LFR
Regular Committee Meeting

Co-Presidents: Geoff Hicks (GH) and Wojciech Pankόw (WP)
Club Secretary: Christos Bitzis-Politis (CBP)
Club Treasurer: Derwin Brennan (DB)
Membership Secretary: Gwen Wright (GW)
Races Secretary: Marius Thies (MT)
Publicity & Communications Secretary: Craig Munn (CM)
Social Secretary: Mark Randall (MR)
Operations Secretary: Matt Hunter (MH)
Triathlon Secretary: Ben Humphrys (BH)

**Wednesday 20th May 2026**

**RCM Agenda**

**Co-Presidents**

- AGM reflections & general assessment
- Diversity & Inclusion Updates, Selection Processes for LFR women
- LFR Website updates

**Financial Updates (CT)**

**Races Updates (RS)**

**Triathlon Updates (TS)**

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

LFR Flyer Printing

**Social Activities Update (SS)**

Black Cap Social

Pride March 2026

**Operations Secretary (OS)**

LFR Kit and branding

Victoria Park Run venue

Clapham Post-Run Social venue

Greenwich Post-Run Social venue

**Membership Update (MS)**

**Club Secretary**

2026 HH

2026 BH

**AOB**

Chair: GH
Minutes: CBP
Apologies: BH

**Co-Presidents**

GH welcomed everyone to the May meeting. It is hoped that today's meeting will be shorter than our first meeting of the year while equally direct and still allowing space for thoughtful discussions. There are a number of Agenda items to go through and this time we will begin, as has not been customary for our Committee meetings until now, with matters arising from the Co-Presidents, so without further ado:

**Reflections on the 2026 AGM & general assessment** The very first point concerns reflections on the AGM and a broader assessment of its proceedings. In light of the difficulties encountered during the last AGM, most notably the fact that attendance fell below the number officially required for quorum, it is important that particular attention is now be given to members' participation and presence at future meetings. The circumstances of the previous AGM served as a clear reminder that the strength and continuity of the event depends greatly upon the active engagement of its members (GH)

Glad to say that we are on exactly the same page on this matter as my main concern is also attendance numbers, and in consequence I would like to suggest two specific proposals for

the Committee's consideration, first of these the idea of having go out a dedicated AGM e-bulletin to be issued on the week shortly before the AGM, in a similar way to how the Club communicates the International Trip, as at present, it does raise a question of perception, what message are we sending to Club members if a targeted, well-crafted communication is produced for the International Trip, but not for the AGM itself. An alternative, or complementary approach to an exclusive AGM ebulletin could be to use WebCollect to send personalised invitations to all members, including the agenda and all relevant supporting information. This would give the AGM greater prominence and may help reinforce its importance within the LFR calendar of events. Any such WebCollect communication could be issued by GW, or whoever is best placed to manage the system, but should be formally signed by the Co-Presidents, as this type of invite, coming directly from the LFR Co-Presidents would in my opinion help underline that attendance, representation, and individual presence are not just encouraged but genuinely valued. A Club that sends out a specific email for the IT and not their AGM, means that the AGM feels very much procedural, not that important, and that membership engagement matters only when it's about what could be considered as an exciting Club event, such as the IT, whereas the AGM is an event just for administrators, rather than a member-facing forum where direction and accountability are shaped. (CBP)

It was also suggested that some form of free of charge social incentive may help strengthen attendance, whether through refreshments, or some light finger-food or another modest gesture capable of creating a greater sense of occasion and encouraging members to gather in a more convivial spirit, particularly for those members who might be attending directly from work and likely to arrive in need of some sustenance. (DB)

This may also imply a consideration of whether a different type of venue would be more suitable, should such an approach to hospitality and atmosphere be pursued.

It was made though clear that in absolutely no circumstances should an alcohol-serving venue be chosen for this purpose, and that the Club should not have alcohol being served during the AGM, as it has, on all previous occasions, when this has happened, contributed to discussions becoming overly heated and less conducive to constructive deliberation. (MT)

It was agreed that there is a need to engage the wider membership more effectively in order to also meet quorum requirements and it was additionally observed that the AGM can

sometimes feel lacking in excitement, and that members are more often than not drawn to more dynamic exchanges, including challenging questions directed at the Committee, rather than proceedings that remain entirely smooth and procedural. (MR)

However, it was also acknowledged that the absence of questions should not necessarily be interpreted negatively; quite on the contrary, a completely smooth AGM that finishes within the intended scheduled time-slot of an hour and a half should mostly be taken as a sign of trust in the Committee and confidence in its work (GH)

Consideration was also given to the possibility of introducing an online attendance option. It was noted that during the Covid period, AGM meetings held entirely online were proved to be very successful; however, it was clarified that these were not hybrid meetings, with an online and in-person attendance, but fully virtual arrangements necessitated by the circumstances at the time, when in-person meetings were not permitted and online participation was the only option available.

