

LFR Regular Committee Meeting Tuesday 3rd July 2018

Co-Presidents: Kirsty Fitzgerald (KF) and Jamie Keenan (JK)

Club Secretary: Christos Bitzis-Politis (CBP)

Club Treasurer: Warren Swart (WS)

Membership Secretary: Simon Mac (SM)

Races Secretaries : Julia Robinson (JR) and Alex Rendall (AR)

Publicity & Communications Officers: Mary Cormack (MC) and Andrew Corti (AC)

Social Secretaries: Daniel Brittle (DB) and Waldo Miguez (WM)

Coaching Team Coordinator: Adrian Mark (AM)

Agenda

Club Treasurer

Financial Update

Publicity and Communication Officers

General Update & Pride

Social Secretaries

Social Calendar Update

Races Secretaries

Update

Membership Secretary

Update

Club Secretary

- Mental Health Runs
- WOW drinks
- Dean Street
- Feedback

Co-Presidents

- Venue update
- 'Nobody gets left behind' policy
- Black Pride
- New Runner/Exit survey

AOB

Chair: KF

Apologies: MC, AC, DB, AM
Minutes: CBP

Message of thanks from KF to all Committee members for their contributions during this past month, especially to the Club's RS for having seamlessly organised the Bridges Relay, to the SS for organising a very successful and truly fun day with picnic and games in Hampstead Heath and the P&C Officers for dealing with all the subjects relative to Pride, it has been a very busy month and a lot of affairs have been successfully concluded or are coming to completion.

Financial Report (WS)

The Club budget has been planned in such a way as to be able to accommodate a drop in membership numbers of between 5 to 10%, without affecting any of the Club's offerings. Currently we are able to see a year-on-year drop in membership of around 11%, though this could be reduced further in the year with a number of new members joining, especially as we haven't experienced any significant drop in registrations by new members.

Having stated that, savings have been made on some occasions, for example instead of paying as in the past Club Year the amount of £90 to the Royal Parks for a game of rounders at Regent's Park, this year DB bought a set of rounders from Amazon for £ 23 and hosted the tournament at Hampstead Heath.

A few more GBR costs trickled in during this past month, bringing the total subsidy up to £ 1,797, up from last year's subsidy of £ 1,662. This is primarily due to the fact that we have submitted an additional team compared to last year. The Committee also expressed their warm congratulations to the LFR Vet Team for winning the GBR Award in their category.

Discussing the 10K Pride Run it was noted that for the last year the Club made a donation of £1,000, an amount increased by £400 from the previous year and from what has been historically been offered as donation on behalf of LFR to the Pride Run. This was due to the fact that the Pride Run organisers battled to find a sponsor for the run during the past year. Discussions follow as to what amount should be donated to the Pride Run for this year.

JK to enquire whether the 10K Pride Run has already secured a sponsor for this year and what is their financial situation happens to be at the moment.

It has been also noted that the new proposed changing facilities will be hosted in venues which will have a far reaching and significant impact on the Club's finances. Currently the Club pays £25 per session at St. Mary's, whereas the new venues would be respectively £50 and £70 per session. This could naturally lead to some cuts being made to the budget of the current Club Year, with the Club still running a small deficit. However and having said that we would ideally break-even for the next Club Year, again, with the additional cuts being made. In the meantime the Committee might also explore other avenues for generating revenue.

Race Secretaries Update (JR & AR)

The Bridges Relay went very well this year, we have had 29 participants, with three women teams and five men teams and with only one person remaining on the reserve list this time, as a whole it has been rather unproblematic in filling the teams up and there weren't any actual spaces left open and available on the day of the race, which was a relief. We have had the same number of teams as we did last year and we will be looking into whether we would like to increase the numbers for next year. It is a race which embraces every capability of running, thus it is open to all runners and it is ultimately a very enjoyable race. There has been considerable progress made into attracting more runners to races in general and it is important to encourage many more to participate and to continue participating. We are currently into the process of trying to encourage further the participation of women into racing, with a variety of races in mind, and of course it would be really positive for the Club to be able to achieve an increase in numbers.

The Eltham 5miles Race also went really well, where we have had a large LFR participation, we need to acknowledge that it was extremely generous of MC to offer his home for food and drinks afterwards, and for showers, and it did make a great difference to members having such a friendly and relaxed social event at the end of the race. Also Eltham locals were very much involved in the organisation of the race, making everyone feel welcome, as they seemed to be very happy to have LFR participating in such numbers and it is extremely important to build such relations with the local communities.

Based on the above it does help to have a social event following a race, as it is an extra opportunity of bringing people together.

Up to this moment we have had 32 members showing interest in participating at the Battersea 1 Mile Relay and we are trying to encourage LFR women further, as to have a stronger female participation.

Discussion on introducing new races into the LFR calendar and/or to continue with a number of races which we did also last year and which have somehow become or are becoming an LFR tradition.

Whenever Committee members receive an email relative to a new race, please forward this email to the RS and then they will decide whether they wish to pursue with proposing this race to membership or not.

Discussion relative to the LFR triathletes and the renewed interest of LFR membership into participating in triathlons. AC has been instrumental in this sector in encouraging participation, there is already in place an LFR Triathlon FB page and AC is going to create a number of useful instructions and suggestions which are going to be inserted into the new Club Website, and they will be relative to those who are beginners into doing triathlons.

