



LFR
Regular Committee Meeting
Thursday 12th May 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-Gennaro (DGG) 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

Coaching Coordinator Updates (MSH)

Financial Updates (CT)

Races Update (RS)

Publicity Update (P&C O)

Social Activities update (SS)

- Pride March and Committee wristbands allocation
- Update on social plans (Riverside Studios, V&A, Queer Museum, Spinder, Summer beer gardens, sports day)
- Website update

Membership Update (MS)

Club Secretary

Numerous updates and some suggestions

Co-Presidents

AOB

Triathlon Kit

Meetup as a substitute for Spond (?)

Chair: AH

Minutes: CBP

Apologies: FC

Coaching Coordinator Updates (MSH)

The coaching has been returning well, I met with some of the coaches a couple of months ago to get a sense of what the general feeling was and on how to continue. The overall consensus was that there wasn't enough consistency within the coaching programme, meaning that the weekly workouts weren't structured enough nor were they planned around specific Club events. What now needs to be done is to simplify some of the coaching plans in order to allow a bit more consistency and take it from there. I also need to follow up with some of the coaches who haven't coached for awhile, some of the coaches haven't delivered a session for the past five or six months and either they will have to commit to return and start coaching with the Club or they will be removed from the group, as some "clean up" of the group is necessary for a lack of a better term. There are 12 coaches in all, from these 12 eight of them are active or shall we say activish, and from these eight only four are really active, but from some of the other coaches I have not heard for months. The requirement is to commit to delivering a coaching session at least once a month, which again I do not think is extremely demanding in terms of time and by planning it in advance.

Action to be taken: MSH is kindly requested to please liaise with CBP In regards to the Club Run Programme and suggest a date as a potential starting point for the programme

Discussion on having the Club Run programme taking place in a more central location, such as Regent's Park instead of Greenwich Park, so as to have a larger number of participants and also of coaches, on the day. This will increase participation.

Discussion on the EA Coaching Sessions Online.

After some months during which nothing was moving, there are now some dates for the EA training for new coaches, the registrations are now open and the fees come to £160 per person. The simplest way to sort this out is by purchasing in advance coaching vouchers through the EA site, which can then be given to each of the candidates who are willing to take the course.

During the last time the Club sent some future coaches to the programme, it did not go well at all, as most of the LFR candidates dropped out before finishing the training, so they never obtained the qualification. The training sessions nowadays are mostly online, the course is about one and a half hours, then the candidate needs to capture on video a coaching session that they have delivered themselves, and send it to EA for inspection and approval, after which they will receive the qualification.

There are some Club members that the coaches themselves have considered and would like to suggest as candidates, which are DGG, TC, EK, NA, NW. From the Committee CBP & AH have also expressed their interest and would also like to enrol to the training programme, and from Club members also RD has expressed interest. It would ultimately be great if we were to have enough coaches, so that the current team would not have so much pressure put on them.

Personally I would really like to be considered for the new coaches training, but I am happy to be included in the second batch of candidates, later in the year. The Club has set aside a specific budget for the new coaches training programme but it would be great to explore the possibility of whether EA could support LFR financially though covering the training session for a couple of candidates themselves, in addition to the ones designated by the Club. This is for LFR to suggest to the EA officers, once the Club Run programme has started.

It is essential in my opinion to include at least one female, trans or non-binary identifying member in the next group of candidates, if not two, as there is only one female identifying coach at the moment, KFP, I am not sure whether MC is still injured and whether she is willing upon their return to the Club to continue as coach, and it would anyway be great to boost the number of female, trans and non-binary identifying members at the Club coaching sessions through a strong female representation of adding another female coach or two to the pool of existing coaches. This will prove extremely beneficial to the Club in the long term, it will attract some more female participation to the coaching sessions and it will also take some of the pressure off KFP as well. (CBP)

Discussion on the Coaching Beginners Programme.

