

**LFR Regular Committee Meeting
Tuesday 9th April 2019**

Co-Presidents: Kirsty Fitzgerald (KF) and Jamie Keenan (JK)
Club Secretary: Christos Bitzis-Politis (CBP)
Club Treasurer: Alex Darsley (AD)
Membership Secretary: Simon Mac (SM)
Races Secretaries: Erika Kulikova (EK) and Alex Rendall (AR)
Publicity & Communications Officers: Joey Knock (JKk) and Andrew Corti (AC)
Social Secretaries: Brittany Bernard (BB) and Daniel Brittle (DB)
Coaching Team Coordinator: Adrian Mark (AM)

Agenda Items

Coaching Coordinator Update and Handover (AM, RD)

Financial Update (CT)

Races Update (RS)

Publicity Update (P&C O)

- Committee Roles Handovers including the various account set ups
- LFR Website Review from the point of disability awareness.
- London Pride

Social Secretaries update (SS)

Membership Update (MS)

Club Secretary

- Elections of the new Welfare Officers
- RCM 2019/2020 Yearly Rota
- AGM Feedback

Co-Presidents

- LFR Fellowships
- Venues Update
- Key Dates for the Year

AOB

- Out for Sports Fair update
- GBR update
- Dan Thompson
- QEOP / Newham 10k update

Chair: KF

Apologies: BB, JK

Minutes: CBP

Presentation of each Committee member and welcome wishes, with a special welcome to new Committee members by KF

Coaching Coordinator's Update and Coaching Coordinator Handover (AM)

Summary of the current situation and planning for the year ahead

We currently and technically have 14 coaches, technically as 9 of them are available and 5 of them are presently injured or are considering to step down (MC and Jk are injured at present, KH is available though not on a regular basis, SW has no formal EA qualification for the role, SC has been considering that it is time to step back and leave room for others). Of these 14 coaches we have two female coaches (MC and KF) and it would be great if further female runners could be encouraged to become coaches, certainly the Club could have one or two more, especially as Wednesday coaching has become particularly popular with our female runners and there is always a large representation of females during these sessions.

The EA Coaching Course is £150 per person and up to this year there has always been the provision and possibility to have the option of being able to send two or three more interested persons to coaching, thus adding two or three coaches to the coaching pool per year.

Normally and based on the Coaching Rota, there are about 15 Coaching Sessions per month, based on the number of available coaches and on whether the Club needs a coach to lead the LFR Long Runs on Saturdays.

Discussion on the above. The Long Runs have become a favourite Saturday addition and expectation for many runners and there have been a number of Saturdays where the Long Runs have been attended by a large number of runners. The feedback is always very positive and last year we have Long Runs going almost all the way through summer, from the Spring Marathon Season to the Autumn Marathon Season. Committee believes that although there could be a coach leading a Long Run, it is not necessary to always have a coach doing this, it could be a Club Volunteer or a Club member interested in doing this. The Club Committee feels that there are better ways to use the coaches, especially for internal Club training instead of doing the Long Run. The Committee votes that it is not necessary to have Club Coaches leading the Long Runs.

One important subject is to be aware of liability during the LFR Coaching Sessions, what precisely are LFR members responsible for during their coaching sessions and what are coaches responsible for. Discussion on the above.

Thursday Track Session feedback on attendance. Discussion and proposal of alternative track venues for the Thursday Coaching Session, as very often the attendance depends on the venue itself and how convenient it is for members to access it. There is a track near Crystal Palace, one at the Paddington Recreation Centre, the one between Primrose Hill and Regent's Park, and the one very close to Gospel Oak station. Discussion on the Paddington Recreation Centre track and on the possibilities to use it.

What we are currently considering is to monitor the track Thursday attendance, because of the current location and review within the next six months. Then make the proposal and decide about the location through a poll to membership.

Discussion on SW and the EA regulations. Club Committee agrees that it is important to encourage members who are willing to contribute in every single way and to offer their time and effort to the Club, especially when it comes to persons such as SW, who will be offering their invaluable experience into coaching. The Club Committee votes on continuing to accept SW as a coach, under the proviso that they will be fully informed of their responsibilities during the coaching sessions and that they will agree to such responsibilities. The info will be offered and they will be offered the opportunity to decide whether they would like to continue under the circumstances as presented or not.

