

## Ffurflen Gofrestru BrasGamU a TrônsGwlad 2012

### BrasGamU & TrônsGwlad 2012 Entry Form

**Dyddiad:**  
30 Mehefin 2012

**Man cychwyn:**  
Y Felin, Ysbyty Ifan (26 milltir)

**Man gorffen:**  
Y Foelas, Pentrefoelas

**Dyddiad cau ar gyfer cofrestru:**  
25 Mehefin 2012

**Date:**  
30 June 2012

**Start location:**  
Y Felin, Ysbyty Ifan (26 miles)

**Finish location:**  
The Foelas Arms, Pentrefoelas

**Registration closing date:**  
25 June 2012

Os gwelwch yn dda, darllenwch dudalen 3 gyda'r Wybodaeth Bwysig a'r Amodau a Thelerau cyn llenwi'r ffurflen hon.

Please read the Important Information and the Terms and Conditions on page 3 before completing this form.

<b>Enw(au) Cyntaf</b> First name(s)	
<b>Cyfenw</b> Surname	
<b>Cyfeiriad</b> Address	
<b>Côd Post</b> Post Code	
<b>Rhif Ffôn</b> Telephone	
<b>E-bost</b> E-mail	
<b>Dyddiad Geni</b> Date of Birth	

**C1. Dewiswch y pellter yr hoffech ei gerdded ar y diwrnod:**

Choose the distance you would like to walk on the day:

Pellter Distance	✓	Man cychwyn Start location	Amser cofrestru Registration time	Ffi gofrestru * Entry Fee*
<b>26 milltir</b> 26 miles	<input type="checkbox"/>	Y Felin, Ysbyty Ifan	8.00am	£20
<b>16 milltir</b> 16 miles	<input type="checkbox"/>	Y Felin, Ysbyty Ifan	8.00am	£20
<b>10 milltir</b> 10 miles	<input type="checkbox"/>	Cae Canol, Betws y Coed ( <b>gyferbyn â'r orsaf</b> /Field across the station)	1.00pm	£20

**C2. A oes gennych unrhyw alergedd neu gyflwr meddygol y dylai'r trefnwyr fod yn ymwybodol ohono?**

Do you have any allergies or a medical condition of which the organisers should be aware?

Oes / Yes

Nag oes / No

**Os oes, rhowch fanylion isod:**

If yes, please give details below:

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**C3. Enw cyswllt a rhif ffôn os bydd argyfwng ar y diwrnod:**

Contact name and phone number in case of emergency on the day:

<b>Enw</b> Name	
<b>Rhif Ffôn</b> Phone Number	

**C4. Rwy'n amgau fy ffi gofrestru priodol o £20 gyda'r ffurflen gofrestru hon.\*\***

I enclose my appropriate entry fee of £20 with this entry form.\*\*

<b>Llofnod</b> Signature		<b>Dyddiad</b> Date	
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**Dylai pob sic gael ei gwneud yn daladwy i 'BrasGamU' a'i dychwelyd gyda'r ffurflen gofrestru at:**

All cheques to be made payable to 'BrasGamU' and returned with your entry form to:

Sioned Evans  
Bryn Bras  
Padog  
Betws y Coed  
LL24 0NF

**Dyddiad Cau: Dydd Llun, 25 Mehefin 2012**

Closing Date: Monday, 25 June 2012

**\*Mae'r ffi gofrestru yn cynnwys pryd o fwyd ac adloniant yn Y Foelas, Pentrefoelas ar ddiwedd y daith. Mae gweddill y ffi yn mynd tuag at ddwy elusen leol, sef:**

- Uned Cancr y Fron, Ysbyty Llandudno
- Uned Cancr y Ceilliau, Ysbyty Glan Clwyd

**\*\*Nid oes modd ad-dalu'r ffi gofrestru.**

**\*The entry fee includes a meal and entertainment at The Foelas Arms, Pentrefoelas at the end of the walk. The rest of the fee will be shared between two local charities, which are:**

- Breast Cancer Unit, Llandudno Hospital
- Testicular Cancer Unit, Glan Clwyd Hospital

**\*\*The entry fee is non refundable**

## Gwybodaeth Bwysig

### Nawdd

Mae croeso i chi gasglu nawdd drwy ddefnyddio ein ffurflen noddi. Bydd mwyafrif o'r ffi gofrestru yn mynd tuag at ddwy elusen leol, sef:

- Uned Cancr y Fron, Ysbyty Llandudno
- Uned Cancr y Ceilliau, Ysbyty Glan Clwyd

### Gwisg

Mae disgwyl i'r merched wisgo bra ac i'r dynion wisgo trôns, ond cewch eu gwisgo dros eich dillad. Hefyd cofiwch wisgo esgidiau cyfforddus a chario côt law rhag ofn iddi fwrw.

