

**Sesiwn 4 – Gala Nofio Cenedlaethol yr Urdd (Uwchradd) – 27/01/2019. Ymdwymo 13:30, Dechrau 14:45**  
**Session 4 – Urdd National Swimming Gala (Secondary) – 27/01/2019. Warm Up 13:30, Start 14:45**

**Cystadleuaeth 67. Bechgyn Bl. 7-8 Cyfnewid Rhydd**  
**Event 67. Boys Yr. 7-8 Freestyle Relay**

Lôn	Tim/Team	Amser/Time
<b>Rhagras 1 o 1 Terfynol / Heat 1 of 1 Final</b>		
0	Dinbych	2:59.25
1	Conwy	2:45.00
2	Maldwyn	2:32.03
3	Goll Morgannwg	2:25.66
4	Cy Morgannwg	2:16.33
5	Sir Benfo	2:25.59
6	Ceredigion	2:30.13
7	Caerdydd A'R Fro	2:37.46
8	Goll Myrddin	2:53.62
9	Eryri	3:18.22

**Cystadleuaeth 68. Bechgyn Bl. 9-10 Cyfnewid Rhydd**  
**Event 68. Boys Yr. 9-10 Freestyle Relay**

Lôn	Tim/Team	Amser/Time
<b>Rhagras 1 o 1 Terfynol / Heat 1 of 1 Final</b>		
0	Ceredigion	2:34.94
1	Dinbych	2:27.59
2	Maldwyn	2:09.63
3	Goll Myrddin	2:05.23
4	Fflint a Wrecsam	1:57.11
5	Caerdydd A'R Fro	1:57.22
6	Cy Morgannwg	2:09.28
7	Conwy	2:13.13
8	Dwyrain Myrddin	2:30.66
9	Morgannwg Ga	2:47.88

**Cystadleuaeth 69. Bechgyn Bl. 11-13 Cyfnewid Rhydd**  
**Event 69. Boys Yr. 11-13 Freestyle Relay**

Lôn	Tim/Team	Amser/Time
<b>Rhagras 1 o 1 Terfynol / Heat 1 of 1 Final</b>		
1	Caerdydd A'R Fro	2:19.10
2	Conwy	2:11.22
3	Goll Morgannwg	2:07.15
4	Maldwyn	2:01.15
5	Goll Myrddin	2:06.47
6	Cy Morgannwg	2:07.71
7	Ceredigion	2:12.30

**Cystadleuaeth 70. Merched Bl. 7-8 Cyfnewid Rhydd**  
**Event 70. Girls Yr. 7-8 Freestyle Relay**

Lôn	Tim/Team	Amser/Time
<b>Rhagras 1 o 2 Terfynol / Heat 1 of 2 Finals</b>		
1	Conwy	2:57.75
2	Dwyrain Myrddin	2:46.35
3	Dinbych	2:34.69
4	Maldwyn	2:20.44
5	Ceredigion	2:21.14
6	Meirionydd	2:38.31
7	Cy Morgannwg	2:51.87
8	Ynys Môn	3:36.00

**Rhagras 2 o 2 Terfynol / Heat 2 of 2 Finals**

1	Eryri	2:16.04
2	Fflint a Wrecsam	2:14.54
3	Gwent	2:12.50
4	Goll Myrddin	2:09.25
5	Sir Benfo	2:11.82
6	Caerdydd A'R Fro	2:14.12
7	Morgannwg Ga	2:15.93
8	Goll Morgannwg	2:18.22

