

**Sesiwn 5 – Gala Nofio Cenedlaethol yr Urdd (Uwchradd) – 24/01/2016. Ymdwymo 13:30, Dechrau 14:45**  
**Session 5 – Urdd Swimming Gala (Secondary) – 24/01/2016. Warm Up 13:30, Start 14:45**

**Cystadleuaeth 27. Bechgyn Bl. 7-8 Rhydd / Event 27. Boys Yr. 7-8 Freestyle**

<b>Enw / Name</b>	<b>Ysgol / School</b>	<b>Amser rhagras / Prelim Time</b>	<b>Amser Terfynol / Finals Time</b>
<b>Terfynol / Finals</b>			
1 Myers, Llion	Tryfan	1:05.46	1:04.60
2 Phillips, Ioan	Strade	1:04.75	1:04.65
3 Roberts, Teddy	Rydal P'Rhos-Uw	1:06.37	1:05.78
4 Barrett, Sean	SyrThomasPic	1:05.48	1:06.38
5 Hughes, Ioan	Moelwyn	1:06.66	1:06.43
6 Ernest, Noah	Esgob Llandaf	1:07.09	1:07.32
7 Leech, Owen	Gartholwg (Gy)	1:06.45	1:07.44
8 Williams, Osian Cai	MaesYGwendraeth	1:07.63	1:07.64
9 Ward, Dylan	Esgob Gore	1:09.66	1:10.14
10 Jones, Dafydd Ben	Brynhyfryd	1:09.32	1:12.43

**Cystadleuaeth 28. Bechgyn Bl. 9-10 Rhydd / Event 28. Boys Yr. 9-10 Freestyle**

<b>Terfynol / Finals</b>			
1 James, Rhys	Bro Morgannwg	57.52	56.70
2 Webb, Thomas	Preseli	59.14	59.14
3 Williams, Rhodri	Brynhyfryd	1:02.59	1:00.77
4 Holds, James	Gartholwg (Gy)	1:03.45	1:06.62
5 Jones, Joshua	Bro Myrddin	1:08.25	1:08.53
6 Owen, Carwyn	Trallwng	1:06.81	1:09.41

**Cystadleuaeth 29. Bechgyn Bl. 11+ Rhydd / Event 29. Boys Yr. 11+ Freestyle**

<b>Terfynol / Finals</b>			
1 Cosh, James Hunt	Cwm Rhymni	1:02.30	1:00.72
2 Wilcox, Sam	Stanwell	1:01.31	1:00.92
3 Jones, Daniel	Prestatyn	1:04.61	1:04.11
4 Piggot, Tom	Trallwng	1:06.84	1:05.00

**Cystadleuaeth 30. Merched Bl. 7-8 Rhydd**

<b>Terfynol / Finals</b>			
1 Roberts, Erin	Maes Garmon	1:04.29	1:04.37
2 Robins, Aaliyah	Trallwng	1:06.11	1:04.73
3 Tucker, Amelia	Olchfa	1:05.86	1:05.25
4 Hutchinson, Lily May	Glantaf	1:06.77	1:06.70
5 Dafydd, Marteg	Tryfan	1:07.72	1:06.98
6 Flood, Holly	Bryn Celynnog	1:10.66	1:07.97
7 Williams, Ellie	Glan Clwyd	1:08.03	1:08.77
8 Brown, Megan	Dyffryn Aman	1:08.63	1:09.35
9 Mainwaring, Amy	John Bright	1:11.62	1:11.49
10 Davies, Lois	Cenydd Sant	1:14.48	1:12.26

**Cystadleuaeth 31. Merched Bl. 9-10 Rhydd / Event 31. Girls Yr. 9-10 Freestyle**

<b>Terfynol / Finals</b>			
1 Arnold, Elizabeth	Llan Fferwallt	1:03.23	1:02.92
2 Harding, Lucy	SyrThomasPic	1:05.36	1:03.06
3 Barnes, Catrin	Tryfan	1:03.94	1:04.04
4 Edwards, Bethan	Frenhines Eliz	1:06.25	1:05.07
5 Pepper, Nia	Rhyl	1:06.56	1:06.69

