

**NAS/UWT Cup Match – Brianne Schools @ Carmarthen Athletics  
Track, Johnstown**

**Wednesday 7<sup>th</sup> June - Results / Dydd Mercher 7fed Mehefin –  
Canlyniadau**

**Junior Girls (School Years 7 & 8)**

**70 metres Hurdles / 70 metr dros y clwydi**

| Position / Safle | Name / Enw       | School / Ysgol    | Time / Amser |
|------------------|------------------|-------------------|--------------|
| 1                | Emily Thomas     | Bro Myrddin       | N/A          |
| 2                | Sadie-May Mason  | QE High           | N/A          |
| 3                | Jasmine Venables | Maes Y Gwendraeth | N/A          |
| 4                | Bethan Nicholas  | Bro Dinefwr       | N/A          |
| 5                | Seren Williams   | Dyffryn Aman      | N/A          |
| 6                | Olivia Disney    | Dyffryn Taf       | N/A          |

**1500 metres / 1500 metr**

| Position / Safle | Name / Enw      | School / Ysgol     | Time / Amser |
|------------------|-----------------|--------------------|--------------|
| 1                | Kasia Cook      | Llandovery College | 5.28.0       |
| 2                | Betsan Thomas   | Bro Myrddin        | 5.42.0       |
| 3                | Zara Price      | Bro Dinefwr        | 5.49.0       |
| 4                | Clara James     | Maes Y Gwendraeth  | 5.52.0       |
| 5                | Monica Matthews | QE High            | N/A          |
| 6                | Gwennan Wright  | Dyffryn Taf        | N/A          |
| 7                | Megan Roberts   | Dyffryn Aman       | N/A          |

**200 metres / 200 metr**

| Position / Safle | Name / Enw           | School / Ysgol    | Time / Amser |
|------------------|----------------------|-------------------|--------------|
| 1                | Ellie Loweth         | QE High           | 28.5         |
| 2                | Lucy Davies          | Bro Myrddin       | 30.3         |
| 3                | Lilly Mai Davies     | Maes Y Gwendraeth | 31.0         |
| 4                | Chloe Deschoclmaffar | Dyffryn Taf       | 31.4         |
| 5                | Megan Locke          | Bro Dinefwr       | 31.7         |
| 6                | Megan Rees           | Dyffryn Aman      | 32.1         |

**300 metres / 300 metr**

| Position / Safle | Name / Enw   | School / Ysgol      | Time / Amser |
|------------------|--------------|---------------------|--------------|
| 1                | Ffion Smith  | Llandoverly College | 51.4         |
| 2                | Lowri Gibson | Dyffryn Aman        | 51.7         |
| 3                | Anna Heath   | QE High             | 52.4         |
| 4                | Alana Lewis  | Bro Dinefwr         | 59.9         |
| 5                | Carina Sidhu | Bro Myrddin         | 53.4         |
| 6                | Awen Roberts | Maes Y Gwendraeth   | 53.9         |

**100 metres / 100 metr**

| Position / Safle | Name / Enw    | School / Ysgol      | Time / Amser |
|------------------|---------------|---------------------|--------------|
| 1                | Thaia Davies  | Maes Y Gwendraeth   | N/A          |
| 2                | Cadi Williams | Dyffryn Taf         | N/A          |
| 3                | Seren James   | Bro Myrddin         | N/A          |
| 4                | Nia Williams  | Bro Dinefwr         | N/A          |
| 5                | Eden Blake    | Dyffryn Aman        | N/A          |
| 6                | Halle Wright  | Llandoverly College | N/A          |
| 7                | Nina Govara   | QE High             | N/A          |

**800 metres / 800 metr**

| Position / Safle | Name / Enw       | School / Ysgol      | Time / Amser |
|------------------|------------------|---------------------|--------------|
| 1                | Daisy Thompson   | Bro Myrddin         | 2.28.0       |
| 2                | Phoebe Davis     | Bro Dinefwr         | 2.37.0       |
| 3                | Carys Hughes     | Dyffryn Taf         | 2.59.0       |
| 4                | Meg Jones        | Dyffryn Aman        | 3.02.0       |
| 5                | Tabitha Harrison | QE High             | 3.05.0       |
| 6                | Myfanwy Lewis    | Maes Y Gwendraeth   | 3.10.0       |
| 7                | Molly Pearce     | Llandoverly College | 3.21.0       |

