



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 Secretary: Tom Watson (TW)

Publicity & Communications Secretary: Craig Munn (CM)

Social Secretary: Mark Randall (MR)

Operations Secretary: Joe Finch (JF)

Triathlon Secretary: Ben Humphrys (BH)

Monday 7th July 2025

RCM Agenda

Financial Updates (CT)

Races Update (RS)

Triathlon Updates (TS)

Publicity Updates (P&C S)

Social Activities Update (SS)

Operations Secretary Updates (OS)

Membership Update (MS)

Club Secretary

Co-Presidents (WP & GH)

Women & NB initiatives Updates

Diversity & Inclusion Updates

AOB

Chair: GH

Minutes: CBP

Apologies: JF, WP, TW

Financial Updates (CT)

Total Club Cash: £109,262.57

- Current Account: £63,929.85
- Instant Access Saver: £19,820.93
- 32-Day Notice Saver: £15,254.71
- 95-Day Notice Saver: £10,257.08

Income and Expenditure (Previous Month):

- Total Income: £5,112.43
- Total Outgoings: £7,624.71

Significant Outgoings (over £500):

- £2,510.33 to Kai Konkolewski (Isle of Wight accommodation)
- £2,800 to Berry's Coaches (North Devon transport)

Additional Notes

Membership fees over the past month have continued to generate regular income for the Club

Isle of Wight accommodation has been paid, as per above, and there are certain logistics that still need to be sorted out but these are relevant to attendance numbers and not to finances

The North Devon trip logistics were managed successfully and the trip broke even.

There was a minor mini-van incident during the Green Belt Relay resulting in £200 of damage, a sum which can be absorbed within the budget.

Andrew C is handling the general accounts sign-off.

Races Update (RS)

Has there been considered a replacement for the Kangaroo Hop?

The Eltham park 5 has been a well-attended race with about 45 LFR participants and it has been followed by a highly successful event, hosted by Matt C, really generous on his part and always very welcoming, accommodating and supportive.

Action: CBP to follow up with the SS on an action related to the Servian pub, as venue for the post-race event.

Triathlon Updates (TS)

The first batch of triathlon hoodies (40 units) arrives tomorrow. The London Triathlon is coming up next month, with an expected 10–15 participants.

New initiative: an age-level group ranking race is being trialled. While expected

winners may not change, it should add excitement and visibility. The "Splash and Dash" series faced delays due to venue and logistical issues (including chemical spillage concerns). It starts this Thursday, two months behind schedule. No major triathlon races since the last update.

Publicity Updates (P&C S)

Highlights

This has been so far the best month in terms of Publicity. The Club has reached a record milestone of over 70,000 views during this past Pride weekend. Strong performance around Pride content and also lots of views and support on the Women's training programme promotion. The Bridges Relay content has been successful, among lots of other short stories, including a wonderful short interview with Jill at the Royal Windsor Triathlon, which has received over 3,000 views.

Upcoming

Looking ahead to some exciting content from the Yorkshire Dales trip and from the "30th Anniversary Drinks" event. Will also reach out to Alex C regarding some further promotion of the Women's Only training programme.

E-Bulletin

All is going really well, Glynn and I are looking into exploring new ways and ideas to enhance future editions. We are planning to recruit two new contributors as volunteers, and the relative announcement will be included in the next bulletin.

Action: Requirement to please to review the membership list and coordinate liaison between the P & C S and the MS regarding the removal of ex Club members from the ebuletin mailing list.

Community WhatsApp Chats & Moderation Discussion

Discussion on the parameters for all members and the expectations from moderators.

Community Chats are going to be primarily self-moderated by Club members as users, but official Chat Admins will intervene as moderators if needed. Shared understanding that moderation should remain light-touch unless necessary.

Agreed to let things evolve, see how it progresses and revisit if issues arise.

Actions

CM & GH to liaise regarding admin/moderator responsibilities and ensure that non-members are not added to the chats by administrators.
CM to circulate moderation guidelines to the Committee.
CM to remove outdated Facebook group questions.

There is a noticeable transformation of the Club's Comms and the Committee is very thankful for the all hard work that has been put into this endeavour over the past three months.

Social Activities Update (SS)

Summer

Socials

Summer picnic is now set for Saturday 9th August at the Vauxhall Pleasure Gardens and at the same picnic spot as last year. The Cock Tavern has been booked for the after-picnic drinks from 7pm, again having booked the same area as last year.

Sunday pub lunch is now planned for 31st August and to be promoted as a relaxed, end-of-summer get-together.

The Committee is very supportive of this initiative as an excellent alternative idea to socialising.

The Sail Loft has been booked for the Big Half post-race event.

