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 13th October 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)

Operations Secretary (OS)

Membership Update (MS)

Club Secretary Updates
2027 LM Updates & General Volunteering Updates

Volunteering & Engagement Proposal

Kew Gardens Partnership

World AIDS Day Proposal

Madai Fundraising Platform for LFR

AOB

Chair: WP
Minutes: CBP
Apologies: N/A

Co-Presidents

Diversity & Inclusion Updates

Women's Weekend Away Funding Proposal GH reported on the follow-up correspondence with Lucy Wilson-Shaw, Erika Kulikova and Kat Forrest regarding the women's weekend away, following the Committee's discussion of the thoughtful and comprehensive proposal presented by LWS at the September meeting.

The Committee's general principle is that all LFR trips should be financially self-sustaining, nevertheless, the Club remains keen to encourage and support new initiatives of this kind, recognising their potential to broaden participation, strengthen connections between members and contribute positively to the Club's community life. It was also noted that, where financial support is provided, the Club's preferred approach is to reimburse specific costs rather than offer a blanket subsidy, with the Committee also particularly keen to support race participation through entry-fee contributions, consistent with its support for a range of running events as they happen to form an integral part of the Club's activities.

On this basis, the Committee proposed reimbursing the race-entry fees of each participant attending the weekend away. Although the overall financial commitment might be broadly comparable to the subsidy originally requested, this approach would provide direct support for the racing element of the trip and ensure that all participants received reimbursement for the entry fees they have paid.

In their response, the organisers expressed their appreciation for the proposed support but raised concerns that reimbursing race-entry fees might disproportionately benefit more established runners, who would be more likely to enter longer and more expensive distances. They explained that one of the aims of the initiative was to encourage newer members and less experienced runners to participate, who might be more inclined to choose shorter distances.

The correspondence highlighted a broader question concerning how the Club might develop an approach that actively promotes both equality and equity of participation and indicated that they might submit a separate communication to the Committee on this wider issue.

Committee Communications and Contact Channels GH clarified to the Committee that the Co-President email account should not be circulated as a general point of contact for the wider membership, as it is intended for Committee-related internal correspondence and members should continue to direct general enquiries and other membership-related communications to the Club's established Info email account.

Member Welfare and Protection The Committee discussed the SEEN article, which was described as targeting and naming individual LFR members. Strong concerns were raised regarding the potential impact on the welfare and wellbeing of thosewho have been named, as well as the wider implications for the Club and its members.
The discussion considered what measures the Club might take to support affected members, safeguard their welfare and, generally, respond appropriately to targeted criticism or attacks. The matter was recognised as raising broader questions about the Club's responsibilities towards its members and the practical steps available to protect and support them when they become the focus of heinous public scrutiny.
The Committee discussed the Pride Run 10K in the context of its relationship with England Athletics, including the implications of the event's registration status and the wider concerns arising from the issues discussed above.
Committee members considered whether continuing to register the event with EA remained the most appropriate course of action, taking into account the potential benefits and obligations associated with registration, alongside the welfare and protection of members involved in the event.
It was agreed that further discussion on the subject was needed with the Pride Run Race Director to establish their position on the possibility of holding the event without EA registration, as this would help inform the Club's consideration of the available options and their respective implications.

Action to be taken: WP is kindly requested to approach and discuss the above matter with Philipp Legner and report back to the Committee in due course

Discussion on Whatsapp texts The Committee held a discussion on the recent WhatsApp incident, focusing on the importance of preventing misunderstandings, avoiding unnecessary escalation and ensuring that concerns raised by members are addressed constructively and through the appropriate channels.
The Committee emphasised that its intention is in no way to suppress members' opinions or discourage them from expressing concerns. On the contrary, open communication between the Committee and LFR membership is considered essential to the effective running of the Club. However, it was noted that WhatsApp exchanges are often an unsuitable medium for discussing grievances or sensitive matters, as conversations can easily become unproductive, misunderstandings can arise, and disagreements may escalate rather than lead to constructive outcomes. Members should therefore be encouraged to communicate their concerns by email, either to the relevant Committee member or to the Committee collectively, as

appropriate, as this allows matters to be considered more carefully and responded to in a more structured and constructive manner.

In view of this matter, the Committee considered the possibility of introducing an annual membership survey, with the results subsequently discussed at the AGM. While on one hand it was recognised that surveys can be a useful means of gathering feedback, on the other hand it was noted that their effectiveness depends on their design and purpose. As with many voluntary surveys, responses may disproportionately reflect the experiences of members who are either particularly satisfied or particularly dissatisfied, while providing limited insight into the views and experiences of the wider membership.