**4 x 100 metres Relay / 4 x 100m Cyfnewid**

| Position / Safle |  | School / Ysgol      | Time / Amser |
|------------------|--|---------------------|--------------|
| 1                |  | Bro Dinefwr         | 56.9         |
| 2                |  | Bro Myrddin         | 57.1         |
| 3                |  | QE High             | 58.1         |
| 4                |  | Dyffryn Aman        | 58.4         |
| 5                |  | Dyffryn Taf         | 58.7         |
| 6                |  | Maes Y Gwendraeth   | 59.9         |
| 7                |  | Llandoverly College | 61.3         |

### Discus / Disgen

| Position / Safle | Name / Enw     | School / Ysgol      | Best / Gorau |
|------------------|----------------|---------------------|--------------|
| 1                | Ffion Smith    | Llandoverly College | 19.55m       |
| 2                | Anna Heath     | QE High             | 18.38m       |
| 3                | Ella Morris    | Dyffryn Aman        | 15.95m       |
| 4                | Ellie Davies   | Bro Dinefwr         | 15.08m       |
| 5                | Izzy Wright    | Dyffryn Taf         | 15.05m       |
| 6                | Etianne Morgan | Maes Y Gwendraeth   | 14.68m       |
| 7                | Leia Thomas    | Bro Myrddin         | 13.79m       |

### Long Jump / Naid Hir

| Position / Safle | Name / Enw       | School / Ysgol      | Best / Gorau |
|------------------|------------------|---------------------|--------------|
| 1                | Ellie Loweth     | QE High             | 4.15m        |
| 2                | Ffion Hudson     | Bro Dinefwr         | 3.94m        |
| 3                | Meg Jones        | Dyffryn Aman        | 3.76m        |
| 4                | Jasmine Venables | Maes Y Gwendraeth   | 3.69m        |
| 5                | Cadi Williams    | Dyffryn Taf         | 3.65m        |
| 6                | Carina Sidhu     | Bro Myrddin         | 3.51m        |
| 7                | Beau Lawrence    | Llandoverly College | 3.23m        |

### High Jump / Naid Uchel

| Position / Safle | Name / Enw      | School / Ysgol      | Best / Gorau |
|------------------|-----------------|---------------------|--------------|
| 1                | Phoebe Davis    | Bro Dinefwr         | 1.40m        |
| 2                | Ella Davies     | Dyffryn Taf         | 1.33m        |
| 3                | Amber McIsaac   | QE High             | 1.33m        |
| 4                | Betsan Campbell | Bro Myrddin         | 1.25m        |
| 5                | Rosie McGratta  | Dyffryn Aman        | 1.20m        |
| 6                | Lilly Templeton | Maes Y Gwendraeth   | 1.05m        |
| 7                | Molly Pearce    | Llandoverly College | 1.05m        |

### Shot Put / Taflu'r Pwysau

| Position / Safle | Name / Enw    | School / Ysgol      | Best / Gorau |
|------------------|---------------|---------------------|--------------|
| 1                | Nia Williams  | Bro Dinefwr         | 9.68m        |
| 2                | Jasmine Price | Maes Y Gwendraeth   | 8.91m        |
| 3                | Carys Hughes  | Dyffryn Taf         | 6.92m        |
| 4                | Amy Hughes    | QE High             | 6.90m        |
| 5                | Ffion Talbot  | Bro Myrddin         | 6.74m        |
| 6                | Lowri Gibson  | Dyffryn Aman        | 6.17m        |
| 7                | Sophie Petrie | Llandoverly College | 5.90m        |

## Javelin / Gwaywffon

| Position / Safle | Name / Enw      | School / Ysgol      | Best / Gorau |
|------------------|-----------------|---------------------|--------------|
| 1                | Holie Wright    | Llandoverly College | 19.71m       |
| 2                | Lowri Elias     | Maes Y Gwendraeth   | 19.62m       |
| 3                | Abbie Thomas    | QE High             | 19.33m       |
| 4                | Bethan Nicholas | Bro DInefwr         | 17.93m       |
| 5                | Celyn Thomas    | Bro Myrddin         | 15.35m       |
| 6                | Tegan Barnett   | Dyffryn Aman        | 12.74m       |
| 7                | Poppy Jenkins   | Dyffryn Taf         | 10.55m       |

## Junior Boys (School Years 7 & 8)

### 75 metres Hurdles / 75 metr dros y clwydi

| Position / Safle | Name / Enw         | School / Ysgol      | Time / Amser |
|------------------|--------------------|---------------------|--------------|
| 1                | Cameron Simpson    | Bro Dinefwr         | N/A          |
| 2                | Joseph Hollis      | QE High             | N/A          |
| 3                | Harry Fuller       | Dyffryn Taf         | N/A          |
| 4                | Dafydd Thomas      | Maes Y Gwendraeth   | N/A          |
| 5                | Dafydd Waters      | Bro Myrddin         | N/A          |
| 6                | Harry Thomas       | Dyffryn Aman        | N/A          |
| 7                | Owain Jones-Davies | Llandoverly College | N/A          |

