



LFR

Regular Committee Meeting

Tuesday 8th November 2022

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

Club Secretary: Christos Bitzis-Politis (CBP)

Club Treasurer: Roger Kennedy (RK)

Membership Secretary: Geoff Hicks (GH)

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

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

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

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LFR Tri Coordinators (FH & BH)

Introduction & Updates

Welcoming statement to the Tri Coordinators by AC and introduction of Committee members and roles.

The message that the Club Committee would like to share with the new tri coordinators is that we feel that the relationship between the running part of the Club and the tri section could definitely improve and should become closer. ACn was already doing so much in his role, having currently more tri volunteers means that they would be both helpful and useful, thus being able to focus on specific tri areas while ACn deals mostly with the coaching part. Our main goal for the future will be to strengthen further the link of triathlon to the main, running part of the Club, as it has often felt in the past that they were two different entities going their separate ways.

Through the presentation of the Committee members currently present, the suggestion is to feel free to liaise with the Committee, to ask any questions, to get in touch, as the triathlon is by nature closer linked to specific Committee roles than to others, to align with what is necessary, to make sure that the running part of the Club is fully supporting the tri section and that the tri part is an essential part of LFR as a whole. Ultimately, we are here to support you two, the role is new, you are here to create further on the role and improve it, there are budgets available for triathlon activities, you may need to start planning by talking to the Treasurer, so there is a lot to take in and to consider (AC).

We are definitely going to aim at having more members becoming involved in triathlon, Ben and I are just settling into the roles, we naturally have ideas on what we would like to achieve and on how to move forward, by organising regular meetups, by having regular training meetups, organising regular socials, making members get to know each other better, there are these semi-official meetups at the Reservoir, there is going to be one in December, as a good opportunity to meet others, in Stratford. One thing that we both believe could be very useful in terms on internal communications it to revive Spond just for the triathlon group, as it works really well for smaller groups (FH)

Action to be taken: AC is currently requested to please set up an LFR Spond for the triathlon section

In the meantime, we have also been talking to people, getting to know more members, and we would like to create a small survey, mainly asking members what they want to do and what they are more interested in, whether it is cycling or swimming, maintaining turbo time, etc. As FH mentioned we are still new in the roles, and what we would be very much interested in would be on how and when can we make things move more smoothly, as we hope that there will be more demand for more disciplines later in the year, growing and learning at the same time (BH)

The Triathlon Social proved to be a successful occasion, there were 15 attendees in total, there were lots of interesting conversations, we are also learning a lot about the Club and how certain things works, and we realise that we need to get some more structure in to the triathlon section, so that we bring it to the same pace of all the other Club activities. We would definitely like to organise more events in the future and create an events calendar (FH)

There is already an existing LFR Events Calendar, which was created some months ago by CA and which has proved to be extremely useful. There is something that we have been saying all along but which is worth repeating, that the Club has been and is offering a large

number of different activities and we are very happy to be able to offer lots of activities to Club members, in consequence there will be moments when some of these activities, races or social events, may clash with one another, hence the useful existence of the LFR Events Calendar, but this should in no way deter anyone from organising an event. If two events happen not to clash, so much the better for everyone, but it will inevitably happen, it has happened before, of two events taking place on the same day or one on a day immediately after another event, so please do not let this stop you in the future from organising an event (CBP)

Action to be taken: CA is kindly requested to please share the LFR Events Calendar with the Tri Coordinators

From a membership point of view, what we need to start doing is to start formalising who from the Tri group is already an LFR member, as in who is a paid member, because all LFR triathletes should be LFR members. GH has been doing some clearance based on those who are registered on FB but we need to coordinate this further, we need to swiftly send a list of who is not a member based on a list of who is on FB. FB is a good source to be used for this purpose, though there may be some people there who are not members, I think the WhatsApp group is a much more reliable source, as those who are on the WhatsApp group are members actually interested in triathlon. I would be very happy to facilitate this and to reply back in regards to who is a member and who is not (CA)

