



LFR
Regular Committee Meeting

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

Thursday 17th October 2024
RCM Agenda

Financial Updates (CT)

Races Update (RS)

10 Miles Race discussion

Publicity Updates (P&C S)

Ebulletin Volunteers Updates

Social Activities Update (SS)

2024 Christmas Party Updates

Pizza Party Updates

Membership Update (MS)

Club Secretary

30th Anniversary Celebrations Updates

Co-Presidents

AOB

Chair: GH

Minutes: CBP

Apologies: WP, CS, TW, DB, NW

Financial Updates (in absentia)

The primary LFR Account currently has a balance of £21,427.55 and the Instant Access Saver account has a balance of £19,695.76.

The 32 Day Notice Saver account has a balance of £15,012.34

And the 95 Day Notice Saver account has a balance of £10,000 and all of the above are true and correct as of today the 17th of October 2024.

The total financial outgoings in the previous month have been £9,079.00 with the most significant outgoings of above £500 have been the £4292.10 due to Michael Rutherford for International Trip expenses.

The total LFR income in the previous month has been £2,233.62, with the most significant income from the above being the £800 grant from England Athletics, won by the application of CBP as was mentioned on the previous RCM.

The Committee wishes to express many thanks to Derwin for the financial update and sorting out the LFR reserves over different accounts.

Races Update (RS)

10 Miles Race discussion

Not a huge amount of news from me to update, when it comes to the 10 miler event, besides the different subject of the subsidy raised by Tom, there is something else regarding the 10 Miler, as two people have made a query and asked whether the Committee would reconsider and cancel the event.

Could you please explain this request further, as first there was a request to find an event on a different date because the first 10 Miler event clashed with one of the Xc fixtures, which was an absolutely rational and expected request, and now members would like the Committee to have the event altogether cancelled; in what way would it be a problem for them?

This is the first year the event has been introduced as part of the Club Championships and it was partly introduced so that the Club would have a bit more variety in its events. There are

two objections coming from two members that have contacted me, one by writing and the other in person, asking to have the even cancelled is because they themselves are unable to attend it and by failing to attend the event they wouldn't obtain any participation points and this would affect their Club Championships points and their qualification on the board. In all honesty, although we tried our very best, the event was advertised late, as the announcement came out half-way through the club year; the event is being suggested as an alternative, before this there was nothing.

I can completely understand the point of view of these two members as after all LFR is a running club and to some members such matters of accruing points and scoring high in the rang are of importance and as a result they become of consequence. If that is ok with Tom and with you, could there be suggested a sort of compromising solution, in having the event taking place as scheduled and on the date that it was communicated but because this is its first year and because the announcement on the event came out late in the year, to not consider the 10 miles event for scoring points and just consider all the remaining events?

I also happen to agree with what CBP has just suggested as a rational compromise. How many events are there in all at the Club Championships?

There are 11 events including the 10 Miler.

I feel that the suggested compromise would be the best way out for this year by allowing members to accrue points for the ten already established events, instead of the 11 events as was originally intended, then see how the 10 Miles event goes this year in terms of participation numbers and of general feedback and accordingly include it fully on the next Club Championships.

Coming now to what was suggested by Tom in regards to the 10 Miler on Saturday the 21st of December, and the possibility of registering members through RunThrough as a group, I think it would be best to first check what the group discount package is.

I am also under the impression that no one from the Committee is radically opposed to offering some Club subsidy, we just do not feel that it is necessary to commit in full and to any amount before knowing in advance how much the discount is going to be.

Although covering the full cost would be an excellent way in promoting the event, I find that the registration fee of close to £30 is a bit too steep to be covered in full by the Club.

The Committee was very happy to fully subsidise other events such as the Battersea Mile Relay and the Kangaroo Hop 5k.

Indeed, that much is true but how much was the actual Club subsidy per athlete for those two events? Because subsidising a Club event does not necessarily mean that the Club has the obligation to subsidise all Club Championship events in full.

