

YDL 2025 LOWER AGE GROUP MIDLAND

MIDLAND PREMIER NORTH/EAST		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	3rd May			1st June			29th June			Total P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P		
1	Rugby & Northampton AC	21	2043	7	693	56966	7	691	60502	7	659	61857	179325	59,775.0
2	Birchfield Harriers	18	1741	6	571	47249	6	589	51412	6	581	55369	154030	51,343.3
3	Marshall Milton Keynes AC	14.5	1616	4.5	509	41830	5	576	49836	5	531	49547	141213	47,071.0
4	Solihull & Small Heath AC	11.5	1558	4.5	509	42286	3	538	48238	4	511	49679	140203	46,734.3
5	Charnwood AC	10	1548	3	500.5	41590	4	542.5	46569	3	505	47341	135500	45,166.7
6	Royal Sutton Coldfield AC	6	1255	2	431.5	36442	2	335.5	30336	2	488	48193	114971	38,323.7
7	Northampton AC	3	706	1	241	18482	1	243	19756	1	222	24071	62309	20,769.7

MIDLAND PREMIER SOUTH/WEST		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	3rd May			1st June			20th July			Total P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P		
1	Cheltenham & County Harriers	14	1212.5	7	603	51003	7	609.5	54656				105659	52,829.5
2	Gloucester AC	11	1086	6	556	45693	5	530	45170				90863	45,431.5
3	Cardiff Athletics	10	1085	4	545	44682	6	540	45374				90056	45,028.0
4	Swindon Harriers	9	1074	5	554	48745	4	520	48151				96896	48,448.0
5	Cardiff Archers AC* ¹	5	970	3	470.5	39645	2	499.5	45224				84869	42,434.5
6	Swansea Harriers AC	5	869.5	2	368.5	32797	3	501	44389				77186	38,593.0
7	Yate & District AC	2	686	1	354	30987	1	332	33742				64729	32,364.5

* Points deducted for overuse of an athlete

MIDLANDS NORTH/EAST A		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	3rd May			1st June			29th June			Total P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P		
1	Notts AC	17	1289	6	425	26814	6	448	31148	5	416	33542	91504	30,501.3
2	Burton AC	16	1342	5	384	29365	5	409	30649	6	549	44866	104880	34,960.0
3	Amber Valley & Erewash AC	12	1052	4	365	27289	4	351	24475	4	336	28071	79835	26,611.7
4	Mansfield Harriers & AC	8	974	2	322	24041	3	330	23463	3	322	23691	71195	23,731.7
5	Rushcliffe AC	5	930	1	304	19682	2	319	20246	2	307	28597	68525	22,841.7
6	Derby AC	5	880	3	354	24854	1	282	18369	1	244	23407	66630	22,210.0

Unscrutinised - no
paperwork received

MIDLANDS NORTH/EAST B		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	3rd May			1st June			29th June			Total P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P		
1	Leamington C & AAC	15	1328	5	499	32001	5	433	29932	5	396	32321	94254	31,418.0
2	Leicester Coritanian AC	10	782	3	165	12139	3	278	23916	4	339	27806	63861	21,287.0
3	Bicester AC	7	707	2	159	8162	2	240	16326	3	308	22443	46931	15,643.7
4	Coventry Godiva Harriers	7	587	4	193	11397	1	193	16189	2	201	17314	44900	14,966.7
5	Nuneaton Harriers	6	648	1	132	8251	4	318	22728	1	198	15476	46455	15,485.0

MIDLANDS NORTH/EAST C		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	3rd May			1st June			29th June			Total P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P		
1	Tamworth AC	12	1182	4	347	24105	4	432	34364	4	403	34456	92925	30,975.0
2	Bromsgrove & Redditch AC	8	536	3	217	16480	2	160	13381	3	159	12619	42480	14,160.0
3	Daventry AAC	6	426	2	131	9743	3	191	17965	1	104	6195	33903	11,301.0
4	Saffron AC	4	320	1	98	8521	1	113	10186	2	109	9339	28046	9,348.7

MIDLANDS NORTH/EAST D		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	3rd May			1st June			29th June			Total P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P		
1	Shrewsbury AC* ³	14	1379.5	5	459	27878	5	524	38314	4	396.5	29776	95968	31,989.3
2	Worcester AC	13	1343	4	449	26756	4	427	29758	5	467	35248	91762	30,587.3
3	Tipton Harriers	9	767	3	267	15828	3	217	16441	3	283	18597	50866	16,955.3
4	Halesowen A & CC	6	613.5	2	193	11697	2	184	13678	2	236.5	15277	40652	13,550.7
5	Dudley & Stourbridge Harriers	3	276	1	80	6530	1	113	9217	1	83	4653	20400	6,800.0

