

**YSGOL GYFUN GWYNLLYM**

**Medi 4ydd**

**MABOLGAMPAU 2015**

**Stadium Spytty**  
9.00am - 2.30pm.

## SWYDDOGION

Llywydd	Mr H.E.Griffiths
Dechreuwyr	Mr G. James, Dr. H. Tallis
Cyhoeddwr	Mr R.Davies
Dyfarnwr	Mr G. Hughes
Clerc y Maes	Mr G. Morris (Disgen, Pwysau, Gwaywffon), Miss E. Huxtable (N.Uchel, N.Hir, N.Trifflyg).
Recordwyr	Ms Rh. W. Dafydd, Mrs A. Williams, Mrs C. Leader, Mrs C. Jenkins
Prif Stiward	Miss R. Willis.
Stiwardiaid y Trac	Mrs L. Jones, Miss M. Roberts, Miss B. Hurley Mrs G. James, Miss T. Harris.
Amserwr	Mr D.Bellis
Sgorwraig	Mrs N. Wade
Naid Hir	Mr. D. Owen, Mr. A. Jenkins, Miss Ll. Davies, Miss K Evans
Naid Trifflyg	Mr O. Williams, Mr L John, Miss S. Jenkins, Mrs A Davies
Naid Uchel	Mrs N. Marcico, Mr H. Williams, Mrs N. Goode, Mr L. Thomas
Pwysau	Mr I. Lewis, Mrs J. Browne, Miss N.F. Jones, Mr. D. Davies
Disgen	Mr E.Lewis, Mrs B Frost, Mrs Rh. Cigelski, Miss K. Thomas
Gwaywffon	Mr G. Evans , Mrs H. Hook, Miss D. Jones, Mrs Rh. England
Ffotograffwyr	Mr D. Owens
Ras Gyfnewid	( Bocs 1 ) ( Bocs 2 ) ( Bocs 3 )

### RHEOLAU

- 3 o bob llys i gystadlu ymhob cystadleuaeth ar wahan i'r 100m,200m, 300m a 400m.
- Hawl gan unigolyn i gystadlu mewn 4 cystadleuaeth ( ond nid 4 maes / 4 trac yn unig ). Mae'r ras gyfnewid yn ychwanegol.
- MARCIAU

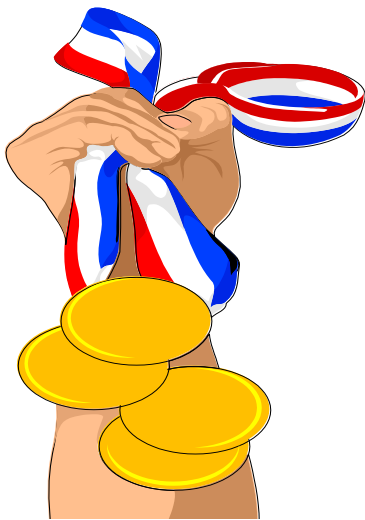
<b>1af</b>	<b>2ail</b>	<b>3ydd</b>	<b>4ydd</b>	<b>5ed</b>	<b>6ed</b>	<b>7fed</b>	<b>8fed</b>	<b>9fed</b>	<b>10fed</b>	<b>11eg</b>	<b>12fed</b>
<b>10</b>	<b>8</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>

- Pawb sy'n torri record yn cael **5 pwynt** ychwanegol.
- Unrhyw amheuaeth, y Dyfarnwr sy'n penderfynu'r canlyniad.
- Mae cystadleuaeth trac yn cymeryd blaenoriaeth dros cystadleuaeth maes.