First of all, I also think that the WhatsApp group could be a more accurate source of information, for example I am in the Triathlon FB group but I have never done any triathlon events, so it would be more helpful to check and compare these two groups. There are many more people registered on the FB group than there are on the WhatsApp group. In addition to that, all tri members whose memberships has lapsed this year have already been contacted and twice, RK and I contacted all of them twice through Webcollect and CBP contacted them again individually, so they will all have been contacted by now, many of those contacted never replied back and we had to chase them individually, let it also be known that in regards to members who are currently injured or to members who have already replied back or contacted us, we are very happy to accommodate individual cases, we fully understand that some members are only and exclusively interested in triathlon and not in the running part of LFR per se, and if they happen to be injured at the moment we are naturally very understanding about this and we will not delete them from WebCollect. (GH)

There isn't any specific indication on how to know which member is specifically interested in which discipline but there are members who very clearly and plainly declare that they are exclusively interested in triathlon or that they have joined LFR just because there is a triathlon section, there is a very small box on each members' WebCollect account, at the last part of the form, I think it is either under "additional notes" or joining questions" and we are thus able to collect some information on some members joining intentions, but not everyone fills this part in. We are naturally very much interested in empowering members into becoming more interested in triathlon and to support further those who are already part of the tri group, the reason why so much importance is given into who is and who may not be a paid member is because the FB page is a safe group page and LFR is a safe space, and we want members to continue feeling that the Club is a safe space for them. And there are also GDPR reasons, for which we also have to be very careful on monitoring who is part of the FB group and who is able to see who else is part of the group. I know that this is a great fuss

and that it is time-consuming but it is also a necessity and our responsibility as Club officers. (CBP)

The Whatsapp group only started last summer, but then we realised that some people started doing the London Triathlon as Frontrunners but they weren't actually Frontrunners, they may have had the intention of joining the Club, but they never did and they presented themselves as part of the LFR group. There are currently 85 people on the tri Whatsapp group whereas there are 170 on FB, and although some people on the FB page are just supporters, like GH, there have been people whom we knew very little about and where not members, some others that have ceased been members long ago but where still part of FB or some that they had not renewed their membership (CA).

We have had to deal with similar situations in the past, and this is why we are so very careful now, for example at the last Christmas Party where we had people buying up tickets without being members, they were previously LFR members and this is how they came to know about the event but they were not paid members at the time of the Christmas Party and also there was one person at the last International Trip, who was not a paid member at the beginning, whereas such events are open to paid members only. So people do attend events or try to attend events without being a member (GH)

Very often it is not clear from someone's name on FB whether they are a Club member or not, as sometimes people use different names or aliases on FB (AC)

There is no functionality currently on WebCollect and the path of the main data questions is extremely limited and often not very helpful. This is a system that we have been using for a long time, that the Club has been using for a long time and that we have inherited from our predecessors, moving away from WebCollect would be an innovation, but it will not be a smooth one and I am not suggesting at all that we deal with it now. It would have naturally been much more simple if one of the joining questions was relative to triathlon and we could collect this information to our benefit, but there isn't one, so we will have to go all the way round (GH)

The FB and the Whatsapp groups would be a more reliable guide to know who is doing a tri event, they represent a more direct solution to the issue, in particular the Whatsapp group (CA)

If a list of all those on the WhatsApp group could be sent to Geoff, that would be great (AC)

Action to be taken: CA is kindly requested to please liaise with the Tri Coordinators and subsequently send a list of names from members on the WhatsApp group to GH

We are also very much looking forward to a collaboration on the new Club vest design, I know that FH will be part of the group, and we would really like to adopt one design that could enhance a single Club identity but which is also compatible with all the specific triathlon requirements as well. We have had some members who have shown interested in being part of this new subcommittee who will be in charge of the new vest, which is very encouraging, and one of these days one of these members, AK, will be contacting you, it would be great to pick his brains for some thoughts and to start moving forward on this subject as well (AC)

