

**Canlyniadau Gala Nofio Uwchradd Sir Benfro
Rhydd Bechgyn Bl. 7 ac 8**

Freestyle Boys Years 7 and 8

Enw	Ysgol/Cangen	Safle	Amser
Rory Andrews	Ysgol Y Castell	1	1.04.68
Jayden Keane	Ysgol Uwchradd Greenhill	2	1.09.15
Toby Price	Ysgol Uwchradd Greenhill	3	1.10.17
Joshua McDowell	Ysgol Uwchradd Syr Thomas Picton	4	1.11.41
Robbie Ralph	Ysgol Uwchradd Syr Thomas Picton	5	1.12.90
Ben Hilary	Ysgol Gyfun Penfro	6	1.15.87
Harrison Goddard	Ysgol Uwchradd Syr Thomas Picton	7	1.16.42
Morgan Williams	Ysgol Gyfun Penfro	8	1.17.91
Mathew Cole	Ysgol Uwchradd Aberdaugleddau	9	1.19.56
Kyle Kempson	Ysgol Gyfun Y Preseli	10	1.19.75
Luke Allsworth	Ysgol Gyfun Y Preseli	11	1.25.44
Jack Bruce	Ysgol Gyfun Y Preseli	12	1.25.95
Ioan Mutter	Ysgol Gyfun Penfro	13	1.26.81
Leon Twynam	Ysgol Gyfun Penfro	14	1.30.56
Josh Greenwood	Ysgol Gyfun Penfro	15	1.37.21
Lloyd Goldsworthy	Ysgol Uwchradd Greenhill	16	1.37.40

Rhydd Merched Bl. 7 ac 8

Freestyle Girls Years 7 and 8

Enw	Ysgol/Cangen	Safle	Amser
Jessica Sandy	Ysgol Uwchradd Aberdaugleddau	1	1.10.10
Caera Lewis	Ysgol Gyfun Penfro	2	1.12.06
Nia Llewellyn	Ysgol Gyfun Y Preseli	3	1.13.13
Georgia Lee	Ysgol Gyfun Penfro	4	1.15.31
Lena Hughes	Ysgol Gyfun Penfro	5	1.16.18
Toni Spiller	Ysgol Gyfun Y Preseli	6	1.16.19
Seren Griffiths	Ysgol Gyfun Y Preseli	7	1.16.75
Enfys Griffiths	Ysgol Gyfun Y Preseli	8	1.17.08
Rhiannon Clapham	Ysgol Uwchradd Dewi Sant	9	1.18.88
Maggie May Sturley	Ysgol Uwchradd Aberdaugleddau	10	1.21.55
Alys Webb	Ysgol Gyfun Y Preseli	11	1.22.65
Alexa Horne	Ysgol Uwchradd Bro Gwaun	12	1.23.02
Leah Carroll	Ysgol Gyfun Penfro	13	1.24.59
Holly Callen	Ysgol Gyfun Penfro	14	1.25.37
Jessie Powell	Ysgol Uwchradd Tasker Milward	15	1.26.65
Liah Williams	Ysgol Uwchradd Bro Gwaun	16	1.28.40
Paige Burton	Ysgol Uwchradd Greenhill	17	1.28.56
Marnie Bullock	Ysgol Uwchradd Greenhill	18	1.29.81
Catrin Edwards	Ysgol Gyfun Y Preseli	19	1.33.89
Elizabeth Clissold	Ysgol Uwchradd Greenhill	20	1.35.75
Liv Richards	Ysgol Gyfun Penfro	21	1.37.66
Ffion Barnikel	Ysgol Gyfun Y Preseli		DQ
Freya Williams	Ysgol Uwchradd Aberdaugleddau		DQ

Rhydd Bechgyn Bl. 9 a 10

Freestyle Boys Years 9 and 10

Enw	Ysgol/Cangen	Safle	Amser
Jac Webb	Ysgol Gyfun Y Preseli	1	1.02.37
Jake Powell	Ysgol Uwchradd Tasker Milward	2	1.02.69

