

**Athletau / Athletics 8/7/10**  
**Stadiwm Chwaraeon Rhyngwladol Caerdydd**  
**Cardiff International Sports Stadium**

**Canlyniadau /Results**

**80 Clwydi Dan 16 B / Hurdles Under 16B**

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 | 20      | Jack Johnson           | Cwm Rhymni   | 11.87 |
| 2 | 55      | Josh Williams          | Gwyr         | 12.69 |
| 3 | 30      | Luke Williams          | Glantaf      | 12.77 |

**75 Clwydi Dan 14 B / Hurdles Under 14 B**

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 | 3       | Rhys Roberts           | Llagynwyd    | 12.67 |
| 2 | 37      | Rhodri Morgan          | Plasmawr     | 13.16 |
| 3 | 16      | Harry Randall          | Dyffryn Aman | 13.56 |

**75 Clwydi Dan 16M / Hurdles Under 16 G**

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 | 30      | Lara Durrani           | Glantaf      | 12.56 |
| 2 | 42      | Jess Morgan            | Bro Morganwg | 13.15 |
| 3 | 55      | Rebecca Stock          | Gwyr         | 13.38 |

**70 Clwydi Dan 14M / Hurdles Under 14 G**

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 | 37      | Grace Hubbard-Smith    | Plasmawr     | 12.38 |
| 2 | 20      | Chloe Jones            | Cwm Rhymni   | 12.53 |
| 3 | 40      | Carys Havard           | Strade       | 12.76 |

**300M Dan 16 M / Under 16 G**

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 | 4       | Catrin Roberts         | Bryn Tawe    | 44.79 |
| 2 | 37      | Emily Jones            | Plasmawr     | 47.02 |
| 3 | 42      | Jess Morgan            | Bro Morganwg | 49.13 |

#### 400 m Dan 16 B / Under 16 B

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 | 40      | Rhys Granville         | Strade       | 53.99 |
| 2 | 55      | Rhys Gealy             | Gwyr         | 55.04 |
| 3 | 42      | George Connolly        | Bro Morganwg | 56.91 |

#### 100m Dan 14 M / Under 14 G

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 | 55      | Ffion Wake             | Gwyr         | 13.61 |
| 2 | 37      | Grace Hubbard-Smith    | Plasmawr     | 14.21 |
| 3 | 16      | Delun Allcock          | Dyffryn Aman | 14.22 |

#### 100m Dan 14 B / Under 14 B

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 | 3       | Carin Lougher          | Llagynwyd    | 12.66 |
| 2 | 55      | Callum Davies          | Gwyr         | 13.37 |
| 3 | 66      | Kerry Foster           | Ystalyfera   | 13.59 |

#### 100m Dan 16M/ Under 16G

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 | 30      | Lara Durrani           | Glantaf      | 13.44 |
| 2 | 38      | Ellie Harman           | Llanhari     | 13.74 |
| 3 | 4       | Catrin Roberts         | Bryn Tawe    | 13.93 |

#### 100m Dan 16B / Under 16 B

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 | 55      | Osian Griffiths        | Gwyr         | 12.15 |
| 2 | 30      | Elis Wyn Benham        | Glantaf      | 12.17 |
| 3 | 40      | Kieran Rees            | Strade       | 12.22 |

#### 1500m Dan 14M/ Under 14 G

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf     |
|---|---------|------------------------|--------------|----------|
| 1 | 16      | Amber Howells          | Dyffryn Aman | 05:40.83 |
| 2 | 30      | Gwenno Waddington      | Glantaf      | 05:41.79 |
| 3 | 3       | Joe-Diana Grabham      | Llagynwyd    | 05:46.81 |

#### 1500m Dan 14B/ Under 14 B

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf     |
|---|---------|------------------------|--------------|----------|
| 1 | 30      | Nathan Matthias        | Glantaf      | 04:48.16 |
| 2 | 16      | Aled Phillips          | Dyffryn Aman | 04:51.16 |
| 3 | 20      | Owen Thomas            | Cwm Rhymini  | 05:07.26 |

### 1500m Dan 16M/ Under 16 G

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf     |
|---|---------|------------------------|--------------|----------|
| 1 | 20      | Elin Lewis             | Cwm Rhymni   | 05:22.45 |
| 2 | 37      | Betsan Jenkins         | Plasmawr     | 05:32.45 |
| 3 | 30      | Anna Lawson            | Glantaf      | 05:42.23 |

### 1500m Dan 16B/ Under 16 B

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf     |
|---|---------|------------------------|--------------|----------|
| 1 | 55      | Connor Davies          | Gwyr         | 04:31.46 |
| 2 | 42      | Dafydd George          | Bro Morganwg | 04:41.19 |
| 3 | 40      | Owain Goddard          | Strade       | 04:41.33 |

### 200m Dan 14M / Under 14 G

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 | 3       | Leoni Stephens         | Llagynwyd    | 29.00 |
| 2 | 55      | Emma Craven            | Gwyr         | 29.10 |
| 3 | 20      | Emma Rae Howells       | Cwm Rhymni   | 29.24 |

### 200m Dan 14B / Under 14 B

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 | 22      | Joshua Ford            | Gwynllyw     | 25.99 |
| 2 | 3       | Carin Lougher          | Llagynwyd    | 26.37 |
| 3 | 20      | Jordan Gilbert         | Cwm Rhymni   | 26.58 |