## **RHAGLEN Y DYDD.**

<b>9:30am</b>	<b>300m</b>	<b>Merched Bl 7</b>
	<b>300m</b>	<b>Bechgyn Bl 7</b>
	<b>300m</b>	<b>Merched Bl 8</b>
	<b>300m</b>	<b>Bechgyn Bl 8</b>
	<b>300m</b>	<b>Merched Bl 9</b>
<b>9:50am</b>	<b>400m</b>	<b>Bechgyn Bl 9</b>
	<b>400m</b>	<b>Merched Bl 10</b>
	<b>400m</b>	<b>Bechgyn Bl 10</b>
	<b>400m</b>	<b>Merched Bl 11/12/13</b>
	<b>400m</b>	<b>Bechgyn Bl 11/12/13</b>
<b>10:15am</b>	<b>1500m</b>	<b>Merched Bl 7</b>
	<b>1500m</b>	<b>Bechgyn Bl 7</b>
	<b>1500m</b>	<b>Merched Bl 8</b>
	<b>1500m</b>	<b>Bechgyn Bl 8</b>
	<b>1500m</b>	<b>Merched Bl 9</b>
	<b>1500m</b>	<b>Bechgyn Bl 9</b>
	<b>1500m</b>	<b>Merched Bl 10</b>
	<b>1500m</b>	<b>Bechgyn Bl 10</b>
	<b>1500m</b>	<b>Merched Bl 11/12/13</b>
	<b>1500m</b>	<b>Bechgyn Bl 11/12/13</b>
<b>11:15am</b>	<b>100m</b>	<b>Merched Bl 7</b>
	<b>100m</b>	<b>Bechgyn Bl 7</b>
	<b>100m</b>	<b>Merched Bl 8</b>
	<b>100m</b>	<b>Bechgyn Bl 8</b>
	<b>100m</b>	<b>Merched Bl 9</b>
	<b>100m</b>	<b>Bechgyn Bl 9</b>
	<b>100m</b>	<b>Merched Bl 10</b>
	<b>100m</b>	<b>Bechgyn Bl 10</b>
	<b>100m</b>	<b>Merched Bl 11/12/13</b>
	<b>100m</b>	<b>Bechgyn Bl 11/12/13</b>
<b>11:45pm</b>	<b>800m</b>	<b>Merched Bl 7</b>
	<b>800m</b>	<b>Bechgyn Bl 7</b>
	<b>800m</b>	<b>Merched Bl 8</b>
	<b>800m</b>	<b>Bechgyn Bl 8</b>
	<b>800m</b>	<b>Merched Bl 9</b>
	<b>800m</b>	<b>Bechgyn Bl 9</b>
	<b>800m</b>	<b>Merched Bl 10</b>
	<b>800m</b>	<b>Bechgyn Bl 10</b>
	<b>800m</b>	<b>Merched Bl 11/12/13</b>
	<b>800m</b>	<b>Bechgyn Bl 11/12/13</b>
<b>12:30pm</b>	<b>200m</b>	<b>Merched Bl 7</b>
	<b>200m</b>	<b>Bechgyn Bl 7</b>
	<b>200m</b>	<b>Merched Bl 8</b>
	<b>200m</b>	<b>Bechgyn Bl 8</b>
	<b>200m</b>	<b>Merched Bl 9</b>
	<b>200m</b>	<b>Bechgyn Bl 9</b>
	<b>200m</b>	<b>Merched Bl 10</b>
	<b>200m</b>	<b>Bechgyn Bl 10</b>
	<b>200m</b>	<b>Merched Bl 11/12/13</b>
	<b>200m</b>	<b>Bechgyn Bl 11/12/13</b>

<b>1:00pm</b>	<b>Ras Gyfnewid 4 x 100m</b>	<b>Merched Bl 7 Bechgyn Bl 7 Merched Bl 8 Bechgyn Bl 8 Merched Bl 9 Bechgyn Bl 9 Merched Bl 10 Bechgyn Bl 10 Merched Bl 11/12/13 Bechgyn Bl 11/12/13 Athrawon</b>
<b>2.00pm</b>	<b>GWOBRWYO</b>	



# Y MAES

	Naid Uchel	Naid Hir	Pwysau	Gwaywffon	Disgen	Naid Trifflyg
9.30am	10B	7B	8M (2.72kg)	11/12/13M (600g)	9B (1.25kg)	11/12/13B
9.55am	7M	8B	10B (4kg)	9M (600g)	11/12/13B (1.5kg)	11/12/13M
10.20am	8M	11/12/13M	7B (3.25kg)	10M (600g)	7M (1.00kg)	9B
10.45am	9B	9M	11/12/13B (5kg)	8M (600g)	10B (1.25kg)	7M
11.10am	7B	7M	9M (3.25kg)	9B (600g)	10M (1.00kg)	8B
11.35am	11/12/13M	10B	10M (3.25kg)	11/12/13B (700g)	8B (1.00kg)	7B
12.00pm	8B	11/12/13B	7M (2.72kg)	10B (600g)	9M (1.00kg)	10M
12.20pm	10M	8M	9B (4kg)	8B (600g)	7B (1.00kg)	9M
12.45pm	11/12/13B	9B	11/12/13M (4kg)	7B (600g)	8M (1.00kg)	10B
1.05pm	9M	10M	8B (3.25kg)	7M (600g)	11/12/13M (1.00kg)	8M