* Points deducted for overuse of an athlete

MIDLANDS NORTH/EAST E		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	3rd May			1st June			29th June			Total P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P		
1	City of Stoke AC	14	1194	5	340	27521	4	401	34146	5	453	41752	103419	34,473.0
2	Telford AC	13	1152	4	330	23295	5	405	33555	4	417	37521	94371	31,457.0
3	Wolverhampton & Bilston AC	8	950	3	314	22808	2	315	26140	3	321	27526	76474	25,491.3
4	Cannock & Stafford AC	7	925	2	311	21384	3	322	27537	2	292	24687	73608	24,536.0
5	Kidderminster & Stourport AC	3	765	1	302	21396	1	231	20235	1	232	21136	62767	20,922.3

MIDLANDS SOUTH/WEST A		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	3rd May			1st June			21st June			Total P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P		
1	South Wales ©	24	1861	8	615.5	34253	8	610.5	35657	8	635	42493	112403	37,467.7
2	Gwent Harriers ©	18	1432	6	465.5	24876	6	538	30508	6	428.5	25858	81242	27,080.7
3	Hereford & County Harriers	17	1330	5	428	23421	7	538.5	29497	5	363.5	22774	75692	25,230.7
4	Bristol & West AC/Mendip AC ©	14	1173	7	483	26495	5	449	26397	2	241	13024	65916	21,972.0
5	Team Bath AC	12	1129	4	392	21037	4	381.5	24316	4	355.5	21645	66998	22,332.7
6	Neath Harriers	13	1272.5	3	352	17769	3	359	18957	7	561.5	32757	69483	23,161.0
7	Newport Harriers	7	1040	2	339.5	20016	2	357.5	20704	3	343	21597	62317	20,772.3
8	Llanelli AC	3	478.5	1	173.5	10531	1	110	6796	1	195	12464	29791	9,930.3

YDL 2025 LOWER AGE GROUP NORTH

NORTHERN PREMIER EAST		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	3rd May			1st June			29th June			20th July			TOTAL P4P	Ave P4P	To National Final
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P			
1	City of York AC	24	2113	6	620.5	52991	6	620	56556	6	585.5	54409	6	287	24189	188145	53,755.7	
2	Kingston upon Hull AC	18	1716.5	5	474	42493	4	493	45978	4	483.5	45952	5	266	22482	156905	44,830.0	
3	Harrogate Harriers & AC	18	1711	4	465.5	39891	5	501	45291	5	509.5	45524	4	235	19597	150303	42,943.7	
4	Hallamshire Harriers	12	1530	3	438	38168	3	448	40450	3	429	39608	3	215	18358	136584	39,024.0	
5	Leeds City AC	6	1238	1	366	34176	1	279	25251	2	400	38166	2	193	18137	115730	33,065.7	
6	City of Sheffield & Dearne AC	6	1206.5	2	384	31037	2	388	34789	1	265.5	25218	1	169	13618	104662	29,903.4	Relegated to East 1

NORTHERN PREMIER WEST		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	20th April			19th May			23rd June			21st July			TOTAL P4P	Ave P4P	To National Final
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P			
1	Liverpool Harriers & AC	24	2371	6	589	56090	6	589.5	59907	6	598.5	61171	6	594	34770	211938	52,984.5	
2	Sale Harriers Manchester	17	1963.5	3	455.5	47791	5	518.5	53477	5	508.5	55633	4	481	49963	206864	51,716.0	
3	Wirral AC	16	1904.5	4	483	47817	4	490	50096	3	441.5	48811	5	490	49226	195950	48,987.5	
4	Preston Harriers	14	1813.5	5	489	48964	3	459.5	48386	4	465.5	50501	2	399.5	43912	191763	47,940.8	
5	Trafford AC	9	1602	2	393.5	39472	2	378	41021	2	415	48016	3	415.5	42553	171062	42,765.5	Relegated to West 1
6	Team IOM Youth ©	4	1447	1	359	36417	1	372.5	42559	1	343	40630	1	372.5	39646	159252	39,813.0	Relegated to West 1

NORTHERN EAST 1		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	3rd May			1st June			29th June			20th July			TOTAL P4P	Ave P4P	Promoted to Premier East*
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P			
1	Chesterfield & District AC	19	1932	5	499	35458	5	500	41396	5	502	41515	4	431	35251	153620	38,405.0	
2	Lincoln Wellington AC	17	1959.5	4	477.5	33481	4	488	38295	4	478	37616	5	516	40066	149458	37,364.5	
3	Doncaster AC	11	1187.5	3	349.5	26097	2	260	20246	3	283	24050	3	295	26218	96611	24,152.8	
4	Rotherham Harriers & AC	9	1190	2	283	19864	3	336	26423	2	277	23123	2	294	24598	94008	23,502.0	
5	Scunthorpe Harriers	4	866	1	202	12580	1	211	15908	1	239	19478	1	214	16090	64056	16,014.0	

