

CANLYNIADAU / RESULTS

PEL-FOLI HYN / SENIOR VOLLEYBALL

1st / 1af – Brycheiniog / Brecknock
2nd / 2il – Maldwyn / Montgomery
3rd / 3ydd – Sir Benfro / Pembrokeshire

CRICED DYNAMO / DYNAMO CRICKET

1st / 1af – Ceredigion
2nd / 2il – Brycheiniog / Brecknock

PEL DROED 5-BOB-OCHR DYNION / MENS 5-A-SIDE FOOTBALL

1st / 1af – Ceredigion
2nd / 2il – Maesyfed / Radnor
3rd / 3ydd – Maldwyn / Montgomery
4th / 4ydd – Sir Gar / Carmarthenshire
5th / 5ed – Gwent

PEL-RWYD MERCHED / LADIES NETBALL

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

ROWDERI IAU / JUNIOR ROUNDERS

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

ATHLETAU / ATHLETICS

Relay / Ras Gyfnewid

Male Under 14 / Bechgyn dan 14

1st / 1af – Brycheiniog / Brecknock

2nd / 2ail – Ceredigion

Female Under 14 / Merched dan 14

1st / 1af – Maesyfed / Radnor

2nd / 2ail – Ceredigion

3rd / 3ydd – Brycheiniog / Brecknock

Male Under 18 / Bechgyn dan 18

1st / 1af – Ceredigion

2nd / 2ail – Sir Gar / Carmarthenshire

3rd / 3ydd – Brycheiniog / Brecknock

Female Under 18 / Merched dan 18

1st / 1af – Brycheiniog / Brecknock

Male Under 28 / Bechgyn dan 28

1st / 1af – Gwent

2nd / 2ail – Ceredigion

Female Under 28 / Merched dan 28

1st / 1af – Brecknock / Brycheiniog

2nd / 2ail – Ceredigion

3rd / 3ydd – Gwent

1500m

Male Under 14 / Bechgyn dan 14

1st / 1af – Tomos Lloyd, Ceredigion

2nd / 2ail – Thomas Davies, Brecknock/ Brycheiniog

3rd / 3ydd – Drew Bennett, Gwent

Female Under 14 / Merched dan 14

1st / 1af – Teleri Davies, Maesyfed / Radnor

Male Under 18 / Bechgyn dan 18

1st / 1af – Ifan Davies, Brycheiniog / Brecknock

2nd / 2ail – Osian Jones, Ceredigion

Male Under 28 / Bechgyn dan 28

1st / 1af – Harri Griffiths, Sir Gar / Carmarthenshire
2nd / 2ail – Gwion Hughes, Ceredigion

800m

Male Under 14 / Bechgyn dan 14

1st / 1af – Rhys Jones, Sir Gar / Carmarthenshire
2nd / 2ail – Kai Edwards, Brecknock/ Brycheiniog
3rd / 3ydd – Harri Davies-Jones, Ceredigion

Female Under 14 / Merched dan 14

1st / 1af – Ella Williams, Maesyfed / Radnor
2nd / 2ail – Medi Jenkins, Ceredigion
3rd / 3ydd – Maddie Witcomb, Brycheiniog / Brecknock

Male Under 18 / Bechgyn dan 18

1st / 1af – Ifan Davies, Brycheiniog / Brecknock
2nd / 2ail – Rhys Jones, Ceredigion
3rd / 3ydd – Ryan Jones, Sir Gar / Carmarthenshire

Male Under 28/ Bechgyn dan 28

1st / 1af – Harri Griffiths, Sir Gar / Carmarthenshire
2nd / 2ail – Gwion Hughes, Ceredigion

Female Under 28 / Merched dan 28

1st / 1af – Eiliw Dafydd, Ceredigion

400m

Male Under 14 / Bechgyn dan 14

1st / 1af – Steffan Wyn Davies, Ceredigion
2nd / 2ail – Kai Edwards, Brycheiniog / Brecknock

Female Under 14 / Merched dan 14

1st / 1af – Lucy Pugh, Maesyfed / Radnor
2nd / 2ail – Jessica White, Brycheiniog / Brecknock
3rd / 3ydd – Ela Pugh, Ceredigion

Male Under 18 / Bechgyn dan 18

1st / 1af – Harri Williams, Gwent
2nd / 2ail – Harri Gibbon, Sir Gar / Carmarthenshire
3rd / 3ydd – Deian Rees, Ceredigion

Female Under 18 / Merched dan 18

1st / 1af – Niamh Bennett, Brycheiniog / Brecknock

Male Under 28/ Bechgyn dan 28

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

2nd / 2ail – Kien Jones, Ceredigion

3rd / 3ydd – Huw Morgan, Gwent

Female Under 28 / Merched dan 28

1st / 1af – Eiliw Dafydd, Ceredigion

100m

Male Under 14 / Bechgyn dan 14

1st / 1af – Jacob Davies, Brycheiniog / Brecknock

2nd / 2ail – Maccsen Jones, Ceredigion

Female Under 14 / Merched dan 14

1st / 1af – Celyn Owens, Brycheiniog / Brecknock

2nd / 2ail – Ellie Cook, Maesyfed / Radnor

3rd / 3ydd – Alanna Jones, Ceredigion

Male Under 18 / Bechgyn dan 18

1st / 1af – Llewelyn Owen, Sir Gar / Carmarthenshire

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

3rd / 3ydd – Harry Fox, Gwent

4th / 4ydd – Dafydd Jones, Ceredigion

Male Under 28/ Bechgyn dan 28

1st / 1af- Rhodri Jenkins, Ceredigion

Female Under 28 / Merched dan 28

1st / 1af – Beatrice Jones, Brecknock/ Brycheiniog

2nd / 2ail – Rhi Ackerman, Gwent

3rd / 3ydd – Angharad Evans, Ceredigion

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