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: Marius Thies (MT)
Publicity & Communications Secretary: Craig Munn (CM)
Social Secretary: Mark Randall (MR)
Operations Secretary: Matt Hunter (MH)
Triathlon Secretary: Ben Humphrys (BH)

Tuesday 25th August 2026
RCM Agenda

Co-Presidents
Diversity & Inclusion Updates

Financial Updates (CT)

Races Updates (RS)

Triathlon Updates (TS)

Publicity Updates (P&C S)

Social Activities Update (SS)
The 2026 LFR Christmas Party

Operations Secretary (OS)

Membership Update (MS)

Club Secretary Updates

AOB

Chair: GH
Minutes: CBP
Apologies: GW, BH, WP

Co-Presidents

General Updates There is a certain number of items to be discussed, these are not many, but certainly those that need to be discussed are not few.

One of these concerns a genuinely very sad matter for the Club, namely the death of a Club member, and the actions that now need to be taken by the Committee. CBP has already deleted the member's data from the WhatsApp chat and from the England Athletics portal; his is, of course, a very sad procedure to have to undertake, but it is nevertheless a procedure that needs to be followed due to the Club's Data Protection Policy

Action to be taken: CBP to liaise with DB, CM and GM, providing the appropriate guidance to ensure that any remaining data relating to the member is deleted.

The Committee suggested consulting with GW as to whether she might agree taking on the responsibility of discreetly ascertaining the views of the LFR women and establish whether the women feel it would be appropriate for the member to be mentioned in the eBulletin, and this should only be pursued if the women themselves feel that a mention in the eBulletin would be appropriate, as the intention is to offer a fitting commemoration, rather than to cause further sadness. The Committee noted that a similar incident had happened previously, on two separate occasions, when a mention was made both on the LFR FB page and in the eBulletin.

Should any welfare matters arise among members in relation to the above, CBP will have to liaise with those concerned as appropriate, ensuring that anything brought to the Club's attention is approached with due care and discretion, and that appropriate support is made available where needed.

There was a very useful meeting between DB and GH concerning the suggested change of the Club's structure into a limited company, and it was agreed that the matter should be brought to members' attention in the eBulletin as soon as reasonably possible in the form of a consultation. Arising from the discussions held, a short, straightforward and fairly simple document has been created, which would help to inform the Committee's consideration of the matter and would also allow for a broader consultation with the membership. The Committee would welcome the views of Club members and is keen to ensure that their perspectives are heard and given due consideration as the matter progresses and through this document, members will be invited to send in their questions and views on the matter, so that the Committee can hear directly from them and take their perspectives into account.

Action to be taken: CH to send the link to the document to CM as to be included in the next eBulletin.

The link will probably be included in next week's edition, rather than the coming Monday's one.

Christopher Craig is standing down from the North Devon trip, with Cristian Duran taking on the role in his place. The Committee expressed its sincere thanks to CC for his support in relation to this important Club trip and acknowledged the valuable contribution he has made to its organisation and successful delivery. The Committee thus wished for its thanks and appreciation to be formally recorded in the Minutes.

Two matters arising from the OS report were brought before the Committee.

The first concerned WorldPride 2032, for which London is bidding to host the event. The Committee expressed its support for London's candidature.

The second concerned the wording used in referring to the trans community in the Club's communication, where the Committee considered that "trans members" would be a more appropriate and inclusive term than "trans siblings", and agreed that this wording should be used going forward.

Further discussion followed in relation to the Club's Circles. It has been noted that not all Circle volunteers are attending the Circle duties to which they have been allocated, with some of them failing to turn up to fulfil their commitments. This remains a significant concern, particularly as the smooth running of the Circles depends upon the reliability of volunteers, on maintaining a supportive continuity for those volunteering alongside them and most importantly, on the duties assigned to them being fulfilled. It was also acknowledged that there is some variation in the levels of aptitude and experience with which volunteers carry out their respective duties, with some volunteers demonstrating greater confidence and proficiency in carrying out their respective responsibilities than others.

