



South East Powerlifting 2017 AGM Minutes

Held at the Fitness Centre Sittingbourne ME10 2BJ 12:00hrs 03/12/17

1. **Members present:** Mark Macey, Craig Wilkins, Jeff Fearon, Nick Grundy, Adam Reilly, David Cridland, Cameron Keyes, Teneka Walford, Marshal Packer, Ollie Millen, Vinny Chim
2. **Apologies:** Mick Ellender, (ill health) Charlotte Reynolds, Serge Licis, Louise Richardson, Tom Shaw & Russ Kirby
3. **2016 AGM minutes accepted**
4. **No Matters Arising**
5. **Election of Officers 2017**

President	Jeff Fearon
Chairman	Mick Ellender
General Secretary	Craig Wilkins
Treasurer	Adam Reilly
Assistant Treasurer	Craig Wilkins
Technical Officer	Adam Reilly
Web Master	Nick Grundy
Records Officer	Charlotte Reynolds
Child Protection Officer	Cameron Keyes
Child Protection Officer	Louise Richardson
Drug Control Officer	Russ Kirby
Drug Control Officer	Alexander Kolliari-Turner
Equipment Officer	Mark Macey
BP & EPA Representative	Craig Wilkins
Female Representative	Louise Richardson
Media Officer	Craig Wilkins
Media Officer	Sheri Miles
Media Officer	Teneka Walford
Media Officer	Cameron Keyes
Merchandising Officer	Cameron Keyes

All Officers re-elected remain in post from 2017 – 2018 except where indicated in black bold

5.2 Webmaster (CW) Nick Grundy appointed

5.3 6. Exec & Officers Reports

6.1 Treasurers Report –

Account current balance £6,692.00

Two outstanding drug tests costs to be expected circa £860

6.2 Chairman's Report (Mick Ellender)

Craig read report out in the absence of Mick (due recent hospitalization)

6.3 General Secretary Report

SE BP has 344 members 2017 with 374 competing this year



6.4 Merchandising Officer Report

80 T-shirts sold profit of £201.17 (50 T-Shirts left)

New T-Shirt design agreed for 2018 Competition via Facebook Free T Shirt for winner

7. Drug Testing

7.1 2017 Drug testing

4 Tests carried out in 2017 2 tests negative and 2 pending

7.2 UKAD advisors

A reminder to all South East UKAD advisors that renewal would be required soon.

7.3 Female Drug Testing at SE and British Powerlifting (Cameron Keyes)

Accepted that testing should be done for the females

8. Referees

BPSE has 3 IPF Cat2, 8 National, 14 Divisional referees, although the Committee recognised the need to continue running referee courses for 2018 proposal to hold an exam for 2018 – this was accepted

8.1 Referees and officials expenses for national and international competitions. (CW)

Currently we have the following for travel and accommodation expenses;

- £20 per event for officiating at a National/International competition.
- £20 for the EPA/BP rep for attending either EPA/BP AGM.

Propose the following changes to travel and accommodation expenses;

- £20 per day for officiating at National competitions (when traveling outside of the division).
- £50 per event for officiating at International competitions (when traveling outside of Britain, when inside Britain please see National competitions expenses).
- £50 per event for official English/British team Coaches at International competition (when traveling outside of Britain).
- £20 for the EPA/BP rep for attending either EPA/BP AGM (when traveling outside of the division).

Accepted, will come into effect 1st Jan 2018

8.2 Referees exam date for 2018. (CW)

To be arranged by Adam Reilly as Technical Officer

8.3 Referees Mentors giving new referees additional support and confidence to approach a senior member. 1 to 1 support, having personal information so you can contact. Mentors can give feedback on where they can improve. (Cameron Keyes)

Accepted

8.4 Referee Expenses to be Increase by British Powerlifting. Referee expenses to be increase by British Powerlifting. Each referee should be paid differently depending on the amount of miles they have travelled, e.g. We in the South East would get the same as someone from Scotland at the British Classic Bench in February. Also I think there should be an opportunity to add your hotel onto the expenses form, only if you referee over a multiple of days. British Powerlifting would then reimburse a percentage of the hotel as well as a daily fee. (Cameron Keyes).

