

CORRECT AS AT 31st October 2011

| Club name | Affiliated / Not Affiliated | No of licenced members | EA Council Region | County |
|--|-----------------------------|------------------------|------------------------|--------------------|
| 100 Marathon Club | Affiliated | 40 | London | Surrey |
| 100KM Association | Affiliated | 4 | Yorkshire & Humberside | Yorkshire |
| 2 Dash | Affiliated | 20 | Yorkshire & Humberside | South Yorkshire |
| 23 Mile Club | Affiliated | 42 | London | London |
| 26.2 Road Runners Club | Affiliated | 133 | London | Surrey |
| Abbey Runners | Affiliated | 146 | Yorkshire & Humberside | West Yorkshire |
| ABC Runners | Affiliated | 29 | North West | Cheshire |
| Abingdon Amblers A C | Affiliated | 209 | South East | Oxfordshire |
| Accrington Road Runners | Affiliated | 119 | North West | Lancashire |
| Achille Ratti Climbing Club | Affiliated | 0 | North West | Lancashire |
| Achilles Club | Affiliated | 11 | London | Surrey |
| Ackworth Road Runners & AC | Affiliated | 108 | Yorkshire & Humberside | West Yorkshire |
| Action Heart Running & Walking Club | Affiliated | 28 | West Midlands | West Midlands |
| Adderbury Running Club | Affiliated | 8 | East | Oxfordshire |
| Aire Valley Runners | Affiliated | 10 | Yorkshire & Humberside | West Yorkshire |
| Airecentre Pacers RC | Affiliated | 49 | Yorkshire & Humberside | Yorkshire |
| Alchester Running Club | Affiliated | 102 | South East | Oxfordshire |
| Aldershot Farnham & District | Affiliated | 320 | South East | Hampshire |
| Aldridge RC | Affiliated | 123 | West Midlands | West Midlands |
| Allen Valley Striders | Affiliated | 29 | North East | Northumberland |
| Allithwaite & District AC | Not Affiliated | 0 | North West | Cumbria |
| Almost Athletes | Affiliated | 208 | South West | Gloucestershire |
| Alnwick Harriers | Affiliated | 196 | North East | Northumberland |
| Alton Runners | Affiliated | 43 | South East | Hampshire |
| Altrincham & District AC | Affiliated | 237 | North West | Cheshire |
| Alvis RC | Not Affiliated | 0 | West Midlands | Warwickshire |
| Amazing Feet Running Club | Affiliated | 57 | West Midlands | West Midlands |
| Amber Valley and Erewash Athletic Club | Affiliated | 86 | East Midlands | Derbyshire |
| Ambleside AC | Affiliated | 12 | North West | Cumbria |
| Amphibians 2 Triathlon Club | Affiliated | 18 | South East | West Sussex |
| Ampthill & Flitwick Flyers RC | Affiliated | 124 | East | Bedfordshire |
| Ancholme Valley AC | Affiliated | 15 | Yorkshire & Humberside | Lincolnshire |
| Andems Runners | Affiliated | 12 | North West | Greater Manchester |
| Andover AC | Affiliated | 188 | South East | Hampshire |
| Angels RC | Affiliated | 43 | South West | Gloucestershire |
| APEx Runners | Affiliated | 12 | North West | Merseyside |
| Arena 80 AC | Affiliated | 108 | South East | East Sussex |
| Arunners RC | Affiliated | 108 | South East | West Sussex |
| Ashbourne Running Club | Affiliated | 87 | East Midlands | Derbyshire |
| Ashford & District RRC | Affiliated | 57 | South East | Kent |
| Ashford AC | Affiliated | 190 | South East | Kent |
| Ashford Triathlon Club | Affiliated | 20 | South East | Kent |
| Askern & District RC | Affiliated | 57 | Yorkshire & Humberside | South Yorkshire |
| Astley & Tyldesley Road Runners | Affiliated | 117 | North West | Greater Manchester |

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|--|-------------------|------------|------------------------|--------------------|
| Aurora Harriers | Affiliated | 18 | North East | County Durham |
| Avon Valley Runners | Affiliated | 119 | South West | Wiltshire |
| Axe Valley Runners | Affiliated | 31 | South West | Devon |
| Aycliffe Running Club | Affiliated | 84 | North East | County Durham |
| Baildon Runners | Affiliated | 55 | Yorkshire & Humberside | West Yorkshire |
| Banbury Harriers AC | Affiliated | 104 | South East | Oxfordshire |
| Barking Road Runners | Affiliated | 62 | London | Essex |
| Barnet & District AC | Affiliated | 223 | East | London |
| Barnsley Athletic Club | Affiliated | 151 | Yorkshire & Humberside | South Yorkshire |
| Barnsley Harriers | Affiliated | 108 | Yorkshire & Humberside | South Yorkshire |
| Barnt Green Chuggers | Affiliated | 39 | West Midlands | West Midlands |
| Barrow & Furness Striders AC | Affiliated | 78 | North West | Cumbria |
| Barrow Runners | Affiliated | 137 | East Midlands | Leicestershire |
| Barton & District AC | Affiliated | 18 | Yorkshire & Humberside | Lincolnshire |
| Barton AC | Affiliated | 6 | North West | Lancashire |
| Basildon AC | Affiliated | 208 | East | Essex |
| Basingstoke & Mid Hants AC | Affiliated | 288 | South East | Hampshire |
| BBC Running Club | Affiliated | 44 | London | London |
| Bearbrook Running Club | Affiliated | 193 | South East | Buckinghamshire |
| Beaumont RC | Affiliated | 42 | East Midlands | Leicestershire |
| Beckenham Running Club | Affiliated | 63 | London | Kent |
| Bedale & Aiskew Runners | Affiliated | 33 | Yorkshire & Humberside | Yorkshire |
| Bedford & County AC | Affiliated | 398 | East | Bedfordshire |
| Bedford Harriers AC | Affiliated | 53 | East | Bedfordshire |
| Beeston AC | Affiliated | 32 | East Midlands | Nottinghamshire |
| Belgrave Harriers | Affiliated | 159 | London | Surrey |
| Belle Vue Racers | Affiliated | 56 | North West | Greater Manchester |
| Belper Harriers | Affiliated | 81 | East Midlands | Derbyshire |
| Benfleet RC | Affiliated | 300 | East | Essex |
| Bere Alston Trekkers | Affiliated | 27 | South West | Devon |
| Bermuda Striders | Affiliated | 24 | West Midlands | West Midlands |
| Berwick Harriers AC | Affiliated | 22 | North East | Northumberland |
| Beverley Athletics Club | Affiliated | 207 | Yorkshire & Humberside | East Yorkshire |
| Bexhill Runners | Affiliated | 74 | South East | East Sussex |
| Bexley AC | Affiliated | 251 | South East | Kent |
| Bicester AC | Affiliated | 83 | South East | Oxfordshire |
| Biddulph RC | Affiliated | 78 | West Midlands | Staffordshire |
| Bideford AAC | Affiliated | 31 | South West | Devon |
| Biggleswade AC | Affiliated | 136 | East | Bedfordshire |
| Bildeston Bounders AC | Affiliated | 10 | East | Norfolk |
| Billericay Striders | Affiliated | 50 | East | Essex |
| Billingham Marsh Hse H & AC | Affiliated | 265 | North East | Cleveland |
| Bingley Harriers & AC | Affiliated | 370 | Yorkshire & Humberside | West Yorkshire |
| Birchfield Harriers | Affiliated | 466 | West Midlands | West Midlands |
| Birkenhead AC | Affiliated | 68 | North West | Merseyside |
| Birmingham Running Athletics & Triathlon Club | Affiliated | 268 | West Midlands | West Midlands |
| Birstall RC | Affiliated | 101 | East Midlands | Leicestershire |
| Birtley AC | Affiliated | 69 | North East | County Durham |
| Bishops Stortford RC | Affiliated | 133 | East | Essex |
| Bitton Road Runners | Affiliated | 128 | South West | Avon |

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|--|-------------------|------------|-----------------------------------|-------------------------|
| Black Combe Runners | Affiliated | 60 | North West | Cumbria |
| Black Country Triathletes | Affiliated | 64 | West Midlands | Worcestershire |
| Black Pear Joggers | Affiliated | 238 | West Midlands | Worcestershire |
| Blackburn Harriers & AC | Affiliated | 245 | North West | Lancashire |
| Blackburn Road Runners | Affiliated | 96 | North West | Lancashire |
| Blackheath and Bromley Harriers Athletic Club | Affiliated | 458 | London | Kent |
| Blackhill Bounders | Affiliated | 92 | North East | County Durham |
| Blackley Nth Manchester AC | Affiliated | 0 | North West | Lancashire |
| Blackpool Wyre & Fylde AC | Affiliated | 244 | North West | Lancashire |
| Blackwater Valley Runners | Affiliated | 12 | East | Hampshire |
| Blackwell and District AC | Affiliated | 12 | East Midlands | Derbyshire |
| Blaydon Harriers & AC | Affiliated | 144 | North East | Tyne And Wear |
| Blengdale Runners Athletic Club | Affiliated | 15 | North West | Cumbria |
| Blyth Running Club | Affiliated | 127 | North East | Northumberland |
| Blythe Bridge RC | Affiliated | 22 | West Midlands | Staffordshire |
| Boalloy Running Club | Affiliated | 56 | North West | Cheshire |
| Bodmin Women's RC | Affiliated | 31 | South West | Cornwall |
| Bodyworks XTC Tri Store | Affiliated | 90 | South East | East Sussex |
| Bognor & Chichester AC | Affiliated | 0 | South East | West Sussex |
| Bolton Triathlon Club | Affiliated | 0 | North West | Lancashire |
| Bolton United Harriers & AC | Affiliated | 110 | North West | Lancashire |
| Border Harriers & AC | Affiliated | 139 | North West | Cumbria |
| Boreham Wood AC | Affiliated | 0 | East | Hertfordshire |
| Borrowdale Fell Runners | Affiliated | 57 | North West | Cumbria |
| Boston & District AC | Affiliated | 54 | East Midlands | Lincolnshire |
| Bourne Town Harriers | Affiliated | 119 | East Midlands | Lincolnshire |
| Bournemouth AC | Affiliated | 165 | South West | Dorset |
| Bournemouth Joggers | Affiliated | 55 | South West | Dorset |
| Bournville Harriers | Affiliated | 150 | West Midlands | West Midlands |
| Bourton Road Runners Club | Affiliated | 71 | South West | Gloucestershire |
| Bowland Fell Runners | Affiliated | 3 | North West | Lancashire |
| Boxfit Tri | Affiliated | 0 | London | Bedfordshire |
| Brackley and District RC | Affiliated | 54 | East Midlands | Northamptonshire |
| Bracknell AC | Affiliated | 190 | South East | Berkshire |
| Bracknell Bounders | Affiliated | 7 | South East | Berkshire |
| Bracknell Forest Runners | Affiliated | 188 | South East | Berkshire |
| Bradford Airedale AC | Affiliated | 51 | Yorkshire & Humberside | West Yorkshire |
| Bradford Grammar School | Affiliated | 0 | Yorkshire & Humberside | West Yorkshire |
| Braintree & District AC | Affiliated | 198 | East | Essex |
| Brandon Fern Hoppers | Affiliated | 17 | East | Suffolk |
| Bridgnorth AC | Affiliated | 23 | West Midlands | Shropshire |
| Bridlington Road Runners | Affiliated | 54 | Yorkshire & Humberside | East Yorkshire |
| Bridport Runners | Affiliated | 23 | South West | Dorset |
| Brighton & Hove AC | Affiliated | 334 | South East | West Sussex |
| Brighton & Hove Women's Running Club | Affiliated | 67 | South East | East Sussex |
| Bristol & West AC (est. 1882) | Affiliated | 310 | South West | Avon |
| British Airways AC | Affiliated | 46 | London | Surrey |
| British Library Boston Spa AC | Affiliated | 13 | Yorkshire & Humberside | West Yorkshire |
| Brixham Harriers | Affiliated | 26 | South West | Devon |
| BRJ Huntingdon RRC | Affiliated | 128 | East | Lincolnshire |

