

**British Drug Free Powerlifting Association  
Annual General Meeting, 26<sup>th</sup> March 2017**



**Minutes**

**Present:**

**National Council:**

Manon Bradley, President  
Sue Bethell, Treasurer  
Pat Reeves, General Secretary  
Ann Thomas, Drugs Controls Officer  
Wendy Evans, Coaching Secretary  
James Minear, Technical Secretary  
Neil Ratcliffe, NW division  
Dean Thomas, Wales division  
Steve Van Kempen, EC division  
Phil Tempest, RAF Rep

**Members:**

Mike Leadbetter  
Les Piling  
Dan Yuill  
Glenn Branch  
Jen Cassar  
Chris Martin  
Neil Thomas

**1. Welcome**

The President welcomed all members and National Council members to the Annual General Meeting which according to the constitution was an open meeting which any members could attend.

**2. President's Report**

The President welcomed new National Council members – James Minear, Neil Ratcliffe, Steve Van Kempen and Wendy Evans. She was pleased to announce that member numbers stood at over 500 – well on the way to achieving 1,000 members by the end of the year as had been achieved in 2016. She informed those present that there were now 14 affiliated clubs across the divisions at that the clubs were contributing well towards the promotion of the sport. She noted that there had been some problems with online membership renewals which had been caused by people attempting to log on with poor internet connectivity. These issues were resolved when better wifi was sought.

The President outlined what she considered to be the most important development for the forthcoming year – that of changing the legal status of the Association from an unincorporated body into a company limited by guarantee. She appealed to anyone with the membership who had legal skills who might help with this challenge.

She then asked for reports from key officers of the National Council.

### 3. Report from Technical Secretary – James Minear

The Technical Secretary outlined the rule changes that had taken place since the last AGM. These were:

*Qualification will be by achieving minimum standards as laid down by the Association in the document “British Qualifying Totals” at a divisional event. (The Championships Secretary may, under certain circumstances, exercise discretion in the application of these qualifying standards). At National Championships, the opening lifts must equal or be higher than the qualifying total, or in the case of full power, add up to the total, or higher. At WDFPF world full power competitions all opening lifts must be the single lift qualifier or higher (WDFPF congress 2016).*

*National records may be broken at divisional competitions, provided that appropriate referees adjudicate (see Referees required to adjudicate at BDFPA events), and that manufacturer certified weights, bars and collars to within 0.25% tolerance are used (NC Ballot 63).*

*In a three-lift powerlifting competition, records set in individual lifts will only be valid if the lifter makes a total in the competition i.e. completes at least one lift in all three disciplines. For British records the total must meet or exceed the British qualifying total for any record to be valid (NC Ballot 63).*

*Benchpress - If the Chief Referee observes that the lifter's head is no longer in contact with the bench, they shall raise their arm indicating to the side referees that the head has come off the bench. In such case the side referees will automatically give a no lift. This is the ONLY occasion during the bench press the Chief Referee can raise their hand/arm (WDFPF Congress 2016).*

*From the 2018 season at National & International competitions, a lifter can only compete at the body weight they qualified at (NC ballot 63). For the 2017 season the previous rules still apply i.e. you can move up a weight category if you lifted the higher body weight total at the lower body weight, but you cannot move down a body weight category.*

*All discs bars & collars used at national or international levels of competition, or at divisional competitions where National records are set, must weigh within 0.25 percent of their correct face value and be certified by the manufacturer to meet these tolerances (NC Ballot 63).*

*Scales for weighing in - any type of scale is acceptable as long as it can be calibrated to 0.1kg (100gms) and has been certified within the previous twelve months. Proof of calibration must be available for inspection and submitted to the permit secretary with the permit application.*

*T-shirt unequipped - a shirt is legal provided that it: **Does not consist of any stretch materials** (WDFPF congress 2016).*

*Knees - (revised WDFPF congress 2016) The use of any wrap or sleeve on the knee constitutes equipped. Wraps not exceeding 2m (6ft 6.72ins) in length and 8cm (3.15ins) in width may be used. c. Alternatively, an elasticated knee cap supporter not exceeding 20cm (7.87ins) in length may be worn. A combination of the two is forbidden. d. Knee sleeves may be worn in the EQUIPPED Division only. They must not more than 30cm in total length. They must be made of a 1 Ply material. 1. A knee wrap shall not exceed beyond 15cm (5.9ins) above and 15cm (5.9ins) below the centre of the knee joint, and not to exceed a total covered width of 30cm (11.81ins). 2. They are allowed to be 7mm thickness maximum. 3. Wraps/Sleeves shall not touch the socks or lifting suit.*