It was £7 per athlete and per event, £7 for the Mile Battersea Relay and £7 for the Kangaroo Hop for each participant.

Before fully committing to something, it would be useful to know in advance the terms and what exactly the Committee is being asked to commit to, and in my opinion instead of committing in advance to cover the full amount of the registration fees, it would be wiser to say that the Committee would be very willing to consider a partial subsidy of £7 to £10 and review the amount of this subsidy later and closer to the event. Personally I would be in favour of a subsidy, be that a partial or a full subsidy, with a distinct preference for the former, depending on the final amount and on the numbers of attendance, so as to make this event as accessible and as inclusive as possible.

I am also of the opinion of CBP, and depending on numbers of attendance, we can suggest a partial subsidy, see how this promotion goes and then the Committee can review the subject from there.

Offering a partial subsidy will undoubtedly encourage more members to sign up for the event and once the Committee has a more clear view on the number of attendees and we get to know the group discount, then we can commit to a more precise amount.

The Committee agrees to a first partial subsidy of the 10 Miles event with the subsidy offered being from £7 to £10, with the proviso to review the above amount later, when the discount

offered by Run Through has been disclosed and there is a better understanding of attendance numbers.

Please make it also very clear in your communications that if any of those interested to participate at the 10 Miler do not show up on the day of the event, then they will have to refund the Club in full their registration fees.

Hasn't this been a Club policy for sometime now?

Yes it has but it is also a good policy on the Committee's side to remind members of that, in particular to long established members who very often tend to need to be reminded of such policies.

Action to be taken: ER is kindly requested to please include the above reminder into his communications to all members interested in participating at the 10 Miles event.

Action to be taken: ER is kindly requested to share the Committee's position by replying via email to the two Club members that asked to have the 10 Miler event cancelled.

Action to be taken: ER is kindly requested to please send the LM Club Places Parameters Document to the P&C Secretary for the next ebulletin

As I had reported during the last RCM, the issue with the race results had been successfully resolved though unfortunately it has become unresolved again, as we are currently experiencing many issues in collecting the race results.

Discussion on the above and on reiterating the fact that members should be proactive in case they wish to have their results being published on the ebulletin, and in particular if one of this results happens to be a PB, as it is entirely unrealistic to expect the Race Secretaries to remember what the previous race results of 700 members have been as to be able to indicate that a specific race result is a PB.

Publicity Updates (P&C S)

Ebulletin Volunteers Updates

Discussion on the volunteers who have expressed interest in supporting the forthcoming e-bulletins and on the possibility of setting up a zoom session, or sessions, for an online

induction. Once these volunteers have been inducted, a rota can be created and launched, which will facilitate the whole process further.

Discussion on the previously discussed increase in the Mailchimp subscription.

Again, and as this same issue was discussed on the 10 Miler event as well, do we know what this increase is going to be before the Committee agrees to it? Of course this needs to be ultimately approved by the CT but this is a subject that we all need to be aware of.

I am not able to offer you an accurate amount as the final amount fluctuates every month due to the exchange rates and to taxes, but these fluctuations involve very small amounts.

Well, we still need to know this amount even if it is approximative.

Our current MailChimp subscription plan is £21 per month and the next tier is £35. Last month the actual figure was around £24, the month before it was around £25, before that it was around £24 again. The actual costs are approximately £15 to £16 over what we are paying per month, so overall, considering the fluctuations I have been mentioning, it will be of £40 to £42 per month.

Although this has been a very stressful period for Stephen and although the Committee has been quite unprepared for this, as Chris left for the States before we were able to implement a sensible solution, this is an excellent opportunity to turn all this situation to our advantage and to use these remaining months, until the end of the club year, to our benefit. Next year we are moving to a system that will require more volunteers anyway, the Publicity role is anyway going to go through a major change at the end of the club year, so we should use this opportunity also to learn from the process and then pass over the experience. There is anyway going to be just one Publicity Secretary instead of the current two and the ebulletin will be prepared by a group of volunteers, so let's get on with it now and use the experience for next year, in conclusion we ought to authorise this increase.