Canlyniadau Gala Nofio Uwchradd Sir Benfro
Rhydd Merched Bl. 9 a 10

Enw	Ysgol/Cangen
Hannah John	Ysgol Gyfun Y Preseli

Freestyle Girls Years 9 and 10

Safle	Amser
1	1.25.44

Rhydd Bechgyn Bl. 11+

Enw	Ysgol/Cangen
Tomas Webb	Coleg Sir Benfro
Tom Beegan	Ysgol Uwchradd Aberdaugleddau

Freestyle Boys Years 11 and Older

Safle	Amser
1	0.57.53
2	1.05.37

Rhydd Merched Bl. 11+

Enw	Ysgol/Cangen
Rosie Llewellyn	Ysgol Gyfun Penfro

Freestyle Girls Years 11 and Older

Safle	Amser
1	1.15.33

Broga Bechgyn Bl. 7 ac 8

Enw	Ysgol/Cangen
Charlie Shiels	Ysgol Gyfun Penfro
Joshua McDowell	Ysgol Uwchradd Syr Thomas Picton
Gabe Marsh	Ysgol Uwchradd Aberdaugleddau
Mathew Cole	Ysgol Uwchradd Aberdaugleddau
Seth Woodhouse	Ysgol Gyfun Y Preseli
Jack Bruce	Ysgol Gyfun Y Preseli
Ioan Mutter	Ysgol Gyfun Penfro
Steffan Bridger	Ysgol Uwchradd Syr Thomas Picton
Josh Greenwood	Ysgol Gyfun Penfro
Lloyd Goldsworthy	Ysgol Uwchradd Greenhill

Breaststroke Boys Year 7 and 8

Safle	Amser
1	1.21.44
2	1.26.55
3	1.38.32
4	1.41.80
5	1.44.94
6	1.47.03
7	1.47.63
8	2.01.18
9	2.06.45

DQ

Broga Merched Bl. 7 ac 8

Enw	Ysgol/Cangen
Rachael Lewis	Ysgol Uwchradd Bro Gwaun
Katie Doughty	Ysgol Uwchradd Aberdaugleddau
Nia Llewellyn	Ysgol Gyfun Y Preseli
Lena Hughes	Ysgol Gyfun Penfro
Lucy John	Ysgol Uwchradd Syr Thomas Picton
Megan Cole	Ysgol Gyfun Y Preseli
Amy White	Ysgol Uwchradd Syr Thomas Picton
Holly Callen	Ysgol Gyfun Penfro
Alexa Horne	Ysgol Uwchradd Bro Gwaun
Cerys Morgan	Ysgol Uwchradd Greenhill
Elizabeth Clissold	Ysgol Uwchradd Greenhill
Catrin Edwards	Ysgol Gyfun Y Preseli

Breaststroke Girls Year 7 and 8

Safle	Amser
1	1.26.50
2	1.33.75
3	1.35.85
4	1.36.24
5	1.37.45
6	1.38.34
7	1.38.53
8	1.38.65
9	1.44.30
10	1.49.28
11	2.05.64

DQ

Broga Bechgyn Bl. 9 a 10

Enw	Ysgol/Cangen
Sean Barrett	Ysgol Uwchradd Syr Thomas Picton
Jac Webb	Ysgol Gyfun Y Preseli

Breaststroke Boys Year 9 and 10

Safle	Amser
1	1.21.25
2	1.29.93

Broga Merched Bl. 9 a 10

Enw	Ysgol/Cangen
Lauren Omnet	Ysgol Gyfun Penfro
Jessica Morris	Ysgol Gyfun Penfro
Georgia-May Shiels	Ysgol Gyfun Penfro

