



Ras Santa dros Gancr



Mae tîm Ras Gyfnewid am Fywyd Gwynedd a Môn yn falch o gyhoeddi y bydd Ras Santa dros Gancr yn cael ei chynnal yng Nghoedwig Niwbwrch Ger traeth Llanddwyn i godi arian ar gyfer CRUK.

Dewch draw i ymuno â hwyl yr wyl yn y llecyn hyfryd hwn ar

Ddydd Sul, 13eg o Ragfyr 2015

Cofrestru o 10:30 am

Mae'r Ras Santa i blant yn cychwyn am 11.30 a.m. ac mae ras Santa 4 milltir i oedolion i ddilyn. Gofynnir i bawb sy'n cymryd rhan godi o leiaf £20 mewn arian nawdd. Cofrestrwch ar-lein:

<https://secure.onreg.com/onreg2/front/step1.php?id=3054>

Tâl mynediad £10 ras oedolion (14 oed+), £6 i'r ras plant
Mae pawb sy'n cymryd rhan yn cael gwisg Santa ac anrheg.
Gall nifer cyfyngedig gofrestru ar y diwrnod rhwng 10:30am
£14.50 i oedolion a £10.50 i blant

Ras oedolion 4 milltir, 1.5 milltir i blant 11-13 oed,
1 filltir 8-11 oed, 0.5 milltir 5-7 oed

Darperir lluniaeth poeth ac oer gan Môn ar Lwy
Tynnir lluniau gan Mel Jones Photography, toiledau cyhoeddus ger y safle
Parcio ym maes parcio y Comisiwn Coedwigaeth – codir tâl parcio o £4

Mae tair ffordd o roi eich arian nawdd:
Siec ar y diwrnod gyda'ch ffurflen nawdd yn y man
cofrestru; ar dudalen we ras gyfnewid 2015
Tim Gwynedd a Môn



Santa 4 Cancer Run



The Gwynedd & Anglesey Relay for Life team are proud to announce a Santa 4 Cancer Run will take place at Newborough Forest next to Llanddwyn Beach to raise funds for CRUK.

Come along and join the festive fun at this beautiful location

Sunday 13th December 2015

Registration open at 10:30am

Children's Santa run starts 11.30am, followed by adult's 4 mile run.
Each entrant is requested to raise a minimum of £20 in sponsorship.

Register online at:

<https://secure.onreg.com/onreg2/front/step1.php?id=3054>

Entry Fee - £10 adult run (14 years +), £6 children run
Each entry gets a Santa outfit and a finisher's gift.
Limited registrations available on the day 10:30am
£14.50 adults & £10.50 children

4 mile adults, 1.5 mile 11-13 years
1 mile 8 - 11 years, 0.5 mile 5-7 years

Hot & Cold refreshments available
Mel Parry Photography, public toilets available
Forestry Commission car park charge £4

Three ways to handover sponsor money: cheque on day
with sponsor form at registration point, via CRUK relay
2015 Gwynedd & Anglesey team raiser web page

Diolch i'n cefnogwyr



Thanks to our supporters

