



**LFR  
Regular Committee Meeting**

Co-Presidents: Geoff Hicks (GH) and Wojciech Panków (WP)  
Club Secretary: Christos Bitzis-Politis (CBP)  
Club Treasurer: Derwin Brennan (DB)  
Membership Secretary: Gwen Wright (GW)  
Races Secretaries: Eliot Rees (ER) and Tom Watson (TW)  
Publicity & Communications Secretaries: Stephen Tomaszewski (ST) and Chris Swift (CS)  
Social Secretaries: Nick Warner (NW) and Andrew Harrison (AH)

**RCM Agenda  
Monday 12th August 2024**

**Financial Updates (CT)**

Investing LFR Reserves in Savings Accounts

**Races Update (RS)**

Lyon EuroGames

**Publicity Updates (P&C S)**

**Social Activities Update (SS)**

2024 Christmas Dinner

**Membership Update (MS)**

**Club Secretary Updates**

Out For Sport Fair bits & bobs  
AGM Date Discussion

**Co-Presidents Updates**

LFR 30th Anniversary discussions

**AOB**

Chair: WP  
Minutes: CBP  
Apologies: CS

**Financial Updates (CT)**

The current bank balance is at the moment £96,640.75, with the total outgoings in previous month coming to £2,437.70. The total income during the previous month has been £3,254.69 and it mainly comes from membership fees.

### **LFR Reserves Investment**

As it was discussed and suggested in previous Committee meetings, a proposal has been sent around relative to the investment of the LFR's excess savings into proper savings accounts and I would like us to discuss this further and if there is a Committee consent and the Committee is happy with this proposal, then I will reach out to Lloyds about getting this plan set up. The goal is to generate some income from the LFR existing savings, this proposal is a practical and rational suggestion as it is important to somehow use the existing funds by taking advantage of higher interest rates available in a notice savings account, as at this point receiving some interest back seems the only logical thing to do.

The only inconvenience in the form of a downside would be that part of the LFR funds will be tied up for a set amount of time and they would not be immediately available if needed. The likelihood of such a risk occurring is frankly very low. Most of the Club expenses are fixed and are not immediately required to be paid, the Club could negotiate a later payment if needed in the very unlikely event that the funds in the existing current account and the instant access saver money is not available.

Account	Amount	Interest Rate	Interest after 1 Year
Lloyds Instant Access Saver	£10,000	1.3%	£260
Lloyds 32 Day Notice Saver	£40,000	2.5%	£1000
Lloyds 95 Day Notice Saver	£15,000	4%	£600
Current Account	£46,397	0%	£0

If the above proposal is followed, as of July 23rd, this would leave the amount of £46,397 in our current account, which would be immediately available to withdraw. The money in the instant access saver is also readily available if it needs to be dipped into. The above amount would cover the expected International Trip fees upcoming, potentially coming up to £38,000, plus the Christmas Party venue deposit of £1000, in addition to the regular day-to-day expenses such as changing facilities, race entries etc.

I have separately answered the question from Christos and there would not be paid to Lloyd any separate monthly fees for each of the suggested four accounts.

Many thanks to Derwin for all his work in putting this proposal together. This is a perfectly sensible plan and it's very much appreciated. My view is much the same as Christos's, that

this is a prudent use of Club funds. If we were to assume a worst-case scenario, what would the penalties be for withdrawing money before the specified time? (GH)

#### Worst-case scenario discussions

The interest accumulated after one year is £1860, which is not a negligible amount of money. It would be wise to know in advance whether it is possible to withdraw some funds without paying a penalty and if there is actually a penalty to be paid for an earlier withdrawal, which one would assume that there is, it would be sensible and judicious to know this penalty in advance. There might be a case that such a penalty is extortionate, and it could be more than the £1860 interest which would be accumulated in a year, which would bring us back to nothing.

I also agree that it is worth double-checking what the situation is, and assuming that one can withdraw an amount earlier, we need to know what the penalty for an earlier withdrawal is. Because there would be a penalty, all banks charge a penalty for early withdrawals and early withdrawal penalties exist for the sole purpose of discouraging investors from removing funds early from their deposit accounts.

