

YDL 2026 UPPER AGE GROUP LEAGUE STRUCTURE - SOUTHERN (as at 10 February)

Premier		Date & Venue
1	Blackheath & Bromley Harriers	Sun 12 Jul at Norman Park, Bromley
2	Harrow & Dacorum ©	
3	Portsmouth & Winchester ©	
4	Reading AC	Sun 19 Apr at Palmer Park, Reading
5	Windsor, Slough, Eton & Hounslow AC	Sun 24 May at Thames Valley Athletics Centre
6	Woodford Green with Essex Ladies AC	

Top 2 teams to National Final
Bottom 2 teams to be relegated to Division 1

Division 1A		Date & Venue
1	 Havering AC	Sun 19 Apr at Hornchurch
2	Herne Hill Harriers	
3	Highgate Heathside ©	Sun 2 Aug Finsbury Park
4	Newham & Essex Beagles	
5	Shaftesbury Barnet Harriers	
6	Victoria Park & Tower Hamlets AC	Sun 24 May at TBC

Division 1B		Date & Venue
1	Bexley AC	
2	Cambridge Harriers AC	Sun 12 Jul at Sutcliffe Park, Eltham
3	Dartford Harriers	
4	Medway & Maidstone AC	Sun 24 May at Medway Park Gillingham
5	Team ASIP ©	
6	Tonbridge AC	Sun 19 Apr at Tonbridge School

Division 1C		Date & Venue
1	Epsom & Ewell Harriers	
2	Hillingdon AC	
3	Team West London ©	Sun 19 Apr and Sat 12 Jul at Perivale
4	Vale of Aylesbury AC	Sun 24 May at Hemel Hempstead
5	Wycombe & Chiltern ©	

Division 1D		Date & Venue
1	Brighton & Hove AC	
2	Crawley AC	Sun 19 Apr at K2 Leisure Centre
3	Croydon Harriers	Sun 24 May at Weir Archer Track, Kingsmeadow
4	Momentum Track Club	
5	S Factor Academy	
6	Team Sussex ©	Sun 12 Jul at Lewes Community athletics track

Division 1E		Date & Venue
1	Bournemouth/New Forest/Salisbury ©	
2	Camberley & Dist. AC/Woking AC ©	
3	Guildford & Godalming AC	Sun 24 May at Spectrum Track, Guildford
4	Walton AC	SUN 12 Jul at Xcel Sports Hub
5	Waverley AC	
no club willing to host on 19 Apr		

PROMOTION/RELEGATION SUBJECT TO POSSIBLE CHANGES IN 2027