### 200m Dan 16 M/ Under 16 G

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 | 38      | Ellie Harman           | Llanhari     | 28.09 |
| 2 | 20      | Lucy McMahon           | Cwm Rhymni   | 28.95 |
| 3 | 30      | Megan Williams         | Glantaf      | 29.00 |

### 200m Dan 16B/ Under 16B

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 | 35      | Sion Hinkinson         | Gartholwg    | 24.53 |
| 2 | 30      | Jamie Lynch            | Glantaf      | 24.90 |
| 3 | 40      | Aiden James            | Strade       | 24.97 |

### 800m Dan 14M / Under 14 G

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf     |
|---|---------|------------------------|--------------|----------|
| 1 | 40      | Gwenno Evans           | Strade       | 02:43.05 |
| 2 | 55      | Cotte Rees-Godwin      | Gwyr         | 02:45.98 |
| 3 | 23      | Gabi Cable             | Rhydywaun    | 02:46.74 |

### 800m Dan 14B / Under 14 B

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf     |
|---|---------|------------------------|--------------|----------|
| 1 | 35      | Alex Price             | Gartholwg    | 02:21.95 |
| 2 | 22      | Isaac McKay            | Gwynllyw     | 02:24.47 |
| 3 | 20      | Aled Griffiths         | Cwm Rhymni   | 02:28.93 |

### 800m Dan 16M / Under 16 G

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf     |
|---|---------|------------------------|--------------|----------|
| 1 | 3       | Nia Ward               | Llagynwyd    | 02:43.25 |
| 2 | 20      | Heledd Thomas          | Cwm Rhymni   | 02:47.52 |
| 3 | 42      | Elin P-Bowen           | Bro Morganwg | 02:51.06 |

### 800m Dan 16B / Under 16 B

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf     |
|---|---------|------------------------|--------------|----------|
| 1 | 42      | Harri Williams         | Bro Morganwg | 02:10.60 |
| 2 | 20      | Regan May              | Cwm Rhymni   | 02:12.53 |
| 3 | 30      | Carwyn Harries         | Glantaf      | 02:13.37 |

### 4 x 100m Dan 14M / Under 14 G

|   | Ysgol / School |       |
|---|----------------|-------|
| 1 | Ystalyfera     | 55.31 |
| 2 | Gwyr           | 56.34 |
| 3 | Dyffryn Aman   | 56.64 |

### 4 x 100m Dan 14B / Under 14 B

|   | Ysgol / School |       |
|---|----------------|-------|
| 1 | Gwyr           | 51.28 |
| 2 | Gwynllyw       | 51.32 |
| 3 | Cwm Rhymni     | 51.82 |

### 4 x 100m Dan 16M / Under 16 G

|   | Ysgol / School |       |
|---|----------------|-------|
| 1 | Cwm Rhymni     | 55.47 |
| 2 | Plasmawr       | 55.68 |
| 3 | Gwyr           | 55.92 |

### 4 x 100m Dan 16B / Under 16 B

|   | Ysgol / School |       |
|---|----------------|-------|
| 1 | Glantaf        | 47.62 |
| 2 | Gwyr           | 48.64 |
| 3 | Plasmawr       | 50.00 |

### Naid Uchel Dan 14 M/High Jump Under 14 G

| Pos | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf |
|-----|---------|------------------------|--------------|------|
| 1=  |         | 4 Katie Phillips       | Bryn Tawe    | 1.33 |
| 1=  |         | 16 Yasmine Jones       | Dyffryn Aman | 1.33 |
| 3   |         | 30 Elan Parri Lowther  | Glantaf      | 1.33 |

### Taflu Disgen Dan 14B / Discus Under 14 B

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 |         | 30 Cameron Escott      | Glantaf      | 25.77 |
| 2 |         | 38 Owain Ellis         | Llanhari     | 23.37 |
| 3 |         | 23 Alex Evans          | Rhydywaun    | 22.14 |

### Gwaywffon Dan 16M / Javelin Under 16 G

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 |         | 55 Rebecca Hughes      | Gwyr         | 24.72 |
| 2 |         | 42 Abby Evans          | Bro Morganwg | 21.16 |
| 3 |         | 20 Emily Jo Harries    | Cwm Rhymini  | 20.23 |

### Naid Hir Dan 16B / Long Jump Under 16 B

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf |
|---|---------|------------------------|--------------|------|
| 1 |         | 30 Jamie Lynch         | Glantaf      | 5.65 |
| 2 |         | 55 Osian Griffiths     | Gwyr         | 5.38 |
| 3 |         | 42 Jacob Briscoombe    | Bro Morganwg | 5.35 |

### Taflu Pwysau Dan 14 M/ Shot Put Under 14 G

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 |         | 20 Chloe Jones         | Cwm Rhymini  | 10.17 |
| 2 |         | 22 Cara Hood           | Gwynllyw     | 8.53  |
| 3 |         | 66 Molly Edwards       | Ystalyfera   | 8.06  |

### Naid Uchel Dan 14B / High Jump Under 14B

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf |
|---|---------|------------------------|--------------|------|
| 1 |         | 35 Alex Price          | Gartholwg    | 1.40 |
| 2 |         | 30 Glantaf             | Glantaf      | 1.40 |
| 3 |         | 55 Gwyr                | Gwyr         | 1.40 |

