



Lancing Eagles Running Club

"all standards welcome"

We meet every Wednesday 6:30pm

Lancing Manor Leisure Centre

Manor Road, Lancing

West Sussex, BN15 0PH

Previous Most Improved Runner

Year	Male	Female
2013	Rob HARRINGTON	Claire JOHNSON
2014	Julian COSSON	Yain SOLOMON
2015		
2016	Jon BLAYDON	Danielle PHILLIPS