



**Regular Committee Meeting  
Thursday 2nd December 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**

**Financial Updates (CT)**

**Races Update (RS)**

**Publicity Update (P&C O)**

**Social Activities update (SS)**

**Membership Update (MS)**

## **Club Secretary**

Updates  
SB

## **Co-Presidents**

LFR Disciplinary Process  
Revision of the LFR Code of Conduct  
Membership Waiver Policy

## **AOB**

Chair: AC

Minutes: CBP

Apologies: JH, GF, CA, NA

## **Financial Updates**

As of Tuesday the 30th of November, the donations collected from members for the festive season presents to the venues used by the Club amount to £65.

We are confident that the above amount will be doubled in the next two weeks.

**Action to be taken:** The Club Treasurer is kindly requested to please create and share with the Committee a financial update, containing a forecast for the following months, based on the added expenditure of LFR currently using changing facilities.

We are currently at 526 members, hopefully the Club will be reaching the 550 marker very soon, and in consequence to this increase in membership, the LFR WebCollect account needs to be updated and a supplement of about £85 to be paid.

Discussion on runners who have not yet joined the Club although they are still registered on Spond and on how time-consuming this whole procedure has been.

Discussion on the benefits of continuing to use Spond, although continuing with Spond has an expiry-date and this will be a very short-term existence as the app is not as inclusive as it used to be, with a registration limit of 500 runners and the Club getting larger by the day. More practical solutions on monitoring numbers and on how to communicate with members have to be found, for example, whereas currently those who intend participating at the Met League Cross Country events signed up on Spond and this facilitates sharing their URN with the Cross Country Captains, the Club could revert in the future to the previous method of emailing those who intend participating at the Cross Country beforehand. For the moment there is the possibility to have a few of the new members added on Spond, as those registered on Spond are currently 480, meaning that there is space for adding another twenty members.

### **Races Update (RS)**

There was a rather good turnout of runners at the Uxbridge Cross Country event with 32 participants, and the same can be said about the Parliament Hill Fields event, which was also well-attended. We are slightly kept on tenterhooks in regards to the Club Championships. With the exception of the Cross Country races, of which there are still five to go, all other races relative to the Club Championships have already been completed and we are very hopeful that we will be able to host a celebratory event, sometime between the end of the last of the Cross Country event and the AGM. At the moment there is very little that can be done in regards to how we may proceed, we just have to wait and see what will happen in the near future, especially after the festive period and then we will update everyone accordingly. Naturally it would be wonderful if we could host a Club Championships social event, meaning if the conditions will be such as to allow us to safely host such an event, so we will see what will happen from now until March.

Committee agrees that if any funds could possibly be spared from the budget currently allocated to the CS and used to purchase the Christmas presents, these funds will then be invested into purchasing something to acknowledge the commitment and contribution of the LFR Cross Country Captains.

### **Publicity Updates (P&C O)**

The P & C Officers have been in touch with JR, as to be able to launch on the Club website the "latest news" section, which will offer something interesting for all to read, especially those approaching the Club as outsiders for the very first time and it will make the website appear more updated and in contact with the Club's membership.

There have been various attempts from the P & C Officers side to try install the LFR Races Calendar on FB but these attempts have failed so far, thus they will be trying again, as this feature has been deemed as extremely useful to have and from all the individual messages that we receive on FB, from members asking who else is doing this race or the other, it is obvious that there is a need for having a Races Calendar accessible to everybody.

Discussion on what is accepted on the LFR communication platforms and what is not, the Committee is unanimously adamant in their decision that all posts would have to adhere to the published guidelines and those not conforming to these will not be accepted. Committee members when uncertain on whether to accept or not a post, are advised to please preferably leave it to the discretion of the P & O Officers to handle.

There are just three more ebulletins left for 2021 and everyone is very excited at the prospect.

**Action to be taken:** CBP is kindly requested to please inform the Circle Leaders of the Club closure dates during the festive period and to share this information for the ebulletin

### **Social Activities update (SS)**

There has been some great feedback for DB and CA as organisers of the LFR Christmas party, which was thought by all as extremely successful and great fun, from all points of view and in particular from the financial point of view, as all expenses were covered so the experience has been really positive for all those involved.

