

Weightlifting Wales Board of Directors Nomination Form

Use this form to provide useful information about the nominee and to inform Weightlifting Wales of the nominee's skills and qualities. The information provided will be shared with the membership for them to consider before voting in the election.

Personal information, such as email addresses, contact numbers and membership numbers **will not** be shared. The names of those nominating and seconding nominations **will be** shared.

Weightlifting Wales will retain this information for **6 months** after this process.

NAME OF NOMINATOR:

DAVID JONES

YOUR CONTACT NUMBER:

[REDACTED]

YOUR MEMBERSHIP NUMBER:

[REDACTED]

YOUR EMAIL ADDRESS:

[REDACTED]

NAME OF PERSON SECONDING THE NOMINATION:

CATRIN JONES

THEIR CONTACT NUMBER:

[REDACTED]

THEIR MEMBERSHIP NUMBER:

[REDACTED]

THEIR EMAIL ADDRESS:

[REDACTED]

NAME OF NOMINEE:

SOPHIE HARRISON

THEIR CONTACT NUMBER:

[REDACTED]

THEIR MEMBERSHIP NUMBER:

[REDACTED]

THEIR EMAIL ADDRESS:

[REDACTED]

Briefly describe why you believe this person would be suited to joining the Board of Directors:

Sophie Harrison would be an excellent addition to the board of Directors. Sophie has a wealth of knowledge within sport which she has been gained through her PHD. Sophie has presented in conferences, tutored for the University, and is organised with excellent communication skills.

Sophie has participated and competing in the sport of weightlifting and hockey, so is aware of what the athletes require, and has been very active and supportive in helping to set up Bangor Weightlifting club.

To be completed by the nominee:

Any current organisational affiliations (names of the organisation and their role(s)):

Academic at Bangor University

Equality, Diversity and Inclusion committee member at Bangor University

Full member of The Physiological Society

Secretary at Bangor University Weightlifting Club

Any sports experience that you have:

I have a wide range of experiences within sport. Firstly, through my undergraduate and masters' degrees and my PhD in sport science. Further, I am now employed as a researcher within sport science. I also have experience of work within applied sport science through my roles in sport science and strength and conditioning support. In my personal life, I was a competitive hockey player from 11 to 23, including playing for Loughborough University during my masters' degree. When I moved to Bangor to complete my PhD, I made the change to weightlifting and progressed to competing in the 2022 English Championships. Alongside being an athlete I have also been involved in volunteering for committees in hockey, being club secretary for Bangor University Weightlifting Club, being an umpire for hockey and being a technical official for Welsh Weightlifting.

Any professional experience you have:

I am currently employed in the Department of Sport Science at Bangor University as a researcher, in which I am responsible for working with small-medium enterprises to increase employment, new-to-market processes/products and new-to-firm processes/products by providing access to the academic environment. My research areas include female physiology, sports nutrition, and immunology. I completed my PhD in 2020 in Sport and Exercise Science. Through my academic pursuits I have become excellent at working within teams and have developed my critical thinking and interpersonal skills. During my current role I have worked in both sport and physical activity, I am currently involved in supporting Welsh Weightlifting athletes to manage their menstrual cycle and I have also led a large project aimed at enabling People with Obesity to become more physical active. These roles and responsibilities highlight my ability and enthusiasm to influence sport at both ends of the spectrum. Alongside my current role I am also an active member of my School's Equality, Diversity and Inclusivity (EDI) Committee, and I am passionate about providing opportunities for everyone. Within Welsh Weightlifting, I hope to drive forward both weightlifting and parapowerlifting.

Any volunteering experience you have:

I have a range of voluntary experience within weightlifting, hockey and sport science. I am currently secretary of Bangor University Weightlifting club, as well as assisting with coaching. I am a qualified level 2 Technical Official (TO) and regularly volunteer with Welsh Weightlifting and British Weightlifting. During my masters' degree at Loughborough I was employed within the Sport Science Support Services, which involved supporting Loughborough's scholarship athletes and external clients with sport science and strength and conditioning support.

Which of your skills would they utilise on the Board?

I hope to bring my interpersonal, critical thinking and teamwork skills to the Welsh Weightlifting board. I believe that my experience with leading large projects within my work will benefit this role greatly as I have developed strong communication, organisation and management skills and my experience of both elite and participation level sport will give me a balanced view when making decisions within the board. I hope to draw on my experience as an athlete, TO/umpire and committee member in multiple sports to provide insights within the board. I will also utilise my collaboration and teamwork skills developed through working with external partners in multidisciplinary teams during my PhD and postdoctoral roles. Finally, I hope to influence the board through my passion and experience with equality, diversity and inclusivity (EDI).

If the nominee was to be successful in being elected onto the Board, they would be required to attend four board meetings annually (held on a quarterly basis), additional ad-hoc meetings where necessary, plus any additional sub-group meetings where required, and the Annual General Meeting, held usually in the autumn of each year. They will also be required to complete a Declaration of Conflicts of Interest form and sign our Code of Conduct for Board Members. Elected members serve a term of three years, they may be elected for additional terms, but no member may serve more than a total of nine years.