NORTHERN WEST 1		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	3rd May			1st June			29th June			20th July			TOTAL P4P	Ave P4P	Promoted to Premier West*
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P			
1	Blackburn Harriers & AC	22	2005	6	495	39436	6	516	41113	5	505	42682	5	489	43221	166452	41,613.0	
2	West Cheshire AC	22	1982	5	481	39404	5	480.5	39280	6	519	45667	6	501.5	44912	169263	42,315.8	
3	Bolton United Harriers & AC	11	1578.5	4	416.5	33942	3	394.5	32838	3	404	36422	1	363.5	33741	136943	34,235.8	
4	Crewe & Nantwich AC	11	1567	3	378.5	33281	4	435	35957	2	339	29676	2	414.5	39136	138050	34,512.5	
5	Deeside AAC	9	1562	1	335.5	29608	1	381	31535	4	425	37028	3	420.5	37129	135300	33,825.0	Relegated to West 2
6	Southport Waterloo AC	9	1477.5	2	369.5	28601	2	391	31069	1	288	25571	4	429	34141	119382	29,845.5	Relegated to West 2

NORTHERN WEST 2		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	3rd May			1st June			29th June			20th July			TOTAL P4P	Ave P4P	Promoted to West 1
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P			
1	Leigh Harriers & AC	22	1955	6	506	36192	6	525	34158	6	481	37007	4	443	33495	140852	35,213.0	
2	Wigan & District Harriers & AC	19.5	1751	4.5	401	24282	5	469	28303	4	407	29095	6	474	31430	113110	28,277.5	
3	Macclesfield Harriers & AC	17.5	1661	4.5	401	25340	3	362	23007	5	429	33205	5	469	31505	113057	28,264.3	
4	Warrington AC	10	1329	3	382	25816	1	278	17222	3	331	24917	3	338	24748	92703	23,175.8	
5	Lancaster & Morecambe AC	8	1209	1	268	16947	4	372	18132	2	302	20766	1	267	16151	71996	17,999.0	Relegated to West 3N or 3S
6	East Cheshire H & Tameside AC	7	1225	2	321	21852	2	333	19912	1	286	21028	2	285	21560	84352	21,088.0	Relegated to West 3N or 3S

NORTHERN WEST 3N		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	3rd May			1st June			29th June			20th July			TOTAL P4P	Ave P4P	Promoted to West 2
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P			
1	Border Harriers & AC & Seaton AC ©	20	1601	5	439	30672	5	349	24715	5	404	28913	5	409	31862	116162	29,040.5	
2	Horwich RMI Harriers & AC	12	1089	3	286	20553	3	276	20404	2	228	17410	4	299	22305	80672	20,168.0	
3	Team North Cumbria ©	12	1044	4	355	22553	4	279	19140	3	229	16318	1	181	13750	71761	17,940.3	
4	St. Helens Sutton AC	10	854	2	154	11830	1	214	14930	4	232	17211	3	254	17225	61196	15,299.0	
5	Blackpool, Wyre & Fylde AC	6	639	1	80	8289	2	236	20373	1	114	11618	2	209	18126	58406	14,601.5	

NORTHERN WEST 3S		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	3rd May			1st June			29th June			20th July			TOTAL P4P	Ave P4P	Promoted to West 2
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P			
1	Salford Metropolitan AC	22	1679.5	6	409	20446	5	422	21013	6	442	24957	5	406.5	26106	92522	23,130.5	
2	Menai Track & Field	19	1593	5	376	20437	6	484	25029	4	374	21628	4	359	23003	90097	22,524.3	
3	Manchester Harriers	18	1504	3	234	11750	4	410	20030	5	431	25225	6	429	23787	80792	20,198.0	
4	Altrincham & District AC* ¹	12	883	4	267	16120	3	239	12799	3	199	11949	2	178	9845	50713	12,678.3	
5	Stockport Harriers & AC	8	714.5	2	153	10343	1	98	4913	2	178	10140	3	285.5	19379	44775	11,193.8	
6	Wrexham AAC	5	253	1	86	3514	2	123	5465	1	24	1141	1	20	0	10120	2,530.0	

* Points deducted for overuse of an athlete

All divisions are subject to possible changes depending on the teams competing in 2026

YDL 2025 LOWER AGE GROUP SOUTH

SOUTHERN PREMIER		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	3rd May			1st June			29th June			20th July			TOTAL P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P		
1	Woodford Green with Essex Ladies AC	23	2316	6	594	63926	6	558.5	62540	6	580	67263	5	583.5	69688	263417	65,854.3
2	Blackheath & Bromley Harriers & AC	21	2246	5	530.5	59723	5	548	64202	5	569	68041	6	598.5	68561	260527	65,131.8
3	Reading AC	15	1902	4	509.5	56864	3	435.5	53396	4	498	58359	4	459	54703	223322	55,830.5
4	Tonbridge AC	13	1838	3	459.5	50924	4	505	59939	3	475	57262	3	398.5	48445	216570	54,142.5
5	Herne Hill Harriers	8	1530	2	395	45326	2	389	48976	2	359	45381	2	387	45527	185210	46,302.5
6	Bracknell AC	4	1412	1	338.5	36449	1	383	46289	1	314	34971	1	376.5	46814	164523	41,130.8

