**Manx Powerlifting AGM 2025**

**Sunday 12th January 2025**

**Revolution Gym, Castletown**

**10.00am**

**In attendance**

**Chris Weldon (CW)**

**Lisa Grant (LG)**

**Jo-Ann Corr (JC)**

**Liz Young (LY)**

**Emma Bell Scott (EBS)**

**Kerry Lindsay (KL)**

**Tracy Moore (TM)**

**Kirstyn Sherwood (KS)**

**Steph Leece (SL)**

**Jackie Wade (JW)**

**Sharon Sloane O' Keefe on Zoom**

**Apologies;**

**Sarah Morgan**

**Kerry Kelly**

* **Call to Order:** CW welcomed and thanked everyone for attending.
* **Minutes from 2024 AGM approved**
* **Agenda proposed and accepted**
* **Executive & non executive reports**

**Chairperson** - CW. No report submitted

**Vice Chairperson** - TC. No report submitted

**Secretary** - LY submitted a report for circulation to all members via email in advance of the AGM. LY stated that they wished to step down from the role of Secretary following the AGM and had applied for the role of Deputy Director of Operations to be voted on later in the meeting.

**Director of Operations** - LG submitted a report for circulation to all members via email in advance of the AGM. LG highlighted the upcoming application for recognition from IOM Sport, the importance of this and the beneficial impacts a successful application would have for the growth of powerlifting on the island, supporting talented athletes, equipment acquisition, annual funding among many other opportunities. Feedback from IOM sport that we may look to streamline our committee and some wording changes to our documents which are presented in motions.

**Head Coach** - LG submitted a report for circulation to all members via email in advance of the AGM. Highlights that we have been accepted to another international competition; Small Nations.

**Finance Director** - EBS. No written report submitted. Verbal report given. EBS informed the meeting that they are, due to time constraints, stepping down as Finance Director with a handover period of 3 months to LG. EBS will continue as a member and volunteer with Manx Powerlifting MP. The highlight of the year was the setup of our MP bank account. The current signatories are EBS, LG, and LY. MP will strive to have accounts signed off and circulated by mid Feb 25. The accounts will be signed off by Dave Allen Accounting, with approval from all members present.

**Safeguarding Manager** - Sarah Morgan submitted an email report on Jan 11th which was read by CW. No issues to report. Jackie Wade and Breeshey Webb have agreed to be safeguarding officers for competitions. Recommendation from SM that any official photographers at competitions be given a non lifting membership to access and photograph the warm up area. This was opposed by LG due to the expectation that any members would need to abide by Anti-Doping regulations; an unfair expectation of a competition photographer. It was agreed in the meeting that a safeguarding officer should be present in the warm-up area, and an exemption would be granted for the appointed photographer to access it.

Members Sam Murphy and Lewis Runge have put their names forward to be MP male safeguarding officers.

**Media & Communications Manager** -JC. No written report submitted. Verbal report given. They have stepped back and LG has taken on the media side. Fundraising has been successful with new events on the calendar. VOW Nutrition were added as a sponsor. SBD gave incredibly generously to our best lifters. LG resquested a report on growth of socials. A calendar of fundraising to be put together by JC.

**Referee & Volunteer Manager** - Resigned prior to the AGM. No report submitted. Going forward, JC will coordinate the SBD volunteer tshirts. It was highlighted that we are dealing with volunteers and to try reinforce a positive atmosphere and work together. LG is taking on the role in the interim.

**Technical Manager -** Kail Del Los Reyes. No report submitted. Didn't attend the AGM. Anecdotally the livestream of competitions has improved. KL highlighted that there is no handover of the role and imformation associated. This is something for the committee to address for each role in the coming year.

**Membership & Records Manager** ­- KL. No written report submitted. Verbal report given. Records have been updated. 5,326 visits to MPL website in past 12 months with peaks at event times. KL wishes to review website branding and improve the quality of the images shared thereon. Also, KL suggests sharing some community event photos.

**Motions & their movers**

It was noted that no proxy votes were submitted.

**Motion 1**- Implementation of 3 Year Development Plan

Reason- To steer the intentions of the association and to meet requirements from IOM Sport. Highlighted was the schools team championship, coach development.

Proposed by LG

Seconded by LY

Motion carried

**Motion 2**- Requirements for Committee Members

"Committee members should be a member of Manx Powerlifting or British Powerlifting"

Reason - To allow for those off island to apply for and fill vacant roles as a way of expanding knowledge and allowing for more independent non biased opinions

Proposed by LG

Seconded by JW

Motion carried

**Motion 3** - Coaches Fees & Requirements

Coaches fees to be 100% met by Manx Powerlifting

Reason - Coaches are an essential requirement to the success of our national team and should be fully supported financially for travel, accommodation and expenses associated with the competition

Coaches requirements will be determined on an individual competition basis and requirements collated by the Head Coach then passed to the committee for majority vote in agreement

CW - Amendment to motion wording that MP will strive to meet 100% of coaches fees subject to financial status.

Proposed by LG

Seconded by JC

Motion carried

**Motion 4 -** Referees Advancement

Referee advancement pathway supported financially

Reason: Manx Powerlifting should endeavour to have a high level referring standard at all on island competitions. To do this I believe it is vital to have a broad range and high frequency of referring experience which involves going off island.

