



# RUNNING THE RAINBOW SINCE 2013

edinburghfrontrunners.org

## Edinburgh Frontrunners Annual Report 2023

The last Edinburgh Frontrunners AGM was held in 'The Street' on Saturday 22nd October 2022. The newly elected committee met shortly after.

### COMMITTEE 2022-2023

President:	Kirsty MacKenzie
Vice-President:	Martin Johnson
Treasurer:	Pat Blashill
Secretary:	Mike Andersen (Acting) was Phil Cantwell
Communications Officer:	<i>Vacant</i> was Mike Andersen
Social Secretary:	Karen Halliday
Learn to Run Officer:	Emma Young
Diversity & Equality Officer:	<i>Vacant</i> was Al Hopkins
Race sub-committee:	Martyn Whitwell

### LEARN TO RUN

We successfully ran the EFR Learn-to-Run programme between January-March 2023 where approximately 9 members regularly attended twice-weekly coaching sessions on Wednesday evenings and Saturday mornings. Coaching sessions encourage members new to running (and also lapsed runners) back into a regular running regime, building up over three months from 1 minute runs to 30 minute continuous runs. At the end of the program, we arranged a "graduation" 5km parkrun at Cramond to celebrate the new runners success.

We considered offering another Learn-to-Run session in the autumn, but unfortunately did not have sufficient interest. We've since noted the importance of advertising the Learn-to-Run programme in advance, in order to attract large numbers of participants. Another Learn-to-Run programme is planned, starting on Wednesday 10th January 2024.

## **ATTENDED RACES** (<https://bit.ly/EFR-events2023>)

January:

- Falkirk Epic Trail 10k
- Edinburgh Winter 5k

February:

- Edinburgh Winter Warmer 5k

March:

- Scurry around Corstorphine

April:

- Kilomathon

May:

- Edinburgh Marathon Festival (marathon , half-marathon & 10k)

June:

- The Hop Run
- The Skye Half Marathon & 10km
- Edinburgh Seven Hills
- Pride Bridge Run
- PRIDE RUN @ Edinburgh Park Run

July

- Porty Pride Run
- Newcastle 'Festival of Running'
- Euro Games Priderun

August

- Glasgow OUTrun in August

September

- Kyles 10 miles
- London Frontrunners Pride Run
- Scottish 10k & Half-marathon

October

- Great Scottish Run
- Men's & Women's 10k
- The Jedburgh Three Peaks Ultra Marathon and Relay - This year we fielded five individual runners (including a 3rd place finisher) and four teams (30s, 40ish, 50s and 60s)

STILL TO COME:

November

- Hermitage Trail Runs

December

- EFR Tinsel Run

## **REGULAR RUNS**

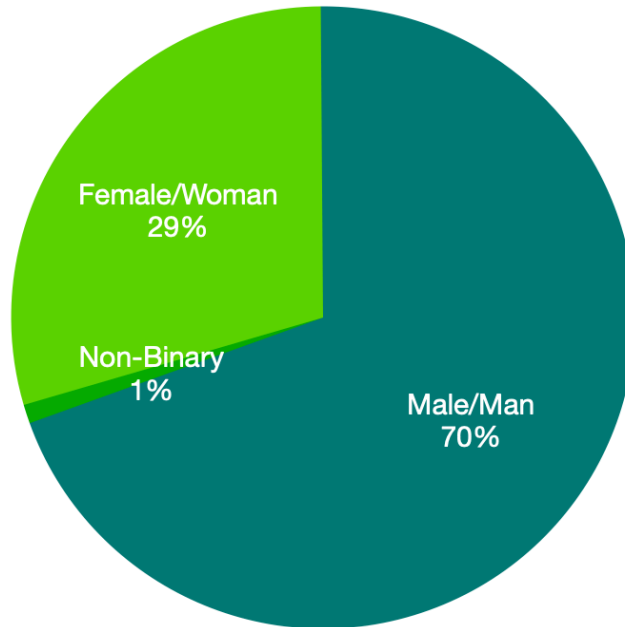
Our regular Wednesday and Saturday runs, from the Commonwealth pool and Glenogle Pool respectively have been consistently well-attended. Most people also joined us later for a drink and/or food. Thanks to Di Giorgio's and the Auld Hoose for putting up with us again this year!

We had 178 individuals who ran with us this year including members from several of our sister Frontrunner clubs as far afield as Manchester, Newcastle, Copenhagen and New York.

