

YDL 2026 LOWER AGE GROUP LEAGUE STRUCTURE - SOUTHERN (as at 14 January)

Premier	Date & Venue
1 Blackheath & Bromley Harriers & AC	SUN 31 May at Norman Park, Bromley
2 Brighton & Hove AC	
3 Reading AC	SAT 18 Jul at Palmer Park
4 Tonbridge AC	SAT 1 Aug at Tonbridge school athletics track
5 Winchester & District AC	
6 Woodford Green with Essex Ladies AC	SUN 3 May at Ashton Playing Fields

Top 2 teams to National Final

Bottom 2 teams relegated to Division 1A, B, C, D, or E

Division 1A	Date & Venue
1 Bexley AC	Sun 3 May at Bexley (tbc)
2 Cambridge Harriers	Sun 31 May & Sat 1 Aug at Sutcliffe Park, Eltham
3 Havering AC	
4 Herne Hill Harriers	
5 Newham & Essex Beagles AC	
6 Victoria Park & Tower Hamlets AC	Sat 18 Jul at TBC

Division 1B	Date & Venue
1 Bournemouth & New Forest Jnrs ©	
2 Chichester Runners & AC	SUN 3 May at Mountbatten Stadium, Portsmouth
3 City of Portsmouth AC	SUN 31 May at Mountbatten Stadium, Portsmouth
4 Southampton AC	SAT 1 Aug at Southampton Sports centre (tbc)
5 Team Dorset ©	SAT 18 Jul at TBC

Division 1C	Date & Venue
1 Crawley AC	
2 Dartford Harriers AC	Sat 1 Aug at Central Park, Dartford
3 Hastings AC	Sat 18 Jul at Ark Alexandra Arena
4 HY AC	Sun 31 May at Play Sport
5 Paddock Wood & Folkestone©	Sun 3 May at Julie Rose Stadium, Ashford

Division 1D	Date & Venue
1 Chiltern Harriers AC	SAT 3 May at Little Marlow Athletics
2 Dacorum AC	SUN 31 May at TBC
3 Oxford City AC	SAT 1 Aug at Horspath stadium TBC
4 Vale of Aylesbury AC	
5 Windsor, Slough, Eton & Hounslow AC	
6 Wycombe Phoenix AC	

No Match currently on 18 July

Division 1E	Date & Venue
1 Croydon Harriers	
2 Holland Sports & Dorking & Mole Valley ©	
3 Kingston AC & Polytechnic Harriers	Sat 18 July at Weir Archer Track, Kingsmeadow
4 Team Sussex ©	Sat 1 August at TBC
5 Momentum Track Club	SUN 31 May at Weir Archer Track, Kingsmeadow

No Match currently on 3 May

Division 1F	Date & Venue
1 Bracknell AC	
2 Guildford & Godalming AC	SUN 3 May at Spectrum LC Guildford
3 Hillingdon AC - NO Pole Vault	SAT 18 Jul at Hillingdon Athletics Stadium
4 St. Mary's Richmond AC	
5 Walton AC	SUN 31 May at TBC

No Match currently on 1 Aug

Top 2 teams in divisions 1A, 1B, 1C, 1D, 1E and 1F will be entered into a paper match, based on average P4P, to determine promotion to the Premier division.

© = composite team