

## ENGLAND U23S - 2016 BRITISH AND IRISH CHAMPIONSHIPS - WALES

### Team list England "C"

Hayden (Lincoln) - 84kg  
Dan (Upton) - 71kg  
Kurt (Norton) - 71kg  
Matt (Whitley Chapel) - 76kg  
Calum (Brampton) - 72kg  
Ryan (Brampton) - 75kg  
Alan (Longridge) - 69kg  
John (Haldon) - 80kg

We do have options with reserves going on the Friday weigh in so make the weight you have been given.

Meet at the Metropole Hotel in Llandrindod Wells at 4.00pm - you need to bring photo ID to the weigh in, which includes your date of birth - passport or driving license.

Directions and post code for the hotel can be found on the Hotel web site at:  
<https://www.metropole.co.uk/carparking>

### Sunday open clubs team list ETOWA

John (Upton) - 73kg  
Stu (Whitley Chapel) - 84kg  
Steve (Longridge) - 79kg  
Alex (Upton) - 63kg  
Rory (Upton) - 84kg  
Aidan (Sandhurst) - 67kg  
Ryan (Upton) - 84kg  
Zack (Upton) - 50kg  
George (Upton) - 63kg  
Coach Joe Birch (Brampton)

**Sunday weigh in** - meet at the Llandrindod Wells Ruby Club 8.30 eight man scales. As above, please bring photo ID with you.

Directions to the Rugby Club, including post code can be found on the Rugby Club web site at:  
<http://www.llandrindod-rugby.org.uk/index.php?page=location-location1>

Remember we are representing England and ETOWA. Our pulling kit is white shirt black shorts and white socks. Please bring lightweight shorts for the weigh in.

Dave Knott

