



**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)

**Tuesday 17th June 2025**

**RCM Agenda**

**Financial Updates (CT)**

**Races Update (RS)**

**Triathlon Updates (TS)**

**Publicity Updates (P&C S)**

**Social Activities Update (SS)**

Pride March Coordination/Final Updates

Other Social Events

**Membership Update (MS)**

**Club Secretary**

## **Co-Presidents (WP & GH)**

Women & NB initiatives Updates

Diversity & Inclusion Updates

## **AOB**

Chair: GH

Minutes: CBP

Apologies: JF, TW

## **Financial Updates (CT)**

The Treasurer shared the latest management accounts and a summary of the Club's financial position follows below:

Total Cash Reserves: £108,608.75

Current Account: £63,329.05

Instant Access Saver: £19,820.93

32-Day Notice Saver: £15,227.86

95-Day Notice Saver: £10,230.91

Income for the previous month: £6,901.55

Expenditure for the previous month: £5,357.01

Significant Outgoings:

£2,630 paid to Cristian Duran for Woolacombe accommodation bookings.

There were no other major outgoings of note this month.

The Treasurer noted that AC is continuing to look into some financial details from the previous financial year. There are no concerns currently, and this remains a routine part of the annual financial process.

Some minor expenditure will be incurred to cover the EA online welfare course to be attended by all members of the IT Subcommittee. This comes to £10 per person.

## **Ongoing Financial Considerations**

The Club has been supporting Kevin Quinn's coaching sessions, which have proved popular with members. The Committee was asked to consider whether continuing the series is financially viable.

In principle, the Committee agreed that it would be worthwhile to continue funding the Kevin Quinn coaching sessions, at least until the end of the 2024 calendar year (starting from June). This will be reviewed again later in the year

based on participation and impact, and in all probability this will continue until the end of the club year.

### **Races Update (RS)**

The Race Secretary provided updates on several current and upcoming events related to the Club Championships and general race coordination:

#### 5K Club Championships

An inquiry was made to the organisers of the Sri Chinmoy 5K series to explore the possibility of a bulk entry for LFR members. Unfortunately, all their 5K events are currently sold out.

However, a follow-up message from the organisers indicated that after the first race of the series (taking place today), they will monitor the number of no-shows. If there is sufficient capacity based on turnout, they may consider offering the Club a set number of spaces. The Race Secretary will follow up accordingly and keep the Committee informed.

In the meantime, alternative 5K races will be explored to ensure we have a viable option for the Club Championships. It was noted that this is not a major issue, as there are several other 5K events available locally.

#### 10-Miler Update

The Cabbage Patch 10-Mile race proved exceptionally popular this year, with only one LFR member successfully securing a place. In the interest of fairness and wider participation, the Committee may wish to consider selecting an alternative 10-mile event for the Club Championships.

The Race Secretary will review possible options and return to the Committee with recommendations.

#### Mile Relays

A brief note that the communications for the Mile Relays are due to go out shortly.

### Member Feedback & Actions

Feedback was received from GW and other members that the Club Championships sign-up form needs to be shortened and simplified, particularly the clarity around whether members need to sign up individually or collectively as a club for each race.

**Action to be taken:** WP is kindly requested to please contact TW and relay feedback regarding the form's structure and communication.

### **Triathlon Updates (TS)**

The Triathlon Secretary provided updates on merchandise and ongoing triathlon-related activities:

#### **Club Hoodies – Stock for Pride 10K**

Following previous discussions, the idea of ordering a batch of LFR hoodies to sell at the Pride 10K and similar events was revisited. It was noted that:

57 members have already placed orders for hoodies at £20 each.

There is an opportunity to add additional stock hoodies to this order, which would be the most cost-effective option for small quantities.

Pricing details:

Adding hoodies to the current order (under 50 total): £20 per hoodie

Separate smaller orders would be more expensive:

£22.50 for 15 hoodies

£21.25 for 25 hoodies

If the club orders 42 hoodies in total, the price would drop slightly further by £1.25 per hoodie.

A proposal was made to order 15 standard LFR hoodies and 5 triathlon-specific hoodies for club stock. This would allow us to offer merchandise for sale at upcoming events while managing storage and cost effectively. The Triathlon Secretary is happy to proceed based on the Committee's consensus.

#### **Triathlon Activity & Event Planning**

There is currently a high level of participation in triathlon events among members.

Planning is underway for upcoming Splash and Dash events. A triathlon races coordinator will probably have to be appointed to help with logistics and communication.

### **Publicity Updates (P&C S)**

The Publicity and Communications Secretary provided a comprehensive overview of recent activity and engagement across the Club's platforms.

## Social Media Engagement

Instagram has had a strong month, despite being quieter in terms of in-person Club events

The post relative to the Women Only training programme was the most popular to date, generating approximately 4,000 interactions in the last 30 days.

Notably, 60% of those interactions came from users who do not currently follow the LFR account, highlighting our growing reach and appeal.

Viewership has increased by 33%, with strong levels of visibility and engagement. While the follower count has grown modestly (up by approximately 100 followers), the rate of interaction is significantly higher, which is a positive indicator of content resonance.

Key events that contributed to strong engagement included: the Green Belt Relay, the Hackney Half and the Bridges Relay, and will be also focusing in the future to include some personal training journeys shared by members.

The first reel relative to the LFR visit at the London Archives was made by Jarrell Goh and has been successfully published, helping to diversify content types.

## Pride Month & Content Planning

There is a need to catch up on content for Pride Month, particularly social calendar highlights and member-focused posts.

