



RUNNING THE RAINBOW SINCE 2013

edinburghfrontrunners.org

Edinburgh Frontrunners Annual Report 2024

The last Edinburgh Frontrunners AGM was held in 'The Street' on Saturday, 11 November 2023. The newly elected committee met shortly after.

COMMITTEE 2023-2024

President:	Robert Taylor
Vice-President:	Martin Johnson
Treasurer:	Pat Blashill
Secretary:	<i>Mike Andersen (Stepped down)</i> - Martyn Whitwell (Acting)
Communications Officer:	Paolo Buoni
Social Secretary:	Karen Halliday
Learn to Run Officer:	<i>Emma Young (S/d)</i> - Martyn Whitwell & Chris Learmonth (Acting)
Diversity & Equality Officer:	<i>Vacant</i>
Race sub-committee:	<i>Vacant</i>

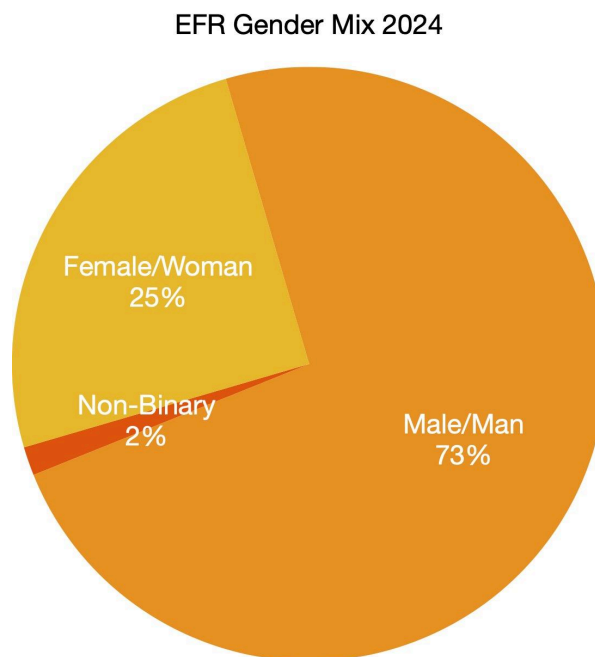
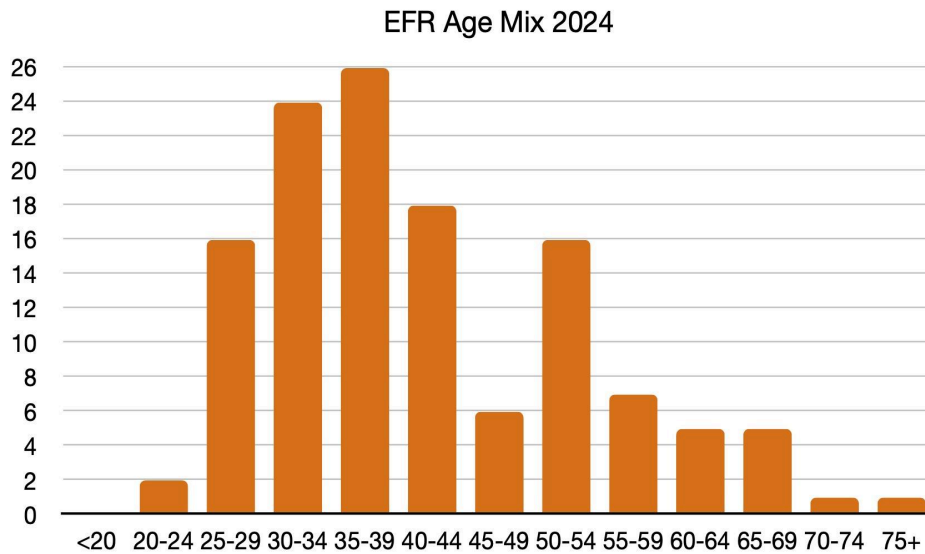
REGULAR WEDNESDAY & SATURDAY RUNS

Our regular Wednesday and Saturday runs, from the Commonwealth pool and Inverleith Park respectively have been consistently well-attended. Our biggest turnouts have been: 43 one Saturday in February; and 45 one Wednesday in August. Most people also joined us later for a drink and/or food. Thanks to Di Giorgio's for putting up with us yet again this year and trying to fit us all in; and the Brass Monkey (Grange) for being our new home on Wednesdays.

We had 184 individuals who ran with us this year including members from several of our sister Frontrunner clubs as far afield as Brighton & Hove, Nottingham, Birmingham, London, Melbourne, Seattle, and San Francisco.

MEMBERSHIP

We currently have 130 active, paid-up members (down 4 from last year)



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 again swung slightly more towards Male/Man. Although it is hard to give a definitive reason, we believe that the increase in female-only running clubs around Edinburgh has drawn more women to join those groups. However, Edinburgh Frontrunners remains a club that is very much open and welcoming to females, non-binary individuals, and others, just as much as it is to males. EFR continues to offer a variety of activities that are positively attended by members of diverse genders.

We are also aiming to encourage greater female and/or non-binary representation within the EFR committee to better reflect the club's focus on inclusivity. Our objective is to achieve this by 2025.

The social aspects of the club have continued to be varied and well attended. Thanks for all of your support during 2024!!

LEARN TO RUN

Our Learn to Run programme ran from January to March 2024 and thirty people registered their interest in the preceding 6 months. Three people regularly attended the sessions on Wednesday evenings and two people regularly attended the sessions on Saturday mornings. Sessions were led by our qualified jog leaders: Chris Learmonth, Kate Foggo, Martin Hocevar, Martyn Whitwell and Pat Blashill. At the end of the programme two graduates ran in the 5k Edinburgh Parkrun on 13th April, accompanied by 12 regular EFR members.

