

YDL Composite teams 2024

Midland Region Lower Age Group – u13/u15

- 1) **Bristol & West with Mendip** - Bristol & West AC; Mendip AC
- 2) **Gwent Harriers** – Blaenau Gwent AC; Brecon AC; Cwmbran Harriers; Rhymney Valley AC
- 3) **Notts Lincs Alliance** - Grantham AC; Newark AC; Sleaford Striders
- 4) **South Wales** - Aberdare Valley AAC; Barry & Vale Harriers; Bridgend AC; Pont-Y-Clun AC; Rhondda AC
- 5) **Team Green** – Forest of Dean AC; Hereford & County AC

Midland Region Upper Age Group – u17/u20

- 1) **Coventry Godiva & Leamington C&AC** – Coventry Godiva Harriers; Leamington Cycling & Athletics Club
 - 2) **East Wales** - Blaenau Gwent AC; Brecon AC; Cwmbran Harriers; Newport Harriers; Rhymney Valley AC
 - 3) **South Wales** - Aberdare Valley AAC; Barry & Vale Harriers; Bridgend AC; Pont-Y-Clun AC; Rhondda AC
 - 4) **Team Avon** - Bristol & West AC; Mendip AC; Team Bath AC; Yate & District AC
 - 5) **Team Green** – Forest of Dean AC; Hereford & County AC
 - 6) **West Wales** – Carmarthen Harriers; Llanelli AC; Neath Harriers; Pembrokeshire Harriers; Sarn Helen RC
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Northern Region Lower Age Group – u13/u15

- 1) **Border Harriers / Seaton** – Border Harriers & AC; Seaton AC
- 2) **Team IOM Youth** - Manx Harriers; Northern (IOM) AC; Western (IOM) AC
- 3) **Team North Cumbria** - Carlisle Aspatria AC; Copeland AC; Eden Runners

Northern Region Upper Age Group – u17/u20

- 1) **Border Harriers / Seaton** – Border Harriers & AC; Seaton AC
 - 2) **Kingdom Athletics** - Dundee Hawkhill Harriers; Fife AC; Pitreavie AAC
 - 3) **M60 Nomads** - Altrincham & District; East Cheshire Harriers & Tameside AC; Oldham & Royton Harriers
 - 4) **North Wales** - Colwyn Bay AAC; Deeside AAC; Maldwyn Harriers, Menai T & F; Wrexham AAC
 - 5) **SY Dons** – Barnsley AC, Hallamshire Harriers, Rotherham Harriers
 - 6) **Team North Cumbria** - Carlisle Aspatria AC; Copeland AC; Eden Runners
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Scottish Region Lower Age Group – u13/u15

- 1) **Clydesdale, Helensburgh & Inverclyde** - Clydesdale Harriers; Helensburgh AAC; Inverclyde AC
 - 2) **Perth Strathtay and Montrose** –Montrose & District AC; Perth Strathtay Harriers
 - 3) **Team Ayrshire** – Ayr Seaforth AC; North Ayrshire AC
 - 4) **Team East Lothian** – Dunbar RC; Haddington RC; Musselbrough & District AC; Team East Lothian AC
 - 5) **Team North** –Elgin AAC; Moray RR; Nairn AAC; Ross County AC
 - 6) **Team North Lanarkshire** – Airdrie Harriers; Cumbernauld AAC; Motherwell AC
 - 7) **Team South Lanarkshire** – East Kilbride AC; Larkhall YMCA Harriers; Law & District AC; Whitemoss AAC
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Southern Region Lower Age Group – u13/u15

- 1) **Bournemouth & New Forest Jun** - Bournemouth AC; New Forest Juniors AC
- 2) **Holland Sports & Dorking & Mole Valley** – Holland Sports AC; Dorking & Mole Valley
- 3) **Paddock Wood & Folkestone** – Folkestone R&AC; Paddock Wood AC
- 4) **Team Dorset** - Dorchester AC; Poole AC; Poole Runners: Wimborne AC

Southern Region Upper Age Group – u17/u20

- 1) **Bournemouth, New Forest & Salisbury** - Bournemouth AC; New Forest Juniors AC; Salisbury AC
- 2) **Camberley & District AC / Woking AC**
- 3) **Harrow & Dacorum** – Harrow AC; Dacorum & Tring AC
- 4) **Highgate Heathside** – Highgate Harriers, London Heathside AC
- 5) **Holland Sports & Dorking & Mole Valley** – Holland Sports AC; Dorking & Mole Valley
- 6) **Portsmouth & Winchester** – City of Portsmouth AC; Winchester & District AC
- 7) **Stevenage & N Herts and HAWCS**
- 8) **Team ATIPS** - Ashford AC; Invicta East Kent AC; Paddock Wood AC; Swale Combined AC
- 9) **Team Sussex** - East Grinstead AC; Eastbourne Rovers AC; Lewes AC; Haywards Heath Harriers; Worthing Harriers
- 10) **Team West London** - Ealing, Southall & Middlesex AC; Thames Valley Harriers
- 11) **Wycombe & Chilton*** - Chiltern Harriers; Wycombe Phoenix Harriers –
*Change of name from **South Bucks**