



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)

Thursday 22nd May 2025
RCM Agenda

Coaching Coordinator Updates (MH)

Financial Updates (CT)

Co-Presidents (WP & GH)

International Trip Report & Relevant Subjects

LFR Gazebo

Women & NB initiatives Updates

Diversity & Inclusion Updates

Races Update (RS)

Club Championships

Eltham 5 Miles Updates

Lyon Eurogames Updates

Publicity Updates (P&C S)

Social Activities Update (SS)

Pride March Coordination/Final Updates

Other Social Events

Membership Update (MS)

Club Secretary

XC Captain

Volunteer Legacy Award

Optimi Health England Athletics scheme

AOB

Chair: GH

Minutes: CBP

Apologies: TW, DB

Coaching Coordinator Updates (MH)

The Committee is very happy to welcome Matt Haas and is very much looking forward to hearing all the updates on coaching.

There are going to take place some fundamental changes to the structure of the coaching programme, the goal is to begin having these changes in June and then having them taking their full effect by the end of August.

At the moment, coordinating the long runs and the weekly coaching is not feasible, it is a large programme that takes a lot of time and it is not manageable by just one person.

Accordingly, I would like to suggest that the coaching leadership is divided into four new positions, the Coaching Coordinator as head of the LFR coaching programme, the track coordinator, the long run coordinator and the coaching assistant.

The Coaching Coordinator will have the overview of the coaching programme, they will be liaising with Race Secretary, of what is going on overall in terms of LFR races and will then create the workout accordingly, for example, when close to the XC season, the Coaching Coordinator will add some hill drills, when there is a long race ahead, then there will be a programme that will increase the stamina for that race, etc. The Coaching Coordinator will also be the officer who will be the one actively recruiting new coaches.

The Coaching Assistant will become the officer who will be supporting and bringing forward all the administrative duties behind the LFR coaching programme, make sure the coaches's licence is up to date, check whether any modules are missing or others need to be repeated and updated and support the Coaching Coordinator where needed.

The Track Coordinator will look after the LFR track and the Long Runs Coordinator will look after the LFR long runs.

I have already started working towards putting all the above into action starting from this coming June, and having it rolling out for about two months, so by the beginning of August I am hopeful that this will all be in place, as I am planning on stepping down. It has been wonderful and it has been great fun but I have been doing the coaching since 2019, and it is time to engage some new members into coaching.

In the meantime, I have approached a couple of people, for example AJ is very keen to become involved, they showed great leadership and enthusiasm and engagement abilities during the Hackney Half, and the most important thing is that they are very keen to develop further and take on more responsibility within the Club.

The track will be mainly overseen by Shaun Whelan.

We will need someone in the role of Assistant Coach to support with general coordination, this is less technical but it is still a key leading role.

I fully understand your point of view though for reasons of transparency and fairness, do you think we could consider advertising this position to the wider membership, as the Club usually does?

It might be a great opportunity to get more members involved, especially those who might be willing to complete the EA Coaching Assistant training and perhaps we can incentivise this further, for example and as the Club usually does, by fully covering the cost of the course.

I am absolutely not against the suggestion, though I would very much prefer for the moment to first check among the current pool of coaches, as when thinking about who might be a good fit for each of the roles, the parameters which we should consider is who among the current coaches volunteers the most regularly, who is especially dedicated or enthusiastic and also who has shown leadership and/or mentoring qualities?

It would be important to ensure fairness and transparency, so we could offer all current coaches the opportunity to express interest, perhaps by advertising the roles via the coaching whatsapp chat.

It might be simpler to let Matt first approach those he thinks are better fit for the various roles and perhaps take it from there, if those approached are not interested.

Matt could also contact on his own all active coaches to ask who would be interested in leading the long runs. This role would also involve some planning especially around and for the marathon training cycles, as well as providing advice, and general coordination. It doesn't have to be an overly technical role, but the coordination does need to be consistent and well-communicated. And they don't necessarily have to go through the EA training.

Would this role of the long run coordinator need a second person for support?

