



**LFR**  
**Regular Committee Meeting**  
**Tuesday 1st June 2021**

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

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**

LFR Coaching Coordinator Updates (MH)

LFR Triathlon Coordinators Updates (AC)

Financial Updates (CT)

Races Update (RS)

Publicity Update (P&C O)

Social Activities update (SS)

Membership Update (MS)

Club Secretary

MotivMeet

Co-Presidents

AOB

Chair: AC

Minutes: CBP

Apologies: AC, DB, CA

### **LFR Coaching Coordinator Updates (MH)**

Until now the Tuesday track sessions have been working really well, there hasn't been any problem whatsoever with the venue either. MH would like to ask to please circulate if possible another reminder on how members are meant to book their track session spots, as although there have been clear instructions on how to make a track booking, there is always someone who contacts them in panic at the very last moment.

**Action to be taken:** AC is kindly requested to please circulate another reminder relative on how members may book a track session on Tuesday

Wednesdays have been really good, both in terms of attendance and of coaching, the same in regards to the Long Runs, who are going steady and very strong every Saturday without needing to employ any of the Club coaches, based entirely on leadership and coordination provided by volunteers of the Club. They have proved to be really popular, with a great turn out every Saturday morning and we are planning to continue throughout the summer, as we will be starting to increase the route specifically for the marathon training, for the approaching marathon season in the forthcoming fall.

Our next step would be to bring Thursday coaching sessions back but unfortunately we are down on the number of available coaches and we would be needing at least three more in order to be able to do that.

Discussion on contacting Club coaches and on attracting some more Club members to go through the England Athletics coaches training. AD is interested in becoming one of the Club Coaches, and if the number of available coaches could increase by three, then it would not be very taxing on any of the coaches either, as it would involve volunteering for the minimum of once per month.

In case there are any coaches who for one reason or another are hesitant in returning to coach for the Club, because they have not been coaching for a while, the LFR Coaching Coordinator is offering to ease them back in and make things simpler for them, with organising their comeback session to be shared with someone else of the coaches, as to get them back on track feeling more confident.

Coaching through EA is now much different, as for the foreseeable future all sessions are being delivered on-line, there is a system of pre paying for the training by using vouchers, the Club pays in advance for the training, then the person is given the voucher and they do the training, so it is much more practical. The course consists of following a few hours of training online, then the candidate is shadowed by another coach, who follows them around and makes a video of the session, which is then presented to EA for evaluation.

It is important that the three new potential candidates that the Club is looking for are certain of this and we have to make sure that they actually want to do it, as members who do the EA training on behalf of the Club need to commit to do some coaching for the Club afterwards, there isn't any contract stipulated but we would expect them to commit offering their coaching experience and knowledge for at least one year. As mentioned it is definitely not taxing on the coaches' time, as it requires the commitment of doing one session per month, sometimes two, but never more than that.

**Action to be taken:** The P & C Officers are kindly requested to please create an e-bulletin blurb relative to the Club actively seeking volunteers to go through the EA coaching training, and to communicate to the Club the new email address of the Coaching Coordinator.

### **LFR Triathlon Coordinators Update (AC, in absentia)**

The general situation is very positive for the LFR Triathlon section.

AC has gone through the Facebook Tri group membership and has removed most of those who are not members. There are still a couple of people who are not members and who help the Tri Team with group social rides, who have remained. Some former LFR members who are now abroad also asked to be kept in the group. Tri Coordinators are in favour of allowing this, thus allowing them to keep a connection with the club.

Open water swimming and cycle skill training is starting up again. The Royal Docks is kindly allowing AC to coach there for free, whereas the West Reservoir wanted to charge £300 per hour!

The Tri Coordinators are considering whether they should run an LFR virtual Tri this year. It was popular last year but last year we were also in a state of lockdown. It was popular with beginners so AC is broadly in favour.

Sometime between July and August the Tri Coordinators would like to arrange some group cycling down to Brighton. In previous years such excursions were meant to coincide with OTS, which were then met for a lunchtime swim. This could also coincide with a social run with the Brighton & Hove Fronrunners. Those who are not willing to cycle may take the train to Brighton and everyone can socialise on the beach in the afternoon.

AC was wondering if there was a solution to the various discounts that the Club has located somewhere members can view them easily but are not for all to see on the website.

AC was also wondering if it would be possible to add Tri training events on Spond as an easy way for the Tri Coordinators to see who has signed up and also to have access to the triathletes' emergency contact details etc. Currently the Tri Team uses Facebook events but not everyone has Facebook and people are less likely to click to confirm their attendance.

The Committee is definitely positive in adding the Tri training events on Spond, as this will make other Club members pay more attention to the Tri events, in addition offering the LFRT Tri events some further visibility. In matters generally relevant to promoting the LFR Tri events, the Tri Team can naturally have some further publicity as well, through the ebulletin.

The LFR discounts are all published every week on the ebulletin, though this is not immediately visible, especially if one is using their phone to access the ebulletin, as they are not in view immediately and one needs to scroll further down.