Manx Powerlifting will be required to submit at least one international level referee after 5 years of operation. Advancement to national and international level requires a broad range and frequency of referring experience that can not be obtained on island as well as being observed at national level competitions and attending a minimum number of national level competitions

British Powerlifting provide expenses of £50 per day for attendance at national competitions, I would ask that MP provide the same for all of those seeking off island referring experience for both national and divisional competitions

Proposed by LG

Seconded by EBS

Motion carried

**Motion 5** - Dual Roles

To enable the fulfilment of essential roles within the association it should be at the committee discretion to vote individuals into dual roles. Dual roles should not be considered if both roles are at executive level.

Reason: To allow for essential operational roles to be filled. We are a small association with a small committee and the availability of the required number of individuals is challenging. This would allow the duties of essential roles to be met

Highlighted by IOM Sport that we require the anti-doping officer role to be filled, also that our committee is large for the size of the membership.

Proposed by LG

Seconded by LY

Motion Carried

**Motion 6** - Competition Hosting Fees

Hosting gyms should be paid a notional fee of £100 per competition hosted.

Reason: For the last 3 years Manx Powerlifting has relied on the goodwill of the approved clubs to host competitions at the expense of their time, use of their equipment, subsequent impact on members and use of their facilities with no reimbursement. This fee which equates to approx 2 entry fees is significantly less than the cost of obtaining an external location along with the inconvenience associated with setting up at an external location.

Proposed by LG

Seconded by KL

Motion Carried

**Motion 7** - Quorum

Quorum - at least 2 executive members and 1 non executive to continue to operate , executive includes chair, vice chair, ceo, director and deputy director roles, secretary , non executive is all others

At least 10% of members present for an AGM

Reason : we need to confirm the requirements needed for Manx powerlifting to continue to operate. Numbers are at the lower end of requirements compared to others as we are a small association and may be reviewed as we grow

Highlighted that this was a wording clarification required by IOM Sport

Proposed by LG

Seconded by KL

Motion Carried

**Motion 8** - QTs

Reasons why:- to strive to improve the standard of lifting that represents our national team and to give lifters a clear goal to aim to achieve

Qualifying procedure

For commonwealth 2026 -

Qts on separate document derived from our competition records and those of other home nations

Experience of an off island competition

For Home Nations 2025 & 2026

Top 6 male & top 6 female according to current year rankings GL points will be invited to represent the island, if a refusal is received the invites continue down the rankings to those deemed suitable to lift at home nations by the head coach until we have a full team or all option are exhausted.

For small nations 2026

In accordance with the IPF rules for selection 8 males & 8 females will be invited to represent the island, if a refusal is received the invites continue down the current year rankings to those deemed suitable to lift at small nations by the head coach until we have a full team or all option are exhausted.

Qualifying for all international selection inc home nations - have competed in a mp comp in the current year or higher level where qualifying is required specifically British, euros, worlds to be added to all other requirements currently in the policy document

Proposed by LG

Seconded by EBS

Motion Carried

**Motion 9** - Wording Amendments & Notes

Reason :- to meet the requirements for the Isle of Man Sports Application

1. Change all instances in policies & articles of referring to Manx Powerlifting as anything but an unincorporated entity or where referred tamo as a federation. Manx powerlifting at all times to be referred to as an association

2. Agree to adopt the following British Powerlifting policies as per their website -Conflict of interest , equality & diversity, anti doping and to be linked on our website

3, Agree to adopt the equality act that is relevant in the Isle of Man

4. Confirm the roles within the commitee that are executive & non executive

5. To minute the independent accountant to be used for approving MP accounts

Proposed by LG

Seconded by KL

Motion Carried

**Motion 10 -** Amendment to MP Selection Policy

Reasons why - To promote individual accountability and reward effort and commitment.

Those applying for expenses while representing IOM will be reimnbursed based on efforts towards fundraising, this shall be for events outside of designated team fundraisers.

The level of reimbursement shall be decided by the executive.

Proposed by LY

It was agreed in the room that the fundraising policy should be overhauled with a view to athletes self fundraising.

Motion dismissed

**Motion 11 -** Lifters Agreement to be completed by those selected to represent IOM.

Reasons why - To promote alignment and unity within the team.

Proposed by LY

It was agreed in the room that this was already covered in the invite to compete

Motion dismissed

**Motion 12** - Manx powerlifting Open records only can be broken at an open competition, the different categories can not be broken there.

All categories can be broken at our championships. No Manx powerlifting records can be set at a divisional level competition. All categories of Manx powerlifting records can be broken at a competition of a higher level than the MP championships , home nations, British, Euro , commonwealth , small nations or worlds

Proposed by KL

Seconded by LG

Motion Carried

**Vacant roles, those nominated & supporting information included with self-nomination**

**Deputy Director of Operations.** Liz Young

Proposed by KL

Seconded by LG

The nomination was unanimously approved by all present.

**Anti-Doping Manager.** Lisa Grant

Proposed by JW

Seconded by LY

The nomination was unanimously approved by all present.

**AOB**

LG - It should be highlighted to committee members in advance of AGM that those appointed in interim roles need to apply for ratification in those roles at the AGM.

LY - Toby Clarke is unable to continue as chair due to a conflict of interest arising from his training for another role. He hopes to reapply for a position with MP once his training is complete.

CW - There is no budget to approve at this time; however, it is anticipated that a budget will be presented and approved once the IOM Sport application is completed, with an estimated completion date of April 2025.

CW - No change on membership fees

LY - A former member suggested that the timing of the AGM be reconsidered to prevent members from needing to purchase a membership in January in order to raise an issue. This suggestion was discussed, and it was agreed that the current timing of the AGM is appropriate and that the existing complaint procedures are sufficient.

**Meeting adjourned by the chairperson.**