

LFR
Regular Committee Meeting
Wednesday 5th June 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: Rob Daly (RD)

Agenda Items

May Financial Updates (CT)
Races Update (RS)
Publicity Update (P&C O)
Social Calendar update (SS)
Membership Update (MS)

Club Secretary
Indigo Brunch Update

Co-Presidents
GBR Finances (proposal by JK)

AOB

Chair: KF
Apologies: SM, BB, DB, RD
Minutes: CBP

May Financial Updates (CT)

Currently I would say that the LFR finances are in a neutral state. There has been a small positive ray of hope arriving in unexpected form of a £360 refund from the Porchester Centre, as it proved that they had initially overcharged us.

The influx of revenue from membership fees has also been equally positive, regardless of all expectations and adverse prognostics. It would be useful if we were to agree on how to proceed in the future, in regards to recruiting, as to be able to reach the same membership numbers we had last year. In my opinion we should follow a mild politic of recruiting in a low-key way, possibly be reminding members to invite new runners to the Club, as measure which could be broadcasted through the Circles.

The Committee has already positively agreed on the £480 which are to be spend on the England Athletics for providing coaching courses for the three new LFR coaches (3x £160 each).

Opting for a different type of bank account and continuing with Lloyd's bank, we have managed to secure a better rate of interest on the LFR savings, and save the Club £100 on bank interest. This account cannot be accessed immediately, and any amount above the amount of £5000 needs a notification of 32 days in advance.

Action to be taken: The CT is requested to please communicate the above to the IT committee.

The Committee expresses their warm gratitude to the CS for the above saving. Based on the current financial situation the new estimate for the time being is that the Club Year will end with a £770 deficit.

Discussion on the historical LFR donation to Pride Run. The LFR Treasurer will be having a meeting with the PR Treasurer (DB) as to discuss financial matters and the outcome of these discussions will be communicated to the Committee at the next RCM.

Action to be taken: the Co-Presidents are requested to please arrange for a meeting with the PR Chair and provide them some further clarifications relative to this years' LFR donation to the Pride Run.

Discussion relative to the GBR expenses and finances. LFR have opted for mandatory insurance this year, as the excess insurance has had an increase from £500 to £800 and after discussions it was considered that opting for excess insurance will end up costing the Club much more. Every single year there has been prove to be an extremely difficult task trying to secure drivers for the GBR and this year was the first year when drivers got priority entry, which proved incredibly beneficial, as we had the double amount of drivers than last year or at least the double amount of persons willing to drive. The Committee agrees to continue along the same lines of recruitment methods for next year, making some clarifications beforehand in regards to driving, as not every driver is accustomed to drive cars with gears and whether potential drivers are also willing and feel confident to drive a mini-van. In regards to the GBR budget, we have had the good chance to go slightly underbudgeted so if we were to pass for this year to the budget the whole amount of £200 needed to pay the repair, then the amount will be able to be partially paid and up to a good point absorbed by the small overbudgeting.

Proposal by JK, which was presented to the Committee through an exchange of emails, relative to creating and collecting additional funds for next year's GBR, an amount in the range of £5 per participant, in anticipation of motoring/repair costs that would invariably come in and thus initiate a buffer for next year. The idea is to consider and treat the GBR exactly the same as the International Trip with its own cash reserve. And it makes sense even more than the IT, as we happen to know well in advance and already the expenses for the GBR, as they happen to be more or less the same each year.

The Committee decides to have the amount of the £200 damage absorbed by the already calculated GBR budget. Any remaining amount which will not be covered by this year's GBR budget, will have to pass and be covered by next year's GBR participants.

Incidentally the same hotel has been already booked by AM and the GBR of next year will be taking place on the weekend 16th and 17th of May 2020.

Further fundraising proposals and discussions.

Discussions on the Cinema Fundraiser proposal.

This is been currently planned by the SC in collaboration with EK at the Lexi Cinema in Kensal Rise and the dates which are been proposed are the Saturday afternoons of the 17th or 24th August, The Lexi cinema management requires £200 pounds per hour for renting the cinema which fits 75 persons. If a cinema ticket is to be priced at £10 per person then we may easily pay the £400 fee and make another £350 for the Club. This is an initiative which based on the success which will have during its launching, could easily be repeated throughout the

year. Also, regardless of the established ticket price one could also ask membership if they might wish to donate one or two pounds, which will go into the Club funds. The only caveat is that the movie which will be chosen has to be a movie which is already out in the UK and USA and it is already circulating on DVD, for the rest the choice of movie remains entirely with the organisers. The important thing would be to find a movie which fits everybody. Discussion on building up anticipation and excitement about the movie through the right publicity, also making membership aware that this is an event where they may also invite friends and family members.

