

Final Eligibility Committee List
(for moves during April 2023)



First Name	Last Name	Age Group	Origin Club	Destination Club	Region	Date Of Move
Samantha	Beacham	Senior	Caerphilly Runners	Hengoed Harriers	East Wales	06/04/2023
Nerys	Chaplin	Senior	Spirit Of Monmouth	Monross Trailblazers	East Wales	27/04/2023
Peter	Coughlin	Senior	Caerphilly Runners	Hengoed Harriers	East Wales	28/04/2023
Malc	Gonnella	Senior	Fairwater Runners Cwmbran	Builth & District	East Wales	18/04/2023
Faye	Johnson	Senior	Pont-Y-Pwl & District Runners	Monross Trailblazers	East Wales	04/04/2023
Seth	Lawson	U15	Newport Harriers	Chepstow Harriers	East Wales	13/04/2023
James	Melia	Senior	Paul Popham Running Club	Caldicot Running Club	East Wales	27/04/2023
Clare	Patterson	Senior	Griffithstown Harriers	Parc Bryn Bach Running Club	East Wales	01/05/2023
Russ	Pearce	Senior	Caerphilly Runners	Hengoed Harriers	East Wales	09/04/2023
Ffion	Price	Senior	Maldwyn Harriers	Builth & District	East Wales	13/04/2023
Clara	Rhodes	U15	Lliswerry Runners	Newport Harriers	East Wales	18/04/2023
Leah	Rhodes	U13	Lliswerry Runners	Newport Harriers	East Wales	18/04/2023
Kathryn	Sage	Senior	Caldicot Running Club	Lliswerry Runners	East Wales	07/04/2023
Sarah	Stewart	Senior	Caldicot Running Club	Micky Morris Racing Team	East Wales	05/04/2023
Morgan	Watts	U20	Blaenau Gwent Athletics	Parc Bryn Bach Running Club	East Wales	26/04/2023
Stephen	Williams	Senior	Parc Bryn Bach Running Club	Fairwater Runners Cwmbran	East Wales	18/04/2023
Simon	Bonfield	Senior	Abergele Harriers	Prestatyn RC	North Wales	01/04/2023
Steven	Brown	Senior	Prestatyn RC	Eryri Harriers	North Wales	02/04/2023
Cadi	French	U17	Eryri Harriers	Menai Track and Field	North Wales	19/04/2023
Holly	Worth	U13	Eryri Harriers	Menai Track and Field	North Wales	02/04/2023
Cadi	Wynn	U17	Eryri Harriers	Menai Track and Field	North Wales	17/04/2023
Freya	Allen	U20	Bridgend Athletics	Ogmore Phoenix Runners	South Wales	17/04/2023
Jonathan	Barnes	Senior	Pontypridd Roadents AC	Les Croupiers	South Wales	01/05/2023
Louise	Bennett	Senior	Clwb Run Wales	Ogmore Phoenix Runners	South Wales	26/04/2023
Adam	Brown	Senior	Merthyr Running Club	Merthyr Triathlon Club	South Wales	23/04/2023
Ieuan	Griffiths	Senior	Llanelli AC	Clwb Run Wales	South Wales	12/04/2023
Carys	Hughes	U15	Newport Harriers	Cardiff Athletics	South Wales	25/04/2023
Dave	Hughes	Senior	Bridgend Athletics	Porthcawl Runners	South Wales	02/04/2023
Elizabeth	Hunter	Senior	Village Vipers	Clwb Run Wales	South Wales	24/04/2023
Helen	Jenkins	Senior	Islwyn RC	Merthyr Running Club	South Wales	05/04/2023
Stuart	Jewell	Senior	Cybi Striders	Clwb Run Wales	South Wales	02/04/2023
Lili	Jones	U20	Merthyr Running Club	Merthyr Triathlon Club	South Wales	22/04/2023
Angela	Lewis	Senior	Pontypridd Roadents AC	Les Croupiers	South Wales	11/04/2023
Massimo	Mentasti	Senior	Heath Massive Run Club	Penarth & Dinas Runners	South Wales	02/04/2023
Michael	Morgan	Senior	Penarth & Dinas Runners	Pontypridd Roadents AC	South Wales	03/04/2023
Alexandra	Palmer	Senior	Pontypridd Roadents AC	Rhondda Valley Runners	South Wales	05/04/2023
Ross	Purchase	Senior	Neath Harriers	Porthcawl Runners	South Wales	25/04/2023
Andrew	Reynolds	Senior	Neath Harriers	Pontypridd Roadents AC	South Wales	10/04/2023

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Corinne	Ricciardi	Senior	Cybi Striders	Clwb Run Wales	South Wales	01/05/2023
Dan	Ridley	Senior	Cardiff Harlequins RC	Ogmore Phoenix Runners	South Wales	28/04/2023
Susan	Roberts	Senior	Porthcawl Runners	Cornelly Striders AC	South Wales	23/04/2023
Andrew	Stephens	Senior	Llanelli AC	Clwb Run Wales	South Wales	01/04/2023
Anh Quan	Tran	Senior	Les Croupiers	CDF Runners	South Wales	01/04/2023
Rebecca	Williams	Senior	Parc Bryn Bach Running Club	Aberdare Valley AAC	South Wales	07/04/2023
Eva	Davies	U13	Sarn Helen	Carmarthen & District Harriers	West Wales	12/04/2023
Harrison	Garcia	U20	Llanelli AC	Swansea Harriers	West Wales	05/04/2023
Meryl	James	Senior	Pembrokeshire Harriers	Trots	West Wales	04/04/2023
Louise	Jenkins	Senior	Emlyn Runners	Sarn Helen	West Wales	05/04/2023
Kate	Lynock	Senior	Trots	Amman Valley Harriers	West Wales	27/04/2023
Paul	Lynock	Senior	Trots	Amman Valley Harriers	West Wales	28/04/2023
Ashley	Ramsden	Senior	Swansea Harriers	Amman Valley Harriers	West Wales	14/04/2023
Stephan	Wilcox	Senior	Neath Harriers	Port Talbot Harriers	West Wales	25/04/2023