



LFR
Regular Committee Meeting
Tuesday 6th April 2021

Co-Presidents: Naseem Allmomen (NA) and Andrew Corti (AK)

Club Secretary: Christos Bitzis-Politis (CBP)

Club Treasurer: James Handerson (JH)

Membership Secretary: Geoff Hicks (GH)

Races Secretaries: Erika Kulikova (EK) and Francis O'Callaghan (FC)

Publicity & Communications Officers: Jonathan Lissemore (JL) and Gareth Fletcher (GF)

Social Secretaries: Daniel Brittle (DB) and Charlie Abrines (CA)

Agenda

Financial Updates (CT)

Races Update (RS)

Publicity Update (P&C O)

Social Activities update (SS)

Membership Update (MS)

Club Secretary

- Welfare Officers Election
- LJ Case
- London Marathon 202

Co-Presidents

- Committee handovers updates
- Club activities updates (coaching, long runs, cross country, trail runs)
- Off-Committee volunteer roles updates (website, coaching, cross country, international trip, etc.)
- Suggestions on re-engaging with lapsed members
- LFR International Trips 2021, HKG2022
- Plans on taking inclusivity forward

- Pride 10k
- Pride March attendance (Reading 4th September, London 11th September)
- Committee communication improvement (WhatsApp group)
- 25+1 birthday celebrations
- Member's communications improvement

AOB

Chair: AC

Minutes: CBP

Apologies: -

Welcoming statement from AC to all new Committee members.

These are odd times to be having new Committee members and in addition we are in the middle of membership renewals, so please bear with us as we will try to make this new Club Year the most exciting and the most productive for the Club and all those involved.

Financial Updates (CT)

A short update on the Club's current finances, as there are currently 181 fully-paid members and another 30 are being processed in the meantime.

The hand-over has gone well, the only thing which still needs to be finalised is to have JH receiving authorisation by the bank as the sole person entitled to access and manage the LFR bank account, which authorisation is going to take place in the coming week and will allow the process of all payments.

Reminder of the LFR 2021/22 EA Club Affiliation fees which need to be paid as soon as possible, action directly dependent on the above authorisation. The deadline for this payment is the end of April, so there is still time.

Races Update (RS)

Although it may seem a bit early, the RS have already started considering race options for next Club Year's Club Championships. In the meantime they will start putting possible dates on the calendar, and once there is a decision taken on both the events and on concrete dates for the Club Championships, they will let everyone know.

It is very possible that for the time being not everyone may feel comfortable to participate at large athletic events, whereas on the contrary there may be other Club members who are very much looking forward to a proper race, but as time goes by, the general situation around and relative to the pandemic seems to be improving. We are slowly receiving some race results from few races, which is very encouraging, as it's more than a year since all races were postponed or cancelled.

Additionally and on the side of good news, the Parkruns are resuming, possibly within the next few weeks. Junior Parkruns are starting this coming weekend, so it will not be long before Parkruns for adults will be on. In regards to the Battersea Park races and relay, there still isn't any concrete news.

Publicity Update (P&C O)

The first edition of the ebulletin came out in an unproblematic way by the new P&C Officers, which was very positive and there haven't been any problems nor any issues with the handover.

The new LFR fliers are currently available, there have been more than two thousand printed and the Committee needs to start thinking how they can be used for promoting the Club further. During all the past years fliers have been used almost exclusively during the Pride March and given out at the Pride 10K.

Discussion on alternative ways of publicity and on enhancing the use of Instagram as the main point of attraction to the Club with runners outside the Club.

Social Activities update (SS)

Naturally everyone is very much looking forward to meeting people outdoors for drinks and in person and from the week after we will be able to do that, in the meantime the SS have been organising a Zoom cocktail-drinking class, a cocktail-making social which will probably showcase what skills in the direction of cocktail-making have members acquired during the lockdown. They are actively looking for expert demonstrators, male and female, to volunteer and teach all participants how to make cocktails. There have already been chosen two-three different cocktails and we will concentrate on those; we are planning on publishing the ingredients for a couple of cocktails in the ebulletin, so that people have or may want to buy the ingredients beforehand, and then they may do the mixing individually at home.

We feel it is a suitable theme, now as the pubs are reopening.

