

COMPOSITE CLUBS 2019
APPROVED UNDER UKA RULE 21 S4 (4)

COMPOSITE NAME - RED FONT USED FOR NEW APPLICATIONS	CLUB	CLUB WITH (CLUBS WITH * HAVE BEEN APPROVED BY UKA WHO HAVE MORE THAN 5 CLUBS FOR GEOGRAPHIC REASONS)	REGION	LEAGUE
ANDOVER & OVERTON	ANDOVER AC	OVERTON HARRIERS	SOUTH EAST	SOUTHERN ATHLETICS LEAGUE, WESSEX TRACK & FIELD LEAGUE, HAMPSHIRE SPORTS HALL LEAGUE & SOUTHERN COUNTIES VETS TRACK & FIELD LEAGUE
ARMADA ATHLETICS	ERME VALLEY HARRIERS	CITY OF PLYMOUTH, PLYMOUTH HARRIERS, TAVISTOCK AC	SOUTH WEST	SOUTH WEST LEAGUE
ATIP (UAG) AND ASHFORD & THANET (LAG)	ASHFORD AC	THANET AC, INVICTA AC & PADDOCK WOOD AC	SOUTH EAST	YDL UPPER & LOWER AGE GROUP
BASILDON BEAGLES	BASILDON AC	NEWHAM & ESSEX BEAGLES	LONDON	YDL UPPER AGE GROUP
BEDFORDSHIRE	BEDFORDSHIRE AND COUNTY	LUTON/LEIGHTON BUZZARD/BIGGLESWADE	SOUTHERN	YDL UPPER & LOWER AGE GROUP
BORDER OLYMPIANS	OSWESTRY OLYMPIANS	BRIDGNORTH AC/WENLOCK OLYMPIANS	MIDLANDS	YDL UPPER AGE GROUP
BOURNEMOUTH AC, NEW FOREST JUNIORS	BOURNEMOUTH AC	NEW FOREST JUNIORS/SALISBURY AC	MIDLANDS	YDL LOWER AGE GROUP
BOURNEMOUTH AC, NEW FOREST JUNIORS, SALISBURY AC	SALISBURY AC	NEW FOREST JUNIORS/SALISBURY AC	MIDLANDS	YDL UPPER AGE GROUP
BRISTOL & WEST WITH MENDIP	BRISTOL & WEST AC	MENDIP AC	MIDLANDS	YDL LOWER AGE GROUP

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BRISTOL & WEST WITH YATE & DISTRICT	BRISTOL & WEST AC	YATE & DISTRICT AC	MIDLANDS	MIDLAND ATHLETICS LEAGUE
CAMBERLEY/WOKING	CAMBERLEY & DISTRICT AC	WOKING AC	SOUTHERN	YDL UPPER AGE GROUP
CLYDESDALE HARRIERS/HELENSBURGH AC	CLYDESDALE HARRIERS	HELENSBURGH AC	SCOTLAND	YDL LOWER AGE GROUP
COVENTRY GODIVA HARRIERS AND LEAMINGTON CYCLING & AC	COVENTRY GODIVA HARRIERS	LEAMINGTON CYCLING AND ATHLETICS CLUB	MIDLANDS	YDL UPPER AGE GROUP
EAST NOTTS	WORKSOP HARRIERS & AC	NEWARK AC, RETFORD AC	MIDLANDS	YDL UPPER AGE GROUP
EAST WALES	CWMBRAN HARRIERS	BLAENAU GWENT AC/BRECON AC & RHYMNEY VALLEY AC	MIDLANDS	YDL UPPER AGE GROUP
ENFIELD & HARINGEY / HAWCS	ENFIELD & HARINGEY	THE HAWCS	EAST	SOUTHERN ATHLETICS LEAGUE
ENFIELD & HARINGEY / HERFORD AND WARE	ENFIELD & HARINGEY	HERFORD AND WARE	EAST	EYAL
GIFFNOCK NORTH AC	GIFFNOCK NORTH AC	AYR SEAFORTH/KILBARCHAN/LAW & DISTRICT/WHITEMOSS	SCOTLAND	SCOTTISH WOMEN LEAGUE
GRIMSBY & LOUTH	GRIMSBY HARRIERS & AC	LOUTH AC	NORTH	YDL UPPER & LOWER AGE GROUP
HIGHGATE HARRIERS & MORNINGTON CHASERS	HIGHGATE HARRIERS	MORNINGTON CHASERS	SOUTHERN	SOUTHERN ATHLETICS LEAGUE