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|--|-----------------------|------------|------------------------|--------------------|
| Bromley Veterans AC | Affiliated | 50 | London | Kent |
| Bromsgrove & Redditch | Affiliated | 243 | West Midlands | West Midlands |
| Browning Fellowship Fun Runners | Affiliated | 1 | London | Essex |
| Broxbourne Runners | Affiliated | 20 | East | Essex |
| Brunel Runners | Not Affiliated | 0 | South West | Avon |
| Buckingham & Stowe RC | Affiliated | 21 | South East | Buckinghamshire |
| Bude Rats (Run and Tri) | Affiliated | 23 | South West | Cornwall |
| Bungay Black Dog RC | Affiliated | 169 | East | Suffolk |
| Burgess Hill Runners | Affiliated | 180 | South East | Sussex |
| Burnden Road Runners | Affiliated | 101 | North West | Greater Manchester |
| Burnham Joggers | Affiliated | 127 | South East | Berkshire |
| Burnham On Sea Harriers | Affiliated | 31 | South West | Somerset |
| Burnley AC | Affiliated | 14 | North West | Lancashire |
| Burntwood Triathlon Club | Affiliated | 7 | West Midlands | Staffordshire |
| Burton AC | Affiliated | 113 | West Midlands | Derbyshire |
| Bury Athletic Club | Affiliated | 59 | North West | Lancashire |
| Bushfield Joggers | Affiliated | 93 | East | Cambridgeshire |
| Buxton & District AC | Affiliated | 82 | East Midlands | Derbyshire |
| Calder Valley Fell Runners | Affiliated | 14 | Yorkshire & Humberside | West Yorkshire |
| Calne Running Club | Affiliated | 18 | South West | Wiltshire |
| Calne SMaRTT | Affiliated | 65 | South West | Wiltshire |
| Camberley & District AC | Affiliated | 132 | South East | Surrey |
| Cambourne Women Runners | Affiliated | 0 | East | Cambridgeshire |
| Cambridge & Coleridge AC | Affiliated | 599 | East | Cambridgeshire |
| Cambridge Harriers | Affiliated | 209 | London | Kent |
| Cambridge Triathlon Club | Affiliated | 132 | East | Cambridgeshire |
| Cambridge University AC | Affiliated | 0 | East | Cambridgeshire |
| Cambridge University Hare and Hounds Club | Affiliated | 7 | East | Cambridgeshire |
| Cambridge University Press RC | Affiliated | 9 | East | Cambridgeshire |
| Cannock & Stafford AC | Affiliated | 182 | West Midlands | Staffordshire |
| Canterbury Harriers | Affiliated | 131 | South East | Kent |
| Capel Cheetahs | Affiliated | 36 | East | Suffolk |
| Capenhurst RC | Affiliated | 5 | North West | Cheshire |
| Carbeile Cruisers | Affiliated | 6 | South West | Cornwall |
| Carlisle Aspatria AC | Affiliated | 42 | North West | Cumbria |
| Carlisle Tri Club | Affiliated | 47 | North West | Cumbria |
| Carn Runners | Affiliated | 78 | South West | Cornwall |
| Castle Point Joggers | Affiliated | 73 | East | Essex |
| Centurion RC | Affiliated | 127 | West Midlands | West Midlands |
| Channel Islands AC | Affiliated | 16 | South East | |
| Chapel Allerton Road Runners | Affiliated | 79 | Yorkshire & Humberside | West Yorkshire |
| Chard RRC | Affiliated | 39 | South West | Somerset |
| Charlton Kings Running Club | Affiliated | 0 | South West | Gloucestershire |
| Charnwood A C | Affiliated | 350 | East Midlands | Leicestershire |
| Charnwood Triathlon Club | Affiliated | 7 | East Midlands | Leicestershire |
| Chase Harriers | Affiliated | 93 | West Midlands | Staffordshire |
| Cheadle RC | Affiliated | 37 | West Midlands | Staffordshire |
| Cheddar RC | Affiliated | 25 | South West | Somerset |
| Chelmsford AC | Affiliated | 234 | East | Essex |
| Cheltenham and County Harriers | Affiliated | 168 | South West | Gloucestershire |

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|---------------------------------------|----------------|-----|------------------------|------------------|
| Cheltenham Triathlon Club | Affiliated | 83 | South West | Gloucestershire |
| Cherwell Runners & Joggers | Affiliated | 80 | South East | Oxfordshire |
| Chesapeake Road Runners | Affiliated | 36 | East Midlands | Derbyshire |
| Cheshire Hash House Harriers | Affiliated | 58 | North West | Cheshire |
| Cheshire Hill Racers | Affiliated | 17 | North West | Cheshire |
| Cheshire Tally Ho! Hare & Hounds Club | Affiliated | 13 | North West | Cheshire |
| Chester Le Street & Dist AC | Affiliated | 10 | North East | County Durham |
| Chesterfield & District AC | Affiliated | 88 | East Midlands | Derbyshire |
| Chichester Runners & AC | Affiliated | 188 | South East | West Sussex |
| Chiltern Harriers AC | Affiliated | 274 | South East | Buckinghamshire |
| Chippenham Harriers | Affiliated | 172 | South West | Wiltshire |
| Chorley AC | Affiliated | 47 | North West | Lancashire |
| Chorley Harriers and Tri | Affiliated | 85 | North West | Lancashire |
| Christchurch Runners | Affiliated | 18 | South West | Dorset |
| Cirencester AC | Affiliated | 142 | South West | Gloucestershire |
| City of Chester Triathlon Club | Affiliated | 304 | North West | Cheshire |
| City of Hull AC | Affiliated | 179 | Yorkshire & Humberside | East Yorkshire |
| City Of Norwich AC | Affiliated | 360 | East | Norfolk |
| City Of Plymouth AC | Affiliated | 97 | South West | Devon |
| City Of Portsmouth AC | Affiliated | 143 | South East | West Sussex |
| City Of Salisbury AC & RC | Affiliated | 215 | South West | Wiltshire |
| City of Sheffield AC | Affiliated | 137 | Yorkshire & Humberside | South Yorkshire |
| City of Stoke AC | Affiliated | 168 | West Midlands | Staffordshire |
| City of York AC | Affiliated | 95 | Yorkshire & Humberside | North Yorkshire |
| City Runners | Affiliated | 0 | London | London |
| Clanfield Joggers | Affiliated | 24 | South East | Hampshire |
| Clapham Chasers | Affiliated | 257 | London | |
| Clapham Pioneers | Affiliated | 0 | London | London |
| Clapham Runners | Affiliated | 35 | London | London |
| Claremont Road Runners | Affiliated | 81 | North East | Tyne And Wear |
| Clayton Le Moors Harriers | Affiliated | 230 | North West | Lancashire |
| CLC Striders | Affiliated | 119 | South West | Gloucestershire |
| Cleethorpes & District AC | Affiliated | 197 | Yorkshire & Humberside | Humberside |
| Clevedon AC | Affiliated | 88 | South West | Avon |
| Clowne Road Runners Club | Affiliated | 91 | East Midlands | Derbyshire |
| Club Runners World | Affiliated | 0 | London | London |
| Cobra Running & Triathlon Club | Affiliated | 115 | West Midlands | West Midlands |
| Colchester & Tendring AC | Affiliated | 140 | East | Essex |
| Colchester Harriers AC | Affiliated | 243 | East | Essex |
| Collingwood AC | Affiliated | 61 | London | Surrey |
| Coltishall Jaguars RC | Affiliated | 65 | East | Norfolk |
| Colwick Huffers & Puffers | Not Affiliated | 0 | East Midlands | Nottinghamshire |
| Comets Road Running Club | Affiliated | 15 | London | Essex |
| Compton Harriers RC | Affiliated | 23 | South East | Berkshire |
| Concordia Runners & Pedallers | Affiliated | 29 | North East | Northumberland |
| Congleton Harriers | Affiliated | 95 | North West | Cheshire |
| Copeland AC | Affiliated | 30 | North West | Cumbria |
| Corby AC | Affiliated | 221 | East Midlands | Northamptonshire |
| Cornwall AC | Affiliated | 194 | South West | Cornwall |
| Corsham Running Club | Affiliated | 64 | South East | Wiltshire |

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|---------------------------------|----------------|-----|------------------------|------------------|
| Cotswold Allrunners | Affiliated | 16 | South West | Gloucestershire |
| Cove Joggers | Affiliated | 34 | South East | Hampshire |
| Coventry Godiva Harriers | Affiliated | 210 | West Midlands | West Midlands |
| Coventry Panthers | Not Affiliated | 0 | West Midlands | Warwickshire |
| Coventry Triathletes | Affiliated | 8 | West Midlands | Leicestershire |
| Crawley AC | Affiliated | 198 | South East | West Sussex |
| Credit Suisse Athletics Network | Affiliated | 101 | London | London |
| Crediton Running Network | Affiliated | 0 | South West | Devon |
| Crewe and Nantwich AC | Affiliated | 169 | North West | Cheshire |
| Crewkerne RC | Affiliated | 31 | South West | Somerset |
| Croft Ambrey RC | Affiliated | 49 | West Midlands | Herefordshire |
| Crook & Dist Sports AC | Affiliated | 71 | North East | County Durham |
| Crossgates Harriers | Affiliated | 20 | Yorkshire & Humberside | West Yorkshire |
| Crowborough Runners | Affiliated | 61 | South East | East Sussex |
| Croydon Harriers | Affiliated | 99 | South East | Surrey |
| Croydon Running Sisters | Affiliated | 27 | South East | Surrey |
| Cruisers RC | Affiliated | 50 | South East | Surrey |
| Crystal Palace Triathletes | Affiliated | 13 | South East | Kent |
| Crystal Peaks Runners | Affiliated | 33 | Yorkshire & Humberside | South Yorkshire |
| CSR Running Club | Affiliated | 22 | East | Cambridgeshire |
| Cumberland AC | Affiliated | 56 | North West | Cumbria |
| Cumberland Fell Runners | Affiliated | 128 | North West | Cumbria |
| Cumbria Constabulary | Affiliated | 7 | North West | Cumbria |
| Dacorum & Tring AC | Affiliated | 159 | East | Hertfordshire |
| Dagenham 88 Runners | Affiliated | 36 | East | Essex |
| Dallam Running Club | Affiliated | 98 | North West | Cumbria |
| Dark Peak Fell Runners | Affiliated | 45 | Yorkshire & Humberside | South Yorkshire |
| Darlington H & AC | Affiliated | 78 | North East | County Durham |
| Dartford Harriers AC | Affiliated | 194 | South East | Kent |
| Dartford Road Runners | Affiliated | 172 | South East | Kent |
| Dartmouth AAC | Affiliated | 58 | South West | Devon |
| Darwen Dashers RC | Affiliated | 93 | North West | Lancashire |
| Dash Athletics Club | Affiliated | 62 | North West | Cheshire |
| Datchet Dashers | Affiliated | 125 | South East | Berkshire |
| Daventry AAC | Affiliated | 51 | East Midlands | Northamptonshire |
| Daventry Road Runners | Affiliated | 13 | East Midlands | Northamptonshire |
| David Lloyd Pacers | Affiliated | 19 | East | Hertfordshire |
| Dawlish Coasters | Affiliated | 32 | South West | Devon |
| Deal Tri Club | Affiliated | 188 | South East | Kent |
| Defra AC | Affiliated | 20 | London | Middlesex |
| Denby Dale Travellers | Affiliated | 79 | Yorkshire & Humberside | South Yorkshire |
| Denmead Striders | Affiliated | 81 | South East | Hampshire |
| Deptford Green Runners | Affiliated | 13 | London | |
| Derby Athletic Club | Affiliated | 154 | East Midlands | Derbyshire |
| Derby Triathlon Club | Affiliated | 6 | East Midlands | Derbyshire |
| Dereham Runners & AC | Affiliated | 20 | East | Norfolk |
| Derwent AC Cockermouth | Affiliated | 24 | North West | Cumbria |
| Derwent Runners (Derby) | Affiliated | 58 | East Midlands | Derbyshire |
| Derwentside AC | Affiliated | 70 | North East | County Durham |
| Desford Striders | Affiliated | 0 | East Midlands | Leicestershire |

