



LFR

Regular Committee Meeting

Thursday 11th May 2023

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

Club Secretary: Christos Bitzis-Politis (CBP)

Club Treasurer: Derwin Brennan (DB)

Membership Secretary: Geoff Hicks (GH)

Races Secretaries: Eliot Rees (ER) and Francis O'Callaghan (FC)

Publicity & Communications Officers: Stephen Tomaszewski (ST) and Sam Palmer (SP)

Social Secretaries: Nick Warner (NW) and Robin Budin (RB)

Agenda

Committee Financial Updates (CT)

Races Update (RS)

Publicity Update (P&C O)

Social Activities update (SS)

Membership Update (MS)

Club Secretary

- Wellness Workshop
- D, E & I email
- Pride Run 10K (20th anniversary)
- New Club Kit designers budget
- 15th of June 2023, International Frontrunners Day

Co-Presidents

AOB

Chair: AC

Minutes: CBP

Apologies: AH, DB, SP, ER, RB

Races Update (RS)

The next event that we are currently looking forward to is the Eltham 5 miles and there are 14 attendees on FB, it is a little bit short of the number we would have expected and we

hope that there will be much more members coming forward to attend. On the other hand many members do not really sign up on FB or are not even on FB, so there is still some hope for that.

The GBR is on this weekend, for the time being everything looks very smooth and we do not want to jinx it, LFR is sending a female team, a mixed team, a vet competitive team and a second mixed team.

One new thing that we would like to bring to your attention is the Bridges Relay, we do not know whether there will be some appetite for this, it would be good to check in advance how many members are interested and then get fully involved, there were 18 LFR last year, I think we are going to do like we did last year, see what numbers we can get after we evaluate and see whether there is an interest. The event is on Wednesday the 14th of June, there are teams of four for males, and female teams of three, we will put all the information on the e-bulletin to see whether there is any interest and take it from there.

Among our attempts to further integrate the Tri section in all the Club events, AH spoke to Alex Carington in regards to Tri events with the possibility of creating a similar Tri championships portfolio of races and events. Alex C. is not particularly in favour of having a separate Tri Championship, it would not work as the Tri events are particularly expensive, so it is ultimately not inclusive at all and it would become a race just for those who are able to afford the registration fees. However Alex C. has asked whether the Committee would consider including the Windrush Duathlon as part of the Club Championships. This is an event that takes place in a swimming pool, it does not require a wetsuit, the whole event takes place in Brockwell Park, so it is not outside London, and it is just a swim and a run, not requiring a bicycle makes it even more accessible to a larger number of runners and it is also quite affordable (AC)

I think this is a wonderful suggestion and in my opinion there is no reason why the Committee should not be supportive of this. The Club Championship events are the nine standard ones, there has been included an optional marathon by the RS for this year, the suggested duathlon by Alex C. could be introduced and included in the exact same terms, as an extra event. It is important to make this inclusion, as it will be a great first organised approach to a tri event for someone who has never combined running with another discipline, it will open and familiarise further LFR members with the Tri events, it will make the whole Club Championships even more exciting and potentially more competitive and at the end of the day LFR is a running and Triathlon club, so such a suggestion makes absolute sense. I am fully behind in including this event on the race roster, as it will also raise further the triathlon profile of LFR (CBP)

I also agree that it would be a really good way of becoming further involved with the Tri section and that it's a good idea, if it's a pool swim, that does not require a wetsuit, that would make it even more appealing. Do we know how long the running part is and when this event is taking place? (FC)

The running part is 5k in Brockwell Park and the event takes place on July the 16th, which is a Sunday. The main criteria was finding and adding an event that wouldn't be too complicated for the majority of membership and this one looks quite compelling (AC)

It says on the website that the race categories range from a 50 to a 500 metre swim and from a 500 to 5,000 metre run, so it is super inclusive in terms of challenge and competitiveness and it is also accessible in terms of location (CBP)

The Committee is very much in favour of the suggestion by Alex C. and the motion is unanimously approved

Publicity Update (P&C O)

SP has a huge number of incredible ideas which he would like to share with the Committee but he can't be here today.

Well, I don't want to come across as rude but we still use emails, you know. Just saying (CBP)

The photos which we are inserting on the e-bulletin are always photos taken from the Long Run or the coaching on Wednesday or from events such as the trail runs, etc, but we never seem to have any photos from the actual weekly runs.

