Adolygiad Cystadleuaeth
Competition Review
2026









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21/04/2026 V1



Blwyddyn lwyddiannus arall ar gyfer ein Gymnastwyr

Another Successful Year for our Gymnasts

Carmarthenshire school of gymnastics

PENCAMPWYR CYNGHRAIR TYMBLO CYMRU 2026 7/8 Chwefror 2026

Am benwythnos eithriadol ac ysbrydoledig ym Mhencampwriaeth Cynghrair y Cwmp Cymru 2026 yn Hwlffordd. Estynnwn ein llongyfarchiadau o galon i bob gymnast CSoG a gystadlodd yng Nghynghrair Cwmp Cymru Rhan 1, gan gynrychioli'r clwb gyda balchder, proffesiynoldeb a phenderfyniad aruthrol.

Roedd y digwyddiad hwn yn nodi cystadleuaeth gynghrair agoriadol 2026 ac mae ein gymnastwyr yn gosod y safon o'r cyfarchiad cyntaf. Gyda phŵer, manwl gywirdeb a hyder, fe wnaethant gyflwyno arferion cryf, deinamig i lawr y Tumbling Track, gan arddangos nid yn unig rhagoriaeth dechnegol ond hefyd gwytnwch, ffocws ac ysbryd cystadleuol.

Roedd pob pas yn adlewyrchu'r oriau di-ri o hyfforddiant, disgyblaeth ac ymrwymiad a fuddsoddwyd y tu ôl i'r llenni. O take-offs dan reolaeth i laniadau hyderus, dangosodd ein hathletwyr dwf a chysurdeb rhyfeddol o dan bwysau.

Ymrwymiad y tu ôl i'r llwyddiant
Diolch yn ddiffuant a balch i'r Tîm Hyfforddi CSoG ymroddedig, dan arweiniad Prif Hyfforddwr Tumbling Shelley. Roedd eu paratoi diflino, eu cynllunio manwl a'u cred ddiwyro ym mhob gymnast yn sicrhau bod pob athletwr wedi'i baratoi'n gorfforol, yn canolbwyntio'n feddyliol, ac yn barod i gystadlu. Nid yw llwyddiant ar lefel pencampwriaeth byth yn ddamweiniol, mae'n cael ei adeiladu bob dydd yn y gampfa trwy hyfforddiant strwythuredig, anogaeth a safonau uchel. Roedd y penwythnos hwn yn dyst i'r gwaith caled hwnnw.

Clwb i fod yn falch ohono
Fel Rheolwr Gyfarwyddwr, gweld y gwên, yr hyder a'r balchder ar wynebau ein gymnastwyr yw'r wobr fwyaf mewn gwirionedd. Rwy'n hynod falch o bob athletwr:
• Y dechreuwr yn camu ar lawr y gystadleuaeth am y tro cyntaf, gan ddangos dewrder a phenderfyniad.
• Y gymnastwyr sy'n datblygu mireinio eu sgiliau a gwthio eu terfynau personol.
• Ein cystadleuwyr profiadol sydd, flwyddyn ar ôl blwyddyn, yn parhau i herio eu hunain trwy berfformio arferion cynyddol ddatblygedig a chymhleth. Mae pob athletwr, waeth beth fo'u lefel neu brofiad, yn cyfrannu at gryfder ac ysbryd CSoG. Gyda'i gilydd, maent yn cynrychioli ymroddiad, gwaith tîm a rhagoriaeth. Edrych ymlaen.

Mae tymor 2026 wedi dechrau mewn modd rhagorol. Nid oedd y bencampwriaeth hon yn ymwneud â sgoriau yn unig, roedd yn ymwneud â thwf, gwytnwch, undod a balchder. Edrychwn ymlaen at adeiladu ar y sylfaen gadarn hon wrth i Gynghrair Cwympo Cymru barhau, yn hyderus y bydd ein gymnastwyr yn parhau i ymdrechu, gwella ac ysbrydoli. Da iawn, Tîm CSoG - mae eich gwaith caled, eich ymrwymiad a'ch angerdd yn gwneud y clwb cyfan yn hynod falch.

2026 WELSH TUMBLING LEAGUE CHAMPIONSIP
7th/8th February 2026

What an exceptional and inspiring weekend at the 2026 Welsh Tumbling League Championship in Haverfordwest. We extend our heartfelt congratulations to every CSoG gymnast who competed in Welsh Tumbling League Part 1, representing the club with immense pride, professionalism and determination.

This event marked the opening league competition of 2026 and our gymnasts set the standard from the very first salute. With power, precision and confidence, they delivered strong, dynamic routines down the Tumbling Track , showcasing not only technical excellence but also resilience, focus and competitive spirit.

Each pass reflected the countless hours of training, discipline and commitment invested behind the scenes. From controlled take-offs to confident landings, our athletes demonstrated remarkable growth and composure under pressure.

Commitment Behind the Success
A sincere and proud thank you goes to the dedicated CSoG Coaching Team, led by Tumbling Head Coach Shelley. Their tireless preparation, meticulous planning and unwavering belief in every gymnast ensured that each athlete was physically prepared, mentally focused, and competition-ready. Success at championship level is never accidental , it is built daily in the gym through structured training, encouragement and high standards. This weekend was a testament to that hard work.

CSoG Competition Review 2026

7/8th February

Club to Be Proud Of

As Managing Director, witnessing the smiles, confidence, and pride on our gymnasts' faces is truly the greatest reward. I am immensely proud of every single athlete:

• The beginner stepping onto the competition floor for the very first time, showing courage and determination.
• The developing gymnasts refining their skills and pushing their personal limits.
• Our experienced competitors who, year after year, continue to challenge themselves by performing increasingly advanced and complex routines.Each athlete, regardless of level or experience, contributes to the strength and spirit of CSoG. Together, they represent dedication, teamwork and excellence.

Looking Ahead

The 2026 season has begun in outstanding fashion. This championship was not just about scores, it was about growth, resilience, unity and pride. We look forward to building on this strong foundation as the Welsh Tumbling League continues, confident that our gymnasts will keep striving, improving and inspiring. Well done, Team CSoG — your hard work, commitment, and passion make the entire club incredibly proud.

SADWRN / ROWND 1 - SATURDAY / ROUND 1

Categori Cartwheel - Oedran 6 oed Merched Unigol
Cartwheel Category - Age 6yrs Girls Individual
Medal Arian: Silver Medal: Daisy

Categori Olwyn Cart - Oedran 6 oed Bechgyn Unigol
Cartwheel Category - Age 6yrs Boys Individual
Medal Aur: Gold Medal: Morgan

Categori Olwyn Cart - Oedran 7 oed Merched Unigol
Cartwheel Category - Age 7yrs Girls Individual
5ed Rhuban: 5th Ribbon: Orla

Categori Cartwheel - Oedran 7 oed Bechgyn Unigol
Cartwheel Category - Age 7yrs Boys Individual
Medal Aur: Gold Medal: Arrow

Categori Olwyn Cart - Tîm 7 oed
Cartwheel Category - Age 7yrs Team
Bronze Medal: Cadi, Layla, Millie
Medal Arian: Silver Medal: Arrow, Ela, Orla