At the same time, the Committee was clear that particular emphasis should continue to be placed on supporting new runners and ensuring that their experience of the Circles, and of their first run is as welcoming and supportive as possible, New runners should not be left to find their way on their own, and wherever possible, they should be paired with longer-established members who can run alongside them, offer them encouragement, guide them through the routes and help them feel comfortable and supported as they become familiar with the Club's runs. As part of the Circle Volunteering procedure, CBP has prepared a specific document for new Circle volunteers, which he shares with those taking on these responsibilities. The document is short and comprehensive and takes new volunteers through the various stages of a Club run, giving them a clear understanding of what is involved and what is expected of them, with appropriate guidance and encouragement provided as they become

familiar with the responsibilities involved; in addition, CBP ensures that the Circle Rota itself is arranged in a way that feels supportive to those who are new to Circle volunteering.

Action to be taken: CBP to share the relative document with GH, allowing another pair of eyes to review it and consider whether there is anything further that might usefully be added.

Further discussion took place within the Committee in relation to the Monday runs and, in particular, the possibility of moving the Circle outside the Leisure Centre, a suggestion that had also been discussed by the Committee last year but was not subsequently implemented. At present and as it becomes darker during the winter months, the Circle is held at Geraldine Mary Harmsworth Park; however, the park is quite poorly lit, while the traffic noise from Kennington Road can make announcements difficult to hear. With the Monday run being particularly popular, it can also be surprisingly easy to miss a new runner in the darkness, making it more difficult to ensure that new runners are identified and appropriately paired with longer-established members. It was therefore agreed that the Circle should be moved outside the Castle Centre in a few weeks' time, once the necessary arrangements have been considered.

Action to be taken: CBP to make the necessary announcements to communicate the change to CL/CLAs.

Diversity & Inclusion Updates GW, in her report, noted the continued success of the women's training programme and the women-only coaching sessions, which both continue to attract good numbers. GW also reported the resignation of a Club member who had expressed that they did not share the same views regarding the way issues relating to the trans community and the EHRC guidance had been presented in the eBulletin.

Financial Updates (CT)

The Committee received the Treasurer's financial update, dated 24th of August, with the management accounts until the end of July 2026. The total cash held by the Club stands at £99,378.99, comprising £53,286.17 in the Current Account, £19,954.37 in the Instant Access Saver, £15,575.73 in the 32 Day Notice Saver and £10,562.72 in the 95 Day Notice Saver. During the previous month, total income amounted to £6,406.34, while total outgoings amounted to £5,661.13. There was no significant income above £500 from any single account. Significant outgoings included £1,700 paid to Christopher Craig towards expenses for the North Devon trip, £600 paid to the Sri Chinmoy for the relay races, and £1,800 paid to Kevin Quinn for delivering the Thursday track coaching.

Races Updates (RS)

There was a very good turnout for the 5 Miler, and the forthcoming Bank Holiday this Monday will also see the second 5K option of the Club Championships taking place. Many thanks to CBP for facilitating access to complimentary entries, as the Club has also been given the opportunity to obtain a number of complimentary places for the Vitality Mile on Saturday the 26th September.

In relation to the River Relay, also some positive news, as 20 members have already signed up, forming four teams of five. Given that each team will need to be transported between the various stages of the relay, two Club members have very kindly come forward offering their volunteering support in driving the LFR teams around using their own cars. The question of whether the Club would be open to the request of covering the temporary insurance for the two vehicles in question, together with the necessary fuel expenses, which amount to £300 in total, was presented by the RS. The Committee considered and agreed that these consts should be met by the Club.

The RS has reviewed the London Marathon Club Places document, which is due to be published in next week's eBulletin and shared with the Club. As discussions concerning the number of London Marathon places that may become available for the 2027 event have not yet taken place, and CBP is due to attend a meeting on this matter on Friday, it was considered appropriate, for the time being, to state in the document that "an indeterminate number of places could become available for the 2027 event".

