

**LFR Regular Committee Meeting  
Tuesday the 6th November 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 and discussion over the 2019/2020 Club Budget(CT)

Races Update (RS)  
2019 London Marathon LFR Club Places

Publicity Update (P&C O)  
Volunteering for Switchboard, Red Run 10K (AC, CBP)  
Green Belt Relay (AC)

- Decision on number of LFR Teams for 2019
- Decision on LFR subsidies
- Organisational aspects and proposals on runners recruitment

Social Calendar update (SS)

Membership Update (MS)

Club Secretary

- The LFR Christmas Party in the future (suggestions)
- Evening Standard Article
- Thursday Post Run alternative venue

AOB  
LFR AGM (CBP)

Chair: KF  
Apologies: WM, MC, AM  
Minutes: CBP

**Financial Report (CT)**

Discussion relative to next Club year's budget, in reference to spreadsheets being distributed among Committee members.

The budget is divided into three separate sections: the Club income, the fixed expenses which remain more or less the same throughout the year and thirdly the variable expenses. It is this last section where we may have much more control over and it is this last part that we will try and keep at the most reasonable levels. Regarding the Club's income, as noted per the Membership Secretary's report and estimate that the Club Membership numbers are currently on the rise and that in all probability we will end up with the same amount of members as we did, last year. Other sources of income could be suggested though no suggestion was taken into account in the first draft of the Club's budget.

Currently we are in the position to declare that our fixed expenses have considerably increased, due to our new venues, a cost pool that the Committee has less control over during the year. Given the increase in new venues, the CT noted that the savings would need to come from the variable pool cost.

Variable costs either go up per member or it's an expense that the Committee could easily control. Having said that, one should also be reminded that one of the Club's biggest expense goes towards races, between race registrations and various subsidies.

And one of the most significant variable costs for the Club is the one going towards the Green Belt Relay, with last year's net LFR subsidy towards the GBR was £33.10 per participant, at a total of £ 1,821.

This coming Club year there will be effectuated in this subject the biggest of the changes we are proposing to implement, and this would be the area in which the Club's biggest saving would have to come from.

Discussions perused and the Committee agrees that the subsidy for next year's GBR would have to be reduced with the net subsidy per person coming to between £5 and £9, in the very best of financial scenarios.

With the saving taken into account and membership numbers remaining consistent, the Club should return to a break-even point for the next financial year.

One should be reminded that what is being discussed this evening in regards to the Club's finances is still a draft, upon which we intend to continue working before a proposal and a final approval by next year's Committee.

Suggestions as to increase, even minimally, the Club's income.

Discussion on the Club vests.

Further discussion relative to the GBR and its finances.

The Committee agrees and votes to the fact that the GBR subsidy will have to go through certain adjustments: in consequence it is agreed to have the individual subsidy relative to the GBR for this coming Club year amounting to between £5 and maximum £9, and that the whole amount to be paid by each individual participant for the GBR will be spread over three instalments, as what were supposed to be two instalments in the prior years. coming to the amount of £30 per month.

Discussion over the number of teams LFR is planning to send over this coming Club year to the GBR.

The Committee votes that the LFR teams entering the 2019 GBR will be five.

The above voted decision will have to be formally approved by next Club year's Committee.

A very strong recommendation is made to have the GBR advertised early enough, bearing also in mind the importance of involving as many participants as possible who are also able to drive.

The logistics of the GBR are complicated enough as they are, although still quite manageable with five teams.

Nevertheless it has been a contact preoccupation to the GBR organizers the limited number of drivers and the general reluctance among GBR participants to contribute to the driving part of the weekend. Which eventually is a very important part of the whole organization and a significant factor to the overall success of the whole weekend.

Based on what was mentioned during the last RCM, the amount due to the Porchester has been paid, as well as the amount due to the training for the new Club coaches; in regards to the latter, the Committee has already agreed and voted for the amount of £160 per individual, thus further investing in five new coaches.

Discussion over the habitual Christmas presents to be presented on behalf of LFR to our different venues and eateries. This year the venues used as changing facilities are four, as opposed to last year's three, while the eateries have remained at six. Based on this discussion the Club Treasurer agrees to the expenditure, stipulating that the budgeted amount to be spent is £120.

### **Race Secretaries Update**

The Club Survey relative to the Club Championships went out yesterday (Monday) through the e-bulletin and there have already been 50 responses, so, although still very early, we may consider that there has been quite a successful reaction.

The whole survey is based, has been using and taking advantage of the Survey Monkey account kindly transferred to the Championships Survey Team by RC, which has one month more as a limit, before the Premium feature expires.

As a whole it has been a positive experience, with great contributions by TC and DA.

Feedback from the above survey will prove a source of invaluable importance in regards to how much do members actually know about the Club Championships, and based on that on how we may try in making the Club Championships more accessible, aiming to involve as many members as possible.

Update relative to the 2019 Marathon LFR Club places. There have been 17 applications in all, of which three were by female runners. The whole procedure has been meticulously monitored and scored, based on applicants participation into the Championship races and in their voluntary involvement towards the Club.

Discussion on the points obtained by the persons with the highest score.

The Race Secretaries reveal to the Committee the names of the four candidates, of which one is a female runner.

The above discussion and the names of those who will be representing LFR to the 2019 London Marathon is to be kept as strictly confidential.