*INSPECTION OF PERSONAL EQUIPMENT: At International events the inspection of kit is not mandatory. It is the responsibility of the National Technical Secretary of all Nations to ensure that their lifters are wearing suitable equipment prior to or at International events. Where lifters are unsure if an item meets the required criteria, there will be a Technical Officer who will inspect as required. Where a lifter is found to enter the event with equipment that would otherwise fail to meet the required criteria action will be as at Para f below. (WDFPF congress 2016)*

*EQUIPPED COMPETITION: The following items of costume are permitted within this category of competition:- 1. A one-piece lifting suit is to be worn. It may be a leotard of the non-supportive or recognised supportive type, as defined under 'Costume and Personal Equipment'. 2. A belt, conforming to specifications. 6. Wrist wraps, conforming to specifications. 7. Knees wraps or sleeves, conforming to specifications. 8. Bench Shirt, conforming to specifications. NOTE – A lifter MUST be equipped to enter an equipped event. In full power this may be one or more of the disciplines. In single lifts the lifter must be equipped as defined above in Para 13 relevant to the event (WDFPF congress 2016).*

There was much discussion regarding the rule change concerning bodyweight. Members were concerned that this would put undue pressure on younger lifters to try to remain within an unhealthy lower weight category at a time when their bodies are developing. The President and the Technical Secretary agreed to clarify the details of the rule change with the WDFPF and to ensure the wording was as clear as possible within the rule book.

#### **4. Report from Webmaster – Pete Gaskin**

In the absence the Webmaster the President summarised his report.

The website is being reviewed but due to the large amount of information linked to each page this is a time consuming activity.

The records registers which are shown on the website are updated on a regular basis. However, if individuals believe that their own records are not shown they should email the Webmaster. There was an appeal for others willing to help with the updating of records – particularly at a divisional level.

#### **5. Report from Eastern Counties – Steve Ven Kempen**

The President asked Steve Van Kempen to give an outline of the activities in the Eastern Counties division, one of the largest and busiest divisions.

Steve informed the AGM that within the division they had two strong clubs which helped with recruitment of new members as well as drumming up interest for competitions. They had a busy Facebook page which advertised their activities and held many events – currently planning 5 competitions throughout the year.

#### **6. Report from Drugs Control Officer – Ann Thomas**

The Drugs Control Officer reported that in the year to date the following tests has been carried out:

30 at National competitions – with a further batch to take place the next day  
5 Out of competition

From these tests, one athlete has been found to have used a banned substance and has received a lifetime ban. Another lifter has refused to be tested and has also been banned for life.

She also reported on a complicated situation which had arisen since that the last AGM. In March 2016 a lifter's A sample had tested positive for a banned substance. The lifter was informed of this and immediately appealed. An appeal panel was formed and, given the evidence presented at the time, the lifter was found to have used a banned substance and was given a life ban. The lifter immediately indicated that he / she wished her B sample to be tested but for financial reasons this was not possible for some months later. During this time the test was listed a "pending" on the BDFPA website. When the B sample was tested it was demonstrated that the amount of banned substance was incredibly small and the senior technician in the laboratory explained that this amount of substance could only have been present due to contamination (of foods ingested rather than contamination of the sample). A further appeal panel was convened. The additional evidence from the B sample persuaded the panel to reverse the previous decision and to allow the lifter to reapply for membership and to compete again.

The President expressed her pleasure that the drugs controls systems of the BDFPA not only helped to ban those proven to have taken a banned substance but also were able to vindicate an innocent lifter.

#### **7. Report from Treasurer – Sue Bethell**

The Treasurer reported that the Association was financially stable. During the year £61,746 had been paid in from membership fees and National championships entry fees and £53,648 had been paid out for drugs test and competition expenses.

#### **8. Discussion on location and timing of national competitions**

The President reminded members that for the past few years all national competitions had been hosted at Motiv8 gym. The selection of this location was due to the excellent facilities. However, it was of concern to the National Council that it was not very central and that lifters from Scotland, in particular, had long journeys to get there. To over-come these challenges of geography it had been suggested to no longer hold British championships but rather to hold English, Scottish and Welsh championships. The President asked for thoughts on this proposal.

There was a lively debate with contributions from most present. The overarching view was that lifters enjoyed coming together once a year and that a change to the present system might lead to fewer lifters attending Welsh and Scottish championships.

The President assured those present that all views would be taken into account when planning the 2018 programme.