



LFR

Regular Committee Meeting

Tuesday 7th June 2022

Co-Presidents: Ashley Harwood (AH) and Andrew Corti (AC)

Club Secretary: Christos Bitzis-Politis (CBP)

Club Treasurer: Roger Kennedy (RK)

Membership Secretary: Geoff Hicks (GH)

Races Secretaries: Denis Gorman-Zennaro (DGZ) and Francis O'Callaghan (FC)

Publicity & Communications Officers: Stephen Tomaszewski (ST) and Gareth Fletcher (GF)

Social Secretaries: Eva Kucich (EK) and Charlie Abrines (CA)

Agenda

Financial Updates (CT)

Races Update (RS)

Publicity Update (P&C O)

Social Activities update (SS)

- Survey Female identifying members
- Christmas Party Dates

Membership Update (MS)

Club Secretary

- LGBTQ+ Sports Fair
- Short Updates

Co-Presidents

- Brighton & Hove FR collaboration opportunities
- Race Results Ebulletin Communications
- MeetUp Updates
- Pride 10k Coaching Programme & LFR Collaboration with other FR Clubs

AOB

Chair: AC

Minutes: CBP

Apologies: AH, ST, CA

Financial Updates (CT)

For the time being, this is a positive period for LFR as with the renewals, there has been an influx of funds. Considering the many complications of the auto renewals and the short time that we had to be prepared for it and implement it, I would say that things have been going pretty smoothly so far. There have been some refunds and a handful of duplicates but all the rest, I am pleased to report, that went quite well. We have had about 20k so far though naturally one has to calculate and subtract all the EA individual registrations. As there were a number of issues to resolve and we have been resolving them satisfactorily one after the other, this week we have managed to send out the email to those members who have previously paid their membership through Paypal, who are quite a large chunk, so again I would say that it is all coming down quite well, almost seamlessly.

Action to be taken: The CT is kindly requested to present a detailed account of the Club financial situation for the next RCM in July.

Discussion on the International Trip Refunds. The process on our part has already started although the Club has been experiencing some difficulties in our repeated attempts to get the sum owed to LFR back from the Drag artists. They are not responding to any of the messages or calls, and they have good reviews on Trip

Advisor, so one would have expected them to be more honest and to have a more professional approach. There could be the possibility that the Club might have to initiate legal proceedings in order to become refunded for the amount we are owed, and we would also like to present them with a payment plan in case they are experiencing some severe difficulties in paying the whole amount back in full. It needs to be stated that at this stage it very much feels like fraud. Naturally there is still a surplus of 8k in the IT funds, so the situation is not one that could have an impact on the general finances of the Club but we are nevertheless eager to have this sorted out in the best possible way and as soon as possible.

Separately from the above, a number of Club expenses have now been paid, mostly relevant to the changing facilities used by LFR.

Races Update (RS)

We are having the first race of the Club Championships this month, very excited about this, with the Eltham 5K coming on Sunday the 19th of June and we are hoping that there will be a great turnout. In addition as you may have checked from yesterday's ebulletin, there was also a confirmation of the Charlton Park Run as now being part of the Club Championships, this is on Saturday the 16th of July and we have also received confirmation on the Battersea Park One Mile Relay, which is now scheduled to take place on Monday the 25th of July. It's great to have this collaboration with the Park Run and again we are hoping for a good turn out.

Discussion over the finances of the Battersea Park One Mile Relay. It is a team of three runners and each of them runs a mile each, the registration fees for each team comes to £24 and at £8 per runner. Members interested to participate will be paying their race registration on their own, as these are not covered by LFR.

Just one question, as to why you have decided not to include the Pride 10K in the Club Championships? (GF)

The truth is that we have considered doing this at the first moment but then in the end we decided against it. The majority of the Club championships races is done during the summer time, and because this summer all the races have started again, the ones which have stopped for a period during the pandemic, there is a congestion of races during this summer, so we thought that it could prove good to have the 10k race of the

Club Championships taking place a bit further in time and do it later in the year, potentially sometime in winter, having the races a bit more spaced out between them for a change. (DGZ)

In addition, the Pride 10K is more of a fun run, we did not want Club members to feel that there is again lots of pressure to compete on a race that is generally not so competitive, so we thought to let Club members have a bit more fun this time and enjoy it, take in the atmosphere instead of competing on this one. Also there seems to be a big turnout of members on the Pride Run anyway, so we thought that we could try and have a second event with an equally big turn out some time in the winter, when there isn't much going around in terms of races besides the Cross Country (FC)

Also we have had a confirmation on the Bridges Relay but apparently this year it is on the same date as the Big Half, so naturally we are not planning on making it part of the Club Championships.