Categori Olwyn Cart - Tîm Oedran 8-9 oed
Cartwheel Category - Age 8-9yrs Team
4ed Rhuban: 4th Ribbon: Anwen, Ava, Mia

Categori Olwyn Cart - 10–11 oed Merched Unigol
Cartwheel Category - Age 10–11yrs Girls Individual
Medal Efydd: Bronze Medal: Antonia

Categori Olwyn Cart - Tîm 10–11 oed
Cartwheel Category - Age 10–11yrs Team
Medal Efydd: Bronze Medal: Amelia, Antonia, Evie & Hannah

SADWRN / ROWND 2 - SATURDAY /ROUND 2

Categori Flick - Oedran 7 oed Merched Unigol
Flick Category - Age 7yrs Girls Individual
Medal Aur: Gold Medal: Mabli

Categori Flick - Oedran 8-9 oed Bechgyn Unigol
Flick Category - Age 8-9 yrs Boys Individual
Medal Arian: Silver Medal: Owen
4ed Rhuban: 4th Ribbon: Nathan
5ed Rhuban: 5th Ribbon: Elis

Categori Flick - Oedran 8-9 oed Merched Unigol
Flick Category - Age 8-9 yrs Girls Individual
Medal Aur: Gold Medal: Emmie
5ed Rhuban: 5th Ribbon: Madi

Categori Flick - Tîm 8-9 oed
Flick Category - Age 8-9 yr Team
Medal Arian: Silver Medal: Team White
Owen, Elis, Nathan, Harley & Poppy
4ed Rhuban:4th Ribbon: Team Silver
Ela, Lyra, Emelia, Madi & Betsi
5ed Rhuban: 5th Ribbon: Team Navy
Erin, Gwenni, Emmie & Gracie

SADWRN /ROWND 3 - SATURDAY /ROUND 3

Categori Ffig - Bechgyn 17–21 oed Unigol
FIG Category - Age 17–21 Boys Individual
Medal Aur: Gold Medal: Luca

Categori FIG - Merched 17–21 oed Unigol
FIG Category - Age 17–21 Girls Individual
Medal Arian: Silver Medal: Tianna

PENCAMPWRIAETH CYNGHRAIR TUMBLIO WALES 2026
WALES TUMBLING LEAGUE CHAMPIONSHIP 2026

Categorïau FIG 5-16 oed
Categories FIG 5-16 years old
Efydd Medal: Bronze Medal: Tia
4th Rhuban: 4th Ribbon Nel
5ed Rhuban: 5th Ribbon Elin
6th Rhuban: 6th Ribbon Lois

Dydd Sul Rownd 1 - SUNDAY / ROUND 1

Categorïau Flick Tîm 10fed - 11eg
Flick categories Team 10th - 11th
Medal Efydd: Bronze Medal: Alexia, Bella, Megan, Sofia Hanna

DYDD SUL ROWND 2 - SUNDAY ROUND 2

Categorïau Flick Bechgyn 12-13 oed Unigol
Flick categories Boys 12-13 years old Unigol
Medal Arian: Silver Medal: Harry

Category Somersault Girls 8-9 yrs old Unigol
Categori Somersault Merched 8-9 oed Unigol
Medal Aur: Gold Medal: Lowri

Category Somersault Girls 10-11 yrs old Unigol
Categori Somersault Merched 10-11 oed Unigol
Medal Aur: Gold Medal: Anni

Category Somersault Girls 12-13 yrs old
Categori Somersault Merched 12-13 oed Unigol
4th Rhuban: 4th Ribbon: Ella
Medal Efydd: Bronze Medal: Alice
Medal Arian: Silver Medal: Ella May

Categorïau Somersault Bechgyn 12-13 oed Unigol
Categori Somersault Boys 12-13 years old Unigol
Medal Aur: Gold Medal: Corey

Categori Somersault Merched 12-13 oed Unigol
Categori Somersault - Navy team 12-13 yrs old
Alis, Corey, Ella, Ella, May

DYDD SUL ROWND 3 - SUNDAY ROUND 3

Categori Chwip Merched 8-9 oed Unigol
Category Whip Girls 8-9 years old Unigol
5ed gradd rhuban - 5th Grade Ribbon: Lily
4th Rhuban: 4th Ribbon: Lydia
Medal Arian: Silver Medal: Emily

Categori Chwip - Tîm Merched 8-9 oed
Category Whip - Girls Team 8-9 year olds
Medal: Emily, Lydia, Lily, Lacey

Categori Chwip - Merched 10-11 oed Unigol
Category Whip - Girls 10-11 years old Unigol
Medal Aur: Gold Medal: Olive

Categori Chwip - Bechgyn 10-11 oed Unigol
Category Whip - Boys 10-11 years old Unigol
Medal Arian: Silver Medal: – Chase

Categori Chwip - Merched 14+ oed
Category Whip - Girls 14+ years old
Rhuban 4th: 4th Ribbon: Stevie

SUNDAY ROUND 4 - DYDD SUL ROWND 4

Categorïau FIG - Merched 11-12 oed Unigol
Categories FIG - Merched 11-12 years old Unigol
Medal Aur: Gold Medal: Mared



2026 BRITISH SQUAD TUMBLING TRIALS

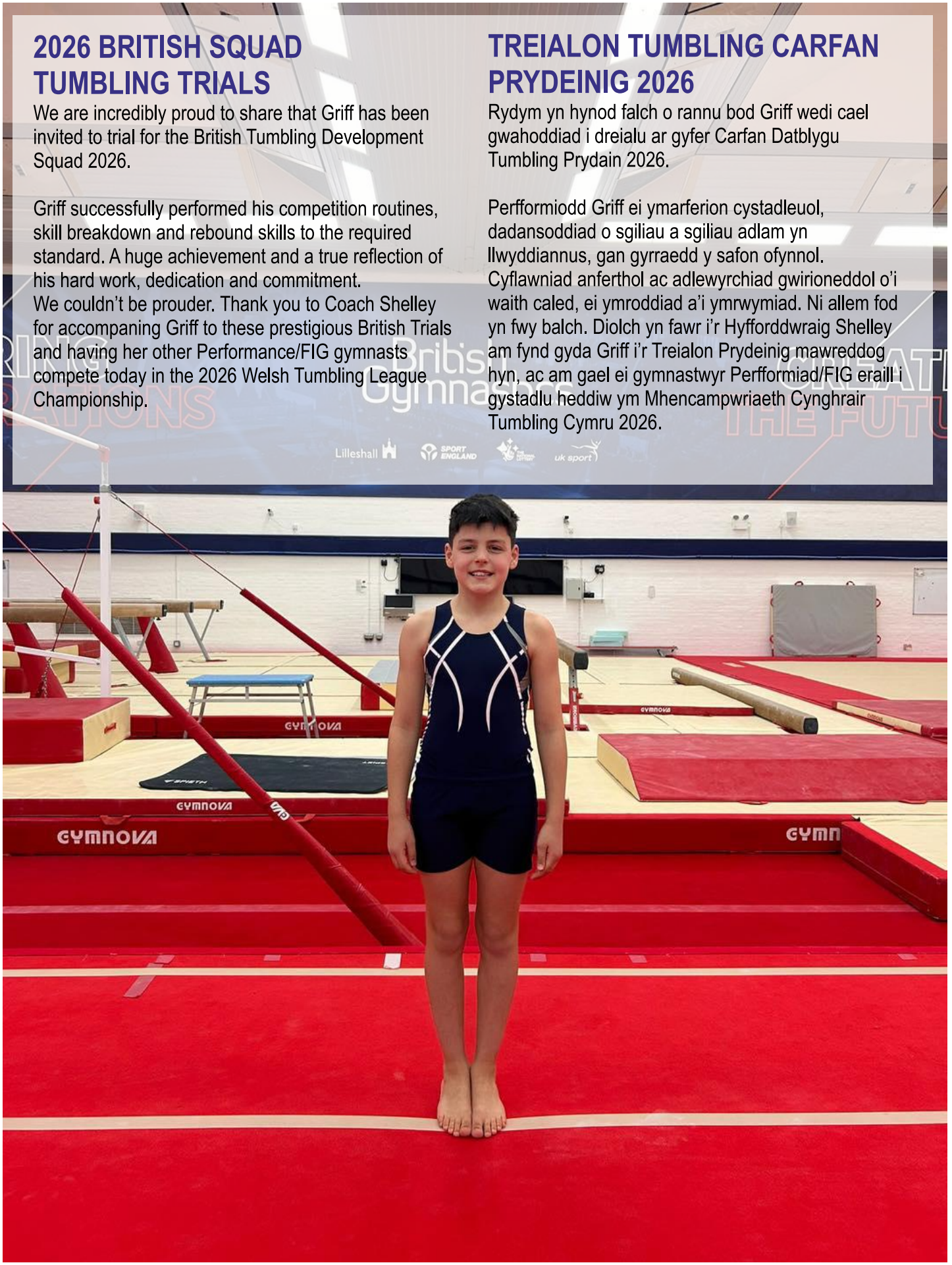
We are incredibly proud to share that Griff has been invited to trial for the British Tumbling Development Squad 2026.

