



Canlyniadau Noson Athletau y Sir 2022

Campau Trac / Track Events:

100m

800m

Ras Gyfnewid / Relay Race

Campau Maes / Field Events:

Disgen / Discuss

Taflu Pwysau / Shotput

Naid Hir / Long Jump

Naid Uchel / High Jump

County Athletics Evening Results 2022



Campau Trac / Track Events:

100m

Merched 14 neu iau - 100m

| Clwb | Aelodau | Rhagras 1 | Ffeinal | Safle |
|------------|-------------------|-----------|---------|-------|
| Capel Iwan | Mari-Glyn Jones | 0.18.35 | | |
| Capel Iwan | Ffion Davies | 0.15.90 | 0.15.38 | 1 |
| Capel Iwan | Georgia Smith | 0.16.42 | | 3 |
| Capel Iwan | Phoebe Smith | 0.16.15 | | 2 |
| Penybont | Luisa Reid-Thomas | 0.16.61 | | 6 |
| Penybont | Olwen Roberts | 0.16.85 | | 5 |
| Llangadog | Erin Jones | 0.16.72 | | 4 |

Merched 16 neu iau - 100m

| Clwb | Aelodau | Ffeinal | Safle |
|---------------|--------------------|---------|-------|
| Dyffryn Cothi | Jessica Jones | | 2 |
| Penybont | Sophia Reid-Thomas | 0.14.84 | 1 |
| Llanllwni | Alaw Jones | | 3 |

Merched 28 neu iau - 100m

| Clwb | Aelodau | Rhagras 1 | Ffeinal | Safle |
|--------------|---------------|-----------|---------|-------|
| Capel Iwan | Elen Bowen | 0.19.23 | | |
| Llanllwni | Betsan Jones | 0.18.29 | | 4 |
| Llanllwni | Luned Jones | 0.17.26 | | 2 |
| Llanllwni | Catrin Evans | 0.19.05 | | 5 |
| San Ishmaels | Rose Charnley | 0.17.56 | | 6 |
| San Ishmaels | Eunice Jones | 0.16.68 | 0.16.94 | 1 |
| San Ishmaels | Bethan Evans | 0.16.93 | | 3 |

Bechgyn 14 neu iau - 100m

| Clwb | Aelodau | Rhagras 1 | Ffeinal | Safle |
|---------------|---------------|-----------|---------|-------|
| Dyffryn Cothi | Trystan Evans | 0.20.72 | | |
| Dyffryn Cothi | Isaac Davies | 0.17.60 | | 6 |
| Dyffryn Cothi | Ryan Jones | 0.15.59 | | 3 |
| Llanllwni | Tudur George | 0.14.31 | 0.13.74 | 1 |
| Llanllwni | Dylan Thomas | 0.15.91 | | 5 |
| Llanllwni | Llyr Dunn | 0.15.83 | | 4 |
| San Ishmael | Llewelyn Owen | 0.14.31 | | 2 |

Bechgyn 16 neu iau - 100m

| Clwb | Aelodau | Ffeinal | Safle |
|---------------|-------------|---------|-------|
| Dyffryn Cothi | Hywel Jones | | 3 |
| Dyffryn Cothi | Alex Lewis | 0.13.92 | 1 |
| Llangadog | Abner Evans | | 2 |
| Llanllwni | Gwion Evans | | 4 |

Bechgyn 21 neu iau - 100m

| Clwb | Aelodau | Ffeinal | Safle |
|-------------|-----------------|---------|-------|
| Llanllwni | Tomos Jones | | 2 |
| San Ishmael | Steffan Howells | 0.14.29 | 1 |

Bechgyn 28 neu iau - 100m

| Clwb | Aelodau | Ffeinal | Safle |
|-------------|----------------|---------|-------|
| San Ishmael | Elgan Thomas | 0.14.67 | 1 |
| San Ishmael | Iestyn Howells | | 2 |