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|---|-------------------|------------|------------------------|--------------------|
| Devezes Running Club | Affiliated | 45 | South West | Wiltshire |
| Dewsbury Road Runners | Affiliated | 6 | Yorkshire & Humberside | West Yorkshire |
| Didcot Runners | Affiliated | 56 | South East | Oxfordshire |
| Discovery Tri | Affiliated | 0 | East | Essex |
| Diss & District AC | Affiliated | 32 | East | Norfolk |
| Doncaster Athletic Club | Affiliated | 273 | Yorkshire & Humberside | South Yorkshire |
| Dorchester AC | Affiliated | 63 | South West | Dorset |
| Dorking & Mole Valley AC | Affiliated | 310 | South East | Surrey |
| DORSET DODDLERS RC | Affiliated | 54 | South West | Dorset |
| Dorset Police Sports & Social Club (Athletics) | Affiliated | 42 | South West | Dorset |
| Dover Roadrunners AC | Affiliated | 51 | South East | Kent |
| Dragons Running Club (Leeds) | Affiliated | 108 | Yorkshire & Humberside | West Yorkshire |
| Dragons Running Club (Sale) | Affiliated | 72 | North West | Lancashire |
| Driffield Striders | Affiliated | 21 | Yorkshire & Humberside | East Yorkshire |
| Droitwich AC | Affiliated | 50 | West Midlands | Worcestershire |
| DSFRS Running Club | Affiliated | 13 | South West | Devon |
| Dudley and Stourbridge Harriers | Affiliated | 132 | West Midlands | West Midlands |
| Dudley Kingswinford RC | Affiliated | 170 | West Midlands | West Midlands |
| Dulwich Park Runners | Affiliated | 139 | London | |
| Dulwich Runners AC | Affiliated | 191 | London | |
| Dunstable RRC | Affiliated | 60 | East | Bedfordshire |
| Durham City Harriers & AC | Affiliated | 170 | North East | County Durham |
| Durham Fell Runners | Affiliated | 32 | North East | County Durham |
| Durham University AC | Affiliated | 0 | North East | County Durham |
| Dursley & District AC | Affiliated | 74 | South West | Gloucestershire |
| Ealing Eagles Running Club | Affiliated | 0 | London | Middlesex |
| Ealing Southall & Middlesex AC | Affiliated | 132 | London | |
| Easingwold Running Club | Affiliated | 135 | Yorkshire & Humberside | North Yorkshire |
| East Cheshire Harriers & Tameside AC | Affiliated | 277 | North West | Greater Manchester |
| East Cornwall Harriers | Affiliated | 122 | South West | Cornwall |
| East End Road Runners | Affiliated | 31 | London | |
| East Essex Triathlon Club | Affiliated | 111 | South East | Essex |
| East Grinstead & District AC | Affiliated | 103 | South East | West Sussex |
| East Grinstead Triathlon Club | Affiliated | 0 | South East | |
| East Hull Harriers & AC | Affiliated | 138 | Yorkshire & Humberside | Humberside |
| East London Runners | Affiliated | 51 | London | Essex |
| Eastbourne Rovers AC | Affiliated | 71 | South East | East Sussex |
| Eastern Veterans AC | Affiliated | 21 | East | Essex |
| Eastleigh RC | Affiliated | 246 | South East | Hampshire |
| Eccleshill Road Runners | Affiliated | 72 | Yorkshire & Humberside | West Yorkshire |
| Eden Runners | Affiliated | 90 | North West | Cumbria |
| Edgworth Cricket & Recreational Club | Affiliated | 20 | North West | Greater Manchester |
| Edmonton RC | Affiliated | 53 | London | Middlesex |
| Egdon Heath Harriers | Affiliated | 100 | South West | Dorset |
| Eliot Ladies | Affiliated | 14 | West Midlands | Warwickshire |
| Ellenborough AC | Affiliated | 53 | North West | Cumbria |
| Ellesmere Port RC | Affiliated | 79 | North West | Cheshire |
| Elmbridge RRC | Affiliated | 94 | South East | Surrey |
| Elswick Harriers | Affiliated | 168 | North East | Tyne And Wear |
| Elvet Striders | Affiliated | 103 | North East | County Durham |

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|---|----------------|-----|------------------------|-----------------|
| Ely Runners | Affiliated | 37 | East | Cambridgeshire |
| Enfield and Haringey A C | Affiliated | 155 | London | Middlesex |
| Epsom & Ewell Harriers | Affiliated | 152 | South East | Surrey |
| Epsom Allsorts | Affiliated | 133 | South East | Surrey |
| Epsom Oddballs RC | Affiliated | 104 | South East | Surrey |
| Erewash Valley RC | Affiliated | 61 | East Midlands | Nottinghamshire |
| Erme Valley Harriers | Affiliated | 160 | South West | Devon |
| Esk Valley Fell Club | Affiliated | 49 | Yorkshire & Humberside | North Yorkshire |
| Esporta Running Club | Affiliated | 13 | East | Cambridgeshire |
| Essex Police AC | Affiliated | 0 | East | Essex |
| Eton Manor AC | Affiliated | 53 | London | |
| Evenwood Road Runners | Affiliated | 25 | North East | County Durham |
| Evesham Vale Running Club | Affiliated | 136 | West Midlands | Worcestershire |
| Exeter Harriers | Affiliated | 144 | South West | Devon |
| Exmouth Harriers | Affiliated | 78 | South West | Devon |
| Eye Community Runners | Affiliated | 12 | East | Cambridgeshire |
| Eynsham Road Runners | Affiliated | 95 | South East | Oxfordshire |
| Fairlands Valley Spartans | Affiliated | 236 | East | Hertfordshire |
| Falmouth RRC | Affiliated | 164 | South West | Cornwall |
| Fareham Crusaders Running Club | Affiliated | 51 | South East | Hampshire |
| Farnham Common Joggers & Wheelers Sport | Affiliated | 34 | South East | Buckinghamshire |
| Farnham Runners | Affiliated | 154 | South East | Surrey |
| Farnham Triathlon Club | Affiliated | 45 | South East | Hampshire |
| Felixstowe RRC | Affiliated | 140 | East | Suffolk |
| Fenland Running Club | Affiliated | 86 | East | Norfolk |
| Fenspool Harriers | Affiliated | 9 | West Midlands | West Midlands |
| Fernwood Running Club | Affiliated | 0 | East Midlands | Nottinghamshire |
| Fetch Everyone | Affiliated | 106 | East Midlands | Nottinghamshire |
| Finch Coasters | Affiliated | 14 | South East | Berkshire |
| Fit 2 Go Runners Club | Not Affiliated | 0 | South West | Wiltshire |
| Fit 2 Run | Affiliated | 27 | South West | Devon |
| Fit 4 Anyone | Not Affiliated | 0 | West Midlands | Shropshire |
| Fitmums and Friends | Affiliated | 226 | Yorkshire & Humberside | East Yorkshire |
| Fittleworth Flyers | Affiliated | 53 | South East | Sussex |
| Fleckney & Kibworth Athletics Club | Affiliated | 59 | East Midlands | Leicestershire |
| Fleet & Crookham AC | Affiliated | 115 | South East | Hampshire |
| Folkestone RC | Affiliated | 108 | South East | Kent |
| Ford Halewood AC | Affiliated | 10 | North West | Merseyside |
| Forest Gate Strollers | Affiliated | 18 | London | London |
| Forest of Dean AC | Affiliated | 112 | South West | Gloucestershire |
| Formula One Circuit Crew | Affiliated | 58 | East Midlands | Nottinghamshire |
| Framlingham Flyers | Affiliated | 62 | East | Suffolk |
| Frome Running Club | Affiliated | 72 | South West | Wiltshire |
| Fry Club Joggers | Affiliated | 14 | South West | Somerset |
| Fulham Running Club | Affiliated | 18 | London | London |
| Ful-On Tri Club | Affiliated | 124 | London | |
| Gade Valley Harriers | Affiliated | 78 | East | Hertfordshire |
| Gainsborough & Morton Striders | Affiliated | 53 | East Midlands | Lincolnshire |
| Gallery Run & Tri Club | Affiliated | 26 | East | Essex |
| Garden City Runners | Affiliated | 35 | East | Hertfordshire |

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|--|----------------|-----|------------------------|--------------------|
| Garstang Running Club | Affiliated | 80 | North West | Lancashire |
| Gateshead Harriers & AC | Affiliated | 157 | North East | Tyne And Wear |
| George Eliot Striders | Affiliated | 11 | West Midlands | Warwickshire |
| Gillingham Trotters | Affiliated | 99 | South West | Dorset |
| Glaxo Hoad Hill Harriers | Affiliated | 60 | North West | Cumbria |
| Glossopdale Harriers | Affiliated | 18 | East Midlands | Derbyshire |
| Gloucester AC | Affiliated | 188 | South West | Gloucestershire |
| Gmax TrackStars AC | Affiliated | 0 | London | London |
| Goodenough College Running Club | Affiliated | 0 | London | London |
| Goole Viking Striders | Affiliated | 99 | Yorkshire & Humberside | East Yorkshire |
| Goole Youth AC | Affiliated | 19 | Yorkshire & Humberside | East Yorkshire |
| Goring & Wallingford AC | Not Affiliated | 0 | South East | Oxfordshire |
| Goring RRC | Affiliated | 9 | South East | Sussex |
| Gosforth Harriers & AC | Affiliated | 58 | North East | Northumberland |
| Gosport Road Runners | Affiliated | 90 | South East | Hampshire |
| Goyt Valley Striders | Affiliated | 117 | East Midlands | Derbyshire |
| Grange Farm & Dunmow Runners | Affiliated | 87 | East | Essex |
| Grantham AC | Affiliated | 157 | East Midlands | Lincolnshire |
| Gravesend Road Runners | Affiliated | 33 | South East | Kent |
| Great Bentley Running Club | Affiliated | 102 | East | Essex |
| Great Western Runners | Affiliated | 261 | South West | Avon |
| Great Yarmouth & District AC | Affiliated | 99 | East | Norfolk |
| Great Yarmouth Road Runners | Affiliated | 58 | East | Norfolk |
| Greater Manchester Fire Service Athletics Se | Affiliated | 0 | North West | Greater Manchester |
| Greater Manchester Police AC | Affiliated | 0 | North West | Lancashire |
| Greenwich Tritons Triathlon Club | Affiliated | 35 | London | London |
| Grimsby Harriers & AC | Affiliated | 49 | Yorkshire & Humberside | Humberside |
| Guernsey Island AAC | Affiliated | 38 | South East | |
| Guildford & Godalming AC | Affiliated | 303 | South East | Surrey |
| GW Running Club | Not Affiliated | 0 | South West | Wiltshire |
| Gyllyngvase Surf Life Saving Club | Affiliated | 0 | South West | Cornwall |
| Hackney Hawks AC | Affiliated | 0 | London | London |
| Hadleigh Hares AC | Affiliated | 89 | East | Suffolk |
| Hailsham Harriers | Affiliated | 113 | South East | East Sussex |
| Haldon Trail Runners | Affiliated | 25 | South West | Devon |
| Halesowen ACC | Affiliated | 237 | West Midlands | West Midlands |
| Halesworth RC | Affiliated | 0 | East | Suffolk |
| Halifax Harriers & AC | Affiliated | 355 | Yorkshire & Humberside | West Yorkshire |
| Hallamshire Harriers Sheffield | Affiliated | 293 | Yorkshire & Humberside | South Yorkshire |
| Halstead RRC | Affiliated | 73 | London | Essex |
| Haltemprice Road Running Club | Affiliated | 9 | Yorkshire & Humberside | East Yorkshire |
| Halterworth Harriers | Affiliated | 47 | South East | Hampshire |
| Halton & Frodsham Harriers | Affiliated | 50 | North West | Cheshire |
| Hampshire Constabulary Athletic Section | Affiliated | 0 | South East | Hampshire |
| Hamworthy Harriers | Affiliated | 13 | South West | Dorset |
| Handforth, Wilmslow Alderley | Affiliated | 29 | North West | Cheshire |
| Handsworth Roadhogs | Affiliated | 43 | Yorkshire & Humberside | South Yorkshire |
| Handy Cross Runners | Affiliated | 112 | South East | Buckinghamshire |
| Harborough AC | Affiliated | 140 | East Midlands | Leicestershire |
| Hardley Runners | Affiliated | 109 | South East | Hampshire |