Discussion on the proposal of hosting a Bingo Night at the downstairs area of the City of Quebec, the whole evening hosted by a well-known drag queen, who could potentially offer LFR a discount on their services (JK)

Proposal on using the National Lottery Community Fund scheme, which is funding projects involving the voluntary and health/athletics sectors. There are different types of funding and different awards to each category, LFR as a community group which is entirely run by volunteers and could thus apply for the Award for All which offers funding from £300 to £10,000. CBP has already started with the application, through which LFR will be requesting funds to invest into coaching and for the purpose of purchasing coaching material. Committee considers that it is probably easier to obtain funding for coaching purposes than for an one-off event as the LFR 25th Anniversary party.

Action to be taken: when the application is completed, and before being send out, CBP is requested to please share it with

the rest of the Committee members for their comments and further input.

Races Update (RS)

We have had lots of interest from membership for the Bridges relay, actually this is a time where we have actually had more people than needed. Team allocation has been on a first come-first serve basis, in order to maintain fairness as much as possible, and we also have a healthy amount of LFR women as to be able to have a number of mixed teams. We have managed to establish a reserve list as well, so everything is under control. Then we have the Eltham Park race on the 16th of June, Eltham has completely sold out this year, we have encouraged members to sign up as early as possible so the race was well publicised and as always open to everyone to participate. Clearly by now all places have been filled up and we have had lots of members signing up for this event as it is part of the Club Championships. In regards to the Club Championships we need to keep updating the LFR website page, for the CC page is ready to be uploaded, though as mentioned it needs to be updated after each Club Championships race.

We are currently into the process of collecting club records for the website, from the previous years. We want to create a text for the ebulletin directed to membership to furnish us with records and also to check whether the data we have been collecting is correct. We are also considering including a list of awards that the Club has obtained, various awards the Club has won over the years, such as team awards in various races, such as the North Devon, the GBR. It would be also very nice if we were to write a short report and have a photo taken after each

of the races, as to encourage more runners in competitive running and also having the race and the participants thus mentioned and celebrated each week. We could encourage people sending us photos after their race, as in please send us a photo of your PB race.

Publicity Update (P & C O)

We are no longer going to be sending the ebulletin through Mailchimp, which is going to work fine for the weekly ebulletin and us, as it is going to be send out on Sunday evening or Monday morning, the deadline for sending items to have on the ebulletin remains still Sunday until 5 pm We are going to create a document relative to Pride, so that everybody receives the updates.

It is our wish to make more and take advantage of our external social media, as further visibility could potentially get the Club more members, and there has been lots of enthusiasm from other Club members to participate and support us on this and we are channelling this enthusiasm towards the LFR social media. We are going to establish some clear guidelines as to avoid any unpleasant situations which may appear and we will be very happy to give these accounts to be run by others. We would also like to get some more Club photos on Instagram as well, after having of course asked if members are happy to have their photo taken or ask them before the photo is taken to please step out if they are not happy to have their photo on any of the social media. In certain cases we may even take two photos, one for the public domain and one for the LFR media which are for members only, though this last solution can often prove to be unpractical and complicated.

We are still waiting for the details from the Pride organisers as to which position we will be at the March, and these details are possibly going to reach us this week, as they said that they will let everyone know on the first week of June. We are also happy with organising the trip to Southend, and possibly have a relaxing day out, by the sea. The Pride March at Southend does not last as long as in London but there are several opportunities for people to have fun and socialise with the local organisers. We would like to include more photos of runs and races on the e-bulletin and we could encourage members who are travelling abroad and participating in races out of London to have a photo taken while wearing their LFR vest, which photos will be then included in the e-bulletin, a new feature which could also boost the purchasing of Club vests.

Request to please send the P&C Officers fun photos for the e-bulletin, to send them good race stories, to boost the purchase of vests by the #buyavest campaign

Suggestion to include in the ebulletin some general LGBT+ anniversaries, for raising awareness and wishing to bring forward certain social issues which are relative to the LGBT+ community, such as International Transgender Visibility Day, Stonewall Riots Anniversary, World Aids Day, etc. (CBP)

Social Calendar update (SS)

We have had lots of interest in regards to our forthcoming Summer Party, there will be lots of members and it is going should be a great day, weather permitting. There isn't an alternative wet-weather plan for the day but would then just reschedule to another Saturday if it is rained off.

In regards to the Pride March, the wristband tickets have sold out for General membership and we still have 5 female identifying wristbands left. The SS will need to make a decision of when would they reallocate any wristbands that remain unsold to the existing waiting list.