The position of XC Captain still remains available, as no one has come forward to take on the role. As a contingency, MT will step in and assist with the XC activities, particularly as he is likely to be participating in most of the races. This has already been discussed with LWS, who will, however, need to manage all the XC relevant communications. The Committee also considered the existing XC WhatsApp chat and whether this should be brought into the Community Chat, both to make the communication more inclusive and to give the XC races greater visibility within the wider Club. Including the XC chat in the Community Chat could also provide a useful platform for encouraging greater engagement with the XC activities and helping to generate wider interest and participation in the various fixtures.

Action to be taken: The possibility of incorporating the XC communications into the Community Chat to be explored further between CM and MT.

Triathlon Updates (TS)

There were relatively few updates in relation to the triathlon activities, other than the positive development that new triathlon coaches are currently progressing towards their qualifications and it is very much hoped that, once qualified, they will further strengthen the triathlon's capacity to offer swimming and other forms of triathlon training in the future.

The triathlon section is also making very good use and taking advantage of the Westminster Active accreditation secured by CBP, which has enabled the cost of the swimming sessions to be reduced to £5 per session, representing excellent value. The sessions will recommence in September and continue through the winter season.

Publicity Updates (P & C S)

July was a particularly busy month for publicity, with the Club's social media content receiving approximately 190,000 views overall. Efforts to share stories more regularly have helped to encourage greater interaction, while a post celebrating the Edinburgh Frontrunners' Nigel Patrick's victory which has attracted around 15,000 views. A solidarity post in support of trans members and the trans community was also very well received, generating approximately 8,500 views, whereas the Club gained 120 new followers during the month. Much of this activity reflected the considerable amount of events that took place in July, including Pride and Trans Pride, along with a substantial amount of content arising from the weekly runs.

In relation to supporting the current LFR Webteam and bringing forward the new Club website, four volunteers have come forward, Aidan, John, Munkh and Bruno. CBP and I have exchanged a couple of emails on the matter and I think I will follow his suggestion of splitting the volunteers in two teams, one team working on the current website, which needs a significant amount of updating, whereas the second team could work on the new website, in collaboration with Julia, with further content now awaited, including material relating to the weekly runs and the Club Championships.

Both the Club and the Pride Run Committee have recently been contacted by an organisation which describes itself as a network concerned with equal opportunity and fairness in sport, particularly in relation to policies affecting female participants. The tone of the communications received was not particularly constructive, and it was agreed that the most sensible course of action was simply not to engage with the organisation at all, as our view was that the organisation was clearly hoping to invite further correspondence and to provoke both LFR and the PR10K into a response and, equally clearly, it was highly unlikely that they would have been satisfied with whatever sensible answer we might have been able to provide (GH)

Following the above communication from GH, the Committee also discussed whether there would be any publicity implications coming from this anti-trans group and related to any of the posts on the LFR Instagram account, though the P & C S has already seen to that, by eliminating the possibility of those interacting online to make any comments on postings which might potentially generate any negativity. Further discussions followed on wording of a relative disclaimer which is on the page of the Shri Chinmoy races and also on the sensitivity of the Club's position in relation to England Athletics.

The question was also raised as to whether there might be any implications for the Club's publicity and communications when the Club eventually moves forward as a company. It was acknowledged that there is not yet a clear answer to this, although the view was expressed that it may not make a significant difference, as the considerations that apply to the Club in its present form would also continue to apply in the future.

Social Activities Update (SS)

The Nespresso Masterclass event was well attended and proved rather successful, both as a social occasion and from the perspective of the Club member who originally proposed the event, with a number of those attending subsequently purchasing Nespresso machines.

The LFR Picnic and the outing to The Cock Tavern were also very successful, attracting between 40 and 50 people each. The two events drew somewhat different groups, with some members attending the Picnic but not the Cock Tavern, while others who had not attended the Picnic joined for the latter.

There is currently one place still to be filled for the RVT Sports Day, following three cancellations. A good number of Club members are nevertheless planning to attend and support the event as spectators.