This is an excellent opportunity to liaise with those offering LFR such discounts and in consequence to refresh the whole section of the discounts on the ebulletin, in the sense of revalidating them, as there is a possibility that some of these may not be valid anymore.

Discussion on how to boost the LFR Triathlon.

The Committee is very much in favour of a Virtual Tri event, as they firmly believe that Tri is very important to LFR, needs to be further encouraged among existing members and is also an alluring selling point for many new runners, who approach the Club for the very first time.

Indeed in these past two months, LFR is being promoted as a Running & Triathlon Club, with this appearing in the Club's Home page, in the new LFR leaflets and all directory entries have also been updated. People may search for either a running club or a triathlon club or for both together and it would be good to get them linked in a more evident way.

The Committee has already been discussing the possibility of fostering some collaboration and connections with other Fronrunners clubs, and in particular with the Brighton & Hove Fronrunners.

AC would need to send to the Club Presidents the events which need to be put on Spond, making sure that all Tri members have already registered with Spond beforehand. In

addition, all Tri events should be shared with the P & C Officers, so that they may promote them through the Club's communication platforms.

**Actions to be taken:** CBP is kindly requested to please contact ES from the Brighton & Hove Frontrunners and to liaise with them in regards to the possibility of organising an event together

**Action to be taken:** CBP is kindly requested to email AC, in reply to what has been discussed above.

Discussion on the potential of establishing the Tri socks as a permanent fixture of the LFR kit.

Discussion on the possibilities and the potential of sponsorship and the definite benefits for LFR. LFR has to offer a great number of members, which ensures great visibility for any potential sponsor, as LFR runners participate in numerous sport events.

**Action to be taken:** JH is kindly requested to please explore further the potential of the current LFR discounted offers and the potential of some additional offers through the possibility of a corporate sponsorship

### **Membership Secretary Update**

We are at a very positive point regarding the state of the Club's membership numbers and administration, as all memberships have been processed, members have been duly registered with England Athletics and fees towards EA registrations were all paid. There are currently more invoices coming through but the pace now is completely under control.

Up to this point 379 persons have registered with the Club, out of which 37 identify as female. Since the beginning of the Club Year we have had 34 new members, two of which identify as female. 21 persons have not renewed at all their membership, back from the 2019/20 Club Year, whereas 53 members have chosen not to renew this year.

In regards to WebCollect, we pay in incremental amounts, meaning that whenever we reach a specific number of members, the payment rates increase, and we are expecting to be paying a premium when we will hit the 500 members.

Naturally, and also for GDPR purposes, we should delete those who are not members anymore. It could prove useful to first drop a line to the 21 persons who have not renewed their membership since last year, possibly a message through WebCollect enquiring whether they are still considering to come back, and possibly getting to know the reasons they have chosen not to return, are they not feeling confident because of the general pandemic situation, etc. so probably a message through WebCollect would seem the right thing to do.

**Action to be taken:** as per above, the MS is kindly requested to please contact through WebCollect the 21 persons who have not renewed their LFR membership since the 2019/20 Club Year

It would be very interesting and very useful to know where the Club is currently in terms of membership compared to two years ago. About 75 more people used to be LFR members but we need to check whether we have lost them as such because of the pandemic and whether we have lost them completely or they have decided not to renew because they have moved away from London, or for any other such reason. On the other hand it is slightly encouraging to know that only 21 people from 2019/20 have not renewed their membership.

**Action to be taken:** The Club Treasurer is kindly requested to please provide the data in terms of where the Club currently stands in terms of budget, based on the current membership numbers, in addition to at which phase is currently the Club on the income front, based again on the current membership numbers

Discussion on a specific member who joined LFR in February 2020/21, had his membership rolled into this year but is now moving to Manchester. The Committee agrees in refunding them of their membership fees.

### **Races Secretaries Updates**

In regards to the London Marathon Club spot, we have received three applications until now, two of them are LFR Second Claim, so it is probably one valid application, which makes things much more simple.

For all those who would like a Club place to the London Marathon, we are suggesting that they apply next year, which would be much better, as LFR will be having three Club spots.

In regards to the Club Championships, the positive news is that in all probability the Park Runs will start again at the end of this month, and we are definitely planning on including a Park Run as part of the Club Championships. We are planning on offering members five different park locations, so as to have them participating at more local Park Runs, so that members can do this event in different locations, also because we don't want to overflow a particular Park Run with 200 Frontrunners.

We are also going to be having a 10K race in July, and as many members have already registered to run a race in July, we have decided that any 10k race which a Club member does during July, this race will be valid and will go towards their Club Championships races. We are also very much checking on the possibility of doing the Battersea one mile relay, as it is important that we may all try and feel like a club again, instead of doing this as individual runners, it will make a great difference being all together and racing this event as a Club.

Discussion on the race results and the existing results deadline for the e-bulletin.

The suggestion would be to email them to the P & C Officers as early as possible, sometime by the midday of Sunday, when this is possible. Not all race results are published promptly, sometimes it depends on the race organisers, sometimes on the numbers of participants, sometimes the Park Runs results would come out on a Sunday morning. The Race Secretaries will endeavour to collect and to email the results as early as possible, though members have to be patient, knowing that it does not depend entirely on them. Also, results which for one reason or another do not make it on the e-bulletin of a specific week, then they will surely appear on the one of the week after.