Top two teams to National Final
Bottom two teams relegated to Divisions 1 A - E

SOUTHERN Division 1A		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	3rd May			1st June			29th June			20th July			TOTAL P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P		
1	Winchester & District AC	23	2248.5	6	587	56947	5	519.5	52972	6	534	54737	6	608	52542	217198	54,299.5
2	Team Dorset ©	19	1943	5	494	48237	6	605	58754	5	491	52587	3	353	28807	188385	47,096.3
3	Bournemouth & New Forest Jnrs ©	13	1720	4	464	41353	4	486	43898	4	423	42242	1	347	30214	157707	39,426.8
4	City of Portsmouth AC* ¹	13	1415	3	323	33519	2	330	33287	3	385	40423	5	377	33328	140557	35,139.3
5	Southampton AC	11	1357	2	304	27615	3	340	32779	2	352	34119	4	361	31921	126434	31,608.5
6	Chichester Runners & AC	5	1265.5	1	293	27553	1	288.5	26885	1	335	35358	2	349	30106	119902	29,975.5

*¹ Points deducted for overuse of an athlete
Top team to Promotion paper match

SOUTHERN Division 1B		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	3rd May			1st June			29th June			20th July			TOTAL P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P		
1	Croydon Harriers	22	2177.5	6	580.5	52009	5	531	51639	6	546	51892	5	520	50131	205671	51,417.8
2	Havering AC	22	2113.5	5	529	46371	6	536	50356	5	481	46020	6	567.5	49726	192473	48,118.3
3	Basildon AC	16	1761	4	413	36326	4	462	42766	4	450	42150	4	436	40284	161526	40,381.5
4	Victoria Park & Tower Hamlets AC	12	1649	3	397.5	37220	3	415.5	39814	3	401	41506	3	435	41776	160316	40,079.0
5	Bexley AC	8	1398.5	2	356	31252	2	382	30804	2	358.5	31191	2	302	26833	120080	30,020.0
6	Newham & Essex Beagles AC* ¹	4	924.5	1	213	22013	1	216.5	19367	1	238.5	21571	1	256.5	21476	84427	21,106.8

*¹ Points deducted for overuse of an athlete
Top team to Promotion paper match

SOUTHERN Division 1C		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	3rd May			1st June			29th June			20th July			TOTAL P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P		
1	Dacorum AC	28	2793.5	7	662	45333	7	694.5	52461	7	721	58014	7	716	56541	212349	53,087.3
2	Windsor, Slough, Eton & Hounslow AC	24	2399	6	598	44463	6	571	44537	6	626	49977	6	604	47213	186190	46,547.5
3	Wycombe Phoenix AC	18	1803.5	5	444	29439	4	448	33440	5	489.5	38413	4	422	30475	131767	32,941.8
4	Oxford City AC	17	1799.5	3	347	24652	5	498.5	39442	4	464	38990	5	490	35658	138742	34,685.5
5	Vale of Aylesbury AC	11	1577.5	4	380	23333	2	383	28067	2	413.5	32494	3	401	28814	112708	28,177.0
6	Chiltern Harriers AC	10	1498.5	2	322	20909	3	433	31975	3	447	33129	2	296.5	22604	108617	27,154.3
7	Momentum Track Club	4	852	1	291	21622	1	273	21736	1	43	6109	1	245	20022	69489	17,372.3

Top team to Promotion paper match

SOUTHERN Division 1D		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	3rd May			1st June			29th June			20th July			TOTAL P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P		
1	Brighton & Hove AC	30	2967	8	745.5	52082	8	796	59609	7	685.5	48746	7	740	53926	214363	53,590.8
2	Dartford Harriers AC* ¹ & ²	27	2730.5	7	660	42861	6	659	45226	6	657.5	43508	8	754	51358	182953	45,738.3
3	Crawley AC* ⁴	27	2715.5	6	655	42213	7	691.5	49638	8	716	51859	6	653	46036	189746	47,436.5
4	Cambridge Harriers	20	2166	5	501.5	34234	5	465.5	34102	5	580	44323	5	619	45332	157991	39,497.8
5	HY AC	16	1392	4	417	25958	4	364	23440	4	357	23382	4	254	17161	89941	22,485.3
6	Hastings AC	10	976	3	356	16158	2	256	11306	3	207	12216	2	157	8566	48246	12,061.5
7	Lewes AC	7	649	2	139	13185	3	259	20325	1	105	7639	1	146	9300	50449	12,612.3
8	Paddock Wood & Folkestone©	7	598	1	132	5110	1	128	6000	2	119	1939	3	219	11100	24149	6,037.3

