

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



First Name	Last Name	Age Group	Origin Club	Destination Club	Region	Date Of Move
Gary	Adams	Senior	Brackla Harriers	Fairwater Runners Cwmbran	East Wales	17/11/2023
Reuben	Lawson	U20	Newport Harriers	Chepstow Harriers	East Wales	27/11/2023
Ross	Matthews	Senior	Parc Bryn Bach Running Club	Micky Morris Racing Team	East Wales	14/11/2023
Owen	Monk	U20	Lliswerry Runners	Caldicot Running Club	East Wales	03/11/2023
Caleb	Richardson	U20	Aberdare Valley AAC	Newport Harriers	East Wales	27/11/2023
Luke	Williams	Senior	San Domenico RC	Micky Morris Racing Team	East Wales	21/11/2023
Alun	Wood	Senior	Mynydd Du	Parc Bryn Bach Running Club	East Wales	14/11/2023
Gareth	Yeoman	Senior	Lliswerry Runners	Caerleon RC	East Wales	30/11/2023
Tia	Calland	U13	Prestatyn RC	Colwyn Bay AC	North Wales	25/11/2023
Ryan	Johnson-Wilcock	Senior	Deeside AAC	Deestridders B S RC	North Wales	01/12/2023
Helen	MacArthur	Senior	GOG Triathlon Club	Colwyn Bay AC	North Wales	06/11/2023
Elwyn	Sharps	Senior	GOG Triathlon Club	Betsi Runaways	North Wales	01/12/2023
Sam	Clarkstone	Senior	Pontyclun Road Runners	Pontypridd Roadents AC	South Wales	30/11/2023
Gillian	Hopkins	Senior	Cardiff Triathletes	Les Croupiers	South Wales	02/11/2023
Paul	Jacob	Senior	Cardiff Athletics	Les Croupiers	South Wales	30/11/2023
Liam	O'Sullivan	Senior	Amman Valley Harriers	Ogmore Phoenix Runners	South Wales	03/11/2023
David	Phillips	Senior	Lliswerry Runners	Swansea Harriers	West Wales	30/11/2023