**Action to be taken:** the RS are kindly requested to please create a relative blurb for the e-bulletin, announcing the Big Half as part of the Club Championships.

### **Publicity Updates**

Update on HV, the Community Engagement Manager for London Marathon Events, and the relative article which will be about London Frontrunners, in addition to presenting the stories of individual LFR runners for the Vitality Big Half. There has been an exchange of questions and answers and of photographs as well and the Committee is very excited about the prospect of such an enterprise, looking forward to all updates.

Updates on the London Pride March, where the LFR application has been sent on time and the Club will be receiving 70 wristbands,

Discussion on using the personal stories of LFR members on instagram, inviting members to send short video clips, saying how long they have been with LFR, keeping it interesting, personal and light, with probably some funny questions, etc, Such videos could then be uploaded on all the LFR communication platforms, and it would be great to have a full representation of all sections of the Club, not only as a channel and mechanism for visibility but more so as a medium to engage also with LFR members.

**Action to be taken:** As there are several running events which have been postponed in August, it would be really practical to please have the SS set a date for the LFR summer picnic, as to have it set in the diary

### **Club Secretary**

Discussion on MotivMeet

**Action to be taken:** CBP is kindly requested to proceed with MotivAction and to duly update the Club Committee

Update on the LFR changing facilities and on the LFR post-run venues

### **Co-Presidents**

Update on the Say It Out Loud Club, Refugee & Asylum Seeker proposal

General discussion on the potential of training for the Club volunteers and the challenges of such an enterprise. The possibility of becoming as familiar as possible with any issues which might occur and in advance, seems to be at this point the best approach to the whole subject. There are many available resources such as videos, and articles which are relevant to this, it would be useful to process this information in advance and then relay back to the charity, before we start having people coming to run with us

**Action to be taken:** NA is kindly requested to please share with the Committee all available resources, as per above, so that they may be informed and become aware of any potential issues which they could encounter in the future

The Committee remains very supportive of this project. It is considered very important for reasons of practicality to limit the number of participants to five, as to be able to manage this number in the best possible way, for both parties involved.

The suggestion of AK of the so-called LFR sponsorships, which would be to assist those who are economically disadvantaged and who cannot afford their LFR entry fees, could be ideally combined with this project, as it would be a great opportunity not just to resurrect the idea of AK but to combine with with the prospect of funding the annual membership for those persons from the charity who would wish to remain with the Club but are financially unable to do so. It will be an opportunity to show with actions that it is possible to support others, in this circumstances specific people who they will be meeting and running with. In conclusion the Committee agrees to have five runners over the period of four months; in the meantime, the project will be monitored, with feedback and any assessments in due course.

Discussion relative to the New Runners Form.

The form is currently on the LFR website, this needs to be communicated to all Circle Leaders and CL Assistants, as it will be sent to all new runners asking about their new experience of running with the Club.

Update on a virtual interview with the Co-Presidents from the person from the Vitality Big Half that runs the LGBT network. This will be a podcast chat, as the Vitality LGBT network do these podcasts once a month, and it will be great as it will build further our relation with vitality and on the other hand it will reach many others, as it will be on YouTube, FB and instagram.

Proposal on changing “the first three months for free” to “come and run with us for a month” It is very difficult to know how long people are on Spond and even more difficult to be able to monitor who many times they have been running with LFR. It might make it easier to just say that when running with LFR, your first month is free.

It is easier to track and monitor a length of time, and it gets the momentum going as it makes much more sense, as a month seems much more reasonable.

The Committee unanimously agrees with this proposal.

**Action to be taken:** all documents and the LFR website will need to be accordingly updated, as per above, substituting “three first runs for free” with “one month”.

Discussion on generating more income on LGBT clubs, in a webinar from OFS.

AC is kindly requested to please forward the link and invite to JH.

Potential of a conversation in the near future between the the MS, the CT and JL, in regards to membership fees process through direct debit and the complete abolition of PayPal.

**Action to be taken:** AC is kindly requested to please make all necessary introductions between the all above in regards to financial matters and the Club membership fees payment.

Update on the 2022 GGHK and the first LFR meeting.

From the existing LFR IT subcommittee it remains important to establish how many volunteers are keen to remain on the Committee and in consequence how many volunteers they may need. It has been established that as several members have already expressed the opinion that they are not going to make it to HK, it is important that the Club puts some effort in providing a shorter IT to Europe.

Discussion on the Committee's visibility.

Committee members ought to make sure that they project a clear message of being part of the Committee, so that members may feel empowered to come and chat to them. The Committee members all participate in various Club runs, so there is always a Committee member around on most runs, if not in all.

**Action to be taken:** please create a blurb on the e-bulletin relative to the above, reminding membership who is currently on the Club Committee.

**Action to be taken:** CBP is kindly requested to send the Doodle Poll for the next RCM in July

9.00