* Points deducted for overuse of an athlete
Top team to Promotion paper match

SOUTHERN Division 1E		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	3rd May			1st June			29th June			20th July			TOTAL P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P		
1	Guildford & Godalming AC	25	2360	6	542	39877	7	625	53982	5	574	46541	7	619	49953	190353	47,588.3
2	Epsom & Ewell Harriers* ¹	26	2249	7	559	41455	6	537	44063	7	625	50678	6	528	43112	179308	44,827.0
3	St. Mary's Richmond AC* ²	18	1998.5	5	529	35798	4	406.5	35187	4	552	41141	5	511	44965	157091	39,272.8
4	Hillingdon AC	19	2016	4	503	37359	5	428	36302	6	593	45425	4	492	37771	156857	39,214.3
5	Kingston AC & Polytechnic Harriers* ⁴	12	1425.5	3	372	24514	3	342.5	26392	3	311	21872	3	400	30027	102805	34,268.3
6	Walton AC* ²	8	1164	2	359	24081	2	296	25982	2	240	20589	2	269	25069	95721	31,907.0
7	Holland Sports & Dorking & Mole Valley ©* ⁴	4	377	1	137	7000	1	59	6561	1	37	2996	1	144	9235	25792	8,597.3

* Points deducted for overuse of athletes
Top team to Promotion paper match

All divisions are subject to possible changes depending on the teams competing in 2026

YDL 2025 LOWER AGE GROUP SCOTLAND

SCOTLAND CENTRAL DIVISION 1		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	4th May			25th May			29th June			TOTAL P4P	AVE P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P		
1	Giffnock North AC	24	1170.5	8	430.5	37268	8	398.5	30741	8	341.5	31122	99131	33,043.7
2	Edinburgh AC	19	1034.5	5	354.5	31343	7	340	25549	7	340	29934	86826	28,942.0
3	Team Ayrshire ©	15	955.5	6	358	29644	3	303	22679	6	294.5	27012	79335	26,445.0
4	Team North Lanarkshire ©	12	919.5	7	363	32560	2	275.5	22806	3	281	24396	79762	26,587.3
5	Harmeny AC	12	913	3	309	28892	4	317.5	25006	5	286.5	26687	80585	26,861.7
6	Pitreavie AAC	12	911.5	2	297	28713	6	332	26339	4	282.5	25208	80260	26,753.3
7	Kilmarnock Harriers	11	887.5	4	329	30490	5	325	25243	2	233.5	22328	78061	26,020.3
8	Falkirk Victoria Harriers	3	746	1	287	26044	1	228.5	19402	1	230.5	21883	67329	22,443.0

SCOTLAND CENTRAL DIVISION 2		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	4th May			25th May			29th June			TOTAL P4P	AVE P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P		
1	Team South Lanarkshire ©	23	1078.5	8	384	24805	8	386.5	23523	7	308	22364	70692	23,564.0
2	Victoria Park Glasgow AC	17	924	6	329	20720	7	353.5	19621	4	241.5	16039	56380	18,793.3
3	Team East Lothian ©	16	851	7	344	21177	3	239	13913	6	268	18497	53587	17,862.3
4	Central AC	15	851.5	2	263	17318	5	259	13396	8	329.5	21308	52022	17,340.7
5	Kilbarchan AAC	12	780	5	311	18726	2	219	12617	5	250	15757	47100	15,700.0
6	Springburn Harriers	10	776	4	300	19630	4	242	13856	2	234	15739	49225	16,408.3
7	Clydesdale, Helensburgh & Inverclyde ©	10	760	3	276	17343	6	267	14989	1	217	12808	45140	15,046.7
8	Shettleston Harriers	5	698	1	253	16394	1	205	11509	3	240	6736	34639	11,546.3

SCOTLAND NORTH EAST DIVISION		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	4th May			25th May			29th June			TOTAL P4P	AVE P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P		
1	Inverness Harriers	21	1925	7	578	33384	7	674	41316	7	673	44526	119226	39,742.0
2	Aberdeen AAC	18	1630.5	6	556	33369	6	469	28794	6	605.5	40902	103065	34,355.0
3	Dundee Hawkhill Harriers* ¹	15	1143.5	5	449	22672	5	335	18437	5	359.5	23453	64562	21,520.7
4	Arbroath & District AC	10	727	4	260	13423	3	245	13395	3	222	13112	39930	13,310.0
5	Team North ©	7	594.5	2	148.5	9612	4	321	16709	1	125	10157	36478	12,159.3
6	Perth & Montrose ©	7	554.5	3	220.5	15284	2	114	7468	2	220	16453	39205	13,068.3
7	Banchory Stonehaven AC	6	336	1	65	6329	1	35	3344	4	236	16677	26350	8,783.3

* Points deducted for overuse of an athlete

WINNER OF SCOTTISH REGIONAL FINAL - Sun 3rd August at Grangemouth - TO NATIONAL FINAL

Scottish Final at Grangemouth			Points	P4P	National Final
1	Edinburgh AC		606	52997	
2	Giffnock North AC		600	53847	
3	Team Ayrshire ©		474.5	42013	
4	Aberdeen AAC		464	42497	
5	Team North Lanarkshire ©		450.5	40095	
6	Inverness Harriers		448.5	42768	
7	Harmeny AC		430	40533	
8	Team South Lanarkshire ©		359.5	36635	

All divisions are subject to possible changes depending on the teams competing in 2026