### Taflu Disgen Dan 16M / Discus Throw Under 16 G

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 |         | 40 Awen Rosser         | Strade       | 36.53 |
| 2 |         | 38 Zoe Dakin           | Llanhari     | 32.08 |
| 3 |         | 55 Carys Smith         | Gwyr         | 22.72 |

### Gwaywffon Dan 16 B / Javelin Under 16 B

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 | 16      | Charlie Randall        | Dyffryn Aman | 36.57 |
| 2 | 20      | Adam Jones             | Cwm Rhymni   | 33.57 |
| 3 | 55      | Mical Pugh             | Gwyr         | 33.04 |

### Taflu Pwysau Dan 14 B / Shot Put Under 14 B

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 | 20      | Morgan Jones           | Cwm Rhymni   | 10.30 |
| 2 | 55      | Daniel Messer          | Gwyr         | 10.03 |
| 3 | 42      | Sion Jones             | Bro Morganwg | 9.63  |

### Naid Hir Dan 16 M / Long Jump Under 16 G

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf |
|---|---------|------------------------|--------------|------|
| 1 | 20      | Bethan Phillips        | Cwm Rhymni   | 4.43 |
| 2 | 38      | Celyn Emmanuelle       | Llanhari     | 4.40 |
| 3 | 42      | Chelsea Siirak         | Bro Morganwg | 4.28 |

### Naid Uchel Dan 16 B / High Jump Under 16 B

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf |
|---|---------|------------------------|--------------|------|
| 1 | 55      | Osian Griffiths        | Gwyr         | 1.73 |
| 2 | 37      | Connor Davies          | Plasmawr     | 1.70 |
| 3 | 42      | Ieuan Orton            | Bro Morganwg | 1.65 |

### Naid Hir Dan 14 M / Long Jump Under 14 G

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf |
|---|---------|------------------------|--------------|------|
| 1 | 20      | Chloe Jones            | Cwm Rhymni   | 4.22 |
| 2 | 55      | Ffion Wake             | Gwyr         | 4.11 |
| 3 | 3       | Gwenan Jenkins         | Llagynwyd    | 4.04 |

### Naid Uchel Dan 16 M / High Jump Under 16 G

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf |
|---|---------|------------------------|--------------|------|
| 1 | 55      | Rebecca Stock          | Gwyr         | 1.45 |
| 2 | 16      | Hannah Jones           | Dyffryn Aman | 1.40 |
| 3 | 4       | Emily Jones            | Bryn Tawe    | 1.35 |

#### Taflu Pwysau Dan 16 B / Shot Put Under 16 B

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf   |
|---|---------|------------------------|--------------|--------|
| 1 | 20      | Emyr Gwynne-Thomas     | Cwm Rhymni   | 11.861 |
| 2 | 55      | Rhys Gealy             | Gwyr         | 11.86  |
| 3 | 4       | Ashley Morris          | Bryn Tawe    | 11.62  |

#### Taflu Disgen Dan 14 M / Discu Throw Under 14 G

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 | 55      | Pobby Burrows          | Gwyr         | 21.01 |
| 2 | 16      | Hannah Rees            | Dyffryn Aman | 20.37 |
| 3 | 22      | Jody Yandle            | Gwynllyw     | 19.46 |

#### Gwaywffon Dan 14 B / Javelin Under 14 B

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 | 20      | Osian Nuttall          | Cwm Rhymni   | 32.16 |
| 2 | 30      | Cameron Escott         | Glantaf      | 29.99 |
| 3 | 42      | Iwan Baker             | Bro Morganwg | 29.41 |

#### Naid Hir Dan 14 B / Long Jump Under 14 B

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf |
|---|---------|------------------------|--------------|------|
| 1 | 3       | Rhys Roberts           | Llagynwyd    | 4.92 |
| 2 | 55      | Mason Williams         | Gwyr         | 4.89 |
| 3 | 37      | Jerelle James          | Plasmawr     | 4.72 |

#### Taflu Pwysau Dan 16 M / Shot Put Under 16 G

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf |
|---|---------|------------------------|--------------|------|
| 1 | 55      | Steffanie Nicholas     | Gwyr         | 8.00 |
| 2 | 38      | Lowri Jones            | Llanhari     | 7.20 |
| 3 | 40      | Celyn Richards         | Strade       | 6.62 |

#### Gwaywffon Dan 14 M / Javelin Under 14 G

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 | 55      | Pobby Burrows          | Gwyr         | 26.31 |
| 2 | 42      | Katie Chatwell         | Bro Morganwg | 20.92 |
| 3 | 30      | Kate Chidley           | Glantaf      | 20.88 |

#### Taflu Disgen Dan 16 B / Discuss Trhow Under 16 B

|   | Bib/Bib | Athlete/Athletwr/wraig | School/Ysgol | Perf  |
|---|---------|------------------------|--------------|-------|
| 1 | 20      | Kyle Williams          | Cwm Rhymni   | 31.46 |
| 2 | 40      | Nia Williams           | Strade       | 27.20 |
| 3 | 23      | Ieuan Price            | Rhydywaun    | 26.35 |



