

**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 GwynforMentrau Iaith Cymruheledd@mentrauiaith.cymru [www.mentrauiaith.cymru](http://www.mentrauiaith.cymru)  | Rhedadeg Cyf.d/o Arwel Jones‘Garreg Lwyd’Ffordd PenglaisABERYSTWYTH SY23 2EU  |

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

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