800m

Merched 16 neu iau - 800m

| Clwb | Aelodau | Ffeinal | Safle |
|-------------|----------------|----------------|--------------|
| Llanllwni | Alaw Jones | 3.12 | 1 |

Merched 28 neu iau - 800m

| Clwb | Aelodau | Ffeinal | Safle |
|-------------|----------------|----------------|--------------|
| Llanllwni | Cathrin Jones | | 4 |
| Llanllwni | Luned Jones | 3.29 | 1 |
| Llanllwni | Betsan Jones | | DNF |
| Capel Iwan | Elen Bowen | | 2 |
| San Ishmael | Rose Charnley | | 3 |

Bechgyn 14 neu iau - 800m

| Clwb | Aelodau | Ffeinal | Safle |
|---------------|-----------------|----------------|--------------|
| Dyffryn Cothi | Trystan Evans | | 7 |
| Dyffryn Cothi | Ryan Jones | | 2 |
| Dyffryn Cothi | Tomos Green | | 5 |
| Dyffryn Cothi | Harri Williams | | 6 |
| San Pedr | Rhydian Edwards | | 3 |
| San Pedr | Jac Jones | 2.41 | 1 |
| Dyffryn Tywi | Jimmy Davis | | 4 |

Bechgyn 16 neu iau - 800m

| Clwb | Aelodau | Safle |
|-------------|----------------|--------------|
| Llanllwni | Gwion Evans | 1 |

Bechgyn 21 neu iau - 800m

| Clwb | Aelodau | Safle |
|-------------|----------------|--------------|
| Llangadog | Aled Thomas | 1 |

Bechgyn 28 neu iau - 800m

| Clwb | Aelodau | Ffeinal | Safle |
|-------------|----------------|----------------|--------------|
| Llanllwni | Dan Jones | | 2 |
| San Ishmael | Elgan Thomas | 2.46 | 1 |

Ras Gyfnewid / Relay Race

Merched 16 neu iau – Ras Gyfnewid

| Clwb | Aelodau | Ffeinal | Safle |
|-----------|-----------------------------------------------------------------------|---------|-------|
| Penybont | Sophia Reid-Thomas, Luisa Reid-Thomas, Rhianna Hughes a Olwen Roberts | 1.01 | 1 |
| Llangadog | Mared Roberts, Manon Roberts, Lois Davies a Erin Jones | | 2 |

Merched 28 neu iau – Ras Gyfnewid

| Clwb | Aelodau | Ffeinal | Safle |
|-------------|-----------------------------------------------------------|---------|-------|
| Llanllwni | Betsan Jones, Cathrin Jones, Sara Thomas a Sioned Howells | | 2 |
| San Ishmael | Rose Charnley, Bethan Evans, Eunice Jones a Lora Phillips | 1.10 | 1 |

Bechgyn 14 neu iau – Ras Gyfnewid

| Clwb | Aelodau | Ffeinal | Safle |
|---------------|--------------------------------------------------------|---------|-------|
| Llanllwni | Dylan Thomas, Llyr Dunn, Tudur George a Elis Evans | 1.00 | 1 |
| Dyffryn Cothi | Ryan Jones, Lloyd Thomas, Isaac Davies a Trystan Evans | | 2 |

Bechgyn 16 neu iau – Ras Gyfnewid

| Clwb | Aelodau | Safle |
|---------------|---------------------------------------------------|-------|
| Dyffryn Cothi | Hywel Jones, Alex Lewis, Ryan Jones, Lloyd Thomas | 1 |

Bechgyn 28 neu iau – Ras Gyfnewid

| Club | Members | Ffeinal | Safle |
|-------------|-----------------------------------------------------------------|---------|-------|
| Llanllwni | Hefin Jones, Jac Jones, Dan Jones a Tomos Jones | | 2 |
| San Ishmael | Elgan Thomas, Steffan Griffiths, Iestyn Howells a Llewelyn Owen | 0.58 | 1 |