There are some updates on the Track Races that we are trying to organise and launch: MH has started putting together the programme but the event which is scheduled for the 6th of August has requested that all participants have to send the organisers a predicted finishing time and there is an established cutting off point, which implies that if someone is on the lower scale of timing, they will be disqualified, as in not becoming accepted for the event, and we thought that this is not very engaging, nor inclusive for all members, as we have hope for and wanted to make this event. In consequence to this, we have done some further research and there is a different event now which we would like to suggest to all those who have registered their interest for a track race on FB. This new event is now taking place on the 21st of August and we have emailed the event organisers informing them that LFR would like to engage with this event. There are a series of races on the day but not all the races on that day will manage to attract the same level of interest from participants, so we would like to suggest to the race organisers if we can have a 5k race replacing the 10k, as 25 times running on the track is probably a bit too much for some members. We just have to wait and see what they are willing to do, whether they will be able to accommodate some of the races according to our suggestion. As mentioned this event is on the 21st of August, so it is two weeks before the Big Half, but this is not a Club Championships event and it shouldn't have any impact on members' choices either.

Discussion on the Club championships records on the Club Website. The Club records have stopped being reviewed and updated since 2015 and they are in need of some urgent intervention. They are not done by age category, so it would be more practical to stick to the existing format when updating them.

As this is a task that requires a lot of time and some considerable dedication, I would like to suggest whether you might want to consider calling out for a volunteer to help you out with this (CBP)

It would be really very useful to add onto the same page and to definitely upload on the website also a list of all the trophies and awards LFR has received and been awarded in various events over the years. Numerous other running clubs have a similar page dedicated to this purpose and I think LFR should keep up with them (AC)

Discussion on the Automatic Race Results Every week we are putting lots of effort into collecting promptly and publishing on time in the ebulletin members' race results, we really enjoy doing this as it is a great way of celebrating the members' individual achievements and although we receive positive feedback in general, we do get some times a number of complaints that this or that result has been omitted. I am not sure whether this is clear to everybody in the Club but regardless of our effort, for a result to appear, a number of chain events needs to happen beforehand, because we may say "automatically" we will include your race results but this does not mean automatically in the literal sense of the word and for this to happen, the following conditions must be met: first of all the runner must be a registered Club member and have a valid England Athletics membership. Then this specific race event must be an EA-affiliated event and the race results are in consequence fed and appearing on the "Runbritain" or "Power of 10" websites. Needless to say that race results do not appear on these two sites immediately after a race, often it takes a day or two, and with races usually taking place on a Sunday, we may miss the deadline for having a result appearing on the e-bulletin of the next day. But then we always make a note and will definitely include it in the following week's ebulletin. Therefore, if members want to make sure that their result will appear in the ebulletin, then they need to act proactively and they need to send us an email.

I think members should become very much aware of the fact that they should not expect their result to appear and to be collected for all the reasons DGZ has listed above, this is a very time-consuming task and members should not be expecting an

automatic service but should also be a bit more patient and understanding and do what it takes to facilitate your efforts and the whole situation in every possible way, so in my opinion you should definitely inform them that they need to proactively send you an email (CBP)

How many emails that contain race results do you usually receive per week? Is this something you would like to encourage? (AC)

We do not receive more than three emails per week and it is definitely something we would like to make members aware of and pursue further, we don't really mind receiving race results, especially from races of which we will never know of. It would be useful to let the members know how things work behind the scenes and accordingly what the expectations should be.

Action to be taken: The RS are kindly requested to please liaise with the P&C Officers and create together a blurb for the next ebulletin, based on what has been stated above

Publicity Update (P&C O)

Nothing to report in particular, we have started to receive some more photos from members, so we have created a new section in order to be able to share these photos on the ebulletin and we would like to encourage members to send some more photos. We got more people tagging us on Instagram and CH has asked members to tag in important events such as races and such, so we are trying to get members being encouraged to share much more. In addition, we put the link to a story relative to the Club Championships on the ebulletin of last week and we have some more stories that we would like to explore and they will be coming out soon. For example the story of the organiser from GoodGym in Victoria Park, and also to mention something characteristic from all the events that took place on the International Trip, the GBR presents an equally good opportunity for a story, we could get in touch with EC and JW, and involve some new runners who did the GBR this year to tell us their story.