While the idea of a future hybrid format was briefly considered, it was suggested that this be held in reserve for the time being, given the potential risk of technical difficulties and logistical complications that such an arrangement may entail (GH)

Another issue which did not work very well this year in my opinion was that the pre-AGM documentation, which somewhat lacked clarity in its structure, with difficulties encountered in accessing certain documents, while in all previous years, all the AGM information was embedded within the e-bulletin, with active links directing members to specific pages, for example the Committee candidates' statements. It was additionally considered not particularly fair that Committee candidates who submitted their statements belatedly had them included on the e-bulletin for only a short period of time, about a week or so, whereas candidates who submitted their candidacy statements earlier benefited from a longer period of visibility.

It was also the case that certain documents required access permissions in order to be viewed, an issue which was not identified at the outset when these materials were first circulated to membership, and as a result, access settings had to be corrected subsequently. It was therefore suggested that such settings should be properly configured from the outset, and that all links pertinent to documents should be tested by the ebulletin team in advance, in order to ensure that they function correctly before circulation of the e-bulletin to membership.

Another aspect which proved suboptimal was that the AGM included two separate triathlon presentations, which created a degree of overlap and appeared somewhat unnecessary. While it is standard practice for all Committee members to present their annual reports, and the Club has, since the introduction of the triathlon section, included a presentation from the Triathlon Coordinator, it was considered that two separate presentations covering the same area was a bit excessive. It was therefore suggested that the Triathlon Coordinator's standalone presentation should be potentially removed, given that the triathlon report is already covered within the Committee's annual report of the Triathlon Secretary. This matter is to be reviewed from a logistical perspective, with a view to simplification of the whole AGM structure, and GH will speak with BH separately in order to resolve this in the best possible way.

**Action to be taken:** GH is kindly requested to please liaise with BH in regard to the above.

With regard to the elections, it was suggested that consideration be given to the appointment of an independent third party to oversee and administer the process, separate from the Committee. This was put forward not just as mandatory stipulated and prescribed by the Club Constitution but also on practical grounds, in order to ease the administrative burden on the Committee and to ensure a smoother and more efficient running of the electoral process.

The Coaches' Awards were also felt to sit somewhat awkwardly within the AGM setting, as they appear to align more naturally with the Club Championships. In addition, the limited attendance of coaches at this year's AGM contributed to a sense that the presentation of the awards was somewhat out of place. It was therefore suggested that relocating the Coaches' Awards to the Club Championships event would provide a more appropriate context, while also enhancing further the significance and attendance of the Club Championships event itself.

It was reiterated that the Committee seeks to promote the AGM as an open forum for member engagement, insofar as this remains feasible within the available time. It was observed that those who typically attend the AGM are not necessarily the same individuals most engaged with coaching matters and the Coaching Awards. In light of this, it was suggested that the Coaching Coordinator be asked to consider relocating the Coaching Awards to the Club Championships event, which may provide a more appropriate setting for them. This

adjustment was also seen as having the potential to better align the awards with the relevant audience and to enhance the significance and attendance of the Club Championships event.

**Action to be taken:** GH is kindly requested to please liaise with the Coaching Coordinator in regard to the above.

The Committee expressed its continued wish to encourage constructive discussion at the AGM and to ensure that members feel able to engage actively in the proceedings. At the same time, it was acknowledged that there are practical constraints in terms of time, which must also be taken into account. Members are encouraged and warmly invited to submit any questions they may have for the standing-down Committee in advance, which can then be addressed at the AGM for the benefit of all attendees, with the aim of ensuring that the process remains efficient and does not consume excessive time during the meeting. However, whereas in previous years a number of questions were received and accordingly answered, this year only one Club member submitted their questions, which had already been thoroughly addressed through an exchange of emails.

There is the general feeling that the AGM itself would benefit from a modest refresh in tone, format, and presentation, in order to strengthen engagement and improve attendance going forward.

Finally, it was suggested that members should be encouraged to consider putting themselves forward for the position of Co-President much earlier in the year, in order to allow prospective candidates sufficient time to come forward with confidence and certainty. It was recognised that, should no nominations be received, GH and WP would ultimately need to remain in post as Co-Presidents. For that reason, it was considered to be in everyone's interest, including that of the current Co-Presidents themselves, that members be actively encouraged to volunteer for this role at a much earlier stage. (WP)

**Diversity & Inclusion Updates**

**Selection Processes for LFR women** With regard to the selection processes for the LFR women's teams, it was acknowledged that there would be great value in seeking to unpick some of the concerns which arose in relation to GBR team allocations this year, and in considering whether these reflect a broader underlying issue requiring further attention. It was recognised that some LFR women had expressed the feeling that women's participation

and representation within LFR can, at times, appear and also feel somewhat of an afterthought.

A reference was made to the eventual outcome of five women participating at the event which was very welcomed; however, there remained a sense that, although a degree of commitment and goodwill existed in principle, this had perhaps not been translated fully into practical effect. At the same time, it was also acknowledged that, overall, the process itself had proceeded reasonably well, though it was felt that future planning would benefit further from earlier consideration and more careful anticipation of female participation numbers, so as to ensure that representation and organisation are approached in a more balanced and proactive manner going forward.