**Boccia - 9/07/11**  
**Canolfan Genedlaethol Chwaraeon Cymru**  
**Sport Wales National Centre**

**Canlyniadau / Results**

**Boccia**

|             |              |                            |
|-------------|--------------|----------------------------|
|             | Enw:         |                            |
| 1af / 1st:  | Tomas Martin | Caerdydd / Cardiff         |
| 2ail / 2nd: | Dylan Evans  | Dinbych / Denbigh          |
| 3ydd / 3rd: | James Pugh   | Sir Benfro / Pembrokeshire |



POWERADE

John Lewis



Deloitte





Pel-droed Merched / Girls Football - 9/07/11

Parc Chwaraeon Morgannwg -Glamorgan Sport Park -University of Glamorgan



WELSH  
FOOTBALL  
TRUST

YMDDIRIEDOLAETH  
BÊL-DROED  
CYMRU

### Canlyniadau/ Results

#### Merched Blwyddyn 7 + 8 / Girls Yr 7 +8

##### Ysgol

1af / 1st: Llanidloes  
2ail/ 2nd: Maesyrirfa

#### Merched Blwyddyn 9 + 10 / Girls 9 + 10

##### Ysgol

1af / 1st: Penweddig  
2ail/ 2nd: Dyffryn Ogwen

#### Dan 16 - ac Anabledd / Under 16's Disability

1af / 1st: Bridgend Herons A  
2ail / 2nd: Bridgend Herons B

#### Dros 16 - ac Anabledd / Over 16's Disability

##### Ysgol

1af / 1st: Bridgend Herons  
2ail / 2nd: Swansea VIPs



POWERADE

John Lewis



Deloitte





**Gymnasteg / Gymnastics - 9/07/11**  
**Canolfan Genedlaethol Chwaraeon Cymru**  
**Sport Wales National Centre**



**Canlyniadau/ Results**

**Acrobatic Tim / Team**

|           | <b>Enw</b>      | <b>Ysgol</b> |
|-----------|-----------------|--------------|
| 1af / 1st | De / South      |              |
| 2ail/ 2nd | Gogledd / North |              |

**Highest Artistry Score**

Emily Stock, Sophie Jenkins a  
Tamzin Rippin

**Acrobatic Cynradd / Junior**

|           | <b>Enw</b>                                        |                  |
|-----------|---------------------------------------------------|------------------|
| 1af / 1st | Ashleigh Lavender, Alex Scott a<br>Frankie Benson | North Wales Team |
| 2ail/ 2nd | Lydia Clarke, Megan Thompson a<br>Georgia Place   | North Wales Team |

**Highest Artistry Score**

Ashleigh Lavender, Alex Scott a  
Frankie Benson North Wales Team

**Rhythmic o dan 16 / U16**

|           | <b>Enw</b>     | <b>Ysgol</b>          |
|-----------|----------------|-----------------------|
| 1af / 1st | Rachel Maguire | St Johns Llanelli     |
| 2ail/ 2nd | Olivia Davies  | Maesteg Comprehensive |
| 3ydd/ 3rd | Nikara Jenkins | Ysgol Y Strade        |

**Highest Artistry Score**

Rachel Maguire St Johns Llanelli

**Rhythmic o dan 12 / U12**

|           | <b>Enw</b>      | <b>Ysgol</b>       |
|-----------|-----------------|--------------------|
| 1af / 1st | Elisha Williams | Penyrheol Swansea  |
| 2ail/ 2nd | Martha Morgan   |                    |
| 3ydd/ 3rd | Carys Davies    | Dewi Sant Llanelli |

**Highest Artistry Score**

Martha Morgan

**Trampoline Unigolion / Individuals**

|           | <b>Enw</b>  | <b>Ysgol</b>          |
|-----------|-------------|-----------------------|
| 1af / 1st | Zara Hall   | Maesteg Comprehensive |
| 2ail/ 2nd | Danial Wood | Lewis boys Caerphilly |
| 3ydd/ 3rd | Amy Morris  | Bridgend              |



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### Trampoline Tim / Team

1af / 1st  
2ail/ 2nd  
3ydd/ 3rd

Enw  
Zara Hall  
Danial Wood  
Amy Morris

Ysgol  
Gorllewin / West  
Dwyrain / East  
Gorllewin / West

### Highest Form Score

Zara Hall

Maesteg Comprehensive

### Highest Overall Score

Zara Hall

Maesteg Comprehensive



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**Canwio - Canoeing - 9/07/11**  
**Canolfan Dwr Gwyn Rhyngwladol**  
**Cardiff International White Water**

**Canlyniadau/results**

**U14 K1 Sprint**

|                     |                         |
|---------------------|-------------------------|
| 1 Ettienne Chappell | Seren Dwr Croesyceiliog |
| 2 Tom Roberts       | Seren Dwr Bridgend      |
| 3 Sian Taylor       | Seren Dwr Bridgend      |

**U18 K1 Sprint**

|                    |                   |
|--------------------|-------------------|
| 1 Richard Mason    | Llandrindod Wells |
| 2 Callum Metcalfe  | Friars, Bangor    |
| 3 Tanni Hargreaves | Friars, Bangor    |