Griff successfully performed his competition routines, skill breakdown and rebound skills to the required standard. A huge achievement and a true reflection of his hard work, dedication and commitment.
We couldn't be prouder. Thank you to Coach Shelley for accompaning Griff to these prestigious British Trials and having her other Performance/FIG gymnasts compete today in the 2026 Welsh Tumbling League Championship.

TREIALON TUMBLING CARFAN PRYDEINIG 2026

Rydym yn hynod falch o rannu bod Griff wedi cael gwahoddiad i dreialu ar gyfer Carfan Datblygu Tumbling Prydain 2026.

Perfformiodd Griff ei ymarferion cystadleuol, dadansoddiad o sgiliau a sgiliau adlam yn llwyddiannus, gan gyrraedd y safon ofynnol. Cyflawniad anferthol ac adlewyrchiad gwirioneddol o'i waith caled, ei ymroddiad a'i ymrwymiad. Ni allem fod yn fwy balch. Diolch yn fawr i'r Hyfforddwraig Shelley am fynd gyda Griff i'r Treialon Prydeinig mawreddog hyn, ac am gael ei gymnastwyr Perfformiad/FIG eraill i gystadlu heddiw ym Mhencampwriaeth Cynghrair Tumbling Cymru 2026.





Welsh Regional Challenge Cup
Cwpan Her Ranbarthol Cymru

Llongyfarchiadau i'r holl gymnastwyr a gymerodd ran yng **Nghwpan Her Ranbarthol Cymru** yn All stars Caerdydd ddoe, dydd Sadwrn **18 Ebrill 2026**. Mae'r holl gymnastwyr sy'n cystadlu yn y Bencampwriaeth hon i gyd yn anelu at y ddau safle uchaf i'r podiwm gael eu dewis i gynrychioli **Tîm Cymru** fel rhanbarth ym **Mhencampwriaeth Rownd Derfynol Cwpan Her Rhyng-ranbarthol Prydain 2026** yn erbyn gymnastwyr o Gymru, Lloegr, yr Alban ac Iwerddon.

Mae'n rhaid i'r ddau gymnast uchaf ennill cyflawni'r sgôr anhawster angenrheidiol, cyflawniad anhygoel sy'n adlewyrchu eu hymroddiad a'u gwaith caled. Hoffai **CSoG** longyfarch ein holl gymnastwyr ar y cyflawniad gwych hwn gyda chanlyniadau mor werth chweil Rydym yn awr yn disgwyl yn eiddgar am gadarnhad gan **Gymnasteg Cymru** o ganlyniadau'r Proses ddethol **Tîm Cymru** yn dilyn eglurhad o'r sgoriau anhawster gan y panel technegol.

Congratulations to all the gymnasts who took part in the **Welsh Regional Challenge Cup** at All stars Cardiff yesterday, **Saturday 18th April 2026.** All competing gymnasts in this Championship all aim for the top two podium positions to place in the top two in Wales to be selected to represent **Team Wales** as a region in the forthcoming **2026 British Inter-Regional Challenge Cup Final Tumbling Championship** against gymnasts from Wales, England, Scotland and Ireland.

The winning top two gymnast must achieve the required difficulty score, an incredible accomplishment that reflects their dedication and hard work. **CSoG** would like to congratulate all of our gymnasts on this fantastic achievement with such rewarding results
We now eagerly await confirmation from **Welsh Gymnastics** of the results of the
Team Wales Selection process following clarification of the difficulty scores from the technical panel.

LLONGYFARCHIADAU TÎM CSoG
CONGRATULATIONS TEAM CSoG

Lefel Ranbarthol 1 - Regional Level 1

Unigolyn Gwrywaidd Dan 13 oed
Male Individual Under 13 yrs
Medal Efydd: Bronze Medal Chase

Unigolyn Benywaidd Dan 13 oed
Female Individual Under 13yrs
6ed Rhuban.: 6th Ribbon. Lily
5ed Rhuban: 5th Ribbon. Emily
Medal Arian: Silver Medal. Lydia
Medal Aur: Gold Medal. Olive

Lefel Ranbarthol 2 - Regional Level 2

Unigolyn Benywaidd 10-12 oed
Female Individual 10-12 yrs
Medal Arian: Silver Medal. Ella-May

Benywaidd Unigol 13-14 oed
Female Individual 13-14 yrs
Medal Aur: Gold Medal. Ella

Benywaidd Unigol 15 oed a mwy
Female Individual 15yrs plus
Medal Arian: Silver Medal. Maia
Medal Aur: Gold Medal. Tianna

Lefel Ranbarthol 3 - Regional Level 3

Unigolyn Benywaidd Dan 15 oed
Female Individual Under 15yrs
Medal Arian: Silver Medal. Alis

Lefel Ranbarthol 3 - Unigolyn Benywaidd dros 15 oed
Regional Level 3 - Female Individual Over 15yrs
Medal Efydd: Bronze Medal. Elin
Medal Arian: Silver Medal. Lois
Medal Aur: Gold Medal. Elisa

Lefel Ranbarthol 4 - Unigolyn Benywaidd 9-10 oed
Regional Level 4 - Female Individual 9-10 yrs
4ed Rhuban: 4th Ribbon. Lowri
Medal Aur: Gold Medal. Anni

Lefel Ranbarthol 4 - Unigolyn Gwrywaidd 11-12 oed
Regional Level 4 - Male Individual 11-12yrs
Medal Aur: Gold Medal. Corey

Benywaidd Unigol 15 oed a mwy
Female Individual 15yrs plus
Medal Arian: Silver Medal. Nel
Medal Aur: Gold Medal. Mared.