Possibly and especially during busy training periods. Either way, the growth of the long run programme has been fantastic, as it has grown significantly in size, and there are now multiple members who are contributing and very enthusiastic in their support and we have different paces happening at the same time, which makes it extremely inclusive.

When it comes to the rack sessions, as mentioned earlier, the programme for these sessions will be scheduled to come out in four-month blocks, and they are going to be built around the general major races and LFR events that Club members take part in, so very much based on the LFR race calendar and following the Club membership priorities.

How the whole training programme will be run will depend on whoever takes on the role, but Matt will be around and available to offer advice and support, the intention is for the current Coaching Coordinator and the new Coaching Coordinator to work closely together until the end of July, beginning of August, also as part of the handover.

Kevin Quinn previously led the track sessions for the past six months, which was an incredible success as based on the feedback received, everyone loved it, and a suggestion was made to explore the idea of making these sessions a more permanent fixture on the LFR training, with perhaps one session per month, and obviously continuing at a discounted price of £200.

As part of the LFR diversity initiatives, and equally relevant to the Kevin Quinn coaching sessions, it has also been proposed to bring in a female coach for a few sessions.

The Committee is very enthusiastic in the opportunity of wishing to take that forward and the question that was raised was what is the best way to implement this initiative?

Kevin Quinn surely must know a few female coaches who may be a great fit and he may be able to make suggestions and in addition some introductions.

Action to be taken: MH is kindly requested to please ask Kevin Quinn for recommendations for female coaches who could support the initiatives around delivering a number of coaching sessions and thus empowering women in the club.

This proposal relative to having KQ caching once a month for the remaining 12 months would need to be discussed with the CT in order to explore its feasibility and financial viability.

Ideally this would be something to start in June if possible.

Action to be taken: GH is kindly requested to please contact the CT regarding the above.

Coaching suggestion relative to the Out For Sport Festival

The Out For Sport Festival is a London-based LGBTQ+ sports festival organised by the charity Out For Sport, an organisation to which LFR has been affiliated for the past 12 years, and is financially supported by Better, again an organisation that LFR is using for the changing facilities, who offered 10k to the event last year and who will be sponsoring it this year as well. The festival aims to promote inclusivity and participation in sports for the LGBTQ+ community and it is mainly an opportunity for people to try new sports through taster sessions. The festival was a great success last year, with over 500 visitors to the Crystal Palace National Sports Centre and it is aiming to become the biggest LGBTQ+ sports festival in the UK.

Sadly and disappointingly that Club had to miss out on the 2024 event as it coincided with the Eltham Park 5 miles, which is part of the LFR Club Championships, so there was no way the Club could have managed both.

The 2025 Out for Sports LGBTQ+ Sports Festival, quite a mouthful, is scheduled to take place on Sunday the 29th June, again at the Crystal Palace National Sports Centre, and I was wondering whether this is something that the LFR coaching team would be interested in becoming part of, by holding a couple of taster running and/or /coaching sessions on the above date, or any other type of activity such as warm up drills, stretching session, etc, that the team feels would be fun and engaging to deliver. There is a cost for each affiliated participant, last year it was £50 per affiliated club and the event organisers are hoping to keep the entry fee the same (CBP)

The Committee is positive to the above suggestion

Action to be taken: CBP is kindly requested to please liaise with MH on all the above and in view of an LFR representation at the event.

Coaching Acknowledgement

The Committee officially asks the CS to minute their thanks to MH for his valuable contributions as a coach since 2019 and as the Coaching Coordinator over the past three years and a half. Matt's ideas and hard work as Coaching Coordinator have played a key role in shaping and developing the LFR coaching programme. His dedication, thoughtful input, and collaborative approach have made a lasting impact on the Club whereas his dedication, consistency, and support to both new and experienced runners have been deeply appreciated.

Action to be taken: In regards to Long Runs, the P & C S is kindly requested to please draft appropriate wording regarding the long runs for inclusion in the next bulletin, aiming to clarify further the structure and expectations of the role.

