

NATIONAL JUNIOR ATHLETIC LEAGUE.

MAKE UP OF 2009 COMPOSITE TEAMS

Northern Region

- 1) Cleethorpes & District AC/Grimsby Harriers
- 2) Hull Achilles / Goole Youth
- 3) **Kingdom Athletics** –Dundee Hawkhill Harriers; Fife AC; Pitreavie AC;
- 4) **Kirklees A.C.** – Holmfirth Harriers A.C.; Spenborough & District AC
- 5) **North Wales** – Deeside AAC; Menai T & F; Newtown; Wrexham AAC; Colwyn Bay
- 6) **Team Edinburgh** -City of Edinburgh AC; Corstophine AAC; Lasswade AAC
- 7) **Team Forth Valley** – Central AC., Falkirk Victoria Harriers; Livingston AC; Lothian RC
- 8) **Team Glasgow** - Victoria Park City of Glasgow AC; Shettleston Harriers; Kilbarchen AC; Giffnock North AC.
- 9) **Team Tyne & Wear** – Blaydon Harriers; Houghton & Peterlee A.C.; Jarrow & Hebburn AC; North Shields Polytechnic; South Shields H & AC
- 10) **Wigan, Horwich & District Harriers** – Horwich RMI Harriers and Wigan & District Harriers.

Midland Region

- 1) **Border Olympians** – Bridgenorth A.C; Hereford AC; Oswestry Olympians
- 2) Bristol & West AC / Mendip AC
- 3) **Avon Spa** – Leamington C & A.C.; Stratford upon Avon A.C.
- 4) **Team Arrows** – Retford AC; Rushcliffe AC; Sutton Harriers AC; Worksop Harriers
- 5) **Team CDAV** – Amber Valley AC; Chesterfield & District AC
- 6) **West Wales** – Carmarthen Harriers; Llanelli AAC; Neath Harriers; Pembrokeshire Harriers; Swansea Harriers

Southern Region

- 1) **Basildon Beagles** - Basildon A.C.;Newham & Essex Beagles A.C.
- 2) Basingstoke & Mid Hants AC / Andover AC
- 3) **NWC Herts** – Dacorum & Tring; St.Albans AC; Stevenage & North Herts AC; Watford Harriers
- 4) Bournemouth A.C. / Poole Runners
- 5) Havant A.C. / Isle of Wight A.C.
- 6) **Invicta's Paddock** – Invicta East Kent A.C.; Paddock Wood A.C.
- 7) **Team Bedford** - Bedford & County AC / Biggleswade AC/ Leighton Buzzard A.C./ Luton AC
- 8) **Team Cambridge** - Cambridge & Coleridge AC; Huntingdonshire AC; Nene Valley Harriers; Peterborough AC
- 9) **Team Cobra** – Braintree A.C.; Colchester & Tendring A.C.; Colchester Harriers
- 10) **The Saxons** – Chelmsford A.C.; Ipswich Harriers
- 11) **The Sharks** - Eastbourne Rovers and Hastings AC