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HOLLAND SPORTS AC, DORKING & MOLE VALLEY AC & REIGATE PRIORY COMBINED	HOLLAND SPORTS AC	DORKING & MOLE VALLEY AC & REIGATE PRIORY AC	SOUTH WEST	SOUTHERN ATHLETICS LEAGUE
HOLLAND SPORTS & REIGATE	HOLLAND SPORTS AC	REIGATE PRIORY AC	SOUTHERN	YDL UPPER AGE GROUP
HOUGHTON & JARROW & HEBBURN	HOUGHTON HARRIERS AC	JARROW AND HEBBURN AC	NORTH EAST	NORTHERN LEAGUE
IPSWICH CATS	IPSWICH HARRIERS	COLCHESTER & TENDRING AC	SOUTHERN	SOUTHERN ATHLETICS LEAGUE
ISLAND SELECT *	ORKNEY	SHETLAND, NORTH UIST, SOUTH UIST, STORNOWAY & ERISKAY AAC	SCOTLAND	YDL LOWER AGE GROUP
JARROW & HEBBURN/ PHOENIX FLYERS	JARROW & HEBBURN AC	PHOENIX FLYERS AC	NORTH EAST	YDL UPPER & LOWER AGE GROUP
KINGDOM ATHLETIC	PITREAVIE AAC	FIFE AC/DUNDEE HAWKHILL HARRIERS	NORTHERN	YDL UPPER AGE GROUP
LEWES/HAYWARDS HEATH	LEWES AC	HAYWARDS HEATH	SOUTH	SOUTHERN ATHLETICS LEAGUE
M60 NOMADS	ALTRINCHAM & DISTRICT AC LTD	EAST CHESHIRE HARRIERS & TAMESIDE AC/OLDHAM & ROYTON HARRIERS AC/ROCHDALE HARRIERS AC/SALFORD METS AC	NORTH	YDL UPPER AGE GROUP
MENDIP	BRISTOL & WEST AC	MENDIP AC	SOUTH WEST	SOUTH WEST LEAGUE
NEWTON ABBOT AC TORBAY AC	NEWTON ABBOT AC	TORBAY AC	SOUTH WEST	SOUTH WEST LEAGUE
NORTH NOTTS ALLIANCE	WORKSOP HARRIERS & AC	RETFORD AC	MIDLANDS	YDL LOWER AGE GROUP

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NORTH SUFFOLK	WAVENEY VALLEY AC	BECCLIS & BUNGAY HARRIERS & BUNGAY BLACK DOG	EAST	EYAL
NORTH WALES	COLWYN BAY AC	MENAI TRACK & FIELD/DEESIDE AC/WREXHAM AC	NORTH	YDL UPPER AGE GROUP
NOTTS Lincs ALLIANCE	GRANTHAM AC	NEWARK AC/ SLEAFORD AC/ BOURNE AC	EAST MIDLANDS	YDL LOWER AGE GROUP
NUNEATON & HARBOROUGH	NUNEATON HARRIERS AC	HARBOROUGH AC	MIDLANDS	YDL UPPER AGE GROUP
PADDOCK WOOD AC & FOLKSTONE RC	FOLKESTONE RC	PADDOCK WOOD AC	SOUTH	YDL LOWER AGE GROUP & SOUTHERN ATHLETICS LEAGUE
PERTH/MONTROSE	PERTH STRATHWAY HARRIERS	MONTROSE AC	SCOTLAND	YDL LOWER AGE GROUP
PLYMOUTH / ERME VALLEY / TAVISTOCK	ERME VALLEY HARRIERS	CITY OF PLYMOUTH, TAVISTOCK AC	SOUTH WEST	SOUTHERN ATHLETICS LEAGUE
PORTSMOUTH & WINCHESTER	CITY OF PORTSMOUTH AC	WINCHESTER & DISTRICT AC	SOUTH	YDL UPPER AGE GROUP
SOUTH BUCKS	WYCOMBE PHOENIX HARRIERS	CHILTERN HARRIERS	SOUTHERN	YDL UPPER AGE GROUP
SOUTH WALES COMPOSITE TEAM	BRIDGEND AC	BARRY & VALE/RHONDDA AC/ABERDARE AC/PONT-Y-CLUN	WALES	MIDLAND YDL UPPER & LOWER AGE GROUP
TEAM AVON	BRISTOL & WEST AC	MENDIP AC/TEAM BATH AC/ YATE & DISTRICT AC	MIDLANDS	YDL UPPER AGE GROUP
TEAM DC *	CITY OF PLYMOUTH	CORNWALL AC, NEWQUAY AND PAR, EXETER HARRIERS, TAVISTOCK AC & ERME VALLEY	MIDLANDS	YDL UPPER AGE GROUP
TEAM DG	ANNAN & DISTRICT AC	NITHSDALE AC/ STEWARTRY AC	SCOTLAND	YDL LOWER AGE GROUP