Nevertheless, there was general consensus and agreement that efforts should be made to ensure that similar concerns do not arise in connection with future GBR events. In particular, it was suggested that promotion and encouragement amongst women should begin at an earlier stage, with more active campaigning and engagement intended to strengthen participation and female visibility from the outset.

More broadly, the discussion raised the question of what practical measures the Committee might realistically undertake in order to address these concerns in a meaningful and constructive manner.

The Committee enquired whether there were any updates to share regarding the Women's Run of the Month initiative. Consideration was offered to the possibility of relaunching or reinvigorating the programme, however, it was acknowledged that its planning is also closely linked to the scheduling of the monthly women's coaching session, so all planning needs to avoid the two events coinciding. Given the number of activities already taking place within LFR and throughout the month, it was recognised that accommodating both initiatives within the calendar can sometimes prove somewhat difficult from a logistical perspective. GW also expressed that there can be a sense of disappointment when her attendance at one or other of these sessions is not always possible due to competing commitments (GW)

The question was therefore raised as to whether the overall planning and coordination of the Women's Run of the Month might benefit from some additional support, and if another individual should come forward to assist GW with the organisation of the initiative.

Reference was also made to the promotional leaflets produced last year by AC for the women's coaching sessions, which were considered both highly engaging and visually effective. It was suggested that similar material could perhaps be used in support of a separate event, for example inviting Les Run to participate in an LFR Women's Run of the Month. In this connection, it was recalled that contact had already been made with Les Run following the Hackney Half, and consideration was therefore given to extending an invitation to them in relation to a future Women's Run of the Month event.

More broadly, it was recognised that an important consideration for the Committee should not simply be what the Committee itself believes it can provide for LFR women, but rather seeking to understand directly from LFR women what they themselves would like to see, rather than relying solely upon assumptions or suggestions made on their behalf.

**Action to be taken:** GW to contact Les Run as per above

It was further suggested that it may prove beneficial for another LFR woman to come forward in order to assist GW more generally with the Women's Run of the Month and with wider coordination responsibilities connected to LFR women's initiatives.

A broader discussion then followed concerning the question of whether the Club currently has, or should seek to develop, a more clearly defined women's strategy. Consideration was given to the underlying nature of the issue itself, namely whether the principal concern is encouraging more women to join the Club, whether women already within the Club do not always feel sufficiently engaged or represented, or whether both considerations are equally relevant and should both be addressed equally and at the same time.

While the idea of developing a formal strategy was viewed positively, it was emphasised that any such approach should begin by seeking to understand directly what the women within the Club themselves would wish to see happening, rather than relying solely upon assumptions as to what may be beneficial for them. In this connection, a more proactive outreach to women in relation to races and other Club activities was suggested as one possible avenue through which greater engagement and visibility might be encouraged.

It was also considered important that the Committee demonstrate more visibly that these matters are receiving active thought and attention. One suggestion raised was whether it may be beneficial for a Committee member to hold a more specific responsibility in relation to

women's engagement and strategy, with a dedicated focus upon these questions and related initiatives.

The discussion also recognised that broader questions of diversity and inclusion within LFR require careful consideration, particularly as different forms of diversity would definitely call for very different approaches and strategies. It was observed, for example, that ethnic diversity presents different dynamics and considerations from gender diversity, and that each therefore requires its own distinct reflection and response.

Finally, reference was made to the dynamics of the Committee itself, where there has been only one female Committee member over the past three years, and it was considered that this may be an appropriate moment to raise and address these wider questions in a thoughtful and constructive manner.

The discussion then turned towards the question of whether there are practical steps which the Committee ought now to be taking in relation to these matters. It was suggested that GW should seek views directly from women within the Club, inviting those who may wish to come forward with ideas or suggestions to contact her individually, rather than raising the matter as a broad open question within the women-only WhatsApp group, as it was felt that this might not necessarily lead to the most constructive outcome.

**Action to be taken:** GW to contact and to approach individual LFR women directly, as per above, seeking their opinion on how to improve women's visibility and participation within LFR rather than through the WhatsApp group chat.

It was considered important that ideas and proposals should emerge directly from women within LFR themselves, particularly as there are differing perspectives amongst members, including some women who feel very strongly about increasing female participation and visibility within the Club. At the same time, concern was expressed that GW should not be placed in an unduly difficult position as the sole female member of the Committee, notwithstanding the fact that she is naturally regarded as the Committee member best placed to engage directly with these issues and subsequently report back to the Committee.

Reference was again made to the fact that different forms of diversity require different approaches and strategies, and that a strategy relating to ethnic diversity would necessarily differ from one centred upon women's participation and engagement. In this connection,

concerns were raised regarding the previous DEI subcommittee, which was felt not to have progressed effectively over a considerable period of time. It was therefore considered important that the Committee hold a separate discussion regarding the structure, purpose, and practical functioning of any future subcommittee of this nature, particularly in terms of how such groups may be properly empowered to operate constructively and effectively.