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|--|-------------------|------------|------------------------|-----------------|
| Haringey Jogging Club | Affiliated | 65 | London | Middlesex |
| Harlow AC | Affiliated | 10 | East | Essex |
| Harlow RC | Affiliated | 165 | East | Essex |
| Harrogate Harriers & AC | Affiliated | 280 | Yorkshire & Humberside | North Yorkshire |
| Harrow AC | Affiliated | 141 | London | |
| Hart Road Runners | Affiliated | 175 | South East | Hampshire |
| Hartlepool Burn Road Harriers | Affiliated | 96 | North East | Cleveland |
| Hartshead Running Club | Affiliated | 3 | Yorkshire & Humberside | West Yorkshire |
| Hartsholme Runners Lincoln | Affiliated | 27 | East Midlands | Lincolnshire |
| Harvel Hash House Harriers | Affiliated | 30 | South East | Kent |
| Harwich Runners | Affiliated | 134 | East | Essex |
| Haslemere Border AC | Affiliated | 79 | South East | Surrey |
| Hastings AC | Affiliated | 155 | South East | East Sussex |
| Hastings Runners | Affiliated | 205 | South East | Sussex |
| Hatton Darts | Affiliated | 56 | West Midlands | Staffordshire |
| Havant AC | Affiliated | 47 | South East | Hampshire |
| Haverhill Running Club | Affiliated | 97 | East | Suffolk |
| Havering '90 Joggers | Affiliated | 91 | London | Essex |
| Havering Mayesbrook AC | Affiliated | 308 | London | Essex |
| Hayes & Harlington Road Runners | Affiliated | 17 | London | Middlesex |
| Hayle Runners | Affiliated | 251 | South West | Cornwall |
| Haywards Heath Harriers | Affiliated | 172 | South East | West Sussex |
| Headington RR | Affiliated | 264 | South East | Oxfordshire |
| Heanor Running Club | Affiliated | 68 | East Midlands | Derbyshire |
| Heathfield RRC | Affiliated | 73 | South East | East Sussex |
| Heaton Harriers & AC | Affiliated | 193 | North East | Tyne And Wear |
| Helm Hill Runners | Affiliated | 37 | North West | Cumbria |
| Helsby Running Club | Affiliated | 61 | North West | Cheshire |
| Henfield Joggers | Affiliated | 67 | South East | Sussex |
| Hercules Wimbledon AC | Affiliated | 256 | London | Surrey |
| Hereford & County AC | Affiliated | 63 | West Midlands | Herefordshire |
| Hereford Couriers | Affiliated | 41 | West Midlands | Herefordshire |
| Hermitage Harriers | Affiliated | 67 | East Midlands | Leicestershire |
| Herne Hill Harriers | Affiliated | 15 | London | Surrey |
| Herts Phoenix AC | Affiliated | 219 | East | Hertfordshire |
| Highgate Harriers | Affiliated | 257 | London | Norfolk |
| Highworth RC | Affiliated | 58 | South West | Wiltshire |
| Hillingdon AC | Affiliated | 233 | London | Middlesex |
| Hinckley Running Club | Affiliated | 111 | East Midlands | Leicestershire |
| Hogweed Trotters | Affiliated | 242 | South West | Gloucestershire |
| Holbrook Harriers Junior AC | Affiliated | 0 | East | Suffolk |
| Holland Sports AC | Affiliated | 74 | South East | Surrey |
| Holme Pierrepont RC | Affiliated | 199 | East Midlands | Nottinghamshire |
| Holmfirth Harriers AC | Affiliated | 509 | Yorkshire & Humberside | West Yorkshire |
| Honiton RC | Affiliated | 67 | South West | Devon |
| Hook Norton Harriers | Affiliated | 48 | South East | Oxfordshire |
| Hope Valley Hurricanes | Affiliated | 0 | East Midlands | Derbyshire |
| Hornsea Harriers | Affiliated | 34 | Yorkshire & Humberside | East Yorkshire |
| Horsforth Fellandale Club | Affiliated | 22 | Yorkshire & Humberside | West Yorkshire |
| Horsforth Harriers | Affiliated | 192 | Yorkshire & Humberside | West Yorkshire |

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| Horsham Blue Star Harriers | Affiliated | 203 | South East | West Sussex |
| Horsham Joggers | Affiliated | 154 | South East | West Sussex |
| Horwich R M I Harriers | Affiliated | 327 | North West | Lancashire |
| Houghton Harriers & AC | Affiliated | 89 | North East | Tyne And Wear |
| Howgill Harriers | Affiliated | 104 | North West | Cumbria |
| Hull Achilles AC | Affiliated | 10 | Yorkshire & Humberside | East Yorkshire |
| Hull Springhead Harriers | Affiliated | 51 | Yorkshire & Humberside | East Yorkshire |
| Human Energy AC | Affiliated | 25 | East Midlands | Northamptonshire |
| Huncote Harriers | Affiliated | 140 | East Midlands | Leicestershire |
| Hungerford Hares RC | Affiliated | 16 | South East | Berkshire |
| Huntingdonshire AC | Affiliated | 148 | East | Cambridgeshire |
| Hyde Park Harriers | Affiliated | 79 | Yorkshire & Humberside | West Yorkshire |
| Hyde Village Striders | Affiliated | 75 | North West | Cheshire |
| Hydrographic Harriers | Affiliated | 19 | South West | Somerset |
| Idle AC | Affiliated | 38 | Yorkshire & Humberside | West Yorkshire |
| Ilford AC | Affiliated | 103 | London | Essex |
| Ilkeston Running Club | Affiliated | 53 | East Midlands | Derbyshire |
| Ilkley Harriers AC | Affiliated | 394 | Yorkshire & Humberside | West Yorkshire |
| Imperial College Union Cross-Country and AC | Not Affiliated | 0 | South East | London |
| Independent Intelligent Fitness | Affiliated | 8 | South West | Wiltshire |
| Instinctive Sports | Affiliated | 53 | South West | Devon |
| Insurance AA | Affiliated | 0 | South East | Kent |
| Invicta East Kent AC | Affiliated | 166 | South East | Kent |
| Ipswich Harriers | Affiliated | 207 | East | Suffolk |
| Ipswich Jaffa RC | Affiliated | 278 | East | Suffolk |
| Ipswich Triathlon Club | Affiliated | 104 | East | Suffolk |
| Isle Of Man Veterans AC | Affiliated | 0 | North West | Isle Of Man |
| Isle Of Wight AC | Affiliated | 79 | South East | Isle Of Wight |
| Isle Of Wight RR AC | Affiliated | 37 | South East | Isle Of Wight |
| Istead & Ifield Harriers | Affiliated | 75 | South East | Kent |
| Ivanhoe Robins Junior Athletics Club | Affiliated | 40 | East Midlands | Leicestershire |
| Ivanhoe Runners | Affiliated | 107 | East Midlands | Leicestershire |
| Jarrow & Hebburn AC | Affiliated | 107 | North East | Tyne And Wear |
| JCB AC | Affiliated | 0 | West Midlands | Staffordshire |
| Jelly Legs Running Club | Affiliated | 53 | South East | Kent |
| Jersey Spartan AC | Affiliated | 153 | South East | |
| Jesmond Joggers | Affiliated | 56 | North East | Tyne And Wear |
| Jog Derbyshire Dynamos | Affiliated | 5 | East Midlands | Nottinghamshire |
| JP Morgan RC | Affiliated | 26 | London | |
| Keighley & Craven AC | Affiliated | 159 | Yorkshire & Humberside | West Yorkshire |
| Kendal Amateur Athletic Club | Affiliated | 103 | North West | Lancashire |
| Kenilworth Runners | Affiliated | 137 | West Midlands | Warwickshire |
| Kent AC | Affiliated | 55 | London | Kent |
| Kent Police AC | Affiliated | 0 | South East | Kent |
| Kernow Runners | Affiliated | 6 | South West | Cornwall |
| Keswick AAC | Affiliated | 241 | North West | Cumbria |
| Kettering Town Harriers | Affiliated | 198 | East Midlands | Northamptonshire |
| Kidderminster and Stourport | Affiliated | 136 | West Midlands | Worcestershire |
| Kidlington Running Club | Affiliated | 38 | South East | Oxfordshire |
| Killamarsh Kestrels | Affiliated | 200 | Yorkshire & Humberside | Derbyshire |

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|---------------------------------------|----------------|-----|------------------------|-----------------|
| Kimberworth Striders | Affiliated | 110 | Yorkshire & Humberside | South Yorkshire |
| Kings Heath RC - The Lions | Affiliated | 35 | West Midlands | West Midlands |
| Kingston AC And Poly Harriers | Affiliated | 134 | London | Surrey |
| Kingston University AC | Affiliated | 0 | South East | Surrey |
| Kingston upon Hull AC | Affiliated | 153 | Yorkshire & Humberside | East Yorkshire |
| Kingstone Runners Barnsley | Affiliated | 53 | Yorkshire & Humberside | South Yorkshire |
| Kingswood Running Club | Affiliated | 8 | East | Essex |
| Kippax & Dist Harriers | Affiliated | 78 | Yorkshire & Humberside | West Yorkshire |
| Kirkstall Harriers | Affiliated | 70 | Yorkshire & Humberside | West Yorkshire |
| Knowle & Dorridge RC | Affiliated | 90 | West Midlands | West Midlands |
| Knutsford Tri Club | Affiliated | 0 | North West | Cheshire |
| KPMG | Affiliated | 24 | London | London |
| Lakeside Lincoln Running Club | Affiliated | 30 | East Midlands | Lincolnshire |
| Lancashire Constabulary AC | Affiliated | 100 | North West | Lancashire |
| Lancashire Fire & Rescue Service & AA | Affiliated | 0 | North West | Lancashire |
| Lancashire Walking Club | Affiliated | 22 | North West | Cheshire |
| Lancaster & Morecambe AC | Affiliated | 321 | North West | Lancashire |
| Lancaster University Athletic club | Affiliated | 0 | North West | County Durham |
| Lancing Eagles RC | Affiliated | 25 | South East | East Sussex |
| Langport Runners | Affiliated | 49 | South West | Somerset |
| Lanson Running | Affiliated | 5 | London | Surrey |
| Larkfield Athletics Club | Affiliated | 109 | South East | Kent |
| Launceston Road Runners | Affiliated | 76 | South West | Devon |
| Lauriston Runners Club | Affiliated | 0 | London | |
| Leamington Cycling & Athletic Club | Affiliated | 216 | West Midlands | West Midlands |
| Leeds & Bradford Triathlon Club | Affiliated | 63 | Yorkshire & Humberside | Yorkshire |
| Leeds City Athletic Club | Affiliated | 241 | Yorkshire & Humberside | Yorkshire |
| Leeds University AC/CC Club | Not Affiliated | 5 | Yorkshire & Humberside | West Yorkshire |
| Leicester Coritanian AC | Affiliated | 136 | East Midlands | Leicestershire |
| Leicester Triathlon Club | Not Affiliated | 0 | East Midlands | Leicestershire |
| Leicester Walking Club | Affiliated | 15 | East Midlands | Leicestershire |
| Leigh Harriers & AC | Affiliated | 97 | North West | Lancashire |
| Leigh on Sea Striders | Affiliated | 237 | East | Essex |
| Leighton Buzzard Athletic Club | Affiliated | 99 | East | Bedfordshire |
| Leighton Fun Runners | Affiliated | 48 | South East | Bedfordshire |
| Lewes AC | Affiliated | 170 | South East | West Sussex |
| Lichfield Running Club | Affiliated | 73 | West Midlands | West Midlands |
| Lincoln & District Runners | Affiliated | 70 | East Midlands | Lincolnshire |
| Lincoln Wellington Athletic Club | Affiliated | 363 | East Midlands | Lincolnshire |
| Lingfield RC | Affiliated | 109 | South East | Surrey |
| Liss Runners | Affiliated | 80 | South East | Hampshire |
| Little Baddow Ridge Runners | Affiliated | 0 | East | Essex |
| Littledown Harriers | Affiliated | 133 | South West | Dorset |
| Littlewoods Running Club | Affiliated | 15 | North West | Lancashire |
| Liverpool Harriers & AC | Affiliated | 268 | North West | Merseyside |
| Liverpool Pembroke & Sefton H AC | Affiliated | 110 | North West | Merseyside |
| Liverpool Running Club | Affiliated | 298 | North West | Merseyside |
| Liverpool University AC | Affiliated | 0 | North West | Merseyside |
| Loftus & Whitby AC | Affiliated | 54 | North East | North Yorkshire |
| London Business Houses AAA | Affiliated | 0 | London | Middlesex |