YDL 2025 UPPER AGE GROUP MIDLAND

MIDLAND PREMIER N/E		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	27th April			25th May			6th July			To National Final	TOTAL P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P			
1	Rugby & Northampton AC	18	2144	6	767	68625	6	744	60601	6	633	52147	To National Final	181373	60457.7
2	Marshall Milton Keynes AC	14	1517.5	4	506.5	43977	5	534	43388	5	477	39814		127179	42393.0
3	Birchfield Harriers	11	1410	5	533	49294	3	433	35194	3	444	34988		119476	39825.3
5	Notts AC	9	1355	3	461	41462	2	422	32654	4	472	38639	N/E Promotion paper check Relegated to NE A, B, or C	112755	37585.0
4	Northampton AC	8	1333	2	419	39276	4	491	39787	2	423	31068		110131	36710.3
6	Solihull & Small Heath AC	3	1184.5	1	412.5	37249	1	358	27580	1	414	31146		95975	31991.7

MIDLANDS NORTH/EAST A		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	27th April			25th May			6th July			N/E Promotion paper check	TOTAL P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P			
1	Coventry Godiva Harriers & Leamington C&AC©	21	1663	7	606	34698	7	517	30464	7	540	30166	N/E Promotion paper check	95328	31776.0
2	Burton AC	17	1435	5	454	25358	6	472	25949	6	509	29589		80896	26965.3
3	Charnwood AC	16	1429	6	531	29469	5	451	20288	5	447	23088	N/E Promotion paper check	72845	24281.7
4	Derby AC	12	876	4	244	13219	4	351	17947	4	281	15760		46926	15642.0
5	Leicester Coritanian AC	8	698	2	185	9501	3	275	12906	3	238	12262		34669	11556.3
6	Tamworth AC	7	704	3	219	9170	2	255	9223	2	230	7657		26050	8683.3
7	Amber Valley & Erewash AC	3	538	1	165	10959	1	194	11496	1	179	13594		36049	12016.3

MIDLANDS NORTH/EAST B		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	27th April			25th May			6th July			N/E Promotion paper check	TOTAL P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P			
1	City of Stoke AC	16	910	6	388	20473	6	276	16585	4	246	16657	N/E Promotion paper check	53715	17905.0
2	Kidderminster & Stourport AC	12	660	3	189	9740	3	195	11452	6	276	15387		36579	12193.0
3	Royal Sutton Coldfield AC	12	638	2	118	5063	5	264	11879	5	256	14467	N/E Promotion paper check	31409	10469.7
4	Tipton Harriers	11	594	5	251	12326	4	218	10311	2	125	6221		28858	9619.3
5	Telford AC	8	612	4	222	12117	1	161	9050	3	229	16236		37403	12467.7
6	Dudley & Stourbridge Harriers	4	370	1	78	4451	2	168	8793	1	124	7897		21141	7047.0

MIDLANDS NORTH/EAST C		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	27th April			25th May			6th July			N/E Promotion paper check	TOTAL P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P			
1	Cannock & Stafford AC	15	1080	5	310	21621	5	400	26730	5	370	27517	N/E Promotion paper check	75868	25289.3
2	Shrewsbury AC	10	784	3	260	14956	4	295	17543	3	229	14092		46591	15530.3
3	Wolverhampton & Bilston AC	9	748	4	281	18023	3	286	18904	2	181	11628	N/E Promotion paper check	48555	16185.0
4	Halesowen A & CC	8	667	2	258	15671	2	140	7694	4	269	15894		39259	13086.3
5	Bromsgrove & Redditch AC	3	222	1	33	1974	1	86	4216	1	103	5753		11943	3981.0

MIDLAND PREMIER S/W		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	27th April			25th May			6th July			To National Final	TOTAL P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P			
1	Team Avon ©	15	1859	5	695	65799	5	613	60494	5	551	47541	To National Final	173834	57944.7
2	Cheltenham & County Harriers	12	1436	4	434	35134	4	510	44210	4	492	36127		115471	38490.3
3	Swansea Harriers AC	8	1151	2	336	28760	3	436	38462	3	379	29338		96560	32186.7
4	Cardiff Athletics	7	933	3	370	36242	2	361	35812	2	202	15846	S/W Promotion paper check Relegated to S/W 1	87900	29300.0
5	West Wales ©	3	622	1	208	18490	1	247	22173	1	167	12731		53394	17798.0

MIDLANDS SOUTH/WEST 1		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	27th April			25th May			6th July			S/W Promotion paper check	TOTAL P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P			
1	East Wales ©	11	864	4	290	23732	3	285	19359	4	289	21242	S/W Promotion paper check	64333	21444.3
2	South Wales ©	9	769	2	253	18899	4	290	19914	3	226	14374		53187	17729.0
3	Cardiff Archers AC	6	568	3	268	25676	2	194	16966	1	106	7103	S/W Promotion paper check	49745	16581.7
6	Hereford & County	4	527	1	196	14196	1	163	10779	2	168	10627		35602	11867.3