Breaststroke Girls Year 9 and 10

Safle	Amser
1	1.24.50
2	1.31.82
3	1.32.26

Canlyniadau Gala Nofio Uwchradd Sir Benfro**Broga Bechgyn Bl. 11+**

Enw	Ysgol/Cangen
Tomas Webb	Coleg Sir Benfro

Breaststroke Boys Year 11 and over

Safle	Amser
1	1.09.90

Broga Merched Bl. 11+

Enw	Ysgol/Cangen
Rosie Llewellyn	Ysgol Gyfun Penfro

Breaststroke Girls Year 11 and over

Safle	Amser
1	1.27.78

Cefn Bechgyn Bl. 7 ac 8

Enw	Ysgol/Cangen	Safle	Amser
Arron Fitzsimmons	Ysgol Uwchradd Syr Thomas Picton	1	1.13.69
Toby Price	Ysgol Uwchradd Greenhill	2	1.23.09
Zac West	Ysgol Gyfun Y Preseli	3	1.25.80
Ben Hilary	Ysgol Gyfun Penfro	4	1.26.06
Kyle Kempson	Ysgol Gyfun Y Preseli	5	1.30.94
Gabe Marsh	Ysgol Uwchradd Aberdaugleddau	6	1.33.31
Ellis Robinson	Ysgol Uwchradd Syr Thomas Picton	7	1.38.31
Leon Twynam	Ysgol Gyfun Penfro	8	1.46.94
Thomas David	Ysgol Uwchradd Tasker Milward		
Matthew Hill	Ysgol Gyfun Y Preseli		

Backstroke Boys Year 7 and 8

DQ

DQ

Cefn Merched Bl. 7 ac 8

Enw	Ysgol/Cangen	Safle	Amser
Ffion Moses	Ysgol Uwchradd Syr Thomas Picton	1	1.16.62
Hannah Greenwood	Ysgol Gyfun Penfro	2	1.18.60
Amy White	Ysgol Uwchradd Syr Thomas Picton	3	1.24.36
Rhiannon Clapham	Ysgol Uwchradd Dewi Sant	4	1.27.98
Freya Williams	Ysgol Uwchradd Aberdaugleddau	5	1.28.13
Georgia Lee	Ysgol Gyfun Penfro	6	1.28.65
Harriet Hughes	Ysgol Gyfun Y Preseli	7	1.29.19
Toni Spiller	Ysgol Gyfun Y Preseli	8	1.31.06
Lucy John	Ysgol Uwchradd Syr Thomas Picton	9	1.33.04
Rachel Evans	Ysgol Gyfun Penfro	10	1.34.18
Leah Carroll	Ysgol Gyfun Penfro	11	1.35.34
Chloe Morris	Ysgol Gyfun Penfro	12	1.39.84
Liah Williams	Ysgol Uwchradd Bro Gwaun	13	1.45.65
Marnie Bullock	Ysgol Uwchradd Greenhill	14	1.45.91
Kelly Marie Williams	Ysgol Uwchradd Bro Gwaun	15	2.11.08

Backstroke Girls Year 7 and 8**Cefn Bechgyn Bl. 9 a 10**

Enw	Ysgol/Cangen	Safle	Amser
Henry White	Ysgol Uwchradd Syr Thomas Picton	1	1.11.71
Toby Sturley	Ysgol Uwchradd Aberdaugleddau	2	1.14.96

Backstroke Boys Year 9 and 10**Cefn Merched Bl. 9 a 10**

Enw	Ysgol/Cangen	Safle	Amser
Frankie Robinson	Ysgol Uwchradd Syr Thomas Picton	1	1.14.45
Tayla Wilson	Ysgol Uwchradd Greenhill	2	1.20.14
Hannah John	Ysgol Gyfun Y Preseli	3	1.35.95

Backstroke Girls Year 9 and 10

Canlyniadau Gala Nofio Uwchradd Sir Benfro**Cefn Bechgyn Bl. 11+**

Enw	Ysgol/Cangen
Rhys Davies	Coleg Sir Benfro

Backstroke Boys Year 11 and over

Safle	Amser
1	1.03.18

Cefn Merched Bl. 11+

Enw	Ysgol/Cangen
Arabella Haley	Ysgol Uwchradd Greenhill

Backstroke Girls Year 11 and over

Safle	Amser
1	1.12.87

Pili Pala Bechgyn Bl. 7 ac 8

Enw	Ysgol/Cangen
Arron Fitzsimmons	Ysgol Uwchradd Syr Thomas Picton
Rory Andrews	Ysgol Y Castell
Zac West	Ysgol Gyfun Y Preseli
Morgan Williams	Ysgol Gyfun Penfro
Ellis Robinson	Ysgol Uwchradd Syr Thomas Picton

