LRC Trophy Races 2026

updated 1 November 2026

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 Tilgate parkrun
	1	Sunday 22nd March: Club Handicap Race #1. 5km road race
4		Phoenix (cancelled)
4		Sunday 12th April Blackland 10k
	2	Tuesday 28th April: Club Handicap Race #2. May Race 1
5		Saturday 9th May Hove Promenade parkrun
	3	Tuesday 19th May: Club Handicap Race #3.
	4	Tuesday 2nd June: Club Handicap Race #4.
6		Sunday 7th June Dorking 10 Mile
7		Wednesday 24th June TAC Penshurst Midsummer Relays
8		Sunday 19th July Elmbridge 10K
	5	**Tuesday 21 July**:Club Handicap Race #5. May Race 3
	6	Tuesday 4th August: Club Handicap Race #6. Uphill Mile
9		Monday 31st August King's Head Canter 5k
	7	Sunday 13th September: Club Handicap Race #7. 5 mile road race
10		Sunday 27th September Eridge 10
11		Sunday 4th October East Grinstead 10k
12		Saturday 17th October Gatliff Marathon (25K or 50K choice)
	8	Sunday 18th October: Club Handicap Race #8. Dennis Crowhurst Trophy
13		Saturday 14th November Surrey League XC
14		Saturday 5th December Wakehurst parkrun
	9	Saturday 19th December Club Handicap Race #9. Matt Bennett Trophy

Cross-country trophy races 2026/27 (& points for first member)

1	ESL 5m (10 pts)	03-Oct-26
2	Surrey League 1 (20 pts)	10-Oct-26
3	Priory relays (10 pts)	07-Nov-26
4	Surrey League 2 (20 pts)	14-Nov-26
5	Surrey League 3 (20 pts)	16-Jan-27
6	Southern XC (10 pts)	30-Jan-27
7	Surrey League 4 (20 pts)	13-Feb-27
8	ESL XC race 2 (10 pts)	27-Feb-27

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	Elmbridge 10k	19-Jul-26