

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

22/01/2026