It was further observed that surveys with broad, open-ended questions can be difficult to analyse and may not always lead to clear or actionable outcomes. By contrast, short focused surveys addressing specific issues can be an efficient way of gathering views and informing decisions. The Committee therefore considered that any future survey should have a clearly defined purpose and be designed to generate useful, representative and actionable feedback.

The Committee agreed, by general consensus, that the recent WhatsApp incident had been handled promptly and appropriately. CM was thanked for the judgement exercised in addressing the situation, with the Committee expressing its appreciation for the way the matter had been managed as it was considered proportionate and consistent with the objective of preventing further misunderstanding or escalation.

The Co-Presidents had also received on the same subject a constructive email from Anastasios Koutsos, who has professional experience relevant to the subject and had expressed his willingness to discuss with Committee members potential strategies on how to deal with similar situations. The Committee welcomed this offer, recognising the value of drawing on relevant expertise to strengthen its approach to communication, conflict management and the handling of sensitive issues.

The Committee reiterated the importance it places on maintaining effective communication with members, both by remaining accessible when concerns arise and by ensuring that members receive appropriate responses to their enquiries. Members should feel encouraged to approach the Committee and should have confidence that their concerns will be considered seriously and respectfully.

It was acknowledged that some members may, on occasion, feel more comfortable raising concerns anonymously. The Committee recognised the importance of considering how best to accommodate such feedback while retaining the ability to understand the issues raised and, where appropriate, respond meaningfully.

The Committee also discussed the existing Communication Policy document governing the handling of such matters and the importance of ensuring that the policy is appropriately reviewed, accessible and understood by those responsible for its implementation. It was suggested that communication about the policy could be circulated more promptly and regularly, helping to ensure that members are aware of the relevant procedures and that Committee members have a shared understanding of how incidents should be addressed.

The Committee considered whether the P & C Secretary has sufficient support in dealing with sensitive communications and incidents of this nature, including whether appointing an assistant or additional designated person would be beneficial. Such an arrangement could provide additional capacity, help ensure that issues are identified and addressed in a timely manner, and offer continuity when the principal officer is unavailable or unable to respond promptly.
The discussion also considered the longer-term sustainability of the current arrangements. In particular, members raised questions about how such matters would be managed if the relevant officer were unavailable for an extended period, stepped down from the role, or were succeeded by someone with less experience or confidence in handling difficult situations. The Committee recognised the importance of establishing a sufficiently robust support structure so that the effective management of sensitive issues does not depend excessively on the experience or availability of any one individual.
The Committee agreed that the subject warranted further consideration, including the adequacy of existing arrangements, the potential benefits of additional support, and the need to ensure continuity and confidence in the handling of future incidents.
Finally, the Committee reaffirmed its commitment to constructive communication, the fair and timely consideration of members' concerns, and the development of clear and sustainable procedures for managing sensitive issues, with relevant discussion to continue in due course.

Financial Updates (CT)
The CT reported that the Club's overall financial position remains healthy and stable, with total cash holdings standing at £100,025.84. The funds are currently distributed across the Club's current account and three savings accounts, as detailed below:

- Current Account: £53,821.99
- Instant Access Saver: £19,970.77
- 32-Day Notice Saver: £15,623.93
- 95-Day Notice Saver: £10,609.15

Total expenditure for the previous month amounted to £4,966.91, while total income reached £4,697.33.
In reviewing the month's transactions, the CT highlighted two significant outgoing payments exceeding £500:
£1,852.43 to Kai Konkolewski, relating to accommodation and associated expenses for the Isle of Wight trip.
£650.00 to Caraman Productions, for the booking of the photo booth for the Club's Christmas party.
No significant individual income transactions exceeding £500 were reported.
The CT noted that there were no particular financial concerns to raise this month, with the Club's finances having remained straightforward and largely uneventful throughout the reporting period. The current position continues to be satisfactory, and no issues requiring further committee attention were identified.

It was further noted that three LFR members are still outstanding in their payment for Christmas party tickets. Once these payments have been received, the associated ticket income will be brought fully up to date. The CT expressed confidence that this outstanding matter presents no cause for concern and that the Club remains in a sound financial position.

Races Updates (RS)

The RS reported that everything is progressing as expected, with a good level of participation across recent and upcoming Club events.

A total of 12 Club members took part in the Kingston Half Marathon, marking a positive turnout. Attention now turns to a busy November race calendar, with several important fixtures approaching.

The first of these is the Marlow Half Marathon on Sunday 1st of November, which forms part of the LFR Club Championships and will be the final large race in this year's championship series. A propos and as a parenthetical remark the Pride Run 10k has been over the past years and was also included this year in the Club Championships portfolio of races.