Butterfly Boys Year 7 and 8

Safle	Amser
1	1.14.84
2	1.15.88
3	1.29.42
4	1.40.04
5	1.52.69

Pili Pala Merched Bl. 7 ac 8

Enw	Ysgol/Cangen
Ffion Moses	Ysgol Uwchradd Syr Thomas Picton
Rachael Lewis	Ysgol Uwchradd Bro Gwaun
Megan Cole	Ysgol Gyfun Y Preseli
Alys Webb	Ysgol Gyfun Y Preseli
Jessie Powell	Ysgol Uwchradd Tasker Milward
Cerys Morgan	Ysgol Uwchradd Greenhill
Nia Jones	Ysgol Uwchradd Bro Gwaun
Ffion Williams	Ysgol Gyfun Y Preseli

Butterfly Girls Year 7 and 8

Safle	Amser
1	1.18.52
2	1.21.44
3	1.28.45
4	1.31.81
5	1.41.97
6	1.45.37
7	1.47.83

DQ

Pili Pala Bechgyn Bl. 9 a 10

Enw	Ysgol/Cangen
Sean Barrett	Ysgol Uwchradd Syr Thomas Picton

Butterfly Boys Year 9 and 10

Safle	Amser
1	1.08.37

Pili Pala Merched Bl. 9 a 10

Enw	Ysgol/Cangen
Frankie Robinson	Ysgol Uwchradd Syr Thomas Picton
Jessica Morris	Ysgol Gyfun Penfro

Butterfly Girls Year 9 and 10

Safle	Amser
1	1.12.19
2	1.27.65

Pili Pala Merched Bl. 11+

Enw	Ysgol/Cangen
Lucy Harding	Ysgol Uwchradd Syr Thomas Picton

Butterfly Girls Year 11 and over

Safle	Amser
1	1.12.70

Cymysg Unigol Bechgyn Bl. 7 ac 8

Enw	Ysgol/Cangen
Charlie Shiels	Ysgol Gyfun Penfro
Jayden Keane	Ysgol Uwchradd Greenhill
Robbie Ralph	Ysgol Uwchradd Syr Thomas Picton
Thomas David	Ysgol Uwchradd Tasker Milward
Luke Allsworth	Ysgol Gyfun Y Preseli
Steffan Bridger	Ysgol Uwchradd Syr Thomas Picton

Individual Medley Boys Year 7 and 8

Safle	Amser
1	2.49.67
2	3.00.81
3	3.07.63
4	3.27.80
5	3.47.13
6	4.05.89

**Canlyniadau Gala Nofio Uwchradd Sir Benfro
Cymysg Unigol Merched Bl. 7 ac 8**

Individual Medley Girls Year 7 and 8

Enw	Ysgol/Cangen	Safle	Amser
Jessica Sandy	Ysgol Uwchradd Aberdaugleddau	1	2.53.34
Hannah Greenwood	Ysgol Gyfun Penfro	2	2.54.20
Caera Lewis	Ysgol Gyfun Penfro	3	2.59.88
Ffion Barnikel	Ysgol Gyfun Y Preseli	4	3.03.44
Enfys Griffiths	Ysgol Gyfun Y Preseli	5	3.10.80
Seren Griffiths	Ysgol Gyfun Y Preseli	6	3.13.50
Harriet Hughes	Ysgol Gyfun Y Preseli	7	3.18.57
Chloe Morris	Ysgol Gyfun Penfro	8	3.30.84
Maggie May Sturley	Ysgol Uwchradd Aberdaugleddau	9	3.36.69
Rachel Evans	Ysgol Gyfun Penfro	10	3.49.52

Cymysg Unigol Bechgyn Bl. 9 a 10

Individual Medley Boys Year 9 and 10

Enw	Ysgol/Cangen	Safle	Amser
Henry White	Ysgol Uwchradd Syr Thomas Picton	1	2.34.19
Jake Powell	Ysgol Uwchradd Tasker Milward	2	2.43.47