This is an entirely new coaching programme that I would ideally like to start the week of the 4th July, the main reason for having chosen this date is that it is ten weeks before the Pride Run. I will also bring this forward to the attention of the Pride Run committee, so they may include it in their consideration when promoting the race. The programme is first of all subject to having enough coaches available to go forward with it and would consist of a weekly running plan, it will be weekly coaching sessions for beginners, explaining what is fartlek, having various drills, explaining what is interval training etc, and introducing new runners to different techniques that would be useful to them in the long term in their running but also aiming at offering them some confidence in view of the Pride Run.

How will this programme be structured?

I am asking this because we have an I & D programme in mind that will be starting soon, and we would naturally like to have this programme becoming as inclusive as possible, at the same time realising that members would definitely like something a bit more structured in terms of coaching, as they have already expressed that AC)

This coaching programme will be an alternative for the new runners and it will hopefully attract more new runners to LFR. It will be open to all abilities. Some people are new to running and so also new to coaching and are very nervous about the idea of doing some coaching. This ten weeks' programme will include the LFR runs and in addition it will be learning some techniques and some drills (MSH)

It makes sense having something leading up to Pride Run, AS and SM might want to make a suggestion, something they may want to take into consideration and link it to the I&D aims and align it to their efforts (ST)

In my opinion it would also be good to advertise it at first among existing members and then see what the appetite is for launching such a programme, see how many people would actually like to come and do it. Through advertising it first you will get some engagement in, as this is a totally different market to our existing training Wednesday sessions and you never know whether there is actually an interest for this before you start it (DGG)

LFR could potentially use the Out for Sport LGBTQ+ fair to have this new programme also presented as an offer in addition to what is currently on.

It is not for just new runners, it is for those who are already running with the Club but they want to become more confident in their running (MSH)

My question is why limit this initiative just to coaching, when the exact same thing is happening to those who would like to join a running club for the running but are intimidated because they believe that running clubs are just for fast people. It reminds me of similar programmes, like the Zero to Hero programme where new runners who have had nothing to do with running and have just started are taken through this programme to do five or ten kilometres in the end. A lot of my women identifying friends who would like to join London Frontrunners are intimidated to approach LFR because of these misconceptions they have, and also when you come to a run you are left alone, as everybody has their own goal when it comes to running, so it could be useful having a programme that takes new runners and makes them more confident in their running and this could also attract many more new runners to the Club, who are completely new to running (EK)

There has been a Couch to Five running programme which the Club launched about six years ago but it did not prove very successful in the end, the programme was meticulously planned and it took people who were completely unfamiliar to running over the course of three months to build up stamina and to be able to do a five kilometres run in the end of the programme, and there was some incredible effort of time and human resources that was put into this but several of the new runners just abandoned the programme along the way and from those who made it to the end, only one person signed up to become an LFR member and then they never returned the year after. Incidentally it was a programme especially planned just for new female runners, as the Club was also trying very hard through this initiative to increase the number of female members within the Club and this programme was used as an element of attraction to LFR. The programme was not successful and it could have been that the time was not right, it was not because the programme was not implemented well or anything like that, because there was a lot of effort put into this, it just did not work with the LFR structure and mentality. LFR (CBP)

And just to add that we never ever leave any of the new runners on their own. It may seem that after the Circle everyone is going their own way and doing their own thing but we always make sure that all new runners have at least one person to run with and this takes place in every run, and the CL and CLA make sure that no one is left behind. New runners may choose to run on their own only if they want to and even then, they are not entirely left behind (GH)

As you know Francis and I have been exploring the possibility of an open track race for this coming summer and there has been created a track race poll on FB, the options are two, and just three members have opted for the 10,000m, which is 25 laps of the track field and we have had many responses for the 5,000m which is about 12.5 laps, it's about 40 people who have expressed interest for this distance. This is not going to be part of the Club Championships, it is an extra event, also trying to realise at the same time what the appetite for such events is, there is already one event which I have in mind on the 6th of August taking place in Wimbledon and to which runners must enter individually, it is an event that takes place in the afternoon and the evening of that day and it is really well organised and it has also been mentioned that the coaching team will create a training plan and a guide to track running in the weeks leading to this event, as many of the members may never have run on a track before, so there's this programme to organise as well and two months to run this. We have discussed the possibility of organising a track event just within the Club and on our own but it is better to have an affiliated event, something that is well organised and reliable, instead of doing it on our own, and we hope that through this we will be able to give members the opportunity to get much more involved with training and into track and to combine this event with the scheduled track training programme that MSH has referred to. I have already

emailed the organisers, trying to get a discount code and we need to get members to sign up (DGG).

