

BMAF Masters Cross Country International

Women's Team

Women's 35 - 39

Name	Club
Lucy Marland	Les Croups
Donna Morris	Builth
Louise Flynn	Les Croups
Gemma Moore	Eryri

Women's 40 - 44

Name	Club
Llinos Jones	Swansea
Wendy Price	Amman Valley
Georgia Parnell	Newport
Helen Sharpe	Penarth

Women's 45 - 49

Name	Club
Joanne Rees	Builth
Mel Morris	Denbigh
Jane Doughton	Buckley

Women's 50 - 54

Name	Club
Carla Green	North Wales RR
Tracey Jenkins	Porthcawl
Angela Deeley	Deestridders RC

**LISTEN
ENGAGE
REPRESENT**



WELSH ATHLETICS
ATHLETAU CYMRU

Women's 55 - 59

Name	Club
Sue Watson	Les Croups
Kay Chapman	Les Croups

Women's 60 - 64

Name	Club
Emma Collins	Denbigh
Cath Wheeler	Overton
Margaret Ludden	Buckley RC

Women's 65 - 69

Name	Club
Fiona Davies	Pontypridd
Andrea Webster	Les Croups
Tricia Hirst	Maldwyn
Jill Hillman	Maldwyn

Women's 70+

Name	Club
Ann d'Alburquerque	GOG Tri
Maggie Oliver	Eryri

**LISTEN
ENGAGE
REPRESENT**



WELSH ATHLETICS
ATHLETAU CYMRU

Men's Team

Men's 35 – 39

Name	Club
Luke Northall	Wrexham
Matt Edmonds	Newport
Daniel Triggs	Neath
Andrew Cleverly	Swansea

Men's 40 - 44

Name	Club
Joel Gomes	Wrexham
Owen Schiavone	Cardiff
Oliver Parry	Shrewsbury
Ben Butler Madden	Pontypridd
Steve Skates	Prestatyn
Matt Harvey	Swansea

Men's 45 – 49

Name	Club
Simon Lewis	Pontypridd
Mark Jennings	MMRT
Martin Green	NWRRC
Chris Callaghan	Buckley

**LISTEN
ENGAGE
REPRESENT**



WELSH ATHLETICS
ATHLETAU CYMRU

Men's 50 – 54

Name	Club
Huw Evans	PBB
Richard Jones	Lliswery
Jez Brown	Buckley
Steve Davis	PBB
Jon Carter	Chepstow
Geran Hughes	Gog Tri Club

Men's 55 - 59

Name	Club
David Williams	Guildford
Jeremy Mower	Gloucester
Andy Bowen	West 4 / Ealing
Colin Williams	Les Coups

Men's 60 - 64

Name	Club
Gordan Jones	Prestatyn
Rob Sheen	Leicester
Ifan Lloyd	Swansea

Men's 65 - 69

Name	Club
David James	Les Coups
Graham Jones	Shrewsbury
Dave Watson	Warrington
Cyril Williams	PBB

**LISTEN
ENGAGE
REPRESENT**



WELSH ATHLETICS
ATHLETAU CYMRU

Men's 70 - 74

Name	Club
Martin Cortvriend	Prestatyn
Mike Davies	Les Coups
Paul Ross-Davies	Blackheath

Men's 75%

Name	Club
Dic Evans	Cardiff
Paul Allen	Halesowen
Gareth Hughes	Prestatyn
Barrie Parham	Griffithstown