The cross-country season officially got underway last Saturday, with six women turning out for the first fixture, which in terms of diversity was noted as an excellent start to the season and an encouraging sign of participation in the Club's cross-country activities. It was also confirmed that Liam Hazelton has officially taken on the role of one of the LFR Cross-Country Captains.

Looking ahead, two further fixtures are scheduled for November, on Saturday the 7th of November is the London Cross Country Championships, taking place once again on Parliament Hill and forming part of the LFR Club Championships, whereas on Saturday 14th of November take place the second Met League fixture, at Trent Park. The Committee welcomed the positive start to the cross-country season and noted the importance of keeping members informed of upcoming races, results and opportunities to participate.

Action to be taken: to announce on the E-bulletin LH's official appointment as Cross-Country Captain.

Action to be taken: The RS is kindly requested to please update the race results on the Club website.

Triathlon Updates (TS)

The TS provided a positive update on the Club's recent activities, highlighting strong participation in the winter swimming programme, continued development of the

coaching team, and considerable interest in upcoming events and international opportunities.

Swimming Sessions The second month of the winter swimming season is now underway, with 19 members having signed up, making this the largest coaching group the Tri section has had to date. Regular session attendance has been encouraging, typically ranging between six and eight participants, alongside good attendance at squad sessions. Feedback from members has also been very positive, reflecting a strong start to the winter programme.

The TS also reported promising discussions around potential collaborations with other clubs, providing opportunities for members from other groups who are interested in triathlon to participate in shared Wednesday sessions. Some insurance arrangements still need to be worked through before the collaboration can proceed, but the initiative was viewed positively and has the potential to broaden participation and strengthen links between clubs.

Coaching Development The Club is preparing to welcome four new coaches, who are due to begin their training at the end of October. Their development is expected to significantly increase the Club's capacity to deliver training throughout the year. The new coaches are anticipated to complete their training by early next year, also undertaking further training in triathlon coaching, covering both swimming and cycling. This investment in coaching capacity will help support the growing number of members participating in triathlon activities and provide greater continuity across the Club's training programme.

Tri Before Christmas The virtual Tri Before Christmas challenge competition will return for its second instalment in 2026. Approximately 50 people have registered or expressed an interest so far, suggesting another encouraging level of engagement. The challenge provides members with an accessible and enjoyable way to remain active and connected to the Club during the winter period.

2027 International Triathlon Trip The Tri section is already planning for the Club's 2027 international triathlon trip to Girona, in Spain, and the organisational part continues to progress well, with 46 attendees confirmed. This is set to be the largest international triathlon trip in the Tri section's history.

The trip is expected to benefit considerably from the involvement of the coaching team, with six coaches expressing interest in participating. Their involvement will help support members across different abilities and provide further opportunities for training, development and shared experiences throughout the trip.

Club Jumpers With the winter season approaching, the possibility of placing another order for Club jumpers was discussed. There is an expectation of continued demand,

particularly as members may wish to purchase LFR-themed jumpers as Christmas presents.

The TS also suggested organising another jumper-themed outing around London, with members wearing their Club jumpers at various locations. This could provide a fun and informal way to celebrate Club identity and encourage further social engagement.

Social Activities A Triathlon social is planned for the end of October. In addition to providing an opportunity for members to meet and socialise, the gathering will be used to finalise the race calendar for the coming year. This will help establish the Club's priorities for the next season and allow members to plan their participation in races and events accordingly.

Publicity Updates (P&C S)

The P&C S provided an update on the Club's social media channels, WhatsApp community, e-bulletin and website, outlining recent engagement figures, ongoing communications activity and priorities for the coming month.

Instagram The LFR Instagram account recorded 248,000 views across reels and posts over the two-month reporting period. This represents a decrease compared with July, reflecting both a quieter period in the Club's events calendar and a reduction in posting volume. Nevertheless, engagement remained encouraging, with 25% of views coming from non-followers, indicating that the Club's content continues to reach audiences beyond its existing membership. The account currently has 4,725 followers, representing an increase of 155 since July. Across the reporting period, 28 posts and 188 stories were shared, including both organic and non-organic content.

The strongest-performing posts included:
Top organic post: Pride Run 10K, with 5,300 views as of 13 October.
Top non-organic post: Berlin Marathon, with 8,400 views as of 13 October, this being a post published by another account.

Engagement was considerably lower than in July. August was quieter in terms of Club events, although the account maintained a considerable level of viewership. September was quieter still, largely owing to the reduced volume of content published, although several posts performed well.