<b>Enw / Name</b>	<b>Ysgol / School</b>	<b>Amser rhagras / Prelim Time</b>	<b>Amser Terfynol / Finals Time</b>
6 Hughes, Cara	Moelwyn	1:07.33	1:06.77
7 Pitton, Francesca	John Bright	1:07.59	1:07.34
8 Jones, Mali Fflur	Penweddig	1:07.26	1:07.51

---

**Cystadleuaeth 32. Merched Bl. 11+ Rhydd / Event 32. Girls Yr. 11+ Freestyle**

---

**Terfynol / Finals**

1 Richards, Amy	Coleg Gwent	1:02.51	1:01.43
2 Demery, Katelin	Cefn Saeson	1:03.21	1:02.04
3 Fry, Catrin	Dyffryn Aman	1:04.02	1:02.57
4 Williams, Abbie	Penfro	1:03.63	1:03.81
5 Owen, Amber	Penglais	1:03.71	1:04.26
6 Clark, Laura	Prestatyn	1:07.05	1:07.43
7 Jones, Kate	Caereinion	1:10.47	1:08.74
8 Thomas, Louisa	Maesteg	1:08.58	1:09.35

---

**Cystadleuaeth 33. Bechgyn Bl. 7-8 Broga / Event 33. Boys Yr. 7-8 Breaststroke**

---

**Terfynol / Finals**

1 Barrett, Sean	SyrThomasPic	1:21.82	1:20.37
2 Williams, Ethan	Prestatyn	1:24.97	1:23.52
3 Szentpeteri, Mark	Sant Joseff	1:25.60	1:24.80
4 Salmon, Carwyn	Gartholwg (Gy)	1:26.48	1:25.39
5 Rhys, Iago	Eifionydd	1:31.62	1:31.37
6 Pugh, Tom	Bro Morgannwg	1:32.58	1:36.35
7 Jones, Ceirion	Cyfarthfa	1:34.22	1:36.75
8 Thomas, Josh	Llan Fferwallt	1:39.24	1:40.77
9 Glasser, Robert	Penglais	1:40.69	1:40.79
10 Owen, Deiniol	Trallwng	1:40.16	1:41.92

---

**Cystadleuaeth 34. Bechgyn Bl. 9-10 Broga / Event 34. Boys Yr. 9-10 Breaststroke**

---

**Terfynol / Finals**

1 Williams, Rhodri	Brynhyfryd	1:20.74	1:14.52
2 Hobbs, James	Gartholwg (Gy)	1:23.27	1:21.67
3 Webb, Thomas	Preseli	1:22.52	1:23.16
4 Owen, Carwyn	Trallwng	1:23.82	1:23.45
5 Evans, Morgan	Aberaeron	1:23.86	1:23.86
6 Choo-Yin, Ben	Esgob Llandaf	1:24.40	1:23.92
7 O'Connell, Kian	Ebwy Fawr	1:28.18	1:30.65
8 Goodridge, Rhys	Dyffryn Aman	1:28.41	1:30.89
9 Spragg, James	Frenhines Eliz	1:30.35	1:31.80
10 Bradley, Aled	Moelwyn	1:32.40	1:34.67

---

**Cystadleuaeth 35. Bechgyn Bl. 11+ Broga / Event 35. Boys Yr. 11+ Breaststroke**

---

**Terfynol / Finals**

1 Newton, Joseph	John Bright	1:12.24	1:12.35
2 Cosh, James Hunt	Cwm Rhymni	1:17.02	1:16.75
3 Herdman, Steffan	Penweddig	1:16.62	1:17.31
4 James, Morgan	Cymer Rhondda	1:21.36	1:21.61
5 Davies, Lloyd	Llanfyllin (Uw)	1:33.05	1:32.54
6 Wilcox, Sam	Stanwell	1:26.14	1:35.86

Enw / Name	Ysgol / School	Amser rhagras / Prelim Time	Amser terfynol / Finals Time
--- Cook, Jacob	Pontypridd	1:18.02	DQ

**Cystadleuaeth 36. Merched Bl. 7-8 Broga / Event 36. Girls Yr. 7-8 Breaststroke**

**Terfynol / Finals**

1 Davies, Olivia	Bryn Elian	1:22.04	1:21.81
2 Hutchinson, Lily May	Glantaf	1:26.51	1:27.18
3 Brown, Megan	Dyffryn Aman	1:29.12	1:28.11
4 Palin, Maisy	Gwynllyw	1:31.26	1:32.27
5 McVeagh, Keira	Caereinion	1:34.10	1:32.68
6 Jones, Angharad	Llangynwyd	1:33.31	1:33.24
7 Woolley, Tia	Penglais	1:34.97	1:36.49
8 Clark, Alicia	Prestatyn	1:36.43	1:37.02
9 Marsh, Sophie	Cyfarthfa	1:37.83	1:37.86
10 Williams, Taryn	Bro Myrddin	1:44.97	1:46.67