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|----------------------------------|----------------|-----|------------------------|--------------------|
| London Frontrunners | Affiliated | 270 | London | |
| London Heathside Runners AC | Affiliated | 429 | London | London |
| Long Eaton Running Club | Affiliated | 178 | East Midlands | Derbyshire |
| Longframlington RR | Affiliated | 15 | North East | Northumberland |
| Longwood Harriers AC | Affiliated | 111 | Yorkshire & Humberside | West Yorkshire |
| Longworth Runners | Affiliated | 0 | South East | Oxfordshire |
| Looe Pioneers Running Club | Affiliated | 21 | South West | Cornwall |
| Lordshill Road Runners | Affiliated | 144 | South East | Hampshire |
| Lostock AC | Affiliated | 46 | North West | Lancashire |
| Loughborough Students A C | Affiliated | 0 | East Midlands | Leicestershire |
| Loughton AC | Affiliated | 54 | East | Essex |
| Louth AC | Affiliated | 70 | East Midlands | Lincolnshire |
| Low Fell RC | Affiliated | 85 | North East | Tyne And Wear |
| Lowestoft Road Runners | Affiliated | 37 | East | Suffolk |
| Ludlow Runners | Affiliated | 29 | West Midlands | Shropshire |
| Luton Athletic Club | Affiliated | 186 | East | Bedfordshire |
| Lymington Triathlon Club | Affiliated | 16 | South East | Hampshire |
| Lymm Runners | Affiliated | 20 | North West | Cheshire |
| Lytchett Manor Striders | Affiliated | 83 | South West | Dorset |
| Lytham St Annes RR Club | Affiliated | 100 | North West | Lancashire |
| Mablethorpe Running Club | Affiliated | 34 | East Midlands | Lincolnshire |
| Macclesfield Harriers & AC | Affiliated | 245 | North West | Cheshire |
| Maiden Newton Runners | Affiliated | 20 | South West | Dorset |
| Maidenhead AC | Affiliated | 116 | South East | Berkshire |
| Maidstone Harriers | Affiliated | 165 | South East | Kent |
| Maltby Running Club | Affiliated | 34 | Yorkshire & Humberside | South Yorkshire |
| Malvern Joggers | Affiliated | 154 | West Midlands | Worcestershire |
| Mancastrian Club | Affiliated | 0 | North West | Lancashire |
| Manchester Frontrunners | Affiliated | 83 | North West | Greater Manchester |
| Manchester Harriers & AC | Affiliated | 176 | North West | Cheshire |
| Manchester Triathlon Club | Affiliated | 68 | North West | Cheshire |
| Manchester YMCA Harriers | Affiliated | 46 | North West | Lancashire |
| Mansfield Harriers | Affiliated | 358 | East Midlands | Nottinghamshire |
| Mansfield Triathlon Club | Affiliated | 15 | East Midlands | Nottinghamshire |
| Manx Fell Runners | Affiliated | 32 | North West | Isle Of Man |
| Manx Harriers | Affiliated | 185 | North West | Isle Of Man |
| Marathon Club of Guernsey | Not Affiliated | 0 | South East | |
| March AC | Affiliated | 72 | East | Cambridgeshire |
| Market Drayton RC | Affiliated | 58 | West Midlands | Shropshire |
| Marlborough & District Junior AC | Affiliated | 93 | South West | Wiltshire |
| Marlborough Running Club | Affiliated | 35 | South West | Wiltshire |
| Marlow Striders | Affiliated | 50 | South East | Buckinghamshire |
| Marshall Milton Keynes AC | Affiliated | 419 | South East | Buckinghamshire |
| Massey Ferguson RC | Affiliated | 51 | West Midlands | Warwickshire |
| Matlock Athletic Club | Affiliated | 49 | East Midlands | Derbyshire |
| Medway and Maidstone AC | Affiliated | 225 | South East | Kent |
| Medway Park Phoenix | Affiliated | 26 | South East | Kent |
| Mel's Milers Jogging Club | Affiliated | 62 | South East | West Sussex |
| Meltham AC | Affiliated | 49 | Yorkshire & Humberside | West Yorkshire |
| Mendip Athletic Club | Affiliated | 77 | South West | |

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| Mercia Fell Runners | Affiliated | 35 | West Midlands | Staffordshire |
| Merseyside Fire & Rescue Service RC | Not Affiliated | 0 | North West | Merseyside |
| Metropolitan Police AC | Affiliated | 149 | London | Middlesex |
| Metros RC | Affiliated | 52 | London | Middlesex |
| Michelin AC | Affiliated | 61 | West Midlands | Staffordshire |
| Michelmores Running Club | Affiliated | 45 | South West | Devon |
| Mid Essex Casuals | Affiliated | 17 | East | Essex |
| Mid Sussex Triathlon Club | Affiliated | 75 | South East | West Sussex |
| Middlesbrough & Cleveland Harriers | Affiliated | 44 | North East | Cleveland |
| Middlesbrough Athletic Club (Mandale) | Affiliated | 146 | North East | Cleveland |
| Middleton Harriers AC | Affiliated | 127 | North West | Lancashire |
| Midhurst Milers | Affiliated | 22 | South East | West Sussex |
| Midland Masters AC | Affiliated | 87 | West Midlands | West Midlands |
| Midland Masters Throwers Group | Affiliated | 2 | West Midlands | Staffordshire |
| Mile High | Affiliated | 15 | South West | Cornwall |
| Milltown Milers | Affiliated | 9 | East Midlands | Derbyshire |
| Milton Arms Running Club | Affiliated | 0 | Yorkshire & Humberside | South Yorkshire |
| Minehead RC | Affiliated | 55 | South West | Somerset |
| MK Lakeside Runners | Affiliated | 56 | South East | Buckinghamshire |
| Moorhaven RC | Affiliated | 15 | South West | Cornwall |
| Mornington Chasers | Affiliated | 88 | London | London |
| Morpeth Harriers & AC | Affiliated | 105 | North East | Northumberland |
| Mossley Hill AC | Affiliated | 84 | North West | Merseyside |
| Moston District Harriers & AC | Affiliated | 20 | North West | Lancashire |
| Motcombe Runners | Affiliated | 15 | South West | Dorset |
| MOTI | Affiliated | 3 | South West | Avon |
| Mounts Bay Harriers | Affiliated | 161 | South West | Cornwall |
| Mow Cop Runners | Affiliated | 24 | West Midlands | Staffordshire |
| Muddy Mucky Monkeys | Affiliated | 5 | East | Cambridgeshire |
| Muller RC | Not Affiliated | 0 | West Midlands | Shropshire |
| Nene Valley Harriers | Affiliated | 221 | East | Cambridgeshire |
| New Eltham Joggers | Affiliated | 82 | London | |
| New Forest Junior AC | Affiliated | 45 | South East | Hampshire |
| New Forest Runners | Affiliated | 275 | South West | Hampshire |
| New Marske Harriers Club | Affiliated | 194 | North East | Cleveland |
| Newark AC | Affiliated | 119 | East Midlands | Nottinghamshire |
| Newbury AC | Affiliated | 180 | South East | Berkshire |
| Newcastle Staffs AC | Affiliated | 160 | West Midlands | Staffordshire |
| Newcastle University AC | Affiliated | 21 | North East | Tyne And Wear |
| Newham & Essex Beagles AC | Affiliated | 187 | London | London |
| Newington Community Sports Club | Affiliated | 19 | South East | Kent |
| Newmarket Cycling & Triathlon Club | Affiliated | 9 | East | Cambridgeshire |
| Newmarket Joggers | Affiliated | 107 | South East | Suffolk |
| Newport & District RC | Affiliated | 127 | West Midlands | Staffordshire |
| Newquay & Par AC | Affiliated | 68 | South West | Cornwall |
| Newquay Road Runners | Affiliated | 184 | South West | Cornwall |
| Newton Abbot AC | Affiliated | 102 | South West | Devon |
| Nidd Valley Road Runners | Affiliated | 90 | Yorkshire & Humberside | North Yorkshire |
| Norfolk Gazelles AC | Affiliated | 80 | East | Norfolk |
| Norfolk Harriers RC | Affiliated | 1 | East | Norfolk |

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|---|-------------------|------------|------------------------|------------------|
| Norham Running Club | Affiliated | 18 | North East | |
| North Derbyshire RC | Affiliated | 58 | East Midlands | Derbyshire |
| North Devon AC | Affiliated | 84 | South West | Devon |
| North Devon RRC | Affiliated | 114 | South West | Devon |
| North Dorset Triathlon Club | Affiliated | 6 | South West | Dorset |
| North East Veterans AC | Affiliated | 57 | North East | Tyne And Wear |
| North Herts RRC | Affiliated | 102 | East | Hertfordshire |
| North Norfolk Beach Runners | Affiliated | 95 | East | Norfolk |
| North Shields Polytechnic Club | Affiliated | 276 | North East | Tyne And Wear |
| North Somerset AC | Affiliated | 153 | South West | Avon |
| North Staffs RR Association | Affiliated | 44 | West Midlands | Cheshire |
| North York Moors AC | Affiliated | 167 | North East | Cleveland |
| North Yorkshire Police AC | Affiliated | 15 | Yorkshire & Humberside | North Yorkshire |
| Northampton Road Runners | Affiliated | 99 | East Midlands | Northamptonshire |
| Northants Police Athletic Section | Affiliated | 7 | East Midlands | Northamptonshire |
| Northants Tri Club | Affiliated | 34 | East Midlands | Northamptonshire |
| Northbrook Athletic Club | Affiliated | 110 | West Midlands | West Midlands |
| Northern (Isle of Man) AC | Affiliated | 0 | North West | Isle Of Man |
| Northern Veterans AC | Affiliated | 144 | North West | Lancashire |
| Northumberland Fell Runners | Affiliated | 3 | North East | Tyne And Wear |
| Norton Canes RR | Affiliated | 14 | West Midlands | |
| Norwich Road Runners | Affiliated | 242 | East | Norfolk |
| Notfast RC | Affiliated | 53 | East Midlands | Nottinghamshire |
| Notts AC | Affiliated | 430 | East Midlands | EAST MIDLANDS |
| Nuneaton Harriers | Affiliated | 111 | West Midlands | Leicestershire |
| NYP Tri | Affiliated | 46 | Yorkshire & Humberside | North Yorkshire |
| Oak Park Running Club | Affiliated | 19 | West Midlands | Staffordshire |
| Okehampton RC | Affiliated | 90 | South West | Devon |
| Oldham & Royton H & AC | Affiliated | 151 | North West | Lancashire |
| Olney Runners AC | Affiliated | 19 | South East | Buckinghamshire |
| One In A Million | Affiliated | 0 | Yorkshire & Humberside | Yorkshire |
| Orion Harriers | Affiliated | 246 | London | Essex |
| Orpington Road Runners | Affiliated | 242 | London | London |
| Orwell Panthers AC | Affiliated | 31 | East | Suffolk |
| Oswestry Olympians | Affiliated | 144 | West Midlands | Shropshire |
| Otley AC | Affiliated | 109 | Yorkshire & Humberside | West Yorkshire |
| Overton Harriers & AC | Affiliated | 61 | South East | Hampshire |
| Owls AC | Affiliated | 46 | East Midlands | Leicestershire |
| Oxford Brookes Running & AC | Affiliated | 0 | South East | Oxfordshire |
| Oxford City AC | Affiliated | 157 | South East | Oxfordshire |
| Oxford University AC | Affiliated | 5 | South East | Oxfordshire |
| Oxford University Press RC | Affiliated | 14 | South East | Oxfordshire |
| Oxted Runners | Affiliated | 52 | South East | Surrey |
| PACTRAC | Affiliated | 22 | East Midlands | Northamptonshire |
| Paddock Wood AC | Affiliated | 87 | South East | |
| Parbold Pink Panthers | Affiliated | 44 | North West | Lancashire |
| PB Fitness RC | Affiliated | 24 | North East | Tyne And Wear |
| Peel Road Runners | Affiliated | 67 | West Midlands | Staffordshire |
| Pendle Athletic Club | Affiliated | 88 | North West | Lancashire |
| Penistone Footpath Runners & Athletic Club | Affiliated | 182 | Yorkshire & Humberside | South Yorkshire |

