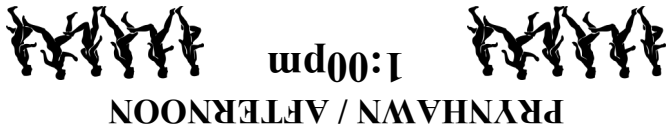


Ras Hir/Long Distance Race
 Bechgyn a Merched/Boys and Girls B1.6
 Bechgyn a Merched/Boys and Girls B1.5
 Bechgyn a Merched/Boys and Girls B1.4
 Bechgyn a Merched/Boys and Girls B1.3

Ras Gyfnewid/Relay Race
 Bechgyn a Merched/Boys and Girls B1.6
 Bechgyn a Merched/Boys and Girls B1.5
 Bechgyn a Merched/Boys and Girls B1.4
 Bechgyn a Merched/Boys and Girls B1.3

Ras Rhwystrau/Obstacle Race
 Bechgyn a Merched/Boys and Girls B1.6
 Bechgyn a Merched/Boys and Girls B1.5
 Bechgyn a Merched/Boys and Girls B1.4
 Bechgyn a Merched/Boys and Girls B1.3

Rhedeg/Running
 Bechgyn a Merched/Boys and Girls B1.6
 Bechgyn a Merched/Boys and Girls B1.5
 Bechgyn a Merched/Boys and Girls B1.4
 Bechgyn a Merched/Boys and Girls B1.3



Tafliu Pel/Throwing a ball
 9:10 Bechgyn/Boys B16
 9:30 Bechgyn/Boys B15
 10:50 Bechgyn/Boys B13
 11:10 Merched/Girls B13
 11:30 Merched/Girls B15

Naid hir/long jump
 9:10 Bechgyn/Boys B15
 10:30 Merched/Girls B13
 10:50 Bechgyn/Boys B14
 11:10 Merched/Girls B14
 11:30 Merched/Girls B16

Naid uchel/High jump
 9:30-10:00 Bechgyn/Boys B13+4
 10:00-10:30 Merched/Girls B13+4
 10:30-11:00 Bechgyn/Boys B15+6
 11:00-11:30 Merched/Girls B15+6

Bore/Morning
 Amseroedd (oddeutu) / Times (approximately)
 Mes—Terfynol/Field—Times



Mabolgampau Ysgol Gwenffrwd 2016



Dydd Mawrth, Mehefin 21ain.
Tuesday, June 21st.
 Os nad yw'r tywydd yn ffafriol;
 If the weather isn't favourable;
 Dydd Iau, Mehefin 23ain.
 Thursday, June 23rd.

Gofynwn i bob plentyn wisgo gwisg Addysg Gorfforol
 Ysgol Gwenffrwd ac i ddod â botel ddŵr gyda hwy.
 COFIWCH WISGO HET HAUL A RHOWCH ELI HAUL
 YMLAEN CYN DOD!

We ask each child to wear Ysgol Gwenffrwd's Physical Education
 clothing and to bring a water bottle with them.
PLEASE REMEMBER TO WEAR A SUN HAT AND APPLY SUN

| | | |
|---|---|---|
|  |  |  |
| VICTOR LUDORUM | | VICTRIX LUDORUM |
| HEFIN MORRIS | 2001 | EMMA GARSTANG |
| DAFYDD BAILEY | 2002 | MEGAN ROBERTS |
| BEN LEIGHTON | 2003 | NIA MEREDITH |
| ANDREW MULLHOLAND | 2004 | LAURA CLARKE |
| KYLE JONES | 2005 | CATRIN HARRISON |
| JAY GRIFFITHS | 2006 | LAURA ANN PENNINGTON |
| CHARLIE FEENEY | 2007 | NIA COOK |
| JAMES GRAHAM | 2008 | ZOE STOPFORD |
| IEUAN VAUGHAN | 2009 | HANNAH ROBERTS |
| LEWIS ROBERTS | 2010 | LOWRI HUGHES |
| CONNOR ROCHARDSON | 2011 | GRACE PARRY |
| | 2012 | EMILY SMALLWOOD |
| | | CHLOE ELLIOTT |
| | | LAUREN HUMPHREYS |
| JAKE HAMPSON | 2013 | LLINOS HUGHES |
| IEUAN JONES | 2014 | ERIN ROBERTS |
| CADELL HARLEY | | |
| DYLAN WILLIAMS | 2015 | ROSIE GOODBY |