

PENCAMPWRIAETH TRAWS GWLAD YSGOLION / RHWNG-RHANBARTHOL CYMRU

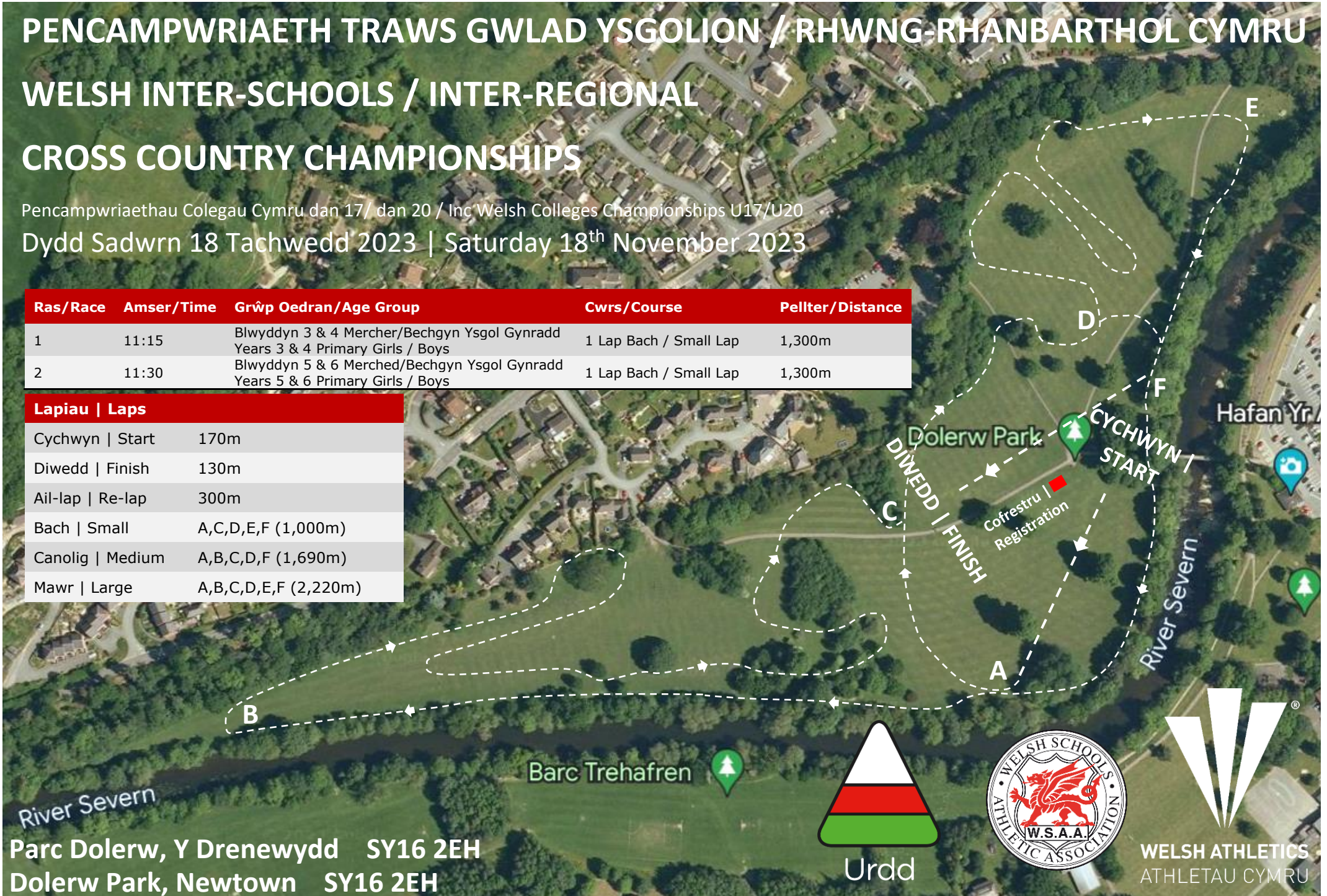
WELSH INTER-SCHOOLS / INTER-REGIONAL

CROSS COUNTRY CHAMPIONSHIPS

Pencampwriaethau Colegau Cymru dan 17/ dan 20 / Inc Welsh Colleges Championships U17/U20
 Dydd Sadwrn 18 Tachwedd 2023 | Saturday 18th November 2023

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

Lapiau Laps	
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)



Parc Dolerw, Y Drenewydd SY16 2EH
 Dolerw Park, Newtown SY16 2EH

