Ebrill 29th April 2017

Sialens y Barcud Coch
Red Kite Challenge
21KM / 10KM

WELSH ATHLETICS
ATHLETAU CYMRU

Pencampwriaeth Rhedeg Llwybrau Cymru Iau D15/D17/D20
Welsh Junior Trail Running Championship races U15/U17/U20

21km Sialens Hir - Long Challenge / 10km Sialens Byr - Short Challenge / Cerdded - Walks

run. coed y brenin

Cefnogi Ysbyty Bronglais - Supporting Bronglais Hospital

uk:athletics

Gwyl Rhedeg a Cherdded
Running and Walking Festival
Devil's Bridge, Nr Aberystwyth

Cyfoeth Naturiol Cymru
Natural Resources Wales

Mwy o wybodaeth: more info:

www.redkite-barcudcoch.org.uk

TRAIL RUNNING ASSOCIATION

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www.redkite-barcudcoch.org.uk 21km / 10km Races 29th April 2017