May is Eurovision time so we are planning on organising a virtual watch-along. We are thinking of allocating members in small groups, as we believe it is going to be well-attended and also very entertaining, so for the moment we are looking into doing something like that.

Membership Update (MS)

The handover has been very thorough and is still going on, being at the moment about half way through. Five zoom sessions with SM have taken place up to this point, three of them dedicated to WebCollect, one on the emails and one on the England Athletics site. There are still some further explanations relative to WebCollect and the membership renewals, but the MS is getting there.

Club Secretary

Welfare Officers Election

The new LFR Welfare Officers for the 2021/22 Club Year are NA and JH.

The Club Committee is very grateful to them for their interest in the roles and for stepping up and they will both benefit from the unreserved support and the experience of all Committee members, whenever it will be needed.

LJ Case

Action to be taken: CBP is kindly requested to please inform the Club Committee on the subject and based on the decision taken by the Committee, to proceed in informing LJ

Club places at the 2021 and 2022 London Marathon

As the 2020 London Marathon could not go ahead as planned on Sunday 3 October 2020, the process of deferring all entries from 2020 to other years was complicated, to say the least. In September 2020 all runners that had a club place in the 2020 event were contacted

and offered the opportunity to defer their place to a future London Marathon, in either 2021 or 2022. Runners were also given the opportunity to receive a refund of their entry fee. Currently all clubs that had places in 2020, LFR among them, will be offered the same number of places for each of the 2021 and 2022 events, minus their number of deferred club entries from 2020. For example, Club A had four places in 2020. Three of their runners deferred to 2021 and one to 2022. Therefore, Club A will be allocated one additional place in 2021 and three additional places in 2022, meaning they will have a total of four entries in each year. What will be going on will be more of an allocation of new places rather than an invitation to apply for new places. All Club Secretaries with places in the 2020 event will be contacted to confirm their allocation for 2021 and 2022 by the end of April.

CBP will keep the RS and the rest of the Committee updated.

Co-Presidents

Committee handovers updates

Item has been discussed separately per role, as per above.

Club activities updates (coaching, long runs, cross country, trail runs)

We have been fortunate enough to have some of the Club activities resuming, in particular the weekly runs and the coaching, which are on Spond and which have been well attended. The Long Runs are also on Spond and have started along with the other running activities, track sessions being currently still the only activity which needs to restart.

We have been lucky again to have been able to get hold of the Mile End managers but they are also in the process of trying to manage their own numbers, so momentarily it is very difficult for LFR to get anything ready in terms of track. In consequence, we are trying to explore the possibility of using other venues, even for just a couple of weeks.

As it has been discussed, all of the weekly runs seem pretty booked up, with Wednesdays being already maxed out.

Discussion on the Wednesday run.

The Committee comes to the decision to hold two separate Circles, one earlier than the other, the usual going on at 7pm and the new one starting at 6.30 pm, in the attempt of trying to keep participants of both Circles physically apart as much as possible.

The above will have to be monitored for the period of time deemed as necessary and reviewed further in time.

Action to be taken: CBP is kindly requested to communicate what has been discussed above to the Circle Volunteers and to try and procure Circle Volunteers for the earlier Circle.

In regards to Cross Country, all races have been cancelled for the past season and we are all very much looking forward to the coming season. HR and HC have agreed to remain the LFR Cross Country Captains.

We haven't had any trail runs during the past year and they still have not started this year but we need to take one thing at a time and we are not meant to be encouraging members to be travelling outside of London for reasons which are not related to work. NC has informed us that they are not willing to continue as the organiser but there will be three other volunteers, these being WP, DR and JW, who are going to be taking NC place and continue organising the LFR Trail Runs.

Off-Committee volunteer roles updates (website, coaching, cross country, international trip)

LFR Web Team update: liaised with JR and EC, suggesting that instead of using just one volunteer that we may use two, meaning JR and two new volunteers, in order to share more responsibilities, feel more empowered to enhance the LFR Website more, as there is going to be more time for everyone in a group of three, and more flexibility to share tasks. There are currently two new volunteers, AS and ML. The LFR Web Team first zoom meeting is due to take place next week and we are all very much looking forward to it.

From previous discussions both HR and NC are happy to continue in their role of Cross Country Captains and the same applies for CD in regards to the Club's vests and for MH, as chair of the International Trip Committee.