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| Pennine Fell Runners | Affiliated | 0 | North West | Derbyshire |
| Penny Lane Striders | Affiliated | 180 | North West | Merseyside |
| Pensby Runners | Affiliated | 93 | North West | Merseyside |
| Peterborough AC | Affiliated | 142 | East | |
| Petts Wood Runners | Affiliated | 166 | South East | Kent |
| Pewsey Vale RC | Affiliated | 51 | South West | Wiltshire |
| Pfleet Feet Running Club | Affiliated | 35 | South East | Kent |
| PGDT Runners | Affiliated | 11 | South West | Dorset |
| Phoenix AC | Affiliated | 99 | South East | East Sussex |
| Phoenix Runners | Affiliated | 3 | North East | Tyne And Wear |
| Phoenix Striders | Affiliated | 11 | East | Essex |
| Pickering Running Club | Affiliated | 33 | Yorkshire & Humberside | North Yorkshire |
| Picton Sports Centre RC | Affiliated | 53 | North West | Merseyside |
| Pitsea RC | Affiliated | 104 | East | Essex |
| Plumstead Runners | Affiliated | 10 | South East | |
| Plymouth Coasters | Affiliated | 46 | South West | Devon |
| Plymouth Harriers | Affiliated | 122 | South West | Devon |
| Plymouth Musketeers Running Club | Affiliated | 81 | South West | Devon |
| Plymouth Triathlon Club | Affiliated | 7 | South West | Devon |
| Plymstock Road Runners | Affiliated | 108 | South West | Devon |
| Pocklington Runners | Affiliated | 80 | Yorkshire & Humberside | Yorkshire |
| Pontefract AC | Affiliated | 40 | Yorkshire & Humberside | West Yorkshire |
| Ponteland Runners | Affiliated | 19 | North East | |
| Poole AC | Affiliated | 181 | South West | Dorset |
| Poole Runners | Affiliated | 240 | South West | Dorset |
| Portishead R C | Affiliated | 61 | South West | Somerset |
| Portslade Hedgehoppers | Affiliated | 20 | South East | Sussex |
| Portsmouth Joggers | Affiliated | 43 | South East | |
| Portsmouth Triathletes | Affiliated | 57 | South East | Hampshire |
| Potters Trotters | Affiliated | 81 | West Midlands | Staffordshire |
| Preston Harriers | Affiliated | 391 | North West | Lancashire |
| Pudsey & Bramley AC | Affiliated | 84 | Yorkshire & Humberside | West Yorkshire |
| Pudsey Pacers RC | Affiliated | 179 | Yorkshire & Humberside | West Yorkshire |
| Purbeck Runners | Affiliated | 143 | South West | Dorset |
| Purple Patch Runners | Affiliated | 103 | South East | Buckinghamshire |
| Quakers Running Club | Affiliated | 223 | North East | County Durham |
| Quantock Harriers | Affiliated | 53 | South West | Somerset |
| Queen's Park Harriers | Not Affiliated | 0 | London | |
| Queensbury Running Club | Affiliated | 16 | Yorkshire & Humberside | West Yorkshire |
| Racing TNT | Affiliated | 6 | East Midlands | Derbyshire |
| Radcliffe AC | Affiliated | 61 | North West | Greater Manchester |
| Radley Athletic Club | Affiliated | 167 | South East | Oxfordshire |
| RAF Menwith Hill AC | Affiliated | 9 | Yorkshire & Humberside | North Yorkshire |
| Ramsey Road Runners | Affiliated | 24 | East | Cambridgeshire |
| Ranelagh Harriers | Affiliated | 211 | London | Surrey |
| Ravens School Runners | Affiliated | 25 | South East | Kent |
| Razzer's Runners | Affiliated | 40 | North West | Cheshire |
| Reading AC | Affiliated | 337 | South East | Berkshire |
| Reading Joggers | Affiliated | 101 | South East | Berkshire |
| Reading Roadrunners | Affiliated | 447 | South East | |

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|--------------------------------------|----------------|-----|------------------------|--------------------|
| Red Rose Road Runners | Affiliated | 139 | North West | Lancashire |
| Redcar Race Walking Club | Affiliated | 17 | North East | Cleveland |
| Redcar Running Club | Affiliated | 72 | North East | Cleveland |
| Redhill District Royal Mail | Affiliated | 4 | South East | Surrey |
| Redhill Road Runners | Affiliated | 158 | East Midlands | Nottinghamshire |
| Reigate Priory AC | Affiliated | 229 | South East | Surrey |
| Retford AC | Affiliated | 66 | East Midlands | Nottinghamshire |
| Ribble Valley Athletic Club | Affiliated | 28 | North West | Lancashire |
| Richmond & Zetland Harriers | Affiliated | 97 | Yorkshire & Humberside | North Yorkshire |
| Ripley Running Club | Affiliated | 41 | East Midlands | Derbyshire |
| Ripon Runners | Affiliated | 107 | Yorkshire & Humberside | North Yorkshire |
| Riversiders RC | Affiliated | 0 | West Midlands | Staffordshire |
| Riversway Road Runners | Affiliated | 24 | North West | Lancashire |
| Roach Runners of Rochford | Not Affiliated | 0 | East | Essex |
| Road Runners Club | Affiliated | 45 | South East | Berkshire |
| Roadhogs Leicester AC | Affiliated | 69 | East Midlands | Leicestershire |
| Roberttown Road Runners | Affiliated | 21 | Yorkshire & Humberside | West Yorkshire |
| Rochdale Harriers & AC | Affiliated | 150 | North West | Lancashire |
| Rodillian Runners | Affiliated | 24 | Yorkshire & Humberside | West Yorkshire |
| Rolls Royce Harriers | Affiliated | 103 | East Midlands | Derbyshire |
| Roman Gladiators | Affiliated | 10 | South West | Devon |
| Romsey Road Runners | Affiliated | 93 | South East | Hampshire |
| Ropsley Road Runners | Affiliated | 12 | East Midlands | Lincolnshire |
| Rossendale Harriers & AC | Affiliated | 265 | North West | Lancashire |
| Rotary Road Runners | Affiliated | 12 | South East | West Sussex |
| Rother Valley Swallows | Affiliated | 28 | Yorkshire & Humberside | South Yorkshire |
| Rotherham Harriers & AC | Affiliated | 203 | Yorkshire & Humberside | South Yorkshire |
| Rothwell & District Harriers | Affiliated | 114 | Yorkshire & Humberside | West Yorkshire |
| Rowland Hill Harriers | Affiliated | 32 | East Midlands | South Yorkshire |
| Royal Engineers RC | Affiliated | 17 | South East | Hampshire |
| Royal Mail Sheffield RC | Affiliated | 18 | Yorkshire & Humberside | South Yorkshire |
| Royal Manor Of Portland AC | Affiliated | 65 | South West | Dorset |
| Royal Sutton Coldfield Athletic Club | Affiliated | 127 | West Midlands | West Midlands |
| Royston Runners | Affiliated | 0 | East | Hertfordshire |
| Royton Road Runners | Affiliated | 102 | North West | Greater Manchester |
| RSPB Staff Association RC | Affiliated | 3 | East | |
| Rugby & Northampton AC | Affiliated | 433 | East Midlands | Northamptonshire |
| Rugby Triathlon Club | Affiliated | 29 | West Midlands | Warwickshire |
| Run 4 Fitness | Affiliated | 9 | South West | Wiltshire |
| Run Dowty Marathon Club (Run D.M.C) | Affiliated | 4 | West Midlands | Staffordshire |
| Run Local | Affiliated | 31 | East Midlands | Nottinghamshire |
| Running 4 Women | Affiliated | 23 | West Midlands | West Midlands |
| Running Forever RC | Affiliated | 117 | South West | |
| Running Somewhere Else | Affiliated | 89 | South West | Gloucestershire |
| Runnymede Runners | Affiliated | 104 | London | Berkshire |
| Rushcliffe AC | Affiliated | 57 | East Midlands | Nottinghamshire |
| Rutland Athletic Club | Affiliated | 0 | East Midlands | Leicestershire |
| Ryde Harriers | Affiliated | 45 | South East | Isle Of Wight |
| Ryston Runners | Affiliated | 127 | East | Norfolk |
| Ryton Triathlon Club | Affiliated | 37 | North East | Northumberland |

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| S Factor Athletics | Affiliated | 26 | South East | London |
| Saddleworth Runners Club | Affiliated | 0 | North West | Lancashire |
| Saffron Striders RC | Affiliated | 141 | East | |
| Saint Edmund Pacers | Affiliated | 190 | East | Suffolk |
| Saints & Sinners Fun Runners | Not Affiliated | 0 | South East | Sussex |
| Sale Harriers Manchester | Affiliated | 660 | North West | Cheshire |
| Salford Harriers & AC | Affiliated | 135 | North West | Lancashire |
| Salford Metropolitan AC | Affiliated | 112 | North West | Lancashire |
| Saltaire Striders | Affiliated | 76 | Yorkshire & Humberside | North Yorkshire |
| Saltwell Harriers | Affiliated | 86 | North East | |
| Sandbach Striders | Affiliated | 60 | North West | Staffordshire |
| Sandhurst Joggers | Affiliated | 87 | South East | Hampshire |
| Sandwell Valley RC | Affiliated | 15 | West Midlands | West Midlands |
| Saracens Running Club | Affiliated | 23 | West Midlands | West Midlands |
| Sarnia Walking Club | Affiliated | 14 | South East | |
| Saxmundham Sports Running & Fitness Club | Affiliated | 13 | East | Suffolk |
| Scarborough Athletic Club | Affiliated | 172 | Yorkshire & Humberside | North Yorkshire |
| Scunthorpe & District AC | Affiliated | 307 | Yorkshire & Humberside | South Humberside |
| Seaford Striders RC | Affiliated | 94 | South East | East Sussex |
| Seaton Athletic Club | Affiliated | 49 | North West | Cumbria |
| Sedgefield Harriers | Affiliated | 110 | North East | Cleveland |
| Selby Striders | Affiliated | 69 | Yorkshire & Humberside | North Yorkshire |
| Serpentine RC | Affiliated | 702 | London | |
| Settle Harriers | Affiliated | 0 | Yorkshire & Humberside | North Yorkshire |
| Sevenoaks AC | Affiliated | 89 | South East | Kent |
| Severn AC | Affiliated | 40 | South West | Gloucestershire |
| Shaftesbury Barnet Harriers | Affiliated | 212 | London | Hertfordshire |
| Shapwick Runners | Affiliated | 25 | South West | Somerset |
| Sheffield Medics Running Club | Not Affiliated | 0 | Yorkshire & Humberside | South Yorkshire |
| Sheffield RC | Affiliated | 107 | Yorkshire & Humberside | South Yorkshire |
| Sheffield Triathlon Club | Affiliated | 48 | Yorkshire & Humberside | South Yorkshire |
| Shelton Striders | Affiliated | 151 | East Midlands | Derbyshire |
| Shenley Striders | Affiliated | 52 | East | Buckinghamshire |
| Shepshed Running Club | Affiliated | 52 | East Midlands | Leicestershire |
| Shildon Running & AC | Affiliated | 39 | North East | County Durham |
| Shrewsbury AC | Affiliated | 107 | West Midlands | Shropshire |
| Shropshire Shufflers | Affiliated | 281 | West Midlands | Shropshire |
| Sidmouth Running Club | Affiliated | 85 | South West | Devon |
| Silson Joggers AC | Affiliated | 99 | East Midlands | Northamptonshire |
| Sinfin Running Club | Affiliated | 55 | East Midlands | Derbyshire |
| Sittingbourne Striders | Affiliated | 32 | South East | Kent |
| Skelmersdale Boundary Harriers | Affiliated | 45 | North West | Lancashire |
| Skipton AC | Affiliated | 117 | Yorkshire & Humberside | North Yorkshire |
| Skyrac Athletic Club | Affiliated | 115 | Yorkshire & Humberside | West Yorkshire |
| Sleaford Striders AC | Affiliated | 206 | East Midlands | Lincolnshire |
| Sleaford Town Runners | Affiliated | 60 | East Midlands | Lincolnshire |
| Slinn Allstars | Affiliated | 189 | South West | Wiltshire |
| Slough Junior AC | Affiliated | 40 | South East | Berkshire |
| Sneyd Striders | Affiliated | 56 | West Midlands | |
| Sole Sisters (North Bristol) | Affiliated | 165 | South West | Avon |