There is also something else that I would like to ask, what is the difference if there is one, between trail running and the cross country running and whether we could also expand our training plans into including some training for the forthcoming cross country and also for trail runs, as to also make members aware of injury prevention that may occur during such runs (EK)

The main difference is that there is some mud in cross country whereas there isn't necessarily any mud on a trail run. Although this sounds like a good idea, I'm afraid that we don't have the number of coaches required for doing anything similar at the moment. There is some relative cross-over on the coaching sessions that we provide on a Wednesday night session, as it includes running on Primrose Hill, but even if we were to organise something specific just for the cross country, there aren't enough coaches at the moment. (MSH)

We have not divulged this publicly but we are anyway considering of launching some introduction sessions to the Cross Country in September, before the Cross Country Season starts (CBP)

We could advertise in September the hill strength training that is already taking place as part of the Wednesday coaching sessions as part of the programme to build up strength for the Cross Country Season in October.

Discussion on pacing and on the difficulties of having various groups following a specific pacer on a Club run.

Have we investigated pacing among members?(EK)

We have done this about four years ago, by introducing some pacers into the weekly runs but there was no coherence as not everyone of the runners knows their pace, sometimes there were no pacers available, or on one weekly run there would be one pacer, which was anyway not enough, but then they could not commit to the following week, and also the number of official pacers within the Club Volunteers was really small. So this system was dropped after a while and completely abandoned. Even among the volunteers, not everyone wanted to be a pacer nor wanted to be a pacer everytime they came to a run, so there was no consistency at all about this and since it did not work, the attempt of having pacers within the club has been completely abandoned (CBP)

Lots of people join the Club simply because they want to run in a group and make friends, it doesn't necessarily mean that they want to run at a specific pace. Some do

but the majority don't. And when new runners come around, in order to be able to match them up with someone, as we always do, we ask what is roughly their pace beforehand, so that we may have an idea before buddying them up with someone of a pace similar to theirs (GH)

In my opinion it would make more sense while at the Circle the CL to ask in advance who wants to run at a specific speed and who wants to run at that speed and then create small groups of runners that run at the same speed between them. And with could also include new runners at the Hyde Park run, where there are normally lots of new runners coming every week, we could just ask members in advance who is going to run at that speed and then match runners at a specific group running at that speed (DGG)

I don't believe the Saturday Hyde Park runners are a group of runners particularly interested in running at a specific pace, nor would they want to feel that they are forced into running at a specific speed, and I don't think this will work for any of the runs in general. People come to LFR for various reasons and some people just come because they want to add a bit of exercise into their routines. I think there isn't here really a problem that needs to be resolved, the Clus is already doing a great job as it is, making sure new runners are not lost and in paring new runners with experienced runners, and members anyway form little running groups on their own after a while, they find a person that has a pace similar to their own, or after a couple of times are able to buddy up on their own with another runner, so there isn't really a need for what is being suggested (GH)

I am always at the very slower pace of the spectrum and I am always the last one in the runs, I think members need to speak to the CL and they will be happy to address this (ST)

It is really difficult to have this being implemented there and then and having runners being put into groups, in my opinion this will be very challenging and we will be creating an issue that does not really exist. The Club's structure is very different from other running clubs and we have to accept it as it is. In my opinion there isn't really an issue so I don't really see the point of creating one (GH)

I think that the CL and the CLA have enough on their hands as it is, not everybody starts their run at the changing facilities and often new runners just turn up at the Circle and this does not give CL the time to go around asking new runners precise details of their pace and such. During the Circles, besides the fact that most runners are not really paying any or very limited attention to what is being said, CL also have a really limited amount of time to share some information about the course and make some important Club announcements. They do not have the time to do what is being suggested and I do not think that they would need any extra pressure being put on

them. It has been made very clear and on several occasions that members do not appreciate Circles that last for a long time, so I would also very much agree with GH in the fact that we cannot be asking CL and CL to add more to what they are already doing (CBP)

It has been tried with new runners, to have some info being put on the website, saying that we will try and buddy you up with someone who runs at your own speed but very often the CL and CLA have to accommodate their own running pace to the one of new runners, we just have to realise that LFR is not like Serpentine or other running clubs and that the Club structure is very different to theirs (AC)

Are we actively trying to boost the coaching core or should we be actively trying to do this by promoting coaching further among members?