Financial Updates (CT)

In regards to the 2024/25 Accounts, AC has been asked to review the Club accounts and those are still with them. Once they have had a chance to review and provide any recommended changes, the Committee will be able to confirm and can advance them to publication. In the meantime please find the current CT update as follows:

Current financial situation: £111,449.23

Current Account Balance: £66,216.05

Instant Access Saver Balance: £19,807.74

32 Day Notice Saver Balance: £15,219.77

95 Day Notice Saver Balance: £10,205.67

The total outgoings in previous month amount to £18,552.92 whereas the total income during the previous month comes to £36,929.52

The most significant Club outgoings have been £540 to Google for email and internet services, £1000 to Kevin Quinn for his coaching sessions, £1276 to Andrew Corti for GBR van rental., £3536 to Premier Inn for GBR accommodation, and £10460 to England Athletics for member affiliations.

Co-Presidents (WP & GH)

International Trip Report

Feedback & Observations: Overall, the feedback has been very positive and most participants appreciated the activities, the food, and the general organisation throughout the day, though some commented that there could have been some more activities to bring members together during the day.

This is always a difficult thing to find the right balance for, as the IT subcommittee always tends to leave participants some space to enjoy the destination on their own and sometimes, when there is an activity organised, the numbers of attendance are very low, so it is not repeated in the next trip.

A suggestion is made to invite Chris Tibbett and/or Michael Rutherford to a post-Pride RCM in order to share their insights or experiences, and any updates.

The CS makes a note.

The selection of a coastal city is very popular with everyone who wishes to attend the IT, but choosing a city by the sea may unintentionally narrow down the range of potential destinations more than it is necessary. This focus on coastal cities might also limit options for some really wonderful races, which often take place in major inland cities. As a general observation, future considerations in regards to the destination of the next IT should remain open to non-coastal locations as well, to allow more flexibility and broader options.

Action to be taken: GH is kindly requested to please liaise with the IT subcommittee and to consider sharing the general trip feedback as per above and at earliest convenience, ideally before the IT subcommittee finalises destination options.

Action to be taken: In addition to the above, GH is kindly requested to please check and confirm back to the Committee which IT subcommittee members have stepped down and who is continuing in their role.

As this has been an incredibly successful IT subcommittee, it might be worth considering the suggestion of having any outgoing members create a short debrief or handover document in regards to their role, as this could prove invaluable to those volunteers who will be coming after them, filling in the same roles in the future.

Financial Summary

The last IT generated a £3,000 surplus, and while it's good to have a cushion, this figure is arguably higher than necessary.

A more detailed breakdown of expenses would be helpful to assess where adjustments can be made in the future and the Club Committee would appreciate being kept informed and updated in regards to the various financial aspects of the IT. There is a distinct possibility that pricing may have been set a little high and while it's sensible to always be prepared for unforeseen costs, the balance should also be considered to ensure affordability and transparency going forward.

Recommendations from the Club Committee to the IT subcommittee:

The IT subcommittee is recommended to take the EA welfare training, in addition to support good handover practices, encourage and ensure continuity of knowledge and experience from the IT

Action to be taken: CBP is kindly requested to please liaise with the IT subcommittee members in regards to the EA welfare course.

LFR Gazebo

Gazebo – Equipment Review & Recommendations

It was confirmed that the current gazebo measures 3x3 metres and the club currently owns four side walls, though it was suggested that one wall is generally sufficient, especially for shelter during rain or as a backdrop at events such as the Pride 10K. The existing walls are printed on one side only. A proposal was made to consider double-sided printing for greater visibility and improved club promotion at events, despite the slightly higher cost.

Maintenance & Replacement Needs:

The current wheeled carry bag for the gazebo is ripped and barely usable. It was proposed that the Club purchases a heavy-duty replacement bag with larger wheels, available for £59 + VAT from Instant Awnings.

The frame is in generally good condition, though one leg catch is broken, causing a slight droop when packing. This does not impact use at events.