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TEAM DORSET	POOLE AC	DORCHESTER AC / WIMBORNE AC	SOUTH WEST	YDL UPPER & LOWER AGE GROUP & SOUTHERN ATHLETICS LEAGUE
TEAM EDINBURGH	EDINBURGH AC	LASSWADE AC/CORSTORPHINE AC	SCOTLAND	NORTHERN YDL UPPER AGE GROUP
TEAM FORTH VALLEY	CENTRAL AC	FALKIRK VICTORIA HARRIERS/LIVINGSTON AC/TEAM EAST LOTHIAN/LOTHIAN RUNNING CLUB/	SCOTLAND	NORTHERN YDL UPPER AGE GROUP
TEAM GLASGOW	VICTORIA PARK CITY OF GLASGOW AC	GIFFNOCK NORTH AC/SHETTLESTON HARRIERS AC/KILBARCHAN AC	SCOTLAND	NORTHERN YDL UPPER AGE GROUP
TEAM ISLE OF MAN YOUTH	MANX HARRIERS	NORTHERN (ISLE OF MAN)/WESTERN (ISLE OF MAN)	NORTH	YDL LOWER AGE GROUP
TEAM NORFOLK	WEST NORFOLK AC	DEREHAM RUNNERS/ GREAT YARMOUTH & DISTRICT AC / ROYSTON RUNNERS AC	EAST	EYAL
TEAM NORTH *	ELGIN AAC	MORAY RR, NAIRN AAC, ROSS COUNTY, CAITHNESS AAC, EAST SUTHERLAND, FORRES HARRIERS	SCOTLAND	YDL LOWER AGE GROUP
TEAM NORTH CUMBRIA	CARLISLE ASPATRIA	SEATON/COPELAND/EDEN RUNNERS/KENDAL	NORTH	YDL UPPER & LOWER AGE GROUP
TEAM NORTH LANARKSHIRE	CUMBERNAULD AAC	AIRDRIE HARRIERS/MOTHERWELL AC	SCOTLAND	YDL LOWER AGE GROUP
TEAM SOUTH LANARKSHIRE	WHITEMOSS AAC	EAST KILBRIDE, HAMILTON & DISTRICT, LARKHALL YMCA HARRIERS, LAW & DISTRICT AAC	SCOTLAND	YDL LOWER AGE GROUP
TEAM SUSSEX	LEWES AC	EAST GRINSTEAD AC, HAYWARDS HEATH HARRIERS & EASTBOURNE ROVERS AC	SOUTH EAST	YDL UPPER AGE GROUP
TEAM WEST LONDON	EALING SOUTHALL MIDDLESEX AC	THAMES VALLEY HARRIERS	SOUTH	YDL UPPER AGE GROUP
VICTORIA TOWER HIGHGATE	VICTORIA PARK HARRIERS & TOWER HAMLETS AC	HIGHGATE HARRIERS	SOUTH	YDL UPPER AGE GROUP

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WEST NOTTS	MANSFIELD AC	SUTTON IN ASHFIELD HARRIERS, RUSHCLIFFE AC	MIDLANDS	YDL UPPER AGE GROUP
WEST WALES	CARMARTHEN HARRIERS	LLANELLI AAC/ NEATH HARRIERS/ PEMBROKESHIRE HARRIERS/SARN HELEN	WALES	MIDLANDS YDL UPPER AGE GROUP