



The LFR AGM

The LFR AGM is the Annual General Meeting of London Frontrunners, held once annually every March and before the end of each Club Year, as mandatory by the LFR Constitution

The LFR AGM serves mainly for the following three purposes:

1. elections, as membership votes for the new Club Committee
2. important decision-making, as membership votes any proposed amendment/addition/reform to the Club Constitution, and
3. Information and communication purposes, on previous and future Club activities, in the form of short reports and updates shared by Committee members and other Club Officers.

In addition to all the above, membership is presented with a number of Club awards.

1. Club Elections

According to Articles 16, 17 & 18 of the LFR Constitution, all Committee members are to be elected annually at the AGM for the period of one Club Year (1st April to 31st March) and/or until the subsequent Annual General Meeting.

All members whose first club claim with England Athletics is LFR are eligible to stand for any Club Committee role and those who wish to stand for election must send their nominations to the Club Secretary prior to the AGM.

All current Committee members have to automatically step down at the end of each Club Year but may stand for re-election, for the same or a different Committee role.

The Committee roles that are available and open to every Club member are the following:

Two Co-Presidents (ideally of a different gender identity)

Two Race Secretaries (ideally of a different gender identity)

Two Communications & Publicity Officers (ideally of a different gender

identity)

Two Social Secretaries (ideally of a different gender identity)

One Club Treasurer

One Club Secretary

One Membership Secretary

The requirement that the two persons elected for the role of co-Presidents, Social Secretaries, Race Secretaries and Communication and Publicity Officers have to be of different gender identities will not apply where nominations are only received from members of the same gender identity.

2. Decision-Making and Amendments to the Club Constitution

Important matters relative to the Club Constitution may only be amended during the AGM, by receiving a simple majority of votes in favour. Proposals to amend the Club Constitution should be submitted to the Club Secretary at least ten days prior to the AGM. The Club Secretary is then responsible to communicate at least seven days' prior to the AGM, the proposed amendments to all Club members.

3. Information & Communication

It is customary for Committee members and other Club Officers to share during the AGM a report relative to the activities of their respective roles during the previous Club Year and to announce any updates in relation to the following Club Year.

Besides reports from all Committee roles and a statement of the Club accounts, the LFR Cross Country Captains, the LFR Coaching Coordinator and the LFR Triathlon Coordinators are traditionally requested to present a short update as well.

Q&A

The LFR AGM, besides being used as a platform of communication, also serves as an extra opportunity to answer any questions and to request clarifications from current Committee members and Club officers and from those standing for election.



Presentation of LFR Awards

The LFR AGM is also an occasion for celebration, honouring LFR membership and rewarding commitment, effort and achievement through a number of awards.

These awards are:

- The Cross-Country Female Award, presented by the LFR Cross-Country Captains
- The Cross-Country Male Award, presented by the LFR Cross-Country Captains
- The LFR Coaches' Award, presented by the LFR Coaching Coordinator(s)
- The LFR Triathlon Award, presented by the LFR Triathlon Coordinator(s)
- The LFR Parkrunner of the Year Award, presented by the Race Secretaries
- The LFR Trail Run Award, presented by the Trail Run Coordinator(s)
- The Newrunner Of The Year Award (NOTY), presented by the Club Secretary
- The Frontrunner Of The Year Award (FOTY), presented by the Club Secretary

FOTY & NOTY Awards

Among the Club Awards are two old-time favourites, the Frontrunner Of The Year (affectionately known as FOTY) and the LFR New Runner Of The Year (affectionately known as NOTY) Award.

FOTY & NOTY are two non-competitive discretionary elective awards, presented by the Club Secretary to two Club members through email election from LFR membership.

The Club membership decides on who receives these two awards through a short e-mail recommendation, explaining why the person/s you nominate should be awarded.

FOTY honours an LFR member who has had a consistently outstanding presence and positive influence throughout the Club Year whereas

NOTY celebrates the new runner who has become, through their natural charisma and participation to Club events, an integral and cherished member of the LFR family.

*****One important detail to bear in mind***:**

All LFR members are eligible for these two awards, with the exception of those volunteering as members of the current Club Committee.
So please refrain from nominating any Committee members for the above two awards.

Updated by the Club Secretary, April 2021