### 1500 metres / 1500 metr

| Position / Safle | Name / Enw        | School / Ysgol      | Time / Amser |
|------------------|-------------------|---------------------|--------------|
| 1                | Frank Morgan      | Bro Myrddin         | 4.52.0       |
| 2                | Morgan-Cai Thomas | Maes Y Gwendraeth   | 5.25.0       |
| 3                | Scott Price       | Bro Dinefwr         | 5.27.0       |
| 4                | Cian Williams     | Dyffryn Aman        | 5.36.0       |
| 5                | Josh Rees Thomas  | Llandoverly College | 5.39.0       |
| 6                | Ben Billingham    | Dyffryn Taf         | 5.57.0       |
| 7                | Josh Hunter Dodds | QE High             | 6.08.0       |

### 200 metres / 200 metr

| Position / Safle | Name / Enw       | School / Ysgol           | Time / Amser |
|------------------|------------------|--------------------------|--------------|
| 1                | Harry Davies     | Dyffryn Taf (h1)         | 26.4         |
| 2                | Tyler Davidson   | Bro Myrddin (h1)         | 28.0         |
| 3                | Scott Pugh       | Maes Y Gwendraeth (h2)   | 28.2         |
| 4                | Alfie Lontgomery | QE High (h1)             | 28.5         |
| 5                | Jack Davies      | Llandoverly College (h1) | 29.1         |
| 6                | Sion Griffiths   | Dyffryn Aman (h2)        | 29.2         |
| 7                | Celt Williams    | Bro Dinefwr (h2)         | 30.9         |

### 300 metres / 300 metr

| Position / Safle | Name / Enw      | School / Ysgol      | Time / Amser |
|------------------|-----------------|---------------------|--------------|
| 1                | Cian Jarelío    | Maes Y Gwendraeth   | 43.1         |
| 2                | Owain Rees      | Bro Myrddin         | 44.3         |
| 3                | Jacob Williams  | Dyffryn Taf         | 44.7         |
| 4                | Oliver Williams | QE High             | 45.2         |
| 5                | Dafydd Evans    | Bro Dinefwr         | 45.8         |
| 6                | Alex Hasford    | Llandoverly College | 45.9         |
| 7                | Kory Fish       | Dyffryn Aman        | 49.5         |

**100 metres / 100 metr**

| Position / Safle | Name / Enw      | School / Ysgol     | Time / Amser |
|------------------|-----------------|--------------------|--------------|
| 1                | Iestyn Gwilliam | Maes Y Gwendraeth  | N/A          |
| 2                | Sion Jones      | Bro Myrddin        | N/A          |
| 3                | Matthew Miles   | Dyffryn Taf        | N/A          |
| 4                | Adam Brown      | QE High            | N/A          |
| 5                | Sion Jones      | Bro Dinefwr        | N/A          |
| 6                | Stephen Reed    | Dyffryn Aman       | N/A          |
| 7                | Aneurin Legget  | Llandovery College | N/A          |

**800 metres / 800 metr**

| Position / Safle | Name / Enw     | School / Ysgol     | Time / Amser |
|------------------|----------------|--------------------|--------------|
| 1                | Liam Edwards   | Bro Myrddin        | 2.20.0       |
| 2                | Jac Chapman    | Dyffryn Aman       | 2.22.0       |
| 3                | Ryan Bassett   | QE High            | 2.26.0       |
| 4                | Ifan Davies    | Maes Y Gwendraeth  | 2.35.0       |
| 5                | Harri Thomas   | Llandovery College | 2.37.0       |
| 6                | Nathan Evans   | Dyffryn Taf        | 2.51.0       |
| 7                | Steffan Thomas | Bro Dinefwr        | 2.58.0       |

**4 x 100 metres Relay / 4 x 100m Cyfnewid**

| Position / Safle |  | School / Ysgol     | Time / Amser |
|------------------|--|--------------------|--------------|
| 1                |  | Dyffryn Taf        | 52.3         |
| 2                |  | Maes Y Gwendraeth  | 53.8         |
| 3                |  | Bro Myrddin        | 55.0         |
| 4=               |  | QE High            | 55.3         |
| 4=               |  | Dyffryn Aman       | 55.3         |
| 6                |  | Bro Dinefwr        | 55.5         |
| 7                |  | Llandovery College | 55.8         |

