

LFR Regular Committee Meeting Tuesday 31st July 2018

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

Club Secretary & Welfare Officer : 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 Items

Coaching Coordinator's Update

Financial Update (WS)

Basic triathlon day-coaching course

Races Update (RS)

Publicity Update (P&C O)

Social Calendar update (SS)

Membership Update (MS)

LGBT Consortium (CBP)

KF & JK

1. Venue agreements & risk assessment documentation (Co-Presidents update)
2. Locker booking system & quotas (SM)
3. Managing new runners (SM et al.)

4. Process of advising the membership
5. Updates to the website with information on the above
6. Budget review and vote decision on new venues (WS at al.)

AOB

Chair: JK

Apologies: WM, JR

Minutes: CBP

Coaching Update (AM)

During the past Club year three LFR coaches have for a number of reasons decided to discontinue with delivering coaching sessions and we are expecting two more of our regular coaches to move out of London in the very near future.

In consequence, and considering the number of actual LFR members, the three coaching sessions we aim to provide per week -Saturday Long Runs, Mile End track session, Wednesday Coaching Session- and the Battersea track session which takes place on every second week, and the current number of remaining Club coaches, we need to look into having some new candidates trained as coaches. At this point we also need to underline not only the importance LFR naturally and generally attributes to coaching but also the standard aim for quality during these sessions.

Last but not least, LFR has always warmly and actively encouraged and supported all those who wish to contribute voluntary work towards the general benefit of the Club.

A Leadership in Running Fitness Course is due to take place in the coming October; this course is a compulsory requirement for all coaches from a Health and Safety point of view, in addition to be requested and ultimately delivered by EA, thus the LFR Coaching Coordinator is proposing to send five

volunteers through this course. The above course will cost £140 per each person, in a total of £700.

At the end of this course, the Club will have again 12 coaches.

The Committee will consider the proposal and will come back with a decision to AM, in due course.

JK is kindly requested to please contact AM and communicate the Committee's decision in regards to the above.

Updates and relative discussion on the proposed change of facilities.

Discussion on a booking system for runners.

Pros and contras.

After a lengthy debate on the above, the Club Committee reached and draw the following conclusions:

There has been suggested and voted a definite move from the premises of St. Mary's changing facilities for both the runs of Thursday and Saturday. The move to a new venue will take place, for Thursday, starting on Thursday the 23rd August, and for Saturday, starting, in all probability on Saturday the 25th of August.

The scheduled runs on Thursday 16th of August and Saturday 25th (?) of August will not take place.

Committee members will go on a trial run for both venues; starting from both venues they will be able to assess further all health and safety issues of the proposed routes between the new venues and Hyde Park, the accessibility to post-run venues etc.

Membership will need to register in advance for all the runs they are planning to do, for the whole week, each week, for all four Club runs. This is to be gradually introduced and phased in after the successful implementation of a booking system for the Thursday and Saturday runs.

CL and CLA will not have to register in advance.

The suggested move and booking system will inevitably create a number of difficulties in maintaining the continuation of the currently existing New Runners Day; in consequence, after a relative discussion and request for a vote, the Club Committee has voted towards having the above NRD abolished, allowing all new runners to join and run with the Club on potentially every Club running day.

All new runners will be spread out during the four weekly runs as much as this is possible and obtainable on both sides, with specific days and dates allocated to small groups of new runners. Such dates will be based on the availability of convenient and free running slots, as established by the proposed booking system for LFR membership.

It has been underlined and reiterated as an issue of paramount importance that one of the Committee's main responsibilities if not duties is to maintain excellent contacts with our changing facilities. The above suggested booking system will enhance the trust between these venues and the LFR.

Discussion on the way the new venues and the new booking system will be presented to membership.

CBP will need to write to The Union, letting them know that Thursday the 8th of August will be the last time LFR will be having their post-run meal and drinks in their premises.

Financial Update

Discussion on the fees paid for both the changing venues and the standard yearly fees paid to England Athletics.

Discussion on the Christmas Dinner venue.

JK is to please contact SK and PC, who have both organised previous Christmas parties for the Club, in regards to the above.

Proposal and discussion on decreasing a number of expenditures.

A vote is requested on whether the Committee agrees to proceed on certain saving measures; Committee is in favour of all the suggested measures.

Proposal of a Triathlon Coaching Session, Level 1 certificate which will allow a coach to lead and deliver sessions or plan basic sessions on their own within LFR.

The Committee discussed and came to a decision as to the above.

WS is kindly requested to please contact ACS and communicate the decision of the Committee.

CBP

LGBT Consortium, discussion over the benefits of joining.

Membership Secretary Update

We have currently reached the number of 438 members.

Since the last RCM we have experienced an extremely positive boost of %5 in our membership numbers, as it usually happens after Pride. The article appearing at The Guardian has had also a significant impact to this increment.

We have had 54 new members in all, of which 6 are female. There are seven more months to go until the end of the Club Year and we still need to have around 140 new members, joining or renewing, as to approach last year's membership's numbers.

Race Secretaries update

We have had the Battersea relay, which has had an extremely successful turnout, sending for the first time in LFR history 66 runners which formed 22 teams of three runners each.

The social organised afterwards was also very successful and well attended.

TC and DA have updated the website in regards to the Club Championships.

The next race, which is also part of the Club Championships will be taking place a week after the Pride Run, it is the Greenwich 10K, taking place on Saturday the 18th.

Discussions on a post-race social event.

CBP will kindly have to search for a venue for the Greenwich 10K and liaise with AR in regards. A suggestion has been made for The George and Dragon, on Lewisham Road.

Social Secretaries Update

After the Pride Run Social, which is organised in Victoria Park, there will also be an after the Social Social, at Retro Bar, starting from 6.00 pm.

Discussions relative to the RVT Sports Day charity event, which will be taking place on the Monday August bank Holiday. KF is interested in forming a women's team.

There will also be a September social event, the Thorpe Theme Park, with the date to be announced soon.

Action Points

JK is kindly requested to please contact AM and communicate the Committee's decision in regards to the proposal of sending five new volunteers to the EA Coaching Course

CBP will need to communicate to The Union that Thursday the 8th of August will be the last time LFR will be having their post-run meal and drinks in their premises.

JK is to please contact SK and PC, who have both organised previous Christmas parties for the Club, in regards to securing a venue for the forthcoming LFR Christmas Dinner Party.

WS is kindly requested to please contact ACS and communicate the decision of the Committee relative to the Triathlon Training Course.

CBP is to advance is regards to registering LFR to the LGBT Consortium

CBP is to please search for a post-race venue for after the Greenwich 10K and liaise with AR.

21.35