

CANLYNIADAU / RESULTS

DODGEBALL DYNION / MENS DODGEBALL

1st / 1af – Sir Gar / Carmarthenshire
2nd / 2il – Gwent
3rd / 3ydd – Brycheiniog / Brecknock
4th / 4ydd – Maldwyn / Montgomery



HOCI 'RUSH' MERCHED / LADIES 'RUSH' HOCKEY

1st / 1af – Brycheiniog / Brecknock
2nd / 2il – Maesyfed / Radnor
3rd / 3ydd – Gwent
=4th / 4ydd – Sir Benfro / Pembrokeshire
=4th / 4ydd - Sir Gar / Carmarthenshire

ULTIMATE FRISBEE

1st / 1af – Brycheiniog / Brecknock
2nd / 2il – Ceredigion
3rd / 3ydd – Sir Benfro / Pembrokeshire
4th / 4ydd – Sir Gar / Carmarthenshire
5th / 5ed - Gwent

RYGBI CYMYSG / TOUCH RUGBY

1st / 1af – Brycheiniog / Brecknock
2nd / 2il – Sir Gar / Carmarthenshire
3rd / 3ydd – Sir Benfro / Pembrokeshire
4th / 4ydd – Ceredigion

ATHLETAU / ATHLETICS

Long Jump / Naid Hir

Male Under 14 / Bechgyn dan 14

1st / 1af – Ellis Morgan, Brecknock / Brycheiniog

2nd / 2il – Liam Regan, Ceredigion

3rd / 3ydd – Harri Gibbon, Carmarthenshire / Sir Gar

Female Under 14 / Merched dan 14

=1st / 1af – Olwen Roberts, Carmarthenshire / Sir Gar

=1st / 1af – Gwenno Evans, Ceredigion

3rd / 3ydd – Abigail Jones, Brecknock / Brycheiniog

Male Under 16 / Bechgyn dan 16

1st / 1af – Callum Fergusson, Brecknock / Brycheiniog

2nd / 2il – Rhodri Ifan Jones, Ceredigion

Female Under 16 / Merched dan 16

1st / 1af – Leah Regan, Ceredigion

2nd / 2il – Jessica Jones, Carmarthenshire / Sir Gar

3rd / 3ydd – Beth Pugh, Meirionnydd

4th / 4ydd – Meg Chowdhuri, Brecknock / Brycheiniog

Male Under 21 / Bechgyn dan 21

1st / 1af – Charlie Baldwyn, Brecknock / Brycheiniog

2nd / 2il – Tomos Jones, Carmarthenshire / Sir Gar

3rd / 3ydd – Steffan Morgan, Ceredigion

Female Under 21 / Merched dan 21

1st / 1af – Chloe Williams, Brecknock / Brycheiniog

2nd / 2il – Alys Warmah, Gwent

3rd / 3ydd – Delun Davies, Ceredigion

4th / 4ydd – Alaw Jones, Carmarthenshire / Sir Gar

Male Under 28 / Bechgyn dan 28

1st / 1af – Gethin Evans, Ceredigion

2nd / 2il – Dan Jones, Carmarthenshire / Sir Gar

3rd / 3ydd – Jamie Coles, Brecknock / Brycheiniog

Female Under 28 / Merched dan 28

1st / 1af – Rebecca Lewis, Brecknock / Brycheiniog

2nd / 2il – Anna Evans, Ceredigion

3rd / 3ydd – Lora Phillips, Carmarthenshire / Sir Gar



High Jump / Naid Uchel

Male Under 14 / Bechgyn dan 14

1st / 1af – Harri Gibbon, Carmarthenshire / Sir Gar

2nd / 2il – Ifan Davies, Brecknock / Brycheiniog

3rd / 3ydd – Ifan Williams, Ceredigion

Female Under 14 / Merched dan 14

1st / 1af – Anest Jones, Ceredigion

Male Under 16 / Bechgyn dan 16

1st / 1af – Harri Williams, Gwent

2nd / 2il – Rhys Saunders-Jones, Brecknock/ Brycheiniog

3rd / 3ydd – Osian Jenkins, Ceredigion

Female Under 16 / Merched dan 16

1st / 1af – Hali-Rae Morris, Radnor/ Maesyfed