The Club expenses are more or less known, they can't be entirely unknown as these expenses have been running for years and unless there is something exceptional, they are more or less the same. What is the amount that we need to have ready access to? Would the amount which is left in the current account not be enough to cover the Club's needs? (GW)

After the deposit for the Christmas Party and the IT expenses have been paid, there will be about £10k left in the current account, and under normal circumstances this amount would be enough to cover our expenses, but it shouldn't be a problem to just check and make sure.

Is there any limit to the amount of times one can access the instant saver account? Not to my knowledge, there isn't.

One question that may be raised, again, is what is the Committee using the money for. The Club happens to have substantial reserves and members may want to know what these reserves are used for.

Although this is a legitimate question, the Committee is not obliged to use the money for any specific reason besides what the Club funds are regularly used for in every other running club, there is nothing in the Club Constitution that mentions that the Club shouldn't accumulate funds nor does the Constitution indicate a specific use for the Club reserves, nor is the Committee obliged to invest any Club funds, such a stipulation is not even in the CT role. The extra funds that we have been discussing have been accumulated over the past ten years and it is important for any club to have such funds, even more so for LFR as they guarantee the Club's sustainability. We have been discussing moving the funds in saving accounts, based on the regular Club expenses. There are numerous ongoing expenses, such as the venues which are paid quarterly, the Club is organising socials which they often require deposits, deposits are requested to be paid in advance for various LFR trips, the Devon trip and the International Trip are only two examples, the Club subsidises a number of race entries as well, so the Club funds are in constant use. We pay a deposit and then we get it back after a while, but the important thing is that the Club has the possibility to

pay for a deposit and should continue to have it. This is a question that is being asked in almost every single AGM, without any of those asking this question making on the other hand any suggestions on how members expect the Club to be using these funds.

Subject to what the response is in regards to the early withdrawal penalty the CS proposal is unanimously approved and the Committee will discuss and confirm the proposal in due course via an exchange of emails.

**Action to be taken:** the CT is kindly requested to please liaise with Lloyds and become informed on eventual the early withdrawal penalties, as per above

## **Races Update (RS)**

The Eurogames in Vienna have been a very successful event, it was great to be able to have a numerically increased and official LFR presence at the event and in addition everyone seems to have had a really great time. There has been some very encouraging feedback.

## **2025 Lyon EuroGames**

In regards to the Lyon EuroGames, which are scheduled for July 2025, Matt Clare has been really proactive, sending us an email relative to the event. It is certainly a very attractive possibility as the TGV makes Lyon just over an hour away from various other resorts on the south coast of France to those who would be coming to the Games and wishing to combine them with a summer holiday. Matt has suggested putting together an event proposal that will include suggested transport and accommodation options for the consideration of the Committee.

We are naturally very keen on the event, as the Vienna one has been very successful and really it is a case of waiting for the registration for Lyon to open.

Having done the Isle of Wight, it is definitely worth having two people on board such a project and bringing it forward together, and these should not just be the Race secretaries.

I fully agree with what Geoff just suggested, having spoken to Christopher Craig in relation to the North Devon trip, Chris enlisted a number of other Club members to support him in organising the trip, Robert Gill was responsible for the train transportation, Christian Duran for another aspect of the whole enterprise, it is not just the amount of time and effort that one has to put into it, it is also better to have two or even three people being involved, not just for the purpose of dividing tasks but for making members feel more involved and offer them the sense of ownership in regards to the whole endeavour. We discussed this in our previous RCM, it is obvious that there is appetite for these smaller events among Club members, a lot of LFR members have already done the LFR International Trips and they are at a point where they prefer a trip smaller in size, as smaller trips tend to provide a more relaxed interaction and a different atmosphere, when there are between 20 to 30 participants, compared to the 130 participants of the International Trip. In addition, it is hugely important for LFR to have Club participation at such events in terms of Club visibility and athletic participation.

Besides the running there is also going to be Track and Field in Lyon, triathlon, swimming and cycling as separate disciplines, there are going to be lots of competitive sports, it all

seems very interesting and it would be great to build on the positive feedback that we received from the trip to Vienna. The Vienna trip was organised a bit last minute, there was some thought put into it and there was also the incentive of £20 offered by the Club but it was not organised in terms of accommodation and transport of those participating, so it would be great to organise the Lyon event in advance but in a laid back way.