**K2**

|                               |                   |
|-------------------------------|-------------------|
| 1 Georgia Rogers/Tom Walker   | Seren Dwr         |
| 2 Lottie Cooper/Will Jones    | Castle Canoe Club |
| 3 Alexandra Ridge/James Coney | Seren Dwr         |

**U14 Slalom Male**

|                     |                           |
|---------------------|---------------------------|
| 1 Ettienne Chappell | Seren Dwr / Croesyceiliog |
| 2 Will Coney        | Seren Dwr/Dyffryn Taf     |
| 3 Eliot Godard      | Seren Dwr                 |

**U14 Slalom Female**

|                   |                        |
|-------------------|------------------------|
| 1 Gaby Ridge      | Seren Dwr/Dyffryn Taf  |
| 2 Lottie Cooper   | Castle Canoe Club/Mold |
| 3 Morgan Rickards | Seren Dwr              |

**U18 Slalom Male**

|                 |                         |
|-----------------|-------------------------|
| 1 Aaron Roberts | Bala                    |
| 2 James Coney   | Seren Dwr / Dyffryn Taf |
| 3 Jac Davies    | Bala                    |

**U18 Slalom Female**

|                   |                       |
|-------------------|-----------------------|
| 1 Georgia Rogers  | Seren Dwr             |
| 2 Alex Ridge      | Seren Dwr/Dyffryn Taf |
| 3 Maraioga Bailey | Seren Dwr             |



**Nofio - Swimming - 10/07/11**  
**Pwll Rhyngwladol Caerdydd**  
**Cardiff International Pool**



**Canlyniadau / Results**

**Bechgyn 14 ac Iau Broga 100 / Boys 14 & Under 100 Breaststroke**

|                  | <b>Enw/ Name</b> | <b>Clwb / Club</b>            |
|------------------|------------------|-------------------------------|
| <b>1af / 1st</b> | David Flanigan   | City of Cardiff Swimming Club |
| <b>2ail/ 2nd</b> | Steffan Morris   | Nofio Sir Gar                 |
| <b>3ydd/ 3rd</b> | Tomos Yemm       | Abertillery                   |

**Bechgyn 100 Broga Amlanabledd / Boys 100 Breaststroke MD Multi-Class**

|                  | <b>Enw/ Name</b> | <b>Clwb / Club</b>      |
|------------------|------------------|-------------------------|
| <b>1af / 1st</b> | Morgan Vaughan   | Swansea Valley          |
| <b>2ail/ 2nd</b> | Liam Walsh       | Cardiff Active Aquatics |
| <b>3ydd/ 3rd</b> | Matthew Edwards  | Swansea Sharks          |

**Merched 14 ac Iau Broga 100 / Girls 14 & Under 100 Breaststroke**

|                  | <b>Enw/ Name</b> | <b>Clwb / Club</b>            |
|------------------|------------------|-------------------------------|
| <b>1af / 1st</b> | Georgia Lee      | Buckley                       |
| <b>2ail/ 2nd</b> | Emma Key         | City of Cardiff Swimming Club |
| <b>3ydd/ 3rd</b> | Amelia Davies    | Fishguard Flyers SC           |

**Merched Broga 100 Aml Anabledd / Girls 100 Breaststroke MD Multi-Class**

|                  | <b>Enw/ Name</b> | <b>Clwb / Club</b> |
|------------------|------------------|--------------------|
| <b>1af / 1st</b> | Rebecca Donnelly | Bridgend Sharks    |

**Bechgyn 15 - 18 Pili Pala 100 / Boys 15-18 100 Butterfly**

|                  | <b>Enw/ Name</b>     | <b>Clwb / Club</b>            |
|------------------|----------------------|-------------------------------|
| <b>1af / 1st</b> | Harry Davies         | Heads of the Valleys Swimming |
| <b>2ail/ 2nd</b> | Ellis Pheasant-Green | City of Cardiff Swimming Club |
| <b>3ydd/ 3rd</b> | Adam Mehanni         | Llantrisant Sharks            |

**Merched 15-18 Pili Pala 100 / Girls 15-18 100 Butterfly**

|                  | <b>Enw/ Name</b> | <b>Clwb / Club</b>         |
|------------------|------------------|----------------------------|
| <b>1af / 1st</b> | Bethan Sloan     | Bridgend County Swim Squad |
| <b>2ail/ 2nd</b> | Sian Parry       | Wrexham S.C.               |
| <b>3ydd/ 3rd</b> | Ruth Siddorn     | Wrexham S.C.               |

**Bechgyn 14 ac Iau Cefn 50 / Boys 14 & Under 50 Backstroke**

|                  | <b>Enw/ Name</b> | <b>Clwb / Club</b>            |
|------------------|------------------|-------------------------------|
| <b>1af / 1st</b> | Karl Taylor      | Wrexham S.C.                  |
| <b>2ail/ 2nd</b> | Shaun Dobbin     | Nexus Valleys Swimming Club   |
| <b>3ydd/ 3rd</b> | Jacob Avery      | City of Cardiff Swimming Club |



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### Cefn 50 / Girls 14 & Under 50 Backstroke

|           | Enw/ Name        | Clwb / Club                   |
|-----------|------------------|-------------------------------|
| 1af / 1st | Rebecca Evans    | Heads of the Valleys Swimming |
| 2ail/ 2nd | Shannon Brookman | City of Cardiff Swimming Club |
| 3ydd/ 3rd | Bethany Harris   | City of Newport               |

