

		Merched/Girls 18	Dan 15
		Merched/Girls 18 plat	
	F1	F2	LLW
10:00	Dyffryn Aman, 40 Coleg Gwent, 00	Strade, 21 Gartholwg, 45	
10:20	NPT College, 17 Gower College, 05	Bro Dinefwr, 21 Brynteg, 24	Dyffryn Taf, 07 Pembrokeshire College, 37
10:40	Dyffryn Aman, 26 Llanhari, 00	Strade, 10 Bro Dinefwr, 35	Heolddu, 07 Bro Dinefwr, 10
11:00	Coleg Gwent, 00 NPT College, 37	Gartholwg, 07 Glantaf, 22	Bryntawe, 17 Dyffryn Taf, 17
11:20	Gower College, 41 Llanhari, 05	Strade, 19 Brynteg, 24	Pembrokeshire College, 19 Heolddu, 10
11:40	Dyffryn Aman, 32 NPT College, 10	Bro Dinefwr, 31 Gartholwg, 15	Bryntawe, 07 Bro Dinefwr, 27
12:00	Coleg Gwent, 00 Gower College, 28	Glantaf, 17 Brynteg, 17	Bryntawe, 07 Pembrokeshire College, 38
12:20	Llanhari, 05 NPT College, 38	Glantaf, 43 Strade, 05	Dyffryn Taf, 07 Bro Dinefwr, 27
12:40	Dyffryn Aman, 19 Gower College, 14	Gartholwg, 26 Brynteg, 19	Pembrokeshire College, 12 Bro Dinefwr, 15
13:00	Coleg Gwent, 26 Llanhari, 15	Bro Dinefwr, 17 Glantaf, 24	
13:20		Bryntawe, DNF Heolddu,	
13:40		Dyffryn Taf, 10 Heolddu, 34	