The LFR triathlon kit has arrived and we are already going to have some members wearing it for Pride. There are currently about 90 LFR members which are interested and/or active into participating in triathlon races, the only issue which we need to monitor is to make sure that triathlon races do not clash with the Club

Championship races or other important races which have already been announced on the calendar.

Publicity Officers Update (MC)

MC will be sending an email reminding members about certain subjects relative to Pride, and there will certainly be some FB updates, though besides these, everything is ready and in place for Pride, with everybody being very excited.

Social Secretaries Update (WM)

There will be again this year a trip to Thorpe Park, as in the previous years, with details to follow soon. There will be thrown a women-only post-Pride party organised by HER, the female dating-app.

DB is looking into venues for the LFR Christmas Dinner Party and we are going to use Out Savvy this year. The date has already been fixed, it's on Saturday the 9th December, it will be good to send out a reminder of the Save-the-Date type, soon, so that members may keep this date for the LFR dinner and party. Suggestions on the number of participants, as not only is it simpler to search for a venue that could accommodate 120 than 150 persons, it seems also more logical from a financial point of view, as there were several tickets left unsold last year which put the Club down by more than £500.

Discussions on the Women-only cinema social, with suggestions as to the film (Ocean's 8?) and the possible dates. WM will create a poll with the available dates and will forward this to KF, who will promote it and forward it further to the Women's Mailing List.

If there is enough interest by LFR women than we will not advertise it nor invite other sports clubs, it all depends on the level of interest from LFR women.

Membership Secretary Update (SM)

We have currently reached the 412 members, of which 38 are female. These numbers are slightly reduced when compared to the same period last year. We have though 38 new members of which 3 are female. On an average we need to have about 18 new runners or renewals of membership as to achieve the same number of members we had last year and we still have eight more months to go. If we though continue more or less as we are currently doing, we are going to end up with between 495 and 500 members, at the end of a year, meaning 89% of the total members which we had last year.

Statistically there are many more gay men arriving in London than lesbians are, which means also that there are many more possibilities of having more male runners, this is a disproportion which is general and has been a constant phenomenon ever since the Club started to exist.

Nevertheless and especially in these last years we have managed to retain female runners longer, LFR women are very much more active, both socially and in competitive races, and they have greater visibility as Club members than they previously did.

Club Secretary

Discussion on the Mental Health Runs and what they Club may offer to those going through a serious mental health issue. CBP to update the Club's website in relation to the MHR.

WOW Drinks offer has been passed on to the 10K Pride Run and will be waiting to see whether they could include them in this year's contributors.

CBP will pass the Dean Street request to the next LGBT+ Sports Fair and to Out For Sport, in case they would be more interested in including them in their participants for next year.

CBP has received some feedback in regards to the post-run food and drinks venues and has passed the feedback accordingly to the relative venues. The Wednesday venue, which has become a slight issue, having to decide between which of the two pubs to choose has been resolved with alternating both proposed venues, while keeping fixed the first Wednesday of every month to Wahaca.

Discussion on the Club vests and their delivery time and methods.

Suggestions to update the blurb which accompanies the delivery confirmation, as to the time required for such delivery.

Co-Presidents

Discussion on the proposed move from St. Mary's for both Thursday and Saturday, with Seymour Street Leisure Centre being the one chosen for Thursday and the Porchester Leisure Centre being the one more suitable for Saturdays. Marshall Street Leisure Centre replied to our query by stating that they are unable to cope with our numbers.

JK will send an email as to be informed of the number of LFR that Marshall Street Leisure Centre is actually able to cope with.

Also there has been previously suggested of LFR renting a larger room to dispose all bags previously to each run, so as not to occupy any lockers, and there has not been an answer to that either.

We will make an attempt in trying to extend the contract with St. Mary's for yet another month, potentially until the end of August.

CBP is to send to JK an email with the contacts for St. Mary's.

The No One Left Behind should become an official policy for the Club, galvanising Club Pacers together with the CL and the CLA, with three official persons from the Club being present at almost every weekly run, there shouldn't be any problem and everybody who is a new runner will have, at a certain point of the run, if not for the whole distance, at least some sort of escort and encouragement to run, thus not being left behind.

CBP is to send an email to Circles and the Club Pacers, reminding them of the above.

After having received and incorporated the suggestions and feedback from Committee members, the New Runner Survey is ready and will be send out in the very near future.

Discussion on the new Club website.

After a thorough editing of many of the texts and captions, all errors have been amended and texts have been updated. There has been certain difficulties with the interactive route maps of the weekly runs, suggestion in using the app Map My Run, which allows the user to "artificially" and virtually run a certain route and

then offers the possibility to have this route uploaded. In order to have some of the photos updated on the new website, there will be a call to membership.

There will also be a call to membership as to have someone taking photos during the Pride March.

Action Points

JK is kindly requested to please enquire whether the 10K Pride Run Committee has already secured a sponsor for this year and what is their financial situation happens to be at the moment.

WM is kindly requested to please create a poll with the available dates for the Women's Only Film Event and forward this to KF, who will promote it and forward it further to the Women's Mailing List.

CBP is to update the Mental Health page on the Club's new webpage

CBP is to send an email to Circles and the Club Pacers, reminding them of the No One is Left Behind policy in regards to New Runners.

Next RCM will take place on Wednesday the 1st of August

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