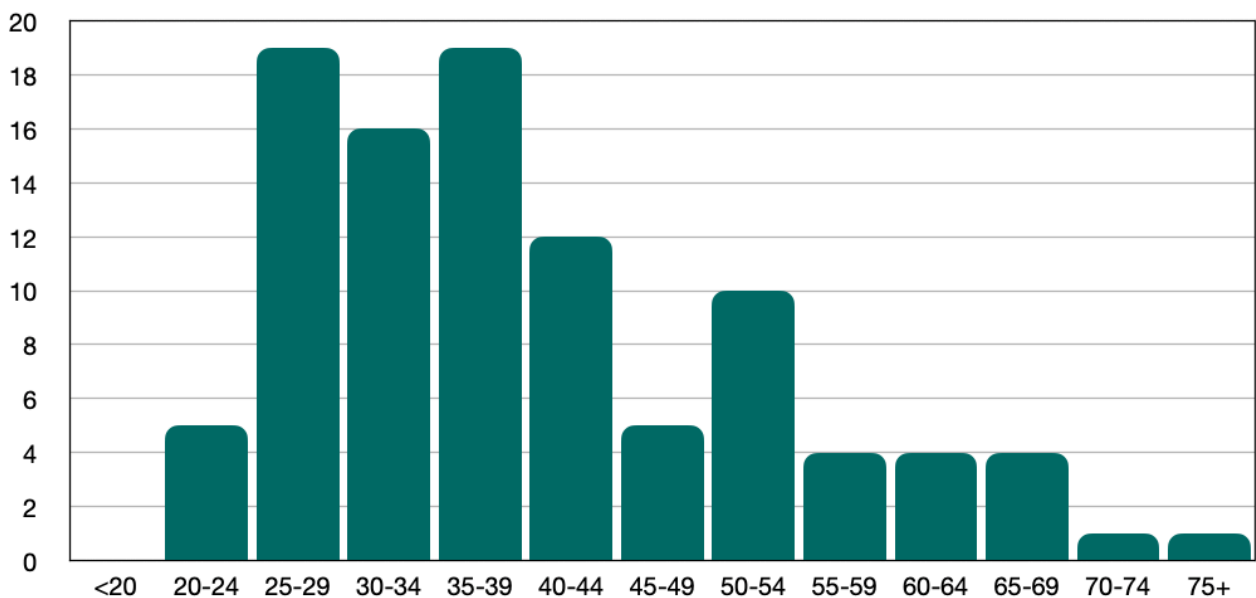
## MEMBERSHIP

We now have 134 active, paid-up members (up from 27 last year), with a gender and age composition of:

EFR Gender Distribution 2023



EFR Age Distribution 2023



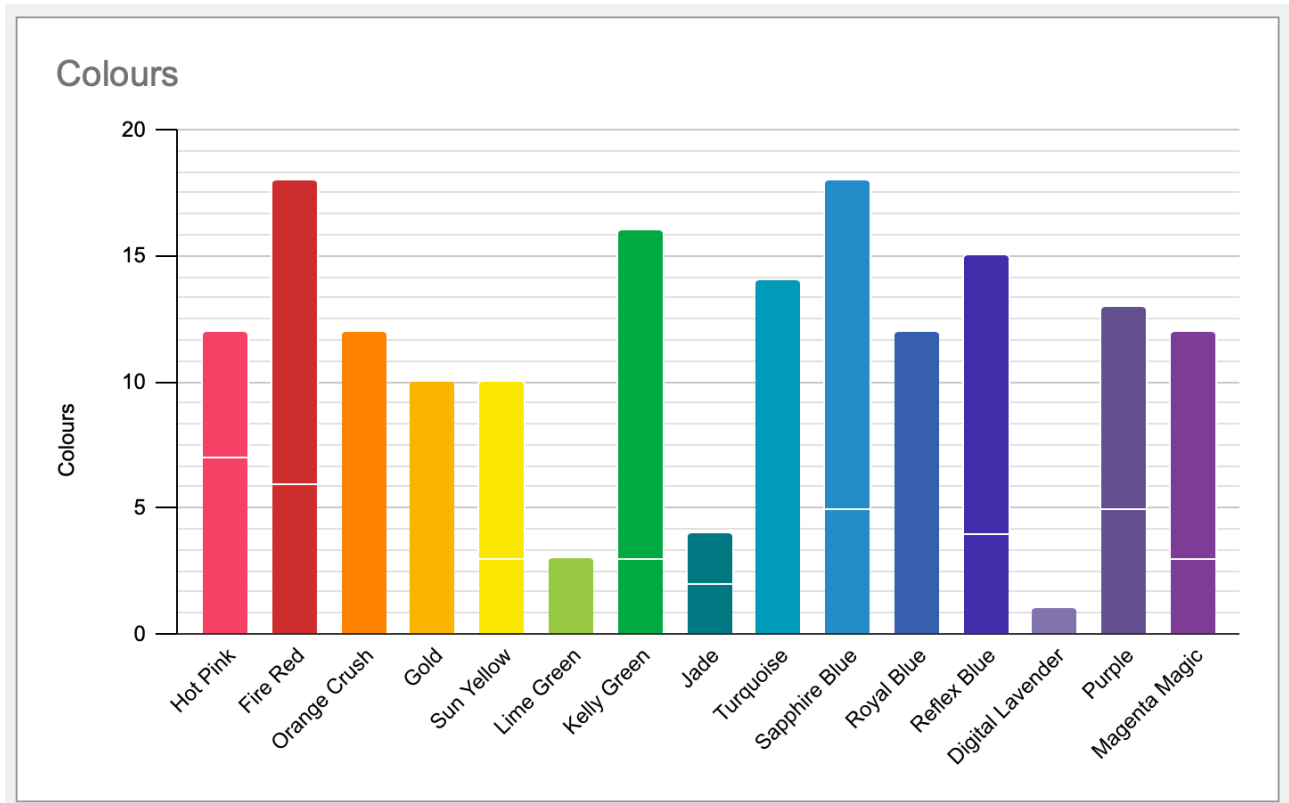
As in previous years, the club has shown to be an accessible, friendly and useful group for LGBTQI+ people who want to join a physical activity. However our gender-mix has swung slightly more towards Male/Men.

The social aspects of the club (not just during the Fringe!) have continued to be varied and well attended. Thanks for all of your support during 2023!!

## RUN THE RAINBOW T-SHIRTS & CLUB KIT

<https://bit.ly/EFR-T-SHIRTS>

Our visibility campaign is still going strong, with 170 t-shirts now out and about!



This year we also revamped our official club kit.