**High Jump / Naid Uchel**

| Position / Safle | Name / Enw      | School / Ysgol     | Best / Gorau |
|------------------|-----------------|--------------------|--------------|
| 1                | Iestyn Gilliam  | Maes Y Gwendraeth  | 1.50m        |
| 2                | Connor Handford | Llandovery College | 1.45m        |
| 3                | Cameron Simpson | Bro Dinefwr        | 1.45m        |
| 4                | Dafydd Jones    | Bro Myrddin        | 1.40m        |
| 5                | Lewis Roberts   | QE High            | 1.40m        |
| 6                | Troy Jenkins    | Dyffryn Taf        | 1.35m        |

### Javelin / Gwaywffon

| Position / Safle | Name / Enw          | School / Ysgol     | Best / Gorau |
|------------------|---------------------|--------------------|--------------|
| 1                | Morgan Batten       | Dyffryn Taf        | 36.81m       |
| 2                | Dylan Pearce-Taylor | Bro Myrddin        | 28.25m       |
| 3                | Josh Hunter Dodds   | QE High            | 26.02m       |
| 4                | William Durham      | Bro Dinefwr        | 23.57m       |
| 5                | Evan Harrow         | Dyffryn Aman       | 19.86m       |
| 6                | Victor Ravailhe     | Llandovery College | 18.77m       |
| 7                | Elis Vaughan        | Maes Y Gwendraeth  | 17.56m       |

### Shot Put / Taflu'r Pwysau

| Position / Safle | Name / Enw     | School / Ysgol     | Best / Gorau |
|------------------|----------------|--------------------|--------------|
| 1                | Tomos Samuel   | Maes Y Gwendraeth  | 10.61m       |
| 2                | Iestyn Jones   | QE High            | 9.12m        |
| 3                | Joshua Morse   | Bro Dinefwr        | 8.98m        |
| 4                | Sion Griffiths | Dyffryn Aman       | 8.59m        |
| 5                | Alex Hansford  | Llandovery College | 7.96m        |
| 6                | Harry Phillips | Dyffryn Taf        | 6.88m        |
| 7                | Owain Jones    | Bro Myrddin        | 5.67m        |

### Long Jump / Naid Hir

| Position / Safle | Name / Enw       | School / Ysgol     | Best / Gorau |
|------------------|------------------|--------------------|--------------|
| 1                | Harry Davies     | Dyffryn Taf        | 4.85m        |
| 2                | Ryan Bassett     | QE High            | 4.58m        |
| 3                | Kai Wigglesworth | Dyffryn Aman       | 4.31m        |
| 4                | Jack Davies      | Llandovery College | 4.29m        |
| 5                | Sion Jones       | Bro Dinefwr        | 4.10m        |
| 6                | Jack Julian      | Bro Myrddin        | 4.06m        |

### Discus / Disgen

| Position / Safle | Name / Enw     | School / Ysgol     | Best / Gorau |
|------------------|----------------|--------------------|--------------|
| 1                | Tomos Roberts  | Bro Myrddin        | 23.23m       |
| 2                | Rhydian Morgan | Dyffryn Taf        | 21.27m       |
| 3                | Jo Deem        | QE High            | 20.12m       |
| 4                | Aaron Stevens  | Dyffryn Aman       | 19.88m       |
| 5                | Dafydd Evans   | Bro Dinefwr        | 19.44m       |
| 6                | Morgan Scrace  | Maes Y Gwendraeth  | 17.28m       |
| 7                | William Evans  | Llandovery College | 16.37m       |

## Middle Girls (School Years 9 & 10)

### 75 metres Hurdles / 75 metr dros y clwydi

| Position / Safle | Name / Enw     | School / Ysgol    | Time / Amser |
|------------------|----------------|-------------------|--------------|
| 1                | Flavia Jenkins | Dyffryn Taf       | N/A          |
| 2                | Elin Jones     | Bro Dinefwr       | N/A          |
| 3                | Sophie Jones   | Dyffryn Aman      | N/A          |
| 4                | Hanna Lewis    | Bro Myrddin       | N/A          |
| 5                | Eloisa Salazar | QE High           | N/A          |
| 6                | Anwen Price    | Maes Y Gwendraeth | N/A          |