### Bechgyn 15-18 Broga 50 / Boys 15-18 50 Breaststroke

|           | Enw/ Name      | Clwb / Club                   |
|-----------|----------------|-------------------------------|
| 1af / 1st | Daniel Jervis  | Neath Asc                     |
| 2ail/ 2nd | Harry Flint    | City of Cardiff Swimming Club |
| 3ydd/ 3rd | Dafydd Herbert | City of Cardiff Swimming Club |

### Merched 15-18 Broga 50 / Girls 15-18 50 Breaststroke

|           | Enw/ Name       | Clwb / Club     |
|-----------|-----------------|-----------------|
| 1af / 1st | Lauren Paul     | Cwmbran         |
| 2ail/ 2nd | Charlotte Lucas | Buckley         |
| 3ydd/ 3rd | Sarah Giles     | Denbigh Dragons |

### Bechgyn 14 ac Iau Rhydd 100 / Boys 14 & Under 100 Freestyle

|           | Enw/ Name      | Clwb / Club                |
|-----------|----------------|----------------------------|
| 1af / 1st | Ben Grabham    | Bridgend County Swim Squad |
| 2ail/ 2nd | Steffan Morris | Nofio Sir Gar              |
| 3ydd/ 3rd | Tomos Watson   | Aberystwyth sc             |

### Bechgyn Amlanabledd Rhydd 100 / Boys 100 Freestyle MD Multi-Class

|           | Enw/ Name       | Clwb / Club             |
|-----------|-----------------|-------------------------|
| 1af / 1st | Morgan Vaughan  | Swansea Valley          |
| 2ail/ 2nd | Liam Walsh      | Cardiff Active Aquatics |
| 3ydd/ 3rd | Matthew Edwards | Swansea Sharks          |

### Merched 14 ac Iau Rhydd 100 / Girls 14 & Under 100 Freestyle

|           | Enw/ Name       | Clwb / Club                   |
|-----------|-----------------|-------------------------------|
| 1af / 1st | Rebecca Evans   | Heads of the Valleys Swimming |
| 2ail/ 2nd | Coral Booker    | Llandudno Swimming Club       |
| 3ydd/ 3rd | Tegan Galbraith | Llanelli                      |

### Merched Amlanabledd Rhydd 100 / Girls 100 Freestyle MD Multi-Class

|           | Enw/ Name        | Clwb / Club       |
|-----------|------------------|-------------------|
| 1af / 1st | Bethan Roberts   | Denbigh Dragons   |
| 2ail/ 2nd | Carys Llewellyn  | Swansea Stingrays |
| 3ydd/ 3rd | Rebecca Donnelly | Bridgend Sharks   |

**Bechgyn 15-18 Cefn 100 / Boys 15-18 100 Backstroke**

|           | <b>Enw/ Name</b> | <b>Clwb / Club</b> |
|-----------|------------------|--------------------|
| 1af / 1st | Matthew Fairless | Torfaen Swim Squad |
| 2ail/ 2nd | Patrick Walsh    | Caerphilly         |
| 3ydd/ 3rd | Thomas Clarke    | Mold               |

**Merched 15-18 Cefn 100 / Girls 15-18 100 Backstroke**

|           | <b>Enw/ Name</b> | <b>Clwb / Club</b> |
|-----------|------------------|--------------------|
| 1af / 1st | Rebecca Gennard  | Nofio Harlech      |
| 2ail/ 2nd | Eve Burns-Thomas | Swim Swansea       |
| 3ydd/ 3rd | Hannah Davies    | Holywell SC        |

**Bechgyn 14 ac Iau Pili Pala 50 / Boys 14 & Under 50 Butterfly**

|           | <b>Enw/ Name</b>     | <b>Clwb / Club</b>           |
|-----------|----------------------|------------------------------|
| 1af / 1st | Joshua Lewis-Roberts | Nofio Harlech                |
| 2ail/ 2nd | Joel Goddard-Smith   | City of Bangor Swimming Club |
| 3ydd/ 3rd | Owen Jones           | Chirk Dragons Swimming Club  |

**Merched 14 ac Iau Pili Pala 50 / Girls 14 & Under 50 Butterfly**

|           | <b>Enw/ Name</b> | <b>Clwb / Club</b> |
|-----------|------------------|--------------------|
| 1af / 1st | Chelsey Cody     | Aberystwyth sc     |
| 2ail/ 2nd | Lewis Hopkins    | Swim Swansea       |
| 3ydd/ 3rd | Emma Williams    | Llantrisant Sharks |

**Bechgyn 15-18 Rhydd 50 / Boys 15-18 50 Freestyle**

|           | <b>Enw/ Name</b>      | <b>Clwb / Club</b> |
|-----------|-----------------------|--------------------|
| 1af / 1st | Ross Andrews          | City Of Newport    |
| 2ail/ 2nd | Alexander Scholefield | Abertillery        |
| 3ydd/ 3rd | Daniel Jervis         | Neath Asc          |

