

**BRITISH & IRISH JUNIOR MOUNTAIN RUNNING CHAMPIONSHIPS**

**LLANBERIS. SATURDAY 21st SEPTEMBER 2019**

**WALES TEAM SELECTIONS**

**UNDER 17 (BORN IN YEARS 2003/04)**

**MALE**

Rhys Hardman (Cardiff Archers)

Oliver Jones (Maldwyn Harriers)

Mike Spill (Menai Track & Field)

Bryn Woodall (Colwyn Bay AC)

Reserve – Matthew Anthony (Deeside AAC)

**FEMALE**

Boe-Celyn Jones (Menai Track & Field)

Samia Jones (Menai Track & Field)

Eden O’Dea (Wrexham AAC)

**UNDER 19 (BORN IN YEARS 2000/01/02)**

**MALE**

Louis Guest (Eryri Harriers)

Aled Jones (Menai Track & Field)

Joe Reardon (Aberdare Valley AAC)

Tom Wood (Eryri Harriers)

Reserve: Ifan Oldfield (Wrexham AAC)

**FEMALE**

Jenna Bagnall (Prestatyn RC)

Sioned Cordiner (Wrexham AAC)

Gwynedd Parry (Deeside AAC)

Jody Cain (Eryri Harriers)

Reserve: Lleucu Lane (Eryri Harriers)

**TEAM MANAGERS**

Dan Bodman

Paul Jenkinson

Sharon Jones