The LFR ladies were invited to an Out for Sport pub quiz evening which was hosted by the basketball team and there was a really good group there, as from our part it was attended by at least eight women. The SS think that there might be an opportunity for LFR to host one such similar event in future, which would be great.

Last but not least eight women have expressed until now their interest in the Kew Gardens LFR visit and none have expressed the opinion that they would have liked a separate trip so we think doing a mixed event in June as planned is the way forward.

Membership Update (MS)

The membership update for June 2019 finds the Club having 363 male members and 36 female members, 399 in all. Males are still 91.0% with females being currently at the 9.0% of all Club members. From the 399 members, 378 are renewals of membership, whereas the remaining 21 are completely new runners. At this point we are 71% (399) of the way to hit the record 562 members that we had last year. We have 9 months of the Club Year to go and we still need 163 members to match last year. On an average, each month we need 19 members to join/renew as to be able to match last year's numbers.

Considering new members only, we have had an average of 7 members per month over the past 3 months.

Furthermore, it will take us 24 months to match the 562 members we had last club year.

Historically and based on the figures from the past 7 years, and realistically speaking: for June 2019, we can expect to gain between 7 - 17 members with the average being 11.

For July, we can expect to gain between 10 - 21 members with the average being 13.

Additionally, based on the average new members per month, we can expect to reach 497 members by the end of Club Year 2019/20

This means we will end up 88% of the total members of the last club year.

Club Secretary

Indigo Brunch update based on a meeting the CS had and relative to an increase proposed by the restaurant managers from £8.50 to £9.99 per person for the brunch buffet. The Committee thinks that the increased price is still good value for money based on what is being offered and if the standards of service and offer are kept at the same levels.

An addition to the ideas and proposals relative to the LFR fundraising campaign, is to have a bake sale. LFR have already shown their great competence and ability in baking throughout the past years over the Cross Country season, what we could find is a sporting event, which will attract a large crowd and sell cakes there, with all profits going in support of LFR. One such event could be the forthcoming Pride Run in Victoria Park, where LFR are having a stand this year and we are also having the gazebo on site. This suggestion could go out and be communicated timely to membership and could become a regularly occurring opportunity which could be called

DiversiTea, being an opportunity of inviting friends and family as well.

Co-Presidents (JK)

Discussion on the relative fairness of the First come-first served principle which has been in use and suggestion as to endorse a fairer ballot system; members will have a specific time-frame as to put their name forward for an event, then all names will be put in a hat and there will be a ballot with the names chosen randomly out of the hat. This is a fairer method and the London Otters have been following this system for a while now. We did have a different principle of electing runners for the GBR this year though members misinterpreted and/or not read what the established selection parameters were and we do need to communicate this to everyone clearly and beforehand.

Committee receives the above suggestion in a very positive manner. The next LFR event which this method of selection could be tried is the LFR Christmas party. Committee agrees to have this method of selection applied to the forthcoming Christmas Party and based on its success, review it afterwards and make a final decision.

Last year LFR endorsed and actively supported Black Pride and we would like to again show our support by attending this years' Black Pride celebrations and attend it by bringing along the LFR banner and wearing the LFR vests. Black Pride this year will be taking place from midday on Sunday the 7th July at Haggerston Park in East London, and not in Vauxhall Gardens as previously, as it needed a larger location. Haggerston Park is also not far from The Glory, where participants could find shelter in case the weather happens to be rainy and it is an easily reachable location. The suggestion is to further inform membership of the event by putting it on the ebulletin. Closer to the date we

may decide to treat this as an event, in order to be able to monitor numbers of potential participants.

Action to be taken: Request of all Committee members to please review and update, if necessary, their respective Committee Roles and Responsibilities.

Suggestion to include in the Co-President's role the task of requesting from Committee members the regular revision of their respective roles

CBP to send the relative phrasing to JK

Discussions on the potential of organise a 5 to 10K training course by encouraging members to do it and gradually build up to the Pride 10k Race. The proposal needs to become official by making it public and advertising it, and we need to create sign-up sheets for members interested to sign-up. Suggestion by JK to use MyCrew for such registrations, as it is an app which could allow this to be done easily. Discussions on the pros and cons of the suggestion of the training course and the possibility of publicising this much further through a number of LGBT+ health charities such as Dean Street and also through Outsavvy as there is a weekly list with suggestion of activities to do, this could also be shared on the LFR social media and further by asking members to share this through their own social media and networks with other LGBT+ communities. The purpose would be to come and train for the Pride Run with LFR and there could follow the potential that those interested in the training might also join the Club afterwards. There is also the suggestion of creating a group of trainees prioritising female runners first.

8.30 pm