On the other hand and on the LFR Website, the triathlon section looks quite good, but having said that, the LFR Website comes across as very much that of a running club profile, it is not very obvious from the homepage that there is a triathlon section, or that this is a running and triathlon club, or at least there should be some further indication with the triathlon being much more visible and prominent, this is something that we may have to work on further and you could perhaps make some useful suggestions to the website team. The interview with TK was really interesting and it was a really useful first approach on how we can improve the triathlon visibility. This was TK's first triathlon, he started with LFR as a runner and it was very interesting to read how he gradually became interested and wanted to give triathlon a try. (GS)

The Committee expresses their sincere thanks to the Tri Coordinators for coming over, with the reminder to email one of us, and that the Committee is always at disposal to point them in the right direction.

Financial Updates (CT)

There are not too many subjects to discuss, when it comes to finances. There have been paid in advance £4.300 for the Christmas Party but this is an amount that the Club will be claiming back through the selling of tickets (RK)

If I may just add to this that we have managed to sell almost all of the Christmas Party tickets, there have been 149 tickets sold to this point, so one more to go. This is a ticket which has been reserved for family identifying and non-binary members (CA).

There shouldn't be a problem into releasing this ticket back to general membership, this is something that has been done in all previous years, if tickets reserved for female identifying and/or non-binary members are not sold after a certain period of time or well after the deadline which has been set in advance, then they may revert back to general membership and are offered for sale to all Club members (CBP)

There is one member who has shown interest in buying a ticket for the Christmas Party, AD, we could be just selling this ticket directly to them. In addition, £6.750 has been put behind the bar, and now we all have to cover the minimum spend for the evening, which is another £2k, but we do not assume this will be a problem, as there will be at least 210 members in total attending the event. There are some bits and bobs to still sort out in regards to payments, the extended licensing until 2am has already been paid, we now need to know how we pay are going to be paying for the entertainment and how much will that cost, but this sit more under EK, just for a further reassurance in regards to their quality and reliability, the dj for the evening is a good friend of SC, so there shouldn't be an issue, we will simply have to call with them to sort out things. (CA)

In regards to the Lisbon Affair, there has been a first meeting with the solicitors, The Drag Taste has apparently not applied to go to administration, yet, and they still appear as a trading company. Before taking any steps towards a legal process, and if the Committee finally decides to go down that way, they recommend that we use a letter to contact them, and see whether this generates any reaction on their part and how they will be handling this. In order to be able to move forward with a legal procedure, we will broadly have to wait for the solicitors quota, but personally I find it very difficult in trying to get back money from an organisation that doesn't seem to have any assets under their name. The Club doesn't want nor needs to get sucked into paying large bills towards a very dubious result. Drag Taste is

registered as a limited liability company, thus the owners are legally liable for the company's debts only to the extent of the amount which has been invested by them, and they are eligible for probably the amount of one pound. I don't think the Club would want to spend a fortune to have them liquidating their assets, when there are no assets in question and there is no guarantee of getting any of the amount owed to the Club back. Naturally this has had a great impact on the Club finances, this is a large chunk of money, but the Club still possesses funds close to 25K, so there are still available funds that will keep the Club flowing and functioning.

Having these financial reserves is a great reassurance for LFR, it is a buffer which has been built up over years of international trips, and it is there for exactly this reason, or I should probably say was there, as now most of it is largely lost, what the LFR international trips have built up over the years now is with all probability gone, and the Club should become more cautious in the future when administering large funds.

Discussion on corporate sponsorship.