The events which attracted a lot of attention covered the Pride Run 10K, the start of the autumn marathon season, the Isle of Wight trip, the Gayzelles paddleboarding event, the Club's weekly Club runs and other activities, which all helped maintain a steady level of views and follower growth.

Looking ahead, October's content will focus more heavily on marathon events, cross-country fixtures and the Club's weekly runs. Planned coverage includes the Chicago and Amsterdam Marathons, alongside any other forthcoming photographs from Club runs. The team will also continue working towards bringing event coverage fully up to date, as posts currently remain outstanding for events from the preceding weekend.

WhatsApp The Club's WhatsApp community has grown to 475 members, an increase of 35 since the previous update.

One incident was reported in the general chat. The matter was handled appropriately both by the P&C S and by other Club members, although further discussion is required regarding some of the concerns raised. It was noted that two of the four concerns identified required further consideration. All other WhatsApp groups continue to operate without issues.

The Committee discussed ways to make it easier for members to join the Club's WhatsApp community. A dedicated button is available directly from the e-bulletin, allowing members to access the relevant community chats and it was suggested that this option should be highlighted more clearly whenever members enquire about joining the groups.

The Committee also considered including the WhatsApp registration link in the welcome letter sent to all new members by GW. The link for joining the LFR WhatsApp is currently available at the end of the e-bulletin and will also be included in all the following editions, thus helping to improve its visibility and accessibility.

Action to be taken: CM to send to GW the link to the WhatsApp group currently included at the end of the e-bulletin.

E-Bulletin All weekly e-bulletins were distributed on time, at 12 noon on Mondays, with one exception during the reporting period. No significant issues were reported, although some additional guidance and coaching will be required for one member of the team.

All requests to join the mailing list, as well as amendments to existing subscriptions, have been actioned.

The team will continue to prioritise the timely delivery of the weekly e-bulletin. The proposed redesign remains on hold for the time being.

Facebook The Club's Facebook membership group currently has 531 members, following a recent membership review and clean-up.

However, utilisation of the group has declined. The Committee discussed the need to encourage greater engagement, particularly by reminding CL and long-run leaders to share relevant routes, photographs and updates.

No major issues were reported, and there have been no significant changes since the previous update. The focus for October will therefore remain on encouraging more consistent use of the group and ensuring that members are aware of the content and information available there.

Website and Web Team The Committee discussed the need to progress plans for the website and coordinate with CBP to bring the web team together and establish the next steps. Further discussion and engagement with the team will be required to move this work forward.

The e-bulletin redesign remains on hold pending further progress.

Priorities for October and Ongoing Actions The P&C S on behalf of the Publicity team outlined the following priorities for the coming month:

Instagram: Continue publishing weekly run photographs where available, increase coverage of upcoming events and bring outstanding event posts up to date.

WhatsApp: Maintain the existing community groups and discuss further guidance with Tasos. Improve signposting to the WhatsApp registration link through the e-bulletin and new-member welcome communications.

E-Bulletin: Continue ensuring that the weekly edition is delivered on time and provide additional support to the team member who requires it.

Facebook: Encourage long-run leaders to share routes and photographs in the members' group, with further reminders to circle leads and relevant organisers.

Website: Discuss next steps with CBP, engage the web team and work towards progressing the outstanding plans.

E-Bulletin Redesign: Remain on hold until further notice.

The Committee noted that, despite a reduction in Instagram views, the Club continues to maintain a growing online following and an active communications presence across its various platforms. The focus for the coming month will be on maintaining consistency, improving member engagement and ensuring that information about Club activities is shared promptly and effectively.

Social Activities Update (SS)

The SSreported that the social gathering held at the Black Cap following the Pride Run was a great success. The event was well attended and warmly received, with members enjoying a lovely evening together. Feedback was particularly positive, including from visiting Frontrunners, who expressed their appreciation of the event. The Committee welcomed the success of the gathering and the positive response from both Club members and guests.

2026 Christmas Party Preparations for the forthcoming Christmas party are progressing well, with all arrangements currently on track. Both the DJ and the photo booth have been booked, and it was confirmed that all members required to pay for their tickets have now settled their payments.

Demand for the event remains strong, with 48 members currently on the waiting list, highlighting the considerable interest in this year's celebrations. The Committee noted the positive progress with the preparations and the strong level of interest in the Christmas party.

Operations Secretary (OS)

Mile End Track Trial The club has paid for the track vouchers, and MH is arranging to collect them. Draft member communications are with the Presidents for comment, with the S&C S copied in should they have any views. MH will attend the Mile End sessions to distribute vouchers, with the dates confirmed in the communications. We will keep the trial under ongoing review.