### Ymarfer

Mae'n bwysig eich bod yn ymarfer tuag at wneud teithiau cerdded hir. Felly gwnewch yn siwr eich bod yn ymarfer cerdded pellteroedd amrywiol cyn y diwrnod mawr.

### Iechyd

Os oes gennych unrhyw bryderon ynghylch eich iechyd, dylech gysylltu â'ch meddyg teulu am gyngor cyn cymryd rhan yn y daith hon.

### Diogelwch

Mae rhannau o'r daith yn golygu bod rhaid croesi ffyrdd prysur iawn. Cymerwch ofal mawr wrth eu croesi ac os oes plant yn eich gofal sicrhewch eu bod yn croesi'n ddiogel. Cerddwch un ar ôl y llall ar hyd ochr ffyrdd prysur.

## Amodau a Thelerau

### Anaf, colled neu ddifrod

1. Nid yw BrasGamau yn atebol am unrhyw anaf, colled neu ddifrod a ddioddefwyd o ganlyniad i'r digwyddiad. Cyfrifoldeb pob unigolyn yw sicrhau bod eu hyswiriant yn eu gwarantu ar gyfer cerdded ar hyd ffyrdd ar gyfer y digwyddiad hwn.

### Cyflwr meddygol

2. Mae pob unigolyn yn gyfrifol am ei gyflwr/chyflwr meddygol ei hun.

### Plant Uwchradd

3. Croesewir plant uwchradd ar y daith ond rhaid i rieni pob plentyn fod yn bresennol ar y daith a bod yn gyfrifol am eu plentyn.

### Bwyd a diod

4. Rhaid i bawb ddod â'u bwyd a'u diod eu hunain. Gwnewch yn siwr fod gennych ddigon o ddŵr ar gyfer y daith.

### Ffi

Nid oes modd ad-dalu'r ffi gofrestru.

## Important Information

### Sponsors

You are welcome to raise sponsorship by using our sponsorship form. Most of the registration fee will be going towards two local charities, which are:

- Breast Cancer Unit, Llandudno Hospital
- Testicular Cancer Unit, Glan Clwyd Hospital

### Clothing

The women are expected to wear a bra and the men to wear underpants to take part. But if you wish you can wear them over your clothes. Also, remember to wear comfortable footwear and carry waterproofs in case it rains.

### Training

It's important that you train before completing a long distance walk. So make sure that you have practised walking various distances before the big day.

### Health

If you have any concerns regarding your health, you should contact your doctor for advice before taking part in this walk.

### Safety

Some sections of the walk requires you to cross very busy roads. Take extreme care when crossing them and if there are children in your care ensure that they cross safely. Walk in a single file along the verge of busy roads.

## Terms and Conditions

### Injury, loss or damage

1. BrasGamau are not liable for any injury, loss or damage suffered as a result of the event. It is each participant's responsibility to ensure that their insurance covers you for road walking in this event.

### Medical condition

2. All participants are responsible for their own medical condition.

### Secondary children

3. Secondary school children are welcome on the walk but their parents must be present on the walk and take responsibility for their children.

### Food and drink

4. Every participant must bring their own food and drink. Make sure that you have plenty of water for the walk.

### Fee

5. The entry fee is non refundable.

## Y Daith – 30 Mehefin 2012

### The Walk – 30 June 2012

#### Taith 26 milltir

Man cychwyn:	Y Felin, Ysbyty Ifan
Amser cofrestru:	8.00am
Amser cychwyn:	8.30am

#### Taith 16 milltir

Man cychwyn:	Y Felin, Ysbyty Ifan
Amser cofrestru:	8.00am
Amser cychwyn:	8.30am
Amser gorffen:	Tua 1.00pm
Man gorffen:	Betws y Coed