2nd / 2ail – Lucy Evans, Gwent

Male Under 21 / Bechgyn dan 21

1st / 1af – Archie Cloke, Brecknock/ Brycheiniog

2nd / 2ail – Wil Evans, Ceredigion

3rd / 3ydd – Llyr Dunn, Carmarthenshire/ Sir Gâr

Female Under 21 / Merched dan 21

1st / 1af – Eiry Taylor, Ceredigion

2nd / 2ail – Millie Colley, Gwent

Male Under 28 / Bechgyn dan 28

1st / 1af – Elgan Thomas, Carmarthenshire/ Sir Gâr

2nd / 2ail – Dominic Hampson-Smith, Gwent

3rd / 3ydd – Guto Evans, Ceredigion

Female Under 28 / Merched dan 28

1st / 1af – Becky Witt, Brecknock/ Brycheiniog

2nd / 2ail – Sara Patterson, Ceredigion

3rd / 3ydd – Carwen Richards, Carmarthenshire/ Sir Gâr

4th / 4ydd – Cerys Baker, Gwent

Shotput / Taflu'r Pwysau

Male Under 14 / Bechgyn dan 14

1st / 1af – Hedd Jenkins, Ceredigion

Female Under 14 / Merched dan 14

1st / 1af – Erin Jones, Carmarthenshire/ Sir Gâr

2nd / 2ail – Ellen Davies, Ceredigion

3rd / 3ydd – Kaitlyn Jones, Brecknock/ Brycheiniog

Male Under 16 / Bechgyn dan 16

1st / 1af – Iago Evans, Ceredigion

2nd / 2ail – Sam Bodily, Gwent

Female Under 16 / Merched dan 16

1st / 1af – Elizabeth Lewis, Brecknock/ Brycheiniog

2nd / 2ail – Cerys Jones, Ceredigion

3rd / 3ydd – Lily Evans, Carmarthenshire / Sir Gâr

Male Under 21 / Bechgyn dan 21

1st / 1af – Osian Davies, Ceredigion

2nd / 2ail – Henry Evans, Gwent

3rd / 3ydd – Scott Rees, Brecknock/ Brycheiniog

4th / 4ydd – Gwion Evans, Carmarthenshire/ Sir Gâr

Female Under 21 / Merched dan 21

1st / 1af – Cerys Williams, Gwent

2nd / 2ail – Elan Thomas, Carmarthenshire/ Sir Gâr

3rd / 3ydd – Bethan Chamberlain, Brecknock/ Brycheiniog

Male Under 28 / Bechgyn dan 28

1st / 1af – Bleddyn Davies, Ceredigion

2nd / 2ail – Carwyn Jones, Carmarthenshire/ Sir Gâr

3rd / 3ydd – Baden Davies, Brecknock/ Brycheiniog

4th / 4ydd – Luke Hilditch, Gwent

Female Under 28 / Merched dan 28

1st / 1af – Emma Powell, Brecknock/ Brycheiniog

2nd / 2ail – Mared Evans, Carmarthenshire/ Sir Gâr

3rd / 3ydd – Sioned Davies, Ceredigion

4th / 4ydd – Ali Williams, Gwent



Discus / Disgen

Male Under 14 / Bechgyn dan 14

- 1st / 1af – Tomos Green, Carmarthenshire/ Sir Gâr
- 2nd / 2ail – Ifan Jac Evans, Ceredigion
- 3rd / 3ydd – Fraiser Clarke, Gwent
- 4th / 4ydd – Tom Saunders, Brecknock/ Brycheiniog

Female Under 14 / Merched dan 14

- 1st / 1af – Marie Hughes, Carmarthenshire/ Sir Gâr
- 2nd / 2ail – Soffi Morgan, Ceredigion
- 3rd / 3ydd – Nia Williams, Brecknock/ Brycheiniog
- 4th / 4ydd – Aderyn Clarke, Gwent

Male Under 16 / Bechgyn dan 16

- 1st / 1af – Sion Morgan, Ceredigion
- 2nd / 2ail – Harri Saunders, Brecknock/ Brycheiniog
- 3rd / 3ydd – Hywel Jones, Carmarthenshire/ Sir Gâr
- 4th / 4ydd – Jack Jones, Gwent