### 1500 metres / 1500 metr

| Position / Safle | Name / Enw            | School / Ysgol      | Time / Amser |
|------------------|-----------------------|---------------------|--------------|
| 1                | Deryn Cressey-Rodgers | Bro Myrddin         | 5.34.0       |
| 2                | Siwan Jones-Evans     | Bro Dinefwr         | 5.35.0       |
| 3                | Lani Hogben           | Dyffryn Taf         | 5.45.0       |
| 4                | Lily Wiley            | Maes Y Gwendraeth   | 6.02.0       |
| 5                | Katie Fear            | Llandoverly College | 6.18.0       |
| 6                | Celyn Barnett         | Dyffryn Aman        | 6.28.0       |
| 7                | Emily Giess           | QE High             | 7.00.0       |

### 200 metres / 200 metr

| Position / Safle | Name / Enw       | School / Ysgol           | Time / Amser |
|------------------|------------------|--------------------------|--------------|
| 1                | Megan Jones      | Bro Myrddin (h1)         | 29.5         |
| 2                | Louise Hughes    | QE High (h2)             | 29.7         |
| 3                | Katie Davernport | Bro Dinefwr (h2)         | 29.9         |
| 4                | Louise Mear      | Dyffryn Taf (h1)         | 30.3         |
| 5                | Caitlin Hearne   | Dyffryn Aman (h2)        | 30.3         |
| 6                | Ffion Pugh       | Maes Y Gwendraeth (h2)   | 31.4         |
| 7                | Sally Vaughan    | Llandoverly College (h1) | 31.8         |

### 300 metres / 300 metr

| Position / Safle | Name / Enw        | School / Ysgol      | Time / Amser |
|------------------|-------------------|---------------------|--------------|
| 1                | Lowri Rowlands    | Bro Dinefwr         | 47.6         |
| 2                | Nell Edwards      | Dyffryn Aman        | 49.5         |
| 3                | Abbie Painter     | Dyffryn Taf         | 50.0         |
| 4                | Catrin Evans      | Llandoverly College | 52.7         |
| 5                | Sophie Rees       | Maes Y Gwendraeth   | 53.7         |
| 6                | Roxanna Debrowska | QE High             | N/A          |



**100 metres / 100 metr**

| Position / Safle | Name / Enw       | School / Ysgol     | Time / Amser |
|------------------|------------------|--------------------|--------------|
| 1                | Heledd Lewis     | Dyffryn Aman       | N/A          |
| 2                | Rebecca Williams | Bro Dinefwr        | N/A          |
| 3                | Lauren Watts     | Dyffryn Taf        | N/A          |
| 4                | Becca Jones      | Bro Myrddin        | N/A          |
| 5                | Taylor Heck      | QE High            | N/A          |
| 6                | Mina Cook        | Llandovery College | N/A          |

**800 metres / 800 metr**

| Position / Safle | Name / Enw     | School / Ysgol     | Time / Amser |
|------------------|----------------|--------------------|--------------|
| 1                | Mirain Morgan  | Bro Dinefwr        | 2.41.0       |
| 2                | Maddie Morgan  | Bro Myrddin        | 2.42.0       |
| 3                | Nieve Jenkins  | Dyffryn Taf        | 2.59.0       |
| 4                | Megan Jerard   | Maes Y Gwendraeth  | 3.01.0       |
| 5                | Kira Galanders | Dyffryn Aman       | 3.02.0       |
| 6                | Lauren Davies  | Llandovery College | 3.16.0       |
| 7                | Alice Roberts  | QE High            | 3.21.0       |

**4 x 100 metres Relay / 4 x 100m Cyfnewid**

| Position / Safle |  | School / Ysgol     | Time / Amser |
|------------------|--|--------------------|--------------|
| 1                |  | Dyffryn Taf        | 54.4         |
| 2                |  | Bro Dinefwr        | 54.8         |
| 3                |  | Dyffryn Aman       | 55.8         |
| 4                |  | Bro Myrddin        | 57.6         |
| 5                |  | QE High            | 58.4         |
| 6                |  | Maes Y Gwendraeth  | 59.1         |
| 7                |  | Llandovery College | 61.1         |

**Long Jump / Naid Hir**

| Position / Safle | Name / Enw       | School / Ysgol     | Best / Gorau |
|------------------|------------------|--------------------|--------------|
| 1                | Louise Hughes    | QE High            | 4.41m        |
| 2                | Lauren Watts     | Dyffryn Taf        | 4.37m        |
| 3                | Katie Davernport | Bro Dinefwr        | 4.25m        |
| 4                | Maddie Morgan    | Bro Myrddin        | 4.01m        |
| 5                | Ebony Morgans    | Dyffryn Aman       | 3.94m        |
| 6                | Mina Cook        | Llandovery College | 3.84m        |