Yes, but at the same time we don't have enough coaches available. Some of the Club members who enjoyed coaching a lot are now being with LFR only as a second claim, because they wanted more structure in their coaching sessions and not being able to find this with the coaching that LFR provided, they moved into training with other running clubs. Ideally each coaching session should have two people available and we don't have that (MSH)

Committee expresses warmest thanks to MSH for all their efforts and is looking forward to the new programmes which are about to take place and to the updates to follow

Financial Updates (CT)

The Club is still solvent and a great number of invoices that needed to be paid had been paid during the past month. Our funds are getting closer to the region of 20 000, if we are to consider the IT funds as well. There have been some mishaps, with the whole drag act on the very last day of the IT getting cancelled because of Covid and for which 1500 euros had been paid in advance. The story has become an issue since no one has been picking up the emails which have been sent and CC will be chasing them, in the meantime we had to calculate how much we needed to reimburse members for their ruined Sunday evening, as we need to assess how much it comes per person. Hopefully this whole issue will be resolved in a positive way otherwise we may have to have a Portuguese lawyer representing LFR and claiming the money on their behalf.

Finally received the card through which payments can be made, and it took an incredible amount of time as the address had not been changed since AD was Treasurer so the original card ended up in AD home address and had to be redirected. In addition there were several other parts which were in a bit of a mess but things are slowly getting into place and JH has been also removed from the LFR account, so now the only person responsible is myself, which simplifies things a lot.

We have an account system that for certain parts requires a lot of manual effort and this needs to be tested, needs to get through it and make sure it will work.

In addition the Auto Renewal function went live today and henceforth the baton is passed to the MS, as follows:

Just to add to what the CT is stating that this procedure has been extremely stressful, extremely time-consuming and with plenty of effort involved, it has been an enormous task, hugely time consuming but it will be extremely simple next year, as many of the things which we didn't anticipate could have happened, actually did happen, in addition to everything relative to this procedure taking place in the wrong period of time, as we had specifically tried to have all this procedure taking place in March, but unfortunately and for a number of reasons, this did not actually happen. Several issues had compounded on and we did our best trying to avoid them, and I would like to take this opportunity to offer my sincere thanks to RK for his great assistance and support over a great number of issues which had to be resolved.

For the time being and regardless of WebCollect stating that we have about 580 members it is not possible to have an accurate overview of how many members have actually renewed and how many members the Club now has, because the process is still going on. What I can say though is that from the 580 members which had to go through the process of renewing for the 2022/23 Club Year, they can all be divided into six different subgroups; there are those members who have already renewed their membership fees on their own accord, through having carefully followed the instructions which were issued on the ebulletin. Then there are those members who again having followed the instructions on the ebulletin have had their membership automatically renewed and up to this point 79 payment have gone through. There are all Direct Debit renewals which went ahead yesterday at midnight, and in a parenthesis I need to point out that the auto renewal functions has gone through quite well so far, I was expecting to be inundated by a large number of complaints but I only had six emails so far, one is relative to an anomalous situation, which I am aware of and which can be dealt and the other five are from members who have not been receiving the ebulletin as they should have. There are also four cases where we had to cancel the auto renewal, as these people did not wish to continue being LFR members, so overall today has been a bliss by comparison to what I was expecting and to some other days before this took place. Then there was a third group of people who had to register with GoCardless for the first time, then the fourth group of members, who are those who had previously paid their membership through PayPal, some of whom have done what they have been asked to do and this has gone through without problems but of which 193 need to be chased individually. This seems and is a lot but all this procedure has taken place looking forward to a simpler and more efficient future, with much much less registrations admin, as there won't be any PayPal members next year, so I am really looking forward to next year, when all this is going to be faster and better. The fifth group of members are 34 members who have a direct debit payment but this didn't

go through, some had cancelled their direct debit in advance deliberately, but some have not, we need to chase them, as they have probably not updated their banking details, as it was requested through the ebulletin. And then there is the final category, the sixth category of members who are people who cannot pay by direct debit and we are aware of that and we will have to arrange this individually, as in an individual mode of payment, but these are really very few, so this is also not a major issue.

