

Wales Weightlifting Federation Ltd **08704264**  
Canolfan Brailsford,  
Ffriddoedd Road,  
Bangor University,  
Bangor,  
Gwynedd,  
LL57 2EH

## **Weightlifting Wales Notice of the 2023 Annual General Meeting**

The 2023 Annual General Meeting will be held virtually on the **7<sup>th</sup> November 2023**, 17:30pm via Zoom, meeting details are below:

**Topic: Weightlifting Wales Annual General Meeting 2023**

**Time: Nov 7, 2023 05:30 PM London**

### **Join Zoom Meeting**

<https://us06web.zoom.us/j/6365573423?pwd=emR6empob3I1SmRUS3h0dlBNK0Vydz09>

**Meeting ID: 636 557 3423**

**Passcode: 0hwU9D**

Only WW members with a valid membership will be able to attend and must login using the email account registered to their membership, so that WW can verify who is attending.

All members have the right to nominate a proxy to vote, attend, and speak on their behalf at an Annual General Meeting if they are unable to attend the meeting themselves. Information about how to nominate a proxy is detailed in the Guidance Notes, accompanying this notice. The deadline to nominate a proxy will be **5<sup>th</sup> November**.

Members will be asked to consider and to vote on ordinary resolutions, to elect two board members into elected positions. WW will open nominations for board members from **8<sup>th</sup> September – 6<sup>th</sup> October**. The nomination information can be found in the Guidance Notes accompanying this notice. Voting will be held by a show of hands during the AGM, however for those unable to attend the meeting, there are alternative ways to vote, details in the Guidance Notes on the following page.

Any motions to be put forward for the AGM, must be sent to Weightlifting Wales via email or post by **26<sup>th</sup> September 2023**. Email and address details can be found in the Guidance Notes.

An agenda will be circulated along with any other relevant documentation for the AGM on **17<sup>th</sup> October**.

Please see the AGM Guidance Notes for more details on the next page.

# Annual General Meeting Guidance Notes

## Voting

Voting will be conducted by a show of hands during the AGM.

Members unable to attend the meeting have two options to vote:

### Option 1

Members may submit an early vote via Election Runner. This will open on **7<sup>th</sup> October – 5<sup>th</sup> November 2023**. Members wishing to vote in this way must send an email / letter to WW explaining that they wish to do so, and WW will then provide the link. Please email [Hannah.powell@weightlifting.wales](mailto:Hannah.powell@weightlifting.wales) or write to Weightlifting Wales Office, Canolfan Brailsford, Ffriddoedd Road, Bangor University, Bangor, Gwynedd, LL57 2EH.

Should the member be able to attend the AGM after voting via Election Runner, they will not participate in the AGM show of hands vote, as their vote cannot be discounted in Election Runner.

Votes received via Election Runner will be added to the AGM votes by the Chair of the meeting. An early vote may be submitted up until **5:30pm on 5<sup>th</sup> November 2023**.

### Option 2

Members may nominate a proxy to vote on their behalf during the AGM. Anyone may be nominated to be a proxy. Nominations for proxies will close at **5:30pm on 5<sup>th</sup> November**.

If you nominate a proxy to vote on your behalf, and you find you can attend the meeting and vote yourself, you can notify WW and your proxy nomination will be cancelled, you can then participate in the vote during the AGM.

### Nominating a Proxy

To nominate a proxy to attend, vote or speak on your behalf during the AGM, a proxy form must be completed, signed by hand by the member, and sent to Weightlifting Wales either via email to [office@weightlifting.wales](mailto:office@weightlifting.wales) or sent via post to Weightlifting Wales Office, Canolfan Brailsford, Ffriddoedd Road, Bangor University, Bangor, Gwynedd, LL57 2EH.

A Proxy may be submitted up until **5:30pm on 5<sup>th</sup> November 2023**.


### Submitting Motions

Members must submit any motions by **26<sup>th</sup> September** in writing or via email to: [office@weightlifting.wales](mailto:office@weightlifting.wales) or sent via post to Weightlifting Wales Office, Canolfan Brailsford, Ffriddoedd Road, Bangor University, Bangor, Gwynedd, LL57 2EH. You must detail your membership number, name and contact information within this communication.

### Attending the Annual General Meeting

Members must sign into the meeting using the email address linked to their membership account, so that WW are able to verify those attending.





Members will be asked to keep their cameras on and their microphones off during the meeting unless they request to speak, in which case they may raise their hand physically or using the ‘Raise hand’ icon on Zoom.

### **Nominations**

A WW member may nominate another WW member to be put forward into the election of Board Directors. They must have the consent of the person that they are nominating; both are to sign the nomination form. The nominator and the nominee must complete the nomination form and this nomination must be seconded by another WW member, also to sign the form.

Members will be able to view this nomination form (minus any signatures) to consider all nominees before voting. These will be available on the website once nominations have closed.

**Nomination timeframe: 8<sup>th</sup> September – 6<sup>th</sup> October.**

