

Directors and Trustees Report for Year Ended 30 September 2023

The trustees who are also the directors of the charity for the purposes of the Companies 2006, present their report with the financial statements of the charity for the year ended 30 September 2023. The trustees have adopted the provisions of the Accounting and Reporting by Charities Statement of Recommended Practice and prepared the accounts in accordance with the provisions of the small companies regime applicable to micro-entities.

Structure, Governance and Management

The charity is controlled by its governing document which is its memorandum and articles of association. It is constituted as a company limited by guarantee as defined by the Companies Act 2006.

Reference and Administrative Details

The charity is registered as Golift Weightlifting Club under charity registered number NIC108050.

The charity is registered as a company limited by guarantee under reference NI678618.

Registered office: 67 Kingsmoss Road, Newtownabbey, BT36 4TN

Trustees during reporting period:

Dr Peter Stewart

Dr Roberta Stewart

Mr Brian Stewart

Ms Kaitlin Saunders (appointed 19 October 2022)

Mr Joshua Samuel Firth (appointed 19 October 2022)

Mr Shane Mark Martin (appointed 19 October 2022)

Mr Joshua Andrew Johnston (appointed 24 April 2023)

Mr Cameron Montgomery (resigned 24 April 2023)

Objectives and Activities

The charity promotes the amateur sport of weightlifting and provides equal opportunities for participation by all sections of the community.

It provides members with the following opportunities as they relate to the amateur sport of weightlifting: to train with a group of peers, to receive instruction in weightlifting technique and training methods, and to participate in organised competition.

Achievements and Performance

Club Affiliations: Golift Weightlifting Club continued its affiliation with British Weightlifting, which is the NGB recognised by Sport NI. We have received increasing interest to provide opportunities for lifters to compete in Weightlifting Ireland events. Due to this we have held discussions with Weightlifting Ireland board members and will be completing the club affiliation process in Q4 of 2023 to enable Golift to be recognised as an affiliated club in 2024 to both British Weightlifting and Weightlifting Ireland. This will have additional benefits in highlighting the cross-community nature of our club.

Membership: We currently have 44 members and have noted an increase in female participation in both our youth and senior ranks – overall 32% of our members are female. We are proud to note we have lifters from the age of 8 through to the age of 77 which encompasses all age brackets possible in Weightlifting. With 15/44 (34%) of members being in our Junior category this bodes well for the future of the club.

Competitions & Performance: From a local perspective, we regularly take club members to NI Weightlifting events throughout the year. There are four qualifying events held throughout the year with the top 25 men and top 25 women invited to attend the NI Senior Championships in November 2023. As an indicator of our performance 9/25 (36%) to the top 25 NI Senior men are from Golift. 3/25 (12%) of the top 25 Senior females are from Golift [majority of our actively competing females are youth lifters]. The top ranked male and female lifters in Northern Ireland are from Golift. Results for competitions available at <https://niweightlifting.wixsite.com/niwl/competitions>.

From a national perspective, we had one lifter attend the British Age Group Championships and win gold in the U17 109kg class. This lifter started at the age of 6 and has been lifting for 9 years at the club and demonstrates the establishment of our youth sessions is beginning to show we can produce talented youth lifters. We also had an U20 lifter win the 96kg class at the Weightlifting Ireland Junior Championships in 2023. Our best 71kg female lifter in the club is currently the top ranked lifter in N. Ireland in 2023 and was selected to represent Ireland at the Malta International Open. Our top 109+ kg male lifter in the club is currently the top ranked male lifter in N. Ireland in 2023, won gold at the 2023 Irish National Senior Championships, broke the Irish national C&J record and was selected to represent Ireland at the Malta International Open. Weightlifting Ireland results and rankings are available at <https://weightliftingireland.com>.

From an international perspective, we had two lifters attend the Malta International Open. At the masters level we had two lifters representing Great Britain and NI, one of whom won bronze at the European Masters Weightlifting Championships in May 2023 while the other member, aged 77, was 4th in his age category at the same event. European Masters results are available at https://www.europeanmasterswl.com/uploads/4/8/1/8/4818560/2023_european_masters_weightlifting_championship_results_men.pdf.

Coaching: The club invested £2394 to enrol four candidates through the British Weightlifting coaching pathway for a number of reasons critical to the ongoing fundamental objectives of the club. Firstly, the purpose of this was to ensure we had a Level 2 British Weightlifting certified coach present for all club sessions to comply with our insurance policy. Secondly, licensed (Access NI screened) BWL Level 2 coaches is a requirement to enable our coaches access to warm up rooms for competitions organised by NI Weightlifting. We required additional coaching support to meet the need of the increasing number of lifters we are bringing to local NI Weightlifting events. We have also helped support two members apply to a British Weightlifting funded coaching scholarship scheme and were pleased to hear one candidate was successful and he will be also enrolling on the fully funded British Weightlifting Level 1 and 2 combined courses.

Additionally, one school age lifter was financially supported through the course to help with their school A-Level PE course, and we are helping with providing coaching experience opportunities. When all six members have completed the coaching certification, we will support them through the completion of their licensing process.

Currently, we have limited the number of competitors attending Weightlifting Ireland events as we only have one coach who has completed the Weightlifting Ireland Level 1 course. Unfortunately, Weightlifting Ireland do not recognise British Weightlifting coaching certificates at the majority of their events. We therefore are planning to submit a coaching education grant clubs application to Antrim and Newtownabbey borough council to enable us to fund a number of members to complete the Weightlifting Ireland Level 1 coaching certification. This will enable us to take a larger number of our talented youth and senior lifters who, based on current performance levels, are capable of winning Irish titles and, based on current qualification standards, to be selected for international events.

Financial Review

During the year the charity received £10,146 from members in unrestricted funds and expended £12,379 leaving a deficit of £2,233 and at 30 September 2023 had reserves of £16,958 in unrestricted funds. These reserves are held to fund future revenue and capital expenditure as required.

Approval

The Directors and Trustees Annual Report was approved on 14 November 2023 and signed on behalf of the board by:

A handwritten signature in black ink, appearing to read 'Pet' followed by a stylized surname.

Dr Peter Stewart