



Sialens y Barcud Coch / Red Kite Challenge 2024

Medalau Pencampwriaeth Gorllewin Cymru West Welsh Championship Medalists

Senior Male

- 🥇 Joe Robson – Aberystwyth University Harriers
- 🥈 Ieuan Pugh-Jones - Meirionnydd
- 🥉 Llyr ab Einion – Aberystwyth University Harriers

M35

- 🥇 Will Lerigo – Aberystwyth AC
- 🥈 Mark Bloomfield – Aberystwyth AC

M40

- 🥇 Dylan Lewis – Sarn Helen
- 🥈 Owain Schiavone – Aberystwyth AC

M45

- 🥇 Rhodri ap Dyfrig - Meirionnydd

M50

- 🥇 Geraint Thomas – Sarn Helen

M55

- 🥇 Balazs Pinter – Aberystwyth AC
- 🥈 Chris Arnold – 3M Gorseinon RRC
- 🥉 Dave Humphreys – Aberystwyth AC


M60

- 🥇 David Warren.- Cardigan RC
- 🥈 Dave Powell – Aberystwyth AC
- 🥉 Mark Underhill – Cardigan RC


Senior Female

- 🥇 Megan Turner – San Domenico RRC

 Nia Rees

 Katie Brazier – Little Bedow / Aberystwyth Uni Harriers

F45

 Wendy Price – Amman Valley