

**LFR**  
**Regular Committee Meeting**  
**Thursday 2nd July 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 Membership Registrations

Club Co-Presidents

AOB

Chair: KFP  
Minutes: CBP  
Apologies: BB, JK

**Club Treasurer Financial Update**

In June the Club had expenses amounting to £110, though nothing out of the ordinary, as they were normal and expected administrative expenses. In regards to revenues, two LFR vests were sold and one person renewed their membership through Webcollect.

General discussion on Membership Renewal for Club members.

As mentioned in a recent email by me we have paid our Club membership fee for 2020/2021 and have become affiliated with England Athletics. The EA fee registration for individual athletes will remain for this year at £15, instead of the planned increase by £1 to £16 as a result of the pandemic. This registration must be renewed by the 30th of June for each year. The deadline has been extended this year though to the 31st of August 2020 as part of the EA revisions to help clubs and athletes during the coronavirus outbreak. If our runners are not registered by us with EA, first of all they are not covered by the EA insurance when running. Currently we are encouraging our members to be as active as possible, and run in groups of six, and they have been doing this without insurance. Kirsty has been doing the Saturday Step Challenge, with great success, which is a Club activity as it is promoted by the Club's official channels and we are also considering encouraging our runners in having more runs, albeit "virtual" ones, for the Club championship. Accordingly, I think we should start considering preparing and putting in place the mechanism for membership registrations, as a necessity for all the above. A renewed membership will also offer members the sense of belonging to the Club, something which we have all missed during the past few months. Last but not least SC is still very hopeful that the Fell Series for the Isle of Wight will go on. These are scheduled for the 12th and 13th of September and runners need to be registered with EA beforehand, as this will affect their eligibility to compete. (CBP)

In the meantime, and regardless of all the restrictions the Committee has been undoubtedly offering some activities to membership; these were limited and not comparable to the number of activities which membership were offered during the previous years but there has been put lots of effort into keeping everyone active and engaged through virtual runs and social activities via the FB page, so within the current limitations the Committee has tried to do whatever has been possible to keep members active and engaged.

CBP has been monitoring the EA and the Serpentine website and AC has been monitoring the websites of other LGBT+ sports groups and they have all started implementing socially distanced running and training sessions. All the above activities are taking in mind the current restrictions, limiting participants to six members etc. and the Committee needs to start considering offering LFR membership to the same type of activities as other clubs are currently doing.

We naturally wish to be as inclusive as possible though members need to realise that if we are going to organise any runs, these will have to be limited to six runners, five plus the person leading, and for the time being we cannot do much more, as we are following the existing governmental guidance. So, this needs to be communicated in a very clear way, as to avoid any disappointments and complaints (JKk)

It is very possible that by the end of August, or even before that date, there will be announced changes issued by the authorities which will be allowing larger groups to exercise together and we will naturally monitor and revise all our plans and decisions accordingly.

Coming now to the question of how may we maintain the required number of participants within these runs, the suggestion is to contact MyCrew and ask them to limit this to the current guidance for athletic clubs.

These will be runs which may have two different waves of people starting at two different times in the same day for example (KFP)

We need to consider how to implement runs, the general idea is to have local runs within the allowed numbers. These runs can be led by the Circle Volunteers and the training sessions can be led by the Club Coaches, so it is important that other Club officers are involved as well in this initiative.

According to statistics, suicide rates have gone up recently among the LGBT+ community, due to social isolation and anxiety, so as Club we need to address that by making members as active as possible (AC)

The general plan will be to reach out to our pool of Club coaches and volunteers enquiring whether they will be willing to assist and have different runs at different locations with different runners and our target will be to have this planned and possibly running as a project by the beginning of August. Naturally this will be reviewed according to how the general situation will evolve.

These runs will be preferably based in parks, locally, and the leader will have to create a small group based on the location of the route and to the runners living in this precise area, as the idea is to make members use public transportation the least possible.

We cannot ask runners to travel to Regent's Park or to Hyde Park, these runs will have to take place as locally as possible, they are going to be small-scale runs, led by Circle Volunteers in specific areas, though geographically scattered as much as possible, in order to try and comprehend as many Club members as possible.

Numbers, as suggested per above, will be cut according to the numbers requested by the current guidance and runners will have to register beforehand through MyCrew. There could also be the possibility of managing runner's numbers without having to use MyCrew. After having kicked off a local run, there could be created a small local pool of runners within this specific area and these runners could be contacted for runs by the leader through individual WhatsApp groups, appositely created for this purpose.

We are an official athletics club and it is important that we abide by the rules and it is also important that our members understand this, so again we reiterate that there has to be made a number of very clear communications in regards to the number of runners allowed per running group.

Once having contacted the Coaches and the Circle Volunteers and have some concrete numbers as to how many of them are willing to support this plan, we may then create a rota, as to run and train on different days.

The Mile End Leisure Centre for track sessions is currently closed though both the Regent's Park and Paddington track facilities are open, so we may start from what is open and operating, at the moment (EK)

Discussion on whether to hold these runs within parks or to prefer quiet backstreets. Both options offer advantages and disadvantages. Parks can be extremely busy with other runners and members of the public, though relatively safe from vehicles whereas running on roads can be at times less busy though more dangerous because of cars.