**Cystadleuaeth 37. Merched Bl. 9-10 Broga / Event 37. Girls Yr. 9-10 Breaststroke**

**Terfynol / Finals**

1 John, Catrin	Plasmawr	1:17.87	1:18.94
2 Nicholas, Megan	Cym Derwen	1:23.60	1:22.14
3 Sharp, Laura	Alun	1:25.64	1:23.09
4 Llywellyn, Rosie	Penfro	1:26.43	1:23.12
5 Pearce, Lowri	Llan Fferwallt	1:25.79	1:24.56
6 Weston, Mali Wyn	MaesYGwendraeth	1:26.42	1:25.12
7 Rejniak, Wiktoria	Sant Ioan Llwyd	1:29.62	1:29.36
8 Pitton, Francesca	John Bright	1:29.39	1:30.21
9 Maiden, Mya	Ioan Fedyddiwr	1:33.62	1:33.99
10 Davies, Nia	Llanfyllin (Uw)	1:36.59	1:36.07

**Cystadleuaeth 38. Merched Bl. 11+ Broga / Event 38. Girls Yr. 11+ Breaststroke**

**Terfynol / Finals**

1 Rees, Katie	Maesteg	1:18.86	1:16.97
2 Owen, Amber	Penglais	1:26.50	1:23.77
3 Ryder, Sophie	Creuddyn	1:26.51	1:24.98
4 Jones, Niamh	Gwyr	1:32.46	1:30.49
5 Witt, Bella	Llanymddyfri	1:34.22	1:32.97
6 Jones, Kate	Caereinion	1:38.07	1:38.26
7 Fairclough, Georgia	Prestatyn	1:42.25	1:46.78

**Cystadleuaeth 39. Bechgyn Bl. 7-8 Cefn / Event 39. Boys Yr. 7-8 Backstroke**

**Terfynol / Finals**

1 Edwards, Rhys	Gwyr	1:07.21	1:07.91
2 Morgan, Deian Sion	Bro Myrddin	1:12.99	1:11.52
3 Edwards, Kaden	Esgob Llandaf	1:18.91	1:16.94
4 Jones, Dafydd Ben	Brynhyfryd	1:15.65	1:17.08
*5 Lucaks, Morgan	Eifionydd	1:21.68	1:21.55
*5 Roberts, Teddy	Rydal P'Rhos-Uw	1:22.04	1:21.55
7 Southam, Jac	Bryngwyn	1:20.76	1:22.34
8 Powell, Sam	Alun	1:24.00	1:24.11
9 Roberts, Osian	Moelwyn	1:26.87	1:27.61

**Cystadleuaeth 40. Bechgyn Bl. 9-10 Cefn / Event 40. Boys Yr. 9-10 Backstroke**

<b>Enw / Name</b>	<b>Ysgol / School</b>	<b>Amser rhagras / Prelim Time</b>	<b>Amser terfynol / Finals Time</b>
<b>Terfynol / Finals</b>			
1 James, Rhys	Bro Morgannwg	1:03.94	1:03.18
2 Budd-Thomas, Brandon	Strade	1:05.33	1:04.92
3 Davies, Rhys	Preseli	1:09.16	1:10.31
4 Chambers, Connor Lloyd	Brynhyfryd	1:15.03	1:15.98
5 Jones, Joshua	Bro Myrddin	1:16.78	1:16.65
6 Squires, Ciaran	Aberaeron	1:16.53	1:17.60
7 Edwards, James	Trallwng	1:18.46	1:19.91
8 Hunt, Tobias	Llangynwyd	1:18.85	1:22.45
9 Martin, Joseff	Moelwyn	1:25.38	1:25.76