Given the limited attendance in 2024, the committee are reviewing the provision of a formal Learn to Run programme in 2025 and are considering offering one-to-one coaching as an alternative.

RACES & EVENTS (bit.ly/EFR-EVENTS24)

MARCH

- Scurry Around Corstorphine Hill

APRIL

- Kilomathon
- Edinburgh Parkrun LtR Graduation

MAY

- Manchester Frontrunners It's a Piece of Cake 10km
- Edinburgh Marathon Festival

JUNE

- Hop Run
- Seven Hills Race & Challenge
- EFR Pride Run @ parkrun

JULY

- EuroGames
- Newcastle Frontrunners LGBT5k
- North Berwick Law Race

AUGUST

- Scurry Around Devilla Forest Trail Running Festival 2024
- Glasgow Frontrunners OUTRun
- Scottish 10K
- Scottish Half Marathon

SEPTEMBER

- Portobello Beach Race
- Kyles 10 Miles
- Glencoe Marathon Gathering!
- Men's 10K Edinburgh
- WJM Linlithgow 10k

OCTOBER

- Aviemore Parkrun & **Away Trip (see below)**
- Jedburgh Three Peaks Ultra Marathon & Relay
- Jedburgh Running Festival 10km & Half Marathon

NOVEMBER

- Glentress Winter Trail Half Marathon & 10km

STILL TO COME:

NOVEMBER:

- Hermitage 10k & 5k Trail Runs

DECEMBER

- EFR TINSEL RUN Handicap Fun Run

NARROWBOAT TRIP (13 July 2024)

A boat trip was organised along the Union Canal. 17 members participated - some starting at Linlithgow, and others joining/leaving the boat midway. Our original destination was the Falkirk Wheel, but unfortunately a fallen tree had blocked the canal to Falkirk, so the intrepid sailors headed for Ratho instead. The Caterers to the President ensured everyone was well fed and watered whilst on board and a good time was had by all.

EUROGAMES TRIP to VIENNA (17-20 July 2024)

Five Edinburgh Frontrunners travelled to Vienna to attend Eurogames - Europe's largest LGBTIQ+ sports event. The games were attended by thousands of participants and much networking was done, building contacts with Stockholm Frontrunners, Copenhagen Frontrunners, Manchester Frontrunners and London Frontrunners. Four members participated in the 10k road race and one member participated in the 1,500m track race.

In 2025 the Eurogames are being held in Lyon, France, and it's likely another trip will be organised.

NEWCASTLE LGBT+ 5K and NORTHERN PRIDE (19-21 July 2024)

The Friday evening event round Newcastle Town Moor has long been an annual outing for EFR. This year we fielded sixteen runners in the 5K hosted by Newcastle Frontrunners.

On the Saturday it was off to Northern Pride where we marched through the streets of Newcastle alongside other Frontrunners.

AVIEMORE TRIP (4-7 October 2024)

Edinburgh Frontrunners organised a trip to Aviemore from the 4th to the 7th of October 2024. The trip was well attended, with 15 members participating. We all made our way to Aviemore for the long weekend, staying in rented houses and hotel rooms in the area. On Saturday, some of us took part in the Aviemore ParkRun, after which we joined the rest of the group on the banks of Loch Morlich. From there, we set off for a spectacular hike up Meall a' Bhuachaille, where we enjoyed food and breathtaking views. On the way down, we encountered an energetic dog that kept darting back and forth, seemingly climbing the mountain ten times over! Our route also took us past the picturesque green lake, An Lochan Uaine, before we concluded the hike.

On Saturday evening, we shared a delicious dinner, thanks to the generous cooking of some members, followed by fun games and social activities. The evening ended with a relaxing soak in the hot tub at one of the rented houses.

Sunday saw the socialising continue, although some members began making their way home.

It was a fantastic getaway, thoroughly enjoyed by all EFR members who participated. Once again, Edinburgh Frontrunners has proven to be an incredible club, offering outdoor activities such as running and hiking, alongside social opportunities for its LGBTIQ+ members.

Plans are already underway for next year's getaway, and we can't wait to see what's in store!

JEDBURGH THREE PEAKS TRIP (25-27 October 2024)

The Jedburgh Three Peaks Running Festival is an inclusive, gay friendly event, with the slogan “Don’t be a dick!”

The Ultra and Relay course consists of four legs - Leg 1: 16 km along Dere Street from Jedburgh to Maxton; Leg 2: 11 km from Maxton along the River Tweed to Rhymer’s Stone; Leg 3: 18 km over the three peaks of the Eildon Hill plus “the Play Park” at Bowden and back to Maxton; Leg 4: 16 km back along Dere Street to Jedburgh, but this year because of a washed out bridge, a new sting in the tail in the form of a climb to the top of Hartrigge was added before descending to the finish in Jedburgh.

On the Saturday 26th EFR fielded two teams in the Ultra Relay. The weather was perfect for running - clear and mild. “The Swinging Sixties” (Karen, Robert, Al & Martin J) took the over 60’s Relay title and “The Middleaged Monsters” (Andrew G, Thomas, Kobi & Chris F) came second in the Men’s Relay category. **Kirsty Mac ran the whole 61k!**

Next morning we had Kate and Michael O competing in the 10km and Aubrey in the Half Marathon.

We look forward to competing next year on 25-26 October. Hopefully we can field more teams like we did in 2023.

RUN THE RAINBOW T-SHIRTS & CLUB KIT (bit.ly/EFR-T-SHIRTS)

Our visibility campaign is still going strong, with 200 t-shirts now out and about!

We added 3 more colours to our rainbow giving a current choice of 16, as well as 4 hi-viz and our official navy blue kit.

Rainbow t-shirts: Colour distribution

