

YDL Composite teams for 2026

Midland Region Lower Age Group – u14/u16

1. **Bristol & West with Mendip** - Bristol & West AC; Mendip AC
2. **Gwent Harriers** – Blaenau Gwent AC; Brecon AC; Cwmbran Harriers; Rhymney Valley AC
3. **Leamington AC** – Leamington C & AC; Leamington Athletics Academy
4. **Lincolnshire Alliance** – Bourne Town Harriers, Grantham AC; Sleaford Striders AC - **NEW**
5. **South Wales** - Aberdare Valley AAC; Barry & Vale Harriers; Bridgend AC; Pont-Y-Clun AC; Rhondda AC

Midland Region Upper Age Group – u18/u20

1. **Coventry Godiva & Leamington C&AC** – Coventry Godiva Harriers; Leamington Cycling & Athletics Club
 2. **East Wales** - Blaenau Gwent AC; Brecon AC; Cwmbran Harriers; Newport Harriers; Rhymney Valley AC
 3. **South Wales** - Aberdare Valley AAC; Barry & Vale Harriers; Bridgend AC; Pont-Y-Clun AC; Rhondda AC
 4. **Team Avon** - Bristol & West AC; Mendip AC; Team Bath AC; Yate & District AC
 5. **West Wales** – Carmarthen Harriers; Llanelli AC; Neath Harriers; Pembrokeshire Harriers; Sarn Helen RC
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Northern Region Lower Age Group – u14/u16

1. **Border Harriers/Seaton** – Border Harriers; Seaton AC
2. **Team IOM Youth** - Manx Harriers; Northern (IOM) AC; Western (IOM) AC
3. **Team North Cumbria** - Carlisle Aspatria AC; Copeland AC; Eden Runners

Northern Region Upper Age Group – u18/u20

1. **Doncaster & Chesterfield** – Chesterfield & District AC; Doncaster AC - **NEW**
 2. **North Wales** - Colwyn Bay AAC; Deeside AAC; Menai T & F; Wrexham AAC
 3. **SY Dons** – Barnsley AC; Hallamshire Harriers; Rotherham Harriers
 4. **Team North Cumbria** - Carlisle Aspatria AC; Copeland AC; Eden Runners
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Scottish Region Lower Age Group – u14/u16

1. **Clydesdale, Helensburgh & Inverclyde** - Clydesdale Harriers; Helensburgh AAC; Inverclyde AC
 2. **Perth Strathtay and Montrose** –Montrose & District AC; Perth Strathtay Harriers
 3. **Team Ayrshire** – Ayr Seaforth AC; North Ayrshire AC
 4. **Team East Lothian** – Dunbar RC; Haddington RC; Musselbrough & District AC; Team East Lothian AC
 5. **Team North** –Elgin AAC; Moray RR; Nairn AAC; Ross County AC
 6. **Team North Lanarkshire** – Airdrie Harriers; Cumbernauld AAC; Motherwell AC
 7. **Team South Lanarkshire** – East Kilbride AC; Larkhall YMCA Harriers; Law & District AC; Whittemoss AAC
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Southern Region Lower Age Group – u14/u16

1. **Bournemouth & New Forest Jun** - Bournemouth AC; New Forest Juniors AC
2. **Paddock Wood & Folkestone** – Folkestone RC; Paddock Wood AC
3. **Team Dorset** - Dorchester AC; Poole AC; Poole Runners: Wimborne AC
4. **Team Sussex** - East Grinstead AC; Eastbourne Rovers AC; Haywards Heath Harriers; Lewes AC - **NEW**

Southern Region Upper Age Group – u18/u20

1. **Bournemouth, New Forest & Salisbury** - Bournemouth AC; New Forest Juniors AC; Salisbury AC
2. **Camberley & District AC / Woking AC**
3. **Harrow & Dacorum** – Harrow AC; Dacorum & Tring AC
4. **Highgate Heathside** – Highgate Harriers, London Heathside AC
5. **Portsmouth & Winchester** – City of Portsmouth AC; Winchester & District AC
6. **Team ASIP** - Ashford AC; Invicta East Kent AC; Paddock Wood AC; Swale Combined AC
7. **Team Sussex** - East Grinstead AC; Eastbourne Rovers AC; Haywards Heath Harriers; Lewes AC
8. **Team West London** - Ealing, Southall & Middlesex AC; Thames Valley Harriers
9. **Wycombe & Chiltern** - Chiltern Harriers; Wycombe Phoenix Harriers