The Pre-Pride drinks saw 16 attendees, as there were also other Pre-pride parties going on on that day.

Will continue with Fridays as the chosen drinks day, trial hosting them on the second Friday of the month in August as to avoid Brighton Pride clashing. Previously it was from 8pm but now it is from 7pm so all those attending come straight from work, which is much more practical.

Christmas

Party

Planning

Two

potential

venues:

A. The Refinery (Southwark), £7,500 + 13.5% service, potential ticket pricing at £60 or £45 depending on headcount (150 expected) and on the type of catering. Last year at The Thistle there were 120 seated and 50 members came afterwards for drinks.

This year the arrangements are going to be entirely different, with a buffet.

It is important to see how this will be organised, how the buffet will be laid out and replenished, as to make it good value for money.

This seems like a very good option but it definitely needs to be discussed further in terms of logistics and prices.

There was a chaotic delivery of food at the buffet of three years ago, which we would love to avoid being repeated.

B. The Little Secret Door (Soho)

Option A: 6–9:30pm during this period there will be exclusive use of the venue and then it will open its doors to others, like it often happens with other LFR at The two Brewers. This option comes at £7.5k plus service (then the venue opens to the public).

Option B: 6pm–until closure time for the trifle of £24k. Concerns raised about high cost relative to experience (e.g., only welcome drink included last year despite £60 ticket). Need for a further discussion on logistics, catering, and value. Site visits planned for this Thursday and before a final decision is made and there will definitely be more concrete views to discuss at the next RCM.

Operations Secretary Updates (OS)

Suggestion to consider custom headbands for Pride next year. This can be discussed further and in due course. Inquiry into the possibility of virtual participation at the August RCM with the answer being definitely positive, pending feasibility/technicalities clarification.

Membership Update (MS)

Current Membership: 682 members

June was relatively quiet. 18 new members joined recently; 9 joined in July (3 of which are women, possibly through Instagram rather than the coaching programme, as they have different names from participants at the coaching programme).

Some members were chased to join, some members were deleted and some of these deleted hastily rejoined after being removed.

Discussion on the removal of ex-members from WebCollect, eBulletin mailing list, and Facebook.

Action: CBP to review and remove ex-members from the Facebook group.

Discussion

Consideration of phasing out Facebook in the long-term as WhatsApp is proving to be much more active and members seem to respond much more the WhatsApp these days than to FB posts. In addition, it often feels that maintaining FB generates extra effort.

Encourage consistency in communications across the various LFR platforms. Long Run leaders to continue posting routes and photos on Facebook for now and not just on the WhatsApp group

<u>Member</u>	<u>Survey</u>	<u>Proposal</u>
Suggestion and subsequent discussion on an annual 5-minute survey (ideally before the 2026 AGM) to understand member preferences on communication, platform	usage,	etc.
Optimal length: 5–10 questions max.		

Club Secretary

Pride Feedback

Consider next year implementing a longer and more active waitlist to increase access and engagement, in addition to increasing advertising the event until the week leading to it.

Share feedback with Pride organisers (e.g., toilet facilities for women; potential delays to be communicated to group leaders in advance).

The SC is officially minuting the Committee's thanks to MR and CBP for the coordination of the event, to Matt and Ash for leading the LFR representation and to CM for all the comms work.

Discussed the idea of increasing representation and rotating leadership for key events.

Co-Presidents (WP & GH)

<u>LFR</u>	<u>Women's</u>	<u>Run</u>	<u>of</u>	<u>the</u>	<u>Month</u>
The last Women's Run of the Month run saw low attendance due to extreme heat, as it was one of the hottest days of the year, Considering having the next one on a Saturday at Hyde Park, even if potentially coinciding with the summer picnic. Alina and Lucy were the only women at a recent Elephant & Castle run.					

The next WROTM hasn't been planned out yet because there were a lot of women taking part in the coaching programme. Suggestion of asking the women on Wednesday if they want to have a women's run of the month, and unlikely to schedule a women's run in August unless there's demand, perhaps have a gap in August unless the women explicitly want to hold one.

Training

Programme

The first coaching session has been very successful, it was led by Adam and this week will be led by Steph McCall. Even if participation at the programme doesn't lead to an immediate membership increase, this initiative was excellent and such initiatives strengthen both a sense of community and inclusion. If 50% of those attending the training programme were to sign up, then this has been a very successful strategic move for the Club, but it also needs to be mentioned that it is not just about that but mostly about providing community through the coaching. Success shouldn't just be measured by numbers but also by the fact that we provided some really great coaching to a number of women.

AOB

Action: CBP to send a call for more Circle volunteers, in particular for the Thursday and Saturday runs