

## 2020 YDL Composite teams

### Midland Region Lower Age Group – u13/u15

- 1) **Bristol & West with Mendip** - Bristol & West AC; Mendip AC
- 2) **Notts Lincs Alliance** - Bourne AC; Grantham AC; Newark AC; Sleaford AC
- 3) **South Wales** - Aberdare Valley AAC; Barry & Vale Harriers; Bridgend AC; Pont-Y-Clun AC; Rhondda AC

### Midland Region Upper Age Group – u17/u20

- 1) **Coventry Godiva & Leamington C&AC** – Coventry Godiva Harriers; Leamington Cycling & Athletics Club
  - 2) **East Notts** - Newark AC; Worksop Harriers & AC
  - 3) **East Wales** - Blaenau Gwent AC; Brecon AC; Cwmbran Harriers; Newport Harriers; Rhymney Valley AC
  - 4) **Nuneaton & Harborough** - Harborough AC; Nuneaton AC
  - 5) **Team Avon** - Bristol & West AC; Mendip AC; Team Bath AC; Yate & District AC
  - 6) **South Wales** - Aberdare Valley AAC; Barry & Vale Harriers; Bridgend AC; Pont-Y-Clun AC; Rhondda AC
  - 7) **West Notts** – Mansfield AC; Sutton in Ashfield Harriers
  - 8) **West Wales** – Carmarthen Harriers; Llanelli AC; Neath Harriers; Pembrokeshire Harriers; Sarn Helen
- 

### Northern Region Lower Age Group – u13/u15

- 1) **Kingston Upon Hull** - Kingston upon Hull AC; Fitmums
- 2) **Team IOM Youth** - Manx Harriers; Northern (IOM) AC; Western (IOM) AC
- 3) **Team North Cumbria** - Carlisle Aspatria AC; Copeland AC; Eden Runners; Seaton AC

### Northern Region Upper Age Group – u17/u20

- 1) **Kingdom Athletics** - Dundee Hawkhill Harriers; Fife AC; Pitreavie AAC
  - 2) **M60 Nomads** - Altrincham & District; Bury AC; East Cheshire Harriers & Tameside AC; Oldham & Royton Harriers; Salford Metropolitan AC
  - 3) **North Wales** - Colwyn Bay AAC; Deeside AAC; Menai T & F; Wrexham AAC
  - 4) **Team Forth Valley** - Central AC; Falkirk Victoria Harriers; Livingston AC; Lothian RC; Team East Lothian
  - 5) **Team North Cumbria** - Carlisle Aspatria AC; Copeland AC; Eden Runners; Seaton AC
- 

### Scottish Region Lower Age Group – u13/u15

- 1) **Clydesdale & Helensburgh** - Clydesdale Harriers; Helensburgh AAC
- 2) **Islands Select** – North Uist AAC; Orkney AC; Shetland AAC; South Uist & Eriskay AAC; Stornoway RAC
- 3) **Perth & Montrose** – Montrose AC; Perth Strathtay Harriers
- 4) **South Lanarkshire** – East Kilbride AC; Hamilton AC; Larkhall YMCA Harriers; Law & District AC; Whitemoss AAC
- 5) **Team North** – East Sutherland AC; Elgin AAC; Moray RR; Nairn AAC; Ross County AC
- 6) **Team North Lanarkshire** – Airdrie Harriers; Cumbernauld AAC; Motherwell AC

### **Southern Region Lower Age Group – u13/u15**

- 1) **Ashford & Thanet** – Ashford AC; Thanet AC
- 2) **Bournemouth & New Forest Jun** - Bournemouth AC; New Forest Juniors AC
- 3) **Paddock Wood & Folkestone** – Folkestone RC; Paddock Wood AC
- 4) **Team Bedfordshire** - Bedford & County; Biggleswade AC; Leighton Buzzard AC; Luton AC
- 5) **Team Dorset** - Dorchester AC; Poole AC; Wimborne AC

### **Southern Region Upper Age Group – u17/u20**

- 1) **Basildon Beagles** - Basildon AC; Newham & Essex Beagles AC
- 2) **Bournemouth, New Forest & Salisbury** - Bournemouth AC; New Forest Juniors AC; Salisbury AC
- 3) **Camberley & District AC / Woking AC**
- 4) **Harrow & Dacorum** – Harrow AC; Dacorum & Tring AC
- 5) **Holland Sports & Reigate** – Holland Sports AC; Reigate Priory AC
- 6) **Portsmouth & Winchester** – City of Portsmouth AC; Winchester & District AC
- 7) **South Bucks** - Chiltern Harriers; Wycombe Phoenix Harriers
- 8) **Team ATIP** - Ashford AC; Invicta East Kent AC; Paddock Wood AC; Thanet AC
- 9) **Team Dorset** - Dorchester AC; Poole AC; Poole runners; Wimborne AC
- 10) **Team Sussex** - East Grinstead AC; Eastbourne Rovers AC; Lewes AC
- 11) **Team West London** - Ealing, Southall & Middlesex AC; Thames Valley Harriers
- 12) **Victoria Tower Highgate** - Highgate Harriers; Victoria Park & Tower Hamlets AC