**Cystadleuaeth 41. Bechgyn Bl.11+ Cefn / Event 41. Boys Yr. 11+ Backstroke**

<b>Enw / Name</b>	<b>Ysgol / School</b>	<b>Amser rhagras / Prelim Time</b>	<b>Amser terfynol / Finals Time</b>
<b>Terfynol / Finals</b>			
1 Morris, Steffan	Gwyr	1:08.96	1:06.53
2 Meehan, Daniel	Prestatyn	1:09.67	1:08.74
3 Glasser, Maxwell	Penglais	1:10.19	1:09.66
4 Cuddihy, Thomas	Rydal P'Rhos-Uw	1:10.99	1:10.37
5 Piggot, Tom	Trallwng	1:20.67	1:19.12

**Cystadleuaeth 42. Merched Bl. 7-8 Cefn / Event 42. Girls Yr. 7-8 Backstroke**

<b>Enw / Name</b>	<b>Ysgol / School</b>	<b>Amser rhagras / Prelim Time</b>	<b>Amser terfynol / Finals Time</b>
<b>Terfynol / Finals</b>			
1 Boalch, Georgina Withers	Glantaf	1:13.02	1:12.30
2 Nichlson, Kirsha	Fflint	1:13.20	1:13.92
3 Legg, Abbie	Cenydd Sant	1:14.94	1:14.58
4 Rees, Emily	Bryngwyn	1:19.10	1:17.75
5 Dafydd, Marteg	Tryfan	1:17.78	1:18.33
6 Willis, Ashley	Olechfa	1:20.27	1:20.54
7 Conlon, Nia Haf	Bro Myrddin	1:22.73	1:21.71
8 King, Jessica	Glan Clwyd	1:23.99	1:21.85
9 Lewis, Eiliw	Moelwyn	1:24.18	1:22.57
10 Mainwaring, Amy	John Bright	1:20.51	1:23.33

**Cystadleuaeth 43. Merched Bl. 9-10 Cefn / Event 43. Girls Yr. 9-10 Backstroke**

<b>Enw / Name</b>	<b>Ysgol / School</b>	<b>Amser rhagras / Prelim Time</b>	<b>Amser terfynol / Finals Time</b>
<b>Terfynol / Finals</b>			
1 Arnold, Elizabeth	Llan Fferwallt	1:14.10	1:10.95
2 Williams, Siwan	Tryfan	1:12.65	1:12.33
3 Lawler, Clara	Cwm Rhymni	1:14.69	1:13.26
4 Morgan, Rebecca	Bro Dinefwr	1:16.79	1:13.84
5 Pepper, Nia	Rhyl	1:15.18	1:14.79
6 Wallwork, Sioned	Penweddig	1:16.83	1:16.15
7 Weston, Mali Wyn	MaesYGwendraeth	1:17.46	1:19.99
8 Doherty, Esme	Llandrindod	1:22.03	1:20.33
9 Davies, Cerys	Trallwng	1:24.59	1:24.18
--- Randell, Neave	Cardinal Newman	1:14.76	DQ

**Cystadleuaeth 44. Merched Bl. 11+ Cefn / Event 44. Girls Yr. 11+ Backstroke**

<b>Enw / Name</b>	<b>Ysgol / School</b>	<b>Amser rhagras / Prelim Time</b>	<b>Amser terfynol / Finals Time</b>
<b>Terfynol / Finals</b>			
1 Hunt, Imogen	Llangynwyd	1:10.73	1:09.52

<b>Enw / Name</b>	<b>Ysgol / School</b>	<b>Amser rhagras / Prelim Time</b>	<b>Amser terfynol / Finals Time</b>
2 Williams, Abbie	11 Penfro	1:15.06	1:11.86
3 Clark, Laura	11 Prestatyn	1:14.82	1:13.24
4 Lewis, Awen	11 Ystalyfera (Uw)	1:15.77	1:16.40
5 Flynn, Lauren	11 Ioan Fedyddiwr	1:18.40	1:17.82

**Cystadleuaeth 45. Bechgyn Bl. 7-8 Pili Pala / Event 45. Boys Yr. 7-8 Butterfly**

---

**Terfynol / Finals**

1 Edwards, Rhys	Gwyr	1:05.44	1:04.78
2 Speakman, Zachariah	Rydal P'Rhos-Uw	1:10.98	1:11.77
3 Phillips, Ioan	Strade	1:14.20	1:14.68
4 Leech, Owen	Gartholwg (Gy)	1:15.37	1:15.46
5 Hughes, Ioan	Moelwyn	1:18.56	1:18.63
6 Davies, Alex	SantRichGwyn	1:22.63	1:22.42
7 Myers, Llion	Tryfan	1:20.37	1:23.42
8 Ernest, Noah	Esgob Llandaf	1:23.30	1:26.92
9 Powell, Jake	Tasker Milward	1:28.44	1:30.48

