

**LFR**  
**Regular Committee Meeting**  
**Tuesday 2nd June 2020**

Co-Presidents: Kirsty Fitz-Poole (KFP) 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: Matt Haas (MH)

**Agenda**

Club Treasurer Financial Update(CT)

Races Update (RS)

Publicity Update (P&C O)

Social Calendar update (SS)

Membership Update (MS)

Club Secretary

Club Co-Presidents

APN

AOB

Chair: JK

Minutes: CBP

Apologies: BB, AR, KFP

**Club Treasurer Financial Update**

There have been finally closed down six of the 15 email accounts which were used for Club purposes and that will save LFR £330 per year.

In preparation for a potential restating, when that will be appropriate, we have been dedicating some thoughts on our budget, so just that we are aware of what is being spent for Club purposes per year.

I've worked out theoretically how much we will spend for the 2020/21 Club Year, which is around £3,700. This amount reflects the possibility of not being able to function properly, of not managing to restart as club this year, and it is obviously not realistic, as hopefully we will start and we will be spending much more than this, but this is an indication, just to give you a sense of the minimum that we're already committed to, even if we do nothing.

For comparison, at the start of the year our reserve was about £18,700. In May 2020 we spent £348, the main item being the £150 England Athletics Club Affiliation fees.

Follows a general discussion on the possibility of restarting the Club activities some time in the near future.

It is probably necessary to make some planning and to start thinking in advance the possibility of restarting some of the Club activities. For the time being exercise is allowed, among individuals, as such. There has been no public announcement relative to athletic clubs and large groups are still not in line with government guidance.

The fact is that even if athletic clubs are allowed to restart again, LFR will not be able to hold runs such as before, with previous numbers of around 60 runners per run.

And even if there is a guidance on behalf of the government, which comes out next week, that does not mean that we have to start right on the day, and become groundbreakers the moment this is announced. We have great responsibility as to the welfare of our members and we may have to probably consider about changing the model on which LFR has been functioning until recently.

Also, if there comes an announcement on behalf of the government, we don't have to be out there immediately and be pioneers, we could take some time and see how other running clubs are dealing with the same issues and are operating under the circumstances, and in addition observe how the Park Runs will be organised and how will they continue to function, as an example to follow.

It is only natural that we may hold some activities and that we may start doing some activities on a club level, and possibly the first step would be to organise small local runs.

These could be runs lead by the pool of Club Volunteers and Committee members, but if they come under LFR they need to take place in the parks which have been used by LFR and following the routes the Club has been using so far, as there has been a risk assessment for these routes. So even if small and local, these runs still have to follow some specific route and be monitored as to make sure that are still safe for membership.

When the government announces that we are able to do this, we will of course follow, though not yet, as we don't want to get members sick and we should set a good example.

It is true that small numbers are already allowed but this applies just to individuals as such, not to official groups nor to clubs. A government announcement could come surprisingly quickly, as things may change quite quickly, though at the end of the day it will be wiser to wait for an official announcement which will come from England Athletics, as, being aware of the situation, they may also provide a detailed guidance on how to proceed.

In the meantime, and while we are waiting for the above to happen, we might want to do all the bits and pieces so that we are ready and we are not held up unnecessarily, when the moment comes.

**Action to be taken:** AC is kindly requested to check with MN, in regards to updating the GDPR policy.

There are a number of issues which produce a number of questions, on which we all need to dedicate some thinking: how are we are planning to control and monitor the Club running numbers, through apps or is there any other way we would like to use? We don't want to announce a run next Saturday and have about 70 runners appearing to run and then having to deal with the consequences. Also, as it was mentioned, the format of our runs will have to change, as there will not be any changing facilities and showers available, nor any social activities taking place afterwards, at least for a good while. It will be a very long time before we may have a Saturday brunch like we used to.

We also need to become involved in what is already happening, when we are allowed to run again normally as a club, and how much are we planning to charge for our membership fees for this year, when are we going to be starting with this and how are the members going to renew their membership. It would make sense to have a membership of more than twelve months, accordingly adopt to charge fees for more than what used to be a regular Club Year. Also, we need to make sure that the membership fees will be enough in covering all Club expenses and race registrations.

Coming back to the Club activities which were planned and consequently cancelled, all the LFR25 social and athletic activities have been cancelled and just to clarify that we have not paid anything towards these upfront.

#### **P& C Officers update**

There has been a very interesting proposal from JN, which is to write a series of simple, short snappy articles on healthy eating according to Public Health England / Food Standards Agency guidelines, which is an extremely welcome idea and it will make the e-bulletin content more interesting.

There are some thoughts on trans inclusion in sports, for both under the current situation and for the near future, when we will become again more "physical".

#### **Races Secretaries updates**

The 5K race for the Club Championships was quite successful and we have had about 76 runners who participated and we are planning on continuing with the 10K race, in the exact same format, until the Cross Country season starts in October.

There has been organised an LFR women-only relay, running from the house of one to the house of the next and passing on the baton, with worked really well with about ten participants running in a day, and it could potentially be organised in an extended form, for fun, from one house to the next, and this is something which we will be looking into planning for the future

#### **Membership Secretary Updates**

I have been brainstorming on how may we become digital for this year and the best way, and also the cheapest money-wise, would be to have the membership cards attached to the Webcollect e-mails. All suggestions are welcome and this is open to the Committee for ideas, on how do we want the membership cards to look like, and such details.

Suggestion of the possibility of having a mail mergence through powerpoint, in any size and shape and then finally shape it as a pdf, and one can do this procedure through powerpoint which is free, and the final result would fit in a smart phone and then we may also add the

LFR logo and have some colour options. We still have lots of time to think this well in advance but we should definitely have a look at it. Currently the whole procedure of the membership cards is done though a word document, a different one for each side of the cards, which obviously takes some time.

JK's suggestion to do the membership cards in powerpoint could potentially work for the Club and there must definitely be a detailed tutorial on Youtube on how to do this, with all suggestions on how it should look in the end being very welcome.

### **Social Secretaries Updates**

The name has been changed on the LFR zoom account, to LFR Host.

We had the Elevenses, the LFR Book Club meeting and the Bingo, which were all well attended and have worked really well.

For the month of June, we will be having another Elevenses session this coming Saturday, and also another LFR Book Club meeting which has been organised by Brittany in the end of the month, and then we are planning another running challenge for our members, which will be fun and will generate even more content for the e-bulletin.

### **AOB**

Based on the zoom meeting JK and CBP had with SOC last week, LFR were asked to actively demonstrate their support and publicise the Athletics Pride Network, by endorsing the APN logo in the LFR website.

In consequence, the motion is presented and the LFR Committee is requested to vote on the above suggestion.

The LFR Committee votes in unanimous agreement and the motion is passed.

There is a proposed meeting with Donna Fraser (Equality, Diversity & Engagement Lead at UKA) on Wednesday the 10th of June at 6.00 pm, open to all Committee members, to have a brainstorming session and discuss practical ways of cooperation.

**Action to be taken:** CBP is requested to send a Doodle Poll as to decide the date of the next RCM.