

LRC Trophy Races 2025

updated 17 July 2025

GP Races	H'Cap Races	GP races and Handicap races (in GREEN)
1		Saturday 4th January East Grinstead parkrun
2		Sunday 23rd February Tunbridge Wells ½ Marathon
3		Saturday 8th March Hove Prom. parkrun
4		Sunday 30th March Mother's Day 10k, Weir Wood
	1	Tuesday, 8th April: Club Handicap Race #1. 5km road race
5		Sunday 13th April Blackland 10K
6		Sunday 11th May Ranelagh ½ Marathon (Surrey Road League)
	2	Tuesday, 20th May: Club Handicap Race #2. May Race 1
	3	Tuesday, 27th May: Club Handicap Race #3. May Race 2
7		Sunday 1st June Dorking 10 Mile (Surrey Road League)
	4	Tuesday, 17th June: Club Handicap Race #4. May Race 4
8		Wednesday 25th June TAC Penshurst Midsummer Relays
9		Saturday 12th July Elmore 7 (Surrey Road League)
	5	Tuesday, 22nd July: Club Handicap Race #5. May Race 3
	6	Tuesday, 19th August: Club Handicap Race #6. Uphill Mile
10		Monday 25th August King's Head Canter 5K
	7	Sunday, 7th September: Club Handicap Race #7. 5 mile road race
11		Saturday 20th September Trail parkrun
12		Sunday 5th October East Grinstead 10K
13		Saturday 18th October Gatliff Marathon (25K or 50K choice)
	8	Sunday, 26th October. Club Handicap Race #8. Dennis Crowhurst Trophy
14		Saturday 1st November Reigate Priory XC Relays (2.5M)
15		Sunday 16th November Brighton 10K
16		Saturday 6th December Road parkrun
	9	December (date TBC) Club Handicap Race #9. Matt Bennett Trophy

Cross-country trophy races 2025/26 (all TBC)

1	ESL 5m (10 pts)	04-Oct-25
2	Surrey League 1 (20 pts)	11-Oct-25
3	Priory relays (10 pts)	01-Nov-25
4	Surrey League 2 (20 pts)	08-Nov-25
5	Surrey League 3 (20 pts)	10-Jan-26
6	Southern XC (10 pts)	24-Jan-26
7	Surrey League 4 (20 pts)	14-Feb-26
8	ESL XC race 2 (10 pts)	28-Feb-26

Surrey Road League

1	Sutton 10k	13-Apr-25
2	Ranelagh Half	11-May-25
3	Dorking 10m	01-Jun-25
4	Ranelagh 10k	22-Jun-25
5	Elmore 7m	12-Jul-25
6	Elmbridge 10k	20-Jul-25
7	Wedding Day 7k	25-Jul-25