

**2023 - Welsh Eligible Athletes**

ATHLETE	AGE GROUP	CLUB	DATE ELIGIBLE TO COMPETE
Josephine Perrin	U17W	Kingston AC & Poly Harriers	10/01/2023
Ffion Mitton	U13G	Cardiff Athletics	12/01/2023
Abigail Seren Belward	U15G	Winchester & District AC	24/01/2023
Nia Davies	MM50	Weston AC	27/01/2023
Eva Lily Anwyl	U13G	Sale Harriers	31/01/2023
Rose Duggan	U17W	West Cheshire AC	03/02/2023
Katrina Entwistle	SENW	Bristol & West AC	07/02/2023
Eve Bailey	U17W	Winchester & District AC	17/02/2023
Sian Evans	MW50	Rhedwyr Hebog Runners*	21/02/2023
Phil Harding	MM65	Western Tempo	23/02/2023
Elin Roberts	U17W	Guildford & Godalming	02/03/2023
Nicholas Coyle	MM35	Stroud & District AC	09/05/2023
Cai Lewis	U17M	Northern AC (Isle of Man)	16/05/2023
Hope Lewis	U15G	Northern AC (Isle of Man)	16/05/2023
Shawn Twumasi Ampofo	SENM	Blackheath & Bromley Harriers AC	19/05/2023
Kitty Robinson	SENW	Clwb Run Wales	24/05/2023
Evie Lewis	U15G	Team Kennet Triathlon & AC	24/05/2023
Hannah Tapley	SENW	Cardiff Athletics	31/05/2023
Jacob Matthews	SENM	Halesowen ACC	01/06/2023
Owen Jones	U20M	Houston	07/06/2023
Daniel Rees	MM60	Liverpool Pembroke & Sefton AC	07/06/2023
Sion Jones	U15B	Ealing Southall & Middlesex AC	14/06/2023
Louisa Stoney	U23W	Kingston & Poly	14/06/2023
Aidan Walker	U20W	Banbury Harriers AC	21/06/2023
Bethan Norvill	U17W	Kingston AC & Poly Harriers	21/06/2023
Richard Foster	MM40	Monross Trailblazers	21/06/2023
Mia Johnson	U13G	West Cheshire AC	27/06/2023
Sarah Bell	MW45	Chepstow Harriers	06/07/2023
Megan Lidster	U13G	Shrewsbury AC	19/07/2023
Nicholas Tulp	MM35	Llisbury Runners	20/07/2023
Anna Babis	U20W	Windsor, Slough, Eton & Hounslow	26/07/2023
Samuel Babis	U15B	Windsor, Slough, Eton & Hounslow	26/07/2023
Jane Doughton	MW45	Buckley Runners	04/08/2023
Mark Horsman	MM45	Pontypridd Roadents	04/08/2023
Jacob McCormack	U13B	Bracknell AC	09/08/2023
Alan Jordon	MM55	Clwb Run Wales	09/08/2023
Mandy Morris	MW50	Neath Harriers	09/08/2023
Katerina Adams	MW45	Spirit of Monmouth	09/08/2023
Quinn Bookless	U13G	Windsor Slough Eton Hounslow	29/08/2023
Matthew Brunnock	U20M	Western Tempo	03/10/2023
Michael Jones	MM55	Overton Harriers & AC	26/10/2023
Ewelina Ciesielska	MW35	Parc Bryn Bach	27/10/2023
Jonathan Knox	SENM	Coventry Godiva Harriers	08/11/2023
Jon Barnes	SENM	Les Croupiers RC	23/11/2023
Freya Jones	SENW	Newham & Essex Beagles AC	24/11/2023
Justin Davies	SENM	Team Bath	24/11/2023
Tess McHugh	SENW	Sale Harriers Manchester	14/12/2023