**Action to be taken:** The SS are kindly requested to liaise with The Anthologist and receive an update as to the total amount spent on the 27th of November, to be used for future reference and to update the Committee

The SS plans for the immediate future are to organise a social event for January and another event for February, which will also be relevant to the LGBTQ History Month

### **Membership Update (MS)**

As mentioned previously there are currently 526 registered members. The MS has been gradually updating certain sections of WebCollect but this is a very time-consuming procedure and although great progress has been made in the last six months, there is still plenty to be done.

Discussion on the possibility of requesting the assistance of a Club member to volunteer during the renewal period, which could prove invaluable to have their support with the membership peak, around the end of March.

### **Club Secretary**

Votation held on the subject of SB by the Committee

Updates on venues.

Update on Christmas Presents

### **Co-Presidents**

LFR Disciplinary Process

Revision of the LFR Code of Conduct

There has been a redrafting of the LFR Code of Conduct undertaken by AC with the intention of updating it and expanding it, thus making it more general and for example applicable to all Club events and to all events where members are participating and thus representing the Club. In addition, the Code of Conduct and the Disciplinary Process as currently existing in the Club Constitution should be complementary of each other and used for cross-reference purposes and should not overlap; accordingly it was deemed as necessary to remove from the Code of Conduct certain references relative to the disciplinary process.

### **Action to be taken**

**IMPORTANT:** All Committee members are kindly requested to please review the documents of the amended CoC and the amendments suggested to the Club Constitution and to please come back to AC within the next week

### **Disciplinary Process**

Discussion on whether it is better to continue having the Disciplinary Process as part of the Club Constitution or whether it should be taken out and held separately.

The Committee agrees that the Disciplinary Process should remain within the Club Constitution.

All amendments suggested for the Club Constitution will be presented to membership and validated accordingly or not by votation during the forthcoming AGM

**Action to be taken:** CBP is kindly requested to please contact EA, Triathlon UK and the SEAA in regards to what needs to be reported back in certain cases and under certain specific circumstances

### Discussion on the Club Policies

In order for a policy to be valid, the policy needs to be made public and it should be made available to every Club member by being on the LFR website. In addition there is the general feeling among Committee members that there shouldn't really be the need to have any particular policies within the Club when a robust Constitution and a Code of Conduct are in place.

### Discussion on the membership Waiver Policy.

The Committee unanimously votes on completely abolishing the above.

**Action to be taken:** Committee members are kindly requested to please email the P & C Officers all the info they consider as necessary from their respective role that should be included in the welcoming email for every new member

### Updates and discussion on GBR

There is just one week between the GBR and the 2022 IT to Portugal and the GBR happens to coincide again with the Eurovision Contest.

### **AOB**

Feedback and discussions on coaching and the role of Coaching Coordinator.

Suggestion of making the role of the Coaching Coordinator an annual role, as to offer other Club members the opportunity to volunteer and through this position have the possibility to contribute their own knowledge and experience. Whether such a suggestion is feasible, will depend entirely on the number of persons who will wish to present themselves as volunteers for this role, as LFR members have not exactly been enthusiastic in assuming any of the volunteer roles in all previous years, in particular in any of the Committee roles and the Club has struggled in generally for obtaining the necessary human resources for this role.

Committee considers that the LFR coaching could potentially benefit from being offered some general guidance and suggestions relative to its structure, as for example making the role of the Coaching Coordinator an annual role, though at the same time the coaching programmes will have to be discussed and decided among the Coaching Coordinator and the Club coaches.

Discussion on whether there should be a differently structured and joined coaching programme established on progression built on time for each participant or whether the sessions will continue to offer an ad hoc progression based on and relative to the nature of each session.

**Action to be taken:** CBP is kindly requested to please contact KW

**Action to be taken:** CBP is kindly requested to please send the Doodle Poll for the January RCM