A recommendation was made to invest in a new gazebo roof to match the club's current branding and design. While the existing roof is still functional, it does not reflect the club's updated look. A new roof would cost £489 + VAT.

Additional Equipment Proposal: It was suggested to order one new side wall (rather than replacing all), to be used in more functional setups such as wet weather or check-in points. The cost for a new side wall is £170 + VAT.

The current gazebo custodian (RD) is happy to liaise with the supplier regarding measurements and product details, and has already reached out to confirm whether they still have the original order on file.

However, support from the LFR design team will be required to manage the visual design process and image uploads, as RD does not feel confident handling this aspect.

The Committee discusses in length the subject of the gazebo and votes in favour of the wheeled bag, of the new roof and of the one side-wall, which is to be branded on both sides. All the above are approved though are also subject to the final CT approval in regards to the financial aspect of the whole endeavour.

Action to be taken: GH is kindly requested to take notes of all the relevant costs and to share them with the CT, seeking their approval

Action to be taken: CBP is kindly requested to please bring RD and the designer of the LFR logo (FdMA) in contact, in regards to the aesthetic aspect of the whole endeavour

Women & NB initiatives Updates

A brief WhatsApp discussion took place in the Women Only chat around increasing visibility and representation for women in the Club and in particular relative to selecting a run with historically lower female participation.

Two runs received the most votes, with Greenwich in June emerging as a strong contender.

The idea of trialling external communications or promotion was raised and the group agreed to trial one externally promoted run and review the response before deciding on future efforts.

Initial social media feedback on the initiative has been positive.

The Clapham Thursday Run

It was suggested to attend a Thursday evening run at Clapham, particularly to support the 5k option, which may benefit from more structured participation.

Final route and distance decisions will be made on the night.

Gwen is confirmed to be attending the Clapham run on 29th June, which may serve as a good opportunity to evaluate engagement and consider whether to promote the session externally afterwards.

Feedback Request: Sonja has specifically requested feedback on the diversity and inclusion suggestions she submitted.

The Committee has gone through the suggestions, giving back excellent feedback. The very insightful suggestions have been thoroughly appreciated and many of the ideas align really well with the goals currently set by the Committee; for those that are more complex or not immediately feasible, and require further consideration and potentially some further human resources, the Committee would love to explore them further and in collaboration as a team. With the right timing and some supportive volunteer collaboration, the Committee is confident that thoughtful ways can be found to bring them to life

One further Club member, Rache W., has come forward to offer input and engage with the proposals.

10K Training Programme:

Alex Carrington is currently leading the 10K programme.

Action to be taken: GH is kindly requested to please liaise with AC in order to provide them with an update and any support as needed.

Social media promotion around the programme is underway and has received good engagement.

General Note on Inclusion Strategy:

It was suggested that pilot activities or initiatives could be promoted as female- and non-binary-led, while remaining open and inclusive to all LFR members.

The emphasis is on inclusive participation and encouraging greater visibility of women within the Club, rather than creating exclusively female-only events, which are currently happening informally.

There was acknowledgement that in some specific cases, female-only participation may be appropriate, but this should be clearly indicated in advance when applicable.

Female Inclusion Strategy

The committee discussed a number of creative and encouraging ideas aimed at fostering greater female inclusion and representation within the Club. The overall feedback was highly positive, and the following initiatives were proposed for consideration and further planning:

Proposed Initiatives as follows:

Angel/Buddy System (Lead: HG)

A buddy or mentoring system to help new female members feel welcome and supported when joining the club.

Women 'Run of the Month'

A monthly LFR run (alternating locations) featuring a female-led Circle, where possible, to spotlight and encourage participation by women in the Club.

Women Coaching Sessions

Run every 4–6 weeks. Potential to have a women-only track session alongside the main session to create a comfortable and empowering space just for female runners.

Women Key Opinion Leader / Guest leader, ambassador

Inspired by Kevin Quinn's coaching sessions popularity, the Club will be exploring the idea of inviting a well-known and inspiring female runner to join us for a 10K or similar run on a recurring basis, to motivate and engage our community.