London Riders, a new LGBTQ+ cycling club, is the latest example to follow, they are around only about a year, probably less than that, they have formed during the pandemic and one person runs the whole club and they already have found a corporate sponsor (CA)

It has been discussed many times in the previous years, how important it will be and how beneficial for the Club to enjoy the financial support from a corporate sponsor, and based on the most recent experience of the Lisbon trip, now is probably the time to try. Most importantly we need to come up with a document that clearly and in a succinct way explains what LFR may offer as a club to a sponsor (AC)

This is a recurring discussion but we also need to realise that it is a task that will definitely take a lot of time and energy of top of everything else that the Committee has to deal with, so we may want again to look towards the Club members and appeal to them, in case they may happen to know, through one of the companies that they are working for, or through acquaintances, and are willing to approach any corporate organisations who would be interested in supporting LFR. Probably putting a call on the e-bulletin would be the first step.

LFR has plenty to offer with a membership of about 600 members strong and a triathlon section as well. And if we need to be careful with having logos on running gear, due to some limitations by EA, but on the other hand publicity logos do not necessarily have to appear on the Club vests, they could appear on all training kits and on other items of clothing such as hoodies, etc.

As you may remember, I managed to obtain \$1000 of sponsorship for the Pride Run this year through an application and a supporting letter to Brooks. Brooks happens to have a UK section and I am planning on writing to them again, now that the Pride Run for which they offered the funds is over, first and foremost thank them once more for their generosity, then show them where exactly and on what their donation has been spend on but also suggest and enquire whether their UK section would be interested in sponsoring LFR. I have contacted MP who will be providing me with some important and interesting facts to present to Brooks and I have also asked ST to provide me with how his personal story over the past year is associated with the Pride Run, as ST got to know about LFR through the 2021 Pride Run and how has the whole experience helped him through the previous year, from one Pride Run to the next. I am more than happy to share my proposal with the rest of the Committee before sending it to Brooks, as more brains think better than one and also

because having different points of view, will definitely advance this request better and further (CBP)

As the kit has incidentally come up in our discussion, it would also be practical and very useful to have some more concrete ideas on how this project should proceed, mostly in order to facilitate the Club Kit Subcommittee. There are currently four volunteers, which is a fair number of people and they are all sensible, realistically we have to think about a period of at least six months, sometime around June of next year, as the whole procedure will have to include the design, the part of the graphics, find a new supplier, create more items than a vest, we have had several suggestions as to suppliers but the point is that we have to start from somewhere and probably the best thing would be to set some form of deadline for the new kit. As said above, June seems quite realistic, we don't want to have this going on for too long as it took the previous subcommittee more than a year to present a design that nobody seems to be happy with. KFP, who was also part of the previous kit subcommittee has kindly offered to send a list of providers to keep in consideration for the future vest, and we will hope to be able to have the finished product around six to eight months from now. (AC)

Action to be taken: All Committee members are kindly requested to please try and find a corporate sponsor for the Club kit within the end of the current Club Year

Races Update (RS) In absentia

We are having the Second Met league XC fixture this Saturday the 12th at Wormwood Scrubs with just 12 runners signed up to the Facebook event. Can the Circle Leaders please promote this event at the Club runs this week to support Marius and Julia?

Action to be taken: CBP is kindly requested to please communicate the above request to all Circle Volunteers

The following Saturday the 19th is the Cross County Championships at Parliament Hill with about 17 members having signed up from the Facebook event but we are hoping that there will be some more.

We have decided to have the last Club Championship race which is a 10k in the New Year and after all the Cross Country fixtures have ended. We're still looking at suitable races but were thinking in terms of time somewhere around the first weekend of March, on the 4th or 5th as potential dates. Christos sent us a promising option in the Mornington Chasers 10k series in Regent's Park with races held on the first Sunday of each month. There is a 10k race scheduled for the 5th March 2023 and this could be a good option.

With the success of the ParkRun of the month initiative we're thinking of potentially reinstating the Parkrun award at the next Club Championships awards ceremony or at the AGM. AT was the last recipient and it would be a good idea to have his involvement in deciding the winner if we were to go ahead with this.