The increase allows more volunteers to have individual accounts with different tiers of access to membership data, so I also agree that the monthly increase suggested will facilitate the

whole situation, not only because it has been deemed as sensible given the current circumstances but also in view of the Publicity role changes from the new club year.

It is always best to anticipate such programmed changes instead of leaving them for the very last moment and we should also use them to our advantage. If this is OK with Derwin, then we can always confirm approval through a short exchange of emails.

It will be practical to check how the new system will work, with many more people on board, in addition to being able to resolve some of the issues that might eventually turn up and address any concerns adopting this system might create.

The Committee is unanimously in favour of the suggestion to the minor increase, with the proviso that it will be run beforehand by Derwin and if the CT will also agree to what has been discussed, then the Committee will be happy to confirm the above amount.

Action to be taken: ST is kindly requested to please contact the CT, copying in the Co-Presidents, informing the CT of the precise increase per month.

As was discussed during the previous RCM, certain decisions which are not entirely pleasant but understandably necessary have had to be taken, in case one of the new ebulletin volunteers might wish to become involved more with the role officially and as part of the current Committee.

Action to be taken: in view of what has been discussed and decided by the Committee, GH is kindly requested to please contact CS and ask him to formally resign from his Committee role through sending an email

Discussion on returning Club members, which once removed from the ebulletin mailing list, then the second time they need to be added manually or through a link.

Suggestion to add the ebulletin subscribe link to the welcome-letter sent out by Gwen.

Personally I would enthusiastically welcome the above suggestion, as two out of the four new members erroneously opt out of receiving the ebulletin and then have to be chased and made to realise their error.

Action to be taken : ST is kindly requested to please liaise with GW in regards to the above mentioned ebulletin link

Discussion on using the new logo on the ebulletin.

Social Activities Update (SS)

2024 Christmas Party Updates

There has finally been a zoom-call with The Thistle and it has been positive, the venue has been booked for Saturday the 30th of November, the contract has been signed and the deposit has been paid, so we are good to go. The venue has been booked from 18.00 pm to 1am, there will be 12 tables seating 10 persons each, and we have asked to have the venue from 6pm as there are several things that need to be done and checked before the guests start arriving at 7pm, with dinner being served at 7.30 pm.

The Club has already paid a deposit of £956 and £500 are also being offered by the Club to guests for drinks, there will be welcome drinks and bottles of wine on the table for those attending dinner. The tables will be round and decorated for the occasion by the venue and there will also be Christmas crackers.

A separate bar will be created at the back of the room and there will be two members of staff at the bar. The things that still need to be sorted out are the PA system, the DJ and speakers, and handheld microphones, which we have requested and the Thistle still needs to send us a quote for these. We also need to finalise the menu so we may share it with members, as it is important that those opting for the dinner get to know all the meal choices in advance of buying their tickets. There is a cloak room and we have requested to have it also open for LFR and there will also be a member of staff operating it on the day.

In regards to the entertainment, NS will be performing cabaret acts at 21.00 om, and there will be a dj after that. After 9pm the doors will also open for members who have bought a drinks-only ticket and who are also going to be charged £10. The reduced price of the meal ticket is £63; dinner guests will be paying £50 per person whereas the rest of the sum, which comes at £13, will be covered by the Club.

CBP has made the very kind suggestion of offering NS a free meal-ticket in lieu of their support to the event and of their cabaret services in the evening; they have accepted and were very grateful for that.

One subject which was previously mentioned and needs to be reiterated is that we would really like to ask to have members buying their meal tickets through Eventbrite, or any other platform that is inexpensive, or preferably free of charge, as to avoid the booking fee, Nick will do it for this Monday and tickets will be released on Monday the 28th of October.