It was further suggested that the Committee could usefully monitor broader trends, including any unintended disparities, in order to provide clearer guidance and direction for the following months.

**Action to be taken**: Discussion over a dedicated "LFR Women's Officer" to be included as an item on the agenda for the next RCM.

It was observed that the Club had begun the previous year strongly in terms of publicity and visibility relating to women's activities, though this momentum appears to have diminished since January. In particular, photographs from the women's coaching sessions have not consistently reached CM for publicity purposes and GW was therefore asked to ensure that such materials are forwarded appropriately, especially as LFR photographs are currently stored across a number of different locations, meaning that the Ebulletin team does not always have access to images from track sessions, long runs, women's coaching, and other activities.

**Action to be taken:** CM is kindly requested to please pursue greater publicity and engagement in relation to women's activities, with support regarding access to photographic material.

**Action to be taken:** GW to provide the photographic material as per above

Attention was also drawn to a number of minor matters on the LFR website which require immediate updating. In particular, the subscription information displayed the Membership Page has not yet been brought up to date and there is also on the main page some information which dates back to March

**Action to be taken:** CBP is kindly requested to please pursue and follow up with the LFR Web Team the outstanding subscription-related and all the rest of the needed updates.

In relation to the International Trip, the Committee's position regarding the reserve fund has now been communicated to the subcommittee. It was further reported that several members already serving on the IT subcommittee have expressed a strong interest in continuing for a further year, which is excellent news for LFR, and regardless of that a succession planning is also underway, with the intention of bringing in at least one new member on board, and efforts have additionally been made to encourage female representation on the subcommittee.

Dominic Addison has also been in contact seeking assistance, as he intends to step down as Race Director following the 2026 Pride Run 10k, and no successor has yet come forward to assume the role. Committee members were therefore encouraged to give consideration to potential candidates who may be suitable for the role, and to put out a wider call for volunteers and expressions of interest circulated in order to encourage volunteers coming forward

**Action to be taken:** GH to liaise with DA regarding succession planning and volunteer recruitment.

Notification was also given by Kai Konkolewski and GH in regards to the LFR Isle of Wight trip on the e-bulletin. It was considered that this may provide a great opportunity to pursue the already discussed and approved suggestion of offering some financial support to members experiencing financial difficulties, and it was noted that there remains sufficient time for such arrangements to be explored in connection with the Isle of Wight weekend, which was confirmed as taking place during the second weekend in September.

**Action to be taken:** GH to pursue the above in relation to the Isle of Wight initiative.

With regard to the Club's possible transition towards limited company status, it was suggested that a consultation item should perhaps be included within the next e-bulletin over the course of the coming three weeks.

In relation to the vacant position for one Cross Country Captain, it was agreed that a short statement should be prepared and sent to MT, and subsequently circulated through both the e-bulletin and the XC WhatsApp group.

Reference was also made to an email from the Coaching Coordinator addressed to the Co-Presidents and GWconcerning the possibility of formally recognising long-standing

membership within the Club, potentially through some form of lifetime membership recognition.

**Action to be taken:** GH to liaise with GW regarding the above.

**Financial Updates (CT)**

The CT presented the latest financial updates to the Committee. Total cash currently held by the Club stands at £98,923.74, comprising £52,998.20 within the Current Account, £19,929.52 in the Instant Access Saver, £15,503.15 in the 32 Day Notice Saver, and £10,492.87 in the 95 Day Notice Saver account.

Total expenditure during the previous month amounted to £37,556.58, against a total income of £18,409.49. No individual income items above £500 were reported during this period. Significant outgoings included £708 paid to Google for annual web services, £10,281 to England Athletics in affiliation fees, £2,066.85 to Great Western Railways in connection with transport for the North Devon trip, and £2,925.56 to the Whitbread Group for Premier Inn accommodation relating to the Green Belt Relay.

No major financial concerns were raised. It was observed that membership subscriptions received during April and May have contributed positively to the Club's reserves, notwithstanding the presence of several substantial expenditures across the same period. Overall, the Club's financial position remains stable, with reserves once again approaching the £100,000 mark.

In relation to the North Devon Trip and the funding request submitted by Chris Craig, the Committee expressed the view that further clarity would be helpful regarding the precise nature and purpose of the request. One possibility discussed was that the Club could provide funding towards race entry fees, allowing entries to be purchased collectively and well in advance of the event, and the corresponding amounts subsequently reimbursed to the Club by the individual participants, as such an arrangement could assist considerably from a logistical perspective. However, as the entries for the current year have already been purchased, it was felt that this approach may be more appropriate for consideration in relation to next year's event, where it was regarded as a constructive and potentially beneficial idea.

By contrast, the Committee was more reluctant to provide funding towards a post-race celebration, as this was not considered to fall within the type of expenditure ordinarily undertaken by the Club, and it was felt that Club funds should not be allocated towards such purposes without clear justification.

It was also noted that coach hire costs for the North Devon Trip have increased significantly as a result of inflation, with the current figure now standing at £590, representing an unexpected additional expense. The Committee indicated that, if ultimately needed, it would be prepared to cover the difference between last year's coach hire costs and the increased amount for this year, though it was emphasised that such expenses must continue to be properly justified.