One important factor about such smaller trips is how they are being advertised and how much in advance they are being advertised to members.

I included something in the E-Bulletin of last week about LFR having the intention of signing up to the Lyon EuroGames for next year and potentially getting a bigger presence at the event, the registration is yet to open for the various sports but as soon as this happens, I'm very keen to get our members to sign up to the event. In Vienna we didn't really coordinate travel or accommodation for those attending, but with a bigger group in mind and starting considering the logistics in advance, we might be able to strike some deals in regards to the accommodation.

In case there is anything that is needed in terms of financial assistance and deposits,, to cover something temporarily, please do let us know, we need to know those kinds of things in advance so that we can support you and the Committee is always open to discussions and further suggestions.

This would be very useful, because if we find a hotel deal and we decide to book our accommodation in advance, there will definitely be a deposit or a percentage to be paid in advance, and if the Club will be happy to facilitate this, it will be great.

Besides the Lyon event, which is in July, from Wednesday the 23rd to Saturday the 26th, there is also the Brussels running event as well, the European Championships in April, and Tom Holmes mentioned that he would be happy to help me out with this event, so there is yet something else to look forward to.

It would be great if all these events could be highlighted in our Instagram account, one can create Instagram posts with reminders for upcoming events, Instagram has an Events feature that allows all users to view a list of all their events, it would be great to create a calendar and to have it there for all the LFR events. The same also applies to photographs, there are ways to create photo albums on Instagram attached to Instagram Stories, it is all very simple and one can upload images and add captions. I feel that the Club is not really exploring at all the numerous and diverse possibilities that social media is offering nowadays. LFR does not have a very strong social media presence on any of the social media platforms. (WP)

**Action to be taken:** WP is kindly requested to please liaise with Cameron Hutton and together explore further the publicity and promotion possibilities of social media

Would it be a good idea to create an events calendar and have it on the website? This would mean that even those who are not on FB would have the possibility to consult it and check the events.

Truth being told, the demographic that uses the LFR website is mostly first-timers and new runners, who want to become informed on the runs and thus use it as a point of reference, registered members hardly ever check the website.

Stephen Turnock has some great ideas that he would like to implement in regards to the LFR website, offering more features than what is has now and a calendar of events would also promote the events that LFR is attending throughout the club year, along showing new runners the huge number of events the Club participates to.

I think the fastest and simplest way to go forward at this point is to put a Save the Dates blurb on the ebulletin and to do that as soon as possible, making everyone aware of these events and then take everything else from there and in due course.

The Battersea Mile relay went really well, LFR was represented by 17 teams, there have been some issues with the race results as they have been shared by the race organisers, in the sense that there are two outstanding results which have been contested. I am chasing this in the hope that we will get to the end of it. Fact remains that if there is no way to have these two results assessed and verified, and then potentially changed, then they will have to be accepted as final. One of the complaints is by a runner (RD) whose published race result is supposedly too fast for the time they think they did, whereas the other complaint is by a runner (AW) who is allegedly faster than their actual published result makes them to be.

Discussion on the very successful socials after the Kangaroo 5K and the Battersea Mile Relay at the Paya and Horse pub. Both events have enjoyed great attendance and the Club was offered several platters of nibbles free of charge on the second visit, due to the generous kindness of Natasha, the lady behind the bar.

Suggestion of acknowledging Natasha's generosity and very welcoming attitude towards the LFR runners by offering her a box of chocolates and a bouquet of flowers.

The Committee considers the above as an appropriate gesture and agrees to the suggestion.

**Action to be taken:** CBP, as the person that originally suggested the above, is kindly requested to action the above.

We sadly need to report that publishing the race results continues to be an issue. In the meantime, I have emailed Jon Moscrop, in case there has been any change in the system and whether Jon has been able to break the code that has been used and work around the whole issue, and I will keep the Committee updated on this, as it is an important matter.

There has been a query in regards to races which are being considered as part of the Club Championships and there was the intention of introducing a 10 miler event; sadly the one that has been proposed is now clashing with the fist Metropolitan League XC future, so we may need to find a different 10 miles event. We are not exactly sure whether we will be able to actually find another event, as a couple of other events that we have looked at are also coinciding with different LFR events, it needs to be said that there are plenty of events and that some of them might be clashing this year.

