

Grwp CA3/ Group KS3					
Ysgol/School	Ardal/Area	Amser/Time 2:30 - 2:15	Start Value	Sgor/Score	POS
Ysgol Gyfun Gwyr	Gorllewin Morgannwg	02:08	15.5	11.80	6
Ysgol Gyfun Pencoed	Morgannwg Ganol	02:17	15.5	13.70	2
Cwm Rhymni	Gwent	02:22	15	13.00	3
Ysgol Uwchradd Syr Hugh Owen	Eryri	02:21	15	8.30	8
Ysgol Esgob Llandaf	Caerdydd a'r Fro	02:30	15.5	13.90	1
Argoed	Fflint a Wrecsam	02:25	15.5	12.90	4
Ysgol Aberhonddu	Brycheiniog a Maesyfed	02:30	15	9.00	7
Ysgol Bodedern	Ynys Mon	02:23	15.3	12.40	5

Grwp CA4 / Group KS4					
Ysgol/School	Ardal/Area	Amser/Time 2:30 - 2:15	Start Value	Sgor/Score	POS
Bryn Alun	Fflint a Wrecsam	02:28	14.5	9.00	3
Ysgol Gyfun Gwyr	Gorllewin Morgannwg	01:55	14	12.30	1
Ysgol Gyfun Cardinal Newman	Morgannwg Ganol	02:15	15	12.20	2

Triawdau CA4 / Trios KS4						
Enw/Name	Ysgol/School	Ardal/Area	Amser/Time 1:45 - 2:00	Start Value	Sgor/Score	POS
Maisie, Georgia a Caitlyn	Ysgol Plasmawr	Caerdydd a'r Fro	01:43	15.5	13.30	1
Aimee, Elin ac Alice	Ysgol Eirias	Conwy	01:46	15	11.10	3
Ysgol Gyfun Maesteg	Ysgol Gyfun Maesteg	Morgannwg Ganol	01:45	15	11.00	4
Ysgol Uwchradd Darland	Ysgol Uwchradd Darland	Fflint a Wrecsam	01:54	15	13.20	2

Triawdau CA3/ Trios KS3						
Enw/Name	Ysgol/School	Ardal/Area	Amser/Time 1:45 - 2:00	Start Value	Sgor/Score	POS
Megan, Eva a Kelsey	Ysgol Aberhonddu	Brycheiniog a Maesyfed	01:58	13	9.40	
Emily, Mia a Quianna	Ysgol Gyfun Gwyr	Gorllewin Morgannwg	01:38	15	10.70	
Ysgol Alun	Alun	Fflint a Wrecsam	01:52	14	12.20	2
Ysgol Gyfun Maesteg	Ysgol Gyfun Maesteg	Morgannwg Ganol	01:58	15	12.10	3
Millie, Leona a Olivia	Frenhines Elisabeth	Gorllewin Myrddin	01:37	14	11.40	
Y Gwyndy	Cwm Rhymni	Gwent	01:30	13.7	9.30	
Ysgol Bodedern	Ysgol Bodedern	Ynys Mon	01:56	15	11.80	
Rhian, Samara a Ruby	Ysgol Plasmawr	Caerdydd a'r Fro	01:48	15.3	12.90	1
Elen, Jessie ac Calia	Ysgol Eirias	Conwy	01:56	14.5	10.70	

Parau CA4/ Pairs KS4						
Enw/Name	Ysgol/School	Ardal/Area	Amser/Time 1:45 - 2:00	Start Value	Sgor/Score	POS
Megan a Hanna	Penweddig	Ceredigion	01:29	15	10.90	
Jessica a Megan	Darland	Fflint a Wrecsam	02:00	15	13.10	2
Ed a Christian	Ysgol Esgob Llandaf	Caerdydd a'r Fro	01:57	15.5	13.50	1
Erin a Jasmine	Gwynllyw	Gwent	01:54	15.5	12.30	3
Elin ac Aimee	Ysgol Eirias	Conwy	01:56	15	12.20	

Parau CA3/ Pairs KS3

Enw/Name	Ysgol/School	Ardal/Area	Amser/Time 1:45 - 2:00	Start Value	Sgor/Score	POS
Eli Megan a Lacey	Ysgol David Hughes	Ynys Mon	01:56	15	10.80	
Evie a Lola	Frenhines Elisabeth	Gorllewin Myrddin	01:52	15	11.40	
Alys a Polly	Cwm Rhymini	Gwent	01:55	15.5	13.30	2
Celyn a Rhisian	Dyffryn Aman	Dwyrain Myrddin	01:45	14.7	12.50	3
Romy a Maisy	Ysgol Pencoed	Morgannwg Ganol	01:53	15.5	13.90	1
Chloe a Charlie	Penweddig	Ceredigion	01:51	14.5	10.40	
Eleonora a Evie	Sant Joseph	Fflint a Wrecsam	01:54	15.5	11.10	
Maisy a Erin	Ysgol Calon Cymru	Brycheiniog a Maesyfed	01:58	15	11.30	
Bethan a Jasmine	Ysgol Eirias	Conwy	01:45	13.8	10.30	
Catrin a Tia	Ysgol Gyfun Gwyr	Gorllewin Morgannwg	01:40	13.8	11.30	