Roger Kennedy had additionally suggested the possibility of subsidising access to the LFR track sessions for the Tuesday and Thursday participants, which was regarded as a sensible proposal given that entry fees may become in the long term financially burdensome for some members. Practical considerations nevertheless remain as to how such a scheme could operate effectively and sustainably. Amongst the possibilities raised was the idea of purchasing entries in bulk, or alternatively approaching the relevant athletics centre directly in order to explore whether a preferential arrangement, discount, or form of membership agreement might be available to the Club. It was agreed that further consideration should be given to how such an initiative could be developed in a sustainable and practical manner.

More generally, it was observed that maintaining healthy financial reserves is indicative of sound financial management and should not in itself be regarded negatively, in particular as the Club does not seek to accumulate funds in a proactive manner. It was, however, equally recognised that the existence of substantial reserves does not automatically justify expenditure in the absence of a clear rationale or longer-term planning. In this context, it was considered worthwhile exploring stronger links and possible arrangements with the Tuesday and Thursday track venues in the future.

**Action to be taken:** MH is kindly requested to please explore possible connections and arrangements with the current LFR track venues.

A request was also directed to DB that, when circulating emails seeking Committee approval for expenditure or financial decisions, it would be helpful to indicate clearly how many Committee members are required to approve the matter, particularly in relation to larger

sums. It was suggested that the required number of Committee members expected to approve each invoice could simply be included in brackets within the email itself for clarity and ease of reference.

In relation to Comptons, the Committee queried whether the Club deposit relating to the 2026 post-London Marathon social event has now been returned.

**Action to be taken:** MR is kindly requested to please follow this matter up with Comptons to ensure that the deposit is returned to LFR, and consequently liaise with DB further regarding the above.

**Races Updates (RS)**

The RS provided updates in relation to upcoming races and the Club Championships communications.

It was confirmed that the Big Half is indeed included within the Club Championships portfolio of races and given the fact that the Club received only 50 Community Entries for the event; it was observed that the event can no longer be made available to as many LFR members as had previously been possible, and consideration was therefore given to whether it ought to remain included as part of the Club Championships, given that it no longer offers the same degree of inclusion and accessibility as in earlier years.

Entries for the Dashing Deer 5K on the 23rd of June have proved particularly popular, with approximately 90 sign-ups already received, leading capacity to be increased to 100 participants.

In relation to the Bridges Relay on the 18th of June, 38 members have currently signed up to participate. The Dulwich Midsummer Relay has also been advertised, with MT paying the initial costs upfront before subsequently being reimbursed by the CT.

Dorking remains a self-entry event and it was additionally clarified that the Mile Relay itself will take place in July and LFR members will continue to support the event through volunteering and organisational assistance.

**Action to be taken:** CBP to follow up with LME regarding the Vitality Mile.

Discussion also turned to updates required on the website in relation to the Club Championships overview. Efforts are currently being made to incorporate race results more effectively, particularly now that Power of 10 appears to be functioning again. However, the automated collection of results is presently drawing upon outdated information. GW has therefore made MT an administrator on WebCollect in order to assist with these matters and facilitate the necessary updates.

Looking further ahead to July, preliminary discussions have also taken place regarding upcoming races and possible team participation. It was noted that the Dulwich Midsummer event currently does not have a women's team and, given that the event is relay-based, consideration was given to the possibility of LFR putting forward a women's team. It was recognised, however, that the matter is time-sensitive and would need to be progressed by the end of the week. At present, six teams are expected to participate, and it was recalled that the Club had previously taken part in a similar capacity in 2019.

Brief discussion on the LM Club Places document, which in due course will be reviewed by MT

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

The P & C S presented a general overview of the Club's publicity and communications activity, describing the current period as both exceptionally busy and highly successful in terms of visibility and engagement for the Club. Particular reference was made to the London Marathon and the Green Belt Relay, both of which had generated a substantial increase in online reach and interaction. Instagram performance continues to grow strongly, with average views now standing at approximately 150,000 and the account having surpassed 200,000 views earlier that morning. The London Marathon organic post in particular performed especially well, while the Club's Instagram account currently stands at 4,233 followers.

Looking ahead to June, it was recognised that this will be a quieter period in terms of major events, with attention likely to focus primarily upon local races and weekly Club runs for the time being. It was nevertheless emphasised that continued photographic content remains important, as posts connected to the Green Belt Relay and Hackney Half had both performed particularly strongly. Further clean-up work in relation to the LFR WhatsApp groups is also planned, as discussed during the previous RCM.

Discussion also turned to the redesign of both the e-bulletin and wider social media presentation, and it was acknowledged that this will require a significant amount of work, particularly in ensuring that the updated design functions effectively across both mobile and desktop platforms. The intention is to simplify the overall layout while improving readability and aligning presentation more closely with the Club's updated branding and colours. Current proposals include restructuring the e-bulletin around clearer sections such as "What's Happening This Week", "Races and Running Events", and "Socials and Trips". Work on the redesign has already begun, though as mentioned above, it is recognised that the process will take time.

