



SOUTH EAST POWERLIFTING 2022 AGM

**ASTOR SECONDARY
SCHOOL, ASTOR
AVENUE, DOVER, CT17
0AS AND ONLINE**

**Open to all South East
Powerlifting Members**



1. Register of all members present.

Cameron Keyes, Teneka Walford, Adam Reilly, Mick Ellender, Charlotte Reynolds, Craig Wilkins, Rebecca Coggle, Craig Coggle, Mark Macey, Online- Sarah Seager, Angus Gardner, Al Mansell-Rowe

2. Apologies.

Russ Kirby- taking a BP backseat. Nick Bentley.

3. Minutes of 2021 AGM (please read in advance).

Minutes accepted unanimously.

4. Matters Arising.

Safeguarding questioned on BP- poor guidance from BP so far, have two safeguarding officers with rigorous regular training and full DBS. High speed training free safeguarding in sport available for anyone wishing to do it.

5. Election of officers.

5.1 Election of General Secretary (Adam Reilly wishes to continue)

Adam accepted to continue until election 2025.

5.2 Election of Treasurer (Cameron Keyes wishes to continue)

Cameron accepted to continue until election 2025

5.3 Election of Chairman (Mick Ellender wishes to continue)

Mick accepted to continue until election 2025.

5.4 Any other role changes.

Sarah Seager taking on Media officer role and BP social media input.

Russ Kirby to step down as DCO.

6. Exec and Officers Reports.

6.1. Treasurer Report.

Start £12,386.32, end £12,250.20. New backdrop and storage. New bench top Eleiko. Referee claims. Loaders T-shirts. Accepted. - Plan to buy collars, storage to be investigated.

6.2. General Sec Report.

Fantastic support from volunteers- loaders, table, new referees, no real struggle, consistent great team. Best year for support. Looking forward, three new venues, Sevenoaks, Chichester and Hastings. Learning curve year for us and venues. All new venues came to us or were recommended. Lost Bridge Road Barbell due to crossing the border. Busiest year yet for SE. Lots squished in the beginning of the year for qualifiers.

6.3. Chairman's Report.

Congratulation and thank you to all at the SE. Most professional division in the country thanks to the efforts of everyone involved. Apologies for support due to internationals. Here to support where needed. Big movement in the sport from chalk board days to the technology we use today. Respect and thanks to all. Falling numbers in equipped numbers especially youngsters. Push some taster days for equipped.

7. Motions.

7.1 CR proposes that the Southeast records are brought back in line with International Records where the Classic and Equipped records are won separately even though a classic record may exceed the equipped record for a specific age, bodyweight, and lift.

Two votes and a proxy for, six against. Motion not carried.

8. Referees.

8.1 Referees Course 2023.

Planned 11th March at Astor. Second to be planned Surrey/Sussex later in the year. SM to use Adam for course in Summer-SE members welcome.

Must have been a member for two full years/ 24 months, does not have to be consecutive.

8.2 New bench rules.

Referees to use best judgment on the new rule, benefit of the doubt to the lifter.

Rule is to stop the limited ROM lifters, if borderline it is fine.

Watch IPF/Sophias video for clearest explanation.

9. Competitions.

9.1 Competitions for 2023.

Calendar on the website, two 2 day comps and Astor, 5 others around the division.
Hope to set up one more Nov/Dec time.

9.2 Refreshments for volunteers to be supplied were possible, drinks for bench only, up to £75 per day of food and drink at 40-50 persons competitions and £100 per day at 60+ persons championships.

To support and thank volunteers for this. Food bags provided to take and share the food amongst volunteers at the end to prevent wastage.

9.3 Proposal to increase entry fees by £5, £2.50 to the host/venue and £2.50 to SE due to growing costs on both sides.

Accepted unanimously.

9.4 A lifter that is eligible for a refund of their entry fee must provide their bank details within two weeks of being requested in order to receive the refund. If not received within this timeframe, the funds are to be retained by the South East.

Accepted unanimously.

10. 2023 AGM.

10.1 Date and venue.

Continue to keep a hybrid format.

Sunday 3rd December 2023 for 23 AGM.

Venue- Astor, easy for travel and resources.

11. AOB.

Formally write off the equipment at Dynamo Hove.- Accepted

Thanks, from Mark for support at Amazon this past year for official and unofficial comps.

Milton Regis Powerlifting Club change on the website.

Martin lots of equipped stuff- Angus Gardner happy to help with kit and supporting the taster session with Martin. Big focus with Martin on juniors and sub-juniors.

Craig Coggle to find contact to be coaching official for SE to deliver coaching courses.

CR to put forth to BP an associate membership for coaches that do not lift.

Restrict the lifters support in the weigh-in room, hard to restrict and IPF rules are larger than we would prefer. At small venues lifters are recommended 1-1. Officials to use common sense on what they can see and ask crowd to move on if too many people.

New tech needed for warm-up room score-sheet.

Comp-day handling, ask the regular coaches whether they can offer on the day handling. To follow up on social media to find coaches willing.

Grassroots development- CCCU Craig Coggle in contact. Host competition in return? Taster days for grassroots. Astor available for use. University feelers for taster days. Feelers for gyms for taster days.

Hall of Fame- Cameron Keyes and Teneka Walford for efforts in the division as officials and competition organisers.

Lifters- Kieron Price, Darren Ball, Birgitte Ligeon and Emily Cakebread for great lifting and volunteer efforts in the division.

Meeting closed 14.06