Bechgyn Unigol CA4 / Individual Boys KS4

Enw/Name	Ysgol/School	Ardal/Area	Amser/Time 1:10 - 1:20	Start Value	Sgor/Score	POS
Osian Jones	Ysgol Morgan Llwyd	Fflint a Wrecsam	01:11	14.7	12.50	2
Brandon James	Ysgol Gyfun Maesteg	Morgannwg Ganol	01:05	14.4	11.50	3
Ed Young	Ysgol Esgob Llandaf	Caerdydd A'r Fro	01:29	15.3	14.20	1

Bechgyn Unigol CA3/ Individual Boys KS3

Enw/Name	Ysgol/School	Ardal/Area	Amser/Time 1:10 - 1:20	Start Value	Sgor/Score	POS
Ryan Williams	Ysgol Aberhonddu	Brycheiniog a Maesyfed	01:17	14.1	10.70	
Noah Higgs	Ysgol Gyfun Cardinal Newman	Morgannwg Ganol	00:47	13.5	10.90	3
Owain Lewis	Ysgol Cwm Rhymini	Gwent	00:52	15.5	13.40	1
Bryn Southgate	Aberaeron	Ceredigion	01:13	13.4	10.10	
Charlie Davies	Ysgol Gyfun Gwyr	Gorllewin Morgannwg	01:01	14.1	10.00	
Brandon Bullick	Alun	Fflint a Wrecsam	00:53	12.7	9.20	
Cai Hardy	Ysgol Gyfun Llangejni	Ynys Môn	01:18	13.8	11.80	2

Merched Unigol CA3/ Individual Girls KS3

Enw/Name	Ysgol/School	Ardal/Area	Amser/Time 1:10 - 1:20	Start Value	Sgor/Score	POS
Chloe Lewis	Ysgol Penweddig	Ceredigion	01:12	13.2	9.60	
Alys Godfrey	Ysgol Gyfun Cwm Rhymini	Gwent	01:14	14.1	10.70	
Megan Phillips	Ysgol Alun	Fflint a Wrecsam	01:16	14.1	10.90	
Olivia Williams	Ysgol Llanhari	Morgannwg Ganol	01:24	14.7	11.80	
Gracy Anderson	Ysgol Glan Clwyd	Dinbych	01:20	12.9	9.10	
Leia Brady	Ysgol Eirias	Conwy	01:21	14.5	12.20	2
Awel Owen	Ysgol Bodedern	Ynys Mon	01:19	14.5	12.00	3
Ruby Evans	Ysgol Plasmawr	Caerdydd a'r Fro	01:20	15	13.20	1
Erin Bowen	Ysgol Calon Cymru	Brycheiniog a Maesyfed	01:21	14.7	11.40	
Eva Williams	Moelwyn	Meirionnydd	01:13	13.6	9.80	
Bianca Ilianca	Frenhines Elisabeth	Gorllewin Myrddin	01:11	14.9	11.80	
Quianna Wheeler	Ysgol Gyfun Gwyr	Gorllewin Morgannwg	01:20	15	11.60	

Merched Unigol CA4/ Individual Girls KS4

Enw/Name	Ysgol/School	Ardal/Area	Amser/Time 1:10 - 1:20	Start Value	Sgor/Score	POS
Nicole Dighton	Ysgol Cenydd Sant	Gwent	01:12	15.1	12.40	2
Megan Driscoll	Ysgol Gyfun Gwyr	Gorllewin Morgannwg	01:12	13.9	10.30	
Charlie McDonald	Morgan Llwyd	Fflint a Wrecsam	01:18	14.2	10.40	
Glesni Powell	Ysgol Aberhonddu	Brycheiniog a Maesyfed	01:16	15	12.10	3
Dionne Bassett	Dyffryn Aman	Dwyrain Myrddin	01:13	14.8	12.70	1
Jade Evans	Ysgol Gyfun Pencoed	Morgannwg Ganol	01:10	15.3	11.30	
Aimee Butler	Ysgol Eirias	Conwy	01:11	15.3	12.00	