Women Swim Course (Lead: Alex C)

A women-only swim programme to provide a safe, inclusive space for female members to train and build confidence in the water.

Women 5K/10K Race Training (Lead: Alex C)

Targeted training sessions to support female runners in preparing for 5K and 10K races, encouraging goal-setting and progression.

Inter-Club Runs (Lead: Adam J)

Proposed collaboration with other inclusive running groups (e.g., SheRuns) by inviting them to join LFR runs and attending their events, potentially including post-run socials in order to foster further connection.

Social Media Features

Creation of short clips featuring LFR women answering questions like “Why do you run?” and “Why to join LFR?” for sharing on Instagram/Facebook. These aim to boost visibility and help potential new members see themselves in the club.

Reward Points for Female Recruitment

Similar to volunteering incentives, members could earn points for introducing a female runner who subsequently joins LFR, in a way of recognising and encouraging grassroots efforts to grow the community.

Next Steps

The group acknowledged that while many of these ideas are highly promising, a few will require further discussion, additional volunteers, and careful timing to implement effectively. The Committee agreed to revisit the strategy at the next meeting to prioritise initiatives and identify the resources needed for successful delivery.

Isle of Wight

38 members have so far come forward for the IoW weekend races, which is a very good number, though final attendance might drop a little, as there is always lots of enthusiasm at the beginning.

Would the Committee consent to have the Isle of Wight events go through the Club advance payments and consecutive refunds, in financial terms, as has happened for previous events?

The Committee is very encouraging and really grateful for the coordination, very relieved that there are no clashing races this year that would coincide with the LoW events like it happened last year and there is absolute consensus from the Committee.

Races Update (RS)

Is the Committee happy to agree to the Club covering the registration cost for the Bridges Relay, the Battersea Park Mile Relay and for the Kangaroo Hop 10K?

The Committee confirms an absolute consensus in having the registration for the above races being funded by the Club

Triathlon Secretary Update (TS)

Spond App Discussion

The Spond platform recently increased its membership capacity to 1,000. However, the Club has paused the use of Spond due to the significant administrative effort it required, which outweighed the benefits for our current needs.

There was a suggestion to consider conducting a census of all Club runs, possibly in September, to better monitor attendance and engagement across sessions. This could help inform future use of tracking tools or platforms.

Merchandise & Apparel

Approximately 40 members have expressed interest in hoodies, indicating strong demand.

Swimwear has also been popular, and there is enthusiasm to distribute items more widely.

However, managing orders and distribution has proven to be very time-consuming.

To streamline the process, it was recommended that future swim events or apparel launches have a pre-set budget and fixed cost established in advance.

Summer Swimming Plans

Plans are in place for individual weekly swim sessions with coaching throughout the summer. These sessions aim to offer variety and accessibility for members of all levels. The time required to organise swim sessions was again noted, and additional volunteer support or streamlined planning may be needed going forward.

Race Calendar & Championships

The Club is actively supporting multiple races over the coming months. These events offer great opportunities for members to participate, support one another, and build community through shared racing goals.

Suggestion of including a duathlon as part of the Club Championships

Publicity Updates (P&C S)

Social Media Platforms & Strategy

Twitter/X Account

Access to the LFR Twitter account was successfully regained. The account has now been locked down, though not completely deactivated, in order to prevent others from taking over the handle.

It is to be noted that the club is no longer using this platform, but it remains secured as it is, in its current dormant state.

Bluesky

This is being explored as a potential future platform. No immediate action needed as it is not currently a major Club priority.

Multi-Platform Posting

There is a long-term interest in being able to post across multiple platforms from a single space, but although this is considered as both practical and desirable, it is not an urgent goal and it may be revisited at a later date, with calmness and the necessary time required to bring it forward.

Visual Identity & Content Creation

Graphics & Templates

Filipe dMA has produced an excellent suite of graphics for social media use. The visuals are professional, striking, and consistent with the current LFR look and also the feel other Frontrunners clubs have been using, giving LFR a very strong visual identity. I am particularly pleased with this aspect, as the graphics are fantastic and the visuals striking. There is still some work to be done on the LFR website and besides this being a much more time and resources consuming task, it also needs to be further discussed with ST and aligned with the current situation of the other LFR platforms.