A question was raised regarding whether the Club currently has any form of policy relating to photographs of Club members taken at LFR events and their subsequent use on social media. It was clarified that there is no specific standalone Club policy on this matter, however, members are currently asked to complete two separate consent options through WebCollect upon joining the Club, one concerning permission for their name and/or photograph to appear within the weekly e-bulletin, and another relating specifically to the use of photographs or video recordings for subsequent uploading on the LFR social media platforms. It was further acknowledged that, for practical and logistical reasons, it is extremely difficult to monitor individual preferences at all times, particularly as members may amend their consent settings at any given stage and some members joined the Club many years ago under earlier arrangements. It was therefore recognised that, where a member does not wish for a particular image of them to appear on social media, the most practical course of action is for them to contact the P & C Secretary directly by email in order to request its removal.

Consideration was also given to the possibility of creating a dedicated WhatsApp group solely for photographs, on the understanding that any images shared within such a group would be treated as suitable for general Club publicity and wider use.

**Action to be taken:** CM is kindly requested to please circulate a message on the LFR WhatsApp clarifying the position regarding photographs, social media usage, and the consent options available through WebCollect.

Some minor concerns were additionally raised regarding photographs of LFR runners featuring exposed torsos and certain relevant comments appearing on the LFR Instagram account, with discussion touching more broadly upon standards of online content and messaging directed towards the Club's social media accounts.

In relation to printing the Club's new flyers, the question was raised as to whether responsibility for this area properly falls within the Publicity and Communications Secretary or the Operations Secretary, particularly in relation to subsequent and future ordering of new flyers.

**Action to be taken:** CM and MH are kindly requested to please liaise regarding the above.

A summary of April's communications activity was then presented. The LFR Instagram account generated approximately 152,000 views across reels and posts, with 37.6% of all views originating from non-followers, indicating significant reach beyond existing Club membership. The account gained approximately 90 additional followers during the month, bringing the total to around 4,100 at that stage. Sixteen posts, both organic and non-organic, were shared throughout the month. The highest-performing non-organic post was the Battersea Park Chase the Sun 5K, which had reached 30,352 views as of 15 May, while the strongest-performing organic post was the London Marathon post, with 8,596 views by the same date. The substantial increase in posting activity compared with previous months was attributed largely to the particularly busy event season for LFR.

While engagement levels varied across individual posts, with several exceeding 5,000 views and others performing more modestly, overall performance remains exceptionally strong, and LFR is currently on course for a record-breaking May, already exceeding 165,000 views while continuing to maintain momentum.

The weekly e-bulletin continues to be distributed consistently and on time every Monday at 12pm, with no issues reported. All requests relating to mailing list additions or amendments have likewise been actioned promptly.

Facebook membership currently stands at 589 members, with the Facebook Members Group continuing to function effectively as a platform for sharing photographs. No major issues or significant changes were reported in this regard.

WhatsApp membership now stands at 423 members, representing an increase of six since the previous month. General chat usage continues actively and without notable issues or disputes,

while all additional groups are functioning appropriately. Further clean-up work of legacy event groups remains planned. The 2026 LM group will receive advance notice prior to any changes, whereas older inactive groups are expected to be removed without further warning.

Looking ahead, publicity efforts throughout May and beyond will continue to focus upon weekly runs wherever photographs are available, with the hope that greater visibility will in turn encourage increased photographic contributions from members. Particular emphasis was also placed on the 2026 Hackney Half, the associated social events, and both days of the Green Belt Relay. From June onwards, as the calendar becomes quieter in terms of major races, social media focus will increasingly shift towards Club Championships events, local races, and weekly Club activities. Beyond this, communications activity is expected largely to continue on a business-as-usual basis.

Finally, it was observed that there has recently been relatively little direct messaging activity requiring moderation or additional support, and as such there is presently no perceived need for an additional Instagram assistant role.

**Social Activities Update (SS)**

The SS provided an update regarding forthcoming social activities and related planning.

1. **Black Cap Social** In relation to the Black Cap Summer Social, it was confirmed that the upstairs bar at the Black Cap has now been booked free of charge for Saturday 13th June from 7pm onwards. The event is intended to be promoted as a “start of the summer” social gathering for the Club. Attendance in the region of 80 members has provisionally been indicated to the venue, although it was recognised that this figure may prove slightly ambitious but there would be no financial repercussions should attendance ultimately fall below that number. The upstairs bar itself has an overall capacity of 120.

It was further observed that there appears to be considerable enthusiasm amongst members for the event, particularly given that the Black Cap is a relatively new venue following its reopening after many years of closure. It was considered that the event may prove especially popular, as many members have already expressed interest in visiting the venue and experiencing the space. In light of this, consideration was given to implementing a sign-up process through Outsavvy in order to manage attendance more effectively. It was confirmed that further publicity for the event will be included within the next e-bulletin. The venue

manager has also expressed a strong interest in engaging collaboratively with LFR and in fostering an ongoing relationship with the Club.