I am not sure whether it is better to have clashing events compared to have a couple of sporadic events throughout the year or no events at all as it also needs to be mentioned that LFR is a super active club, both in terms of organising races and in terms of hosting social

events and that the Club has been offering to its members much more than what an average club would have been offering, and without wishing to exaggerate much more than a very good club is in the position to offer its members.

And all that for the membership fees of £56 per year, which is really a very good value for their money.

There is always enough space for improvement and we should never become complacent, but it does make absolute sense for two Club Championships events to not be hosted on the same date.

We will look into this matter and see what we will be able to come up with.

Lengthy discussion on the Club policy of having all race registrations paid by the Club being then refunded to the Club, in case an athlete does not show up on the day of the event they have been registered for.

Completely understandable that this is not a very pleasant task but to my knowledge most other running clubs, if not all, endorse the exact same policy, asking their members to pay them back when they do not turn up at an event whose race registration has been funded by their own club.

It is not a question of money, after all the amount the Club is requesting to be refunded is just £8, it is though a question of principle.

This is a policy that has been put into general use over the past four years; regardless of whether a member has notified of their unavailability to attend a race in advance and equally regardless of the fact that there could be a completely justifiable and serious reason for their absence on the day of the event, every member that has not showed up at the SEAA cross country events, the Kangaroo Hop 5K and any other club-funded race, has been asked to refund the Club.

It would be best if this policy is reinforced and that all members interested in participating at a racing event whose registration is being paid by the Club are punctually and consistently reminded in advance of this policy, as we cannot expect new runners to be aware of that.

**Action to be taken:** CBP is kindly requested to please assume the onus of communicating the Committee's decision of having the Club being refunded the amount of £8 by those who failed to attend the Kangaroo 5K, copying in the email the Co- Presidents and the CT.

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

Discussions relative to the move of CS to Boston and the future of the ebulletin.

The Committee first of all needs to clarify with CS what the situation is and how it will evolve in the near future and since his departure. There needs to be some serious thinking towards whether the role of CS should be replaced as such or whether the gap that will be created by Chris's departure will be filled by simple volunteers, who will not be part of the Club Committee.

The Committee feels very sceptical about allowing the role to be continued as such by CS but from a long distance, due to a great number of issues, first and foremost the difference of time.

The main concern is with who will be allowed to use the mailchimp and thus have access to all members' personal data. It is important having someone who has been elected to the role, as this offers the sense of reliability and of trust, and it also needs to be mentioned that we have had no issues with anyone nor have we had any issues with members complaining about their data on Mailchimp.

Mailchimp provides various types of subscription which offer a different level of security. LFR has the cheapest type of subscription, which has probably been used since the Club started using Mailchimp and the issue with the current subscription is that it allows everyone using Mailchimp to have access to all members'. Different levels of subscription allow a different level of permission within Mailchimp and thus more volunteers becoming involved, as they will be having different levels of access to different accounts.

Suggestion of first approaching SP and having an informal chat with them on the matter and on whether they would like to unofficially assume the role of having to publish the ebulletin every two weeks, potentially without becoming a Committee member, though the Club Committee is very open to any suggestions on their part.

LFR is currently paying the amount of £25-27 per month, for the very simple type of subscription, would the Club be in a position to pay £50 per month, for a more advanced level of subscription?

The Club is very willing to make this situation and the task of sending out the weekly ebulletin as simple and as safe as possible. If this advanced type of subscription will guarantee an advanced or enhanced level of security in regards to member's data, then the immediate and obvious answer is absolutely yes.

**Action to be taken:** ST is kindly requested to please investigate the Mailchimp types of subscription and report back to the Committee the monthly subscription amount in addition to finding a type of subscription suitable to the LFR needs and level of security in relation to membership data

Suggestions on the ebulletin circulation

The ebulletin could come out not on Monday morning or on Monday as it very often and regularly does but on any day of the week that the P&C S will have the time to do it.

This solution would take off the pressure from having the ebulletin appearing after the weekend, which is a period of the week always full of events.

The ebulletin could come out every two weeks.