Unigolyn Benywaidd 17-21 oed
Female Individual 17-21yrs
Medal Aur: Gold Medal. Florence



CSoG Competition Review 2026

19th April



Llongyfarchiadau i'r holl gymnastwyr sy'n cymryd rhan yng **Nghyfres Cwpan Clybiau Cymru 2026** heddiw, dydd Sul **19 Ebrill 2026** yn Academi Gymnasteg All Stars, Caerdydd. Hoffai **CSoG** longyfarch ein holl gymnastwyr ar eu cyflawniadau gwych gyda chanlyniadau mor werth chweil, yn enwedig gyda llawer yn cystadlu am eu tro cyntaf.

Congratulations to all the gymnasts taking part in the **2026 Welsh Club Cup Series** today, Sunday **19th April 2026** at All Stars Gymnastics Academy, Cardiff. **CSoG** would like to congratulate all of our gymnasts on their fantastic achievements with such rewarding results especially with many competing for their very first time.

CANLYNIADAU ROWND 2
ROUND 2 RESULTS

Clwb Lefel 3 - Gwryw Unigol 8 oed yn y flwyddyn
Club Level 3 - Male Individual 8yrs in year

Medal Aur: Gold Medal. Elis

Pencampwr Cymru - Unigol Merched 8 oed y flwyddyn
Welsh Champion - Female Individual 8yrs in year

6ed Rhuban: 6th Ribbon Emelia Rose
4ed Rhuban: 4th Ribbon Mabli Gwen
Medal Efydd: Bronze Medal. Anwen
Medal Arian: Silver Medal Poppy-May
Medal Aur: Gold Medal. Gwenni

Welsh Champion
Female Individual 9-10

6ed Rhuban: 6th Ribbon Emmie
Medal Efydd: Bronze Medal. Soffia

Male Individual 11-12yrs

Medal Aur: Gold Medal. Harry

Welsh Champion
Female Individual 11-12yrs

5ed Rhuban: 5th Ribbon Hannah

CSoG Competition Review 2026

19th April



Llongyfarchiadau i'r holl gymnastwyr sy'n cymryd rhan yng **Nghyfres Cwpan Clybiau Cymru 2026** heddiw, dydd **Sul 19 Ebrill 2026** yn Academi Gymnasteg All Stars, Caerdydd. Hoffai **CSoG** longyfarch ein holl gymnastwyr ar eu cyflawniadau gwych gyda chanlyniadau mor werth chweil, yn enwedig gyda llawer yn cystadlu am eu tro cyntaf

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CANLYNIADAU ROWND 1
ROUND 1 RESULTS

Clwb Lefel 1 - Gwryw Unigol Oedran 7–8 oed
Club Level 1 - Male Individual Age 7–8yrs

Medal Aur: Gold Medal. Macsen

Pencampwr Cymru Benywaidd Unigol Oedran 7-8 oed
Welsh Champion
Female Individual Age 7-8yrs

6ed Rhuban: 6th Ribbon. Neli
5ed Rhuban: 5th Ribbon. Layla
4ed Rhuban: 4th Ribbon. Evie
Medal Efydd: Bronze Medal. Ava
Medal Aur: Gold Medal. Mabli

Pencampwr Cymru - Clwb Lefel 1 Benywaidd Unigol Oedran 9–10 oed
Welsh Champion - Club Level 1
Female Individual Age 9–10yrs

4ed Rhuban:4th Ribbon. Cassi
Medal Efydd: Bronze Medal. Evie
Medal Arian: Silver Medal. Elisha
Medal Aur: Gold Medal. Holly

Pencampwr Cymru Clwb Lefel 2 - Gwryw Unigol Oedran 7–8 oed
Welsh Champion
Club Level 2 - Male Individual Age 7–8yrs

Medal Aur: Gold Medal. Arrow
Welsh Champion

CSoG Competition Review 2026 **19th April**



Llongyfarchiadau i'r holl gymnastwyr sy'n cymryd rhan yng **Nghyfres Cwpan Clybiau Cymru 2026** heddiw, dydd **Sul 19 Ebrill 2026** yn Academi Gymnasteg All Stars, Caerdydd. Hoffai **CSoG** longyfarch ein holl gymnastwyr ar eu cyflawniadau gwych gyda chanlyniadau mor werth chweil, yn enwedig gyda llawer yn cystadlu am eu tro cyntaf.

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CANLYNIADAU ROWND 4 - ROUND 4 RESULTS
Clwb Lefel 5 Unigol Benywaidd 9-10 oed
Club Level 5 Female Individual 9-10yrs

5ed Medal. 5th Medal.	Bella
Medal Arian: Silver Medal.	Lacey

Llongyfarchiadau Tîm CSoG

Llongyfarchiadau i'r ddau gymnast yma sy'n cymryd rhan yng Nghyfres Cwpan Clwb Cymru 2026 heddiw, dydd Sul 19eg Ebrill 2026 yn Academi Gymnasteg All Stars, Caerdydd

Hoffai **CSoG** longyfarch y ddau ar eu cyflawniadau gwych gyda chanlyniadau mor werth chweil

CANLYNIADAU ROWND 3

Clwb Lefel 4
Unigolyn Dynion 9-10 oed
Medal Aur Nathan
Pencampwr Cymru

Unigolyn Benyw 9-10 oed
5ed Rhuban Harley

Diolch i Brif Hyfforddwr y Tymbling Shelley Pace a Thîm Hyfforddi CSoG am y gwaith caled yn y gampfa yn arwain at y Bencampwriaeth fawreddog hon, y paratoad meddyliol a chorfforol.



Congratulations Team CSoG

Congratulations to these two gymnasts taking part in the 2026 Welsh Club Cup Series today, Sunday 19th April 2026 at All Stars Gymnastics Academy,Cardiff.

CSoG would like to congratulate both on their fantastic achievements with such rewarding results.

ROUND 3 RESULTS

Club Level 4
Male Individual 9-10yrs
Gold Medal Nathan
Welsh Champion

Female Individual 9-10yr
5th Ribbon Harley

Thank you to Tumbling Head Coach Shelley Pace and the **CSoG** Coaching Team for the hard work in the gym leading up to this prestigious Championship, mental and physical preparation.