2**. 2026 Pride Parade** Discussion then turned to arrangements for Pride Parade wristbands. It was agreed that publicity for this should either appear in the e-bulletin by 1 June or alternatively begin with an earlier "save the date" notice so that members are aware in advance. A booking system is to be established through Outsavvy, with bookings expected to open on 1 June at 12pm.

Several practical questions remain to be finalised in relation to parade allocations, including the overall number of places available within the march itself and the number of spaces to be reserved for female and non-binary members. It was recalled that, last year, 20 such places had been reserved, although only three ultimately attended, and consideration was therefore given to reducing this allocation to 15 places for this year. The question of reserving places for new members was also discussed. While five places had previously been allocated for this purpose, it was felt by some that the additional administrative burden involved may no longer justify maintaining a separate allocation, and that this approach may have become part of arrangements which are no longer especially necessary or effective.

The SS also confirmed having spoken briefly with Adam Jones regarding leadership of the Pride Parade march itself, with Adam indicating that appropriate volunteers would be arranged in advance of the booking system opening; AH has opted not to undertake this role this year. Discussion additionally touched upon the Pride march itself and, in particular, who would take responsibility for leading the parade on behalf of LFR, to which the suggestion was made that the recipients of the FOTY and NOTY awards could be actively involved in representing the Club at the front of the march, thus including possible participation from Zeke Farrell and Alex Carrington. It was emphasised that clear leadership at the front of the march remains important, and James Hadley was also referenced in this connection.

More broadly, it was considered desirable to achieve a better balance in terms of crowd engagement during the parade itself, ensuring that interaction remains enthusiastic and visible without becoming overly frantic or disorganised, and that planning for this should be approached proactively in advance. It was further confirmed that five Committee members are currently expected to attend the parade (MR, WP, CM, MH and CBP).

Reference was also made to the Nespresso coffee email proposal, involving the invite of 30 LFR to an exclusive Nespresso Masterclass at the Nespresso Flagship Store in Covent

Garden, which was received favourably and is expected to be included within the forthcoming e-bulletin.

**Action to be taken:** CBP is kindly requested to circulate the May minutes to the Committee prior to publication.

**Operations Secretary (OS)**

In relation to LFR kit, it was confirmed that there is presently no return option available in connection with purchased kit items. Initial discussions have now commenced with Filipe regarding possible clothing designs and broader branding opportunities for the Club. Filipe is expected to provide a brand pack together with a number of design proposals, including concepts for a leisure t-shirt. Consideration will also be given to additional branded items such as water bottles, wristbands, and related merchandise as part of the wider branding exercise.

The most recent kit order has now been successfully completed, with 53 kit items purchased in total. Members are currently collecting their orders from Run and Become. It was further explained that a conscious decision had been taken not to rush the production or release of snoods at this stage, given the seasonal timing and also in order not to overwhelm Run and Become with an excessive number of collection requests simultaneously. The possibility of introducing snoods will instead be revisited as part of the wider branding and clothing discussions currently taking place with Filipe.

Looking ahead, the intention is to continue progressing the design proposals once received from Filipe and to consult the Committee at the appropriate stage regarding possible options and next steps. It was also emphasised that timely reminders should continue to be issued to members concerning the collection of kit from Run and Become.

Discussion additionally touched upon the broader scheduling of kit availability throughout the year, particularly in relation to when the Club shop is reopened for orders. Consideration was given to the desirability of establishing a clearer and more regular schedule, potentially opening the shop approximately four times per year, or every three months, though it was recognised that this is ultimately dependent upon arrangements with the kit supplier.

**Action to be taken:** MH is kindly requested to please explore the feasibility of establishing a more regular annual schedule for kit availability and shop openings.

In relation to Victoria Park, the OS confirmed that preliminary work has begun in exploring alternative venue options due to the anticipated unavailability of the community centre for a period of approximately three months. Discussions have already taken place with Victoria Park Harriers, who are expected to consider the matter further at their own Committee meeting later this week. Hackney Council has unfortunately been unable to assist with identifying alternative venue options. CBP and the OS are therefore continuing to explore possibilities directly with Tower Hamlets Council, while contact has also been made with a local church as part of these efforts. The next steps in this regard will involve continuing to investigate possible venue alternatives around Victoria Park and pursuing further discussions with Tower Hamlets Council and any other potentially suitable venues.

In relation to the Clapham social venue, it was confirmed that arrangements have now returned to The Sun and that the situation appears to be functioning well. Particular credit was given to MR for his work in resolving these arrangements. The Sun has also agreed to extend the Club's booking arrangements through June and July. Going forward, it was agreed that periodic reminders should continue to be provided to The Sun regarding the booking arrangements, while any additional feedback from Mark may also be sought if necessary.

Updates were also provided concerning the Greenwich social venue. Discussions have taken place with the manager of the Pelton Arms bar in Greenwich, with efforts focused upon securing more reliable and consistent table bookings. It was reported that the situation now appears to be functioning more effectively. Monitoring of the arrangements will nevertheless continue, together with periodic liaison with the bar manager where required.