**Social Activities Update (SS)**



Discussion on the forthcoming Christmas party, which is meant to be taking place on Saturday the 30th of November at The Thistle. The Thistle communication has become a very challenging task

**Action to be taken:** CBP is kindly requested to please try anew in order to rekindle the communication platforms with The Thistle

Final details on the Big Half social on the 1st of September at the Sail Loft. There have been registered for the event more than 100 entries to LFR runners, whereas we are expecting about 20 Brighton & Hove Frontrunners. The event will officially start at 11.30 am and it will have to go until 15.00 pm, as not all runners are on the same wave. The first wave starts at 8.30 am and there are several waves until 11.00 am, so we expect that some runners will be there long before others. The Club has been offered the venue having paid an advance deposit of £400 and there is a minimum spend of £1800.

**Action to be taken:** AH is kindly requested to please remind LFR through updating the ebulletin relative blurb of the LFR minimum spend.

Based on the encouraging comments on the previous walk, we would like to have another walk, our third in a row, this time returning back to its original day which is a Sunday, as the August one is supposed to take place on a Saturday only because it is being organised in tandem with the LFR picnic. The September Walk is scheduled for Sunday the 15th. The forthcoming August Walk is going to be starting at 12.45 pm in the area of London Bridge and will take all participants to Vauxhall, in time for the picnic.

I would really like to see how the walking group grows and evolves before making the next move, and this mainly depends on the number of attendees. For the time being we are using OutSavvy, which is fine with the current numbers of attendance and it is for free. If there is increased interest and we thus start having increased numbers, we may have to start using a different platform, such as Meetup, which is a border spectrum platform and event get a broader exposure.

It would be great to have some broader exposure of the LFR Social Walks on instagram.

**Action to be taken:** AH is kindly requested to please liaise with CH in regards to the above.

Confirmation of having booked the Cock Tavern for the post LFR picnic social.

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

The Club is currently at 527 members, we are regularly having 3 or 4 new runners who become members per week, I have in the meantime been catching up on the EA renewals, there are a few of the new registrations which are a bit behind but will endeavour to do them shortly.

Just a minor request relative to members who pay for the first time or renew their membership directly, independently of the auto-renewal, to please put a note in WebCollect so that we know about it.

In regards to ex members who have not renewed, there are still 48 to be deleted.

I do not think that it is fair to continue being bothered with these members, we are already five months into the new club year, and they still haven't bothered renewing their membership, I don't really see the reason why we should actually bother chasing them any further.

There is also a very practical reason that becomes a necessity in deleting them, as after 700 members in WebCollect, the Club will be paying a different rate for the platform, as WebCollect payments depend on the number of club members per club.

### **Club Secretary Updates**

London Marathon places for affiliated clubs

England Athletics are currently awaiting further information on marathon places for affiliated clubs from the London Marathon organisers. I have not been sent any guidance on cut-off dates or on the number of places that LFR will be allocated for the 2025 event but I am continuing to chase this information. The figure of 2 Club Places is currently showing in the LFR Athletics Portal and this figure is based on the 2023 criteria. If the same criteria are going to become valid and confirmed for the 2025 event, then the number of 2 will remain as is and LFR will receive 2 Club Places. If the allocation criteria are going to change, then this will be communicated to all clubs and the figure in the portal will be updated. I will be keeping the Committee duly updated. Based on the LFR volunteering efforts for the 2024 event, LFR will be receiving three Club Places, which together with the two allocated by EA will bring us to five.

The Little Venice Sports Centre, the Queen Mother Sports Centre, the Victoria Park Community Centre, the Gallery Cafe and The Thistle have all been informed and updated on not holding any run on Saturday the 21st September due to the Pride Run. The Thistle has also been informed in regards to the LFR International Trip and that they should be expecting reduced numbers on that day.

### **EA relations**

I am well aware that EA is not everyone's favourite organisation, nevertheless, and as I am the Club officer constitutionally appointed to liaise and maintain an excellent collaborative relationship with them, I have tried my very best to contribute towards achieving the above, not always wholeheartedly but always to the best of my abilities, as diplomatically and as skillfully as possible. In order to achieve the above I have had three meetings with the London clubs EA designated Support Officer and two separate meetings over our coaching programme and requirements. LFR is currently at a very good place, when it comes to EA, with of course the exception of the trans eligibility issue. In the meantime, and as one of the EA necessary requirements towards club improvement, I had to go through yet another Safeguarding Course and a separate Adults Welfare Training. As a result of successfully finishing both the above, I am currently the LFR Lead Safeguarding Officer, the "Lead" addition having been imposed by EA to my existing Welfare title and not by my own illusions of grandeur.