There is a subject which I would like to bring to the Committee's attention and that I would also like to consult with the Committee. This is relative to the graduated payment, as with everything having escalated by a month, at this point we may need to extend the graduated rate.

The Committee agrees to the proposal suggested by the MS.

Also, just so that we are all on the same page, in regards to those members who are entirely oblivious to what is going on with the renewals and membership registrations in general and have been members from March onwards but have not registered with the Club by June, then we may check and see who they are and make a mental note, if they don't renew by the end of May, we need to chase them, and from personal experience, a gentle reminder is all that it takes, as members are forgetful and then tend to be very embarrassed of the situation. In regards to the rest, they will get deleted from the files and will stop receiving the ebulletin from about the middle of June onwards.

This is also a subject that we need to tackle sometime in the near future, we need to cross-reference Mailchimp and WebCollect and then start deleting members from Mailchimp, and I am afraid that we may need to take a lot of people off from there, and then we also need to clear up FB.

When it comes to those who happen to be relatively new members, we can't track them for the moment until all this procedure of the renewals has been completed.

There are naturally a number of infinite variations as for example those who have cancelled GoCardless and they decide to pay by direct debit, if in the meantime they have changed bank, then they will have to cancel their direct debit again and re-establish it. We have come across more cases than we suspected that it was possible, this has all been new to us and we need to make a note of all the different cases for next year. Also, we need to make a note for members to double-check that their current subscription is not continuing on the previous subscription, one more of the things that we need to be aware of.

On the very positive side of all this story, we have had six members presenting themselves as volunteers, we can naturally use all six of them by dividing the chores, there is not really much that needs to be done, the only thing is that this is very repetitive and it has to be done manually. When the time is right, we need to set them up and give them access to EA account and to the WebCollect account as well,

so as these members will have access to sensitive data, we need to consider which ones to choose.

Races Update (RS)

Frances and I have been working on the Club Championships calendar and we would like to present this for review to the Committee. We are making plans for the year ahead but they are all subject for approval and review with the Committee.

There has been an announcement which went out in all the ebulletins in April, reaching out to Club members for their input on recommending some new and exciting races. The deadline was last week, it closed at the end of April and we have received no feedback, which was a bit disappointing. We are starting with suggesting as the first of the races the Eltham Park 5 miles, which has been confirmed for the 19th June and many thanks to CBP for all this help and for organising the discounted fees for the Club.

Then we have a 5K race, for which we would like to suggest the Charlton Parkrun , this is going to be probably on July the 16th and Frances needs to liaise and to confirm this with LC and SW. The third race is going to be the Mile Relay in Battersea Park, which also takes place on a Monday in July but the date still needs to be confirmed and we will endeavour to confirm this by the next Committee meeting. Then the fourth race is the Bridges Relay, and again the date is to be confirmed as per above. Then it will be a 10K race.

Discussion on having the Pride 10K as part of the official Club Championships portfolio of events.

In my opinion it would be worth considering having the Pride 10K officially becoming part of the Club Championships, not only because it will show that we actively support and actively demonstrate our support as club to the event, but also because we need to think in terms of financial inclusion when it comes to officially suggesting events to Club members. It would be a great opportunity to endorse the Pride Run, saving everybody the extra expense of having to register for a different race and then in addition having also to register for the Pride 10K. The Pride 10K fees are about £20, and although there isn't a discount for LFR, there is a small reduction due to us being an EA affiliated club, and around £20 is not a huge amount for a race, it is quite affordable, the race is well organised, there is great atmosphere, there is already a social organised afterwards, and at the same time the transportation expenses are kept to a minimum (CBP)

We will consider this seriously, the only reason we have some doubts is because it does not follow a chronological order, and we will end having the half before the 10k event, but Francis and I will consider this and will come back to the Committee in due course (DGG)

Continuing with the races for the Club Championships, ideally we would like to end the staple races with a half, which is going to be the Big Half on the 4th of September in London.