Finally, the OS provided updates regarding attendance at Club runs, having recently attended the Greenwich, Clapham, and Battersea runs, all of which appear to be operating satisfactorily. It was additionally noted that the Monday Three Stags pub had been informed not to expect the usual number of runners on the day in question due to competing events taking place.

Future plans include attending the remaining Club runs and identifying a contact at the Castle Centre who may be able to assist colleagues involved with triathlon activities. Ongoing

checks will also continue in order to identify whether any operational or venue-related issues require additional support or intervention.

**Membership Update (MS)**

The MS confirmed that all Club members who had either renewed their membership or joined as new members by the end of April have now also been successfully registered with England Athletics for the current club year.

It was further explained that text messaging has increasingly been used as a means of contacting members, as this has proven considerably more efficient for urgent follow-up communication and as WebCollect provides the option of issuing such text messages directly through the system, this functionality has therefore been utilised where members have needed to be contacted promptly regarding outstanding matters. As a consequence, some expenditure has been incurred in connection with the WebCollect text messaging services.

There are currently approximately 760 individuals listed on WebCollect, which was recognised as significantly higher than the Club's actual active membership figures. It was therefore noted that a review and clean-up exercise will be required, with approximately 50 individuals expected to be removed from the system in due course in order to ensure greater accuracy and consistency within the records.

It was also reported that CM has now shared with GW access for the LFR MailChimp account, which will assist in ensuring that individuals who are no longer Club members are removed from the e-bulletin mailing lists where appropriate. In a similar vein, GH and CBP will also be able to assist in reviewing and removing non-members from the LFR Facebook page and associated Club communication channels.

A brief discussion additionally took place regarding England Athletics, WebCollect, and the practical process of extracting accurate membership lists showing those individuals currently registered as active Club members.

**Club Secretary**

**2026 Hackney Half**: In relation to the 2026 Hackney Half, it was confirmed that LFR successfully secured 95 community entries for the event, representing the largest allocation

awarded to any community partner organisation. This was regarded as an exceptionally positive outcome for the Club and a clear reflection of the strength of LFR's ongoing relationship with the organisers and the wider running community.
Particular praise by the organisers was given to the collaborative work undertaken at Aid Station 2 between LFR, Les Run, and the Queer Running Club, which together created a genuinely warm, energetic, and highly visible community presence throughout the day. The atmosphere generated was widely viewed as one of the highlights of the event. In addition, the post-race social gatherings proved extremely successful and were very well attended, with the CS expressing his sincere appreciation to MR for the considerable effort and organisation involved in delivering these arrangements so effectively.

It was further reported that the entirety of the Saturday had been spent by the CS at the Hackney Moves stand, during which one particularly striking observation emerged, namely that the overwhelming majority of enquiries and expressions of interest came from women. It was suggested that this may be an important point for future reflection, particularly when considering outreach, visibility, and engagement strategies for next year's event cycle.

**2026 Big Half** Less positive updates were unfortunately reported in relation to the 2026 Big Half. The Club's community allocation has this year been reduced to only 50 places, compared with 100 places the previous year and 120 the year before that. It was noted that reductions of this nature appear to be affecting community running clubs more generally. While the official explanation provided by the organisers is that they are seeking to distribute places across a broader range of community groups and initiatives, it was nevertheless acknowledged that there is a growing perception that commercial considerations and revenue generation are increasingly taking precedence over the long-established relationships previously enjoyed by community running organisations.
Unless additional places can ultimately be secured, it was recognised with some regret that the Club may no longer be in a position to extend invitations to Brighton & Hove Frontrunners this year, potentially bringing to an end what has become a particularly valued and longstanding four-year tradition between the two clubs.

In light of the significantly reduced allocation, an initial proposal was put forward for discussion concerning how places might be distributed, including reserved percentages for women members, newer runners, and particularly dedicated volunteers, with the remaining

places allocated more generally across the membership. Following discussion, however, the Committee concluded that a lottery system would represent a fairer and more transparent approach overall. It was therefore agreed that members interested in obtaining a place should be invited to register their interest by a specified deadline, after which the available community entries would be allocated through a lottery process, thereby ensuring that all members are afforded an equal opportunity of securing a place.

**Further Volunteering**: Looking ahead to future volunteering commitments, it was confirmed that there are presently three volunteering events scheduled for July, namely the Saucony 10K, Transcend, and the SCGCR, followed by The Big Half in September and Royal Parks in October. Beyond this, it is anticipated that there may be several additional RunThrough volunteering opportunities between October and December, after which the volunteering calendar for the year is largely expected to conclude.

It was further reported that contact has now been made with London Marathon Events regarding the Vitality Mile, although no response has yet been received. The matter will therefore be followed up further, with updates to be provided in due course.

Finally, the Committee formally recorded its thanks and appreciation to CBP for his work and contribution in relation to volunteering arrangements connected to both the London Marathon and the Hackney Half events.

**AOB**