



## **AQUATHLON CENEDAETHOL 06/07/14 NATIONAL AQUATHLON**

(Ras Nofio a Rhedeg / Swim and Run Race)

Canolfan Hamdden Maendy, Caerdydd / Maindy Leisure Centre, Cardiff

Os hoffwch gystadlu bydd angen i chi ddanfôn e-bost at [chwaraeon@urdd.org](mailto:chwaraeon@urdd.org)

<<https://172.16.0.132/owa/redir.aspx?C=ErC6TAKgqUGYBYIWPPAMaVQdYkmmXdEIOZeY7p7yB5azHTO61q9iodt7lW-gKIINtfq1VHsgeA.&URL=mailto%3achwaraeon%40urdd.org>>

yn nodi eich enw, blwyddyn ysgol, ysgol a rhif aelodaeth yr Urdd. Bydd angen cofrestru ar y diwrnod o 12.00 ymlaen.

Mae'r ras gyntaf yn dechrau am 13.00. Mae copi o reolau aquathlon ar gael i lawrlwytho/brintio ar ein gwefan

[www.urdd.org/chwaraeon/adnodau](http://www.urdd.org/chwaraeon/adnodau)

<<https://172.16.0.132/owa/redir.aspx?C=ErC6TAKgqUGYBYIWPPAMaVQdYkmmXdEIOZeY7p7yB5azHTO61q9iodt7lW-gKIINtfq1VHsgeA.&URL=http%3a%2f%2fwww.urdd.org%2fchwaraeon%2fadnodau>>



To enter please e-mail [chwaraeon@urdd.org](mailto:chwaraeon@urdd.org) detailing your name, school year, school and Urdd membership number. You will need to register on the day from 12.00 onwards. First race will start at 13.00. Aquathlon rules can be downloaded/printed from our website

[www.urdd.org/en/sports/resources](http://www.urdd.org/en/sports/resources)

## **Eiddo ar Goll/Lost Property**

I'r disgyblion sydd wedi colli unrhyw beth ee gwisg ysgol, côt, offer/dillad ymarfer corff ayyb - mae rhain bellach wedi eu lleoli ar y silffoedd ym Mloc B.

**Os ydych wedi colli sbectols mae yna amryw bâr yn y Swyddfa Fawr.**



For pupils who have lost items such as school uniform, coats, sports clothes/equipment etc – these are now to be found on the shelves in B Block.

**If you have lost glasses there are numerous pairs in the Main Office.**



## **CYSTADLEUAETH TENIS MÔN ANGLESEY TENNIS COMPETITION**

**Tîm Merched/Girls Team – 1af/1<sup>st</sup>**

Ceris Davies, Elan Gilford, Manon Stonehewer & Anna Hume



**Tîm Bechgyn/Boys Team – 1af/1**

Ben Evans, Jack Brookes, Steffan Davies & Llyr Edwards

## **ATHLETAU MÔN ATHLETICS**

Cynhaliwyd cystadleuaeth Athletau Môn i Flwyddyn 7 a Thimau Blwyddyn 8 a Blwyddyn 9/10 yn Nhreborth 13 Mehefin. Fe wnaeth bawb perfformio'n ardderchog.

The Anglesey Athletics competition was held for Year 7 and Year 8 and Year 9/10 Teams in Treborth on 13 June. Everyone performed exceptionally.



Genethod Bl 7 – 2il / 2<sup>nd</sup> Year 7 Girls



Bechgyn Bl 7 – 2il / 2<sup>nd</sup> Year 8 Boys



Genethod Bl 8 - 1af ac mae'r tîm i gyd yn mynd ymlaen i Gystadleuaeth Athletau Eryri.

Year 8 Girls – 1<sup>st</sup> and the team will now be competing in the Eryri Athletics Competition



Bechgyn Bl 8 – 3ydd. Cai Roberts record yn yr 800m  
Year 8 Boys – 3<sup>rd</sup>. Cai Roberts record in the 800m



Genethod Bl 9/10 - 1af ac mae'r tîm i gyd yn mynd ymlaen i Gystadleuaeth Eryri.  
Year 9/10 Girls – 1<sup>st</sup> and the team will now compete in the Eryri Athletics Competition



Bechgyn Bl 9/10 - 1af ac mae'r tîm i gyd yn mynd mlaen i Gystadleuaeth Eryri. Alex Burgess record yn y 100m.

Year 9/10 Boys – 1<sup>st</sup> and the team will now be competing in the Eryri Athletics Competition. Alex Burgess record in the 100m.

Pob lwc i'r timau sy'n mynd ymlaen i gystadleuaeth Eryri yfory.  
Good luck to the teams competing in the Eryri Competition tomorrow.