

Welsh Inter-Regional Cross Country Championships			East Region	Team Manager Contact detail	
Under 13 Girls	Number	Name	Region	<a href="mailto:phil.banning@sky.com">phil.banning@sky.com</a>	07966 270867
Under 13 Girls	401	Issy Mogg	East		
Under 13 Girls	402	Megan Tucker	East		
Under 13 Girls	403	Paige Lowe	East		
Under 13 Girls	404	Amy Little	East		
Under 13 Girls	405	Olivia Jones	East		
Under 13 Girls	406	Chelsea Davies	East		
Under 13 Girls	407	Amy Sinclair	East		
Under 13 Girls	408	Rebecca Chick	East		
Under 13 Girls	409	Rosie James	East		
Under 13 Girls	410	Molly Clayden	East		
Under 13 Girls	411	Issy Morris	East		
Under 13 Girls	412	Olivia Lawrence	East		
Under 13 Girls	413	Eve Williams	East		
Under 13 Girls	414	Millie Fakande	East		
Under 13 Girls	415	Shande Myers	East		
Under 13 Boys	Number	Name	Region		
Under 13 Boys	301	Carwyn Penny	East		
Under 13 Boys	302	Joshua Travers	East		
Under 13 Boys	303	Matthew Catterall	East		
Under 13 Boys	304	Lewis Daniels	East		
Under 13 Boys	305	Elliot Dunn	East		
Under 13 Boys	306	Jamie Greenslade	East		
Under 13 Boys	307	Geraint Rawlinson	East		
Under 13 Boys	308	Michael Adams	East		
Under 13 Boys	309	Jordan Price	East		
Under 13 Boys	310		East		
Under 13 Boys	311		East		
Under 13 Boys	312		East		
Under 13 Boys	313		East		
Under 13 Boys	314		East		
Under 13 Boys	315		East		

<b>Under 15 Girls</b>	<b>Number</b>	<b>Name</b>	<b>Region</b>
Under 15 Girls	601	Heidi Davies	East
Under 15 Girls	602	Samantha Walker	East
Under 15 Girls	603	Rachel Smout	East
Under 15 Girls	604	Cheyenne Sinclair	East
Under 15 Girls	605	Olivia Louise Turley	East
Under 15 Girls	606	Lauren Shankland	East
Under 15 Girls	607	Bronwyn Satterly	East
Under 15 Girls	608	Chelsie Harris	East
Under 15 Girls	609	Lois Flowers	East
Under 15 Girls	610		East
Under 15 Girls	611		East
Under 15 Girls	612		East
Under 15 Girls	613		East
Under 15 Girls	614		East
Under 15 Girls	615		East
<b>Under 15 Boys</b>	<b>Number</b>	<b>Name</b>	<b>Region</b>
Under 15 Boys	501	Alex Mcdowell	East
Under 15 Boys	502	Tyler Pritchard	East
Under 15 Boys	503	Matthew Grantham	East
Under 15 Boys	504	Michael Lewis	East
Under 15 Boys	505	Gabriel Kay	East
Under 15 Boys	506	Henry Jones	East
Under 15 Boys	507		East
Under 15 Boys	508		East
Under 15 Boys	509		East
Under 15 Boys	510		East
Under 15 Boys	511		East
Under 15 Boys	512		East
Under 15 Boys	513		East
Under 15 Boys	514		East
Under 15 Boys	515		East

<b>Under 17 Women</b>	<b>Number</b>	<b>Name</b>	<b>Region</b>
Under 17 Women	201	Malika Rezougui	East
Under 17 Women	202	Francesca Hyde	East
Under 17 Women	203	Francesca Morris	East
Under 17 Women	204	Bethan Jackson	East
Under 17 Women	205	Catrin Griffiths	East
Under 17 Women	206	Hannah Griffiths	East
Under 17 Women	207	Zoe Holloway	East
Under 17 Women	208	Ellin Lewis	East
Under 17 Women	209		East
Under 17 Women	210		East
Under 17 Women	211		East
Under 17 Women	212		East
Under 17 Women	213		East
Under 17 Women	214		East
Under 17 Women	215		East
<b>Under 17 Men</b>	<b>Number</b>	<b>Name</b>	<b>Region</b>
Under 17 Men	201	Jack Fear	East
Under 17 Men	202	Evan Wynne	East
Under 17 Men	203	Ben Jones	East
Under 17 Men	204	Will Leney	East
Under 17 Men	205	Christopher Price	East
Under 17 Men	206	Curtis Goodger	East
Under 17 Men	207	Owen Davies	East
Under 17 Men	208	Andy Greenslade	East
Under 17 Men	209		East
Under 17 Men	210		East
Under 17 Men	211		East
Under 17 Men	212		East
Under 17 Men	213		East
Under 17 Men	214		East
Under 17 Men	215		East

Junior Women	Number	Name	Region
Junior Women	301	Ffion Price	East
Junior Women	302	Rhianwedd Price	East
Junior Women	303	Cassidy Skinner	East
Junior Women	304	Harriet Morris	East
Junior Women	305		East
Junior Women	306		East
Junior Women	307		East
Junior Women	308		East
Junior Women	309		East
Junior Women	310		East
Junior Women	311		East
Junior Women	312		East
Junior Women	313		East
Junior Women	314		East
Junior Women	315		East
Junior Men	Number	Name	Region
Junior Men	401	Olly Cayless	East
Junior Men	402	Chris Carpanini	East
Junior Men	403	Emrys Penny	East
Junior Men	404	Tyrone Fowler	East
Junior Men	405	Ben McEwan	East
Junior Men	406		East
Junior Men	407		East
Junior Men	408		East
Junior Men	409		East
Junior Men	410		East
Junior Men	411		East
Junior Men	412		East
Junior Men	413		East
Junior Men	414		East
Junior Men	415		East