Female Under 16 / Merched dan 16

- 1st / 1af – Jemma Bunning, Gwent
- 2nd / 2ail – Elin Williams, Ceredigion
- 3rd / 3ydd – Carrie Thomas, Brecknock/ Brycheiniog

Male Under 21 / Bechgyn dan 21

- 1st / 1af – Rhys Jones, Ceredigion
- 2nd / 2ail – Gwion Evans, Carmarthenshire/ Sir Gâr
- 3rd / 3ydd – Elliot Petch, Gwent
- 4th / 4ydd – Stephen Matthews, Brecknock/ Brycheiniog

Female Under 21 / Merched dan 21

- 1st / 1af – Glesni Thomas, Ceredigion
- 2nd / 2ail – Nia Havard, Brecknock/ Brycheiniog
- 3rd / 3ydd – Cerys Nicholas-Jones, Carmarthenshire/ Sir Gâr
- 4th / 4ydd – Rhiannyd Ackerman Holliday, Gwent

Male Under 28 / Bechgyn dan 28

- 1st / 1af – Jack Deal, Ceredigion
- 2nd / 2ail – Hefin Jones, Carmarthenshire/ Sir Gâr
- 3rd / 3ydd – Iestyn Havard, Brecknock/ Brycheiniog
- 4th / 4ydd – Thomas Berry, Gwent

Female Under 28 / Merched dan 28

- 1st / 1af – Sophie Witt, Brecknock/ Brycheiniog
- 2nd / 2ail – Nia Davies, Carmarthenshire/ Sir Gâr
- 3rd / 3ydd – Nerys Lewis, Gwent
- 4th / 4ydd – Erin Davies, Ceredigion

Relay / Ras Gyfnewid

Male Under 14 / Bechgyn dan 14

1st / 1af – Ceredigion

2nd / 2ail – Carmarthenshire / Sir Gâr

3rd / 3ydd – Brecknock/ Brycheiniog

Female Under 14 / Merched dan 14

1st / 1af – Brecknock/ Brycheiniog

2nd / 2ail – Ceredigion

Male Under 16 / Bechgyn dan 16

1st / 1af – Gwent

2nd / 2ail – Ceredigion

3rd / 3ydd – Carmarthenshire / Sir Gâr

4th / 4ydd – Brecknock / Brycheiniog

Female Under 16 / Merched dan 16

1st / 1af – Ceredigion

2nd / 2ail – Carmarthenshire / Sir Gâr

3rd / 3ydd – Brecknock / Brycheiniog

4th / 4ydd – Gwent

Male Under 21 / Bechgyn dan 21

1st / 1af – Brecknock / Brycheiniog

2nd / 2ail – Ceredigion

Female Under 21 / Merched dan 21

1st / 1af – Carmarthenshire / Sir Gâr

2nd / 2ail – Brecknock / Brycheiniog

3rd / 3ydd – Gwent

Male Under 28 / Bechgyn dan 28

1st / 1af – Ceredigion

2nd / 2ail – Carmarthenshire / Sir Gâr

3rd / 3ydd – Brecknock / Brycheiniog

4th / 4ydd – Gwent

Female Under 28 / Merched dan 28

1st / 1af – Ceredigion

2nd / 2ail – Brecknock / Brycheiniog

3rd / 3ydd – Carmarthenshire / Sir Gâr

4th / 4ydd – Gwent



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Male Under 14 / Bechgyn dan 14

- 1st / 1af – Gwydion Dafis, Ceredigion
- 2nd / 2ail – Elis Jones, Brecknock/ Brycheiniog
- 3rd / 3ydd – Jack Jones, Carmarthenshire/ Sir Gâr
- 4th / 4ydd – Sam Bodily, Gwent

Female Under 14 / Merched dan 14

- 1st / 1af – Ruby Herdman, Brecknock/ Brycheiniog
- 2nd / 2ail – Aferyn Clarke, Gwent