Now I have learned how to deal with downloading the names on WebCollect and that has now been resolved, we are trying to engage with as much as we can with Club members and we have received very positive feedback. It would be really great for Circle Leaders if they were to announce some of the results each time, we had one member in the past and they were not very happy to have their race result shared publicly, but they are not a member anymore, so I would say that things are going really well on the public domain, as there are also those who are emailing us their race results and we can add their race results on top of the ones collected by us.

Coming now to the Club records, it would be also really great to document this, also on the website, having a part that shows who breaks the existing Club records, and recognise runners achievements. If two runners are competing and they happen to break the record one after the other, then at least this will be documented

How often do these records need to be updated? (AC)

We think this should happen as often as possible, probably once a month I would say (DGG)

If there is a Club member that breaks a record and then a week after this event another Club member happens to break the same record, this could be easily resolved by having next to each of the names and the results also the date each of the records was broken. So even if the website is updated once a month, members will still be able to see what is going on in terms of progress and this will also document the serial improvement members are making, if then they happen to break this same record in the future again (CBP)

As we have mentioned before, we would like to start working collaboratively with the LFR Triathlon group on relay races, encouraging members to split the events and have different people running different disciplines but also the running group to take part within the relay team, I am meant to reach out to the Triathlon group and then see how we can make this happen as I think we definitely need to engage more with the triathlon team.

Discussion on how to include the triathlon results and some of the challenges presented by collecting these results.

As mentioned a review of the Club records via the website is definitely required, as we now have all up to date Club records each week emailed to Race Secs. Results

in general would come on Monday, Wednesday and Friday, we are sometimes a bit behind with the results, as we don't get them all automatically. Sometimes we have to search using the Club's name, sometimes not all race organisers manage to upload their results on time, so when we publish them, it could be one week after the race had taken place, sometimes even more. As mentioned it would be great to publish as many race results as we are able to get our hands one on the e-bulletin and also update the Club records once a month in collaboration with the LFR webteam

On the ebulletin it is stated that members should submit their results by midnight on Saturday, and although we are now doing auto race results, we definitely do not want to discourage members from proactively sending us their own results. But just to clarify this, if they do the Saturday Park Run, their result will not be immediately on next Monday's ebulletin, as the Park Run results are almost never on time for the ebulletin deadline, but the result will definitely appear on the e bulletin of the week after.

Publicity Update (P&C O)

Not really much to update on our side, it is pretty much business as usual, the members did not really notice that there was a change of hands between GF and ST when doing the ebulletin, so this counts for us as a positive thing.

We have been much more active on social media since the beginning of the Club Year and there are lots of posts lately, the reigns of the Instagram account are with CH, and he has been doing a brilliant job since he assumed responsibility of the account, mentioning the LFR international trip, there were lots of engaging stories and lots of photographs of Frontrunners on the boat, while running etc.

Twitter is a much harder field to master but we are trying to keep it up to speed. It would be really good to have photos of the Long Run or even of the regular runs, but members are not so active in sending us photos, or they may don't know that LFR is on twitter, so if you happen to have any photos from coaching sessions and from the runs, then please send them over.

Would it make sense to have a recurring reminder stating that we need to have photos being send to us, and appearing on the ebulletin, because there is a great need for photographs, not just having nice photographs on twitter but putting some photos on the ebulletin as well, we could have a specific section called The Snapshots Of The Week, like there was the Tops Abroad section in previous years.

Fact is that we focused much more on communication, getting things back on track, runs, changing facilities, etc during the last year. This year there is going to be much more engagement with the Club members. In addition, we are also working on the News articles on the website, there is one on the Club Championships, and we are definitely going to do one for the IT and for the Green Belt Relay.

