taylor discussed the possibility of introducing a layer of sub-divisional competitions at which it would not be possible to set a QT for national champs or break divisional records and therefore could be held with only a single qualified referee and without calibrated platform equipment. The Secretary commented that this may be the only way to cope with the current demand for competition places. It was discussed whether a requirement to compete at the County Championships would be to have done a sub-divisional competition first but this was felt to be too restrictive.

Danny also proposed the set up of sub-divisional committees to bear the brunt of the competition workload. This was felt to be a good idea to work towards during 2017.

#### Club Affiliate Scheme

Currently, we list all gyms and clubs that contact us on our website. The Exec felt that this should be developed into a more formal affiliate scheme and a more rigorous listing criteria be applied. A number of gym owners were present at the meeting and there was a general discussion about what they would be looking for and what would benefit them as well as the division as a whole.

It was decided to introduce a scheme in 2017 whereby each gym would pay a nominal fee or £25 for affiliation each year. The listings would include detailed information on the equipment available, the level of competitor and coaching etc. Affiliate gyms would be given promotional materials (banner, certificate of affiliation etc). There was a suggestion that this could form the basis of inter-club competition and this is certainly an idea to be pursued.

#### Proposals for EPA AGM

Rick Booth proposed that the British Powerlifting AGM should move around the regions rather than be held in the southern half of England every year. This would give more people in the north the opportunity to attend. This was held to be a good idea and agreed to take it forward to the EPA AGM.

### Any other business

There was a question about qualification for the 2016 North West Championships. The Masters & Novice competition was listed as a qualifying event for the NW Champs. However, entry for the NW Champs opens two weeks before this competition. Is this fair and should we delay opening entry? The Championship Secretary stated that, so far, 125 people had qualified for an event that only had 100 places. Inevitably, not everyone would get in. Jo acknowledged that perhaps a QT wasn't the best mechanism for a capped competition. Chris Hubel commented that it cause disappointment if people who have made the QT don't manage to get into the competition. Rick Booth suggested a compromise position of the top 100 qualifiers to be invited as we want our top lifters at this competition. This was later modified slightly so that 100 invitations go out on the opening date. This would be followed up a week later with another 10 invitations and so on until the competition was full.

Jim Blanchflower proposed a social event and asked for expressions of interest from the attendees. The majority expressed interest in such an event and Jim agreed to arrange this. It would be held in Saddleworth towards Christmas.

Danny Taylor proposed that there should be a representative from each county that should seek to achieve UKAD anti-doping accreditation and this was agreed.

With no other business forthcoming, the Secretary thanked all in attendance and closed the meeting at 5pm.