



Sialens y Barcud Coch / Red Kite Challenge 2024 Medalau Pencampwriaeth Cymru / Welsh Championship Medalists

Senior Male

- 1 Jacob Tasker – Ogmores Phoenix
- 2 Ollie George – Sarn Helen
- 3 Dafydd Evans – Eryri Harriers

M35

- 1 Wyndham Turner – Builth & District
- 2 Tony Wood – Denbigh Harriers
- 3 Gareth Thomas - Builth & District

M40

- 1 Owain Jones – Bristol & West
- 2 Math Roberts – Calder Valley
- 3 Dylan Lewis – Sarn Helen

M45

- 1 Robin Woods - Builth & District
- 2 Rhodri ap Dyfrig - Meirionnydd
- 3 Allan McKeown – Buckley Runners

M50

- 1 Neil Vicars-Harries – GOG Triathlon
- 2 Geraint Thomas – Sarn Helen

M55


- 1 Timothy Woodhead – Deeside AAC
- 2 Chris Arnold – 3M Gorseinon RRC
- 3 Dave Humphreys – Aberystwyth AC


M60

- 1 David Warren.- Cardigan RC
- 2 Dave Powell – Aberystwyth AC


 Mark Underhill – Cardigan RC

M65

 Arwel Lewis – Eryri Harriers

 Charles Ashley – Wrexham AAC


M80

 Emyr Davies – Rhedwyr Hebog


Senior Female

 Katrin Entwistle – Bristol & West


 Lucy Williamson – Mynydd Du

 Eden O’Dea – Deeside AAC


F35


 Hannah Thomas – Maldwyn Harriers

F40


 Ruth Calcraft – Run Free Fell

F45


 Wendy Price – Amman Valley

 Lee Michelle Evans – Denbigh Harriers

F55

 Jane Roscoe – Chepstow Harriers

F60

 Emma Collins – Denbigh Harriers