Da Iawn, Mared



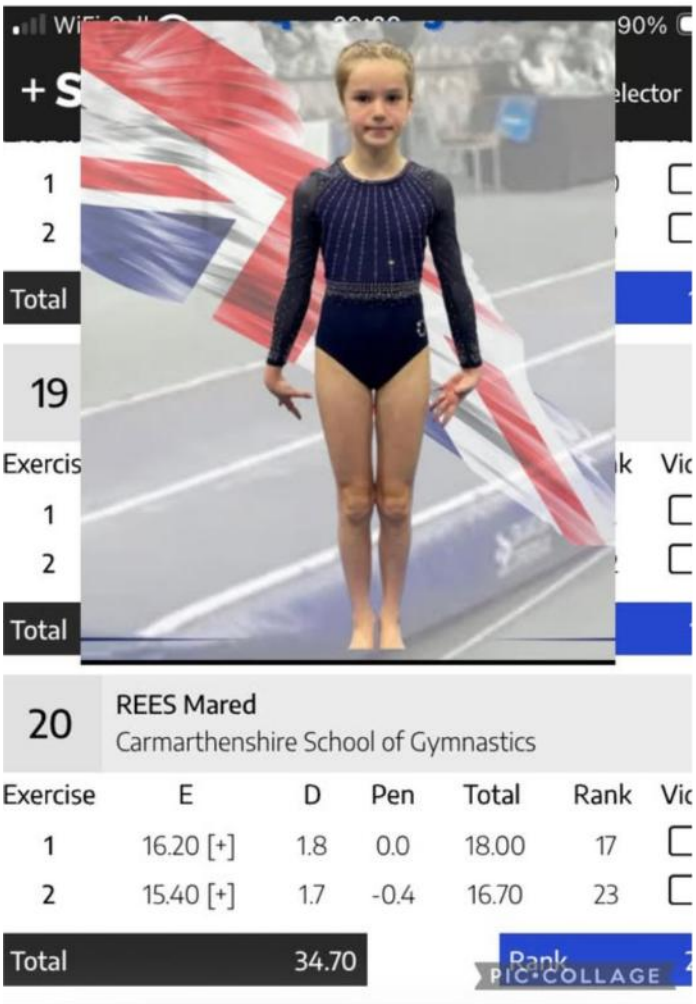
Aeth Mared i'r llawr cystadlu ddoe yng nghategori oedran Merched 11–12 yng Nghystadleuaeth Cymhwyso Prydain 1 2026 yn Telford ac am berfformiad anhygoel oedd hi!

Cyflwynodd berfformiad rhagorol, gan gystadlu gyda hyder a phenderfyniad yn erbyn y gymnastwyr ifanc gorau ym Mhrydain. Dangosodd Mared sgil a thawelwch meddwl gwych.

Mae perfformio mewn digwyddiad tymblo mor uchel ei broffil a mawreddog yn gamp nodedig ynddo'i hun. Nawr mae hi'n ôl i'r gampfa i barhau â'i gwaith caled a'i rhaglen hyfforddi ymroddedig gyda'i Hyfforddwr Shelley Paceto i baratoi ar gyfer Cystadleuaeth Cymhwyso Prydain 2 ym mis Mehefin 2026 lle bydd ganddi gyfle arall i gymhwyso a sicrhau dewis ar gyfer Pencampwriaethau Tymblo Grŵp Oedran Prydain 2026 a Phencampwriaethau Terfynol Tymblo Prydain 2026 ym mis Hydref.

Rydym i gyd yn hynod falch ac yn methu aros i weld beth sydd nesaf!
Edrychwn ymlaen at ddilyn ei chynnydd parhaus ac yn dymuno pob llwyddiant iddi yng ngham nesaf ei thaith

Well Done Mared



Mared took to the competition floor yesterday in the Women's 11–12 age category at the 2026 British Qualification Event 1 in Telford and what an incredible performance it was!

She delivered an outstanding performance, competing with confidence and determination against the very best young gymnasts in Britain. Mared showed fantastic skill and composure. To perform at such a high-profile and prestigious tumbling event is a remarkable achievement in itself.

Now it's back to the gym to continue her hard work and dedicated training programme with her Coach Shelley Paceto prepare for the forthcoming British Qualification Event 2 in June 2026 where she'll have another opportunity to qualify and to secure selection for the 2026 British Age Group Tumbling Championships and the 2026 British Tumbling Final Championships this October.

We're all incredibly proud and can't wait to see what's next! We look forward to following her continued progress and wish her every success in the next stage of her journey.

Da Iawn, Florence

Aeth Florence i'r llawr cystadlu prynhawn yma yng nghategori oedran Merched 17-21y oed yng Nghystadleuaeth Cymhwyso Prydain 1 2026 yn Telford ac am berfformiad anhygoel oedd hi!

Cyflwynodd berfformiad rhagorol, gan gystadlu gyda hyder a phenderfyniad yn erbyn y gymnastwyr ifanc gorau ym Mhrydain.

Mae perfformio mewn digwyddiad tymblo mor uchel ei broffil a mawreddog yn gamp nodedig ynddo'i hun.

Nawr mae hi'n ôl i'r gampfa i barhau â'i gwaith caled a'i rhaglen hyfforddi ymroddedig gyda'i Hyfforddwr Shelley Pace i baratoi ar gyfer Cystadleuaeth Cymhwyso Prydain 2 ym mis Mehefin 2026 lle bydd ganddi gyfle arall i gymhwyso a sicrhau dewis ar gyfer Pencampwriaethau Tymblo Grŵp Oedran Prydain 2026 a Phencampwriaethau Terfynol Tymblo Prydain 2026 ym mis Hydref.

Rydym i gyd yn hynod falch ac yn methu aros i weld beth sydd nesaf!
Edrychwn ymlaen at ddilyn ei chynnydd parhaus ac yn dymuno pob llwyddiant iddi yng ngham nesaf ei thaith.

Well Done, Florence

Florence took to the competition floor earlier this afternoon in the Women's 17-21yrs age category at the 2026 British Qualification Event 1 in Telford and what an incredible performance she gave!

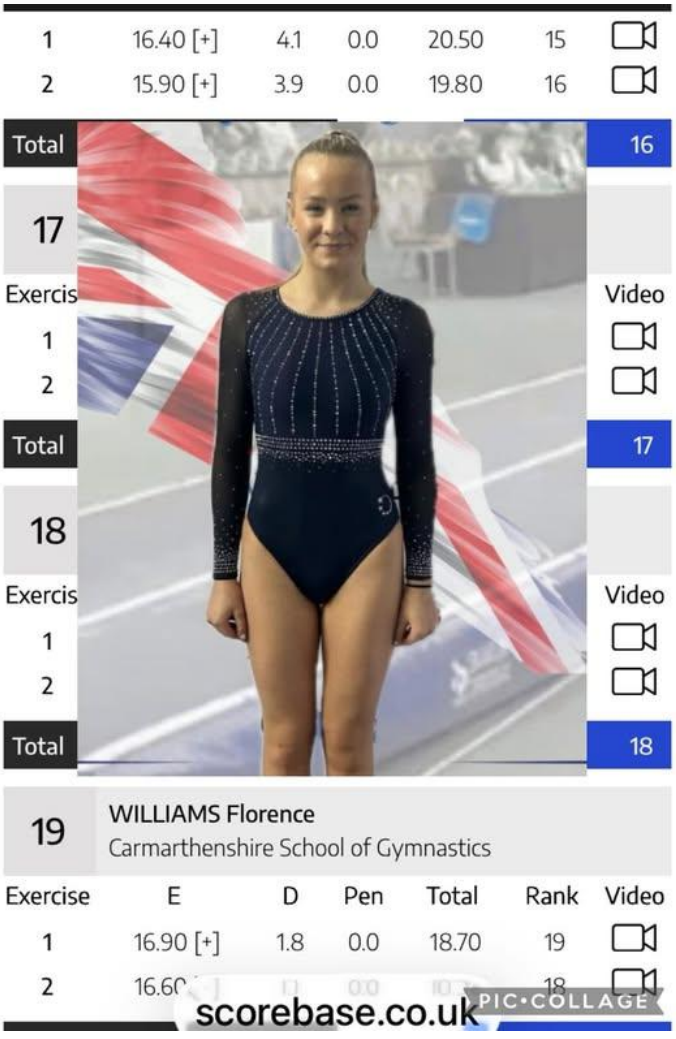
She delivered an outstanding performance, competing with confidence and determination against the very best gymnasts in Britain.