### Shot Put / Taflu'r Pwysau

| Position / Safle | Name / Enw         | School / Ysgol      | Best / Gorau |
|------------------|--------------------|---------------------|--------------|
| 1                | Flavia Jenkins     | Dyffryn Taf         | 8.60m        |
| 2                | Kerry Reynolds     | Bro Myrddin         | 8.47m        |
| 3                | Chloe Carter       | Bro Dinefwr         | 7.19m        |
| 4                | Charlotte Llewelyn | Dyffryn Aman        | 7.12m        |
| 5                | Finlay Jones       | QE High             | 6.48m        |
| 6                | Catrin Evans       | Llandoverly College | 6.46m        |
| 7                | Seren Singleton    | Maes Y Gwendraeth   | 5.90m        |

### Discus / Disgen

| Position / Safle | Name / Enw    | School / Ysgol      | Best / Gorau |
|------------------|---------------|---------------------|--------------|
| 1                | Ella Liguz    | Bro Dinefwr         | 21.13m       |
| 2                | Ffion Davies  | Bro Myrddin         | 19.35m       |
| 3                | Jade Leech    | Dyffryn Aman        | 17.98m       |
| 4                | Caitlin McKay | QE High             | 17.31m       |
| 5                | Sally Vaughan | Llandoverly College | 15.41m       |
| 6                | Sophie Hollin | Dyffryn Taf         | 15.37m       |
| 7                | Celyn Rees    | Maes Y Gwendraeth   | 13.98m       |

### Javelin / Gwaywffon

| Position / Safle | Name / Enw       | School / Ysgol      | Best / Gorau |
|------------------|------------------|---------------------|--------------|
| 1                | Nieve Jenkins    | Dyffryn Taf         | 29.39m       |
| 2                | Emma Evans       | Maes Y Gwendraeth   | 21.15m       |
| 3                | Saffron Williams | QE High             | 18.54m       |
| 4                | Megan Boile      | Dyffryn Aman        | 18.50m       |
| 5                | Lauren Davies    | Llandoverly College | 13.70m       |
| 6                | Lowri Rowlands   | Bro Dinefwr         | 12.74m       |

### High Jump / Naid Uchel

| Position / Safle | Name / Enw         | School / Ysgol      | Best / Gorau |
|------------------|--------------------|---------------------|--------------|
| 1                | Alana Jones        | Dyffryn Aman        | 1.45m        |
| 2                | Caitlin Forrester  | Bro Dinefwr         | 1.45m        |
| 3                | Hanna Lewis        | Bro Myrddin         | 1.40m        |
| 4                | Eloise Jenkins     | Dyffryn Taf         | 1.35m        |
| 5                | Anwen Price        | Maes Y Gwendraeth   | 1.30m        |
| 6                | Roxanna Dabrowska  | QE High             | 1.25m        |
| 7                | Camille Garczynski | Llandoverly College | 1.15m        |

## Middle Boys (School Years 9 & 10)

### 80 metres Hurdles / 80 metr dros y clwydi

| Position / Safle | Name / Enw      | School / Ysgol     | Time / Amser |
|------------------|-----------------|--------------------|--------------|
| 1                | Alex Wainwright | Llandovery College | N/A          |
| 2                | Rhys Homfray    | Bro Myrddin        | N/A          |
| 3                | Elliot Lewis    | Maes Y Gwendraeth  | N/A          |
| 4                | Tiger Lloyd     | QE High            | N/A          |
| 5                | Zac Almond      | Dyffryn Taf        | N/A          |
| 6                | Owain Thomas    | Dyffryn Aman       | N/A          |
| 7                | Owen Hall       | Bro Dinefwr        | N/A          |

### 1500 metres / 1500 metr

| Position / Safle | Name / Enw          | School / Ysgol     | Time / Amser |
|------------------|---------------------|--------------------|--------------|
| 1                | Max Llewelyn        | Dyffryn Aman       | N/A          |
| 2                | Kyle Cook           | Llandovery College | N/A          |
| 3                | Rhys Cassell        | Maes Y Gwendraeth  | N/A          |
| 4                | Bedwyr Thomas       | Bro Myrddin        | N/A          |
| 5                | Joe Lewis           | Bro Dinefwr        | N/A          |
| 6                | Ben Evans           | QE High            | N/A          |
| 7                | Dafydd Owen Edwards | Dyffryn Taf        | N/A          |

