

Welsh Eligibility

2023

ATHLETE	AGE GROUP	CLUB	DATE ELIGIBLE TO COMPETE
Josephine Perrin	U17 Women	Kingston AC & Poly Harriers	10/01/2023
Ffion Mitton	U13 Girls	Cardiff Athletics	12/01/2023
Abigail Seren Belward	U15 Girls	Winchester & District AC	24/01/2023
Nia Davies	M50	Weston AC	27/01/2023
Eva Lily Anwyl	U13 Girls	Sale Harriers	31/01/2023
Rose Duggan	U17 Woman	West Cheshire AC	03/02/2023
Katrina Entwistle	Senior Women	Bristol & West AC	07/02/2023
Eve Bailey	U17 Woman	Winchester & District AC	17/02/2023
Sian Evans	F50	Rhedwyr Hebog Runners*	21/02/2023
Phil Harding	M65	Western Tempo	23/02/2023
Elin Roberts	U17 Women	Guildford & Godalming	02/03/2023
Nicholas Coyle	M35	Stroud & District AC	09/05/2023
Cai Lewis	U17 Men	Northern (Isle of Man)AC	16/05/2023
Hope Lewis	U15 Girls	Northern (Isle of Man)AC	16/05/2023
Shawn Twumasi Ampofo	Sen Man	Blackheath & Bromley Harriers AC	19/05/2023
Kitty Robinson	Sen Woman	Clwb Run Wales	24/05/2023
Evie Lewis	U15 Girls	Team Kennet Triathlon & AC	24/05/2023
Hannah Tapley	Sen Woman	Cardiff Athletics	31/05/2023
Jacob Matthews	Sen Man	Halesowen ACC	01/06/2023
Owen Jones	U20 Men	Houston	07/06/2023
Daniel Rees	M60	Liverpool Pembroke & Sefton AC	07/06/2023
Louisa Stoney	U23 Women	Kingston & Poly	14/06/2023
Sion Jones	U15 Boys	Ealing Southall & Middlesex AC	14/06/2023
Bethan Norvill	U17 Women	Kingston AC & Poly Harriers	21/06/2023
Aidan Walker	U20 Women	Banbury Harriers AC	21/06/2023
Richard Foster	M40	Monross Trailblazers	21/06/2023
Mia Johnson	U13 Girls	West Cheshire AC	27/06/2023
Sarah Bell	F45	Chepstow Harriers	06/07/2023
Megan Lidster	U13 Girls	Shrewsbury AC	19/07/2023
Nicholas Tulp	M35	Llisbury Runners	20/07/2023
Anna Babis	U20 Woman	Windsor, Slough, Eton & Hounslow	26/07/2023
Samuel Babis	U15 Boys	Windsor, Slough, Eton & Hounslow	26/07/2023
Mark Horsman	M45	Pontypridd Roadents	04/08/2023
Jane Doughton	F45	Buckley Runners	04/08/2023
Jacob McCormack	U13 Boys	Bracknell AC	09/08/2023
Katerina Adams	F45	Spirit of Monmouth	09/08/2023
Mandy Morris	F50	Neath Harriers	09/08/2023
Alan Jordon	M55	Clwb Run Wales	09/08/2023
Quinn Bookless	U13 Girls	Windsor Slough Eton Hounslow	29/08/2023
Matthew Brunnock	U20 Man	Western Tempo	03/10/2023
Michael Jones	M55	Overton Harriers & AC	26/10/2023
Ewelina Ciesielska	F35	Parc Bryn Bach	27/10/2023
Jonathan Knox	Sen Man	Coventry Godiva Harriers	08/11/2023
Jon Barnes	Sen Man	Les Croupiers RC	23/11/2023
Freya Jones	Sen Woman	Newham & Essex Beagles AC	24/11/2023
Justin Davies	Sen Man	Team Bath	24/11/2023
Tess McHugh	Sen Woman	Sale Harriers Manchester	14/12/2023

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Damien Lane	M55	London Heathside	18/01/2024
Coral Putman	F50	Vegan Runners	19/01/2024
Lyra Woollam-Dalling	U15 Girls	North Devon AC	19/01/2024
Maddie Kingston	U17 Women	Abingdon AC	23/01/2024
Mae Grant	U15 Girls	West Cheshire AC	24/01/2024
Toby Holmes	U17 Men	Windsor Slough Eton & Hounslow AC	24/01/2024
Beatrix Bennett	U13 Girls	Yate & District AC	26/01/2024
Erin Burt	Sen Woman	Newquay Road Runners	26/01/2024
Leonora Lynn	Sen Woman	Belgrave Harriers	02/02/2024
Daniel Lewis	M45	Peterborough & Nene Valley AC	08/02/2024
Phillip Lewis	M40	St Albans Striders	09/02/2024
Tallulah Sullivan	U20 Woman	Crawley AC	13/02/2024
Abigail Pawlett	U23 Woman	Trafford AC	13/02/2024
Jane Roscoe	M55	Chepstow Harriers	17/04/2024
Anna Godfrey	M35	Reading AC	17/04/2024
Roxy McHugh	U15 Girls	Sale Harriers Manchester	18/04/2024
Isabella Gorman	U13 Girls	Leigh Harriers & AC	25/04/2024
Thomas Molloy	U20 Men	West Cheshire AC	25/04/2024
Gemma Griffiths	U23 Woman	Shettleston Harriers	26/04/2024
Arran Topham	U23 Men	Basingstoke & Mid Hants	26/04/2024
Jamie Pugh	Sen Man	Kirkby Milers AC	30/04/2024
Isabelle Watkinson	U15 Girls	New Marske Harriers Club	30/04/2024
Lucy Williamson	Sen Woman	Mynydd Du	30/04/2024