To perform at such a high-profile and prestigious tumbling event is a remarkable achievement in itself.

Now it's back to the gym to continue her hard work and dedicated training programme with her Coach Shelley Paceto prepare for the forthcoming British Qualification Event 2 in June 2026 where she'll have another opportunity to qualify and to secure selection for the 2026 British Age Group Tumbling Championships and the 2026 British Tumbling Final Championships this October.

We're all incredibly proud and can't wait to see what's next! We look forward to following her continued progress and wish her every success in the next stage of her journey.





Da Iawn,Luka

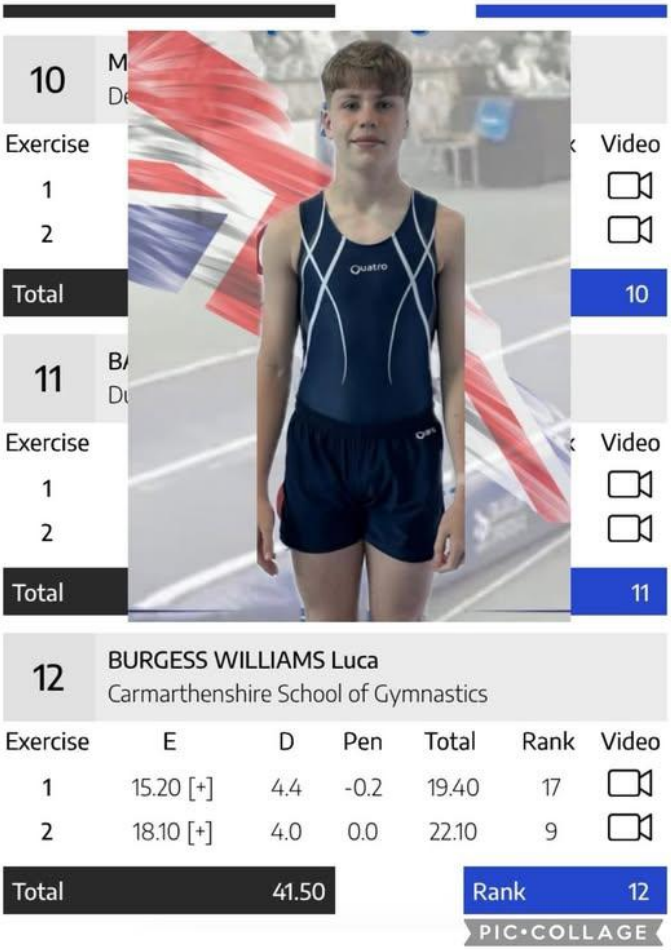
Aeth Luca i'r llawr cystadlu y prynhawn yma yng nghategori oedran Dynion 17-21 oed yn Nigwyddiad Cymhwyso Prydain 1 2026 yn Telford ac am berfformiad anhygoel, gan ddangos sgil perfformiad uchel newydd gyda Sgôr D llawer uwch, perfformiodd yn rhagorol i sicrhau 7fed safle mewn categori mor anodd gan gystadlu yn erbyn gymnastwyr hyd at 5 mlynedd yn hŷn oherwydd mai dim ond 16 oed yw Luca o hyd.

Cyflwynodd berfformiad rhagorol, gan gystadlu gyda hyder a phenderfyniad yn erbyn y gymnastwyr gorau ym Mhrydain.

Mae perfformio mewn digwyddiad tymblo mor uchel ei broffil a mawreddog yn gamp nodedig ynddo'i hun.

Nawr mae'n ôl i'r gampfa i barhau â'i waith caled a'i raglen hyfforddi ymroddedig gyda'i Hyfforddwr Shelley Pace i baratoi ar gyfer Digwyddiad Cymhwyso Prydain 2 sydd ar ddod ym mis Mehefin 2026 ac ar gyfer Pencampwriaethau Tymblo Grŵp Oedran Prydain 2026 a Phencampwriaethau Terfynol Tymblo Prydain 2026 ym mis Hydref.

Rydyn ni i gyd yn hynod falch ac yn methu aros i weld beth sydd nesaf! Rydyn ni'n edrych ymlaen at ddilyn ei gynnydd parhaus ac yn dymuno pob llwyddiant iddo yng ngham nesaf ei daith.



Well Done, Luka

British Qualification Event 1 in Telford and what an incredible performance, showing off a new high performance skill with a much higher D Score, performed excellently to secure a 7th position in such a hard category competing against gymnasts up to 5 yrs older because Luca is still only 16yrs old.

He delivered an outstanding performance, competing with confidence and determination against the very best gymnasts in Britain. To perform at such a high-profile and prestigious tumbling event is a remarkable achievement in itself.

Now it's back to the gym to continue his hard work and dedicated training programme with his Coach Shelley Pace to prepare for the forthcoming British Qualification Event 2 in June 2026 and for the 2026 British Age Group Tumbling Championships and the 2026 British Tumbling Final Championships this October.

We're all incredibly proud and can't wait to see what's next! We look forward to following his continued progress and wish him every success in the next stage of his journey.

Pen-campwriaeth Cynghrair Tymblo Cymru 2026 Rhan 2

Dydd Sadwrn 16eg – Dydd Sul 17eg Mai 2026
Academi Gymnasteg Glannau Dyfrdwy

Diwrnod gwych arall o gystadlu a **LLONGYFARCHIADAU** mawr i'n holl gymnastwyr **CSoG** a gystadlodd a chynrychiolodd y clwb gyda hyder, penderfyniad ac ysbryd tîm drwy gydol y dydd. Perfformiodd ein gymnastwyr ymarferion cryf ar y Trac Tymblo a dylent i gyd fod yn hynod falch o'u perfformiadau a'u cyflawniadau.

CANLYNIADAU ROWND 1 - Categori Somersault
Merched Unigol 8 –9 oed
Lydia
Lowri
Categori Somersault - Merched Unigol 10–11 oed
Olive
Categori Somersault - Bechgyn Unigol 10-11 oed
Chase
Categori Somersault - Merched Unigol 12–13 oed
Ella-May
Categori Olwyn Dwrn - Bechgyn Unigol 6 oed
Morgan
Categori Olwyn Dwrn - Bechgyn Unigol 7 oed
Arrow
Categori Olwyn Dwrn - Merched Unigol 7 oed
Millie

Da iawn bawb — mae eich gwaith caled a'ch ymroddiad yn parhau i ddisgleirio ym mhob cystadleuaeth.
Rydym mor falch ohonoch chi gyd.

2026 Welsh Tumbling League Championship Part 2

Saturday 16th – Sunday 17th May 2026
Deeside Gymnastics Academy

Another fantastic day of competition and a huge **CONGRATULATIONS** to all our **CSoG** gymnasts who competed and represented the club with confidence, determination and team spirit throughout the day Our gymnasts performed strong routines on the Tumbling Track and should all be extremely proud of their performances and achievements.