Social Activities update (SS)

Pride March and Committee wristbands allocation

There are 70 tickets in all, we need to allocate 40 for male identifying members, 5 for new runners of any gender, and the remaining will go to female identifying members. An OutSavvy event has been created but we need to know which of the Committee members are planning on attending the event and are going to be available on that day, as we have had responses only from four until now. We need to get to know by Sunday how many Committee members will march and how many will not. We have booked in advance the Crown and the Two Chairmen as per usual. The venue has been booked until 20.00 pm, after which members are free to do their own thing. Certain things still need to be confirmed, but we are hoping that at least 40 members will come to the venue we have booked.

I have managed to get 20 free tickets for the V&A exhibition on Fashioning Masculinities, through their Community Section.

There is an update on the future social plans, we have had an answer from the Riverside Studios to have a film on a weekend, the dates are to be confirmed but they are happy to give us a discount, we are looking into the 11th of June as a potential date for booking the venue.

Queer Museum has opened in King's Cross and we have been invited to go but it would be much better to organise an LFR tailored experience, and as they are very busy now, we have postponed this for the near future.

Again we are thinking of going for a match of Rounders in July and then continue the social by going to the Cock tavern

We are also considering organising a Treasure Hunt, in a park or in a part of the city that is not that popular, share GPS directions and divide members in groups of five,

Action To be taken AC is kindly requested to please share with the SS the Three Words app, which could prove really useful to a Treasure Hunt

Additionally we were thinking of having two sessions of Spinder and then organise some type of social event, this is going to be an indoor event, one time the session could take place with a female coach and the second time with a male coach, and then have an event together, if the sessions are to take place on the same day.

Again, it would be good to try and organise some kind of event together with the Brighton and Hove FrontRunners and get the triathlon group together, a fun event to do, link up with them, as it would be good to organise a UK event, with one of the other FR clubs.

As it was mentioned during the last meeting we are considering having a completely different format for the forthcoming Christmas party; it is not going to be a sit-down event but we are very keen on having members mingling and talking to each other instead of being seated most of the time. So we are definitely going to give it a go

this year. We are in search of venues with in-house catering to have the food and the space all together, potentially somewhere in the City of London on a Saturday evening in November.

Suggestion by DGG of a City venue that has a restaurant that could hold 500 people, DGG will go and have a look at it and report back to the SS.

In addition to all the above, we will soon start organising our Summer party, somewhere in a beer garden or have a picnic during the sports day we mentioned earlier.

The social section of the LFR website needs to be updated and this is in our immediate plans and will be done very soon.

From all the above, you may realise that we are going to be having a really busy social calendar this Club Year.

Membership Update (MS)

Please see above

Club Secretary

Big Half

A quick update, quite pleased because LFR got 250 Community Entries for the 2022 event. Please be aware that I would like to prioritise all Club Volunteers in advance of all other Club members through offering the discounted entries to all Club Volunteers first and then open it up to all the rest of the Club.

XC Captains

JR has also come forward as a candidate for the female identifying XC Captain role. After duly thanking JR, I suggested that it would be best to have a thorough talk with HRI and together decide in regards to the female identifying XC Captain position for the next season, as this shouldn't be a case for the Committee of having to make a choice between two LFR members, when this can be easily and less awkwardly become resolved through them.

LFR WebTeam

ML has decided to step down, as he is currently on two different jobs, which leaves the team with JR and AS. The LFR Web Team could easily function with just two volunteers on board but have already and nevertheless engaged DG, who has agreed to be the third member of the LFR Web Team.

If JR decides to move on to a different volunteer role, quite understandably after five years of uploading documents on the LFR Website, there are two potential candidates as JR's replacement, but we will cross that bridge when and if we get there.

Action to be taken Could the Co-Presidents kindly please remove ML email address from the LFR Web Team email on my behalf and kindly replace it with DG? DG email is as follows: damian.goti@gmail.com

Victoria Park Updates

Not brilliant news. The changing rooms available within the park only come with hiring one of the football pitches; hiring the football pitch and the changing rooms will cost £70 per session, which is sadly beyond the LFR budget. I am currently exploring the possibility of using two Community Centres in the area as bag drops.