MH will also explore whether similar arrangements could be established at Battersea Track.

The Co-Presidents responded that the draft seemed OK, so the blurb will now find its way to the next ebulletin

Clapham Christmas Buffet Plans are progressing for the Christmas post-run buffet at The Sun, Clapham, on Thursday 17 December, with around 15 members having expressed interest. MH is arranging the final details with the venue before organising payments.
The intention is for members to pay the Club directly, with the Club then paying the venue. MH will work with the CT on the payment arrangements.

Christmas Gifts for Venues and Volunteers As in previous years, MH and CBP are arranging Christmas thank-you gifts for the venues and volunteers who regularly support LFR.
For this year, an overall budget of £500, was proposed which the CT has already endorsed.

Communications inviting members to make voluntary contributions towards our traditional Christmas giving-back will feature in the e-bulletin from November onwards.
Committee members are welcome to comment on the proposed allocations or suggest any other considerations before purchases are made.

The Committee expressed its support for the proposal, which was unanimously endorsed by all members present.

Club Kit and Merchandise The latest club kit sale closed in September, with orders expected to be delivered during the week commencing 19 October.

The new LFR caps are expected to arrive before then. MH will continue to monitor merchandise availability, including items retained for prizes, thank-you gifts and other club activities.

WorldPride 2032 MH has contacted the organisers of London's bid to host WorldPride 2032 to explore opportunities for LFR to engage with or support the bid. MH is awaiting a response and will update the Committee when further information is available.

FLINTA Coordinator Proposal discussions GW, CBP and MH have discussed the next steps towards developing the proposed FLINTA Coordinator role, taking into account the feedback received and the importance of ensuring that the role reflects the needs and priorities of the Club's members.

The Committee discussed the suggestion of introducing a dedicated role to strengthen the visibility, representation and diversity of the Club's leadership. While the initial idea had centred on a Women's Officer, the discussion considered whether a broader FLINTA Coordinator role would provide a more inclusive approach. FLINTA is an acronym used to encompass women, lesbians, intersex, non-binary, trans and agender people, although the precise terminology and scope of the role would be subject to consultation with members.

There was a recognition that there is increasing evidence of a need for a dedicated point of contact to represent the experiences and interests of FLINTA members within the Club. At present, GW is the only woman on the Committee, and it was acknowledged that the responsibility for representing and responding to the needs of women and other underrepresented members should not rest with one individual alone.

The proposed Coordinator would provide a dedicated channel through which members could share their experiences, raise concerns, suggest improvements and help shape the Club's activities and wider offer. The role would also support greater representation of FLINTA members in discussions concerning the Club's

development, while complementing existing initiatives, including the women's and non-binary WhatsApp group and member-led social activities. The proposed Coordinator would act as an advocate, facilitator and point of contact for FLINTA members, helping to strengthen their representation, participation and overall experience within the Club.

The Committee considered it important that the role should be developed with members, rather than simply for them, ensuring that its remit, title and priorities are informed by the people it is intended to represent.

The responsibilities envisaged for the role would include: Listening to members and understanding their experiences, concerns and priorities.
Identifying barriers to participation and opportunities to improve the Club's activities and provision.
Bringing members' feedback, ideas and practical recommendations to the Committee.
Supporting and facilitating member-led initiatives and activities where appropriate.
Working collaboratively with existing groups, volunteers and Committee members to progress achievable improvements.
Helping to ensure that FLINTA members' perspectives are appropriately considered in the Club's wider decision-making.

It was emphasised that the role should complement existing activities and structures rather than duplicate them, while providing a clearer and more consistent means of representation and communication.

The Committee discussed the importance of consulting FLINTA members before finalising the proposal. The intention is to give members a meaningful opportunity to comment on the suggested role, express their preferences and identify the areas they would most like the Coordinator to address.

The following next steps were proposed:

Member consultation through preparing a short survey, potentially distributed through WebCollect, inviting FLINTA members to share their views on the proposed role, its title, remit and priorities. The consultation should also establish whether members support the proposal and what they would like to see from the role in practice.

Learning from other clubs by gathering further information from Dublin and Nottingham Frontrunners about their equivalent roles, including their responsibilities, appointment processes and experience of implementing them.

Refining the proposal by reviewing the feedback received and revise the proposal accordingly before bringing it back to the Committee for further consideration.

Sufficient time should be allowed for meaningful consultation before any final decision is made.

Recruitment and appointment: Subject to the proposal being agreed, invite expressions of interest from members wishing to undertake the role.