Discussion on making every member present at the Circles aware that a photo is about to be taken and give members the opportunity to move further in case they do not wish to be included in this photo. It is important to always ask in advance and to make every person aware.

Action to be taken: CBP is kindly requested to please send a relevant email to the Circle Volunteers, reminding everyone to take photos of the LFR weekly runs and of the Club Circles, albeit always asking for permission beforehand

The e-bulletin seems to also have an incredible amount of race results coming mostly from park runs, it would be good to have some race results coming from actual races as well, can we remind members to please email their individual race results? (FC)

There was a triathlon training trip to Mallorca last week which to my understanding was entirely organised by Alex C. This could be a great opportunity to have some exciting triathlon photos on the e-bulletin, which would promote the tri section further, and also to use the e-bulletin to thank Alex C. for having single-handedly organised this triathlon trip. It is extremely important to thank volunteers and to make them feel that what they are doing for the Club is very much appreciated by the Committee and by all membership and in my opinion it would be appropriate to show how much this initiative of Alex C. has been cherished and to use this opportunity to publicly thank Alex for his contributions to the Club (CBP)

Social Activities update (SS)

The London Marathon social at the Duke of Wellington proved to be really good, we have received some very positive feedback, the venue was much more spacious compared to previous years, there were moments that it was really busy but overall we want to think that it went really well, there was a queue up the stairs but it was manageable, it went well and we are considering of keeping this space in mind for next year as well.

Have also received very positive feedback from all the International Frontrunners that came along on that day, they enjoyed very much the venue and the whole atmosphere, they said it was a fun event and so it makes me very happy to share this with you (CBP)

I would like to please keep the Pantomime blurb on, Martin Hooper has said that the reduced tickets will apply to groups of 15, there are ten members who have shown interest in coming along and as we 15 to get the group discount, I would suggest that the relative blurb is kept for another week on the e-bulletin.

Action to be taken: SP is kindly requested to keep please pantomime blurb on the e-bulletin, as per above

In regards to the Pride March, we have already booked the Crown and Two chairmen in Soho.

Thank you for this, as we have already been contacted by visiting Frontrunners who are going to be in London on the day for the event, and this is very useful, we will share with them the info on the venue.

A new thing which we are going to be launching is that every first Thursday of the month the Club will be holding drinks at the Village, this is going to become an LFR standard monthly social, on the first Thursday of every month.

Committee is extremely appreciative of the idea.

Discussion on the Pride March

LFR is going to be allocated for this coming Pride 80 wristbands. 80, which are going to be distributed either using Eventbrite or OutSavvy, like it happened last year.

20 spots need to be ring fenced for the LFR women and for N/B members, whereas five tickets will go to those members who are new to the Club.

It will have to be made out very clear and in advance that members who will be offered an LFR wristband, will have to march with LFR wearing an LFR Club Vest, as in the official Club vest, creating a unique identity for LFR members throughout the event.

Action to be taken: CBP is kindly requested to please share all the updates relative to the Pride March with the SS

Discussion on the LFR banners and their whereabouts

Action to be taken: CBP is kindly requested to please drop Paul O'Leary a line, as a reminder of the LFR banner that could be with him.

Membership Update (MS)

The Club is currently at 527 members, I am in the process of chasing a group of 40 who have not renewed their membership but on the other hand they have not explicitly mentioned they are not renewing either. In the meantime I am in the process of removing members from e-bulletin, FB page, and Christos is doing the EA part, we are way ahead from what we were this time last year, when it comes to the EA registrations, we are going through slowly but gradually, but still at a much better level compared to the situation of last year.

I would like to remind you all of what has been discussed during the last Committee meeting relative to the EA Code of Conduct and how we can have it on the website. What exactly needs to take place to make that happen?

Discussion on the above follows.

Action to be taken: AC is kindly requested to please check the EA Code of Conduct and ascertain how it can be implemented in the best possible way by being merged with the LFR Code of Conduct

Action to be taken: AC and GH are kindly requested to please liaise in order to sort out what has been discussed above and find a relative solution in regards to the above subject

One last thing, as you may all be contacted by Club members, is to please let everyone know that their EA renewals are getting on and we are at a good point and on their way, so members have to be patient with this. Naturally I will always prioritise all urgent cases, they just need to contact me directly, so please feel free to point all those urgent cases directly to me or ask them to contact me in person.