Photography

For the first time, photos from the Clapham run have been captured and shared, yay, contributing to a better representation across all Club locations.

Instagram

The LFR Instagram account is now under full Committee control for the first time in many years.

The most popular post of the year went live the same day as the Supreme Court ruling, showing strong engagement. The content is definitely becoming more personalised, with personal stories from Club members, which are shared in order to diversify the feed, make it much more engaging and also showcase members' experiences.

The collaboration and engagement with Queer Running Club and the International Frontrunners Day were well-timed, wonderful occasions that have increased our numbers, with shared posts and story flooding for higher visibility.

It also needs to be mentioned that the Instagram account is being used for communication with new members.

I would like to point out that engagement levels have doubled across April and May, helped by the high volume of LFR events and the richer visual content.

Pride Month

Pride is definitely going to be used as a platform to spotlight individual LFR members and share their voices through social media.

Club Championships

Planning is underway to produce some specifically tailored social media content to promote upcoming events like the Eltham Park 5 and to highlight different members and their stories within the Club context.

Suggestion

I would be very keen to look into the opportunity of acquiring some professional-type microphones to enhance content quality, especially for the video stories.

Action to be taken: CM is kindly requested to please look into the above, make some notes relative to brands and prices and report back to the Committee in due course

WhatsApp Guidance & Moderation

A draft WhatsApp guidance document will have to be created and will be circulated in due course in order to clearly define what content is appropriate, what type of interaction is not, and the limits of what LFR officially approves.

Although each Committee member belongs to and/or is the moderator to several chats, the general advice is to leave the moderation of the general to the P&C sec and also to report back to them and/or to the Committee in terms of handling issues and escalations

Numerous concerns were raised and shared about the volume of posts and the overall purpose of the general chat group, not just by Committee members but also by Club members.

In absence of a general chat, many members now use alternative channels for general conversation or have created their own separate chats.

While one could deem that the existence of such a chat it's valuable for communication purposes and there is a practical utility in having a general chat, and while admittedly it is something that most members would be open to and willing to have, there nevertheless is well justified concern that unsupervised communication could lead to issues (GH)

When there is an ongoing conversation between two Club members, the suggestion would be to consider taking their conversation off the general chat and to continue in private, in order to avoid confusion about the chat's status as a Club-provided space. Fact remains that the general chat is a platform that needs constant monitoring and one has to consider whether the amount of effort that it generates is actually worth the trouble of its existence.

There are concerns relative to the potential for posting inflammatory material, which increases with every member that is added on the chat.

The Committee considers voting on whether the general chat should continue to exist or whether it would be wiser to suppress it.

The majority of the Committee agrees that it should not be a core part of LFR's formal communications offering, nevertheless that it should be offered a second chance and if its functionality proves to be unproblematic during this trial period, then to officially continue to exist as part of the communication package offered to members.

The motion is passed by 6/1, one abstained.

The CS takes note that GH voted against and that CBP abstained completely from voting.

There is currently a moratorium on approving new chats, exception was made for the trail runs chat, after request of JG and it has proved that as a platform of communication for the forthcoming and future trail run announcements it is working very well.

Action to be taken: the P&C Sec is kindly requested to prepare a "cool-down message" with standardised wording for managing high-activity and/or off-topic chats that go on for ever and are not of general interest. In addition to this, CM is kindly requested to finalise and circulate a general WhatsApp Community chat scope and relevant guidance to the rest of the Committee by end of the week.

E-Bulletin

The weekly eBulletin is now consistently released every Monday at 12:00 noon, with reliable scheduling and delivery.

A third volunteer has joined the eBulletin team to help support content planning and delivery. Ongoing efforts to recruit a fourth team member are underway to ensure continuity and workload sharing.