Appointment procedure: Further consideration is required regarding the process to follow if more than one candidate expresses an interest. One option discussed was to invite interested candidates to submit a short statement outlining their suitability and vision for the role, allowing FLINTA members to consider the candidates and potentially vote themselves on their preferred representative. The appropriate process remains to be agreed.

The Committee also considered how best to introduce the role in a proportionate and flexible manner, recognising that its responsibilities and practical demands may become clearer once someone is appointed. The suggested approach would be to appoint a Coordinator initially on a trial Club Officer basis, without the role automatically becoming a formal Committee position. This would give the successful candidate the opportunity to shape the role, establish its priorities and develop appropriate ways of engaging with members.

The Committee recognised the value of allowing the role to develop through practical experience and member feedback before making a longer-term commitment to its formal structure.

The proposed trial period would run until the March 2028 AGM, when the experience and impact of the role could be reviewed. At that stage, the Committee and members could consider whether the role should continue in its existing form, be amended or become permanent.

In the lead-up to the AGM, consideration could also be given to whether there is a sufficiently strong case for formally incorporating the FLINTA Coordinator into the Committee, as per above, and any such change would be subject to the appropriate discussion and approval at the AGM, in accordance with the Club's procedures.

The overall approach is intended to be inclusive, proportionate and responsive to members' needs, providing an opportunity to strengthen representation within the Club while allowing the role to develop organically before any decision is taken on its permanent status or formal place within the Committee.

First Aid Training CBP and MH attended a first aid course on Monday 12 October, running from 9am to 4pm. Following this, CBP and MH would be happy to arrange for the first aid trainers to deliver a similar session for Committee members and club volunteers, should there be interest. This would help strengthen our collective preparedness when supporting club sessions and events.

Christmas and New Year Venue Arrangements MH is contacting our leisure centres, pubs and other regular venues to confirm arrangements over Christmas and New Year.
This includes: Dates of our final runs before Christmas and first runs in the New Year, any Christmas or New Year closures affecting club sessions or socials.
Changes to opening hours or access arrangements, any planned maintenance, refurbishment or staff training closures.
This will allow us to identify issues early and communicate any changes clearly to members.

December Committee Meeting Venue MH & CBP continue to explore options for securing a free venue for the December Committee meeting. If a suitable free space cannot be found, we will arrange to hire a council meeting room.

Following a proposal from GH to forgo the December Committee meeting above, the Committee expressed its support for the suggestion, recognising that there were no pressing matters requiring a formal meeting at that time. It was noted that the only significant item requiring attention was the forthcoming Christmas party, for which preparations are already progressing very well. Committee members agreed to support the SS with the necessary arrangements and to assist on the day to help ensure the event runs smoothly. In light of the above, the Committee agreed that a December meeting would not be necessary, allowing members to focus instead on supporting the successful delivery of the Christmas party.

Membership Update (MS)
The MS reported that 13 new members joined the Club in September, with further membership activity recorded in October. Of particular note, six women have joined the Club during the recent period. By comparison, 14 women joined following the women's training programme last year, up to October. The Committee noted these figures as a useful point of reference when considering the ongoing engagement and recruitment of women into the Club.

Women's Runs and EngagementThe next Women's Run of the Month is scheduled for the 26th of October in Elephant and Castle, followed by the November edition on Wednesday the 25th of November in Greenwich. These events continue to provide opportunities for women members to meet, run together and strengthen their connections within the Club and both these events have been shared in the women's and non-binary WhatsApp group to help ensure that members are informed of upcoming activities and encouraged to participate.

Coaching Schedule It was also noted that the women's coaching session has now been firmly established to the second Wednesday of each month. This adjustment is intended to avoid clashing with the Women's Run of the Month while providing a

reasonable interval between the two activities, allowing members greater flexibility to attend both.
The Committee noted the ongoing efforts to coordinate the women's running, coaching and social activities in a way that supports participation and engagement across the membership.