YDL 2025 UPPER AGE GROUP NORTH

NORTHERN PREMIER EAST		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	27th April			25th May			6th July			To National Final	TOTAL P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P			
1	City of York AC	15	1842	5	637	62469	5	636	62106	5	569	48731	To National Final	173306	57768.7
2	SY Dons©	10	1150	2	358	35601	4	391	39293	4	401	38140		113034	37678.0
3	Kingston upon Hull AC	9.5	1049	4	370	40317	3	345	34245	2.5	334	29755		104317	34772.3
4	Gateshead Harriers & AC* ²	5.5	944	1	328	33350	2	282	25567	2.5	334	29871	Relegated to East 1	88788	29596.0
5	City of Sheffield & Dearne AC	5	934	3	361	35422	1	278	26076	1	295	23755		85253	28417.7

* points deducted for overuse of an athlete

NORTHERN EAST 1		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	27th April			25th May			6th July			Promoted to Premier East	TOTAL P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P			
1	Harrogate Harriers & AC	15	1150	5	439	29771	5	412	25748	5	299	18457	Promoted to Premier East	73976	24658.7
2	Leeds City	12	1053	4	398	27016	4	357	23019	4	298	16146		66181	22060.3
3	Doncaster AC	8	525	3	159	6970	2	150	9116	3	216	11106		27192	9064.0
4	Chesterfield & District AC	7	526	2	156	9382	3	200	12514	2	170	9895		31791	10597.0

NORTHERN PREMIER WEST		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	27th April			25th May			6th July				TOTAL P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P			
1	North Wales ©	16	1795	4	524	43819	6	656	49237	6	615	48758	To National Final	141814	47271.3
2	Trafford AC	16	1733	6	584	49279	5	541	37738	5	608	50197		137214	45738.0
3	Liverpool Harriers & AC	12	1462	5	545	41089	4	481	33426	3	436	34135		108650	36216.7
4	Wigan & District Harriers & AC	9	1423	3	511	37612	2	388	25746	4	524	39276	Relegated to West 1	102634	34211.3
5	Wirral AC	7	1348	2	465	40682	3	459	31978	2	424	31970		104630	34876.7
6	Preston Harriers	3	897	1	390	33709	1	187	16365	1	320	28220	Relegated to West 1	78294	26098.0

NORTHERN WEST 1		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	27th April			25th May			6th July				TOTAL P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P			
1	Blackburn Harriers & AC	20	1727	7	596	34528	7	573	29922	6	558	26992	Promoted to Premier West	91442	30480.7
2	West Cheshire AC	19	1538	6	482	27661	6	494	28710	7	562	30258	Promoted to Premier West	86629	28876.3
3	Leigh Harriers & AC	14	1209	5	428	22980	5	442	20678	4	339	16759		60417	20139.0
4	Lancaster & Morecambe AC	12	1130	4	404	16942	3	308	10273	5	418	15750		42965	14321.7
5	Sale Harriers Manchester	10	973	3	343	21753	4	322	17827	3	308	17510		57090	19030.0
6	Border Harriers / Seaton ©	6	795	2	335	15040	2	217	8523	2	243	11650	Relegated to West 2	35213	11737.7
7	Team North Cumbria ©	3	506	1	209	11616	1	136	6867	1	161	7577	Relegated to West 2	26060	8686.7

NORTHERN WEST 2		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	27th April			25th May			6th July				TOTAL P4P	Ave P4P
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P			
1	Bolton United Harriers & AC	17	1402	6	491	28904	6	482	23641	5	429	22299	Promoted to West 1	74844	24948.0
2	Crewe & Nantwich AC	16	1257	5	386	18924	5	420	21214	6	451	26148	Promoted to West 1	66286	22095.3
3	St. Helens Sutton AC	10	470	2	110	5941	4	182	8328	4	178	9563	Relegated to West 2	23832	7944.0
4	Horwich RMI Harriers & AC	8	393	3	197	9740	2	50	2150	3	146	4813		16703	5567.7
5	Stockport Harriers AC	6	253	1	79	4365	3	100	3050	2	74	3821		11236	3745.3
6	Blackpool, Wyre & Fylde AC	5	269	4	227	13098	0	0	0	1	42	4733		17831	5943.7

YDL 2025 UPPER AGE GROUP SOUTH

SOUTHERN PREMIER		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	27th April			25th May			6th July			
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	
1	Blackheath & Bromley Harriers	18	2142	6	720	73716	6	713	73727	6	709	70994	To National Final
2	Harrow & Dacorum ©	14	1816.5	5	600.5	60267	4	586	62075	5	630	62574	To National Final
3	Windsor, Slough, Eton & Hounslow AC	11	1610	3	495	51227	5	605	64309	3	510	51614	
4	Reading AC	9	1632	2	476	48310	3	545	57371	4	611	60580	
5	Shaftesbury Barnet Harriers	8	1569	4	564.5	56135	2	500	52804	2	504.5	55247	Relegated to 1A or 1B
6	Havering AC	3	1150.5	1	443	41847	1	430	43476	1	277.5	27199	Relegated to 1A or 1B