AM will be stepping down after two years of being the Coaching Coordinator and RD will be taking over the role. The handover will be done sometime between May and June 2019.

With removing Saturdays from the Coaching Rota and with the possibility of MC and JK imminently returning as coaches, the Coaching Team will not be needing a great number of new coaches, nevertheless, we think it is important to put the word out, and see who might be interested, mostly as the procedure of enlisting them could take a bit of time, as EA has a certain regularity when it comes to the EA Coaching Courses and Qualification.

Financial Update (CT)

There is the possibility of further saving from last year's AGM, as there was supposed to be the amount of £150 for a security officer for the building, amount which was supposed to be covered by LFR, and which currently we are not required to cover, so the AGM this past Club Year was completely free, having saved about £900, which were spend the year before. We are hoping that we will be able to use the same venue for next year.

CT presents the Budget for the Club Year 2019/2020, Committee votes and agrees with the proposed Budget. IN consequence the LFR Annual Budget is being signed off.

The Club is normally receiving about £ 23.000 over the year, through registration fees, and there is a general great surprise that membership do not renew as swiftly as we would have expected them to. The registration is not conducted through auto-renew, if we decide to move into a new app it could be easier and we are planning to try this for the next year's registrations.

From the Big Half Brunch we have received £180 pounds (18 persons X £10).

Reminder relative to the EA invoices, when the amount is larger than £ 500 they need to be approved by the majority of the Committee.

Races Update (RS)

Update on the handover meeting with JR and EK and currently in the process of sorting the new races for the Club Championships, as we have had some ideas relative to including some new different. Discussion on the document which has been circulated, concerning the outcome of the consultations from the club championships from last year and the proposed changes.

In regards to certain races from last year, we have decided to suggest the Elton 5 miles, as it proved to be a very popular race last year and then MC has offered their house for storage of items, and for taking a shower later. This is a race on Sunday the 16th of June.

We are also going to propose a Park Run in May as the standard 5K LFR run for the CC.

In regards to Cross Country, on Monday the 15th April there will take place the Met League AGM, which is very important as there will be again the motion relative to equalising the distances for male and female runners, as currently the Senior Category for males and females is based on running different distances, also to equalise the starting age for categories as Veteran Women is V35 and Veteran Males is V40 and there is more probability that the motions might pass this time. There was lots of consternation last year relative to the Met League proposals and this time they are being brought forward three different alternatives, to be presented for voting. It would be good if we were to present these three proposals to LFR Membership through a Survey Monkey and ask membership to vote though this has come to our attention too late for going through the above, though it would be good to nevertheless inform membership of these issues through a FB notification.

It would be best if LFR were to send their two Cross Country Captains but they are both unavailable on the evening of Monday. And it would mean so much more if we were to send female representatives. There is the suggestion of EK, in company of HR, to attend the event on behalf of LFR.

On the same subject neither OP nor LC wish to remain in the position of Cross Country Captains. The optimal would be to be able to have two Cross Captains, of different genders, though the Club Committee would not be adverse to the idea of having two female Cross Captains. There should be a call out on the E-Bulletin, for new Cross Country Captains, and timely.

There should also be made public on FB the subject relevant to the Cross Country equality proposals, based on what has been discussed tonight and on what has the Club Committee voted.

The RS are requested to please put an announcement on FB relative to the above.

Publicity Update (P&C O)

Handover subjects

The change of administrators on FB, not only on the Members-Only page but also on the external FB page which incidentally twice was switched off. Just a reminder to all Administrators to please check it from time to time. Account of LFR Administrators on the External FB page, and addition of AD as administrator to the above. Very often there have been requests which have been send out on a Friday evening relative to the Saturday run and of course, for obvious reasons, have not been answered on time. We need to take ownership of the LFR communications on the FB pages.

Discussion relative to the Gmail and Mailchimp accounts.

In regards to the LFR Webpage, there has been an erroneous link relative to the accessibility to one of the changing facilities. Also in regards to what has been discussed during the previous RCM, relative to accessibility issues, the standard communication should be: Please let us know if you have any special requirements.

Pride Parade Update

Discussions relative to leaflets, banners, fliers, ad a number of communications from the Pride organising Committee, one of them being that LFR will not be permitted to do their usual “running them” as it creates disruption. Discussion and proposals to the above and also to the possibility of going as Club to participate to a smaller Pride, outside of London, as to encourage and show support to the local LGBT+ Community. We are been given 80 bracelets this year for Pride, of which 60 will be allocated to male runners and 20 to female runners.