Action to be taken: AC is kindly requested to please remember to check if any professional photos from the GBR have been published. check professional photos,

Social Activities update (SS)

We need to make a shout out for the Riverside Studios event this coming Saturday as only fifteen tickets have been booked and we still have another 15 to go, potentially we could create a FB post. For the Pride March in July there have registered only 13 female identifying members this year and we would like to release the remaining tickets to the male identifying members, we will have a shout out next week and for about ten more days we will be offering Pride wristbands to male identifying members. Many of the LFR women have done the Pride March in previous years and more than one time so they are not really interested in doing this again this year. The number of 13 female identifying members is not exceptionally high but it is also very similar to the number of female identifying members that we had in all previous years attending Pride, so it is nothing new. CA and I are moving ahead with an August picnic in the park, this is going to be Hyde Park, though we still do not have a fixed date and there will be a treasure hunt in September. As it was mentioned during the previous RCM, we have spoken to the Spinder person for a joint LFR and Spinder event with them but this event will be split, taking place on two separate days or something like that, one for male and the other one for female identifying members.

Christmas Party Date Coming now to one of the main subjects that I would like to discuss with you all, the LFR Christmas party, as CA and I have been discussing venues and have also been having some ideas and looking around at different venues, but all the venues we have contacted want us to come up with a date. So, if it is not too early, I would definitely like to discuss a date for the forthcoming Christmas Party.

We tend to have the LFR Christmas Party usually taking place on a Saturday in November, potentially in one of the very last Saturdays in November, first of all because November has proved to be a cheaper month to hire a venue compared to hiring a venue in December and also because lots of members are having their work dos in December and are really busy with festive obligations, so we prefer to have it as early as feasible compared to everybody else, giving the opportunity to as many members as possible to join LFR and participate at the event. Based on my calendar, on Saturday the 12th of November takes place the Cross Country fixture at Wormwood Scrubs and on Saturday the 19th of November is the London Championships in Parliament Hill Fields, so that leaves us with November the 5th, which is too early, and Saturday the 26th as the one available date in November (CBP)

The Committee discusses and agrees in suggesting to membership Saturday the 26th of November as a potential date for the LFR Christmas Party. The above date will be proposed by the SS to potential venues for hiring and the final decision will also be subject to the venues' availability on the suggested date.

Survey For Female Identifying Members Discussion on the possibility of creating a survey just for female identifying members, as in order to be able to engage more women with the Club, we need to find out what are their interests, what are there expectations from the Club, what does the Club need to do for women to feel more part of it, why is there such a low attendance of women on the weekly runs, is it a peer effect etc.

In regards to this survey that you are suggesting, I think you need to have a chat with SM, as she has suggested creating one, for I & D purposes (AC)

Action to take: EK is kindly requested to please liaise with I & D officers in regards to the creation of a survey.

Discussion on new female runners and on how to make them come to a Wednesday run, without excluding other running days, without forcing women to come and run on this day. There has been some very careful wording on the new runner's page on the website, as we definitely would like to make female identifying runners feel more included.

EK is planning on reorganising her own running days, as to be able to come and run with new female runners that happen to be running on that day.

I would also like to ask whether the Committee agrees with the idea of organising a social event just for women.

There have been numerous occasions in the previous years with events being organised by and taking place exclusively for women, so the Committee not only agrees but also absolutely endorses the idea.

Membership Update (MS)

In relation to what the CT has mentioned before, I would also like to add that the auto renewal process has been pretty smooth, there have been fewer than ten people to refund, and based on what data we are able to get from WebCollect we now have over

400 subscribed members, which is a very good number. At this point we need to wait to get as many members registered as possible, before we are able to release some stats, and this as you might have imagined is taking a lot of time. We will probably not get the same amount of members as we did last year, as not everyone has been willing to renew, and those who have been reluctant in renewing we are planning on contacting them later in time. This is from a professional point of view the absolutely busiest period in general, and so certain actions have had to be postponed to later in the month, there is a reasonable number of registrations going through every day, and there are a few more to go, but one remark that I would like to make is that there is an astonishing number of members that do not bother to read the instructions, at all.

On the England Athletics side everyone who has renewed or sorted out their subscriptions prior to the 12 of May have now been registered. In the meantime I have been working through the auto renewal in batches, and as there has been some prioritisation for Committee members, you must have all received your EA message by now in regards to having renewed with EA. Sadly there has been no time and there still is no time to train any volunteers, so we will get there in the end but as said, please be prepared that it will take some time, this mostly if you start receiving some queries from members. Overall members have been quite understanding, one or two queries have arrived from members but it is all OK and expected. Also, for someone who has renewed in the last few weeks, it is the payment that needs to go through first, before we pay their membership to EA, so it takes a while for the payment to go through, we are working through quite a bit of stuff and we are getting there, though there are still lessons to be learned and not to be repeated for next year. I would say that the greatest achievement so far has been getting rid of PayPal, this will all happen next year in a much faster and simpler way, it ought to become much smoother, and overall very few people have come up with legitimate issues, for example members that are living overseas and such, so it is all good on my side.

