



LFR

**Regular Committee Meeting
Tuesday 3rd November 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)

LFR Coaching Team Coordinator: Matt Haas (MH)

Agenda

Financial Updates (CT)

Races Update (RS)

Publicity Update (P&C O)

Discussion and Reviewing of running and coaching sessions (AC)

Social Secretary Update (SS)

Membership Update (MS)

Club Secretary

- Victoria Park, two subjects
- LFR Christmas Closure
- LFR Virtual AGM

Club Co-Presidents

AOB

Chair: JK

Minutes: CBP

Apologies: KFP, BB

As the Committee has expressed their concern in regards to certain technical aspects of the AGM, the subject of the LFR Virtual AGM is to be discussed first in the Agenda by request.

Discussion on the possibility of receiving any questions from membership and these questions reaching Committee members before the AGM and on the possibility of having members asking questions during the AGM, as for those who will log-in, there will be the possibility to type-in questions during the event. There has been some communication between JKK and CBP, in regards to how the amendment to the Club Constitution and the votation for the Committee election is going to take place. Although this is an extraordinary situation and a first one, for which our Club Constitution has not been prepared for, we still need to maintain certain rules and follow it, in particular for the voting procedure, according to which membership needs to vote for every person separately. So, in dual Committee roles, a Club member does not vote for the role but for the person meant to be investing the role, so a separate voting will have to take place. Also, as Committee members have been filing their roles anyway, since the lock-down was imposed, and there are just five months of the Club Year still to go, this time it will be phrased not as voting and electing but as voting and confirming this person to the same role.

Last year the AGM was really short, this year we are aiming to have it being even shorter with zoom. The event will be streamlined and hopefully this will attract the Club members. It is very important that membership realises the fact that we need to have a certain number of attendees present, as to have the amendment to the Club Constitution and the votation validated. The quorum necessary will be the 10% of the membership number reached on the year previous to the AGM, so we will be needing about 50 persons to log in for about ten minutes on zoom and vote.

Discussion on whether we may have an anonymous question function on zoom, as some members may want to ask their questions anonymously. What could also be done would be to record all the questions and answer them during the AGM or even after the AGM. Some specific time period could be set for receiving and answering questions, as the Committee feels very positive also about the possibility of having some interaction with membership during the AGM, but this should not last for more than ten minutes. Due to a technical constraint, the capacity for this AGM will be limited to just 100 attendees, and this should be communicated to membership beforehand, as we do not want to be receiving any complaints from the 101st member who wanted to log in to the AGM but they were unable to do so.

Action to be taken: The P& C Officers are kindly requested to please mention at the next Club communication before the AGM that the available capacity relative to the number of attendees for the AGM cannot exceed one hundred.

The whole AGM will be recorded and for all those who happen to have any questions, not only we will anyway address them during the AGM, if possible, but these questions will also be recorded. The Q & A part of the AGM, will also be stored on the google drive. All Committee statements will also be stored on the google drive and they will be available to membership before the AGM. A relative link will go out on the next ebulletin or on FB relative to these aspects of the AGM. Committee members are reminded to please send all the material they want to present at the AGM to the LFR Publicity Officers beforehand. We would like to make these documents accessible to all Club members, in advance, so we may

not put them on FB, as not everyone is or uses FB these days. We believe that a communication through the e-bulletin and with all the material available a day or two in advance on the google drive is much more inclusive. The Committee decided during a previous RCM to have all the annual reports being presented in a film format, so that members may watch them on their own time, thus Committee members will not have to do it live, and using this method it would also save everyone a lot of time.

Financial Updates (CT)

A very quick update on my side, with the membership fees looking really good. The training course for MH has been confirmed, and has already been paid and booked. This is a training funded by the Club but which the Club will not be able to offer to everyone interested among the LFR Coaching Team, but it has been approved by the Committee specifically for the Club's new Coaching Coordinator. Although the current situation doesn't look particularly promising in regards to social events, £200 have already been set aside for any social activities, if there will be any, in the near future.