TOTAL P4P	Ave P4P
218437	72812.3
184916	61638.7
167150	55716.7
166261	55420.3
164186	54728.7
112522	37507.3

SOUTHERN DIVISION 1A		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	27th April			25th May			6th July			
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	
1	Portsmouth & Winchester ©	17	1694	6	736	62460	6	538	45959	5	420	33783	To Premier division
2	Bournemouth/New Forest/Salisbury ©	15	1530.5	5	489	31103	4	460.5	27637	6	581	32709	
3	Team West London ©	12	1220.5	3	342	23425	5	478.5	33073	4	400	24475	
4	Wycombe & Chiltern ©	10	1214.5	4	458	27054	3	446.5	27414	3	310	15440	Relegated to 2A, 2B or 2C
5	Camberley & Dist. AC/Woking AC ©	6	941.5	2	234	17354	2	428.5	28941	2	279	18283	Relegated to 2A, 2B or 2C
6	Stevage & North Herts/HAWCS © OUT	0	0	0	0	0	0	0	0				

TOTAL P4P	Ave P4P
142202	47400.7
91449	30483.0
80973	26991.0
69908	23302.7
64578	21526.0
0	0

SOUTHERN DIVISION 1B		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	27th April			25th May			6th July			
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	
1	Woodford Green with Essex Ladies AC	18	2212	6	735	59955	6	743	57490	6	734	58085	To Premier division
2	Cambridge Harriers	15	1991	5	661.5	55742	5	708	59253	5	621.5	55514	
3	Medway & Maidstone	10	1393.5	4	452	34125	2	436	35255	4	505.5	38461	
4	Croydon AC	10	1365	3	433	40722	4	471	43025	3	461	46137	
5	Crawley AC	6	1143	2	368	32669	3	454	40241	1	321	31113	Relegated to 2A, 2B or 2C
6	Basildon AC	4	1061	1	326	23606	1	361	27350	2	374	30153	Relegated to 2A, 2B or 2C

TOTAL P4P	Ave P4P
175530	58510.0
170509	56836.3
107841	35947.0
129884	43294.7
104023	34674.3
81109	27036.3

SOUTHERN DIVISION 2A		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	27th April			25th May			6th July			
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	
1	Waverley AC	15	1157.5	5	356	22798	5	343	20956	5	458.5	27978	Promotion to 1A or 1B
2	Hillingdon AC	15	1105	6	386	23598	6	388	25589	3	331	22925	Promotion paper check
3	Guildford & Godalming AC	12	1133	2	288	21645	4	334	26398	6	511	35466	
4	Vale of Aylesbury AC	10	989.5	3	342.5	16112	3	299	14083	4	348	19286	
5	Sutton & District AC	6	827	4	354.5	22501	1	235	15317	1	237.5	16493	
6	Walton AC	5	829	1	243	17582	2	291	21135	2	295	22214	

TOTAL P4P	Ave P4P
71732	23910.7
72112	24037.3
83509	27836.3
49481	16493.7
54311	18103.7
60931	20310.3

SOUTHERN DIVISION 2B		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	27th April			25th May			6th July			
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	
1	Highgate Heathside	18	1720	5	460	32818	6	605	38180	7	655	39365	Promotion to 1A or 1B
2	Epsom & Ewell Harriers	17	1448	6	498	33578	7	620	36962	4	330	22291	Promotion paper check
3	Brighton & Hove AC	15	1377	7	631	41573	3	366	21150	5	380	22071	
4	Dartford Harriers	13	1359	3	396	24822	4	409	21679	6	554	33164	
5	Kingston & St Marys	10	1019	2	288	19245	5	427	26157	3	304	18367	
6	Team Sussex ©	8	876	4	450	31125	2	311	22131	2	115	10424	
7	Holland Sports AC & Dorking & Mole Valley©	2	88	1	68	1370	1	20	1003	0	0	0	

TOTAL P4P	Ave P4P
110363	36787.7
92831	30943.7
84794	28264.7
79665	26555.0
63769	21256.3
63680	21226.7
2373	791.0

SOUTHERN DIVISION 2C		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	25th May			6th July			2nd August			
				LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	LEAGUE POINTS	MATCH POINTS	P4P	
1	Tonbridge AC	13	1146	6	540	34213	7	606	42210				
2	Herne Hill Harriers	11	936	7	548	35694	4	388	27035				
3	Bexley AC	10	851	4	406	17298	6	445	21975				
4	Team ASIP ©	10	836	5	420	23939	5	416	21776				
5	Victoria Park & Tower Hamlets AC	6	592	3	300	18905	3	292	20418				
6	Newham & Essex Beagles	4	414	2	177	9993	2	237	15120				
7	S Factor Academy	2	181	1	65	4537	1	116	6841				

TOTAL P4P	Ave P4P
76423	38211.5
62729	31364.5
39273	19636.5
45715	22857.5
39323	19661.5
25113	12556.5
11378	5689