Main thing from us at the moment is to update on what is going on with the Club Marathon application form and process. We're still making tweaks on the form with the assistance from Christos to ensure the form will be ready for next Monday's bulletin. With six marathon places, which is the most we've had as a Club, we're expecting a lot of applicants. We're thinking of making candidates send their completed forms directly to the Race Secretaries in

order to ensure no possible technical issues will occur, learning from last year's process. We need to agree on the closing date for the application when it goes live. We discussed this with Christos and we are thinking of offering everyone two weeks from the 14th to the 27th of November. Also we need to decide on the time frame of the decision process, bringing shortlisted candidates to the Committee to acknowledge and approve of the points accrued and making a final decision on who is awarded each place and when this is officially announced. We welcome all support and suggestions from the Committee to ensure absolute transparency, thus creating a smooth and successful LMCP process.

Publicity Update (P&C O)

Ebulletin

In order to give everyone plenty of notice, the proposed last e-bulletin of the year will be on Monday 19 December. Though given this is also the date of the last Club run, it might just be a Merry Christmas email! The first e-bulletin of 2023 will be Monday 9 January.

In other words, there will be no e-bulletin coming out on the 26th December (Boxing Day) nor on the 2nd of January (New Year bank holiday).

Web content

We've just published Robert Dufton's London Marathon story and it can be very timely used to hopefully encourage members to put their names down for next year's Club places. It will be shared with members through the e-bulletin and on FB alongside the Club places application form, when available.

Social Activities update (SS)

As we have discussed this previously and together with the financial matters, there is nothing else from me to add, besides that there will not be any other organised social event until, probably the end of January. As I had mention at the last RCM, the venue seems to be a bit too bare and I was thinking whether we might bring some festive poinsettias to brighten the place up

Action to be taken: Committee members are warmly encouraged to bring some festive poinsettias to decorate the venue

Membership Update (MS)

The Club is currently at 540 members, but there are actually a few more, I am just waiting for the payment to go through.

I would like to raise the same issue from last year, and which is relative to the auto renewal function. This year we are expecting things to go both faster and smoother, and we will need to send a proper announcement well in advance to membership, that their membership fees will be automatically processed. The one and only issue with this function, which was already an issue last year but this year I predict that it will be even more accentuated, is that it will be very difficult to sort all the EA registration at great pace. Even without the auto renew it has been a task, especially as all this is taking place during a period that finds me particularly busy with work. Having 500 members renewing their LFR membership, they will be expecting to have their EA registration immediately sorted out and renewed and this is out of the question. It will take me, with some very conservative calculations, more than six

weeks to process the EA registrations for everyone. It is not a complicated task, it is actually quite repetitive and very simple but it is time consuming.

Would it be a good idea to ask again for volunteers? Have a call out through the e-bulletin like we did last year.

Although this seems initially as a good idea, and I was really excited at the prospect and I also have to say that at least four Club members came forward as very willing to help out, there are some difficulties in this solution per se. The EA registration portal is accessible to only three Club officers, the CT, the CS and myself, and as it contains personal data, we cannot really extend this to any other Club member.

I am very happy to help out where I can, I have done this previously for the past five years with SM, and although a bit rusty, I am sure that I can manage, and as said, very willing to help and to support this forward (CBP)

I wouldn't want to burden anyone, as we are all doing a lot anyway, the best thing according to me would be to find a creative solution that could prove useful and simple to apply, or we need to make it clear to all members well in advance that there is going to be a delay with the processing of their EA registrations. As I said, realistically and without any assistance, it is not going to be less than six to eight weeks. At the end of the day, it all comes to managing member's expectations and to find some way to make this more simple, not just for me but for everyone else. I am wondering what other running clubs are doing and how they are managing this, as I expect this is happening every year to all EA affiliated clubs.

We could ask JL and/or RP who are both first claim with other running clubs and may have a better solution as to the problem

Action to be taken: CBP is kindly requested to please liaise with RP and JL, in regards to the above.