We also need to reinforce certain issues of etiquette, as members of the public generally react very strongly these days towards runners, so our members need to make sure that they do not invade other people's personal space and maintain the required distance while running. If running along a canal, for example, it is important to give precedence whenever needed and is possible.

Discussion on whether members are to be encouraged to wear the Club vest or not during the runs we are planning on organising, as this could lead to potential official complaints, due to possible misinterpretations on behalf of the general public. Members have to be very careful while running and wearing a Club vest these days. Members of the public are generally not responding positively to runners, as there has also been a great increase in the

number of people running over the past few months. The leaders of each run are going to have to make sure that the number of runners does not exceed the limit imposed by the government guidance, as to remain within what is permitted by law, and they need to feel comfortable to manage a small number of runners

**Action to be taken:** KFP to please contact the Club Coaches and enquire in regards to the above

**Action to be taken:** KFP to please contact JK in regards to the possibility of using MyCrew for the above proposal

**Action to be taken:** CBP to please contact the Club Volunteers and enquire in regards to the above

**Action to be taken:** CBP to check with EA about a general type of running Risk Assessments

In regards now to establishing the membership fees for this Club Year, the Committee discusses and considers that it is better to go, for reasons of practicality, with the tradition of following the financial year and having a Club Year starting in April and finishing in March. Potentially we are going to start what is now left of the Club Year in August, until March 2021. In conclusion we will be having a Club Year of about eight months for a membership fee of £30 per runner, potentially starting in August and then it will continue for the remaining part of the year pro rata, as previously.

Again this will have to be communicated to membership in a very clear way. The membership fees for this year have been established on the Club's annual expenditures and the necessity to be able to cover for them. Naturally expenditures have generally been very low until now, mainly because we are not paying any fees for changing facilities. Though we cannot predict at this moment whether we will be able to use any changing facilities for the remaining of this year, under which terms will we be able to use them and also whether the monthly fees for these facilities will remain in the same level as before the pandemic.

We do not really expect to have a surplus this year, nevertheless in case there is a surplus it will be anyway invested in Club activities, as in all previous years.

There is the possibility that we might get more persons registering as unemployed this year, so it will be good to be able to establish the rate for those registering as unemployed as well and beforehand, especially as the EA fees are £15 per registered athlete.

**Action to be taken:** AD is kindly requested to please prepare a financial proposal based on all the above and share it when available with the Committee

### **Publicity and Communications Update**

Inactive members have been deleted from the Club's WebCollect account, and further changes have been made according to the GDPR regulations, with a new privacy statement for WebCollect. AC has been working on a new revised version of the LFR Privacy Policy in order to replace the existing LFR Data Protection Policy, which dates to May 2018. The new updated version is based on the model England Athletics is suggesting for all data protection documents. This document will be shared with all Committee members as to be formally discussed and approved at the next RCM.

**Actions to be taken:** AC is kindly requested to please contact MW in regards to the final version of the updated Data Protection Policy and then to please share this document, when available, with the Club Committee

There has been given some very positive feedback in regards to the e-bulletin although the Club P&C Officers have been struggling at times to find some engaging and original content.

### **Membership update**

Nothing really to update, besides one renewal.

There is the consideration of not using any paper membership cards for the remaining six months of this Club Year, as it is not practical from any point of view, least of all a financial one, and it is much better to have an electronic membership card included in the email that is generated upon each runner's registration. England Athletics have also gone digital and are sending out their registration packs digitally via email.

**Action to be taken:** SM is kindly requested to please contact JK in regards to the procedure of making the membership cards digital

### **Races Updates**

There are considerations of organising a 10K virtual race, as part of the Club Championships and as currently we are allowed to exercise in groups, the RS are considering organising a virtual One Mile Relay race, with groups of three runners. Based on the logistics for organising these two races, we could also consider organising a half marathon in September and we could also hold a virtual weekly 5k run, just like a parkrun, which could encourage members to get out and run. Having a virtual run every week, will also produce some race results to include into the next year's Club Championship. The Club's Cross Country Captains are also very willing in starting to organise a trail run now that we can have six persons running together, which will surely have a very positive response from membership. The organisers of the River Relay are still aiming to organise the event at the beginning of September and they seem quite keen in having this. For the time being, we would first like to assess how these two runs that we are proposing, the 10K and the Mile Relay, will go, as to see how we may organise more actual or virtual runs in the near future.

### **Social updates**

There has been some very enthusiastic participation over the UK club Pride run, with lots of LFR members doing it and sending photographs and the Rainbow Challenge went also very well. DB is considering organising another online activity for the month of July, and he will be contacting JKk with further information and proposals. There is also the thought of organising a large-scale picnic in August, according to what types of gatherings will be permitted by then and how may we act upon the guidance and organise one.

The Book Club has also been going really well, with about nine participants at the last meeting. JKk has chosen "Giovanni's Room", the novel by James Baldwin, for the next month's meeting, as it seemed a good choice based on the number of pages to read and the content.

**Action to be taken:** CBP is requested to send a Doodle Poll relative to the next RCM's date

