



SOUTH EAST POWERLIFTING 2023 AGM

**ASTOR SECONDARY
SCHOOL, ASTOR
AVENUE, DOVER, CT17
OAS AND ONLINE**

**Open to all South East Powerlifting
Members**



1. Register of all members present.

Mick Ellender, Craig Wilkins, Craig Coggle, Rebecca Coggle, Cameron Keyes,

Via online Teneka Walford, Charlotte Reynolds.

2. Apologies.

Mark Macey

3. Minutes of 2022 AGM (please read in advance).

Accepted

4. Matters Arising.

None arising

5. Election of officers.

5.1 Any role changes.

Addition of Rebecca Coggle as Assistant Treasurer. In appointing Rebecca, it was also agreed to give her full access to the South East Powerlifting bank account. Accepted unanimously.

No Change to other roles.

6. Exec and Officers Reports.

6.1. Treasurer Report.

This years incomings and outgoings are attached as appendix A.

We have had a good year with some merchandise sales, enough to still make back more than they were purchased for. We have bought lots of new tech equipment to improve the visual aspect of the competitions, including a projector, speakers and new

TVs. We are leaving 2023 with roughly the same amount despite these large expenses so are in a good place to continue supporting volunteers and upgrading our championships.

6.2. General Sec Report.

SE Powerlifting General Secretary Report 2023

2023 has been a busy year for me personally outside of Powerlifting. I know I have not been able to devote as much time and attention to SE Powerlifting as I would have liked. But I do feel from the outside many would have not noticed any difference as we still delivered comps to a high standard.

Firstly, I would like to thank Teneka for all her help with the admin. I don't think I could have kept on top of it without her help.

2023 has been a good year with us partnering with a number of new venues.

Generally, the feedback from these venues is positive and they are keen to welcome us back next year.

But there has been negative feedback from all venues regarding the mess left behind by our lifters. Mainly rubbish not put in bins and the mess created by Chalk and Talc. Therefore, I would like to take this opportunity to remind all lifters that none of our venues have to hold comps for us and we rely on goodwill from them. I want SE Powerlifting to hold a good number of comps, but can only do this if you respect our venues. Unfortunately, due to this we will be implementing some new rules regarding the use of Chalk and Talc in 2024.

Adam Reilly

6.3. Chairman's Report.

2023 Chairmans report.

This has been a very difficult year health wise for both Charlotte and me, we have been unwell to varying degrees since the Commonwealth powerlifting in New Zealand at the end of 2022. Maybe 5 major internationals at Kazakstan, Sweden, Hungary, New

Foundland and New Zealand with holding a peak for 6 months was a step too far! For this reason we have been unable to support as many of the SE events as usual, for this I apologise.

I would like to express my personal thanks to all the SE members who have actively supported the division through the year, albeit they are often the same people! This especially applies to Adam, Teneka and Cam who have been amazing as always, my especial thanks to the “Astor team”.

The competitions have all been top drawer and run like a Swiss watch in no small part due to the work constantly put in by the team.

Our special sport has ridden a tough year with senior British Powerlifting heads rolling. The outcome of this is yet to be measured but hopefully some progress will eventually come from the aggressive politics.

The BP membership numbers continue to increase (+5000) as does the pressure to run bigger, longer competitions. I have observed how much difficulty all divisions appear to have in finding enough people to assist and referee, it would be easy to ref somewhere almost every weekend.

I feel very strongly that we are relying too heavily on too few very dedicated people to achieve the very high standards achieved, especially with simple stuff like loading/unloading the van, how we can alter this is a tough one that really needs addressing as a matter of urgency. The number of spotters/loaders seem much better than in the past, we should have a wealth of refs in the SE, but where are they all? Do we need to update our list of active referees?

In conclusion I feel this has been a very successful year for the SE in spite of everything due to the efforts described already, let’s hope 2024 will be even better.

7. Motions.

7.1 Records should be updated within 2 weeks of any South East regional, National or International competition. Any records from a regional competition as a guest lifter should be claimed by the lifter within 2 weeks of the competition and updated accordingly. Once updated they should be uploaded to the South East Powerlifting website not just Facebook. Reason - currently records are sometimes not updated until the night before/early hours of the morning of a regional competition which makes it: 1) Difficult for table staff to print the information for the competition, which means record attempts often go unnoticed and lifters do not gain the praise and encouragement they deserve. 2) Some lifter may have

trained there entire programme towards breaking a south east record only to find out the day before/morning of competition that it had already been broken and was now out of reach 3) It makes it difficult to know where to find current records as they are not uploaded to the website once updated only to Facebook.- From RC

Accepted

7.2 Athlete development in the South East – we should ensure a team is entered into inter regionals each year. At present we struggle to get a team together as it is not really broadcast what inter regionals is and the selection process is currently to ask for volunteers only once we know when the competition is, and is often left quite late. Inter regionals is a great opportunity for local level lifters to get some experience at a higher level of competition and I would gladly volunteer to manage the selection and team at the event each year. – From CC

Accepted with Craig Coggle appointed Selections officer for SE Powerlifting

7.3 Do we move in line with British Powerlifting and impose a required membership in the warm up room with wrist band?- from safeguard team.