Another issue, which has already been mentioned in the Mailchimp purge and probably this is the right moment not only to discuss about it but also to take some action (AC)

There are still some issues which are coming up, last year GF and JL created a list of all those who are currently on the e-bulletin, this needs to be reviewed.

There was a similar list compiled by me pre-covid, and by using one of the excel functions, we should be starting now to tackle this by launching a more strong connection between two committee members, the MS and one of the P&C Officers and get over with it, as it is important to remove all those who are not LFR members anymore from the e-bulletin.

Actions to be taken: ST is kindly requested to send to AC the relevant spreadsheet, whereas RK is kindly requested to please extract the names of all those who are currently members through Webcollect and share it with the above

The purpose of taking ex-Club members out of mailchimp is clearly based on GDPR requirements, the process and use of personal data.

One last subject which I would like to bring to your attention is on how to proceed with the extremely low numbers of runners at the Thursday run during the winter months (GH)

Discussion on the future fate of the LFR Thursday run.

Currently Thursday is the new Friday as so many people are currently working from home on a Friday, thus on a Thursday evening most of them would want to go out for a drink or see friends, or return home, instead of attending a run

One other reason for the very low Thursday numbers is also all the rest that was available, and which contributed to the Thursday atmosphere and into attracting members, there was the karaoke at the CoQ which was a great attraction and lots of fun. Since the run has moved out of Soho, it has never been able to recuperate the previous numbers of attendees.

I would also like to point out that the very low numbers are also due to a number of unlucky coincidences, as LFR has changed so many venues for the post run social over the years, there was Wagamama in Soho, Prezzo, the pub in Marylebone, the Wagamama at the back of Selfridge's, the Prezzo in North Audley Street, many of these were venue that closed down and we had to move around a lot.

The suggestions are whether to pause the Thursday run over a specific period of time, for the next three months and restart again in March, or relaunch it differently, to abolish the Hyde Park run completely, to abolish the Hyde Park run completely but in the meantime substitute it with runs in other part of London but on the same day, having runs that are more local compared to Hyde Park and nearer to areas that members live.

The two newest LFR runs in Greenwich Park and in Victoria Park are both quite successful in terms of numbers and popularity and they are up to a point inexpensive, as the Club is not paying any fees for the use of the Community Centre in Victoria Park. Spending £30 per session for just five or often less than five runners on a Thursday is an absolute waste of Club funds. And it is not so much about the amount, which is naturally a reason in itself, it's that these funds could have been spent in a more constructive way elsewhere.

Proposal to discontinue with the Thursday run by the end of November instead of carrying on until the Festive/Christmas break. With the festive season approaching, members would be attending work-related events and functions organised by their companies, they will be going shopping and the numbers of attendees could be reduced even further. There is no real reason to continue sustaining an already defunct run, just for the sake of having it there.

Action to be taken: AC is currently requested to please write a proposition relative to the above and addressed to the Club Committee, illustrating the reasons for a potential discontinue of the run.

The most important issue would be how to communicate this to membership

Action to be taken: the P&C Officers are kindly requested to please create the communication for the above subject and circulate it to the Committee for further suggestions

And if members may happen to complain about discontinuing the run, then it might be useful to point them out that the run was unsustainable in financial terms, and only members who were weekly attending the run actually have the right to complain and if they wanted for the

Thursday run to continue, then they should have shown their commitment to the run by turning up while it was still going on.

It might be a good idea making the Thursday run an only summer season run, pausing it for the winter around the end of September, given the low numbers, and then starting again after March.

If the Committee decides to have the Thursday run back in March, then we may have to think how to relaunch it, as the choice of post-run venue could be one of the main reasons for attracting Club members. A pub would have been the very first choice but ultimately there are no pubs in the area which would have us, as they have an already established clientele and they expect a precise number of attendees every week, in order to be able to book a dn make a reservation. LFR will never be able to offer this, as runners turn up without any previous registration, and so having a proper reservation with a local venue becomes very problematic. I believe that if the Committee decides to relaunch the Thursday run in Hyde Park it should probably be under a different format.

