



# 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 SILVER Awards

Year	Winner
2013	Adam STANIFIRTH
	Jed DICKERSON
	Kenny HARDING
	Steve ALLEN
	Steve THOMAS
2014	Angela DARTON
	Claire JOHNSON
	Richard GRAY
	Steve HARRINGTON
	Tracy THOMAS
2015	Ian HUGHES
	Yian SOLOMON
2016	Mark HEDGECKOCK
	Sarah KENNETT
	Tony BLAYDEN