Club Secretary Updates
2027 London Marathon The CS offered an update on the Club's volunteering commitments for the 2027 LM with progress across the two sectors currently varying. The coordination for the Rainbow Row volunteering section is progressing very well, as the Club has already secured more than half of the 60 volunteers required, with almost all available slots for Saturday 24th of April having been filled. The Committee welcomed this encouraging progress and the strong response from members, while the CS clarified that all volunteers will have to be registered by the end of November, as a testimony of the Club's commitment in supporting the event.
The position at Canary Wharf, however, is less encouraging, with only three members registered to date against a target of 40 volunteers by the end of November. The CS acknowledged the need to increase awareness and participation to ensure that the required numbers can be reached within the available timeframe and suggested that further promotion could be perhaps directed towards members running with the Greenwich and Clapham groups, given their geographical proximity to Canary Wharf and the potential for stronger local engagement. The Committee recognised the importance of a coordinated effort to raise awareness of the volunteering opportunity and encourage additional members to register.
The Committee also discussed the Club's LM places and the associated allocation criteria, with the RS planning to circulate the relevant document outlining the parameters for allocating Club places at the end of October, with a view to ensuring that the wider membership is informed of the arrangements and the process is clearly communicated.
It was further noted that Robert Dufton has exceptionally been able to offer two places for the 2027 LM, reflecting the fact that the event will feature a double-marathon format across the weekend, with RD further confirming that both places will be for the Sunday event on the 25th of April 2027. RD has kindly agreed that the additional place may be allocated entirely in accordance with the Club's usual allocation rules, whereas for the first LM place, however, RD would appreciate it if consideration could be given, where appropriate, to prioritising a member who has not previously completed a marathon.
The Committee welcomed this thoughtful distinction, which provides an opportunity both to apply for the Club's established allocation process and to support a member taking on the challenge of their first marathon.

The Committee wishes to formally record its warm thanks to RD for his generosity and continued support of LFR, as his contribution is greatly appreciated, not only for

the additional opportunity it provides to the membership but also and overall for the spirit of support and commitment to the Club that it represents.

The Committee also wished to formally recognise and thank Kai Konkolewski and GH for organising another highly successful Isle of Wight weekend away, as the trip provided members with an enjoyable opportunity to spend time together, the weekend was well received, with members enjoying both the races and the opportunity to socialise.

Action to be taken: CBP is kindly requested to liaise with the P & C S and the RS and to make the appropriate announcements on the ebulletin in due course.

,

Volunteering & Engagement Proposal CBP would like to suggest that, in keeping with LFR' ethos of volunteering, community engagement and collective responsibility, whether the Committee might consider encouraging all new members to volunteer at least once a year at one of the official events supported by LFR. This would not be formulated as an expectation but as a strong encouragement, and it could be communicated through the standard welcome letter that GW sends automatically to all newly registered members. The aim would be to foster a culture of active participation from the outset, encouraging new members to contribute to the Club, support its activities and shared purpose, and take the opportunity to meet other members and build stronger connections within the community.

Overall, volunteering within LFR would be presented not simply as a practical contribution to the running of the Club, but also as a rewarding way for members to feel more involved, more engaged and more included, develop a greater sense of belonging and help sustain the community that makes LFR what it is.

Although Committee members understood the spirit in which the suggestion had been made, some reservations were expressed, as it was felt important to preserve the enjoyment and spontaneity that volunteering offers, ensuring that members continue to feel free to come forward and volunteer without any sense of obligation. The CS reassured the Committee that the suggestion was intended purely as encouragement, rather than as a commitment or requirement; further discussions on the matter may be needed.

Kew Gardens Partnership CBP thought it would be appropriate to reintroduce to the Committee's consideration one of the subjects mentioned at a previous RCM, namely the possibility of LFR launching a partnership with Kew.

Following a number of discussions and arrangements through the inevitable exchange of long emails from the Club's side, Kew would be willing to offer the Club 120 admissions per year at the cost of £72, including VAT.

This partnership could be particularly worthwhile for LFR as the Club currently does not have in place any formal recognition scheme for volunteers and this new type of engagement could provide LFR with a rather lovely opportunity to do precisely that, offer volunteers something tangible as a gesture of appreciation, while also giving them the chance to enjoy a beautiful place together and perhaps experience something completely outside the usual LFR routine.

CBP feels that visiting Kew Gardens more than twice a year would be rather ambitious, given that it is not particularly close by and each visit would require coordination and would likely take up almost an entire day, so when it comes to the allocation of these entries, one possible solution would be for the Club to organise two separate events each year, one offering 60 places to Club members and another offering 60 places to Club Officers and volunteers, which would offer members the flexibility to choose which event they would prefer to attend, while allowing the person responsible to accommodate both groups without increasing the overall number of visits.

World AIDS Day Proposal CBP would like to make a proposal to the Committee regarding how LFR could acknowledge World AIDS Day in a meaningful, visible and manageable way, raising awareness and expressing our solidarity without committing the Club to a wider campaign or a fundraising initiative that would require additional time and capacity from Committee members.

By a rather lovely piece of serendipity, CBP is already organising an LFR private tour on Saturday 7 November of Tenderness & Rage, the exhibition currently showing at the Wellcome Collection, which explores, among other themes, HIV/AIDS and the history of the epidemic. If the outing goes well and there is sufficient interest among members, there is also planning to repeat the visit on Saturday 5 December, shortly after World AIDS Day.