Action to be taken: GH is kindly requested to please contact KS about their offer to volunteer and potentially participate as part of ebuletin team

Social Activities Update (SS)

Pride March – Final Coordination Updates

The allocation of wristbands has been successfully organised via OutSavvy, with many thanks to Andrew Harrison for his help

The participation ebuletin blurb includes a note encouraging members to wear a London Frontrunners vest — new or old — ideally aiming to adopt a cohesive visual group look.

The Committee has absolutely no objections in having Ash and Matt leading the LFR group on the day,

Mark, Christos, Craig, and Ben will be part of the March and will be supporting logistics and crowd coordination as needed.

There should be a further call to encourage more women to take part and lead within the group and all Committee members are encouraged to spread the word.

Stephen Turnock has been approached to help capture photos of the event.

The post-march social has been confirmed at The Crown and Two Chairmen.

Monthly Village Social

In most previous events attendance has been steady, at around 20–25 members.

There is some concern about scheduling it on the first Thursday of the month, especially when it coincides with the Clapham Run, which continues to be very popular.

Discussion leaned toward keeping the Clapham Thursday run and social in place for now, given the consistently high turnout, despite the logistical difficulty of the location.

Fridays remain challenging for events due to members working from home and being less central.

English weather is expected to be favourable going forward, offering more outdoor opportunities.

Sunday Social Ideas

A Sunday pub lunch is being suggested as a low-key, welcoming social, thus potentially launching a lovely new tradition, and this is something to explore further in the coming weeks.

Other Social Events

A Walk is being planned and will be led by CBP, in celebration of Volunteer's Week but open to everyone in the Club and also to family and friends. This will be an urban walk taking participants around small gardens in the City.

A Queer Cycling Tour has also been proposed, potentially finishing at the Marquis of Cornwallis pub. Details to follow.

Christmas Event Planning

A call for volunteers to help plan the Christmas event will go out soon.

The idea is to form a small focus group to assist with ideas, venue suggestions, and general planning.

Many members may have useful contacts or inspiration to contribute.

A message will be included in the upcoming eBulletin encouraging members to email the SS if they would like to be involved.

Operations Secretary

Thursday Venue Update

Two venues were recently visited as part of ongoing efforts to identify a suitable and welcoming location for the Clapham post-run social.

The Sun Pub sadly presents a number of logistical and atmosphere-related issues that were noted over the previous months, making it less than ideal for our needs.

As alternatives, both The Bellevue and The Railway were visited independently.

Venue Feedback

It was noted that The Railway is currently used by the Gayns for their Thursday socials, which may make it a bit busier or less flexible for LFR events.

The Bellevue, on the other hand, was very well received.

The space was described as lovely, with a quiet and relaxed atmosphere,

Not overly busy, which allows for easier group gathering,

Good pricing and flexible staff, both of which are key considerations for a regular social venue.

Next Steps

The preference is leaning toward trying The Bellevue for a future Thursday Clapham social to gauge member response and overall suitability.

Feedback will be gathered from attendees after the trial evening to help determine whether to make it a regular venue.

Membership Update (MS)

The Club has, as of today, 650 registered members, though there are still about 50 ex members or limbo-members which still haven't paid their membership fees and will be receiving their second and last email as their last chance to remain with LFR.

The MS has logged in in the Mailchimp, has access to the members' data and will proceed with the gradual but ruthless deletion of all those who have been contacted but have not responded,

Club Secretary

XC Captain candidature

No other Club member has come forward for the XC Captain role with the exception of **Lucy Wilson-Shaw**.

Lucy has been a Club member since 2018 and this is what she wrote in her email:

I originally joined Frontrunners in order to participate in cross country, and still love these races. So I would be really happy to take on the role of co-captain with Marius and maybe see if I can encourage a bit more female participation.

The Committee considered itself as both happy and lucky to have LWS as one of the next Xc captains and confirmed the candidature.

LFR Volunteering Legacy Award

The discussion is based on a super short document with photos, which has been created by the always diligent Daniel Brittle

The Committee unanimously votes opting for Option 1, the most expensive and the prettiest of all three available trophies, the Richmond Cup.

