

**FFURFLEN NODDI** */ SPONSOR FORM*

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| **CLWB / SEFYDLIAD / BUSNES / YSGOL:**  *CLUB / ORGANISATION / BUSINESS / SCHOOL:* |  |
| **ENW A CHYFEIRIAD CYSWLLT:**  *CONTACT ADDRESS AND*  *NAME:* |  |
| **EBOST CYSWLLT:**  *E MAIL CONTACT:* |  |
| **RHIF FFôN CYSWLLT:**  *PHONE CONTACT:* |  |
| **CYMAL Y RAS:**  *RACE LEG:* |  |
| **NIFER Y RHEDWYR**  **(amcan, oed, plant ayyb):**  *NUMBER OF RUNNERS:* |  |
| **ANGHENION ARBENNIG:**  *SPECIAL REQUIREMENTS:* |  |

**Gofynnir am £50 neu fwy ar gyfer noddi cymal.**

*We ask for at least £50 to sponsor a leg of the Race.*

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| **Cydlynir Ras yr Iaith gan: Mentrau Iaith Cymru a Rhedadeg Cyf.**  *The Race is organised by: Mentrau Iaith Cymru & Rhedadeg Ltd.*  **Sieciau at Rhedadeg Cyf.** *Cheques payable to Rhedadeg Ltd.* | |
| Heledd ap Gwynfor  Mentrau Iaith Cymru  [heledd@mentrauiaith.cymru](mailto:heledd@mentrauiaith.cymru)  [www.mentrauiaith.cymru](http://www.mentrauiaith.cymru) | Rhedadeg Cyf.  d/o Arwel Jones  ‘Garreg Lwyd’  Ffordd Penglais  ABERYSTWYTH SY23 2EU |

**Gyda chefnogaeth sefydliadau, busnesau, mudiadau a gwirfoddolwyr**

*With support from organisations, businesses, associations and volunteers.*