ROUND 1 RESULTS - Somersault Category
Individual Girls 8 –9 yrs
Lowri
Lydia - Welsh Champion
Somersault Category - Individual Girls 10–11 yr
Olive - Welsh Champion
Somersault Category - Individual Boys 10-11yrs
Chase - Welsh Champion
Somersault Category - Individual Girls 12–13 yrs
Ella-May
Cartwheel Category - Individual Boys 6yrs
Morgan - Welsh Champion
Cartwheel Category - Individual Boys 7yrs
Arrow
Cartwheel Category - Individual Girls 7yrs
Millie



Well done everyone - your hard work and dedication continue to shine through at every competition.
We are so proud of you all.

Pen-campwriaeth Cynghrair Tymblio Cymru 2026
Dydd Sadwrn 16eg – Dydd Sul 17eg Mai 2026
Academi Gymnasteg Glannau Dyfrdwy

2026 Welsh Tumbling League Championship
Saturday 16th – Sunday 17th May 2026
Deeside Gymnastics Academy



CSoG Competition Review 2026

16th May

Llongyfarchiadau Mawr I'n Holl Gymnastwyr **CSoG** a gystadlodd yng Nghynghrair Tymblio Cymru Rhan 2 heddiw a chynrychiolodd y clwb gyda hyder, penderfyniad ac ysbryd tîm drwy gydol y penwythnos. Perfformiodd ein gymnastwyr ymarferion cryf ar y Trac Tymblio a dylent i gyd fod yn hynod falch o'u perfformiadau a'u cyflawniadau.

CANLYNIADAU ROWND 2

Categori Chwip - Merched Unigol 8–9 oed
5ed Rhuban Lacey
Medal Efydd Madi

Categori Chwip - Tîm Merched 8/9 oed
Medal Efyd Poppy, Betsi, Madi & Emelia

Tîm Merched 8–9 oed
4ydd Rhuban Ela Ray, Lacey & Lyra

Categori Chwip
Merched Unigol 10–11 oed
Alexia

Categori Chwip - Merched Unigol 12–13 oed
4ydd Rhuban Glain

CANLYNIADAU ROWND 3

Merched Unigol 11–12 oed
Medal Mared

Merched Unigol 15–16 oed
4ydd Rhuban Nel
Medal Arian Lois
Medal Aur Elin Pencampwr Cymru

Medal Aur Tîm 15-16 oed
Medal Aur Pencampwyr Cymru Elin, Lois & Nel

Merched Unigol 17–21 oed
Medal Aur Tiana
Pencampwr Cymru

Perfformiadau gwych gan bawb — rydym mor falch ohonoch chi gyd a'ch gwaith caled a'ch ymroddiad parhaus. Da iawn bawb — mae eich gwaith caled a'ch ymroddiad yn parhau i ddisgleirio ym mhob cystadleuaeth. **Rydym mor falch ohonoch chi gyd.**

HUGE CONGRATULATIONS to all our **CSoG** gymnasts who competed in Welsh Tumbling League Part 2 today and represented the club with confidence, determination and team spirit throughout the weekend.

Our gymnasts performed strong routines on the Tumbling Track and should all be extremely proud of their performances and achievements.

ROUND 2 RESULTS

Whip Category - Individual Girls 8–9 yrs
5th Ribbon Lacey
Bronze Medal Madi

Whip Category - Team Girls 8/9 yrs
Bronze Medal Poppy, Betsi, Madi, Emelia

Team Girls 8–9 yrs
4th Ribbon Ela Ray, Lacey, Lyra

Whip Category - Individual Girls 10–11 yrs
Alexia

Whip Category - Individual Girls 12–13 yrs
4th Ribbon Glain

ROUND 3 RESULTS

Individual Girls 11–12yrs
Medal Mared

Individual Girls 15–16yrs
4th Ribbon Nel
Silver Medal Lois
Gold Medal Elin Welsh Champion

Team 15-16yrs Gold Medal
Gold Medal Welsh Champions
Elin, Lois, Nel

Individual Girls 17–21yrs
Gold Medal
Tiana Welsh Champion

Fantastic performances from everyone - we are so proud of you all and your continued hard work and dedication.

Well done everyone - your hard work and dedication continue to shine through at every competition.
We are so proud of you all.

Pencampwraeth Cynghrair Tumbling Cymru 2026
2026 Welsh Tumbling League Championship Part 2
Sunday 17th May 2026
Deeside Gymnastics Academy

Dydd Sul – Canlyniadau Rownd 2

LLONGYFARCHIADAU mawr i holl gymnasteg CSoG a gystadlodd yng Nghategori Flick 8–9 oed ac a gynrychiolodd y clwb gyda hyder, penderfyniad a gwaith tîm arbennig ♥

Bechgyn Unigol
Medal Aur Nathan

Merched Unigol
Medal Arian Emmie

Canlyniad Tîm
Tîm Medal Aur Emmie, Harley, Nathan, Lili, Gracie

Perfformiadau gwych gan bawb drwy gydol y gystadleuaeth — dylech fod yn hynod falch ohonoch eich hunain.

Sunday – Round 2 Results

A huge **CONGRATULATION**S to all our CSoG gymnasts who competed in the *Flick Category 8–9 yrs* and represented the club with confidence, determination and fantastic teamwork

Sunday – Round 2 Results
Individual Boys 8-9 yrs
Gold Medal Nathan Welsh Champion

Individual Girls 8-9yrs
Silver Medal Emmie

Team Result 8-9 yrs
Welsh Champions
Gold Medal. Emmie, Harley, Nathan, Lili, Gracie

Fantastic performances from everyone throughout the competition - you should all be extremely proud of yourselves!



THE FIRST

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TEAM WALES

PRIDE | PASSION | PERFORMANCE

#TEAMWALES

CSoG Competition Review 2026

29th May

A Historic Day for CSoG at the 2026 Home Nations Tumbling Championships

Carmarthenshire School of Gymnastics is immensely proud to announce the outstanding achievements of our CSoG Tumbling Squad members representing Team Wales today at the Telford International Centre. Four of our exceptionally talented athletes, representing the Welsh Foundation and Performance Squads, competed on the national stage with distinction, skill and exemplary sportsmanship.

Individual and Team Accolades
Our gymnasts delivered world-class performances, securing both individual and team medals for Wales:

* **Mared** (**9–12 Years Category**): Secured the Individual Silver Medal and played a pivotal role in leading the Junior Girls Team Wales to a Team Silver Medal.

* **Corey** (**9–12 Years Category**): Earned the Individual Bronze Medal and significantly contributed to the Junior Boys Team Wales capturing the Team Gold Medal.

* **Florence** (**17-21yrs -Senior Female Category**): Demonstrated elite-level consistency to help bring home a Team Gold Medal for Wales.

* **Luca** (**17-21yrs- Senior Male Category**): Performed brilliantly to secure a Team Gold Medal for Wales.

Milestone Achievements
This championship marked a significant milestone for our programme. We celebrate Mared and Corey on making their historic debut appearances for Team Wales. This is an outstanding milestone and the beginning of what promises to be a remarkable international journey.