Suggestions on re-engaging with lapsed members

The past year has been very difficult under many aspects but the previous Committee has managed to get the Club back and running, and we will naturally continue to build on this and to move forward. One of the main reasons for members not deciding to renew their membership is that LFR is currently not using any of the changing facilities we used to benefit from previously. This subject needs to be reconsidered, as many more people will be returning physically to work, which means that they will start coming to run straight from their place of work and the weather will also worsen after September.

Discussion on membership renewals

The Committee comes to the conclusion that a deadline for cutting off from the LFR platforms of communication those who have not renewed their membership should be communicated promptly and should not be left for discussion for the next RCM. Members which haven't renewed their membership until now, will be put into a separate list and contacted separately as to engage with them and build a custom approach. The deadline is decided at the end of the month of April and this should be communicated on both the Members Only FB page and through the e-bulletin.

It could prove useful to consider in the meantime on ways that we may come up with to inspire and encourage past members of the Club to renew their membership and to discuss this in our next meeting. The item is thus deferred to RCM of May.

LFR International Trips 2021, HKG2022

After deliberations the Club Committee comes to the conclusion that an International Trip may have to be in all probability dismissed for this Club Year, as well.

It is possible that a good number of members might still feel uncomfortable undertaking trips outside London with the present Covid-restrictions, and if we were to consider a smaller and closer possibility, as for example a trip within the UK, it could probably be a bit too short notice to organise and it could put a lot of pressure to the IT subcommittee to undertake its organisation. There are the Isle of Wight races in September and the London Marathon and we are all hoping that the Cross Country season will start again in October, so there is indeed very little time to organise things and given the circumstances, a trip for this year is best not to be taken into consideration.

On the other hand it could be very relevant and of significant importance to start pushing forward for the HongKong Gay Games. The Club Committee feels that it is very important to get LFR engaged on opportunity, and if we consider pushing for a large HK Club participation, then it definitely needs to be organised beforehand. So, instead of having something which could prove stressful and also could put into danger the well-being of membership, it is better to cancel all plans for an International Trip during the 2021 Club

Year and focus instead on starting considering the possibility of a Hong Kong International Trip for the 2021/22 Club Year.

Plans on taking inclusivity forward

This is not a subject to discuss necessarily in this meeting but definitely a subject to discuss about in future meetings, as the Committee should try and steer the Club into becoming more trans-inclusive. Naturally in being generally more inclusive and as inclusive as possible but we definitely need to look on how to become more trans inclusive, possibly by organising specific trans-runs etc. It is something to pick up on the next meeting, what can we do better as Club, together, but also in our separate roles as well. We need to think about what we want to achieve as a club in the course of this year, being clear on what we want to prioritise and give some thoughts on each one's roles.

Pride 10K

MP is still in discussion with the authorities of Tower Hamlets, in regards to whether they feel comfortable to allow the race to go on in August. There are still certain issues at the moment, based on the general uncertainty of the whole situation in the UK.

MP is going to contact the Club Committee as soon as there is some news.

Pride March attendance (Reading 4th September, London 11th September)

The London Pride this year clashes with the Isle Of Wight weekend of races. SC has notified that they will not be organising the accommodation for this year's participants. The Reading Pride also clashes with the Big Hoopla. Nevertheless the Club will endorse both the above events and whoever from membership is available and wishes to attend, they should be offered the opportunity to attend.

Committee communication improvement (WhatsApp group)

The Committee agrees on launching a WhatsApp Committee group which will be just for emergency purposes

Action to be taken: AC is kindly requested to create the Committee WhatsApp group

25+1 birthday celebrations

Having such a celebration doesn't make any sense anymore. It would be better to have a celebration, a picnic for example, where membership will be invited to participate, to have fun and to socialise, without having to call it the LFR 25+1. It is also important to take into consideration the responsibility of having to deal with the participant's numbers, so it is much better to have an event taking place outside.

Committee is much more consonant towards hosting a picnic, SS will look into this subject closer in time.

Member's communications improvement
Item to be discussed on the following RCM

AOB

8.32 pm

Action to be taken: CBP is kindly requested to send out a Doodle Poll relative to the date of the next RCM