Campau Maes / Field Events:

Disgen / Discuss

Merched 14 neu iau - Disgen

| Clwb | Aelodau | Safle |
|----------|--------------|-------|
| Penybont | Marie Hughes | 1 |

Merched 21 neu iau - Disgen

| Clwb | Aelodau | Tafliaid 1 | Tafliaid 2 | Tafliaid 3 | Safle |
|-----------|----------------------|------------|------------|------------|-------|
| Llanllwni | Nia Davies | | | | 2 |
| Penybont | Elan Thomas | 16.81 | | | 1 |
| Penybont | Cerys Nicholas Jones | | | | 3 |

Bechgyn 14 neu iau - Disgen

| Clwb | Aelodau | Tafliaid 1 | Tafliaid 2 | Tafliaid 3 | Safle |
|---------------|-------------|------------|------------|------------|-------|
| Dyffryn Cothi | Ryan Ashley | | | | 3 |
| Dyffryn Cothi | Tomos Green | | | 18.51 | 1 |
| Llanllwni | Llyr Dunn | | | | 2 |

Bechgyn 16 neu iau - Disgen

| Clwb | Aelodau | Tafliaid 1 | Tafliaid 2 | Tafliaid 3 | Safle |
|---------------|-------------|------------|------------|------------|-------|
| Dyffryn Cothi | Hywel Jones | | 25.69 | | 1 |
| Llanllwni | Gwion Evans | | | | 2 |

Bechgyn 28 neu iau - Disgen

| Clwb | Aelodau | Tafliaid 1 | Tafliaid 2 | Tafliaid 3 | Safle |
|------------|-------------|------------|------------|------------|-------|
| Capel Iwan | Edryd James | | | | 2 |
| Llanllwni | Hefin Jones | | | 29.60 | 1 |

Taflu Pwysau / Shotput

Merched 14 neu iau – Taflu Pwysau

| Clwb | Aelodau | Taflid 1 | Taflid 2 | Taflid 3 | Safle |
|------------|--------------|----------|----------|----------|-------|
| Capel Iwan | Lily Evans | | | | 2 |
| Penybont | Marie Hughes | | | | 3 |
| Llangadog | Erin Jones | 6.80 | | | 1 |

Merched 21 neu iau – Taflu Pwysau

| Clwb | Aelodau | Taflid 1 | Taflid 2 | Taflid 3 | Safle |
|-----------|----------------------|----------|----------|----------|-------|
| Llanllwni | Nia Davies | | | | 2 |
| Penybont | Elan Thomas | | 7.46 | | 1 |
| Penybont | Cerys Nicholas Jones | | | | 3 |

Merched 28 neu iau – Taflu Pwysau

| Clwb | Aelodau | Taflid 1 | Taflid 2 | Taflid 3 | Safle |
|-------------|---------------|----------|----------|----------|-------|
| Penybont | Mared Evans | | | 6.24 | 1 |
| San Ishmael | Lora Phillips | | | | 2 |

Bechgyn 16 neu iau – Taflu Pwysau

| Clwb | Aelodau | Taflid 1 | Taflid 2 | Taflid 3 | Safle |
|---------------|---------------|----------|----------|----------|-------|
| Dyffryn Cothi | Hywel Jones | | 10.28 | | 1 |
| Llangadog | Iestyn Thomas | | | | 3 |
| Llanllwni | Gwion Evans | | | | 2 |

Bechgyn 28 neu iau – Taflu Pwysau

| Clwb | Aelodau | Taflid 1 | Taflid 2 | Taflid 3 | Safle |
|-----------|--------------|----------|----------|----------|-------|
| Llanllwni | Jac Jones | | | | 2 |
| Penybont | Carwyn Jones | | | 10.97 | 1 |

