

**Final Eligibility Committee List
(for moves during July 2023)**



First Name	Last Name	Age Group	Origin Club	Destination Club	Region	Date Of Move
Denise	Cuer	Senior	Newport Harriers	Caldicot Running Club	East Wales	10/07/2023
Ben	Demellweek	Senior	Cardiff Athletics	Caerphilly Runners	East Wales	20/07/2023
Zoe	Heath	Senior	Rhymney Valley AC	Islwyn RC	East Wales	15/07/2023
Lee	Holland	Senior	Lliswerry Runners	Caerleon RC	East Wales	01/08/2023
Joanne	Henderson	Senior	Cybi Striders	Denbigh Harriers	North Wales	07/07/2023
Megan	Hughes	U20	Colwyn Bay AC	Menai Track and Field	North Wales	29/07/2023
Sarah	Osborne	Senior	Clwb Run Wales	Cybi Striders	North Wales	01/08/2023
Holly	Worth	U13	Eryri Harriers	Menai Track and Field	North Wales	05/07/2023
Nicola	Cornock	Senior	Ogmore Phoenix Runners	Cornelly Striders AC	South Wales	05/07/2023
Michael	Goode	Senior	Cardiff Athletics	Penarth & Dinas Runners	South Wales	01/07/2023
Syd	James	U11	Cardiff Archers	Cardiff Athletics	South Wales	05/07/2023
Janae	Nugent	U11	Rhymney Valley AC	Cardiff Athletics	South Wales	01/08/2023
Marian	Owens	U17	Bridgend Athletics	Cardiff Athletics	South Wales	08/07/2023
Nia	Rees	Senior	Clwb Run Wales	Cardiff Athletics	South Wales	14/07/2023
Alistair	Thomson	Senior	Porthcawl Runners	Clwb Run Wales	South Wales	28/07/2023
Linzi	Byrne	Senior	Run4All Neath	Celtic Tri	West Wales	01/08/2023
Sabina	Dunkling	Senior	Eryri Harriers	Amman Valley Harriers	West Wales	15/07/2023
Matthew	Eley	Senior	Run4All Neath	Port Talbot Harriers	West Wales	18/07/2023