## RECORDIAU

Merched Bl 7	Clwydi	C.Puddy	13.36e	2004
	100m	B. Powell	13.26e	2013
	200m	E. Davies	27.63e	2014
	300m	S.Lock	47.51e	2003
	800m	B.Doman	2m 48e	2004
	1500m	M.Lewis	5.52e	2002
	Ras Gyfnewid	Rhymni	59.57e	2013
	Disgen	A.James	16.75m	1998
	Gwaywffon	C. Morgan	17.61m	2013
	Pwysau	K. Brown	7.10m	2014
	Naid Uchel	E. Davies	1.36m	2014
	Naid Hir	E. Davies	4.47m	2014
	Naid Trifflwg	H. Brown	8.24m	2012

Merched Bl 8	Clwydi	K.Shaunessy	13.67e	2001
	100m	B. Powell	12.56e	2014
	200m	B. Powell	26.81e	2014
	300m	S.Lock	46.09e	2004
	800m	Ff.Roberts	2m 27e	1996
	1500m	B. Doman	5m 15e	2005
	Ras Gyfnewid	Rhymni	58.36e	2013
	Disgen	T. Morgan	16.36m	2014
	Gwaywffon	C. Morgan	22.82m	2014
	Pwysau	K.Othen a C. Morgan	7.88m	1993 a 2014
	Naid Uchel	C. Morgan	1.45m	2014
	Naid Trifflwg	E. Williams	8.28m	2011
	Naid Hir	L.Roberts	4.85m	1995

Merched Bl 9	Clwydi	A.Cook	13.47e	2004
	100m	G.Lloyd	12.97e	1994
	200m	L. Thomas	27.08e	2013
	300m	L.Lewis	46.32e	2003
	800m	B.Doman	2m35e	2006
	1500m	B.Doman	5m 14e	2006
	Ras Gyfnewid	Rhymni	56.22e	2013
	Disgen	C.Williams	22.10m	2004
	Gwaywffon	L.Winstanley	22.29m	1999
	Pwysau	K. Hood	8.90m	2012
	Naid Uchel	S.Lock	1.36m	2005
	Naid Hir	Ff.Roberts	4.53m	1997
	Naid Trifflwg	B.Doman	8.52m	2006

Merched Bl 10	Clwydi	L.Roberts	12.69e	1997
	100m	L.Roberts	12.62e	1997
	200m	L.Roberts	26.8e	1997
	400m	Ff.Thomas	66.07e	2006
	800m	B. Woods	2m 34e	2005
	1500m	B.Doman	5m15e	2007
	Ras Gyfnewid	Rhymni	57.80e	2007
	Disgen	H. Morgan	28.98m	2013
	Gwaywffon	E. Winstanley	24.66m	2000
	Pwysau	G.Lloyd	10.24m	1995
	Naid Uchel	S.Lock	1.41m	2006
	Naid Hir	G.Lloyd	4.60m	1995
	Naid Trifflwg	K.Sweet	9.85m	2003

<b>Merched Bl 11,12 &amp;13</b>	<b>Clwydi</b>	<b>Ff. Roberts</b>	<b>20.57</b>	<b>2000</b>
	<b>100m</b>	<b>G.Lloyd</b>	<b>12.44e</b>	<b>1996</b>
	<b>200m</b>	<b>L.Lewis</b>	<b>27.41e</b>	<b>2006</b>
	<b>400m</b>	<b>L.Lewis</b>	<b>68.57e</b>	<b>2006</b>
	<b>800m</b>	<b>A.Edwards</b>	<b>2m50e</b>	<b>2003</b>
	<b>1500m</b>	<b>A.Doman</b>	<b>5m 20e</b>	<b>2007</b>
	<b>Ras Gyfnewid</b>	<b>Llwyd</b>	<b>58.86e</b>	<b>2003</b>
	<b>Disgen</b>	<b>H. Morgan</b>	<b>29.76m</b>	<b>2014</b>
	<b>Gwaywffon</b>	<b>M.Skarratts</b>	<b>20.33m</b>	<b>2007</b>
	<b>Pwysau</b>	<b>G.Lloyd</b>	<b>8.62m</b>	<b>1996</b>
	<b>Naid Uchel</b>	<b>R.Evans</b>	<b>1.35m</b>	<b>2001</b>
	<b>Naid Hir</b>	<b>L.Brewer</b>	<b>3.95m</b>	<b>2001</b>
	<b>Naid Trifflwg</b>	<b>L.Brewer</b>	<b>9.35m</b>	<b>2001</b>