The Committee thanks DB for the diligence of the document and the research.

Action to be taken: CBP is kindly requested to liaise with DB and the 30th AC team in regards to the purchase of the Richmond Cup on behalf of LFR

The Committee decides the above obviously as subject to the CT agreement.

Optimi Health England Athletics scheme

England Athletics is partnering with Optimi Health, an intelligent, digital sports and exercise medicine platform backed by professional athletes and top clinicians

This initiative is designed to support athletes in reducing injury risk, improving performance, and staying engaged in the sport for longer.

Optimi is currently focused on the delivery of sports physiotherapy whereas in the future, Optimi plans to offer a full spectrum of sports medicine services, including strength & conditioning, personalised nutrition and performance psychology & coaching.

The Optimi app will provide instant access to a medically certified triage tool, guiding athletes to the right support for both injury prevention and injury treatment.

There will be an interactive self-managed programme designed by the Optimi clinical team, or a direct connection with an Optimi clinician and working 1:1 with them remotely.

EA has been looking for clubs and individuals who would like to join an early launch pilot.

By enrolling in the pilot, clubs will enjoy exclusive access to discounted rates and the unique opportunity to provide direct feedback to Optimi, helping to shape the innovation driving the Optimi platform.

As part of this pilot, the Club will have access to expert-led musculoskeletal (MSK) injury prevention and rehabilitation tools, provided by our partners at Optimi-Health.

This programme will focus on:

Helping runners prevent and manage injuries more effectively.

Providing evidence-based prehabilitation and treatment resources.

Gathering valuable insights to shape future athlete support services across England Athletics.

There will be further details on onboarding, next steps, and how the Club can get the most from the programme, including key dates and resources to support your athletes throughout the pilot.

The Committee would like to know more on the financial aspects of the above.

Action to be taken: CBP is kindly requested to please action the above and report back to the Committee.

AOB

Discussion on Member-Led Campaigns and Responses to Current Events

GH raised a point regarding enquiries from two separate members about whether the Club would be making a statement or publicising events in response to the recent Supreme Court decisions, particularly in relation to trans rights. The Committee agreed that, where appropriate, the Club can and should always highlight relevant events such as Trans Pride, in line with our values of inclusivity and support for the LGBTQ+ community.

There was also a member request regarding the inclusion of a template for contacting MPs in the eBulletin, to support members wishing to engage in political advocacy. GH, based on previous personal experience, is in doubt as to whether such campaigns may prove to be particularly effective, based on the repetitive nature of the responses, though agreed to explore whether the Committee feels positively on the subject and to follow up with a response.

CM proposed that while the Club may not take an official stance or lead political campaigns directly, the Committee can still consider providing space for members to lead or to coordinate their own initiatives, making clear that such initiatives are member-led and not Committee-led. This enables the Club to signpost opportunities for involvement without making formal endorsements.

BH acknowledges the importance of nuance, particularly when issues are sensitive or complex. He noted that while the Club strives to be a neutral and inclusive space, there are circumstances—especially where member welfare is directly affected—that may warrant a more active stance. The Committee discussed the need to remain supportive while balancing diverse member perspectives.

The Committee also agreed that there is merit in signposting members to relevant public consultations, such as those relating to single-sex spaces and changing rooms, as they are of direct relevance to LFR and any decision will have a direct impact on LFR members. While no formal Club stance is currently being proposed, there was consensus around supporting members in taking individual action.

A suggestion was made to include a brief item in the eBulletin, encouraging members to participate in relevant consultations and contact their MPs if they wish, with

reassurance that peer support is available for anyone needing help formulating their message.

Otters was referenced as a model for community engagement, having recently completed an anonymous member survey on a related topic.

Action to be taken: GH is kindly requested to please follow up to the members' emails and also to liaise with Cm with possible wording for eBulletin inclusion.

The Committee agrees to further explore practical and respectful ways to communicate member-led initiatives that align with LFR values without appearing partisan or directive.

Short discussion on finding an appropriate RCM venue

Next RCM date