

BRITISH AND IRISH CROSS COUNTRY INTERNATIONAL
to be held in **CARDIFF, WALES** on **16th NOVEMBER 2013**

Age	Name	Area Club		Age	Name	Area Club
W35	Julie Briscoe	NVAC		M35	Jonathon Archer	VAA-NE
	Kirsty Longley	NVAC			Orlando Corea	MMAC
	Claire Martin	MMAC			Wayne Dashper	MMAC
	Louise Rudd	NVAC			Alex Gibbins	SCVAC
Res	Nicola Roder	MMAC			Phillip Gould	MMAC
					Stuart Nelson	MMAC
				Res	Simon Fell	EVAC
W40	Julie Briggs	SCVAC			Tony Murray	VAA-NE
	Miranda Heathcote	SWVAC			Matt Pyatt	EVAC
	Emma Rogers	SCVAC		M40	James Bolton	SCVAC
	Bev Simons	NVAC			Stuart Doyle	NVAC
Res	Clare McKittrick	MMAC			Christopher Greenwood	VAC
	Steph Spencer	MMAC			Richard Harris	NVAC
					Mark Johnson	MMAC
W45	Elaine Leslie	VAA-NE			Andy Morgan-Lee	SWVAC
	Clare Elms	VAC		Res	John Parker	MMAC
	Gail Griffiths	IoM			Dean Richardson	MMAC
	Philippa Taylor	EVAC				
Res	Anna Critchlow	VAC		M45	Tim Hartley	MMAC
	Jane Wassall	MMAC			Bashir Hussain	NVAC
					David Lockett	NVAC
W50	Sue Becconsall	NVAC			Julian Richardson	SCVAC
	Monica Williamson	MMAC			David Smith	MMAC
	Caroline Wood	SCVAC			Paul Ward	MMAC
	Kate Wright	MMAC		Res	Paul Simons	NVAC
Res	Sue Phillips	VAA-NE				
	Maureen McCarthy	EVAC				
	Deborah Steer	SCVAC		M50	Guy Bracken	VAA-NE
W55	Jill Harrison	SWVAC			John Danahay	MMAC
	Vivian McConnell	SWVAC			Christopher Harry	SWVAC
	Caroline Wheelhouse	NVAC			Philip Parry	MMAC
	Lynne Whitaker	SWVAC			Scott Smith-Bannister	SCVAC
Res	Alison Cummings	VAA-NE			John Comrie	NVAC
	Beryl Sampson	MMAC		Res	Keith Smith	VAA-NE
	Maggie Lorraine	VAA-NE			Stephen Smith	NVAC
W60	Sue Cooper	NVAC				
	Jane Georghiou	VAC		M55	Robert Atkinson	NVAC
	Christine Kilkenny	MMAC			Michael Bridgeland	EVAC
	Janice Needham	NVAC			Eric Williams	NVAC
Res	Jane Morley	NVAC			Gregory Wilson	MMAC
	Ros Tabor	VAC		Res	Kevin Newman	NVAC
	Zina Marchant	SWVAC			Alex Rowe	NVAC
W65	Angela Copson	MMAC			Tom McGaff	NVAC
	Mary Holmes	EVAC		M60	David Butler	EVAC
	Veronica Manly	EVAC			Stanley Owen	NVAC
	Pauline Rich	VAC			David Oxland	MMAC
Res					John Shapland	SWVAC
				Res	David Cox	VAC
					Mick Page	NVAC
					Stewart Thorp	SCVAC
M70	Martin Ford	MMAC		M65	Brian Harris	MMAC
	Fred Gibbs	NVAC			Michael Mann	VAC
	Walter Ryder	VAA-NE			Roy Treadwell	SCVAC
	Roger Wilson	MMAC			Peter Young	SWVAC
Res	John Smithurst	NVAC		Res	John Exley	SCVAC
					Harry Matthews	VAA-NE
					Mick Smedley	MMAC

Teams are subject to change owing to last minute withdrawals