Out For Sport LGBTQ+ Sports Fair

Have already sent an application for a stall on behalf of LFR. The event is on the 10th of June, from about 18.30 to 21.30 pm. Please kindly pencil it down in your calendars and in case there is anyone available on that day to meet with me a bit earlier than 18.30 pm and help me set up the LFR stall, that would be enormously appreciated.

The Better Leisure Centres have launched an initiative to create a video in order to help promote some of the LGBTQ+ sports clubs that use their facilities. LFR is currently using the Kentish Town Sports Centre and the Greenwich Centre. These videos by Better will aim to raise awareness of the clubs that are using the Better facilities, of the sports that they represent and the benefits of physical activity on social, mental and physical health.

There's a very tight deadline due to videographer availability, so if they are interested in LFR, our contribution needs to be filmed on Wednesday the 18th May, which is perfect timing for us, as there is anyway an LFR run on Wednesday. Have contacted on behalf of LFR those behind the initiative and I'm expecting to hear back from them.

I have one suggestion, to make an official invitation to other clubs of the Fronrunner Family for the Pride Run in September and to organise some accommodation. On the WebCollect, there are numerous runners who declare their availability and will to host any visiting Fronrunners, this could be the case of start using their generous offers of hospitality.

Action to be taken: To all Committee members, please kindly update your LFR email addresses, including your preferred pronouns,

Co-Presidents

On Saturday the 21st of May LFR are teaming up with GoodGym Tower Hamlets for a run and litter-pick in Victoria Park. The litter-pick will take place at 11:45am after our regular Saturday morning Victoria Park run, giving everyone time to grab some refreshments first. We are hoping to get some more publicity through this initiative and at the same time do some good and contribute to the local community. And hopefully there will be some runners who would like to stay after the socialising and help pick up some litter.

In view of the Pride 10k it would be great to try and integrate the race to the Club more, as CBP mentioned above invite other FR clubs and potentially putting on something, as in a social activity, for that weekend. The Pride Run is again sponsoring The Microrainbow, which is a refugee-oriented charity. LFR had some meetings with Say It Loud last year, another refugee-oriented charity, this would offer us the opportunity to potentially resurrect our refugees project from last year, with the intention of having some of the people cared for by the charity to come and run with LFR.

SM and AS have both agreed to work with LFR as the I & D Officers and it would be great to work with them. The Nike grant on I & D was in consideration, and the closing date is this week. LFR doesn't have a concrete plan at the moment, but we are very passionate about these causes and we hope to be able to do much more in the near future.

AOB

Triathlon Kit

CBP has emailed last week some clarifications in regards to the discussion which we had over using the triathlon vest as an official LFR vest: a running club may have two vests registered with EA, each vest of a different design and there is no specific stipulation on the number of colours employed to create this design. But there is one essential requirement and the main reason for which I don't think that we should be looking into registering two vests at the moment, as if a club has two registered vest designs and they enter a team competition, such as the forthcoming GBR for example, then all team members must definitely and absolutely wear the same vest design, or the team risks being disqualified. This is an a priori argument as to exclude the possibility of having two vests, as the Club is not in a position to be able to control which vest members might choose to wear for an official event and this could have consequences (AC)

I would also like to mention that there is a certain cost associated with the purchase of a second Club vest, besides the fact that having just one vest creates a specific unity among Club members. It was wonderful seeing all the Club vests during the last LFR race in Lisbon (AH)

I think that there is an appetite for a new vest among Club members, this vest has been used for the past seven years and members are now looking forward into having a new vest (DGG)

It would be good to have a running vest of a better quality (EK)

The quality is not an issue, as the only thing that we would have to do in regards to quality is to change the provider (AC)

Meetup as a substitute for Spond (?)

MeetUp meets all the necessary requirements, it could be set up for a trial period and just use it among Committee members and check its functionality.

There is a free version of it, but if we need to create an account, then there is a cost involved.

Action to be taken: CBP is kindly requested to please send a Doodle Poll relative to the next RCM