The Sail Loft has been booked for the Big Half post-race social, providing an opportunity for members to come together and for runners, volunteers and spectators to support the event. For the post-Pride Run social, the Black Cap has already been booked.

The Christmas Party booking has been exceptionally successful, with the majority of places taken within the first three days of the booking link being circulated. There are currently 197 confirmed bookings, including 27 women, leaving only three places available. These remaining places will remain open to women and non-binary members until Monday 31 August, after which, and if they are not taken by the LFR women and N/B, they will go to the first three members on the waiting list. There are currently 44 people on the waiting list, which is disappointing, as the Club would very much have liked to accommodate everyone who expressed an interest; however, attendance is subject to the venue's strict maximum capacity of 200. To date, 80 members have already paid their Christmas Party fees.

The possibility of arranging an after-party at the Eagle was also discussed with Shane, which would provide an opportunity for those who were unable to secure a place at the Christmas Party to join the celebrations later in the evening, after midnight.

Operations Secretary (OS)

Club Kit & Merchandise A further kit shop sale has now been completed, with members ordering 20 caps and 17 pairs of socks, together with towels and other standard items of Club kit. The standard Club kit, including towels, is expected to be available from 31 August, with the socks due during the week commencing 7 September and the caps following during the week commencing 14 September. A small number of caps and socks will be retained by the Club for use as prizes.

In relation to the leisure T-shirt that MH wrote about, the sample has now arrived and was brought before the Committee, with MH wearing it for Committee members to view. The T-shirt is made from good-quality cotton with a soft, skin-friendly feel against the skin.The proposed price is expected to be in the region of £25–£26 per T-shirt.

MH has also been approached by a company regarding the production of an LFR-branded hydration pack and is awaiting its proposed designs.

With regard to Battersea Millennium Track, MH has contacted the track to seek an update on the refurbishment and its anticipated reopening date, but has not yet received a response. WP recently visited the area and reported that substantial works still appear to be under way.

The possibility of introducing a regular coaching session in Greenwich has also been explored. Following consideration of the options, it was concluded that the current coaching capacity does not allow for an additional regular session at present. The suggestion of launching a Greenwich coaching session will be revisited in the following spring.

Mile End Track Following the Committee's earlier discussion, MH clarified the arrangements for the proposed Mile End track voucher pilot and amended the original allocation proposal. The initiative arose from Roger Kennedy's suggestion that the Club should use some of its funds to purchase a number of track entries on behalf of members and distribute them to those attending the Mile End sessions, with the aim of reducing the cost of participation and, in turn, encouraging greater engagement with the track coached sessions. It was stressed that this would be a pilot scheme, rather than any commitment to subsidise track attendance on an ongoing basis.

The proposal is to purchase 200 vouchers at £5.50 each, representing a total expenditure of £1,100. The vouchers provide entry to the Tuesday sessions between 6pm and 8pm, do not require advance booking, have no expiry date and would remain valid should the entry price increase. The Mile End venue has confirmed that capacity should not present an issue. MH would distribute the vouchers, with each interested member initially receiving three. This represents a change from the original proposal, under which different numbers would have been allocated according to whether members were regular runners, or new, returning or occasional attendees. A standard allocation was considered preferable, as it would be simpler to administer, easier to

communicate and would avoid any perception of favouritism in determining who should receive a greater allocation.

The intention is to make track participation more accessible by reducing the cost for members wishing to try the sessions or return to them, while also encouraging continued attendance at Mile End. The Committee recognised that, although an individual track session may not represent a substantial expense, the cost can accumulate for those attending regularly, particularly on a weekly basis. At the same time, the use of Club funds for this purpose prompted discussion about the longer-term rationale for the initiative and whether the same group of regular track runners might be the principal beneficiaries. It was observed that members who attend the track do not necessarily participate in other Club activities or races, and therefore the benefit to the wider Club should be considered carefully when determining whether such expenditure should continue.