**Cystadleuaeth 46. Bechgyn Bl. 9-10 Pili Pala / Event 46. Boys Yr. 9-10 Butterfly**

---

**Terfynol / Time**

1 Loney, Joshua	Olchfa	1:03.77	1:02.41
2 Jones, Mathew	Glan Clwyd	1:05.20	1:04.63
3 Davies, Ioan	Plasmawr	1:09.31	1:07.83
4 Bowen, Morgan	Trallwng	1:10.65	1:10.54
5 Squires, Ciaran	Aberaeron	1:14.41	1:13.61
6 Bradley, Aled	Moelwyn	1:27.92	1:25.61

**Cystadleuaeth 47. Bechgyn Bl. 11+ Pili Pala / Event 47. Boys Yr. 11+ Butterfly**

---

**Terfynol / Finals**

1 Frost, Rhys	Glantaf	1:01.53	1:00.06
2 Herdman, Steffan	Penweddig	1:08.51	1:09.54
3 Napper, Keenan	Cymer Rhondda	1:10.21	1:10.70
4 Cuddihy, Thomas	Rydal P'Rhos-Uw	1:10.62	1:11.09
5 Ellis, Iwan	Llanfyllin (Uw)	1:22.85	1:23.45
--- Meehan, Daniel	Prestatyn	1:07.45	DQ

**Cystadleuaeth 48. Merched Bl. 7-8 Pili Pala / Event 48. Girls Yr. 7-8 Butterfly**

---

**Terfynol / Finals**

1 Childs, Laura	Glantaf	1:14.16	1:12.15
2 Roberts, Erin	Maes Garmon	1:15.67	1:13.92
3 Davies, Charlotte	Olchfa	1:15.74	1:15.02
4 Cole, Amy	Bryngwyn	1:15.12	1:15.06
5 Williams, Ellie	Glan Clwyd	1:18.27	1:18.04
6 Brown, Sophie	Eirias	1:20.51	1:22.04
7 Roberts, Catherine	Dyffryn Ogwen	1:21.63	1:22.87
8 Roberts, Alice	Frenhines Eliz	1:24.72	1:23.42
9 Robins, Aaliyah	Trallwng	1:22.76	1:26.12

**Cystadleuaeth 49. Merched Bl. 9-10 Pili Pala / Event 49. Girls Yr. 9-10 Butterfly**

<b>Enw / Name</b>	<b>Ysgol / School</b>	<b>Amser rhagras / Prelim Time</b>	<b>Amser terfynol / Finals Time</b>
<b>Terfynol / Finals</b>			
1 Ruskowska, Martyna	Rydal P'Rhos-Uw	1:08.74	1:06.44
2 Allister-Sutton, Lily Mc	Glantaf	1:12.41	1:12.17
3 Edwards, Sian	Gwyr	1:15.80	1:16.35
4 Lewis, Helen	Rhydywaun	1:17.69	1:17.74
5 Preece, Bethan Herscoff	Gartholwg (Gy)	1:18.75	1:18.28
6 Fletcher, Chloe	Preseli	1:20.48	1:18.86
7 Sherington, Ellie	Glan Clwyd	1:22.65	1:20.02
8 Roberts, Anya	Bryngwyn	1:22.84	1:23.67
9 Jones, Mali Fflur	Penweddig	1:23.58	1:24.67
10 Wilkins, Evie	Gwynllyw	1:23.57	1:26.42

**Cystadleuaeth 50. Merched Bl. 11+ Pili Pala / Event 50. Girls Yr. 11+ Butterfly**

<b>Terfynol / Finals</b>			
1 Richards, Amy	Coleg Gwent	1:07.32	1:06.37
2 Williams, Rebecca	Prestatyn	1:08.57	1:08.96
3 Demery, Katelin	Cefn Saeson	1:10.08	1:09.38
4 Fry, Catrin	Dyffryn Aman	1:13.69	1:15.12
5 Dingle, Nansi	Penglais	1:18.06	1:18.38