There follows a short discussion on proposing to membership a Christmas Virtual Bingo, and although this might be slightly more expensive than the above suggested budget, there could probably take place a more convenient financial arrangement and agreement with Sheila, the Bingo hostess, and if this proposal takes off we could probably encourage club members to contribute towards this virtual event.

CBP got in contact with the Seymour Centre and managed to get us in contact relative to a refund for fees the Club had been charged in advance for changing facilities, which though we never managed to use, during the period the venue was closed because of the lockdown.

In addition, we have had a considerable number of new members registering with LFR and we have been receiving emails from a large number of people who are interested in becoming new members, so very possibly with the new calendar year and the New Year resolutions, we may have even more people coming forward to join the Club.

Races Update (RS)

Not a great deal to report, the virtual Half Marathon took place last week, and we have had several members taking part, whereas this weekend we have the second fixture of the virtual Cross Country. Members are quite happy for the time being with these virtual races, naturally participation numbers are much lower from what they had been in the past years, but members are still supportive of this, sending us their results and posting photos on FB.

Discussion on the Merchant Taylors' School Cross Country race which took part during the last weekend, with several members of LFR taking part at the event, and the prospect of making this cross country race an official LFR event. Fact is that we do not wish to officially encourage members to commute and participate in an organised event. If Club members wish to do that, they may do it on their own, without the Club becoming officially involved. Besides this fact, we don't want to encourage LFR membership to come forward in huge numbers and take every available place on this race, as it would be unfair to take up every space on a race organised by someone else. In any case, racing activities will have to be paused for the time being, but we could look into it for the immediate future, bearing though in mind that the participation of members has to be limited. The Committee is not organising any races and also cannot be seen as organising races, when it is not permitted to do so,

and as mentioned we also do not want to encourage LFR members to turn up and take some else's race over completely.

Publicity Update (P&C O)

Discussion and Reviewing of running and coaching sessions (AC)

As there is going to be imposed a lockdown in just two days, many issues relative to this subject may have to be postponed and discussed at the next RCM.

Short discussion on what is currently on the EA website regarding the imminent lock-down. There is no specific clarification, as at the moment EA is trying to reverse the general decision which is banning club organised running to take place. Regardless of what is already on the EA website relative to the new lock-down, the Club Committee discusses further in regards to what is going to happen in the following days and there is a general consensus that it would be sensible to start cancelling all club events, until the beginning of the next month. In consequence, the run which was supposed to be taking place in Hyde Park on Thursday the 5th will be cancelled, and in regards to the three different runs of Saturday, we shall wait and see if there is any official announcement coming on behalf of EA, by Friday, as signing up on Spond for all Saturday runs has now been postponed to Friday, in the hope that we will be able to have a clearer idea by then. There is though a greater possibility of having to follow the general rules of lock-down, that dictates for all Club activities having to cease, then expecting to be exempted and thus to continue with the Club runs.

Social Secretary Update (SS)

No updates on the social sector of the Club.

Membership Update (MS)

As mentioned previously, there have been several new runners registering with the Club. Discussion on the deadline for renewals of membership. The deadline is already over, so the Committee agrees to leave on FB all new runners, or those who have had the chance of doing one or two runs with the Club, but members who should have renewed by now and have not renewed for various reason, probably because they could be waiting to renew with the new Club Year, they will be removed them from the LFR FB group, as agreed,

Club Secretary

Victoria Park, two subjects

a. Just to let you all know that the Spond photo relative to the LFR Victoria Park is actually a photo of the Victoria Park in Southwest Ontario, in Canada. There was an email sent out by me on the 5th of October but it has not been acted upon..

Action to take: CBP is kindly requested to please email JK the photo of the first LFR run in Victoria Park, as to have the current Spond photo replaced by this.

