



The LFR AGM

What is the LFR AGM

The LFR AGM is the Annual General Meeting of London Frontrunners. It is held once per year and it is mandatory by the Club Constitution that it should take place sometime in March, before the end of each Club Year.

The LFR Club Year follows the financial year, from the 1st of April to the 31st of March.

The LFR AGM serves mainly for the purpose of the following four main objectives:

1. Committee elections, with members voting for the new Club Committee
2. Important decision-making, with members voting in favour or against proposed amendments/additions/reforms to the Club Constitution
3. Information and communication purposes, on previous and future Club activities and events, through short reports and updates shared by the Committee and other Club officers.
4. Celebration of members through the presentation of Club Awards.

Clarifications on the Club elections

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

At the end of each Club Year all current Committee members automatically step down and new ones are elected by the members and appointed for the next Club Year.

In addition to new candidates, if any of the current Committee members who are forcibly stepping-down wish to present themselves for the same or for a different Committee role, they are still eligible for re-election.

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 (for practical reasons this should be three weeks minimum before the date of the AGM)

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.

Clarifications on decision-making and amendments to the Club Constitution

The Club Constitution (<https://londonfrontrunners.org/wp-content/uploads/2022/04/LFR-Constitution-amended-March-2022.pdf>) defines who we are and what we do as club; it clarifies how important Club procedures work, it safeguards Club members and officers and provides a structure on which the Club is run smoothly.

As such, it is an on-going process keeping it updated and to the point, according to the ever-changing Club needs and requirements.

Any amendments and/or updates to the Club Constitution may only become officially ratified during the AGM, by receiving a simple majority of votes in favour.

Proposals to amend the Club Constitution are submitted to the Club Secretary prior to the AGM. For practical reasons and for the purpose of sharing these proposals promptly, the period of one month in advance to the date of the AGM is suggested as minimum. The Club Secretary is then responsible to communicate such proposals to all Club members, then these proposals are either voted for or against at the AGM.

Clarifications on Information & Communication

The AGM is a platform of communication with members but it is also a great opportunity to showcase past Club activities and publicise future events. It is customary for Committee members and for all other Club officers to present a very short report relative to the activities of their respective roles during the previous Club Year and to announce some updates in relation to the following Club Year.

Besides reports from all Committee roles and a statement of the Club accounts by the Club Treasurer, a short update is also presented by the LFR Cross Country Captains, the LFR Coaching Coordinator(s) and the LFR Triathlon Coordinator(s).

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.

Clarification on the The LFR AGM Awards

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

The LFR AGM Awards are awards presented during the LFR AGM, usually following a very short report/review relative to each of the categories for which these awards are being presented.

The LFR AGM awards are:

- LFR Cross-Country Awards presented by the LFR Cross Country Captains
- The LFR Trail Run Award, presented by the Trail Run Coordinators
- The LFR Experienced Triathlete Award and the LFR Newcomer in Triathlon Award, presented by the Triathlon Coordinator(s) on behalf of all the LFR Triathlon Volunteers and triathletes.
- The LFR Coaching Award, presented by the Coaching Coordinator(s) on behalf of the Coaching Team.
- The LFR Parkrunner of the Year Award, presented by the Race Secretaries/ ParkRuns Coordinator
- The Frontrunner of the Year Award (FOTY) and the Newcomer of the Year Award (NOTY), presented by the Club Secretary.

FOTY and NOTY Awards

The Frontrunner of the Year (FOTY) and Newcomer of the Year awards (NOTY) are two non-performance discretionary awards, with Club members deciding on who receives these two awards through a short email 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 newcomer who has become, through their natural charisma and engaging participation to Club events, an integral and cherished member of the LFR family.

All Club members are eligible and may be nominated for these two awards, with the exception of all Committee members actively serving during the time of the AGM these two awards are being presented.

So members are kindly requested to refrain from nominating Committee members for the above two awards.

Why should an LFR member attend the AGM

It is important to attend the LFR AGM as it provides transparency and accountability on Committee roles, the opportunity to review the weaknesses and strengths of the past Club Year and to set the goals for the future.

In addition, with about 80+ members attending every year, it is an important Club event and an opportunity to meet fellow members.

The present document has been updated by the Club Secretary, January 2023