

PENCAMPWRIAETH TRAWS GWLAD YSGOLION / RHWNG RHANBARTHOL CYMRU

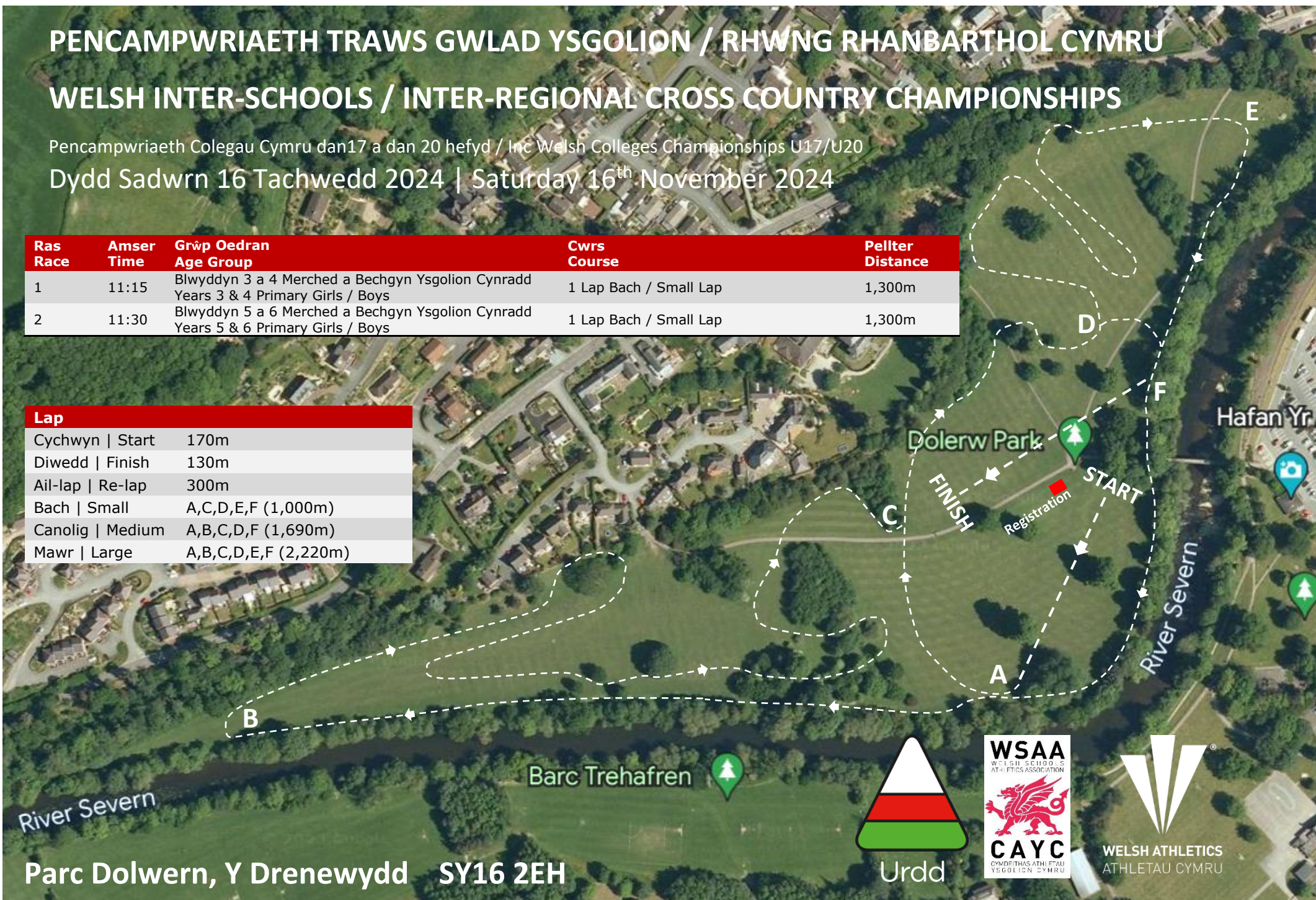
WELSH INTER-SCHOOLS / INTER-REGIONAL CROSS COUNTRY CHAMPIONSHIPS

Pencampwriaeth Colegau Cymru dan17 a dan 20 hefyd / Inc Welsh Colleges Championships U17/U20

Dydd Sadwrn 16 Tachwedd 2024 | Saturday 16th November 2024

Ras Race	Amser Time	Grŵp Oedran Age Group	Cwrs Course	Pellter Distance
1	11:15	Blwyddyn 3 a 4 Merched a Bechgyn Ysgolion Cynradd Years 3 & 4 Primary Girls / Boys	1 Lap Bach / Small Lap	1,300m
2	11:30	Blwyddyn 5 a 6 Merched a Bechgyn Ysgolion Cynradd Years 5 & 6 Primary Girls / Boys	1 Lap Bach / Small Lap	1,300m

Lap	
Cychwyn Start	170m
Diwedd Finish	130m
Ail-lap Re-lap	300m
Bach Small	A,C,D,E,F (1,000m)
Canolig Medium	A,B,C,D,F (1,690m)
Mawr Large	A,B,C,D,E,F (2,220m)



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