GH raised a number of questions concerning the purpose and longer-term direction of the initiative, including what the pilot is intended to achieve, whether there should ultimately be a longer-term arrangement and whether the intention is simply to encourage track participation for a period before bringing the scheme to an end. He also noted that, in considering the use of Club funds, it is generally desirable for there to be a clear benefit to the wider membership. In comparison, expenditure on the leisure centres used by LFR was considered to offer greater value for money, given the substantially larger number of members who make use of those facilities.

The Committee also considered whether the introduction of the Mile End vouchers might lead to similar expectations from members attending the Battersea track. It was agreed that the nature of the initiative should therefore be communicated particularly clearly: this is a temporary, capped pilot intended to encourage engagement with track running as the autumn season approaches, and it should not be presented as an entitlement or as the beginning of a permanent subsidy. The pilot will provide an opportunity to assess demand, attendance and how effectively the vouchers are being used before any decision is taken on whether the initiative should continue.

Vouchers would be requested in advance and collected in person either at Mile End or at selected LFR runs that MH will be attending in person, and members would be expected to use their initial allocation before requesting further vouchers. As the vouchers do not carry unique identifying codes and the Mile End venue is unable to confirm which individual vouchers have been redeemed, MH would maintain a simple record of allocations and monitor their use and attendance as far as this is practicable. Where a member appears not to be using vouchers already allocated to them, a courteous reminder would be given before any further allocation was made.

The Committee was asked to approve the purchase of 200 vouchers at a total cost of £1,100, with any further purchase would be subject to a separate Committee decision,

following consideration of demand, attendance, voucher usage and the practical administration of the scheme.

The Committee did not present any further objections to the proposal and agreed to subsidise with Club funds the above sum as a pilot scheme

Action to be taken: MH to share the draft communications relative to the above for the Committee's consideration.

Venues and Facilities MH reported that there had been no enquiries from either members or venues concerning any implications for LFR arising from the EHRC ruling. Separately, but in connection with this, MH considered that it would be appropriate to review some of the language currently used in the Club's communications concerning the EHRC ruling and Trans Pride. While expressions such as "our trans siblings" are intended to convey support and solidarity, they may inadvertently suggest that trans members constitute a separate group within the Club. Future communications should therefore remain unequivocally supportive, while also reflecting that trans members are an integral part of LFR.

The Club's regular Thursday booking at the Sun in Clapham has now been extended until the end of October.

In relation to the suggestion of having a dedicated women's officer, GW and CBP have both provided detailed feedback on the proposal; MH will consider their comments fully and respond before bringing any revised proposal or suggested next steps back to the Committee.

London is bidding to host WorldPride 2032, and it was considered that LFR should follow the progress of the bid and, as plans develop, consider what role the Club might appropriately play, particularly in view of its position within London's LGBTQ+ sporting community. The possibility of nominating an officer to make an initial approach to the organisers was also raised.

Membership Update (MS)

As at 23 August 2026, the Club has 731 registered members.
July was a relatively quiet month in terms of membership, with ten new members joining, comprising one woman or non-binary member and nine men. August has been rather busier, with 17 new members joining so far, including two women, representing 11.76% of those joining during the month. It was noted positively that some of the new women and non-binary who have recently joined LFR as members have come through the coaching programme.

Following CBP's suggestion that the Club's welcome email should include an introduction to the Club Welfare Officers, this amendment has now been incorporated and has been in place since mid-August.

The Women's 10K coaching programme continues to go very well, with good attendance and a popular and highly regarded expert coach. On 12 August, 19 women attended in addition to the coach, followed by a further 11 women on 19 August.

Sadly, it was also reported that a current member, who had joined the Club following last year's training programme, died at the beginning of the summer. An approach has been made to another member with a view to sending a message of condolence to the family.

The Membership report also returned to the resignation of a member, previously reported to the Committee, following the Club's stated approach to the EHRC guidance document. As noted last month, contact was made with the member, who replied after some delay. A constructive exchange subsequently took place by email, during which the member explained that they considered the position expressed by the Club in its various communications concerning the EHRC guidance to be inconsistent, on the basis that the EHRC guidance must necessarily accord with the law and that, in their view, the UK Supreme Court had made the relevant legal position clear.