Accepted, will be taken to the EPA/BP AGM



8.5 Equipped advisor to the SE Technical Officer if he/she has no experience of equipped lifting.
(Charlotte Reynolds)

[On the day of competition - Collaborative decision by senior officials](#)

9. Competitions

9.1 Divisional Calendar for 2018 (CW)

BPSE Spring Divisional (40)	TBC	11/02/18	Hove Dynamo (Hove Sussex)
BPSE Rookie Powerlifting (40)	TBC	08/04/18	Hove Dynamo (Hove Sussex)
BPSE Classic (120)		02/06/18 - 03/06/18	Astor College (Dover Kent)
BPSE Push N Pull (40)		22/07/18	Fitness Centre (Sittingbourne Kent)
BPSE Summer Divisional (60)		19/08/18	Astor College (Dover Kent)
BPSE Autumn Divisional (60)	TBC (September 2018?)		Bridge Road (Camberley Surrey)
BPSE Bench Press (40)		28/10/18	Fitness Centre (Sittingbourne Kent)
BPSE Open (120)		17/11/18 - 18/11/18	Astor College (Dover Kent)
BPSE Referees Course	TBC		Astor College (Dover Kent)
BPSE AGM		09/12/18 12:00	Astor College (Dover Kent)

Provisional dates presented subject to change

9.2 Competition Name Changes for 2018 (CW)

Change name of our "qualifier" competitions as the word "qualifier" has been confusing lifters. For example "summer qualifier" could now be "Astor Autumn Divisional".

[Accepted](#)

9.3 Future competitions hosted by the division (CW)

Discuss holding competitions at other venues outside of a clubs, hire a venue and run competition with help from the division not just one club involved. (long term goal).

[Accepted but further consideration needed reference to cost and implementation](#)

9.4 Host National/British Championships in 2019 (CW)

Host National/British Championships in 2019, either at a current venue or hire a venue. This could be run by the division as opposed to an individual club (if there is support for it).

[Adam \(Astor\) to make a request for Championship for 2019](#)

9.5 Suggest that the English and British QT totals are increased for Classic Junior and Masters age classes. (CW)

[Accepted, will be taken to the EPA/BP AGM](#)

9.6 Mandatory Kit Check at All SE Competitions. (Cameron Keyes) & (Charlotte Reynolds)

[Accepted](#)

9.7 Change Name of Novice and Juniors

Change Name of Novice and Juniors to Rookie Competition as it has a friendlier name than Novice. Also remove Juniors and invite Masters for this competition to give them a better opportunity. (Cameron Keyes)

[Accepted name change to Rookie, Juniors will stay](#)



9.8 Astor competitions, I suggest that the division set aside funding to add some temporary heating to use at Astor College. I understand that there are issues with power points, there do not seem to be many options, maybe a couple of butane gas heaters for the desk staff who cannot move about to get warm going rate is about £70.00 but there may be some deals in the post-Christmas sales. (Mick Ellender)

Adam expressed he will look into this issue with the aim of resolving it with Astor funds as he feels it is a Astor club issue not a divisional issue. It was also noted that Astor College are planning major refurbishments to the sports Hall which may solve the issue.

9.9 Astor competitions, I suggest Adam liaises with the college with a view to upgrading/improving the toilet facilities with some funding/input from the division, I am happy to provide practical help with this (I have installed several bathrooms from scratch) subject to both my fitness and the colleges acceptance. (Mick Ellender)

Adam expressed he will look into this issue with the aim of resolving it with Astor funds as he feels it is a Astor club issue not a divisional issue. It was also noted that Astor College are planning major refurbishments to the sports Hall which may solve the issue.

9.10 implement SE equipped taster sessions. (Charlotte Reynolds)

Accepted, Mick to arrange at later date

10. Website

10.1 New website domain name (CW) Nick Grundy has been elected as new webmaster website up for development

Register www.southeastpowerlifting.co.uk and in the name of the division.

10.2 New website Design (CW) Nick Grundy has been elected as new webmaster website up for development

Have our website professionally designed. Investigate online competition entry page. Add FAQ page and Hall of fame page. Nick Grundy has been elected as new webmaster website up for development

10.3 Competition checklist within Rules section of SE website. (Charlotte Reynolds)

Nick Grundy has been elected as new webmaster website up for development

11. Records

11.1 Change the way we record the South East records so we are in line with BP records. Filter down records (so if the M2 record exceeds the M1 and Senior/Open record, all 3 will be claimed). If classic exceeds equipped that can also be claimed. (CW) & (Charlotte Reynolds)

Accepted, will come into effect 1st Jan 2018

11.2 Introduce Bench (all contest records). (CW), (Nick Grundy) & (Charlotte Reynolds)

Accepted, will come into effect 1st Jan 2018

11.3 Remove the U20 age group. (CW)

Accepted, will come into effect 1st Jan 2018

12. Purchases

12.1 Investigate/discuss purchasing enough racks, bars, weights and platforms and other equipment to host events outside of a club if required (long term goal). Suggest that all new racks, bars and



weights purchased for the division are from one manufacture for consistency (bars and weights to be Rogue and racks to be Kustom Kit). (CW)

Exec will investigate further when the need arises, will hold until required. Agreed on consistency of equipment.