GBR Update, in regards to availability of runners and the GBR reserve list.

Social Secretaries Update (SS)

Out for Sport Sports Fair update, the theme this year is Women, so our main target is to engage as many women as possible.

The London Marathon social event will take place at the upstairs part of the Retro Bar.

CBP to contact KH and RW, in regards to the trophies, to be brought to the Retro Bar on the day, or to be handed in advance.

Wednesday May the 3rd will also be a social event with Spinder, the LGBT Spin Class, with drinks at the Cock in Kennington. Out of the 28 available places, the 10 have already been sold and we are expecting that the event will be completely sold out.

For the Summer Social Event, we are again considering having a picnic with LFR rounders, as we did last year and it proved to be very popular.

Membership update (MS)

Based on the latest data collected for and until the first two weeks of April, the Club currently has 283 male members and 28 female members, 91.0% and 9.0% respectively. Of the 311 persons who have registered with LFR, 306 are renewals

and we also have 5 new runners. We are 55% on the way to reach the 562 members that we had last year, though we still have 12 months of the Club Year to go, as to be able to have the 251 members still necessary as to match last year.

Based on our calculations, we will be needing an average of 21 members to join/renew per month, as to match last year, which is not an easy task, regardless of the fact that the membership we are offering per year is among the lowest for sports clubs in general.

Discussion on LFR Membership and the renewal procedure.

In order to be able to process the renewal/first time registration of membership for the current 311 members, and to post their membership cards, it has taken two persons (SM & CBP) having to work for about ten hours.

Suggestions as to facilitate this procedure for the next year. This current year for all those who have renewed timely, the bonus included in the envelopes with their membership cards are stickers, especially created by SM for LFR. We have substituted the tokens of last year, as we will not be using any tokens anymore, anyway, as the Castle are changing their lockers into padlock lockers. Ideas for the stickers of next year, with the general idea being that such stickers are collectible and interchangeable among members.

Reminder to Committee members about adding people to the LFR FB group without the MS review. Only those with WebCollect Admin rights should be adding members to the FB group and especially during this renewals/registration period, and especially not without consulting previously with SM, as there have been a lot of very random people who've been let in and whilst we want to encourage exposure, we also do not want to undermine our paying membership exclusivity. The LFR FB Group has two questions which are asked to them: A) if they are members and B) if not, would they like to be contacted. Firstly, there have been times when non-members have said Yes to A) so please don't accept them before you have confirmed that they actually are current members; in addition, being a familiar face doesn't mean that they've renewed either. And secondly, if they want to be contacted, then feel free to get in touch with them.

Club Secretary Agenda Items

1. Elections by the new Club Committee of the LFR Welfare Officers for the Club Year 2019/2020. As a result of the voting, KF is the LFR female WO and CBP is the LFR male WO.
2. AGM Feedback, which has been extremely positive by membership, especially in regards to the venue and the timekeeping
3. Proposal of the LFR Club Committee RCM Rota for the Club Year 2019/2020

Action to be taken: CBP to send the Rota to the Committee members for further discussion and approval

Co-Presidents Agenda Items (KF)

LFR Fellowships

Discussion in relation to a suggestion from AK to sponsor the membership fees of LFR prospective members, who may encounter difficulties in paying for their membership fees. Proposals and suggestions relative to the identification of such persons, on what will the Club be able to provide to whom and how. AC and CBP from the Committee will liaise with AK and will come back in two months with certain more concrete proposals as to how to be able to implement this, the extra administration which will may request, the objectives of the scheme etc.

Venues Update

Key Dates for the Year

In reply to a request from membership to provide in advance the dates for the Christmas party and the LFR AGM, and as early as possible, based on the last year's precedence, The LFR Christmas dinner and party will depend on venue availability, on the numbers of attendees the Committee will decide as possible to accommodate on the relevant budget, etc. so it is impossible to give so much in advance a precise date. It will probably be on the first Saturday of the first week of December 2019. The same more or less applies on the LFR AGM, the precise day will depend on the chosen venue's availability. For practical reasons and Committee member's handover, it will probably take place on the Friday of the 3rd week of March 2020.

9.10