

2Dash AC	East Cheshire Harriers	Manchester Tri Club	Spectrum Striders
Accrington Road Runners	East Hull Harriers	Manchester YMCA	Spennorth
Allerton Junior AC	Eden Runners	Manx Harriers	St Helens Striders
Alnwick Harriers	Ellesmere Port AC	Matlock AC	St Helens Sutton AC
Altrincham DAC	Elswick Harriers	Middlesbrough & Cleveland	Steel City Striders
Amber Valley & Erewash AC	Elvet Striders	Middlesbrough AC	Stockport Harriers
Ambleside AC	Fit Mums & Friends	Morpeth Harriers	Styal Runners
Askern DRC	Gateshead Harriers	New Marske Harriers	Sunderland Harriers
Aurora Harriers	Goole Youth AC	Nidd Valley RR	Sunderland Strollers
Barlick Fell Runners	Gosforth H	North Derbys RC	Swinton RC
Barnsley AC	Halifax Harriers	North East Vets	Totley AC
Barnsley Harriers	Hallamshire Harriers	North Shields Poly	Trafford AC
Barrow & Furness Striders	Halton & Frodsham H	Northern AC (IoM)	Tyne Bridge Harriers
Barton & DAC	Harrogate Harriers	Northwich RC	Tyndale Harriers
Beverley AC	Hartlepool Youth AC	Oldham & Royton Harriers	University of Sheffield
Bingley Harriers	Heaton Harriers	Otley AC	UTS Run Club
Birtley AC	Helm Hill Runners	Pendle AC	Vale Royal AC
Blackburn Harriers	High Peak AC	Penistone Footpath Runner	Valley Striders
Blackhill Bounders	Holmfirth Harriers	Penny Lane Striders	Wakefield Harriers
Blackpool Wyre & Fylde	Horwich RMI	Pensby Runners	Wallasey AC
Blaydon Harriers	Houghton Harriers	Pontefract AC	Wallsend
Blyth RC	Hyndburn AC	Preston Harriers	Warrington AC
Bolton Utd Harriers	Ilkley Harriers	Pudsey & Bramley AC	Warrington RR
Border H	Jarrow & Hebburn AC	Quays Running Club	Wesham RR
Boston & DAC	Jesmond Joggers	Queensbury RC	Wespa Fire AC
Burnden RR	Keighley & Craven	Radcliffe AC	West Cheshire AC
Burnley AC	Kendal AAC	Ribble Valley Harriers	Western AC (IoM)
Bury AC	Keswick AAC	Richmond & Zetland H	Wetherby Runners
Cheshire HHH	Kimberworth Striders	Ripon Roar	Wharfedale Harriers
Chester le Street AC	Kingston upon Hull AC	Rochdale Harriers	Wigan Harriers
Chester Triathlon Club	Kirkby Milers	Rosendale Harriers	Wigan Phoenix
Chesterfield & DAC	Kirkstall Harriers	Rotherham Harriers	Wilmslow RC
Chorley A & T Club	Knowsley Harriers	Rothwell Harriers	Wirral AC
Chorlton Runners	Lancashire Walking Club	Roundhay Runners	Wolds Vets AC
City of Hull AC	Lancaster & Morecambe AC	Sale Harriers	Wombwell SAC
City of Sheffield	Lancs Fire & Rescue	Salford Harriers	York Knavesmire
City of York	Leeds City	Salford Mets AC	Yorkshire RWC
Clayton le Moors Harriers	Leigh Harriers	Saltaire Striders	
Cleethorpes AC	Leven Valley AC (Cumbria)	Scarborough AC	
Clowne RR	Lincoln Wellington	Scunthorpe DAC	
Congleton Harriers	Liverpool Harriers	Sedbergh School Running Club	
Crewe & Nantwich	Liverpool P& S AC	Sedgefield Harriers	
Darlington H	Liverpool Running Club	Settle Harriers	
Denby Dale AC	Longwood Harriers AC	Sheffield Hallam University AC	
Derby AC	Louth AC	Sheffield RC	
Derwent AC (Cockermouth)	Low Fell RC	Sheffield Triathlon Club	
Derwentside AC	Lytham St Annes RR	Skyrac	
DH Runners	Macclesfield Harriers	South Shields H & AC	
Doncaster AC	Manchester Frontrunners	Southport Waterloo	
Durham City Harriers	Manchester Harriers		