Club Secretary

Short discussion on Committee members available to attend the LGBTQ+ Sports Fair on Friday.

In regards to the topic of Inclusion & Diversity that was mentioned earlier, I had the chance of having a short meeting with SM, I offered some practical suggestions on SM and AS assuming a title for their role and creating their own email address and left

the subject of a catching up between them, as I think it makes more sense for them to meet and discuss first on their own and then share with the Committee their plans for launching an I & D strategy a bit later in time.

In regards to the Cross Country, HR has taken the decision to step down and JR will be the new female identifying XC captain. There is a scheduled plan to organise a handover and in the meantime I have invited KK and MT to meet with each other and to decide among them who wants to become the next XC male identifying captain. What now needs to be done is to catch up with JR on whether they wish to remain and volunteer as part of the WebTeam, because after five years they might want to step down and try something completely different, as they are doing with the XC. I shall be keeping the Committee updated.

Pleased to let you know that the Pride Run has been awarded by the Brooks Pride Initiative \$1000 and in my opinion there needs to be sent an email thanking them for their generosity. Discussion on the suggested email.

Attached to what AC is planning on discussing afterwards, just to inform you all that I have had the pleasure of liaising with ES and offering B&H FR 10 spots for the Big Half, as part of our attempts for a stronger and more active collaboration between LFR and BHFR.

Co-Presidents

Brighton & Hove FR collaboration opportunities There have been suggested several proposals for collaboration between the B&HFR and LFR, fact remains that most of the park runs suggested are taking place around the area of Brighton, so with the park runs starting at 09.00 am, members will have to be on a train quite early on a Saturday morning, and I am not sure this is very practical, we never get more than 15 LFR runners to one of the park runs in London, I don't see them travelling en masse so early to Brighton. There is just one park run which is scheduled to take place on the 20th of August and it takes place in what could be described as west London and probably we could try and involve AT as the person who is organising the LFR park runs to get in contact with the B&HFR, this would be a 5K run in Bushy Park, which is in the area of Hampton Court. Again, not the most practical location but still feasible.

Another probable date for a potential collaboration could be Friday the 5th of August, date that the B&HFR are organising their Rainbow Run, which is something very similar to the LFR Pride Run, and which is a 5k run taking place at 19.00 pm and being in the evening, it could prove something of great interest, especially as there is Brighton Pride taking place on the same day, and we know that many LFR are going down to Brighton for Pride.

This year we have already started collaborating closely with Pride 10K, CBP is engaged with the hosting aspect, DA and JP are involved in promoting the event, LFR could potentially try and organise something for the runners before the Pride 10k on Friday the 16th of September and/or on Sunday the 18th, it could be a pasta dinner, a brunch or a picnic or we could just simply book a venue in the area and bring people together.

On the other hand the suggestion of organising a Trail Run together with B&HFR seems to be going much better and seems to be taking shape in the form of having a common trail run for both clubs on Sunday the 14th of August.

MeetUp This subject was discussed last time but we forgot to mention that there is a fee to pay for having an account and organising events, one needs to buy a subscription and it comes in batches for six months, the cost would come to around £10 per month, and the organisers will assist someone on their first steps on how to create a group.

The Committee agrees unanimously to explore further the possibility of making MeetUp an official LFR platform for communication, including the expenses this might require.

Members would need to have their own profile on the platform, they would need to create their own accounts and then sign up to become a member to the LFR events. It is actually much more simple than it sounds, the only stipulation that we are planning on having this time, having learned from the experience of Spond, is that members will be asked to use the same email address from both their WebCollect account and their MeetUp profiles, otherwise they are not going to become accepted. The platform allows to bring new runners into the group as a guest and bring them in the group for just a specific event, meaning for a run, so we will hopefully not going to experience the same issues we have had with Spond, having some new runners who would only

come for a run or two, try the Club out, never return and have their details festering in the LFR account and not knowing what to do with them, resign them or keep them, now runners are just for a specific event, the platform will help us to know the numbers for a run, as someone will have to register for an event, so it will be just like Spond.

Very interesting discussion on partnering LFR up with another organisation and do a couch to 5k together with them, what are the benefits of such an enterprise for the Club, what is the potential of encouraging new runners and how much effort does it actually involve to organise. Based on what is being discussed, the Committee seems much more open to the suggestion of organising a Couch to 5K programme together with a similar organisation than on our own.

Further discussions on supporting in a more active way and enhancing the existence of the LFR walking group, with the potential of attracting more walkers into the group.

New York FR have reached 1000 members and a great part of these members are just walkers (CBP)

LFR needs to find more ways in investing further into the walking group (EK)

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

Discussions of hosting the July and August RCM in a park, potentially Hyde Park.