**Cystadleuaeth 71. Merched Bl. 9-10 Cyfnewid Rhydd**  
**Event 71. Girls Yr. 9-10 Freestyle Relay**

Lôn	Tim/Team	Amser/Time
<b>Event</b>		
<b>Rhagras 1 o 2 Terfynol / Heat 1 of 2 Finals</b>		
2	Dinbych	2:33.63
3	Maldwyn	2:24.69
4	Morgannwg Ga	2:17.81
5	Goll Morgannwg	2:21.53
6	Dwyrain Myrddin	2:32.50
7	Conwy	2:52.78
<b>Rhagras 2 o 2 Terfynol / Heat 2 of 2 Finals</b>		
1	Cy Morgannwg	2:17.77
2	Fflint a Wrecsam	2:17.12
3	Goll Myrddin	2:12.02
4	Caerdydd A'R Fro	2:05.16
5	Ceredigion	2:06.26
6	Gwent	2:12.22
7	Sir Benfo	2:17.18

**Cystadleuaeth 72. Merched Bl. 11-13 Cyfnewid Rhydd**  
**Event 72. Girls Yr. 11-13 Freestyle Relay**

Lôn	Tim/Team	Amser/Time
<b>Rhagras 1 o 1 Terfynol / Heat 1 of 1 Final</b>		
2	Ceredigion	2:29.42
3	Goll Morgannwg	2:05.65
4	Gwent	2:05.47
5	Goll Myrddin	2:05.60
6	Caerdydd A'R Fro	2:06.00
7	Conwy	2:45.20

**Cystadleuaeth 73. Bechgyn Bl. 7-8 Cyfnewid Amrywiol**  
**Event 73. Boys Yr. 7-8 Medley Relay**

Lôn	Tim/Team	Amser/Time
<b>Rhagras 1 o 1 Terfynol / Heat 1 of 1 Final</b>		
0	Conwy	3:31.88
1	Eryri	3:17.96
2	Caerdydd A'R Fro	2:39.81
3	Cy Morgannwg	2:38.19
4	Sir Benfo	2:35.97
5	Goll Morgannwg	2:37.15
6	Fflint a Wrecsam	2:38.95
7	Ceredigion	2:58.45
8	Goll Myrddin	3:24.97
9	Ynys Môn	3:51.94

**Cystadleuaeth 74. Bechgyn Bl. 9-10 Cyfnewid Amrywiol**  
**Event 74. Boys Yr. 9-10 Medley Relay**

Lôn	Tim/Team	Amser/Time
<b>Rhagras 1 o 1 Terfynol / Heat 1 of 1 Final</b>		
0	Ceredigion	2:51.53
1	Conwy	2:42.91
2	Maldwyn	2:31.28
3	Goll Morgannwg	2:21.56
4	Caerdydd A'R Fro	2:14.66
5	Goll Myrddin	2:19.50
6	Cy Morgannwg	2:24.45
7	Fflint a Wrecsam	2:31.33
8	Dinbych	2:50.10
9	Dwyrain Myrddin	2:51.53

**Cystadleuaeth 75. Bechgyn Bl. 11-13 Cyfnewid Amrywiol  
Event 75. Boys Yr. 11-13 Medley Relay**

**Rhagras 1 o 1 Terfynol / Heat 1 of 1 Final**

1	Caerdydd A'R Fro	2:47.56	___
2	Ceredigion	2:43.54	___
3	Goll Morgannwg	2:23.54	___
4	Cy Morgannwg	2:13.25	___
5	Maldwyn	2:15.75	___
6	Goll Myrddin	2:26.23	___
7	Conwy	2:45.33	___

**Cystadleuaeth 76. Merched Bl. 7-8 Cyfnewid Amrywiol  
Event 76. Girls Yr. 7-8 Medley Relay**

**Rhagras 1 o 2 Terfynol / Heat 1 of 2 Finals**

1	Conwy	3:34.72	___
2	Meirionydd	3:02.88	___
3	Dinbych	2:42.91	___
4	Maldwyn	2:42.03	___
5	Ceredigion	2:42.23	___
6	Dwyrain Myrddin	2:47.69	___
7	Ynys Môn	3:26.06	___

**Rhagras 2 o 2 Terfynol / Heat 2 of 2 Finals**

1	Eryri	2:35.63	___
2	Morgannwg Ga	2:34.00	___
3	Goll Myrddin	2:29.34	___
4	Gwent	2:26.75	___
5	Sir Benfo	2:28.28	___
6	Caerdydd A'R Fro	2:31.60	___
7	Fflint a Wrecsam	2:35.26	___
8	Goll Morgannwg	2:35.66	___

