



# Lancing Eagles Running Club

"all standards welcome"

We meet every Wednesday 6:30pm

Lancing Manor Leisure Centre

Manor Road, Lancing

West Sussex, BN15 OPH

Previous Winners of Most Improved Runner Award

Year	Male	Female
2013	Rob HARRINGTON	Claire JOHNSON
2014	Julian COSSON	Yian SOLOMON
2015	N/R	N/R
2016	Jon BLAYDON	Danielle PHILLIPS
2017	Lorraine COLLINS	Stephen DIVERS
2018		