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|---|-------------------|------------|------------------------|-----------------|
| Solihull & Small Heath Athletic Club | Affiliated | 199 | West Midlands | West Midlands |
| Somer AC | Affiliated | 141 | South West | Somerset |
| Soul Runners | Affiliated | 12 | West Midlands | West Midlands |
| South Cheshire Harriers | Affiliated | 202 | North West | Cheshire |
| South Derbyshire Road Runners | Affiliated | 64 | East Midlands | Derbyshire |
| South Devon AC | Affiliated | 15 | South West | Devon |
| South Downs Harriers | Affiliated | 4 | South East | Sussex |
| South London Harriers | Affiliated | 340 | London | Surrey |
| South Molton Strugglers | Affiliated | 37 | South West | Devon |
| South Ribble Runners | Affiliated | 83 | North West | Lancashire |
| South Shields Harriers & AC | Affiliated | 60 | North East | Tyne And Wear |
| South West Road Runners | Affiliated | 224 | South West | Devon |
| South West Veterans AC | Affiliated | 70 | South West | Devon |
| South Yorkshire Police AC | Affiliated | 13 | Yorkshire & Humberside | South Yorkshire |
| Southampton Athletic Club | Affiliated | 451 | South East | |
| Southampton Running Sisters | Affiliated | 123 | South East | Hampshire |
| Southend On Sea AC | Affiliated | 210 | East | Essex |
| Southern Counties Veterans AC | Affiliated | 8 | South East | Hertfordshire |
| Southport Waterloo AC | Affiliated | 240 | North West | Merseyside |
| Southville Running Club | Affiliated | 69 | South West | Avon |
| Southwell Running Club | Affiliated | 116 | East Midlands | Nottinghamshire |
| Spa Striders | Affiliated | 101 | West Midlands | Warwickshire |
| Spalding Triathlon Club | Affiliated | 52 | East Midlands | Lincolnshire |
| Sparkhill Harriers | Affiliated | 75 | West Midlands | West Midlands |
| Spectrum Striders | Affiliated | 176 | North West | Merseyside |
| Spenborough & Dist AC | Affiliated | 139 | Yorkshire & Humberside | West Yorkshire |
| Sphinx AC | Affiliated | 83 | West Midlands | West Midlands |
| Spinkhill Striders | Affiliated | 23 | East Midlands | South Yorkshire |
| Spitfire Running Club | Affiliated | 10 | London | Essex |
| Springfield Striders RC | Affiliated | 285 | East | Essex |
| St Albans AC | Affiliated | 150 | East | Hertfordshire |
| St Albans Striders | Affiliated | 243 | East | Hertfordshire |
| St Austell Running Club | Affiliated | 283 | South West | Cornwall |
| St Bees Triers | Affiliated | 33 | North West | Cumbria |
| St Helens Striders | Affiliated | 40 | North West | Cheshire |
| St Helens Sutton AC | Affiliated | 197 | North West | Merseyside |
| St Mary's College AC | Affiliated | 0 | London | Middlesex |
| St Mary's Richmond AC | Affiliated | 264 | South East | Middlesex |
| St Neots Riverside Runners | Affiliated | 191 | East | Cambridgeshire |
| St Theresa's A.C. | Affiliated | 46 | Yorkshire & Humberside | West Yorkshire |
| Stadium Runners | Affiliated | 91 | Yorkshire & Humberside | West Yorkshire |
| Stafford Harriers | Affiliated | 250 | West Midlands | Staffordshire |
| Stafford Triathlon Club | Affiliated | 51 | West Midlands | Staffordshire |
| Staffs Moorlands AC | Affiliated | 166 | West Midlands | Staffordshire |
| Stainland Lions Running Club | Affiliated | 295 | Yorkshire & Humberside | Yorkshire |
| Stamford Striders | Affiliated | 26 | East Midlands | Lincolnshire |
| Stamford Tri Club | Affiliated | 0 | East Midlands | Lincolnshire |
| Steel City Striders RC | Affiliated | 220 | Yorkshire & Humberside | South Yorkshire |
| Stevenage & North Herts AC | Affiliated | 199 | East | Hertfordshire |
| Steyning AC | Affiliated | 117 | South East | West Sussex |

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|---|----------------|-----|------------------------|--------------------|
| Stilton Striders | Affiliated | 38 | East Midlands | Leicestershire |
| Stock Exchange AC | Affiliated | 0 | South East | Surrey |
| Stockport Harriers & AC | Affiliated | 330 | North West | Greater Manchester |
| Stockport Primary Care Trust Running Club | Affiliated | 15 | North West | Cheshire |
| Stocksfield Striders | Affiliated | 21 | North East | Northumberland |
| Stockton-On-Tees AC | Affiliated | 0 | North East | Cleveland |
| Stone Master Marathoners | Affiliated | 81 | West Midlands | Staffordshire |
| Stopsley Striders | Affiliated | 157 | East | Bedfordshire |
| Stourbridge RC | Affiliated | 98 | West Midlands | West Midlands |
| Stowmarket Striders RC | Affiliated | 288 | East | Suffolk |
| Stratford Upon Avon AC | Affiliated | 249 | West Midlands | |
| Striders Of Croydon | Affiliated | 220 | London | Surrey |
| Stroud & District AC | Affiliated | 152 | South West | Gloucestershire |
| Stubbington Green Runners | Affiliated | 191 | South East | Hampshire |
| Styal Running Club | Affiliated | 18 | North West | Cheshire |
| Sudbury Court Running Club | Affiliated | 12 | London | Middlesex |
| Sudbury Joggers | Affiliated | 28 | East | Suffolk |
| Sula Runners | Affiliated | 13 | South West | Gloucestershire |
| Sunderland Harriers & AC | Affiliated | 128 | North East | Tyne And Wear |
| Sunderland Strollers | Affiliated | 278 | North East | Tyne And Wear |
| Sunlight Runners | Affiliated | 16 | North West | Clwyd |
| Surrey Hills Pumas | Affiliated | 4 | South East | Surrey |
| Surrey Walking Club | Affiliated | 27 | South East | West Sussex |
| Sutton & District AC | Affiliated | 30 | London | Surrey |
| Sutton in Ashfield Harriers & AC | Affiliated | 147 | East Midlands | Nottinghamshire |
| Sutton Runners | Affiliated | 167 | London | Surrey |
| Swale Combined AC | Affiliated | 23 | East | Kent |
| Swaledale Road Runners | Affiliated | 105 | Yorkshire & Humberside | Cleveland |
| Swanley & District AC | Affiliated | 55 | South East | Kent |
| Swanscombe Strollers Road Running Club | Affiliated | 7 | South East | Kent |
| Swindon Harriers | Affiliated | 248 | South West | Wiltshire |
| Swindon Striders | Affiliated | 103 | South West | Wiltshire |
| Swinton Running Club | Affiliated | 73 | North West | Lancashire |
| Syfire Runners | Affiliated | 6 | Yorkshire & Humberside | South Yorkshire |
| SYTRI (Shrewsbury Triathlon) | Affiliated | 8 | West Midlands | Shropshire |
| Tadcaster Harriers | Affiliated | 57 | Yorkshire & Humberside | North Yorkshire |
| Tadley Runners | Affiliated | 18 | South East | Hampshire |
| Tadworth AC | Affiliated | 28 | South East | Surrey |
| Tamar Trotters | Affiliated | 323 | South West | Cornwall |
| Tamworth AC | Affiliated | 193 | West Midlands | West Midlands |
| Tattenhall Runners | Affiliated | 80 | North West | Cheshire |
| Taunton AC | Affiliated | 152 | South West | Somerset |
| Tavistock AC | Affiliated | 105 | South West | Devon |
| Team Bath Athletics Club | Affiliated | 499 | South West | Wiltshire |
| Team Coco | Affiliated | 103 | North East | Tyne And Wear |
| Team Concept | Affiliated | 3 | South East | Hampshire |
| Team Derby Runner | Affiliated | 0 | East Midlands | Derbyshire |
| Team Devizes - Moonrakers AC | Affiliated | 15 | South West | Wiltshire |
| Team East Haddon | Affiliated | 23 | East Midlands | Northamptonshire |
| Team Just Racing | Not Affiliated | 0 | East Midlands | |

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| Team Kennet Triathlon & AC | Affiliated | 150 | South East | Berkshire |
| Team Raw Energy | Affiliated | 4 | South East | West Sussex |
| Team Trisports | Affiliated | 73 | East | Hertfordshire |
| Teammanvers | Affiliated | 0 | Yorkshire & Humberside | South Yorkshire |
| Teesdale AC | Affiliated | 0 | North East | County Durham |
| Teignbridge Trotters | Affiliated | 133 | South West | Devon |
| Telford AC | Affiliated | 173 | West Midlands | Shropshire |
| Telford Harriers | Affiliated | 123 | West Midlands | |
| Tewkesbury AC | Affiliated | 56 | South West | Gloucestershire |
| Thame Runners | Affiliated | 81 | South East | Oxfordshire |
| Thames Hare & Hounds | Affiliated | 123 | London | London |
| Thames Valley Harriers | Affiliated | 176 | London | Middlesex |
| Thanet AC | Affiliated | 46 | South East | Kent |
| Thanet Roadrunners AC | Affiliated | 111 | South East | Kent |
| The Blackminster Half | Affiliated | 0 | West Midlands | Worcestershire |
| The Dearne A.L.C | Affiliated | 22 | Yorkshire & Humberside | South Yorkshire |
| The Last Inn Runners | Affiliated | 5 | West Midlands | Shropshire |
| The Running Inn Eastbourne | Affiliated | 21 | South East | East Sussex |
| The Sixth Dimension | Affiliated | 0 | South East | West Sussex |
| The South Cyprus Flyers RC | Affiliated | 6 | London | Essex |
| The Stragglers Running Club | Affiliated | 339 | London | Surrey |
| Thetford AC | Affiliated | 43 | East | Norfolk |
| Thirsk & Sowerby Harriers | Affiliated | 120 | Yorkshire & Humberside | North Yorkshire |
| Thomas Cook RRC | Affiliated | 4 | East | Cambridgeshire |
| Thornbury RC | Affiliated | 57 | South West | Avon |
| Thorney RC | Affiliated | 57 | East | Cambridgeshire |
| Thrift Green Trotters | Affiliated | 275 | East | Essex |
| Thurrock Harriers | Affiliated | 122 | East | Essex |
| Tickhill Running & Athletic Club | Affiliated | 67 | Yorkshire & Humberside | South Yorkshire |
| Tipton Harriers | Affiliated | 185 | West Midlands | West Midlands |
| Tiptree Road Runners | Affiliated | 47 | East | Essex |
| Tiverton Harriers | Affiliated | 55 | South West | Devon |
| Todmorden Harriers | Affiliated | 79 | Yorkshire & Humberside | West Yorkshire |
| Tonbridge AC | Affiliated | 550 | South East | Kent |
| Tone Zone Runners | Affiliated | 109 | South East | West Sussex |
| Torbay AAC | Affiliated | 83 | South West | |
| Torrington AAC | Affiliated | 47 | South West | Devon |
| Totley AC | Affiliated | 15 | Yorkshire & Humberside | Derbyshire |
| Totton RC | Affiliated | 176 | South East | Hampshire |
| Town & Country Harriers | Affiliated | 54 | South West | Avon |
| Track Academy | Not Affiliated | 0 | London | London |
| Trafford Athletic Club | Affiliated | 242 | North West | Greater Manchester |
| Trawden Athletic Club | Affiliated | 72 | North West | Lancashire |
| Treasury RC | Affiliated | 8 | London | |
| Trent Park Running Club | Affiliated | 41 | London | Hertfordshire |
| Trentham RC | Affiliated | 115 | West Midlands | |
| Tri Logic Cornwall | Affiliated | 29 | South West | |
| Tri London | Affiliated | 15 | London | London |
| Tri Preston | Not Affiliated | 0 | North West | Lancashire |
| Tri-Anglia Triathlon Club | Affiliated | 127 | East | Norfolk |

