

LRC Trophy Races 2026

updated 22 February 2026

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

GP race nos.	H'Cap race nos.	GP races and (in GREEN) Handicap races
1		Saturday 3rd January East Grinstead parkrun
2		Sunday 22nd February Tunbridge Wells ½ Marathon
3		Saturday 7th March Road parkrun
	1	Sunday 22nd March: Club Handicap Race #1. 5km road race
4		Sunday 29th March Phoenix 10k TBC
5		Sunday 12th April Blackland 10k
	2	Tuesday 28th April: Club Handicap Race #2. May Race 1
6		Saturday 9th May Trail parkrun
	3	Tuesday 12th May: Club Handicap Race #3. May Race 2
	4	Tuesday 2nd June: Club Handicap Race #4. May Race 4
7		Sunday 7th June Dorking 10 Mile
8		Wednesday 24th June TAC Penshurst Midsummer Relays
9		Sunday 19th July Elmbridge 10K
	5	Tuesday ? July TBC: Club Handicap Race #5. May Race 3
	6	Tuesday 4th August: Club Handicap Race #6. Uphill Mile
10		Monday 31st August King's Head Canter 5k
	7	Sunday 13th September: Club Handicap Race #7. 5 mile road race
11		Sunday 27th September Eridge 10 (TBC depending on EG10k)
12		Sunday 4th October East Grinstead 10k
13		Saturday 17th October Gatliff Marathon (25K or 50K choice)
14		Saturday 14th November Surrey League XC
	8	Sunday 18th October: Club Handicap Race #8. Dennis Crowhurst Trophy
15		Saturday 5th December Road parkrun
	9	Saturday 19th December Club Handicap Race #9. Matt Bennett Trophy

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 2026

1	Valentines 10k	15-Feb-26
2	Kew 10k	28-Mar-26
3	Sutton 10k	19-Apr-26
4	Ranelagh Half	10-May-26
5	Dorking 10	07-Jun-26
6	Richmond 10k	21-Jun-26
7	Ranelagh Sunset Sprint	03-Jul-26
8	Elmore 7	18-Jul-26
9	Elmbridge 10k	19-Jul-26