It might be worth sending a heads up blurb on the ebulletin, letting members know in advance of the forthcoming Christmas party tickets sale.

When it comes to the wording, could you please make clear that there will be no extra charge for purchasing the tickets? There is the recommendation to make this clear to everyone as possible, make a note in the info, the Committee listened to feedback from last year and to what you all had to say on the registration fees of last year and this year we have tried to do our best in avoiding this fee to be paid by members.

One request from me is to please send any or even preferably all details for the above as early as you can so that I may start early with the ebulletin, as the chosen date for the Christmas tickets sale coming out coincides with an extremely busy period at work and on a weekend that I happen to be on duty.

Action to be taken: the SS are kindly requested to please act as per above sending any and/or preferably all details for the above as early as possible

Have there been reserved women and NB spots for this year's party, like the Club usually does for the IT?

Frankly this time there has not been made any specific provisions and no female and NB places have been ring fenced, simply because we have had lots of problems selling all the dinner tickets last year, so this year, as we might be facing the same, there wasn't really any need for reserving these spots

Menu choices will become available when members are about to buy their ticket as it makes much more sense.

Discussion on the IT and on the Christmas Party communications and on how these communications should come out to members, in trying to avoid some clashing.

There will not be any issue in filling up the IT, also because there is still a bit of time for that, but there is potentially going to be a problem in filling up the Christmas dinner, as it also happened last year, and if members have to choose between the two event, they are definitely going to be opting for the IT, so the better the communication on the Christmas dinner is out, the more possibilities there are for the tickets to sell.

Recommendation to use Eventbrite or any other similar platform in order to be able to avoid paying any of the fee charge that we had last year from Outsavvy. Hopefully we can then sell the Christmas dinner tickets on Eventbrite to avoid cumbersome bank transfers.

Pizza Party Updates

The Two Brewers have been duly booked for Saturday the 22nd of February. The event will follow the same format as per previous occasions, with pizzas from being ordered from Papa John's

Discussion finding the ideal entertainment for the event and suggestion on using Lady Imelda as hers is one of the most unique cabaret drag acts nowadays, due to her unpredictability; she is quite bonkers and hilarious.

Enquiries on Lady Imelda's price and whether members would be happy with the booking, as she is bonkers and could come across as not PC.

Action to be taken: AH is kindly requested to please enquire on the above and consult with NW, and based on the consultation accordingly book LI.

Discussion on the Queerz Night quizz.

Participation is £7 per person and they are happy to organise an exclusive LFR evening which could be either in Balham and then go to the Two Brewers, or host it directly at the back room of the Two Brewers.

This is a great opportunity for making some publicity and it would be excellent if this event were to be advertised on Instagram, so that it will be known by a non LFR audience.

The suggestion is to have the event taking place on a Thursday, either in December or in January.

I would be much more inclined to have the event taking place on a Thursday in January and if you are going to have a talk with the Two Brewers as to host it on their back room, then ask them to have it from 8.30 pm onwards, so that Club members will be able to do their run first.

Thursday the 16th or the 23th of January would sound great.

Membership Update (MS)

There are currently 655 payments that have gone through, although several more are expected to be cleared shortly, there are about two to three new members every week, and those members that have started to register from the first of this month, they must have also started receiving the standard welcoming email.

Club Secretary (CS)

30th Anniversary Celebrations Updates

The 30th Anniversary Celebrations will have a duration of about a year, as there are going to be several events interspersed over the period of a year, starting from Saturday the 1st of February 2025 and finishing on Saturday the 31st of January 2026.

The 30th AC coordinators at the moment are Filipe Borne, Mitch Fryer, Daniel Brittle and CBP, though we are hoping that others will be joining us.

In order to facilitate internal communication, an email address has been created which is as follows: lfr30th@gmail.com and a small and relevant ebulletin blurb will come out on one of the following Mondays, in order to generate some publicity on the team and thus potentially attract some more volunteers over the following months, but also as an incentive to encourage members to send the team any celebration suggestions, although it needs to be mentioned that there are already quite a few suggestions as it is from the four of us.