**Cystadleuaeth 77. Merched Bl. 9-10 Cyfnewid Amrywiol  
Event 77. Girls Yr. 9-10 Medley Relay**

**Rhagras 1 o 2 Terfynol / Heat 1 of 2 Finals**

2	Conwy	3:32.56	___
3	Maldwyn	2:41.60	___
4	Cy Morgannwg	2:39.94	___
5	Fflint a Wrecsam	2:40.48	___
6	Dwyrain Myrddin	3:01.94	___

**Rhagras 2 o 2 Terfynol / Heat 2 of 2 Finals**

2	Sir Benfo	2:33.46	___
3	Goll Myrddin	2:30.91	___
4	Caerdydd A'R Fro	2:22.97	___
5	Ceredigion	2:25.11	___
6	Goll Morgannwg	2:31.63	___
7	Gwent	2:35.75	___

**Cystadleuaeth 78. Merched Bl. 11-13 Cyfnewid Amrywiol  
Event 78. Girls Yr. 11-13 Medley Relay**

**Rhagras 1 o 1 Terfynol / Heat 1 of 1 Final**

2	Ceredigion	2:43.68	___
3	Gwent	2:24.09	___
4	Caerdydd A'R Fro	2:19.93	___
5	Goll Morgannwg	2:22.00	___
6	Goll Myrddin	2:24.29	___
7	Conwy	3:07.10	___

**Cystadleuaeth 79. Bl. 7-8 Cyfnewid Cymysg Rhydd  
Event 79. Yr. 7-8 Mixed Freestyle Relay**

**Rhagras 1 o 2 Terfynol / Heat 1 of 2 Finals**

1	Ceredigion	3:02.07	___
2	Goll Myrddin	2:46.50	___
3	Dwyrain Myrddin	2:33.69	___
4	Eryri	2:29.57	___
5	Gwent	2:31.31	___
6	Conwy	2:42.57	___
7	Ynys Môn	3:00.25	___

**Rhagras 2 o 2 Terfynol / Heat 2 of 2 Final**

1	Fflint a Wrecsam	2:25.64	___
2	Sir Benfo	2:14.56	___
3	Dinbych	2:12.85	___
4	Morgannwg Ga	2:10.57	___
5	Caerdydd A'R Fro	2:12.22	___
6	Goll Morgannwg	2:14.06	___
7	Cy Morgannwg	2:17.31	___
8	Maldwyn	2:29.34	___

**Cystadleuaeth 80. Bl. 9-10 Cyfnewid Cymysg Rhydd  
Event 80. Yr. 9-10 Mixed Freestyle Relay**

**Rhagras 1 o 1 Terfynol / Heat 1 of 1 Final**

0	Brych a Maesyfed	2:41.19	___
1	Ceredigion	2:15.81	___
2	Goll Myrddin	2:07.40	___
3	Goll Morgannwg	2:01.69	___
4	Sir Benfo	1:56.31	___
5	Eryri	1:59.69	___
6	Morgannwg Ga	2:06.31	___
7	Maldwyn	2:11.62	___
8	Conwy	2:36.02	___
9	Caerdydd A'R Fro	2:51.34	___

**Cystadleuaeth 81. Bl. 11-13 Cyfnewid Cymysg Rhydd  
Event 81. Yr. 11-13 Mixed Freestyle Relay**

**Rhagras 1 o 1 Terfynol / Heat 1 of 1 Final**

1	Ceredigion	2:14.28	___
2	Maldwyn	2:07.56	___
3	Goll Myrddin	1:56.88	___
4	Eryri	1:52.19	___
5	Sir Benfo	1:56.53	___
6	Dwyrain Myrddin	2:06.66	___
7	Caerdydd A'R Fro	2:12.75	___
8	Conwy	2:37.22	___