

No	Title	Transmission Date and Time	Company	Thousands of Viewers
1	CEFN GWLAD	Monday (21:00), Tuesday (13:30), Saturday (11:45) and Sunday (14:35)	ITV	33
2	CLWB RYGBI (Scarlets v Zebre)	Friday (19:30)	BBC Cymru	33
3	POBOL Y CWM	Thursday (20:00) and Sunday (18:20)	BBC Cymru	32
4	POBOL Y CWM	Tuesday (20:00) and Sunday (17:40)	BBC Cymru	32
5	POBOL Y CWM	Wednesday (20:00) and Sunday (18:00)	BBC Cymru	29
6	Y BYD AR BEDWAR	Monday (20:00), Wednesday (22:00) and Thursday (13:10)	ITV	26
7	ROWND A ROWND	Thursday (20:25) and Monday W13 (18:30)	Rondo	22
8	ROWND A ROWND	Tuesday (20:25) and Wednesday (18:30)	Rondo	21
9	CLWB RYGBI (Benetton v Gweilch)	Sunday (15:55)	BBC Cymru	20
10	MAXINE HUGHES: CANSER AR BA GOST?	Tuesday (21:00) and Monday W13 (22:50)	Jet TV	17
11	NEWYDDION S4C	Thursday (20:55)	BBC Cymru	17
12	Y LLAIS	Sunday (19:30) and Friday (21:55)	Boom	16
13	BARCUD (2026)	Thursday (22:00)	ITV	16
14	NEWYDDION S4C	Wednesday (19:30)	BBC Cymru	15
15	NEWYDDION S4C	Wednesday (20:55)	BBC Cymru	15
16	SGORIO	Monday (22:05) and Tuesday (18:30)	Rondo	14
17	NEWYDDION S4C	Thursday (19:30)	BBC Cymru	14
18	Y DEIS	Wednesday (20:25)	Slam	14
19	NEWYDDION S4C	Tuesday (20:55)	BBC Cymru	14
20	NEWYDDION S4C	Monday (20:55)	BBC Cymru	12