Based on what has been discussed and agreed during the last RCM, there is a slight change of plans. We have had a meeting and discussed the possibility to postpone the Smart Drinks Over London event further down the calendar, a consideration that is mostly based on the principles of consideration and inclusion, as February is a month that finds many LFR members in acute financial circumstances after the festive period, so we need to be

considerate of that. Postponing the SDOL event will also offer the AC coordinators more time to search further for the ideal venue and to dedicate more time in delivering a great event without too much pressure, as we are actually thinking of making the Smart Drinks Over London event the highlight event of the 30th anniversary year. Thus we would like to suggest having it taking place in May 2025, when the weather is anyway and hopefully going to be much better, when compared to February. The dates suggested for the SDOL are for the moment Saturday the 17th and Saturday the 24th of May, depending on the Green Belt Relay dates. Saturday the 3rd and Saturday the 10th of May have been excluded a priori, as the LFR tri team is training in Mallorca over that period and it wouldn't feel inclusive not taking the tri team's training into consideration.

As the GBR and the final Eurovision event both take place on Saturday the 17th of May, the SDOL event obviously has to take place on Saturday the 24th of May.

There is though a new suggestion which we would like to bring to the Committee's attention as accordingly, we would like to suggest launching the 30thAC on Saturday the 1st of February with a celebratory brunch at The Thistle, which will be much more economic and also much simpler to organise. The rationale behind this change is that LFR started as a running club and it would be good to return to the origins of the Club and celebrate its first run edition.

In order to manage numbers in advance, there will be an online registration for the event by the 30th AC coordinators, with members purchasing their free entries through that platform, so based on that, we will be able to offer The Thistle a more or less precise number of attendance.

We will ask The Thistle to extend the LFR presence at the restaurant until 2pm, with the possibility of opening their bar for us as well after 2pm, also as an opportunity of including more members, as the Restaurant has a capacity of about 120 and also because not everyone might be able to attend one of the Saturday runs, as they might be injured. The Thistle restaurant and the Thistle bar are adjacent and together are large enough to accommodate more than 200 attendees.

We will suggest to The Thistle managers in support of the above to have some extra treats for members attending (glass of prosecco, strawberries, cake, etc) and the Committee will naturally be informed well in advance of the costs for all the above.

There is also a suggestion of us decorating The Thistle restaurant for the occasion, we will come back to you in regards to that and on whether it is feasible.

Last though not least, we are considering coordinating a photo opportunity during the Saturday runs on that day, both regular and central Long Run by the Statue of Achilles, close to Hyde Park Corner, in order to commemorate the first run that took place, as the Statue of Achilles used to be the meeting point for those first LFR runners 30 years ago. Every runner on that day will be asked to wear their LFR vest, the Long Runners will start as per usual at 9am, the regular runners will start as per usual at 10am and everyone will have to make the effort of meeting at the Statue of Achilles around 10.30 am for the photo.

When the dates have been confirmed and the team of coordinators has reached a certain point of coordination into the events with The Thistle, we are considering inviting Mark Forrest as the founder of LFR to London to celebrate that day with us. Anyway, we are at a good point, and what I would like to know is whether the Committee is happy with the rescheduling of the drinks event and with The Thistle festive brunch as the launching event of the 30th Anniversary celebrations.

The Committee is thankful for the above update and unanimously approves the changes and the new suggestions.

On a different event but on the same subject of social events, could I please ask the SS to kindly book the upstairs Function Room at The Marquis Of Cornwallis, for the post-AGM drinks event? This is for Friday the 14th of March, and I would suggest placing the booking from 9pm onwards. We will start the AGM at 7pm as per usual and we will definitely aim to finish by 9pm, maximum, as having an AGM going on for longer than two hours is counterproductive and very draining for everyone, as it becomes tiring after a while.