Club Secretary

Wellness Workshop

This is a suggestion relative to holding a Wellness Workshop, Christopher Samsa is an LFR member that organises interactive wellness and mental health workshops through a project that is called the Gay Happiness Project and Christopher has very generously offered to run such a workshop absolutely for free just for LFR members, open though to friends and family/partners. The ethos of the programme is built on positive psychology and mindfulness. Christopher normally uses the Rudolf Steiner House near Baker Street as a venue for this event, which is very central, and there is charge for the venue of about £15 per person but he is happy to use the Victoria Park Community Centre, as we would get that venue for free. The workshop lasts about two hours. So please let me know your thoughts and whether we could be going forward with this.

If members want to offer something positive to the Club and this comes also free of charge, I don't think that there would be any reason from keeping this happening (AC)

The Committee unanimously agrees on the above suggestion

Discussion on the D, E & I Survey.

Action to be taken: CBP is kindly requested to please contact AS and enquire on the above survey, at which point is the survey and whether AS needs any support on this

Pride Run 10K (20th anniversary)

Discussions on how may the Committee support this endeavour further.

The LFR SS will organise an event for the evening of Saturday the 16th of September and CBP will organise a more relaxed event for Sunday the 17th of September. Both events will be open to visiting Frontrunners and to all membership

My suggestion is to organise an 11.30 am brunch at the Thistle which can be followed by a guided visit of the 2023 Serpentine Pavilion in Hyde Park. The Club is not going to hold a Saturday run on the 16th, neither in Hyde Park nor in Victoria Park, so the regular Saturday brunch could be postponed to the day after. The Serpentine Pavilion is an open-air venue

within the area of Hyde Park, so the number of attendees is not going to be an issue and the venue is within walking distance from Marble Arch, so accessible on foot and uncomplicated to reach. The guided tour could be conducted by Julian Williams who is not only incredibly knowledgeable on the subject but also has a wonderful way of being engaging and understandable. Both previous tours by JW have been a great success, with wonderful feedback.

New Club Kit designers budget

The New Club Kit Sub-Committee has finalised a designer's brief and wishes to engage with the two designers that have come forward to redesign the LFR kit. The designers are an LFR member and the brother of a New Club Kit Sub Committee member. The NCK SC thinks it would be useful to pay the designer a nominal fee, as a token of appreciation, in order to get from the designer the commitment necessary to advance the design. If any work was to be obtained for free, the designer might then want to focus on other commissions that are paid. My personal thoughts are that it is reasonable and fair to remunerate people's skills, experience and knowledge and reward them for their time and services. In my opinion the Club Committee should agree to the fact that the designer should be remunerated in the first place and then be consulted on what this sum is exactly going to be, as a nominal fee can be intended differently by different people and this fee needs to be clarified and established beforehand

The Committee agrees to the above suggestion

Action to be taken: CBP Is kindly requested to please contact Anastasios Koutsos and share with him the above conclusion

15th of June 2023, International Frontrunners Day

International Frontrunners intend to once again highlight all the great things about International FrontRunners, the network of existing clubs, all the fantastic individuals within these clubs and all the positive contributions Front Runners make to the wider community. To best show this, they are asking for a submission of a 10 seconds video clip of anything that either best highlights our club and community, shows what Front Runners means to your club and community, or something great about being Front Runners. These promotional videos will then be put on display for this years IFR DAY on the IFR website and social media channels, showcasing the best of Front Runners. All clubs are kindly requested to submit something by the deadline which is the 2nd of June 2023.

Co-Presidents

SM D&I email. AH post RCM replied to Sarah explaining that the Committee had discussed her email and went through each of the points on the email individually

Gymshark Collaboration

AH had a meeting with Gymshark on Sunday, as part of their pride activations they want to do a collaboration run with the Frontrunners. It is likely to be the Tuesday evening before London Pride. They can provide LFR members that come along on the day a special discount that they can use in store, to which they have agreed. This could be used as a springboard to some sort of further collaboration.

Thursday night Clapham Run

Better Gym has changed and is currently run by the Lambeth Council. We have reached out to the Council who have in return pointed AH in the direction of additional contacts.

Suggestion to invite Ben Humphrys to next RCM

Coordinate Ben Humphrys, Matt Haas and the NCKSC for meetings with the Committee in June, July and August.

Action to be taken: CBP is kindly requested to please contact all the above as suggested and send out the Doodle Poll relative to the June RCM