

## **LFR Regular Committee Meeting Tuesday the 4th December 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**

Financial Update (CT)

Races Update (RS)

Publicity Update (P&C O)

-Rainbow Laces

-FB Members Page parameters

Social Secretaries update (SS)

LFR Christmas Dinner and Party Run-down

Membership Update (MS)

Emergency contact details on LFR Membership Cards

Club Secretary

-LFR Female Welfare Officer.

-LFR Google Document Book of Incidents

Co-Presidents (JK)

- Succession plans and intentions to run in the new Club Year
- Membership communication procedure
- Christmas Runs Schedule.

AOB

Chair: JK

Apologies: WM, AR, AM

Minutes: CBP

Financial Report (CT)

(Based on reports which have been distributed to Committee members in advance to this meeting)

The International Trip payments have been all finalized. There is still remaining a reserve of about £ 3.800 which is to be carried forward for the International Trip expenses of next year.

General discussion and explanation on the reasons as to why there currently exists such a healthy reserve in support of the International Trip. It is also mentioned and needs to be taken into consideration that the International Trip finances, though not independent, are kept completely separate from the Club finances.

Discussion on the Club donations towards buying Christmas presents for the staff of venues and eateries used by LFR. What is the current amount collected, two weeks before the closing date and ideas as to promote the initiative further.

The coaching expenses have also been settled for this month.

With our membership numbers being currently at 518 members, the Club's financial situation looks more optimistic than it looked back at the beginning of summer.

Coming once more into the domain of finances, there are some of our changing facilities which we need to chase up as to pay towards them what is still due.

#### Races Secretary Update

Discussion on the Club Championships Survey. The results from membership responses have been collected and are currently perused and elaborated as to be able to extract every possible useful conclusion in benefit of the Club.

Those who were interested to participate at the Brighton Marathon have been referred to the Brighton Marathon authorities and the subject is currently into their hands (CBP).

Mention relative to the Ragnar Relay Race, a relative new race and the possibility to send an LFR team for free (CBP).

CBP is requested to please send all relative information as to the above to the rest of the Committee members.

#### Publicity and Communication Officers update.

Discussion relative to the prospective purchase of Rainbow Laces from Stonewall and to the important cause behind the subject. LFR being a community group is entitled to the discounted rate of purchasing 100 pairs at the price of £100. Proposal as to the benefit of such purchase and potential use of the laces, for the Club. Suggestion of supporting the general cause and aims of Rainbow Laces through the e-bulletin in the weeks following the festive period.

The Committee decides that it would prove more beneficial if such a purchase would be undertaken by the Pride 10K Committee and/or the International Trip Committee, for obvious reasons, hence the above information on the discounted rate is to be forwarded to them.

Discussion on FB parameters, the benefits and challenges of social media.

A more energetic monitoring of which posts are being approved by the FB Administrators is advisable, when and if this is applicable.

Due to the often overwhelming quantity of posts to be approved, and the time pressure to make such posts public, KF is to be included in the existing team as a new FB Administrator. Discussion on the possibility of a warm-weather training holiday in Portugal, for a week. Suggestions on behalf of the Committee to communicate to DG on how to proceed forward in regards to communicating the prospect of such a trip to Membership and on how to manage the logistics of such a trip.

Social Secretaries Update.

Christmas Dinner and Party rundown.

DB is planning to arrive at the venue around 5.30, as to make sure that everything is in place. Guests have been requested to be as punctual as possible and to arrive around 6 or shortly after, as to be able to enjoy their champagne and canapés. At 6.30 all guests need to take their seats. There are three tables on the upper floor of the venue and all the remaining of the tables will be located downstairs. At a certain point and after the two first courses have been served, guests will be asked to slowly migrate into the bar area, so that venue staff may be able to re-arrange the lay-out and make all necessary preparations for the musical part of the evening. Pudding will be served at 8.45 and it will be in the form of buffet. Then there is a certain gap where everyone will be warmly encouraged to mingle further and to pay a visit to the bar and which will be hopefully filled further by the intervention of the Co-Presidents, who will be offering members their Christmas speeches and also by SC.

This year guests have not been asked to put down and express their sitting preferences in advance but it has been assured by the seating arrangements that members will be able to talk to at

least another person whom they know in the same table and mainly to take advantage of the opportunity of getting to know more people from the Club. Doors will open at 10.00 for everyone who wishes to join the party and at midnight there will be an extra surprise of some reindeers (!). We have exclusive use of the venue, with music from the dj until 3 in the morning.

#### Membership Secretary Update.

Discussion on the prospect of having members' emergency contact details included on the LFR Membership cards. The challenge presented by such a proposal and various suggestions. The Committee comes to the conclusion that it would be extremely important and worthwhile, at the present point, encouraging and requesting of membership to please update their data on WebCollect and also to include an emergency number, for all intents and purposes on that same site.

#### Club Secretary

Discussion relative to the role of Female Welfare Officer and how this could benefit further LFR female runners. Suggestions by Committee members in regards to the persons that will assume the role of WO in general, which ideally will be a dual one, by two members of different sex.

EA requirements for WO, in regards to a course which all WO have to take and the potential of going through this course in the new year.

CBP is in contact with an initiative which is to organise a meeting of LGBT+ sports clubs WO, as to talk further about the role, inform others about the challenges and the responsibilities of the role, etc.

There is a suggestion on behalf of WS, which all other Committee members embrace and agree to, that the roles should be assigned not automatically to predeterminate Committee

roles, such as the Club Secretary as was historically followed and the female Co-President, as was initially suggested by CBP, but that it should be discussed and decided by the Committee members each year and that the roles should be assigned to Committee members considered as ideal for such roles.

CBP is requested to formulate the wording of the above and share it with the Committee for further suggestions and comments.

Discussion on the necessity and practicality of keeping a Book of Incidents open and available to every Committee member and to every Circle Volunteer. It is suggested that such reports should form part and be kept together with the Circles Spreadsheet.

Co-Presidents

Future plans for whether to remain or not as member of the present Committee

AOB

Discussion on current the lockers situation at The Castle.

Discussion on the AGM venue and suggestion to ask EM and SL for a venue.

Discussion on the Saturday Run no show ups.

Discussion on a new app, called MyCrew and how it's potential use and adoption by the Club could benefit all the Club's weekly running requirements.

Comparison of advantages and disadvantages between using Eventbrite and MyCrew. Proposals to use it in advance and to come back with feedback.

The Club Co-Presidents are requested to please liaise with the International Trip Committee, after their first meeting has taken place.

The next RCM is scheduled for Thursday the 10th of January