Action to be taken: the SS are kindly requested to please book the MoC for the post AGM drinks event.

As mentioned, there will be a number of events for the 30th Anniversary Celebration and accordingly, the LFR calendar is as follows, with almost two social events per month:

On Saturday the 1st of February the Thistle celebratory brunch and on Saturday the 22nd the LFR Pizza Party at The Two Brewers, on Friday the 14th of March the postAGM drinks and then on Sunday the 23rd a surprise event during the 2025 IT, then on Saturday the 5th of

April the 2024/25 Club Championships event, on Sunday the 27th the post London Marathon party and on May the 24th the SDOL event

Action to be taken: the SS are kindly requested to please book the backroom of The Two Brewers for Saturday the 5th of April for the Club Championships event.

Lastly, I want to bring to your attention that Christmas is coming and it would be great if we were to show our appreciation to the venues the Club is using and to some of our volunteers, with the customary festive parcels that we give out every year.

The Club is currently using seven changing facilities (The Castle, the Kentish Town, Greenwich, Clapham, Queen Mother and Little Venice Sports Centres and the Victoria Park Community Centre) and seven post run venues (TTS, The Grafton, The Pelton Arms, the Sun, TTB, The Thistle and The Gallery Cafè).

Potential recipients of a festive parcel on behalf of LFR could be the LFR Coaching Coordinator, the LFR WebTeam, the XC Captains, the LFR Vest Coordinator, the Tri coordinators, the very generous lady from the Serbian pub, etc.

My suggestion is to spend £16 per venue/eaterie/person, in addition to spending £20 for all the greeting cards and £10 for wrapping paper.

Accordingly this comes to 7 changing venues + 7 eateries + 11 people x £16= £400.

£400 + £20 for cards + £10 for wrapping paper= £430

As the Gallery Cafè is a vegan venue and vegan products are habitually slightly more expensive, I would also recommend spending another £10 for them, coming to the final amount of £440. There are three questions from me for the Committee's consideration:

Whether the Committee is happy with the above suggestion of £16 per venue/eaterie/volunteer and the final amount of £440, whether the Committee is happy and agrees with the above suggested list of volunteers and finally whether there is another Club Volunteer that the Committee feels that needs to be added to the suggested list.

Action to be taken: CBP is kindly requested to please contain all the above in an email which is to be shared with the Committee for further consideration and voting.

Before Christos finishes with his updates, I would very much like to have this also formally expressed and written down into the Minutes, that the Committee, and I believe that I may also speak on behalf of all Club members, are very grateful to CBP and would like to express their thanks to him for all his efforts towards the deal that he was able to strike with The Thistle (GH)

Co-Presidents

International Trip

During our last RCM, Committee members had some questions to pass on to the IT subcommittee and some comments on the 2025 IT, and as promised an email was sent to MR and CT, which replied immediately, addressing all the points raised.

The first question was relative to the concerns expressed on the increase in costs and whether this was an inflation-linked increase, or whether mostly related to this year's destination and it was asked as there was a suspicion that members would also ask the same question.

The price increased by 2.6%. is indeed due to inflation and the price of the International Trip has tracked inflation over the years and in real terms, the price at which the 2025 IT will be offered is equivalent to the IT that took place in Munich/Starnberg, which was about five years ago. The IT subcommittee does take this point on board though, given it is not a full year, once they get the hotel prices through, they will duly check whether the three night option can be offered at £385, which means a 1.3% increase. One of the reasons it does not seem sensible to try and go lower than this is because it would lead to a bigger jump in 2026 and then it will create a bigger difference in the price between the 2025 and the 2026 IT.

In the light of the increased cost of the trip, and in view of the general cost of living, Committee members suggested that it might be sensible to reinstate the 3-instalment payment plan as a standard offering.