**Merched 15-18 Rhydd 50 / Girls 15-18 50 Freestyle**

|           | <b>Enw/ Name</b> | <b>Clwb / Club</b>          |
|-----------|------------------|-----------------------------|
| 1af / 1st | Hannah Davies    | Holywell SC                 |
| 2ail/ 2nd | Megan Davies     | Chirk Dragons Swimming Club |
| 3ydd/ 3rd | Bethan Sloan     | Bridgend County Swim Squad  |

**Bechgyn 14 ac Iau Cefn 100 / Boys 14 & Under 100 Backstroke**

|           | <b>Enw/ Name</b> | <b>Clwb / Club</b> |
|-----------|------------------|--------------------|
| 1af / 1st | Aaron Boswell    | Ruthin             |
| 2ail/ 2nd | Ryan Davidson    | Buckley            |
| 3ydd/ 3rd | Sion Kupsans     | Nofio Sir Gar      |



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### Bechgyn Amlanabledd Cefn 100 / Boys 100 Backstroke MD Multi-Class

|           | Enw/ Name       | Clwb / Club             |
|-----------|-----------------|-------------------------|
| 1af / 1st | Morgan Vaughan  | Swansea Valley          |
| 2ail/ 2nd | Liam Walsh      | Cardiff Active Aquatics |
| 3ydd/ 3rd | Matthew Edwards | Swansea Sharks          |

### Merched 14 ac iau Cefn 100 / Girls 14 & Under 100 Backstroke

|           | Enw/ Name      | Clwb / Club                   |
|-----------|----------------|-------------------------------|
| 1af / 1st | Rebecca Evans  | Heads of the Valleys Swimming |
| 2ail/ 2nd | Nadine James   | City of Cardiff Swimming Club |
| 3ydd/ 3rd | Bethany Harris | City Of Newport               |

### Merched Amlanabledd Cefn 100 / Girls 100 Backstroke MD Multi-Class

|           | Enw/ Name        | Clwb / Club       |
|-----------|------------------|-------------------|
| 1af / 1st | Bethan Roberts   | Denbigh Dragons   |
| 2ail/ 2nd | Carys Llewellyn  | Swansea Stingrays |
| 3ydd/ 3rd | Rebecca Donnelly | Bridgend Sharks   |

### Bechgyn 15 - 18 Broga 100 / Boys 15-18 100 Breaststroke

|           | Enw/ Name        | Clwb / Club        |
|-----------|------------------|--------------------|
| 1af / 1st | Matthew Fairless | Torfaen Swim Squad |
| 2ail/ 2nd | Daniel Jervis    | Neath Asc          |
| 3ydd/ 3rd | Dominic Bamsey   | Neath Asc          |

### Merched 15-18 Broga 100 / Girls 15-18 100 Breaststroke

|           | Enw/ Name          | Clwb / Club                   |
|-----------|--------------------|-------------------------------|
| 1af / 1st | Charlotte Lucas    | Buckley                       |
| 2ail/ 2nd | Rhiannon Middleton | City of Cardiff Swimming Club |
| 3ydd/ 3rd | Lewis Llewellyn    | Llantrisant Sharks            |

### Bechgyn 14 ac iau Rhydd 50 / Boys 14 & Under 50 Freestyle

|           | Enw/ Name              | Clwb / Club                  |
|-----------|------------------------|------------------------------|
| 1af / 1st | Joel Goddard-Smith     | City of Bangor Swimming Club |
| 2ail/ 2nd | Joshua Price           | Llanelli                     |
| 3ydd/ 3rd | Isaac Williamson-Evans | Aberystwyth sc               |

### Merched 14 ac iau Rhydd 50 / Girls 14 & Under 50 Freestyle

|           | Enw/ Name       | Clwb / Club                   |
|-----------|-----------------|-------------------------------|
| 1af / 1st | Rebecca Evans   | Heads of the Valleys Swimming |
| 2ail/ 2nd | Rebecca Dalling | Swim Swansea                  |
| 3ydd/ 3rd | Alice Watson    | City of Cardiff Swimming Club |

### Bechgyn 15-18 Cefn 50 / Boys 15-18 50 Backstroke

|           | Enw/ Name      | Clwb / Club                   |
|-----------|----------------|-------------------------------|
| 1af / 1st | James Flanigan | City of Cardiff Swimming Club |
| 2ail/ 2nd | Thomas Clarke  | Mold                          |
| 3ydd/ 3rd | Leon Lau       | Llanelli                      |

### Merched 15-18 Cefn 50 / Girls 15-18 50 Backstroke

|           | Enw/ Name           | Clwb / Club                   |
|-----------|---------------------|-------------------------------|
| 1af / 1st | Rebecca Gennard     | Nofio Harlech                 |
| 2ail/ 2nd | Samantha Wainwright | City of Cardiff Swimming Club |
| 3ydd/ 3rd | Rebecca McTavish    | City of Cardiff Swimming Club |

### Bechgyn 14 ac Iau Pili Pala 100 / Boys 14 & Under 100 Butterfly

|           | Enw/ Name               | Clwb / Club        |
|-----------|-------------------------|--------------------|
| 1af / 1st | Matthew Williams        | Torfaen Swim Squad |
| 2ail/ 2nd | Brandon Hill            | Wrexham S.C.       |
| 3ydd/ 3rd | Pratikshak Anthapurusha | Wrexham S.C.       |