B. Discussion on visually impaired runners and the possibilities to facilitate their booking through Spond

LFR Christmas Closure

The Club's Festive Closure takes place every year between Christmas and the first few days of the New Year and is meant to give Committee members and Club Volunteers a rest from

the responsibility of Circles. We have had just two months of the Club running properly, September and October, and during the months of closure and now we are anyway not spending any money on changing facilities, as we are not using any of the facilities we were previously using. So there isn't any financial element involved. In addition, a lot of Club members will not be able to travel back home for Christmas and thus may not only get stuck in London but also feel stuck here. There could be some Club members who may be feeling very lonely and also some exercise is always very good during a period when customarily we are normally eating and drinking more. The festive period always brings to the surface a lot of mental health issues and the Club needs to seriously consider how may we continue to keep everyone active, for their physical and mental well-being. Accordingly, my proposal is not to close for this year but instead continue with our usual runs on the 21st and the 23rd of December, don't have a run for the three days of the 24th and the 25th and the 26th Of December, then carry on normally, have a run on the 30th, not have a run on the 31st, and then start again normally with the new calendar year on the 2nd of January.

The Committee agrees on the above suggestion, a final decision of which, with relative communications to membership, will be taken at the next RCM

Actions to be taken: CBP is kindly requested to communicate the above to the Circle Volunteers and inquire on their opinion

Club Co-Presidents

Discussion on how to follow the latest government guidance relative to the imminent lock-down. The Committee's consensus is to cancel Thursday's run until there is a clarification on behalf of England Athletics.

If the government guidance is to be followed immediately and to the letter then we pretty much have to cancel, as we need to follow government guidance until there is a change to it. Accordingly we will cancel the Thursday run and potentially Wednesday the 2nd of December, will be the first run back. There is a preference in cancelling Thursday's run immediately and then when it comes to the Saturday runs, postpone any cancellations of the latter, until it is what is going to happen. There have to be reminders to Club members, as we are having the virtual Cross Country taking place this coming weekend, that they may run it with another LFR who lives in their area, as we should not be encouraging members to commute on reasons which can be deemed as unimportant. The Saturday runs will go out on Spond on Friday evening, or not at all, it is preferable to cancel all following runs by default unless EA has some clarification to communicate for the future.

There should be a positive message out to membership as this time it is different from last time, where we were not meant to exercise but alone, as now we can go and run with someone else, which is much better than before. During the first lockdown there were delivered some really well-attended step challenge sessions and a request could be put through to KFP if they are keen to repeat these sessions, as it would be good for everyone. JKK is keen on delivering some of these step challenge sessions, from the week after the Cross Country. EC will be delivering some of their sessions remotely as well, they are back on FB, so they will be doing that too, which is great to be able to offer these sessions to membership during the lockdown.

Discussion on having new runners remaining on FB as a means of contact with the Club during the second lock-down period and whether we accept all those who are new runners but not members yet on FB. The Committee feels that new runners should remain on FB, as this is their only means of connection with the Club. There is a net difference between existing members who have not renewed and new runners. In addition, new runners who

have just been with the Club for two runs, will not be removed, but previous members who have not renewed their membership in the meantime, will be deleted from FB.

Committee is extremely grateful to JK and wishes to recognise all their efforts on Spond, and also on their super prompt response relative to the track and trace case of two weeks ago. (JKk)

Warm thanks are also due to AC for suggesting the app in the first place (JK).

Until now the feedback on Spond has been nothing but positive, the app works really well, the waiting list works seamlessly, and there is a surprising lack of complaints. The VP run has also been very popular, as a number of LFR runners live close by and they don't want to travel into central London, for their run, so the VP run is a hit. Some improvements have to be done relative to the number of runners which are currently allowed to participate in the Club runs, and whether this will be done through two different starts or through an increase in the number of participants. The Committee is much more comfortable with two staggered runs, and when it comes to the VP run, one of which could be the option offered by AC, on a longer run starting slightly earlier than the normal Club runs which starts at 10.00 am. The waiting lists are very long for Mondays and Wednesdays as well, so there could be a separate list created for the latter day, which will be just for those wishing to do the coaching session.

These subjects need to be addressed as we fear that there could be a latent waiting list, for all those who are not even trying to sign up for a specific run, because they think that they will never be able to get a spot in the end.(AC)

Just to let everyone also know that the SEAA Cross Country races are being postponed into the new calendar year, hopefully sometime in February and in March, as they are giving up all their efforts in hosting a racing event until the new year (AC).