We also extend our highest praise to our experienced seniors, Florence and Luca. Following their previous international appearances, they continue to set the standard for excellence and inspire the next generation of **CSoG** athletes.

A Message from the Club
Your unwavering dedication, relentless hard work and commitment to excellence embody the very spirit of **CSoG.**

Thank you for representing our club and your country with such immense pride and distinction. Congratulations to our athletes, coaches and support teams on this monumental success.

Diwrnod Hanesyddol i CSoG ym Mhencampwriaethau Cwympo y Cenhedloedd Cartref 2026

Mae Ysgol Gymnasteg Sir Gaerfyrddin yn hynod falch o gyhoeddi cyflawniadau rhagorol ein haelodau Sgwad Tymbl CSoG sy'n cynrychioli Tîm Cymru heddiw yng Nghanolfan Ryngwladol Telford. Roedd pedwar o'n hathletwyr eithriadol o dalentog, sy'n cynrychioli Sgwadiau Sylfaen a Pherfformiad Cymru, yn cystadlu ar y llwyfan cenedlaethol gyda rhagoriaeth, sgiliau a chwaraeon rhagorol.

Anrhydeddau Unigol a Thîm
Cyflawnodd ein gymnastwyr berfformiadau o'r radd flaenaf, gan sicrhau medalau unigol a thîm i Gymru:

* **Mared (Categori 9–12 oed):** Sicrhaodd y Fedal Arian Unigol a chwaraeodd ran ganolog wrth arwain Tîm Merched Iau Cymru i Fedal Arian Tîm.

* **Corey (Categori 9–12 oed):** Enillodd y Fedal Efydd Unigol a chyfrannodd yn sylweddol at gipio'r Fedal Aur Tîm Tîm Bechgyn Iau Cymru.

* **Florence (17-21 oed** - Categori Merched Hŷn): Dangos cysondeb ar lefel elît i helpu i ddod â Medal Aur Tîm i Gymru.

* **Luca (17-21 oed** - Categori Gwrywion Hŷn): Perfformiodd yn wych i sicrhau Medal Aur Tîm i Gymru.

Cyflawniadau Carreg Filltir
Roedd y bencampwriaeth hon yn garreg filltir arwyddocaol i'n rhaglen. Rydym yn dathlu Mared a Corey ar wneud eu hymddangosiadau cyntaf hanesyddol i Dîm Cymru. Mae hon yn garreg filltir ragorol a dechrau yr hyn sy'n addo bod yn daith ryngwladol ryfeddol.

Rydym hefyd yn estyn ein canmoliaeth uchaf i'n henoed profiadol, Florence a Luca. Yn dilyn eu hymddangosiadau rhyngwladol blaenorol, maent yn parhau i osod y safon ar gyfer rhagoriaeth ac ysbrydoli'r genhedlaeth nesaf o athletwyr **CSoG**.

Neges gan y Clwb
Mae eich ymroddiad diwyro, eich gwaith caled di-baid a'ch ymrwymiad i ragoriaeth yn ymgorffori ysbryd **CSoG**.

Diolch am gynrychioli ein clwb a'ch gwlad gyda balchder a rhagoriaeth mor aruthrol. Llongyfarchiadau i'n hathletwyr, hyfforddwyr a thimau cymorth ar y llwyddiant ysgubol hwn.

Congratulations Mared

A Historic Day for Mared, her debut performance as part of **TEAM WALES** at this the very first 2026 Home Nations Tumbling Championships.

Carmarthenshire School of Gymnastics is immensely proud to announce the outstanding achievements of our **CSoG** Tumbling Squad member Mared representing Team Wales today at the Telford International Centre.

Welsh Foundation Squad gymnast Mared competed in the 9–12 Years Category Secured the British Individual Silver Medal and played a pivotal role in leading the Junior Girls Team Wales to a Team Silver Medal.

This is an outstanding milestone and the beginning of what promises to be a remarkable international journey.

Your unwavering dedication, relentless hard work and commitment to excellence embody the very spirit of **CSoG**. Thank you for representing our club and your country with such immense pride and distinction.

Llongyfarchiadau Mared

Diwrnod Hanesyddol i Mared, ei pherfformiad cyntaf fel rhan o **DÎM CYMR**U ym Mhencampwriaethau Cwympo y Cenhedloedd Cartref 2026 cyntaf.

Mae **Ysgol Gymnasteg Sir Gaerfyrddin** yn hynod falch o gyhoeddi cyflawniadau rhagorol ein haelod o'n Sgwad Cwympo **CSoG** Mared sy'n cynrychioli Tîm Cymru heddiw yng Nghanolfan Ryngwladol Telford.

Cystadlodd gymnast Sgwad Sefydledig Cymru, Mared, yn y Categori 9–12 oed, sicrhaodd Fedal Arian Unigol Prydain a chwaraeodd ran ganolog wrth arwain Tîm Merched Iau Cymru i Fedal Arian Tîm.

Mae hon yn garreg filltir ragorol a dechrau yr hyn sy'n addo bod yn daith ryngwladol ryfeddol.

Mae eich ymroddiad diwyro, eich gwaith caled di-baid a'ch ymrwymiad i ragoriaeth yn ymgorffori ysbryd **CSoG**. Diolch am gynrychioli ein clwb a'ch gwlad gyda balchder a rhagoriaeth mor aruthrol.



Congratulations Cory

A Historic Day for Corey, his debut performance as part of **TEAM WALES** at this the very first 2026 **Home Nations Tumbling Championships.**

Carmarthenshire School of Gymnastics is immensely proud to announce the outstanding achievements of our **CSoG** Tumbling Squad member Corey representing Team Wales today at the **Telford International Centre**.

Welsh Foundation Squad gymnast Corey competed in the 9–12 Years Category Secured the British Bronze Individual Medal and played a role in contributing to the Junior Boys Team Wales to a Team Gold Medal.

This is an outstanding milestone and the beginning of what promises to be a remarkable international journey. Your unwavering dedication, relentless hard work and commitment to excellence embody the very spirit of **CSoG**. Thank you for representing our club and your country with such immense pride and distinction.

Llongyfarchiadau Cory

Diwrnod Hanesyddol i Corey, ei berfformiad cyntaf fel rhan o **DÎM CYMRU** ym **Mhencampwriaethau Cwympo y Cenhedloedd Cartref 2026** cyntaf.

Mae **Ysgol Gymnasteg Sir Gaerfyrddin** yn hynod falch o gyhoeddi cyflawniadau rhagorol ein Corey, aelod o'n Sgwad Cwympo **CSoG**, sy'n cynrychioli Tîm Cymru heddiw yng **Nghanolfan Ryngwladol Telford**.

Cystadlodd gymnast Corey yng Ngharchegori 9–12 oed, Enillodd Fedal Efydd Unigol Prydain a chwaraeodd ran wrth gyfrannu at Dîm Bechgyn Iau Cymru i ennill Medal Aur Tîm.

Mae hon yn garreg filltir ragorol a dechrau yr hyn sy'n addo bod yn daith ryngwladol ryfeddol. Mae eich ymroddiad diwyro, eich gwaith caled di-baid a'ch ymrwymiad i ragoriaeth yn ymgorffori ysbryd **CSoG**. Diolch am gynrychioli ein clwb a'ch gwlad gyda balchder a rhagoriaeth mor aruthrol.




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