Naid Hir / Long Jump

Merched 14 neu iau – Naid Hir

| Clwb | Aelodau | Naid 1 | Naid 2 | Naid 3 | Safle |
|-----------|------------------|--------|--------|--------|-------|
| Llandeilo | Rhiannydd Davies | | | 2.81 | 1 |

Merched 16 neu iau – Naid Hir

| Clwb | Aelodau | Safle |
|---------------|---------------|-------|
| Dyffryn Cothi | Jessica Jones | 1 |

Merched 21 neu iau – Naid Hir

| Clwb | Aelodau | Safle |
|-----------|--------------|-------|
| Llangadog | Catrin Price | 1 |

Merched 28 neu iau – Naid Hir

| Clwb | Aelodau | Safle |
|-------------|---------------|-------|
| San Ishmael | Lora Phillips | 1 |

Bechgyn 14 neu iau – Naid Hir

| Clwb | Aelodau | Naid 1 | Naid 2 | Naid 3 | Safle |
|-------------|---------------|--------|--------|--------|-------|
| Llandeilo | George Thomas | | | | 4 |
| Penybont | Dion Jones | | | | 2 |
| San Pedr | Jac Jones | | | | 3 |
| San Ishmael | Harri Gibbon | | 3.90 | | 1 |

Bechgyn 16 neu iau – Naid Hir

| Clwb | Aelodau | Naid 1 | Naid 2 | Naid 3 | Safle |
|-----------|-------------|--------|--------|--------|-------|
| Llanllwni | Gwion Evans | | | 3.98 | 1 |

Bechgyn 21 neu iau – Naid Hir

| Clwb | Aelodau | Naid 1 | Naid 2 | Naid 3 | Safle |
|-----------|-------------|--------|--------|--------|-------|
| Llanllwni | Tomos Jones | | | 3.00 | 1 |

Bechgyn 28 neu iau – Naid Hir

| Clwb | Aelodau | Naid 1 | Naid 2 | Naid 3 | Safle |
|-------------|----------------|--------|--------|--------|-------|
| Llanllwni | Dan Jones | | 4.24 | | 1 |
| San Ishmael | Iestyn Howells | | | | 2 |

Naid Uchel / High Jump

Merched 14 neu iau – Naid Uchel

| Clwb | Aelodau | Safle |
|------------|-----------------|-------|
| Capel Iwan | Mari-Glyn Jones | 1 |

Merched 28 neu iau – Naid Uchel

| Clwb | Aelodau | Safle |
|---------------|-----------------|-------|
| Dyffryn Cothi | Carwen Richards | 1 |

Bechgyn 14 neu iau – Naid Uchel

| Clwb | Aelodau | Uchder | Dim Naid | Safle |
|---------------|---------------|--------|----------|-------|
| San Ishmael | Harri Gibbon | 1.45m | | 1 |
| Llanllwni | Llyr Dunn | 1.25m | 3 | 2 |
| Dyffryn Cothi | Tomos Green | 1.25m | 4 | 3 |
| Dyffryn Cothi | Ryan Ashley | 1.20m | | 4 |
| Llanllwni | Dylan Thomas | 1.10m | | 5 |
| Llangadog | Osian Jones | 1.05m | 1 | 6 |
| Llandeilo | George Thomas | 1.05m | 2 | 7 |

Bechgyn 16 neu iau – Naid Uchel

| Clwb | Aelodau | Safle |
|-----------|-------------|-------|
| Llanllwni | Gwion Evans | 1 |

Bechgyn 21 neu iau – Naid Uchel

| Clwb | Aelodau | Safle |
|------------|-------------|-------|
| Capel Iwan | Sion Davies | 1 |

Bechgyn 28 neu iau – Naid Uchel

| Clwb | Aelodau | Uchder | Safle |
|-------------|--------------|--------|-------|
| San Ishmael | Elgan Thomas | 1.40m | 1 |
| Llanllwni | Dan Jones | 1.35m | 2 |
| Penybont | Carwyn Jones | 1.20m | 3 |