Separately, a brief exchange has taken place between the Membership Officer and MH concerning the proposal for a Women's Officer, with CBP copied into the correspondence.

Club Secretary

A question was raised by DB as to whether LFR might receive additional London Marathon Club Places for the 2027 event, particularly in view of the event's increased capacity, and whether the three places currently allocated to the Club would remain unchanged. From a members' perspective, there was also a question as to whether those receiving places would know in advance on which day they would be running.

The question of whether LFR will receive an increased allocation of places is one that CBP expects to be in a position to answer more clearly following his meeting with London Marathon Events this coming Friday. Given that the 2027 event is expanding to 100,000 participants across two days, however, it was considered that there is a wider question for the Committee to consider. If LME does not offer LFR a substantially increased allocation to reflect the enlarged event, the Committee will need to consider what its position should then be. This raises the question of whether LFR should continue volunteering on essentially the same basis as before, despite the event itself

having doubled in scale, or whether the level of the Club's involvement should be reconsidered accordingly.

It was emphasised that LFR should not make any hasty decision that might adversely affect what has, over the past five years, been a valuable, harmonious and mutually beneficial relationship with LME. At the same time, the Committee should be clear about the value of the contribution LFR makes to the event and whether the existing arrangement remains proportionate now that the scale of the London Marathon has changed so considerably.

The Committee's views on where LFR should draw this line would therefore be particularly helpful, enabling CBP to attend Friday's meeting with a clear understanding of the Club's position and, if necessary, meaningful suggestions and arguments from which to negotiate.

In relation to the Philosophy Talks proposal, Ruairi Maguire, an LFR member and philosophy lecturer, is planning to launch a free weekly philosophy discussion group in South-West London. He intends to organise and deliver a series of interactive sessions covering the history of Western philosophy, from the Presocratics through to the 21st century. No previous knowledge of philosophy will be required, with the emphasis being not simply on learning about the subjects but, principally, on engaging with and testing philosophical arguments.

It was acknowledged that this is not an initiative of the kind the Committee encounters particularly often within LFR, but that it sounds, at least from CBP's perspective, genuinely interesting. With the Club now having more than 750 members, CBP considered it worthwhile to bring the initiative before the Committee and seek its formal endorsement, with a view to including it in a forthcoming eBulletin. Given the likelihood that there may be members who would be interested in attending, this would also allow the Club to support Ruairi in promoting an initiative he is organising for fellow members, without requiring a Committee member to take on responsibility for coordinating it. CBP indicated that he would, however, be happy to follow whatever course the Committee considered most appropriate.

The Committee was therefore asked to reach a clear decision on whether to formally endorse the initiative and agree to its inclusion in the eBulletin, so that the matter could be settled without requiring disproportionate time for deliberation during the RCM and the appropriate course of action could then be taken.

As the eBulletin is rather long these days and already contains a considerable amount of content, it was felt that the Philosophy Talks might easily become lost amongst the many other events being publicised. It was therefore considered preferable to promote the sessions through FB and the General WhatsApp Chat as well, thereby giving the initiative greater visibility and reaching a wider number of members.

AOB

LFR has received £147 through Easy Fundraising, which is almost equivalent to the cost of sending one volunteer through the England Athletics coaching programme. In view of this, it was considered worthwhile to revisit the scheme and encourage greater participation among members. Members are not required to do anything beyond signing up and using the scheme when making eligible purchases, while even relatively small amounts generated in this way can, over time, make a useful contribution to the Club's reserves.

Action to be taken: CBP to revive the scheme by including a short reminder in the general WhatsApp Chat each month, encouraging members to sign up with Easy Fundraising.

The Committee discussed the date for the December RCM, together with the difficulties habitually being encountered in securing a suitable venue for the December meeting, due to the festive season and venues being extremely busy.