**Cystadleuaeth 57. Bechgyn Bl. 7-8 Cyfnewid Rhydd / Event 57. Boys Yr. 7-8 Freestyle Relay**

1 Gartholwg (Gy)	2:13.69	2:08.55
2 Prestatyn	2:17.44	2:11.93
3 Caereinion	2:17.63	2:12.76
4 Cymer Rhondda	2:21.21	2:15.95
5 Bro Myrddin	2:19.34	2:16.33
6 Eifionydd	2:25.13	2:17.30
7 Tasker Milward	2:29.13	2:30.42
8 Penglais	2:33.78	2:34.92
9 Llan Fferwallt	2:41.22	2:36.59

**Cystadleuaeth 58. Bechgyn Bl. 9-10 Cyfnewid Rhydd / Event 58. Boys Yr. 9-10 Freestyle Relay**

1 Trallwng	2:08.91	2:04.45
2 Frenhines Eliz	2:13.28	2:06.01
3 Glantaf	2:14.10	2:09.31
4 Cymer Rhondda	2:18.22	2:17.92
--- Gwyr	2:26.41	XDQ

**Cystadleuaeth 59. Bechgyn Bl. 11+ Cyfnewid Rhydd / Event 59. Boys Yr. 11+ Freestyle Relay**

1 Cymer Rhondda	2:01.81	1:58.45
--- Olchfa	1:56.38	DQ
--- Penglais	1:55.67	DQ

**Cystadleuaeth 60. Merched Bl. 7-8 Cyfnewid Rhydd / Event 60. Girls Yr. 7-8 Freestyle Relay**

1 Glantaf	2:03.88	2:03.44
2 Alun	2:09.56	2:06.92
3 Olchfa	2:14.05	2:10.50

<b>Tim / Team</b>	<b>Amser rhanbarthol / Seed Time</b>	<b>Amser terfynol / Finals Time</b>
4 Trallwng	2:23.40	2:19.76
5 Bryngwyn	NT	2:20.64
6 John Bright	2:30.38	2:21.72
7 Bro Myrddin	2:26.93	2:23.37
8 Llangynwyd	2:26.81	2:24.08
9 Gwynllyw	2:26.37	2:24.76
10 Penfro	2:29.39	2:24.93
11 Prestatyn	2:25.15	2:25.16
12 Moelwyn	2:28.18	2:25.73
13 Cymer Rhondda	2:23.34	2:27.99
14 Dyffryn Ogwen	NT	2:28.01
15 Aberaeron	2:36.12	2:31.46
16 Bodedern	2:49.37	2:52.56

**Cystadleuaeth 61. Merched Bl. 9-10 Cyfnewid Rhydd / Event 61. Girls Yr. 9-10 Freestyle Relay**

---

1 Llan Fferwallt	2:05.51	2:03.83
2 Glantaf	2:08.82	2:05.10
3 Glan Clwyd	2:21.43	2:18.88
4 Ysgol Dyffryn Teifi	2:32.96	2:26.37
5 Ardudwy	2:35.26	2:31.63
--- Trallwng	2:22.09	X2:13.00
--- Gwynllyw	2:16.72	DQ
--- Gartholwg (Gy)	2:11.28	DQ

**Cystadleuaeth 62. Merched Bl. 11+ Cyfnewid Rhydd / Event 62. Girls Yr. 11+ Freestyle Relay**

---

1 Llanyddyfri	2:23.16	2:20.84
---------------	---------	---------

**Cystadleuaeth 63. Bechgyn Bl. 7-8 Cyfnewid Amrywiol / Event 63. Boys Yr. 7-8 Medley Relay**

---

1 Gartholwg (Gy)	2:33.00	2:29.66
2 Prestatyn	2:36.60	2:31.77
3 Cymer Rhondda	2:43.15	2:35.81
4 Bro Myrddin	2:35.75	2:38.31
5 Eifionydd	2:46.44	2:41.48
6 Rydal P'Rhos-Uw	2:49.22	2:43.96
7 Caereinion	2:48.28	2:47.83
8 Llan Fferwallt	3:02.39	2:56.36
9 Tasker Milward	3:00.71	2:58.36
10 Penglais	3:06.60	2:59.79