There has also been the unofficial notification that the Seymour Centre may have to close down for a certain period and go under refurbishment, so having one less run starting from that venue could prove practical. We have not heard anything in the meantime, and the Westminster Council is obliged to rehouse all the community groups that are using the venue if the Seymour will go through refurbishment, but we haven't heard anything from them at all.

Club Secretary

To the question whether the Thursday run due to take place this coming Thursday with a TFL Tube Strike having been announced for the same day, is going forward as per usual, the Committee votes for the run to take place as per usual, mostly based on the reasons that if there is any new runner who turns up unannounced on the day, there is no way of letting them know of the cancellation in advance, in addition to the fact that strikes quite often get cancelled on the same day they are meant to take place.

Action to be taken: CBP is kindly requested to contact the CL & CLA for the Thursday run letting them know of the above decision.

I am planning on posting a relevant notification on the FB page, asking runners to bring a padlock with them on that day, in case any of the Club officers on Circle duty will not be able to make it on time to open the bag-drop.

LFR AGM Venue

The suggestion is to have the AGM taking place in Nunn Hall, located on the fourth floor of the UCL Institute of Education building in Bloomsbury, a short walk from Russell Square; the address is 20 Bedford Way, WC1H 0AL.

Nunn Hall's capacity is 100 people in theatre style and all UCL venues for academic talks and events have the usual technology needed for projection. The date suggested for the AGM to take place is Friday the 3rd of March, from 6-9 pm.

Obtaining this venue, means we can also book The New Bloomsbury Set, an LGBTQ+ venue five minutes away on foot, for drinks afterwards.

The Committee agrees on what has been suggested and confirms both the date and the venue for the next LFR AGM.

Action to be taken: CBP is kindly requested to please send to the P&C Officers a Save the Date relative to the LFR AGM

Medals to Eliminate suggestion

As mentioned during the October RCM, my suggestion is to eliminate some medals, as superfluous.

Medals to continue with would be the Senior Male/Female/NB (positions 1, 2 and 3) and the Veteran Male/Female/NB (positions 1, 2 and 3), whereas the medals to eliminate would be the following: Club Champions (Male/Female/NB), Cross Country (Male/ Female/NB) and ParkRunner of the Year.

Action to be taken: CBP is kindly requested to please contact DGZ, in regards to the above

Discussion on Non Binary trophies.

Suggestion on whether to have two different trophies, each destined to a Club member of different genders instead of buying new NB trophies. This could be easily resolved by maintaining the LFR trophies but removing the binary labels they currently display and replacing them with new ones.

The risks which have to be considered before purchasing any new trophies is that we could be having the trophies going to just one person identifying as binary, we could end of with a whole bunch of trophies not being used at all or being used very rarely, as there aren't Club members who identify as exclusively non-binary, or we could end up with the same person receiving the NB trophies every year. Having NB trophies should have a meaning, they should be awarded on merit because the Club wants to honour its NB members and it should not be a tokenist act.

The Club may not have currently any exclusively NB members but we may have some in the future.

Most members which identify as NB also add a binary pronoun to "they", so these members might again compete into the binary categories.

Action to be taken: CBP is kindly requested to please write a proposition in regards to the above and to liaise consulting with AS as well.

Co-Presidents

Updates on Meetup

Action to be taken: AC is currently requested to please chase the MeetUp people and update the Committee whenever an update is available

Discussion on the dates of the 2023 International Trip.

After a discussion on three different dates, the Committee agreed as a more convenient date the four days starting on Friday the 20th of October 2023 and ending on Monday the 23 of October 2023. The two previous dates have not been approved as the early date in April

2023 coincides with the London Marathon date whereas the May date coincided with the GBR.

Action to be taken: CBP is kindly requested to send a Doodle Poll relative to the date of the December RC