Male Under 16 / Bechgyn dan 16

- 1st / 1af – Liam Regan, Ceredigion
- 2nd / 2ail – Tomos Green, Carmarthenshire/ Sir Gâr
- 3rd / 3ydd – Rai Edwards, Brecknock/ Brycheiniog
- 4th / 4ydd – Jack Jones, Gwent

Female Under 16 / Merched dan 16

- 1st / 1af – Alaw Jones, Carmarthenshire/ Sir Gâr
- 2nd / 2ail – Leah Regan, Ceredigion
- 3rd / 3ydd – Emily Brain, Gwent

Male Under 21 / Bechgyn dan 21

- 1st / 1af – Brychan Hopkins, Ceredigion
- 2nd / 2ail – Elliot Petch, Gwent

Female Under 21 / Merched dan 21

- 1st / 1af – Sara Price, Carmarthenshire/ Sir Gâr
- 2nd / 2ail – Seren Davies, Ceredigion
- 3rd / 3ydd – Millie Colley, Gwent

Male Under 28 / Bechgyn dan 28

- 1st / 1af – Elgan Thomas, Carmarthenshire/ Sir Gâr
- 2nd / 2ail – Ieuan Davies, Ceredigion
- 3rd / 3ydd – Thomas Berry, Gwent

Female Under 28/ Merched dan 28

- 1st / 1af – Becci Witt, Brecknock/ Brycheiniog
- 2nd / 2ail – Luned Jones, Carmarthenshire/ Sir Gâr
- 3rd / 3ydd – Cerys Baker, Gwent



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Male Under 14 / Bechgyn dan 14

1st / 1af – Tudur George, Carmarthenshire/ Sir Gâr

2nd / 2ail – Max Powell, Brecknock/ Brycheiniog

3rd / 3ydd – Frasier Clarke, Gwent

Female Under 14 / Merched dan 14

1st / 1af – Anest Jones, Ceredigion

2nd / 2ail – Abigail Jones, Brecknock/ Brycheiniog

3rd / 3ydd – Erin Jones, Carmarthenshire/ Sir Gâr

4th / 4ydd – Hali-Rae Morris, Radnor/ Maesyfed

5th /5ed – Aderyn Clarke, Gwent

Male Under 16/ Bechgyn dan 16

1st / 1af – Rhodri Ifan Jones, Ceredigion

2nd / 2ail – Ellis Morgan, Brecknock/ Brycheiniog

3rd / 3ydd – Alex Lewis, Carmarthenshire / Sir Gâr

4th / 4ydd – Harri Williams, Gwent

Female Under 16 / Merched dan 16

1st / 1af – Sophia Reid-Thomas, Carmarthenshire/ Sir Gâr

2nd / 2ail – Eiry Taylor, Ceredigion

3rd / 3ydd – Bella Prothero, Brecknock/ Brycheiniog

4th / 4ydd – Lucy Evans, Gwent

Male Under 21 / Bechgyn dan 21

1st / 1af – Gethin Evans, Ceredigion

2nd / 2ail – Iestyn Havard, Brecknock/ Brycheiniog

3rd / 3ydd – Henry Evans, Gwent

4th / 4ydd – Steffan Howells – Carmarthenshire/ Sir Gâr

Female Under 21 / Merched dan 21

1st / 1af – Jessica Jones, Carmarthenshire / Sir Gâr

2nd / 2ail – Rhiannyd Ackerman-Holliday, Gwent

3rd / 3ydd – Chloe Williams, Brecknock/ Brycheiniog

4th / 4ydd – Megan Williams, Ceredigion

Male Under 28/ Bechgyn dan 28

1st / 1af- Osian Davies, Ceredigion

2nd / 2ail – Stephen Matthews, Brecknock/ Brycheiniog

3rd / 3ydd – Elgan Thomas, Carmarthenshire/ Sir Gâr

4th / 4ydd – Luke Hilditch, Gwent

Female Under 28 / Merched dan 28

1st / 1af – Sara Patterson, Ceredigion

2nd / 2ail – Beatrice Jones, Brecknock/ Brycheiniog

3rd / 3ydd – Eunice Jones, Carmarthenshire/ Sir Gâr

4th / 4ydd – Alys Warman, Gwent