### Merched 14 ac Iau Pili Pala 100 / Girls 14 & Under 100 Butterfly

|           | Enw/ Name         | Clwb / Club                |
|-----------|-------------------|----------------------------|
| 1af / 1st | Laura-Jayne Clark | Rhyl Dolphins              |
| 2ail/ 2nd | Elin Gordon       | Amman Valley Swimming Club |
| 3ydd/ 3rd | Emily Whiting     | City Of Newport            |

### Bechgyn 15-18 Rhydd 100 / Boys 15-18 100 Freestyle

|           | Enw/ Name             | Clwb / Club     |
|-----------|-----------------------|-----------------|
| 1af / 1st | Ross Andrews          | City Of Newport |
| 2ail/ 2nd | Daniel Jervis         | Neath Asc       |
| 3ydd/ 3rd | Alexander Scholefield | Abertillery     |

### Merched 15-18 Rhydd 100 / Girls 15-18 100 Freestyle

|           | Enw/ Name    | Clwb / Club                 |
|-----------|--------------|-----------------------------|
| 1af / 1st | Sarah Grange | Swim Swansea                |
| 2ail/ 2nd | Megan Davies | Chirk Dragons Swimming Club |
| 3ydd/ 3rd | Bethan Sloan | Bridgend County Swim Squad  |

### Bechgyn 14 ac Iau Broga 50 / Boys 14 & Under 50 Breaststroke

|           | Enw/ Name      | Clwb / Club                   |
|-----------|----------------|-------------------------------|
| 1af / 1st | Neal Allen     | Wrexham S.C.                  |
| 2ail/ 2nd | Tomos Yemm     | Abertillery                   |
| 3ydd/ 3rd | David Flanigan | City of Cardiff Swimming Club |



### Merched 14 ac Iau Broga 50 / Girls 14 & Under 50 Breaststroke

|           | Enw/ Name     | Clwb / Club                   |
|-----------|---------------|-------------------------------|
| 1af / 1st | Georgia Lee   | Buckley                       |
| 2ail/ 2nd | Harriet Jones | City of Cardiff Swimming Club |
| 3ydd/ 3rd | Emma Key      | City of Cardiff Swimming Club |

### Bechgyn 15-18 Pili Pala 50 / Boys 15-18 50 Butterfly

|           | Enw/ Name            | Clwb / Club                   |
|-----------|----------------------|-------------------------------|
| 1af / 1st | Ellis Pheasant-Green | City of Cardiff Swimming Club |
| 2ail/ 2nd | Leon Lau             | Llanelli                      |
| 3ydd/ 3rd | Samuel Lewis         | Pembrokeshire County Swimming |

### Merched 15-18 Pili Pala 50 / Girls 15-18 50 Butterfly

|           | Enw/ Name    | Clwb / Club           |
|-----------|--------------|-----------------------|
| 1af / 1st | Sian Parry   | Wrexham S.C.          |
| 2ail/ 2nd | Ruth Siddorn | Wrexham S.C.          |
| 3ydd/ 3rd | Chloe Hughes | Rhondda Swimming Club |



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Rygbi Dan 18 / Rugby Under 18 - 10/07/11  
Stadiwm Chwaraeon Rhyngwladol Caerdydd  
Cardiff International Sports Stadium



### Canlyniadau / Results

#### Cystadleuaeth Plat / Plate Competition

|             | Ysgol / School   |
|-------------|------------------|
| 1af / 1st:  | Coleg Llandrillo |
| 2ail / 2nd: | Ysgol Plasmawr   |

#### Cystadleuaeth Cwpan / Cup competition

|             | Ysgol / School  |
|-------------|-----------------|
| 1af / 1st:  | Monmouth School |
| 2ail / 2nd: | Coleg Sir Gar   |



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Triathlon 10/07/11

Canolfan Hamdden Maendy  
Maindy Leisure Centre



Canlyniadau / Results

Bechgyn / Boys

|           | Enw           |               |
|-----------|---------------|---------------|
| 1af / 1st | Deri Stewart  | Neath         |
| 2ail/ 2nd | Ieuan Cooke   | Haverfordwest |
| 3ydd/ 3rd | Michael Lewis | Cwmbran       |

Genethod / Girls

|           | Enw              |               |
|-----------|------------------|---------------|
| 1af / 1st | Megan Withers    | Haverfordwest |
| 2ail/ 2nd | Caitlin Thompson | Haverfordwest |
| 3ydd/ 3rd | Ffion-Haf Harret | Neath         |



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Pel-rwyd / Netball - 10/07/11  
NIAC , UWIC



### Canlyniadau / Results

#### Pel-rwyd / Netball - Dan U18 / U18's

##### Cystadleuaeth Plat / Plate Competition

|           | Ysgol / School                                   |
|-----------|--------------------------------------------------|
| 1af / 1st | Ysgol Gymraeg Plasmawr                           |
| 2ail/ 2nd | Ysgol Gyfun Olchfa / Olchfa Comprehensive School |

##### Cystadleuaeth Cwpan / Cup competition

|           | Ysgol / School                                             |
|-----------|------------------------------------------------------------|
| 1af / 1st | Ysgol Gyfun Gwyr                                           |
| 2ail/ 2nd | Ysgol Uwchradd Corpus Christi / Corpus Christi High School |



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