



# 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
2012	Kenny HARDING	Heather SOUTER
2013	Kenny HARDING	Tracy THOMAS
2014	Steve THOMAS	Claire JOHNSON
2015	Chris HAYES	Yain SOLOMON
2016	John HARDY	Yain SOLOMON