

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



First Name	Last Name	Age Group	Origin Club	Destination Club	Region	Date Of Move
Craig	Cheedy	Senior	Griffithstown Harriers	Micky Morris Racing Team	East Wales	05/12/2023
Luke	Earnshaw	Senior	Welsh Schools And Universities	Meirionnydd Running Club	North Wales	01/01/2024
Sarah	Holtom	Senior	Run Free Fell Runners	Meirionnydd Running Club	North Wales	14/12/2023
Sharon	Ashby	Senior	Clwb Run Wales	Albany Road Run Club	South Wales	19/12/2023
Isla	Carson	U13	Pontyclun Athletics Club	Bridgend Athletics	South Wales	09/12/2023
Rowan	Carson	U11	Pontyclun Athletics Club	Bridgend Athletics	South Wales	09/12/2023
Paul	Cole	Senior	CDF Runners	Albany Road Run Club	South Wales	16/12/2023
Danny	Corder	Senior	Clwb Run Wales	Albany Road Run Club	South Wales	19/12/2023
Debbie	Cumming	Senior	CDF Runners	Albany Road Run Club	South Wales	16/12/2023
Darren	Davis	Senior	Clwb Run Wales	Albany Road Run Club	South Wales	16/12/2023
Jonathan	Evans	Senior	White Rock Runners	Albany Road Run Club	South Wales	20/12/2023
Lee	Harding	Senior	White Rock Runners	Albany Road Run Club	South Wales	16/12/2023
Aled	Jenkins	Senior	Run4All Neath	Ogmore Phoenix Runners	South Wales	31/12/2023
Scott	Lewis	Senior	CDF Runners	Albany Road Run Club	South Wales	16/12/2023
Delyth	Murray-Lines	Senior	CDF Runners	Albany Road Run Club	South Wales	16/12/2023
Mathew	Nash	Senior	CDF Runners	Albany Road Run Club	South Wales	23/12/2023
Huw	Phillips	Senior	CDF Runners	Albany Road Run Club	South Wales	16/12/2023
David	Sinclair	Senior	Clwb Run Wales	Albany Road Run Club	South Wales	16/12/2023
Mark	Smith	Senior	Clwb Run Wales	Albany Road Run Club	South Wales	16/12/2023
Gerda	Tallon	Senior	White Rock Runners	Albany Road Run Club	South Wales	23/12/2023
Catherine	Taylor	Senior	Clwb Run Wales	Albany Road Run Club	South Wales	19/12/2023
Adam	Yusuf	Senior	Heath Massive Run Club	CDF Runners	South Wales	03/12/2023
Milly	Harris	U13	Celtic Tri	Swansea Harriers	West Wales	31/12/2023
Kath	Morgan	Senior	Llanelli AC	Amman Valley Harriers	West Wales	06/12/2023
Lindsey	Roberts	Senior	Emlyn Runners	Cardigan RC	West Wales	20/12/2023