<b>Bechgyn Bl 7</b>	<b>Clwydi</b>	<b>Rh.Kent</b>	<b>12.95e</b>	<b>2003</b>
	<b>100m</b>	<b>D. Snelling</b>	<b>12.57e</b>	<b>2011</b>
	<b>200m</b>	<b>D. Snelling</b>	<b>25.50e</b>	<b>2011</b>
	<b>300m</b>	<b>J.Everitt</b>	<b>43.5e</b>	<b>2004</b>
	<b>800m</b>	<b>G.Hill</b>	<b>2m 29e</b>	<b>2007</b>
	<b>1500m</b>	<b>Remi</b>	<b>5m 08e</b>	<b>2013</b>
	<b>Ras Gyfnewid</b>	<b>Wysg</b>	<b>58.53e</b>	<b>2010</b>
	<b>Disgen</b>	<b>B. Sullivan</b>	<b>24.39m</b>	<b>2012</b>
	<b>Gwaywffon</b>	<b>I.Mackay</b>	<b>30.15m</b>	<b>2010</b>
	<b>Pwysau</b>	<b>B. Sullivan</b>	<b>11.00m</b>	<b>2012</b>
	<b>Naid Uchel</b>	<b>G.Hill</b>	<b>1.41m</b>	<b>2007</b>
	<b>Naid Hir</b>	<b>L.Gravenor</b>	<b>4.47m</b>	<b>2009</b>
	<b>Naid Trifflwg</b>	<b>Rh.Kent</b>	<b>9.75m</b>	<b>2003</b>

<b>Bechgyn Bl 8</b>	<b>Clwydi</b>	<b>I.Combes</b>	<b>11.63e</b>	<b>2003</b>
	<b>100m</b>	<b>J. Everitt</b>	<b>11.78e</b>	<b>2005</b>
	<b>200m</b>	<b>J. Everitt</b>	<b>24.56e</b>	<b>2005</b>
	<b>300m</b>	<b>S. Winter</b>	<b>41.89e</b>	<b>2013</b>
	<b>800m</b>	<b>J. Ford</b>	<b>2m 22e</b>	<b>2011</b>
	<b>1500m</b>	<b>I.Mackay</b>	<b>5m 0e</b>	<b>2011</b>
	<b>Ras Gyfnewid</b>	<b>Wysg</b>	<b>54.32e</b>	<b>2011</b>
	<b>Disgen</b>	<b>T.Aviss</b>	<b>25.72m</b>	<b>2006</b>
	<b>Gwaywffon</b>	<b>I. Mackay</b>	<b>36.60m</b>	<b>2011</b>
	<b>Pwysau</b>	<b>B. Sullivan</b>	<b>11.22m</b>	<b>2013</b>
	<b>Naid Uchel</b>	<b>G.Palmer</b>	<b>1.55m</b>	<b>1993</b>
	<b>Naid Hir</b>	<b>S. Winter</b>	<b>5.11m</b>	<b>2013</b>
	<b>Naid Trifflwg</b>	<b>S. Winter</b>	<b>10.79m</b>	<b>2013</b>