### 200 metres / 200 metr

| Position / Safle | Name / Enw     | School / Ysgol          | Time / Amser |
|------------------|----------------|-------------------------|--------------|
| 1                | Nicholas Evans | Bro Myrddin (h1)        | 25.4         |
| 2                | Joe Davies     | Llandovery College (h2) | 25.9         |
| 3                | Ellis Nicholas | Maes Y Gwendraeth (h2)  | 26.3         |
| 4                | Aled Harries   | Dyffryn Taf (h2)        | 26.4         |
| 5                | Ethan Campbell | QE High (h1)            | 27.0         |
| 6                |                | Dyffryn Aman (h2)       | 27.0         |
| 7                | Quinn Mills    | Bro Dinefwr (h1)        | 35.3         |

### 300 metres / 300 metr

| Position / Safle | Name / Enw      | School / Ysgol          | Time / Amser |
|------------------|-----------------|-------------------------|--------------|
| 1                | Keena Hinds     | Dyffryn Aman (h1)       | 39.1         |
| 2                | Sam Hughes      | Llandovery College (h2) | 39.7         |
| 3                | Kyle Washbourne | QE High (h1)            | 40.4         |
| 4                | Llewelyn James  | Bro Myrddin (h2)        | 40.8         |
| 5                | Jac Doel        | Bro Dinefwr (h1)        | 41.4         |
| 6                | Tom Hawkins     | Dyffryn Taf (h1)        | 44.2         |
| 7                | Jay Willingham  | Maes Y Gwendraeth (h2)  | 47.2         |

**100 metres / 100 metr**

| Position / Safle | Name / Enw   | School / Ysgol      | Time / Amser |
|------------------|--------------|---------------------|--------------|
| 1                | Toby Baldwin | Llandoverly College | N/A          |
| 2                | Kyle Bishop  | Maes Y Gwendraeth   | N/A          |
| 3                | Griff Giles  | Bro Myrddin         | N/A          |
| 4                | Jack Speed   | Dyffryn Aman        | N/A          |
| 5                | Josh Rosetti | QE High             | N/A          |
| 6                | Zac Barrett  | Bro Dinefwr         | N/A          |
| 7                | Oscar James  | Dyffryn Taf         | N/A          |

**800 metres / 800 metr**

| Position / Safle | Name / Enw        | School / Ysgol      | Time / Amser |
|------------------|-------------------|---------------------|--------------|
| 1                | Iwan Glynn        | Bro Myrddin         | 2.12.0       |
| 2                | Thomas Davies     | Maes Y Gwendraeth   | 2.20.0       |
| 3                | Nathan Mort       | QE High             | 2.20.0       |
| 4                | Gethin Scourfield | Dyffryn Taf         | 2.28.0       |
| 5                | James Oulsnam     | Dyffryn Aman        | 2.36.0       |
| 6                | Oscar McKensie    | Bro Dinefwr         | 2.37.0       |
| 7                | Oliver Raynor     | Llandoverly College | 2.39.0       |

**4 x 100 metres Relay / 4 x 100m Cyfnewid**

| Position / Safle |  | School / Ysgol      | Time / Amser |
|------------------|--|---------------------|--------------|
| 1                |  | Bro Myrddin         | 46.3         |
| 2                |  | Llandoverly College | 46.5         |
| 3                |  | Dyffryn Aman        | 47.3         |
| 4                |  | Maes Y Gwendraeth   | 47.7         |
| 5                |  | QE High             | 47.9         |
| 6                |  | Bro Dinefwr         | 48.5         |
| 7                |  | Dyffryn Taf         | 48.9         |

**High Jump / Naid Uchel**

| Position / Safle | Name / Enw       | School / Ysgol      | Best / Gorau |
|------------------|------------------|---------------------|--------------|
| 1                | Leon Davis       | Bro Dinefwr         | 1.60m        |
| 2                | Ryan Thomas      | Bro Myrddin         | 1.55m        |
| 3                | Samuel Griffiths | QE High             | 1.45m        |
| 4                | Jack Fletcher    | Dyffryn Aman        | 1.45m        |
| 5                | Uno Nikisi       | Llandoverly College | 1.40m        |
| 6                | Luca Setard      | Dyffryn Taf         | 1.35m        |

### Triple Jump / Naid Drifflwg

| Position / Safle | Name / Enw    | School / Ysgol     | Best / Gorau |
|------------------|---------------|--------------------|--------------|
| 1                | Keena Hinds   | Dyffryn Aman       | 11.22m       |
| 2                | Owen Palmer   | Dyffryn Taf        | 10.68m       |
| 3                | Hari Williams | Bro Myrddin        | 10.20m       |
| 4                | Elliot Lewis  | Maes Y Gwendraeth  | 10.13m       |
| 5                | Jack Smith    | QE High            | 9.72m        |
| 6                | Steffan Douch | Llandovery College | 8.98m        |
| 7                | Gwyn Mills    | Bro Dinefwr        | 8.47m        |