12.2 Investigate/discuss a central storage location for equipment (long term goal). (CW)

Exec will investigate further when the need arises, will hold until required.

12.3 Astor College holds the largest competitions within the BPSE. (Mark Macey)

1. Therefore, I propose that BPSE Committee purchase more 25kg & 20kg weights (number of weights fund dependant) for Astor College to use in the warm up area as at the last competition there was a shortage within the warm up room.
2. I also propose that BPSE purchase (or have made) 2 x 'Deadlift Jacks' to use within the warmup room.

I propose that this additional equipment is held at Astor College Weights Room

Accepted, a rogue weight set and bar will be purchased by the SE for Astor to use as the main platform set, this will free up the old main platform set for warm up area. Deadlift Jacks to be investigated.

13. Constitution

13.1 Implement SE Constitution (Draft) (CW)

Accepted

14. SE Sub Junior lifters competing at international championships

14.1 Contribute to travel and accommodation expenses SE Sub Junior lifters competing at internationals. (CW)

Accepted however request that 'a payback' such as loading at competitions

15. Team/Club League.

Team/Club League- I thought this would be a good idea to get more people in doing background jobs. I.e hosting a comp, mc/table staff, loading/spotting and refereeing.

People will earn points towards their team/club but performing these jobs at competitions.

1pt- referee

2pt- mc/table staff

3pt- loading/spotting

6pt- organisers

The hosts/organisers team/club cannot gain additional points by performing other roles. At the end of the year I hope the winning team will get a prize. (Cameron Keyes)

Accepted – Cameron Keyes to monitor

16. Social Media

16.1 Social Media needs to be used more to promote competitions, lifters at international, national and even divisional levels showing progress and lead up to competitions, courses in our division and other close divisions (coaching course). All social medias to give the same information and same posts. (Cameron Keyes)

Accepted, Cameron Keyes and Teneka Walford elected as media officers and will promote the South East Instagram



17. Proposals to EPA/BP – Re introduce Associate membership for British Powerlifting. (Charlotte Reynolds)

Accepted, will be taken to the EPA/BP AGM

18. Hall of Fame

We have a national BP Hall Of Fame I propose similar Hall Of Fame for the BP South East For the Hall Of Fame we should not only recognise fellow powerlifters but others that contribute to the sport or are ambassadors for the sport.

If we decide to go ahead with this idea, I also have some nominations. (Mark Macey)

BPSE Best Female Powerlifter

***Sheri Miles** as lifter, shows real determination, and quick to praise others even when narrowly missing out at the British Women's Championship this year. Steps in to assist as referee, at many local championships and also MC, has been a positive impact within the sport.*

BPSE Best Male lifter Powerlifter

***Marshal Packer** at 16 years has shown real maturity after competing for only two years, winning the South East, All England & British Championships he competed at the World Championships where he came 7th and 4th at European Championships.*

Official

***Adam Reilly** is one of the driving forces of the South East with his team at Astor, he has taken the competitions to a new level, with his organisation, (which we all know is very hard work in the background) hosted an excellent British Womens Classic which ran very well, if that is not enough he spends large amount of time travelling around the globe as a referee. Picking up useful tips and implementation within into the South East.*

From a shy young powerlifter, back in the days of competing at 'Ron's Gym,' to a quiet but confident man, that fellow powerlifters, look up too.

Lifetime Achievement Award

***Mick Ellender** World Champion Powerlifter X2 European Champion, National Champion, South East Champion and of Course Chairman of BPSE who contributes massively within his role, as Mick would say 'Easy up 10kg' sums up his attitude and persona, especially at this time, where his personal health is in doubt. I like to see some recognition of his contribution to the sport.*

Accepted

18. AGM

18.1 AGM to be advertised. (Cameron Keyes)

Accepted

18.2 AGM date 2018

09/12/18 12:00 Astor College exact location to be confirmed

19. Any other business

No AOB