Continued efforts will be made to spotlight individuals and stories from across the Club's diverse membership.

## eBulletin

The eBulletin remains consistent and well-received, described as "alive and kicking."

Looking Ahead: Efforts will continue to involve more members in contributing content for the eBulletin and social media channels.

The P&C Sec will focus on maintaining momentum and deepening engagement through a mix of storytelling, race coverage, and event promotion.

## **Social Activities Update (SS)**

### Pride Parade Participation

The Club's participation in the upcoming Pride in London Parade is generating strong interest, with a full list of participants and a waiting list already in place.

Unfortunately, only two women have signed up to march with the group. While this is disappointing, it was noted that we actively encouraged more women to take part and will continue to do so in future events.

The SS recognises the importance of broad representation and will explore ways to improve engagement across all demographics for future Pride and Club activities.

#### Big Half – Provisional Booking

A provisional booking has been made for LFR's participation in the Big Half.

#### Summer Social Events

Two events are in the works for August: a Summer BBQ at the Vegan Café, as an addition to the traditional LFR summer picnic, as using a different location will potentially allow the Club to reach and engage with more members. The SS is currently awaiting for the menu and venue confirmation. Possibility for the Triathlon team to align their social with the BBQ if it take place on the 9th of August.

Summer Picnic, tentatively set for Sunday, 9 August 2025 to avoid clashing with the Greenwich Pride (16 August), like it happened last year, and the Bank Holiday weekend (23 August).

September Events: Three planned events currently being scheduled.

#### Village Socials

Only six members attended the last Village Social.

As such, the decision was made to cancel the July Village Social.

A potential Friday social event is being explored as an alternative.

#### Christmas Party Planning

Two members have volunteered to research venue options.

There is a strong preference for a more casual buffet-style meal rather than a formal sit-down dinner to allow for greater interaction and flow. Ideal venue would be one where members can remain for the entire evening without needing to change locations.

The provisional date for the Christmas Party is Saturday, 30th November 2025.

### **Membership Update (MS)**

Total Membership currently stands at 670 members, reflecting a steady and healthy level of engagement within the Club.

15 membership-related queries were received this month, covering a range of topics.

A notable number of these queries related to the availability of new Club vests and when the online LFR Kit Club shop will next open.

These questions have been acknowledged and will be addressed in upcoming communications, including via the eBulletin, to ensure members stay informed about kit availability and ordering timelines.

## **Club Secretary**

### Pride Parade Planning & Coordination

After some consideration, the Committee deliberated on the possibility of cancelling the HP regular run on the Saturday of the Pride March, and there was discussion around the possibility of cancelling the long run as well for logistical ease.

Finally the Committee has unanimously voted on cancelling both the regular Hyde Park and the Central London long Run on Saturday the 5th of May.

The Victoria Park run will take place as per usual.

**Action to be taken:** The CS is kindly requested to please contact both all affected changing venues, as well as The Thistle, to confirm cancellations and any potential charges.

### Coaching Fund Approvals

The Committee formally approved the use of the coaching fund for the following members: Farah Flanagan, Martin Vu, Sean Harnett, Pawel G, Ranjit Modhawadia and Wojciech Panków.

**Action to be taken:** The CS is kindly requested to please liaise with all the above, copying the Coaching Coordinator and the Club Treasurer

### Club Banners

The original budget allocated for the Club gazebo was £718 + VAT. The cost for the roof, side-wall, and transport bag totals £612 + VAT, leaving £106 + VAT unallocated.

After discussion, the Committee approved an additional £74 + VAT to cover the purchase of: One new feather flag set (£105 + VAT) and one replacement flag only (£75 + VAT)

The existing pole can be reused and the Committee also confirmed the choice of feather flags.

#### Pride Parade Wristband Collection

Wristbands will be available for collection from Saturday 28 June to Thursday 3 July 2025 at the LFR pop-up shop in Walker's Court, London W1F 0BT.

Collection times: 12:00 PM – 8:00 PM daily.

LFR's official Pride Parade allocation has been confirmed as: Section G, Position 19

**Action to be taken:** the CS is kindly requested to please contact all Committee members who are attending the Pride March with the above information, along with updated logistics.

#### 30th Anniversary Communications

**Action to be taken:** the CS is kindly requested to please send a dedicated email to both Wednesday run groups to raise awareness of the deadline in regards to purchasing tickets for the Club's 30th anniversary drinks celebration.

#### **Co-Presidents** (WP & GH)

#### Women's Training Programme and Membership Fees

A discussion took place regarding whether participants who have completed the Women's Training Programme leading to the Pride Run 10k could be offered a reduced membership rate to encourage them to join the Club.

While there was initial enthusiasm for the idea, it was noted that:

A substantially reduced rate already exists for new joiners part-way through the year.

Implementing an additional discount at this late point in the calendar year (as the programme concludes at the end of September) would add administrative complications.



It was agreed that the best approach would be to market existing rates more effectively, highlighting that this is a great time to join LFR at a significantly reduced fee rather than creating a new rate structure.

#### Race Results System

It was noted that the race results system is currently broken again. This issue has been raised and will be investigated further.

#### Women's Run Event

The next Women's Run is confirmed for the last Monday in June, taking place in Elephant and Castle.

The previous Women's Run had 16 participants, and it was encouraging to see that all attendees joined for the social at the pub afterwards, reinforcing the importance of these events as inclusive and welcoming spaces.

#### Diversity Conversations

A conversation with Sonja around diversity and contact points within the Club was referenced. Further steps will be taken to explore how to continue strengthening inclusive engagement across all groups.