After some discussion it was agreed not to enforce British Powerlifting Membership in the warm up room. It was agreed to control the numbers in the warm up area, this will be done on a venue-by-venue basis. This is mainly due to the constraints of volunteers and restriction of SJ having only family support.

7.4 to offer international athletes £100 to assist in their competition fees on the grounds that they volunteer for 2 full days or 4 part days. – from CK

After some discussion it was agreed to create an international lifter fund pot of £1000 per year.

Lifters that lift internationally can apply for SE Powerlifting to pay their Entry and Doping Fees. To be eligible to receive this, lifters will have had to supported SE Powerlifting by volunteering at our competitions.

8. Referees.

8.1 Welcome new referees

Angus Gardner, Gemma Price, Richard Cooper, Darren Ball.

Adam Reilly is running another course/ exam next week end with 5 Candidates so hopefully we will get a few more referee from this.

8.2 Referees Course 2024.

The Referee exam is planned to move online, Adam Reilly is involved in this but process has been slow.

As we don't know when the online system will be operational, we will plan a course exam in the current format in the first half of the year.

9. Competitions.

9.1 Competitions for 2024.

Request from Craig Coggle for a Bench Qualifier to be held in January for lifters that need to Qualify for British Championships. Agreed 14th January at Astor.

All Other comps as listed on Website.

10. 2024 AGM.

10.1 Date and venue.

8th December 2024 at Astor. Start time 11am. Same format as this year.

11. AOB.

None

Appendix A

date	Information	income	outgoings	
01/01/2023	Opening Balance	£9,940.20		£9,940.20
03/01/2023	Rebate 2021	2,310		£12,250.20
08/01/2023	Bench top		£271.44	£11,978.76
08/01/2023	Stationary		£90.03	£11,888.73
17/01/2023	trolley handles		£47.95	£11,840.78
20/01/2023	extention leads		£19.31	£11,821.47
26/01/2023	screws		£7.60	£11,813.87
27/01/2023	screws		£2.10	£11,811.77
12/02/2023	Beter Bodies Comp	£312.98		£12,124.75
13/02/2023	Batteries		£7.19	£12,117.56
15/02/2023	Streaming		£10.00	£12,107.56
15/02/2023	V- Food		£83.00	£12,024.56
12/03/2023	Locker Late Winter	£474.99		£12,499.55
13/03/2023	Sending trophy		£4.05	£12,495.50
13/03/2023	Merch	£15.72		£12,511.22
14/03/2023	Merch	£29.49		£12,540.71
15/03/2023	Streaming		£10.00	£12,530.71
15/03/2023	V- Food		£65.00	£12,465.71
04/04/2023	Loaders T-Shirts		£829.00	£11,636.71
05/04/2023	Merch		£443.98	£11,192.73
06/04/2023	Referee Expenses (C+T)		£250.00	£10,942.73
08/04/2023	Duck Tape		£34.90	£10,907.83
13/04/2023	Referee Expenses (AR)		£125.00	£10,782.83
13/04/2023	IT Equipment		£309.98	£10,472.85
16/04/2023	Astor SE Classic	£770.00		£11,242.85
17/04/2023	Merch	£104.21		£11,347.06
23/04/2023	Referee Expenses (CW)		£150.00	£11,197.06
25/04/2023	Speaker Leads		£13.97	£11,183.09
11/06/2023	Rebel Rebel SE Spring	£410.00		£11,593.09
15/06/2023	Sending trophy		£6.40	£11,586.69
17/07/2023	Projector		£1,267.73	£10,318.96
18/07/2023	Folding table		£32.00	£10,286.96

22/07/2023	streaming		£40.40	£10,246.56
23/07/2023	Optimus SE Summer	£265.00		£10,511.56
03/09/2023	Locker Late Summer	£574.99		£11,086.55
05/09/2023	Merch	£35.40		£11,121.95
09/09/2023	V- Food and Streaming		£69.00	£11,052.95
24/09/2023	Amazon SE Bench	£209.95		£11,262.90
02/10/2023	scales		£84.00	£11,178.90
08/10/2023	Referee Expenses (CW)		£175.00	£11,003.90
26/10/2023	TVs		£379.98	£10,623.92
26/10/2023	tv brackets		£39.96	£10,583.96
28/10/2023	Batteries		£8.79	£10,575.17
29/10/2023	ASTOR SE Open	£1,140.00		£11,715.17
29/10/2023	DBS (MM)		£18.00	£11,697.17
30/10/2023	Merch	£71.76		£11,768.93
14/11/2023	Power cord TV		£12.20	£11,756.73
17/11/2023	HDMI Wireless		£86.91	£11,669.82
18/11/2023	HDMI Ext		£5.95	£11,663.87
18/11/2023	HDMI Splitter		£6.98	£11,656.89
19/11/2023	Rubber mats		£89.98	£11,566.91
21/11/2023	Power cord TV		£16.34	£11,550.57
25/11/2023	Chairs		£75.00	£11,475.57
26/11/2023	Optimus Winter	£370.99		£11,846.56
26/11/2023	V- Food		£60.00	£11,786.56