The announcement of the names of the four elected will become public through the e-bulletin, after they have been informed themselves.

Further discussion relative to the GBR, from a logistics point of view (AC)

Committee takes advantage of the moment in wishing to express their particular and warmest thanks to the three volunteers who have organized last year extremely successful GBR, namely AC, AM and JS, who are also willing to assist the Club further, by assuming the responsibility of organizing this coming Club year's GBR as well.

The same hotel as the one occupied last year has already been reserved, with number of rooms available for five teams.

Discussion on the nature of the teams which LFR is planning to send to the GBR. Ideally there will be a Women's team, having also the possibility of other female runners who will be willing and available to run for the LFR Mixed team.

We are not already requested to commit as running club in regards to the teams we are proposing to send, though it is beneficial to have very clear ideas in regards to this.

The main point of discussion, which has been the main point of discussion for a number of years, among the Club Committee, the Race Secretaries, the GBR organizers and membership is whether to prioritize the strength of a Veteran team or of a Men's team.

The date of the GBR has already been on the e- bulletin, it would be good to remind members from time to time.

The entry fee for the GBR has remained the same for this coming year, though AC is kindly requested to please check on this point once more and report back to the Committee.

Regardless of the precise expenditure relative to the entry of five teams, the Club Committee, based on the importance and popularity of the GBR, approves by vote the entry of five teams.

Discussion on the criteria of participation, with particular emphasis given to transparency.

As always it will be open to all Membership, regardless of ability, though it wouldn't be on a first come first served principle as the speed at which LFR events are now selling out disadvantages those unable to get to an internet device at the time an event goes on sale. Instead this time there would be a window for people to apply with the criteria for selection from the pool of people who applied being made clear in advance.

There is a specific need to advertise the race in advance, setting very clearly the criteria for participation, with a specific sign-up window and a closing date, to the same purpose.

Besides the Veteran Team and the Women's Team, the remaining three teams will be teams of a mixed ability.

Discussion relative to the proposal of RB to have Club members running on behalf of the LGBT+ charity Switchboard and raising money for their cause at the Red Run. Switchboard may also be willing to sponsor the entry of any LFR runners who are willing to run to this purpose.(AC)

LFR general historic practice has been against formally supporting a charity event which is not directly related to LFR, and not to support charities at general non-LFR organised events, due to the high number of requests that we normally receive and a desire to focus our support on a limited number of charities, e.g. as through the Pride 10K.

CBP is kindly requested to reply to RB in regards to the above.

### **Social Secretaries Updates.**

The fireworks event has been quite successful as WM reported back, with a number of participants enjoying the display and then going as per tradition to The George and Dragon.

There is also the Christmas Panto, as organized by SM.

In regards to the Christmas Dinner, the tickets sold out in less than half an hour, divided between 80 men and 20 women. There is in place a waiting list for women but there are extremely few chances that there will be many drop outs.

The program will be as follows: attendees will start arriving after 5.30, and they will be served a glass of champagne each and canapés, then around 6.30 they will pass on to the seated part of the evening, with the meal taking place between 6.30 and 9.15. For further convenience and giving the venue the time necessary to clear the tables and rearrange the space for the musical part, the dessert will be served not directly on the table but as buffet.

The venue will be open and ready to receive other Club members from 10.00 pm onwards and they will remain open until 3.00 in the morning.

There will be a slight gap between 9.15 and 10.00 which could be obligingly filled by the Co-Presidents, kindly offering to members a review of the past year.

KF is kindly requested to please ask SC whether he will be delighting guests with his traditional Christmas Countdown of LFR Moments to Remember.

### **Membership update.**

We are currently at 509 members and we still have four months of the Club year to go through. There still have to register with LFR another 45 persons in order to reach the same levels of members from last year. Of these 509 members, 458 are male and 51 identify as female. There are 106 entirely new members this year, until now, whereas the remaining 403 are members who have renewed.

The transition from OutSavvy to Eventbrite has been smooth, with Eventbrite proving to be much better, not only in the extra features that it provides for membership for also in the way it is used.

The dates have been already set for both Thursdays and Saturdays until the end of the Club year.

Members should be reminded to abstain from block signing up in advance as any such registration will be immediately deleted.

The LFR Christmas Party and suggestions relative to hosting an event for a larger number of members than we are hosting this year (CBP)

The percentage of men and women currently in the Club and the ratio of female members to male members was brought to discussion, following a member's request for granting more places to female runners at LFR socials. Based on current membership numbers, it was agreed that as women take up 10% of the Club membership, allocating 20% of such tickets to women was satisfactory. All

Club members, regardless of gender, have also the chance to purchase from tickets labelled as “general sale tickets”.

Evening Standard Article (CBP)

Thursday Post Run alternative venue (CBP)

AOB

AGM discussion with suggestion of possible dates and possible venues.

The AGM is due to take place during the week 11th to 15th of March, most possibly and depending on the availability of the venue on one of the first week days.

Last year, the budget available for the AGM was £920, and in the previous year we have had a moderate revenue of around £350, from selling food tickets. Last year there hasn't been any charge towards food. In consequence to the above, the budget available for this forthcoming AGM is within the range of £570.

It has been suggested and endorsed by Committee members to have, for the first time, an AGM which does not include any type of food, as to speed up the whole process.

After suggestion of JK, CBP is kindly requested to please check the Freedom Bar in Wardour Street.

9.20