Cymysg Unigol Merched Bl. 9 a 10

Individual Medley Girls Year 9 and 10

Enw	Ysgol/Cangen	Safle	Amser
Tayla Wilson	Ysgol Uwchradd Greenhill	1	2.52.67

Cymysg Unigol Bechgyn Bl. 11+

Individual Medley Boys Year 11 and over

Enw	Ysgol/Cangen	Safle	Amser
Rhys Davies	Coleg Sir Benfro	1	2.22.88

Cymysg Unigol Merched Bl. 11+

Individual Medley Girls Year 11 and over

Enw	Ysgol/Cangen	Safle	Amser
Lucy Harding	Ysgol Uwchradd Syr Thomas Picton	1	2.41.26

Cyfnewid Rhydd Bechgyn Bl. 7 ac 8

Freestyle Relay Boys Year 7 and 8

Enw	Ysgol/Cangen	Safle	Amser
Ysgol Uwchradd Syr Thomas Picton	Ysgol Uwchradd Syr Thomas Picton	1	2.10.15
Ysgol Gyfun Y Preseli	Ysgol Gyfun Y Preseli	2	2.28.89
Ysgol Gyfun Penfro	Ysgol Gyfun Penfro	3	2.40.24

Cyfnewid Rhydd Merched Bl. 7 ac 8

Freestyle Relay Girls Year 7 and 8

Enw	Ysgol/Cangen	Safle	Amser
Ysgol Gyfun Y Preseli	Ysgol Gyfun Y Preseli	1	2.15.96
Ysgol Uwchradd Aberdaugleddau	Ysgol Uwchradd Aberdaugleddau	2	2.16.76
Ysgol Uwchradd Bro Gwaun	Ysgol Uwchradd Bro Gwaun	3	2.30.11
Ysgol Gyfun Penfro	Ysgol Gyfun Penfro	4	2.31.16
Ysgol Uwchradd Greenhill	Ysgol Uwchradd Greenhill	5	2.41.56

Cyfnewid Rhydd Merched Bl. 9 a 10

Freestyle Relay Girls Year 9 and 10

Enw	Ysgol/Cangen	Safle	Amser
Ysgol Gyfun Penfro	Ysgol Gyfun Penfro		

DQ

Cyfnewid Amrywiol Bechgyn Bl. 7 ac 8

Medley Relay Boys Year 7 and 8

Enw	Ysgol/Cangen	Safle	Amser
Ysgol Uwchradd Syr Thomas Picton	Ysgol Uwchradd Syr Thomas Picton	1	2.26.72
Ysgol Gyfun Penfro	Ysgol Gyfun Penfro	2	2.41.96
Ysgol Gyfun Y Preseli	Ysgol Gyfun Y Preseli	3	2.53.48

Canlyniadau Gala Nofio Uwchradd Sir Benfro**Cyfnewid Amrywiol Merched Bl. 7 ac 8****Medley Relay Girls Year 7 and 8**

Enw	Ysgol/Cangen	Safle	Amser
Ysgol Uwchradd Aberdaugleddau	Ysgol Uwchradd Aberdaugleddau	1	2.34.44
Ysgol Gyfun Penfro	Ysgol Gyfun Penfro	2	2.36.61
Ysgol Gyfun Y Preseli	Ysgol Gyfun Y Preseli	3	2.42.87
Ysgol Uwchradd Bro Gwaun	Ysgol Uwchradd Bro Gwaun	4	2.53.19
Ysgol Uwchradd Greenhill	Ysgol Uwchradd Greenhill	5	3.09.68

Cyfnewid Cymysg Bl. 7 ac 8**Mixed Relay Year 7 and 8**

Enw	Ysgol/Cangen	Safle	Amser
Ysgol Gyfun Penfro	Ysgol Gyfun Penfro	1	2.34.57
Ysgol Gyfun Y Preseli	Ysgol Gyfun Y Preseli	2	2.52.23