In regards to this recommendation, the IT subcommittee replied that each time someone uses a payment plan it costs the Club £4, which would then need to be added onto the final price if we wanted to apply it as standard. Almost all Club members are fine paying up front, and a wide window for payment will be offered to allow for different pay days. In addition, the IT subcommittee will bump up the message on the availability of payment plans, thus making sure members know that it is an option.

There is going to be a two-nights package option, planned at £295 or £300 depending on hotel prices. This package can be Friday-Sunday or Saturday-Monday, entirely depending on

members' preference and the hope is that combined with cheap flights to the Spanish coast, this package will nevertheless be seen by members as an appealing option, even for those constrained by annual leave.

The Committee was not opposed to the shift from autumn to spring but nevertheless wanted to know a bit more about the rationale behind this change and if there was a particular reason for the change of season.

Over the past three years, one of the International Trips took place in autumn, one was in summer and one was in spring, so, regardless of what everyone has been thinking, facts speak for themselves and it is obvious that the IT is not happening just in autumn. Increasingly the autumn period is a very busy time for the Club, as out of the 13 weekends in-between September and November, four of them have the Met Cross Country fixtures, one is taken by the Pride Run, one is dedicated to the Isle of Wight races and one is for the Christmas party. This gives a very narrow range of options. In contrast, March and April only have one weekend blocked, which this year is the very last one, with the London Marathon on the 27th of April, so this spring period offers a much better opportunity to do a Mediterranean event.

Finally, a query was also raised in relation to the 2026 trip. Interest has been expressed from a number of members in using the Valencia Gay Games in July 2026 as the target for the International Trip of that year. Notwithstanding that it may be this Committee's successors and/or the IT subcommittee's successors dealing with those plans, and that it would also mean two Club trips to Spain in two consecutive years, it would be interesting to know the current IT subcommittee's views on that suggestion.

This is a very interesting suggestion, and while it may fall to a successive generation of volunteers, it is very much worth an early consideration, as registrations open next month so we'll be able to scope out feasibility. The current IT subcommittee would urge some caution though as the price is very likely to be a blocker for the opportunity in becoming an inclusive London Frontrunners event. With figures taken from a previous ebulletin on the previous instance of the Gay Games, registration and race fees alone came to £160-360 depending on the options of events athletes chose. The above price combined with more expensive hotels in Spain in July, by doing some early estimates would mean that the package would possibly need to be around £600 for an all-inclusive package.

As you may notice, the IT subcommittee gave very direct answers and sensible clarifications to all the questions asked, and at this point the IT has already been approved, so not much can be altered but although the Club is very willing to facilitate and to encourage a trip to the

Valencia Gay Games, suggesting it as the 2026 IT on a package of £600 is not going to be considered as inclusive.

I believe that the Club has come to a point where such smaller trips taking place throughout the club year need to be both welcome and encouraged, although having just said that, the 2026 Valencia Gay Games is not really a short trip in terms of days, as the whole event lasts from Saturday the 27th of June to Saturday the 4th of July. The IT should remain the Club's main focus but smaller trips in terms of participation numbers need to also be encouraged. On one hand because we need to try and alleviate some of the load off the IT, 136 attendees seems the maximum in terms of capacity, and on the other hand because of the opportunity of a trip abroad and of the sociability such trip will offer, which needs to be offered to other Club members as well. The Isle of Wight races and the North Devon trip are excellent examples of how very successful such events are and of how such trips may be organised with the support of Club volunteers who are not part of the LFR Committee. My suggestion would be to definitely encourage participation to the Valencia event, as surely there will be members who will be willing to attend, also because it is a world event and LFR seems to be one of the few clubs that maintains a very insular attitude when it comes to LGBTQ+ world and European events.

Discussion on the date of release of the IT information.

DISCo

There isn't much to report from the Diversity and Inclusion subcommittee, I believe they have managed to have one meeting over the past six months and there have been lots of attempts in trying to coordinate a new meeting, though to no avail at all.

