

**YSGOL GYFUN GWYNLLYM**

**Gorffennaf y 18fed**

**MABOLGAMPAU 2017**

Stadium Spytty

### SWYDDOGION

Llywydd	Mr H.E.Griffiths
Dechreuwyr	Mr G. James, Dr. H. Tallis
Cyhoeddwyr	Mr R.Davies, Mr I. Thomas, Miss H. Thomas
Dyfarnwr	Mr G. Hughes
Clerc y Maes	Miss Rh. Howell (Disgen, Pwysau, Gwaywffon), Miss E. Huxtable (N.Uchel, N.Hir, N.Trifflyg).
Recordwyr	Mrs C. Leader, Mrs C Jenkins, Mr M. Davies
Prif Stiward	Mrs S. Roberts, Miss G. Clarke
Stiwardiaid y Trac	Y Cynorthwywyr
Amserwr	Mr D.Bellis
Sgoriwr	Mr J. Richards
Naid Hir	Mrs A. Davies, Miss C. Price (Ayrton Mullins, Tom Davey )
Naid Trifflyg	Mr H Williams, Miss B Morgan
Naid Uchel	Miss A. Jones, Mr L. John (Polly Bridges, Ellie Fitzgerald )
Pwysau	Mr D. Jones, Miss Ff. Jones (Ella Summers, Bethan Turner, Alex Round )
Disgen	Mr T. Rose, Miss M. Price ( Jack Dereck, Scott Winter)
Gwaywffon	Mr G. Evans, Miss D. Jones (Louis Davies Cren, Rhys Rudge)
Ffotograffwyr	Mr D. Owens, Mr R. Richardson
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.

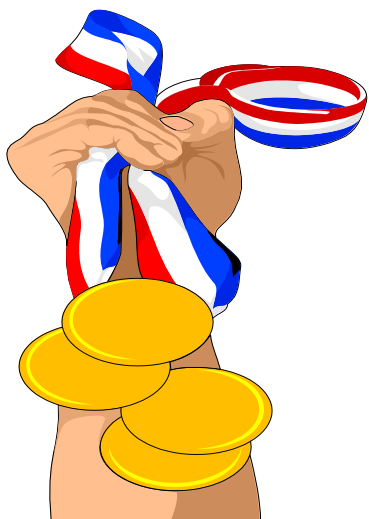
5. Unrhyw amheuaeth, y Dyfarnwr sy'n penderfynu'r canlyniad.

6. Mae cystadleuaeth trac yn cymeryd blaenoriaeth dros cystadleuaeth maes.

## **RHAGLEN Y DYDD.**

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

	200m	Bechgyn BI 8
	200m	Merched BI 9
	200m	Bechgyn BI 9
	200m	Merched BI 10
	200m	Bechgyn BI 10
	200m	Merched BI 11/12/13
	200m	Bechgyn BI 11/12/13
1:00pm	Ras Gyfnewid	Merched BI 7
	4 x 100m	Bechgyn BI 7
		Merched BI 8
		Bechgyn BI 8
		Merched BI 9
		Bechgyn BI 9
		Merched BI 10
		Bechgyn BI 10
		Merched BI 11/12/13
		Bechgyn BI 11/12/13
		Athrawon
2.00pm	<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)	10B
10.45am	9B	9M	11/12/13B (5kg)	8M (600g)	10B (1.25kg)	
11.10am	7B	7M	9M (3.25kg)	9B (600g)	10M (1.00kg)	
11.35am	11/12/13M	10B	10M (3.25kg)	11/12/13B (700g)	8B (1.00kg)	
12.00pm	8B	11/12/13B	7M (2.72kg)	10B (600g)	9M (1.00kg)	
12.20pm	10M	8M	9B (4kg)	8B (600g)	7B (1.00kg)	
12.45pm	11/12/13B	9B	11/12/13M (4kg)	7B (600g)	8M (1.00kg)	
1.05pm	9M	10M	8B (3.25kg)	7M (600g)	11/12/13M (1.00kg)	

## RECORDIAU

Merched BI 7	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 BI 8	100m	B. Powell	12.56e	2014
	200m	B. Powell	26.81e	2014
	300m	M. Ovey	45.49e	2016
	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	H. Evans	8.38m	2016
	Naid Hir	L.Roberts	4.85m	1995

Merched BI 9	100m	B.Powell	12.69e	2015
	200m	B.Powell	26.85e	2015
	300m	C. Morgan	45.94e	2015
	800m	B.Doman	2m35e	2006
	1500m	B.Doman	5m 14e	2006
	Ras Gyfnewid	Rhymni	56.22e	2013
	Disgen	C.Williams	22.10m	2004
	Gwaywffon	C. Morgan	23.74m	2015
	Pwysau	K. Hood	8.90m	2012
	Naid Uchel	C. Morgan	1.45m	2015
	Naid Hir	Ff.Roberts	4.53m	1997
	Naid Trifflwg	B.Doman	8.52m	2006

Merched BI 10	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	C. Morgan	29.28m	2016

	Pwysau	G.Lloyd	10.24m	1995
	Naid Uchel	C. Morgan	1.43m	2016
	Naid Hir	G.Lloyd	4.60m	1995
	Naid Trifflyg	K.Sweet	9.85m	2003

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

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

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

Bechgyn Bl 9	100m	J. Everitt	11.36e	2006
	200m	L. Gravenor	23.63e	2011
	400m	J. Ford	55.77e	2012
	800m	I.Mackay	2m 19e	2012
	1500m	D. Lewis	4m 48e	2000
	Ras Gyfnewid	Rhymni	51.38e	2016
	Disgen	W.Price	34.47m	1991
	Gwaywffon	I. Mackay	42.05m	2012
	Pwysau	N.Copeman	12.91m	1995
	Naid Uchel	R.Lewis	1.65m	1992
	Naid Hir	L. Lewis	5.45m	2011
	Naid Trifflyg	L. Lewis	11.83m	2011

Bechgyn Bl 10	100m	J.Peake	11.25e	2010
	200m	M.Lewis	23.44e	2002
	400m	M.Lewis	53.42e	2002
	800m	R. Adebiji	2m 13.09e	2016
	1500m	R. Adebiji	4m26.63e	2016
	Ras Gyfnewid	Llwyd	49.78e	2010
	Disgen	O.Matthews	41.23m	2001
	Gwaywffon	J.Peake	42.60m	2010
	Pwysau	B. Sullivan	11.70m	2015
	Naid Uchel	R.Lewis	1.71m	1993
	Naid Hir	L. Lewis	5.95m	2012
	Naid Trifflwg	L. Lewis	12.10m	2012

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

Athrawon	Ras Gyfnewid	Rhymni	53.70e	2006
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**Dyletswydd o dan yr eisteddle a'r allanfa**

9:30-10:00	Gwyddoniaeth
10:00-10:30	Cymraeg
10:30-11:00	Saesneg
11:00-11:30	Cynorthwyyr
11:30-12:00	Hanes/Daearyddiaeth
12:30-13:00	Add. Gref./Cerdd
13:00-13:30	Maths
13:30-14:00	Ieithoedd Modern
14:00-14:30	Technoleg