<b>Bechgyn Bl 9</b>	<b>Clwydi</b>	<b>I.Coombes</b>	<b>12.61e</b>	<b>2004</b>
	<b>100m</b>	<b>J. Everitt</b>	<b>11.36e</b>	<b>2006</b>
	<b>200m</b>	<b>L. Gravenor</b>	<b>23.63e</b>	<b>2011</b>
	<b>400m</b>	<b>J. Ford</b>	<b>55.77e</b>	<b>2012</b>
	<b>800m</b>	<b>I.Mackay</b>	<b>2m 19e</b>	<b>2012</b>
	<b>1500m</b>	<b>D. Lewis</b>	<b>4m 48e</b>	<b>2000</b>
	<b>Ras Gyfnewid</b>	<b>Llwyd</b>	<b>51.64e</b>	<b>2004</b>
	<b>Disgen</b>	<b>W.Price</b>	<b>34.47m</b>	<b>1991</b>
	<b>Gwaywffon</b>	<b>I. Mackay</b>	<b>42.05m</b>	<b>2012</b>
	<b>Pwysau</b>	<b>N.Copeman</b>	<b>12.91m</b>	<b>1995</b>
	<b>Naid Uchel</b>	<b>R.Lewis</b>	<b>1.65m</b>	<b>1992</b>
	<b>Naid Hir</b>	<b>L. Lewis</b>	<b>5.45m</b>	<b>2011</b>
	<b>Naid Trifflwg</b>	<b>L. Lewis</b>	<b>11.83m</b>	<b>2011</b>

<b>Bechgyn Bl 10</b>	<b>Clwydi</b>	<b>Z.Timmins</b>	<b>12.64e</b>	<b>2002</b>
	<b>100m</b>	<b>J.Peake</b>	<b>11.25e</b>	<b>2010</b>
	<b>200m</b>	<b>M.Lewis</b>	<b>23.44e</b>	<b>2002</b>
	<b>400m</b>	<b>M.Lewis</b>	<b>53.42e</b>	<b>2002</b>
	<b>800m</b>	<b>E.Wynne</b>	<b>2m 18.32e</b>	<b>2010</b>
	<b>1500m</b>	<b>R.N. Jones</b>	<b>4m35e</b>	<b>2000</b>
	<b>Ras Gyfnewid</b>	<b>Llwyd</b>	<b>49.78e</b>	<b>2010</b>
	<b>Disgen</b>	<b>O.Matthews</b>	<b>41.23m</b>	<b>2001</b>
	<b>Gwaywffon</b>	<b>J.Peake</b>	<b>42.60m</b>	<b>2010</b>
	<b>Pwysau</b>	<b>L. White</b>	<b>11.65m</b>	<b>2011</b>
	<b>Naid Uchel</b>	<b>R.Lewis</b>	<b>1.71m</b>	<b>1993</b>
	<b>Naid Hir</b>	<b>L. Lewis</b>	<b>5.95m</b>	<b>2012</b>
	<b>Naid Trifflwg</b>	<b>L. Lewis</b>	<b>12.10m</b>	<b>2012</b>

<b>Bechgyn Bl 11,12 &amp;13</b>	<b>Clwydi</b>	<b>Z.Timmins</b>	<b>11.85e</b>	<b>2003</b>
	<b>100m</b>	<b>Rh.Lloyd</b>	<b>11.16e</b>	<b>2003</b>
	<b>200m</b>	<b>Rh.Lloyd</b>	<b>23.01e</b>	<b>2003</b>
	<b>400m</b>	<b>E. Wynne</b>	<b>54.70e</b>	<b>2011</b>
	<b>800m</b>	<b>E. Wynne</b>	<b>2m01e</b>	<b>2012</b>
	<b>1500m</b>	<b>E.Penny</b>	<b>4m13e</b>	<b>2011</b>
	<b>Ras Gyfnewid</b>	<b>Rhymni</b>	<b>50.05e</b>	<b>2003</b>
	<b>Disgen</b>	<b>L.Jones</b>	<b>30.76m</b>	<b>2010</b>
	<b>Gwaywffon</b>	<b>A.Steed</b>	<b>38.26m</b>	<b>2009</b>
	<b>Pwysau</b>	<b>L.Jones</b>	<b>11.66m</b>	<b>2010</b>
	<b>Naid Uchel</b>	<b>L. Lewis</b>	<b>1.71m</b>	<b>2013</b>
	<b>Naid Hir</b>	<b>L. Lewis</b>	<b>5.79m</b>	<b>2013</b>
	<b>Naid Trifflwg</b>	<b>L. Lewis</b>	<b>12.54m</b>	<b>2013</b>

<b>Athrawon</b>	<b>Ras Gyfnewid</b>	<b>Rhymni</b>	<b>53.70e</b>	<b>2006</b>
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