

Final Eligibility Committee List
(for moves during April 2024)



First Name	Last Name	Age Group	Origin Club	Destination Club	Region	Date Of Move
David Justin	Baird-Murray	Senior	Rhayader RC	Builth & District	East Wales	05/04/2024
Lubica	Ford	Senior	Pont-Y-Pwl & District Runners	Griffithstown Harriers	East Wales	04/04/2024
Alun	King	Senior	Lliswerry Runners	Ystrad Mynach Running Club	East Wales	22/04/2024
Emma	Price-Stephens	Senior	Pont-Y-Pwl & District Runners	Griffithstown Harriers	East Wales	02/04/2024
Trina	Sami	Senior	Spirit Of Monmouth	Monross Trailblazers	East Wales	02/04/2024
Luc	Shide	Senior	Caerphilly Runners	Islwyn RC	East Wales	05/04/2024
Paul	White	Senior	Pont-Y-Pwl & District Runners	Parc Bryn Bach Running Club	East Wales	09/04/2024
Rachel	Yeoman	Senior	Lliswerry Runners	Caerleon RC	East Wales	10/04/2024
Matt	Clowes	Senior	Cardiff Athletics	Wrexham AAC	North Wales	30/04/2024
Callum	Fox-Byrne	U20	Colwyn Bay AC	Deeside AAC	North Wales	20/04/2024
Diane	Jones	Senior	Maldwyn Harriers	Dolly Mixtures	North Wales	20/04/2024
Miranda	Long	Senior	Penyffordd Run Club	Buckley RC	North Wales	05/04/2024
Alfie	Shiland	U17	Colwyn Bay AC	Menai Track and Field	North Wales	16/04/2024
richard	Adams	Senior	Clwb Rhedeg Pontardawe RC	Clwb Run Wales	South Wales	24/04/2024
Adetokunbo	Akanbi-Mortimer	U20	Rhymney Valley AC	Cardiff Athletics	South Wales	01/05/2024
Ruth	Cann	Senior	Cardiff Harlequins Trail Running Club	CDF Runners	South Wales	26/04/2024
Michelle	Carolan	Senior	Clwb Run Wales	Albany Road Run Club	South Wales	09/04/2024
Wendy	Cole	Senior	Builth & District	Les Croupiers	South Wales	23/04/2024
Mike	Davies	Senior	CDF Runners	Albany Road Run Club	South Wales	05/04/2024
Victor	Garrick	Senior	Lliswerry Runners	Cornelly Striders AC	South Wales	10/04/2024
James	Green	Senior	White Rock Runners	San Domenico RC	South Wales	24/04/2024
Jack	Hilldrup	Senior	Les Croupiers	San Domenico RC	South Wales	13/04/2024
Tanya	Johnson	Senior	Pencoed Panthers	Cornelly Striders AC	South Wales	11/04/2024
Moli	Lyons	Senior	Cardiff Athletics	Pontypridd Roadents AC	South Wales	19/04/2024
Stuart	Morris	Senior	Spirit Of Monmouth	Pontypridd Roadents AC	South Wales	02/04/2024
Sophie	Oddy	Senior	Pencoed Panthers	Bridgend Athletics	South Wales	01/05/2024
Wayne	Randall	Senior	Ogmore Phoenix Runners	Bridgend Athletics	South Wales	15/04/2024
Claire	Rawle	Senior	Dragons Running Club	Aberdare Valley AAC	South Wales	09/04/2024
Nick	Speed	Senior	Clwb Run Wales	Albany Road Run Club	South Wales	06/04/2024
Kate	Strong	Senior	Cornelly Striders AC	Porthcawl Runners	South Wales	30/04/2024
Caroline	Tinsley	Senior	Maindy Harriers	Albany Road Run Club	South Wales	12/04/2024
Mark	Aston	Senior	Cardiff Harlequins Trail Running Club	Emlyn Runners	West Wales	27/04/2024
Elsie	Davies	U13	Amman Valley Harriers	Carmarthen & District Harriers	West Wales	09/04/2024
Isobel	Dawson	Senior	Llanelli AC	Swansea Harriers	West Wales	23/04/2024
William	Grant	U20	Deeside AAC	Swansea Harriers	West Wales	16/04/2024
William	Harries	U17	Pembrokeshire Harriers	Carmarthen & District Harriers	West Wales	04/04/2024
Ffion	Mabey	U20	Pembrokeshire Harriers	Carmarthen & District Harriers	West Wales	17/04/2024
Emma	Palfrey	Senior	Cardiff Athletics	Sarn Helen	West Wales	06/04/2024

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Manon Fflur	Phillips	U13	Trots	Carmarthen & District Harriers	West Wales	05/04/2024
Gareth	Robbins	Senior	Swansea Harriers	Run4All Neath	West Wales	18/04/2024
Owain	Schiavone	Senior	Cardiff Athletics	Aberystwyth AC	West Wales	06/04/2024
Drew	Smith	U13	Swansea Harriers	Llanelli AC	West Wales	15/04/2024
Matthew	Thomas	Senior	Swansea Harriers	Amman Valley Harriers	West Wales	12/04/2024