

## YDL 2026 UPPER AGE GROUP LEAGUE STRUCTURE - SOUTHERN (as at 20 March)

Premier		Date & Venue
1	<b>Blackheath &amp; Bromley Harriers</b>	Sun 12 Jul at Norman Park, Bromley
2	Harrow & Dacorum ©	
3	Portsmouth & Winchester ©	
4	<b>Reading AC</b>	Sun 19 Apr at Palmer Park, Reading
5	<b>Windsor, Slough, Eton &amp; Hounslow AC</b>	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	<b>Havering AC</b>	Sun 19 Apr at Hornchurch
2	Herne Hill Harriers	
3	<b>Highgate Heathside ©</b>	Sun 2 Aug Finsbury Park
4	Newham & Essex Beagles	
5	Shaftesbury Barnet Harriers	
6	<b>Victoria Park &amp; Tower Hamlets AC</b>	Sun 24 May at Mile End Stadium

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

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

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

Division 1E		Date & Venue
1	Bournemouth/New Forest/Salisbury ©	
2	Camberley & Dist. AC/Woking AC ©	
3	<b>Guildford &amp; Godalming AC</b>	Sun 24 May at Spectrum Track, Guildford
4	<b>Walton AC</b>	Sun 12 Jul at Xcel Sports Hub
5	Waverley AC	co-host on Sun 19 Apr at K2 Leisure Centre

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

**PROMOTION/RELEGATION SUBJECT TO POSSIBLE CHANGES FOR 2027**

© = composite team