Powerlifting Isle of Man

Annual Report to the British Powerlifting AGM 2026

Over the past twelve months, Powerlifting Isle of Man has continued to make significant progress across all areas of the organisation. Our focus has remained on creating opportunities for athletes, investing in volunteers, strengthening governance and building a sustainable future for powerlifting on the Isle of Man.

We have expanded our coaching and officiating, strengthened our volunteer network and opened our dedicated Powerlifting Performance & Development Centre, creating a permanent home for athlete development and education.

We are also proud to have been awarded the opportunity to host the 2026 Home Nations Championships. Bringing this event to the Isle of Man is a significant milestone for us and provides an opportunity to showcase both our organisation and the Island on the national stage.

None of these achievements would have been possible without the commitment of our committee, coaches, referees, volunteers and members. Their dedication continues to drive the growth and success of Powerlifting Isle of Man.

While we are proud of what has been achieved during the past year, our focus remains firmly on the future as we continue to strengthen pathways for athletes, coaches, referees and volunteers while ensuring Powerlifting Isle of Man remains an organisation that every member is proud to represent.

AGM Highlights – January 2026

Several important constitutional and strategic developments were approved during the 2026 Annual General Meeting, including:

- Adoption of the new federation name Powerlifting Isle of Man, replacing Manx Powerlifting, to improve international recognition and consistency.
- Introduction of National Team eligibility requirements, including a minimum of 10 Contribution Points earned through volunteering, fundraising and committee support.

- Establishment of a clear Divisional Referee Development Pathway for officials progressing to National level.
- Increased financial support towards off Island coaching expenses.
- Introduction of Approved Coach standards requiring:
    - Minimum of 15 volunteer hours annually.
    - Minimum of five hours of relevant Continuing Professional Development each year.
- Identification of strategic priorities relating to membership growth, participation and increasing the visibility of powerlifting across the Island.

Membership & Community Development

Powerlifting Isle of Man at the halfway point of the year has 38 registered members, compared with 50 members during the whole of 2025.

We have seen a reduction in non-lifting members and have welcomed new members during the year.

The opening of the Performance & Development Centre is already improving accessibility to the sport, with new participants attending introductory sessions and early signs of increased engagement from prospective members. Growing participation remains one of our key strategic priorities moving forward.

Despite having a population of just 80,000, the Isle of Man continues to have a high level of participation for a nation of its size.

Competition Update

During 2026 the division will host three competitions, with two successfully delivered to date and a further event scheduled for September.

Significant investment has been made into competition equipment through support from Isle of Man Sport and the Manx Lottery Trust, enabling the purchase of:

- Full Eleiko competition specification equipment
- Five Combo Racks
- Four complete competition plate sets

This investment allows the division to deliver competitions to an increasingly professional standard, with all future events planned to be hosted within the new Performance & Development Centre.

The annual Inter-Schools Powerlifting Championships also continued to grow. Following a successful inaugural event involving one high school, this year's competition expanded to three high schools and five teams, introducing more young people to the sport while strengthening links with local education providers. We continue to invest in youth development with weekly Youth-Powerlifting sessions and a school holiday scheme.

Home Nations Championships 2026

Powerlifting Isle of Man has been awarded the honour of hosting the 2026 Home Nations Championships.

This will be the largest event ever delivered by us and is expected to welcome athletes, coaches, referees and supporters from across the British Isles.

Planning is progressing well, with the venue confirmed and strong partnerships established with local travel providers, accommodation partners and Government agencies. Funding has been applied for to help reduce travel costs for athletes and volunteers.

Beyond the competition itself, the Championships provide an outstanding opportunity to promote both powerlifting and the Isle of Man to a national audience.

Coaching Development

Developing high quality coaches remains one of the division's highest priorities.

During the year we launched a structured Coach Development Programme, providing:

- Practical coaching experience
- Mentoring from experienced coaches
- Guest speaker workshops
- Financial assistance towards Level 1 and Level 2 coaching qualifications

The programme has already resulted in:

- Two newly qualified Level 1 coaches
- One coach currently completing their Level 2 qualification

This programme is creating a sustainable pathway for future coach development while raising coaching standards across the Island.

Volunteer & Referee Development

Volunteer development continues to underpin the success of the division.

Highlights include:

- Three newly qualified Divisional Referees.
- One International Category II Referee.
- Volunteers supporting British and English Powerlifting competitions.
- Continued opportunities for volunteers to gain practical experience both on and off the Island.
- International officiating appointments at three overseas competitions.

Performance & Development Centre

The opening of the Powerlifting Performance & Development Centre in Douglas marks one of the most significant milestones in the history of the division.

The project was made possible through support from British Powerlifting, together with a £45,000 grant from the Manx Lottery Trust, enabling the purchase of equipment and fit out of the facility.

The Centre provides a permanent home for:

- Athlete development
- Coach education
- Talent identification
- Team training
- Competitions
- Seminars and educational events

It establishes a strong foundation for the long term growth of powerlifting on the Isle of Man.

International Representation

Powerlifting Isle of Man continues to produce athletes capable of competing successfully on the international stage.

Highlights include:

- Five athletes selected to represent Great Britain during 2026.
- Of the five, three have competed so far and have achieved podium finishes.
- A six-athlete team represented the Isle of Man at the Small Nations Championships in Luxembourg
- Fourteen athletes have been selected for the Commonwealth Championships, representing an increase from previous years.
- An Isle of Man coach was selected to join the Great Britain coaching team.

These achievements demonstrate the continued strength of the sport on Island.

Looking Ahead

The coming year promises to be an exciting one with the opening of our Performance & Development Centre, continued investment in coaches, officials and volunteers, and the opportunity to host the 2026 Home Nations Championships, we are well positioned to continue building a thriving and sustainable future for the sport.

We remain extremely grateful for the ongoing support of Isle of Man Sport, whose continued recognition and funding have played a vital role in supporting athletes, volunteers and the wider development of powerlifting across the Island.

Finally, we would like to thank British Powerlifting, together with our fellow Home Nation divisions, for their continued guidance, encouragement and support. We look forward to continuing to work collaboratively to grow and strengthen our sport for years to come.

Lisa Grant

Director of Operations – Powerlifting Isle of Man