

## Golift Weightlifting Club

### Directors and Trustees Report for Year Ended 30 September 2024

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 2024. 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

Mr Joshua Samuel Firth

Mr Shane Mark Martin

Mr Conor Brendan Mullan (appointed 17 January 2024)

Mr Niall McGovern (appointed 17 January 2024)

Mr Joshua Andrew Johnston (resigned 17 January 2024)

#### **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. As noted in the 2023 report we have received increasing interest to provide opportunities for lifters to compete in Weightlifting Ireland events, so our directors completed all the documentation required to affiliate to Weightlifting Ireland. All documents were approved by Weightlifting Ireland and affiliation was paid in January 2024.

**Membership:** We currently have 49 members which is an increase on 2023 and have noted an increase in female participation in both our youth and senior ranks. We are proud to note we have lifters from the age of 8 through to the age of 78 which encompasses all age brackets possible in weightlifting.

Four of our members also affiliated to Weightlifting Ireland for the 2024 season and we forecast this number will increase for the 2025 season. One issue we did find was that for a number of Weightlifting Ireland competitions there is a requirement for an Irish passport to be recognised for podium positions and/or recognition of breaking a national record and several U18 members in particular, who are close to international qualification totals for Weightlifting Ireland, have been applying for Irish passports.

**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. From a national perspective, we won gold in the 59kg, bronze in the 64kg and gold in the 71kg female classes, and we won silver and gold in the 96kg, silver in the 102 kg and gold in the 109kg male classes at the 2023 NI Senior Championships. As an indicator of our overall performance 10/25 (40%) of the top 25 NI Senior men are from Golift. 5/25 (20%) of the top 25 Senior females are from Golift [majority of our actively competing females are youth lifters]. Results for competitions available at <https://niweightlifting.wixsite.com/niwl/competitions>. We had 22 senior lifters compete in NI Weightlifting competitions which is the largest number of members we have ever had compete.

Due to coaching limitations, we take a limited number of lifters to Weightlifting Ireland events and select who can potentially qualify for international representation. We therefore took two lifters to the Irish Senior Championships in July 2024 and won gold in the 109kg male class and silver in the 71kg female class. We took one lifter to the Irish National Age Grade Championships in July 2024 and she won gold in the U13 59kg category. Weightlifting Ireland results and rankings are available at <https://weightliftingireland.com>. From an international perspective, we had a 13-year-old female member who has been invited to represent Weightlifting Ireland at the Celtic Nations in November 2024. Her totals are also in line with qualification totals for her age and weight category for the 2025 European U15 Championships in Poland.

**Coaching:** The club invested £2,394 in 2023 to enrol four candidates through the British Weightlifting coaching pathway and this year all four have finally completed the course and been awarded their certification. Licensing, which includes AccessNI screening, for three of four of the coaches is also now completed and they are beginning to support coaching activities within the club sessions and also at competition. We will be putting two additional coaches through the British Weightlifting course later in 2024 to help with youth sessions as one of our coaches will be going off on maternity in 2025.

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. In late 2023, we therefore applied for a grant with Antrim and Newtownabbey Council for funding for Weightlifting Ireland coaching courses but were rejected as they stated they could only support clubs applying for coaching courses hosted by the club rather than applying for members to attend courses outside of the Borough. We appealed this on the basis that this was not stated in any of their publicly available T&Cs but while they acknowledged the criteria that we were rejected on was absent from their documentation the appeal was, frustratingly, not successful. Alternative mechanisms to fund these courses is being explored.

### **Merchandising**

We had previously used an online supplier for merchandise where individuals could order clothing but found few were ordering the items, there were delays in receiving the items with small orders and ultimately there was little profit being returned to the club. We therefore put an increased focus on selling club branded clothing in 2024 by assigning an individual to be responsible for this. In 2024 we worked with an alternative local printing company to increase the range of clothing we have on offer and to also organise discounted pricing for larger orders leading to an opportunity for an increased profit margin. Two large club orders were submitted in 2024 which has led to increased revenue for the club while also increasing the visibility of our members at competitions. Additionally, plans are underway to work with an English based company, who supply Weightlifting Ireland-branded items, to have club-branded competition weightlifting singlets available for early 2025.

### **Website & Social Media**

The website was created a number of years ago and this year a decision was made to re-develop the website and ensure up to date content (opening times, coaching information, pricing etc) was available for new enquiries. A director, with website development experience, has volunteered to lead this project and in the last month he has provided screenshots of the draft layouts and has begun to request written material, such as coaching profiles, to begin to populate the various pages. In 2024, we also had a member, with marketing expertise, volunteer to lead the social media pages and she has begun to increase the visibility of our club (page visits, likes etc) which has led to an uptick in new enquiries.

### **Financial Review**

During the year the charity received £14,054 from members in unrestricted funds and expended £11,736 leaving a surplus of £2,318 and at 30 September 2024 had reserves of £19,276 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 23 December 2024 and signed on behalf of the board by:



Dr Peter Stewart