In regards to Welfare, EA and I have had some lengthy discussions on using Committee members as Welfare Officers and have come to an agreement that based on the current LFR membership numbers, it would be best for the Club if two more LFR volunteers will kindly agree to go through the Safeguarding Course. The EA Safeguarding Course is online,

comes at £10 and lasts for about 2 hours. It can be booked and paid individually, the £10 will be refunded by the CT, and the course can also be taken at one's own convenience. Ideally the course should be taken by two Club officers who are willing to continue as a Committee member for the 2024/25 club year, as this will make everyone's life much simpler.

Some financial good news

My first ever funding application has had a successful outcome (yay!) and next week LFR will be awarded £800 by EA for funding further our coaching/Circle Leaders programme.

The grants provided by EA for club improvement have a higher limit of up to £500 per club but it seems that I have a natural gift in drama and my application has had a convincingly appealing tone, so EA threw in another £300, for two extra coaches and/or run leaders. It is admittedly a bit of a bizarre transaction, as EA is giving LFR a grant of £800 and LFR is paying these £800 back to EA for the training they provide, but on the positive side of things and in the meantime, LFR wins the advantage of another five coaches/trained Circle Leaders, which is a further investment into the future sustainability of the Club, which is what matters to us and what we actually care about.

Another £800 is to be awarded to LFR by the end of September, as a donation for the LFR volunteering with London Marathon Events. LFR will be receiving £250 for the LM, £150 for the SCGCR, £150 for the BH, £100 for the Vitality 10K and £150 for the Royal Parks Half. The above amounts will be donated to LFR only if the Club manages to provide the number of volunteers requested per shift. Failing to provide even one volunteer less for the number stipulated in advance, will obviously result in LFR losing the standard amount for the event we have not been able to provide the requested number.

### 2025 AGM Date

After a discussion, the Committee officially confirms Friday the 14th of March as the date of the 2025 AGM.

In addition to the discussion on the AGM date and just to put the months of March and April 2025 into a chronological context, the AGM is now scheduled to take place on the 14th of March, on the weekend 12-13th April is the ERC in Brussels, Friday 18th - Sunday 20th 2025 is Easter, with Monday the 21st being a Bank Holiday and on Sunday the 27th is the 2025 London Marathon. The RS need to decide for a date for the Club Championships preferably between the end of February, after the last of the XC fixture and the end of March, coinciding with the end of the club year

### **Co-Presidents Updates**

**Action to be taken:** GH is kindly requested to please contact the NCKSC enquiring for any news on the progress of finding a provider for the new Club vest.

Discussion on the trans eligibility issue

There have been communications on the subject with DA. DA is planning on writing a letter to EA on behalf of the Pride Run Committee and expressing how the EA decision has affected the event.

A communication relative to the trans eligibility subject has been put yesterday on the Pride Run website and there has also been a relative posting that went up on the PR FB page. This posting has mostly received positive responses and a couple of queries, which are not going to be dealt with in the public domain, as DA has addressed them by contacting each concerned party individually.

I have not yet had the time to contact EA but it is on my agenda. The idea would be to send EA a letter, write them a short letter requesting a meeting with them, among EA and some representatives of the Club. The idea is to invite some Club members to participate directly in the discussion, without having the Committee always been seen as an intermediary between the wishes of the membership and EA.

#### **AOB**

Discussion on the post-Pride March LFR social at the Comptons and the deposit which is still outstanding. LFR reached the minimum spend stipulated and the deposit has yet to be transferred to LFR.

**Action to be taken:** NW is kindly requested to please chase the above and the liaison with the CT.

Discussion on the Bishopsgate Institute and the potential of planning an exhibition and on launching an LFR Archive Collection as part of the 30th LFR Anniversary celebrations.

**Action to be taken:** CBP is kindly requested to please send a Doodle Poll for the next RCM in the week starting 16th of September.