

## **COMPETING CLUBS IN NJAL 2009 - including clubs who are part of a composite team**

**Any athlete who is a member of the following clubs MUST compete 1st claim for that club and NOT 2nd claim for any other either scoring or non-scoring**

2Dash A.C.	Dundee Hawkhill Harriers	Newtown
Amber Valley AC	Eastbourne Rovers AC	North Shields Poly AC
Andover AC	Edinburgh A.C.	Notts AC
Ashford AC	Enfield & Haringey AC	Nuneaton Harriers AC
Basildon AC	Falkirk Victoria Harriers	Orion Harriers
Basingstoke & Mid Hants AC	Fife A.C.	Oswestry Olympians
Bedford & County AC	Gateshead Harriers & AC	Paddock Wood AC
Bexley AC	Giffnock North AAC	Pembrokeshire Harriers AAC
Biggleswade AC	Goole Youth AC	Peterborough AC
Bingley Harriers	Grimsby Harriers & AC	Pitreavie AAC
Birchfield Harriers	Guildford & Godalming AC	Poole Runners
B'heath & Bromley Harriers AC	Halesowen A & CC	Preston Harriers
Blaydon Harriers & AC	Harrogate Harriers & AC	Reading AC
Bolton United Harriers & AC	Harrow AC	Retford AC
Border Harriers & AC	Hastings AC	Rotherham Harriers & AC
Bournemouth AC	Havant AC	Rugby & Northampton AC
Braintree & District AC	Havering Mayesbrook AC	Rushcliffe AC
Bridgenorth AC	Hereford & County AC	Sale Harriers Manchester
Brighton & Hove City AC	Herts Phoenix AC	Scunthorpe & District A.C.
Bristol & West AC	Holmfirth Harriers AC	Shaftesbury Barnet Harriers
Cambridge & Coleridge AC	Horwich RMI Harriers	Shettleston Harriers
Cambridge Harriers	Houghton & Peterlee A.C.	Solihull & Small Heath AC
Cannock & Stafford AC	Hull Achilles AC	South Shields Harriers & AC
Cardiff AAC	Huntingdonshire AC	Spensborough & District AC
Carmarthen & District Harriers	Invicta East Kent A.C.	St.Albans AC
Central AC	Ipswich Harriers	St.Albans Striders
Charnwood AC	Isle of Wight A.C.	St.Helens Sutton AC
Chelmsford AC	Jarrow & Hebburn AC	Stevenage & North Herts AC
Cheltenham & County Harriers	Kilbarchen AAC	Stratford upon Avon A.C.
Chesterfield & District AC	Kingston A.C. & Polytechnic Harriers	Sutton in Ashfield Harriers
Chichester Runners & AC	Kingston upon Hull AC	Swansea Harriers AC
City of Norwich AC	Lasswade AAC	Tamworth AC
City of Portsmouth AC	Leamington C & AC	Team Southampton
City of Sheffield AC	Leeds City AC	Telford AC
City of Stoke AC	Leighton Buzzard A.C.	Thames Valley Harriers
City of York AC	Liverpool Harriers & AC	Tipton Harriers
Cleethorpes & District AC	Liverpool ,Pembroke & Sefton AC	Tonbridge AC
Colchester Harriers AC	Livingston & District AAC	Trafford AC
Colchester & Tendring AC	Llanelli AAC	Vale of Aylesbury AC
Colwyn Bay AAC	Lothian RC	Victoria Park City of Glasgow AC
Corby AC	Luton AC	Wakefield District Harriers & AC
Corstorphine AAC	Mansfield Harriers & AC	Watford Harriers
Coventry Godiva Harriers	Marshal Milton Keynes AC	Wigan & District Harriers & AC
Croydon Harriers	Medway & Maidstone AC	Windsor,Slough,Eton & Hounslow AC
Dacorum & Tring AC	Menai Track & Field	Wirral AC
Dartford Harriers AC	Mendip AC	Wolverhampton & Bilston AC
Deeside AAC	Middlesbrough AC (Mandale)	W'ford Green AC with Essex Ladies
Derby AC	Neath Harriers	Worksop Harriers & A.C.
Doncaster A.C.	Nene Valley Harriers	Wrexham AAC
Dudley & Stourbridge Harriers	Newham & Essex Beagles	Wycombe Phoenix Harriers AC