### Shot Put / Taflu'r Pwysau

| Position / Safle | Name / Enw    | School / Ysgol     | Best / Gorau |
|------------------|---------------|--------------------|--------------|
| 1                | Jac Gordon    | Maes Y Gwendraeth  | 11.57m       |
| 2                | Will Roberts  | Llandovery College | 11.12m       |
| 3                | Josh Davies   | Bro Myrddin        | 10.19m       |
| 4                | Joe Falaise   | Dyffryn Aman       | 10.17m       |
| 5                | Cain Williams | QE High            | 10.00m       |
| 6                | Alun Richards | Bro Dinefwr        | 9.26m        |

### Javelin / Gwaywffon

| Position / Safle | Name / Enw   | School / Ysgol     | Best / Gorau |
|------------------|--------------|--------------------|--------------|
| 1                | Ryan King    | QE High            | 34.74m       |
| 2                | Sam Hughes   | Llandovery College | 31.46m       |
| 3                | Iestyn Moore | Bro Dinefwr        | 29.88m       |
| 4                | Jack Speed   | Dyffryn Aman       | 26.73m       |
| 5                | Kieran Jones | Maes Y Gwendraeth  | 19.71m       |

### Long Jump / Naid Hir

| Position / Safle | Name / Enw            | School / Ysgol     | Best / Gorau |
|------------------|-----------------------|--------------------|--------------|
| 1                | Iolo Clement          | Dyffryn Taf        | 5.78m        |
| 2                | Toby Baldwin          | Llandovery College | 5.54m        |
| 3                | Ellis Nicholas        | Maes Y Gwendraeth  | 4.98m        |
| 4                | Jac Doel              | Bro Dinefwr        | 4.91m        |
| 5                | Llywelyn James        | Bro Myrddin        | 4.77m        |
| 6                | Callum Collins-Davies | QE High            | 4.60m        |

**Discus / Disgen**

| <b>Position / Safle</b> | <b>Name / Enw</b>    | <b>School / Ysgol</b> | <b>Best / Gorau</b> |
|-------------------------|----------------------|-----------------------|---------------------|
| 1                       | Lucas Jusko          | QE High               | 29.13m              |
| 2                       | Owain Thomas         | Dyffryn Aman          | 26.48m              |
| 3                       | Scott Davies         | Bro Myrddin           | 24.68m              |
| 4                       | Charles Handford     | Llandovery College    | 22.58m              |
| 5                       | Owen Hall            | Bro Dinefwr           | 22.56m              |
| 6                       | Frankie Hanlon-Boyle | Dyffryn Taf           | 19.77m              |
| 7                       | Garrin Baker         | Maes Y Gwendraeth     | 19.59m              |

## Age Group / Grwpiau Oedran

|                    | Junior Girls |   | Junior Boys |   | Middle Girls |   | Middle Boys |   |
|--------------------|--------------|---|-------------|---|--------------|---|-------------|---|
| Bro Dinefwr        | 88           | 1 | 66          | 5 | 95           | 1 | 64          | 6 |
| Bro Myrddin        | 88           | 1 | 87          | 1 | 75           | 4 | 90          | 2 |
| Dyffryn Aman       | 63           | 5 | 58          | 6 | 80.5         | 3 | 82.5        | 3 |
| Dyffryn Taf        | 61           | 6 | 85          | 2 | 91.5         | 2 | 59          | 7 |
| Llandovery College | 59           | 7 | 55          | 7 | 47           | 6 | 92          | 1 |
| Maes Y Gwendraeth  | 74           | 4 | 82          | 3 | 47           | 6 | 78          | 4 |
| QE High            | 83           | 3 | 77          | 4 | 65           | 5 | 69.5        | 5 |

**Qualifiers** – through to NAS/UWT Dyfed Cup Final at Sir Thomas Picton School, Haverfordwest on Wednesday 21st June 2017 (start at 11.30am)

|                     |                    |             |
|---------------------|--------------------|-------------|
| <b>Junior Girls</b> | Bro Dinefwr        | Bro Myrddin |
|                     |                    |             |
| <b>Junior Boys</b>  | Bro Myrddin        | Dyffryn Taf |
|                     |                    |             |
| <b>Middle Girls</b> | Bro Dinefwr        | Dyffryn Taf |
|                     |                    |             |
| <b>Middle Boys</b>  | Llandovery College | Bro Myrddin |