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|---|----------------|-----|------------------------|--------------------|
| Tri-Lakeland | Affiliated | 17 | North West | Cumbria |
| Tring RC | Affiliated | 115 | East | Hertfordshire |
| Trismart | Affiliated | 17 | West Midlands | Shropshire |
| Tri-Sport Epping | Affiliated | 4 | South East | Essex |
| Truro Running Club | Affiliated | 101 | South West | Cornwall |
| Tuff Fitty Triathlon Club | Affiliated | 18 | South East | West Sussex |
| Tunbridge Wells AC | Affiliated | 0 | South East | Kent |
| Tunbridge Wells Harriers | Affiliated | 258 | South East | Kent |
| Tyne & Wear Fire and Rescue Service | Affiliated | 55 | North East | Tyne And Wear |
| Tyne Bridge Harriers | Affiliated | 80 | North East | Tyne And Wear |
| Tynedale Harriers & AC | Affiliated | 186 | North East | Northumberland |
| Uckfield Runners | Affiliated | 18 | South East | East Sussex |
| UK Athletics Limited | Not Affiliated | 0 | West Midlands | Isle Of Man |
| UKnetrunner.co.UK | Affiliated | 154 | North West | Lancashire |
| Union of Brunel Students | Affiliated | 0 | London | Middlesex |
| University of Birmingham AC & Cross Countr | Affiliated | 4 | West Midlands | West Midlands |
| University of Derby RC | Not Affiliated | 0 | East Midlands | Derbyshire |
| University of Exeter Athletic Union | Affiliated | 8 | South West | Devon |
| University of Nottingham AC | Affiliated | 6 | East Midlands | Nottinghamshire |
| University of Portsmouth Athletics Club | Affiliated | 0 | South East | Hampshire |
| University of Sheffield Union of Students | Affiliated | 1 | Yorkshire & Humberside | Yorkshire |
| University of Surrey Running Club | Not Affiliated | 0 | South East | Surrey |
| University of Warwick | Affiliated | 1 | West Midlands | Warwickshire |
| Uttoxeter Road Runners | Affiliated | 71 | West Midlands | Staffordshire |
| Vale Of Aylesbury AC | Affiliated | 220 | South East | Buckinghamshire |
| Vale Royal AC | Affiliated | 246 | North West | Cheshire |
| Valley Hill Runners | Affiliated | 45 | Yorkshire & Humberside | South Yorkshire |
| Valley Striders AC | Affiliated | 232 | Yorkshire & Humberside | West Yorkshire |
| Vegan Runners UK | Affiliated | 77 | South East | Buckinghamshire |
| Vegetarian Cycling & AC | Affiliated | 48 | North West | Greater Manchester |
| Verco Joggers | Affiliated | 15 | South East | Buckinghamshire |
| Veterans AC | Affiliated | 138 | London | |
| Victoria Park Harriers and Tower Hamlets AC | Affiliated | 163 | London | London |
| Victory AC | Affiliated | 52 | South East | Hampshire |
| Vigo Runners | Affiliated | 0 | South East | Kent |
| Village RC | Not Affiliated | 0 | South West | Dorset |
| Village RR | Affiliated | 58 | North West | Merseyside |
| VocaLink Running Club | Affiliated | 36 | Yorkshire & Humberside | North Yorkshire |
| Votwo/USN | Affiliated | 16 | South West | Dorset |
| Wadhurst Runners | Affiliated | 69 | South East | East Sussex |
| Wakefield District H & AC | Affiliated | 269 | Yorkshire & Humberside | West Yorkshire |
| Wakefield Triathlon Club | Affiliated | 21 | Yorkshire & Humberside | Yorkshire |
| Wallasey Athletic Club | Affiliated | 63 | North West | Merseyside |
| Wallsend Harriers & AC | Affiliated | 93 | North East | Northumberland |
| Walton AC | Affiliated | 50 | South East | Surrey |
| Ware Joggers | Affiliated | 175 | East | Hertfordshire |
| Wargrave Runners | Affiliated | 40 | South East | Berkshire |
| Warminster RC | Affiliated | 22 | South West | Wiltshire |
| Warrington A C | Affiliated | 196 | North West | Cheshire |
| Warrington Road Runners | Affiliated | 32 | North West | Cheshire |

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|--|-------------------|------------|------------------------|--------------------|
| Warrington Tri Club | Affiliated | 13 | North West | Cheshire |
| Warwickshire Police Running Club | Affiliated | 9 | West Midlands | Warwickshire |
| Washlands Womens Runners | Affiliated | 154 | West Midlands | Staffordshire |
| Watford Harriers | Affiliated | 129 | East | Hertfordshire |
| Watford Joggers | Affiliated | 97 | East | Hertfordshire |
| Watford Running Sisters | Affiliated | 18 | East | Hertfordshire |
| Waveney Valley AC | Affiliated | 41 | East | Suffolk |
| Waverley Harriers | Affiliated | 97 | South East | Surrey |
| Wellingborough & District AC | Affiliated | 201 | East Midlands | Northamptonshire |
| Wells City Harriers | Affiliated | 170 | South West | Somerset |
| Wenlock Olympians | Affiliated | 57 | West Midlands | Shropshire |
| Werrington Joggers | Affiliated | 78 | East | |
| Wesham Road Runners & AC | Affiliated | 130 | North West | Lancashire |
| Wessex Road Runners | Affiliated | 15 | South East | Hampshire |
| West 4 Harriers | Affiliated | 63 | London | |
| West Bromwich Harriers | Affiliated | 40 | West Midlands | West Midlands |
| West Cheshire Athletic Club | Affiliated | 218 | North West | Cheshire |
| West End Runners | Affiliated | 7 | East Midlands | Leicestershire |
| West Hull Ladies R R C | Affiliated | 41 | Yorkshire & Humberside | East Yorkshire |
| West Midlands Police | Affiliated | 0 | West Midlands | Warwickshire |
| West Norfolk AC | Affiliated | 88 | East | Norfolk |
| West Pennine Runners | Affiliated | 8 | North West | Lancashire |
| West Suffolk AC | Affiliated | 124 | East | |
| West Wight Road Runners | Affiliated | 23 | South East | Isle Of Wight |
| West Yorkshire Police Harriers | Affiliated | 9 | Yorkshire & Humberside | West Yorkshire |
| Westbourne R C | Affiliated | 55 | South West | Dorset |
| Westbury Harriers | Affiliated | 165 | South West | Gloucestershire |
| Western Athletic Club (Isle of Man) | Affiliated | 110 | North West | |
| Weston Athletic Club | Affiliated | 92 | South West | Somerset |
| Weston Super Mare Junior AC | Affiliated | 19 | South West | Avon |
| Wetherby Runners AC | Affiliated | 194 | Yorkshire & Humberside | West Yorkshire |
| Weymouth St Pauls Harriers | Affiliated | 50 | South West | Dorset |
| Wharfedale Harriers | Affiliated | 55 | Yorkshire & Humberside | West Yorkshire |
| Whetstone Harriers | Affiliated | 18 | East Midlands | Leicestershire |
| Whitchurch Whippets | Affiliated | 106 | West Midlands | Shropshire |
| White City (Hull) RRC | Affiliated | 59 | Yorkshire & Humberside | East Yorkshire |
| White Horse Harriers | Affiliated | 143 | South East | Nottinghamshire |
| Widewell Striders | Affiliated | 28 | South West | Devon |
| Widnes Wasps Ladies R C | Affiliated | 35 | North West | Merseyside |
| Wigan & District H & AC | Affiliated | 124 | North West | Lancashire |
| Wigan Phoenix | Affiliated | 75 | North West | Greater Manchester |
| Wight Tri | Affiliated | 6 | South East | Isle Of Wight |
| Wigston Phoenix RC | Affiliated | 67 | East Midlands | Leicestershire |
| Wigton Road Runners | Affiliated | 16 | North West | Cumbria |
| Wilmslow Running Club | Affiliated | 113 | North West | Cheshire |
| Wimbledon Windmilers | Affiliated | 405 | London | London |
| Wimborne AC | Affiliated | 178 | South West | Dorset |
| Winchester & District AC | Affiliated | 402 | South East | Hampshire |
| Windle Valley Runners | Affiliated | 88 | London | Surrey |
| Windsor Slough Eton & Hounslow AC | Affiliated | 423 | South East | Middlesex |

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|-------------------------------------|----------------|-----|------------------------|------------------|
| Winston Runners | Affiliated | 82 | North West | Lancashire |
| Winterton Running Club | Affiliated | 12 | East Midlands | South Humberside |
| Wirral AC | Affiliated | 240 | North West | Merseyside |
| Wirral Athletics Sports Programme | Not Affiliated | 0 | North West | Merseyside |
| Witham RC | Affiliated | 96 | East | Essex |
| Withernsea Harriers | Affiliated | 24 | Yorkshire & Humberside | Yorkshire |
| Witney Road Runners | Affiliated | 130 | South East | Oxfordshire |
| Woking AC | Affiliated | 203 | South East | Surrey |
| Wolds Veteran RC | Affiliated | 135 | Yorkshire & Humberside | Humberside |
| Wolverhampton & Bilston | Affiliated | 278 | West Midlands | |
| Wombwell Sporting AC | Affiliated | 53 | Yorkshire & Humberside | South Yorkshire |
| Woodbridge Shufflers RC | Affiliated | 73 | East | Suffolk |
| Woodford Green AC with Essex Ladies | Affiliated | 424 | London | Essex |
| Woodstock Harriers AC | Affiliated | 93 | South East | Oxfordshire |
| Woodthorpe Huffers & Puffers | Affiliated | 37 | East Midlands | Nottinghamshire |
| Wooler R C | Affiliated | 34 | North East | Northumberland |
| Wootton Bassett Hounds RC | Affiliated | 50 | South West | |
| Wootton Road Runners | Affiliated | 244 | East Midlands | Northamptonshire |
| Worcester AC | Affiliated | 264 | West Midlands | Worcestershire |
| Worksop Harriers | Affiliated | 86 | East Midlands | Nottinghamshire |
| Worthing & District Harriers | Affiliated | 218 | South East | Sussex |
| Worthing Running Sisters | Affiliated | 11 | South East | West Sussex |
| Worthing Striders | Affiliated | 73 | South East | West Sussex |
| Wreake Runners | Affiliated | 165 | East Midlands | Leicestershire |
| Wrekin Road Runners | Affiliated | 91 | West Midlands | Staffordshire |
| Wycombe Phoenix Harriers & AC | Affiliated | 55 | South East | Buckinghamshire |
| Wye Valley Runners | Affiliated | 123 | West Midlands | Herefordshire |
| Wymeswold RC | Affiliated | 42 | East Midlands | Leicestershire |
| Wymondham AC | Affiliated | 76 | East | Norfolk |
| Yate & District AC | Affiliated | 130 | South West | Avon |
| Yaxley Runners & Joggers | Affiliated | 5 | East | Cambridgeshire |
| Yeovil Olympiads AC | Affiliated | 200 | South West | Somerset |
| Yeovil Town RRC | Affiliated | 197 | South West | Somerset |
| York Acorn Running Club | Affiliated | 79 | Yorkshire & Humberside | North Yorkshire |
| York CIU Race Walking Section | Affiliated | 11 | Yorkshire & Humberside | North Yorkshire |
| York Knavesmire Harriers | Affiliated | 242 | Yorkshire & Humberside | North Yorkshire |
| York Postal Harriers | Affiliated | 43 | Yorkshire & Humberside | North Yorkshire |
| Yorkshire Race Walking Club | Affiliated | 12 | Yorkshire & Humberside | West Yorkshire |
| Yorkshire Wolds Runners | Affiliated | 48 | Yorkshire & Humberside | East Yorkshire |
| Zoom Triathlon Club | Affiliated | 3 | South West | |