I feel that the issue lies in the fact that this subcommittee does not have an actual chair, someone that is actually coordinating the group through their creative leadership and steering guidance. Not nominating a chair is something they have decided themselves and I fully respect that decision, but it hasn't brought any concrete results and I frankly don't really see how this can go further. Every LFR subcommittee has a very precise scope and aims in producing some hopefully positive results to the benefit of the Club, the D & I subcommittee was formed with the best of intentions and with what seemed lots of passion but in the meantime it hasn't really moved the Club's diversity and inclusion issues any further.

I am of the opinion that we may have to dissolve the current subcommittee, then rethink how we may re-propose to members the whole subject of diversity and inclusion and try to recreate a more focused group.

It needs to be mentioned that the group has been offered some very clear guidelines, as it is customarily happening with every LFR subcommittee, but after these guidelines were plainly and clearly communicated, they have not come back neither with any constructive comments nor with any counter proposals, in case they might have been unhappy with what was suggested in the first place, nor with any other proposals at all. There has been no communication on their side for months. It feels as if there are no concrete plans whatsoever for the future and that their interest in the subject, for which they were initially formed, has completely evaporated.

I feel that it is very important to make the subcommittee understand that we are very open to listening to them and to discussing any suggestions coming from their side and that we naturally remain very open to the prospect of supporting them in any way they might need any support. But we also need to know if there is an actual need for support and if nothing happens within the next six months, the Committee will have to present these facts, exactly as they are, at the forthcoming AGM.

Very short discussion on the suggestion of making LFR a Limited Company.

Action to be taken: GH and GW are kindly requested to please liaise and exchange notes on the above subject and report back to the Committee their thoughts and whether such a suggestion is advantageous for LFR and feasible to begin with.

The Committee needs to have an update from the New Club Kit SubCommittee on how they are going with the manufacturers.

There should be created a specific opportunity for the LFR women, to be able to try and feel the new LFR kit. Over discussions had with many of our runners that identify as females, they have had issues from the very beginning with the vest.

It is a question of material, I have also heard about chafing issues under the armpits.

Action to be taken: GH is kindly requested to please contact the NCKSC on the above, copying GW

Discussion on whether the Club will be hosting a run on Saturday the 28th of December.

If there is appetite among Club members for holding a run on Saturday the 28th, the Committee will be very happy to facilitate the enterprise by paying for and offering the use of changing facilities.

PD, if interested and available to take this on board, will have to lead the run and coordinate the post-run social, with the proviso that the post-run social venue is not going to be The Thistle.

There will also be further actions in facilitating the above initiative by sharing a relative announcement on the ebulletin and by creating a WhatsApp group.

Action to be taken: GH is kindly requested to please contact PD and communicate all the above.

Action to be taken: CBP is kindly requested to please contact and update the other FR clubs on the EA trans eligibility issue.

Alex Turner has communicated his intent to stand down from organising the Park Run of the month and he wishes to step down at the end of this calendar year and not at the end of the club year. Accordingly the Committee needs to find a Club representative, someone who will be willing to step in and act as coordinator.

Is this something that will have to be incorporated into the Race Secretary role starting from April?

Frankly and especially as there is going to be just one Race Secretary, I personally feel that it is going to be too much for one person, having to absorb in their role yet another responsibility, it does not seem viable.

Discussion on which Club member/s would be willing to step up and continue the coordination of the Park Run of the month.

The most obvious people who will potentially be very happy to take this on board, as they have not missed out on a single ParkRun and they are always very enthusiastic is MD and BN.

Action to be taken: ER is kindly requested to please liaise with MD and BN on the above.

The Committee wishes to formally express their sincere thanks to Alex for his great contributions on the Park Run of the Month and there is the suggestion of thanking Alex formally and in person at the Christmas dinner.

Action to be taken: CBP is kindly requested to buy the Christmas presents for Alex and to have them ready to be presented during the above occasion if Alex is planning on attending it.

Action to be taken: CBP is kindly requested to please send a relative Doodle as to establish the date of the next RCM