**Cystadleuaeth 64. Bechgyn Bl. 9-10 Cyfnewid Amrywiol / Event 64. Boys Yr. 9-10 Medley Relay**

---

1 Trallwng	2:21.72	2:18.88
2 Glantaf	2:32.40	2:28.32
3 Rydal P'Rhos-Uw	2:47.35	2:37.50
4 Cymer Rhondda	2:45.03	2:39.50

**Cystadleuaeth 65. Bechgyn Bl. 11+ Cyfnewid Amrywiol / Event 65. Boys Yr. 11+ Medley Relay**

---

1 Olchfa	2:11.66	2:12.43
2 Cymer Rhondda	2:24.06	2:15.88

**Cystadleuaeth 66. Merched Bl. 7-8 Cyfnewid Amrywiol / Event 66. Girls Yr. 7-8 Medley Relay**

---

<b>Tîm / Team</b>	<b>Amser rhanbarthol / Seed Time</b>	<b>Amser terfynol / Finals Time</b>
1 Glantaf	2:19.00	2:19.90
2 Olchfa	2:31.60	2:27.72
3 Glan Clwyd	2:32.22	2:30.32
4 Penfro	2:42.84	2:37.46
5 Dyffryn Aman	2:39.00	2:37.49
6 Tryfan	2:40.69	2:38.35
7 Llangynwyd	2:46.19	2:43.04
8 Penglais	2:49.43	2:45.92
9 Trallwng	2:46.64	2:45.99
10 Gwynllyw	2:55.47	2:46.44
11 John Bright	2:53.50	2:46.88
12 Bro Myrddin	2:47.00	2:48.39
13 Moelwyn	3:25.09	3:22.84
14 Bodedern	3:20.42	3:27.10

**Cystadleuaeth 67. Merched Bl. 9-10 Cyfnewid Amrywiol / Event 67. Girls Yr. 9-10 Medley Relay**

---

1 Llan Fferwallt	2:20.32	2:22.58
2 Glantaf	2:26.07	2:25.55
3 Gartholwg (Gy)	2:31.25	2:30.09
4 Glan Clwyd	2:29.28	2:33.62
5 Gwynllyw	2:38.50	2:34.62
6 Ardudwy	2:59.81	2:51.89
7 Ysgol Dyffryn Teifi	3:03.02	2:58.56
--- Trallwng	2:43.93	X2:33.46

**Cystadleuaeth 68. Merched Bl.11+ Cyfnewid Amrywiol / Event 68. Girls Yr. 11+ Medley Relay**

---

1 Penglais	2:29.22	2:23.86
2 Llanymddyfri	2:49.00	2:45.84

**Cystadleuaeth 69. Bl. 7-8 Cyfnewid Cymysg Amrywiol / Event 69. Yr. 7-8 Mixed Medley Relay**

---

1 Gwyr	2:32.58	2:28.35
2 Glantaf	2:30.29	2:30.82
3 Rydal P'Rhos-Uw	2:42.88	2:31.19
4 Tryfan	2:29.97	2:31.56
5 Moelwyn	2:39.68	2:39.27
6 Penfro	2:44.62	2:42.37
7 MaesYGwendraeth	2:37.00	2:42.72
8 Penglais	3:00.06	2:54.60

**Cystadleuaeth 70. Bl. 9-10 Cyfnewid Cymysg Amrywiol / Event 70. Yr. 9-10 Mixed Medley Relay**

---

1 Frenhines Eliz	2:14.24	2:15.86
2 Glantaf	NT	2:16.70
3 Preseli	2:17.00	2:17.97
4 Brynhyfryd	2:17.22	2:18.29
5 Aberaeron	2:25.05	2:22.34
6 SantRichGwyn	2:21.00	2:27.31
7 Rydal P'Rhos-Uw	2:37.53	2:27.50
8 Moelwyn	2:29.12	2:27.55



**Cystadleuaeth 71. Bl. 11+ Cyfnewid Cymysg Amrywiol / Event 71. Yr. 11+ Mixed Medley Relay**

---

<b>Tîm / Team</b>		<b>Amser rhanbarthol / Seed Time</b>	<b>Amser terfynol / Finals Time</b>
1 Prestatyn	A	2:16.25	2:11.10
2 Penglais	A	2:15.04	2:12.26
--- Gwyr	A	2:16.11	XDQ