

Rhaglen Mabolgampau Ysgol Gwenffrwd Sports Day Bl3,4,5 a 6 - Dydd Mawrth / Tuesday - 13/06/23



Cystadleuthau Maes / Field Events

Y bore / Morning Programme

Cychwyn am / Starting at **9:15am**

Bydd 3 gweithgaredd gyda phob plentyn yn dewis 2 i gymryd rhan ynddo.

There are 3 activities during the morning session with each child choosing to take part in 2 of the following activities:-

1. Taflu Pêl / Throwing a Ball
2. Naid Uchel / High Jump
3. Naid Hir / Long Jump



Y Prynawn / Afternoon Programme

Cychwyn am / Starting at **1:10pm**

Cystadleuthau trac / Track Events

1. Ras Fflat / Sprint Race
2. Ras hir / Long Distance Race
3. Ras pêl a rased tenis / Tennis ball and racket race
4. Ras Sgipio / Skipping Race
5. Ras rhwystrau / Obstacle race

Cyhoeddi ennillwyr / Winners - Victrix a Victor Ludorum BL6 - 2023

Victor a Victrix Ludorum - ENNILLWYR Y GORFFENNOL / Past Winners

IEUAN JONES a CADELL HARLEY	2014	ERIN ROBERTS
DYLAN WILLIAMS	2015	ROSIE GOODBY
IWAN PRICE	2016	MIA LITTLEJOHN
SAM ROWLAND	2017	B'ELANNA ALI
ALED PRICE	2018	FFION MARSHALL
ADAM JONES	2019	ELIN GRIFFITH
Covid 19	2020	Covid 19
LLOYD GRIFFITH	2021	LEILA HARRISON
CALLUM DEARN	2022	MEADOW LANGLEY