CBP would be very happy to contact the National AIDS Trust to let them know about these activities, which could also provide a wonderful opportunity to establish a connection with them and, where appropriate, support the excellent work they do, without necessarily committing LFR to a broader campaign.

CBP has also spoken with the two coaching coordinators AJ and AL and Shaun Whelan about marking World AIDS Day during our Tuesday 1 December Mile End track session, and is pleased to report that all three are on board with the idea. We could perhaps invite everyone attending the track session on that day to wear a red ribbon, or a red running vest, providing a simple but visible way for LFR to show its support, as this would be a particularly authentic way for the Club to combine

remembrance and solidarity with something practical within our own running community.

Rather than asking a Committee member to coordinate a dedicated fundraising initiative on behalf of the National AIDS Trust, this more modest and manageable approach seems preferable. We could make a small donation of £20 to the Trust and request 100 red ribbons, which could then be distributed among members attending our Saturday and Monday runs and the Tuesday track session.

The Club Treasurer has responded and is very happy to sign off on a donation per suggestion of the proposed amount so if the Committee is happy with the proposal, CBP is equally happy to bring this suggestion forward.

The Committee was supportive of the suggestion, which received unanimous endorsement.

Madai Fundraising Opportunity for LFR: CBP introduced a potential fundraising opportunity for LFR through Madai, a platform designed to generate income for charities and community organisations through paid market-research surveys completed by their supporters.

Following an initial meeting with Madai's CEO, CBP explained that the platform allows organisations to create a dedicated fundraising link, through which members and supporters can complete online surveys. Participants are rewarded for their time, while a proportion of the value generated by each completed survey is donated to their chosen organisation. According to Madai, 45% of each survey's value goes to the participating organisation, with no setup costs or technical integration required.

It was noted that this could offer LFR an additional source of unrestricted income without requiring members to make direct financial contributions, while allowing them to support the Club through their participation. CBP has received and shared a bespoke presentation from Madai for the Committee's consideration.

The Committee was invited to consider whether the opportunity merits further discussion, including its potential benefits, practical implementation, data privacy considerations and whether it would be appropriate to make the platform available to members.

For context, CBP noted that LFR's existing Easyfundraising account has generated over £175 to date, despite very limited promotion, with £175 being the exact registration fees required for a volunteer to go through the EA coaching training and get their coach accreditation. This may indicate potential for low-effort fundraising initiatives that enable members to support the Club without making direct donations.

The Committee expressed unanimous agreement with and support for the proposed approach.

After a brief discussion, the November RCM date has now been established and confirmed for Tuesday 3rd of the month.

2027 Pride in London Just to inform the Committee that the application on behalf of LFR to participate in the 2027 Pride in London, has been submitted, requesting 75 wristbands on behalf of the Club.

AOB

Slydog Rum Collaboration The Committee discussed the proposed collaboration with Slydog Rum exploring the possibility of having an alternative one-off social event for the Monday runners following its regular run. The initiative has already generated encouraging interest among the Monday runners, who have expressed enthusiasm for the opportunity to try something different. The proposed gathering is scheduled for Monday 19th October, with attendees to be offered a complimentary cocktail by Slydog Rum at the Mercato Metropolitano.
It was noted that Mercato Metropolitano is currently operating with some areas or facilities only partially functional. Nevertheless, the venue appears to hold considerable appeal for the Monday crew, whose members have expressed a preference for it over the Three Stags as a post-run social destination.

Action to be taken: MH will contact the Three Stags in advance to inform them that the Monday group will not be visiting on this particular occasion.

Welfare and Support for Trans Members The Committee discussed the welfare of the Club's trans members and considered how LFR and the Pride Run might continue to foster an environment in which everyone feels welcomed, respected, supported and able to participate fully in club life. The importance of ensuring that trans members feel valued and included, not merely in principle but through the Club's everyday practices and interactions, was acknowledged.
The discussion focused on identifying appropriate and meaningful ways in which the Club could demonstrate its support, respond sensitively to members' concerns, and ensure that its activities and venues remain accessible and inclusive. The Committee recognised the importance of listening to the experiences and perspectives of trans members themselves, so that any measures introduced are informed by their needs and preferences.
The matter was considered an aspect of paramount importance of the Club's wider commitment to inclusion, mutual respect and the wellbeing of all its members.

Action to be taken: The Committee agreed on the importance of fostering constructive dialogue between the Committee and both the outgoing and incoming

Race Directors of the Pride Run 10K, with a view to ensuring and exploring how the event can continue to uphold and strengthen its commitment to the welfare, inclusion and support of trans members and the wider LGBTQ+ community.