

LRC Trophy Races 2025

updated 25 September 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 Squerryes Winery parkrun
12		Sunday 5th October East Grinstead 10K
13		Saturday 18th October Gatliff Marathon (25K or 50K choice)
14		Saturday 1st November Reigate Priory XC Relays (2.5M)
15		Sunday 16th November Brighton 10K
	8	Sunday, 30th November. Club Handicap Race #8. Dennis Crowhurst Trophy
16		Saturday 6th December Road parkrun
	9	December (date TBC) Club Handicap Race #9. Matt Bennett Trophy

Cross-country trophy races 2025/26 (& points for first member)

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)	15-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)	07-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