#### Taith 10 milltir

Man cychwyn:	Cae Canol, Betws y Coed
Amser cofrestru:	12.30pm
Amser cychwyn:	Tua 1.00 – 1.30pm

#### Ysbyty Ifan > Pentrefoelas (26 & 16 milltir)

1. O Ysbyty Ifan, cerddwch i gyfeiriad Pentrefoelas ar hyd y ffordd gefn.
2. Ymhen tua 3 milltir trowch i'r chwith am Bentrefoelas.
3. Croeswch yr A5 a cherddwch i fyny Ffordd Nebo.
4. Wedi i chi fynd trwy bentref Nebo trowch i'r chwith ar hyd y B5427 i gyfeiriad Llanrwst.
5. Pan gyrhaeddwch Llanrwst, trowch i'r chwith ac yna i'r chwith eto a chroeswch yr A470.
6. Cerddwch ar hyd palmant yr A470 nes cyrraedd pont Waterloo, Betws y Coed.
7. Ewch dros Bont Waterloo ac i Gae Canol, Betws y Coed. Bydd cyfle nawr i gasglu ychydig o nawdd. Mae'r daith 16 milltir yn gorffen yma.

#### Betws y Coed > Pentrefoelas (10 milltir)

8. O ganol Betws y Coed cerddwch ar hyd yr A5 i gyfeiriad Pentrefoelas.
9. Trowch i'r dde wrth y siop Cotswold Rock Bottom gan ddilyn y ffordd gefn i'w diwedd.
10. Pan gyrhaeddwch yr A470, ewch i'r dde gan ddilyn y llwybr troed i'w diwedd.
11. Croeswch y ffordd i fynd ar hyd y ffordd gefn am Benmachno.
12. Croeswch y groesffordd wrth y Ffatri Wlân.
13. Trowch i'r chwith pan gyrhaeddwch Ffordd Cwm Eidda i fynd dros y bont a chroesi'r A5 (cymerwch ofal!).
14. Ar ôl mynd heibio Rhydlanfair, trowch i'r dde a cherddwch i fyny'r allt a heibio Capel Siloam.
15. Trowch i'r chwith i fynd trwy Tai Hirion a Hafoty Gwyn.
16. Trowch i'r dde i fynd ar hyd Ffordd Nebo i gyfeiriad Pentrefoelas a cherddwch ymlaen i ddiwedd y daith – Gwesty'r Foelas!

#### 26 mile walk

Start location:	Y Felin, Ysbyty Ifan
Registration time:	8.00am
Start time:	8.30am

#### 16 mile walk

Start location:	Y Felin, Ysbyty Ifan
Registration time:	8.00am
Start time:	8.30am
Finish Time:	Approx. 1.00pm
Finish Location:	Betws y Coed

#### 10 mile walk

Start location:	Cae Canol, Betws y Coed
Registration time:	12.30pm
Start Time:	Approx. 1.00 – 1.30pm

#### Ysbyty Ifan > Pentrefoelas (26 & 16 miles)

1. From Ysbyty Ifan, walk towards Pentrefoelas along the back road.
2. In about 3 miles turn left towards Pentrefoelas.
3. Cross the A5 and walk up Nebo Road.
4. After walking through the village of Nebo turn left along the B5427 towards Llanrwst.
5. On reaching Llanrwst, turn left and left again and cross the A470.
6. Walk along the A470 pavement until you reach Waterloo Bridge, Betws y Coed.
7. Go over Waterloo Bridge and walk to Cae Canol, Betws y Coed. An opportunity will be taken here to collect donations. The 16 mile walk finishes here.

#### Betws y Coed > Pentrefoelas (10 miles)

8. From the centre of Betws y Coed walk along the A5 towards Pentrefoelas.
9. Turn right as you reach the Cotswold Rock Bottom shop and follow the minor road to its end.
10. On reaching the A470, turn right to follow the footpath to its end.
11. Cross the road to walk along the back road to Penmachno.
12. At the crossroads near the Wool Factory, cross the road.
13. Turn left as you reach Cwm Eidda Road and cross the bridge and the A5 (please take care!).
14. After passing Rhydlanfair, turn right and walk up the hill and pass Siloam Chapel.
15. Turn left to walk through Tai Hirion and Hafoty Gwyn.
16. On reaching Nebo Road, turn right towards Pentrefoelas and carry on until you reach the end of the walk – The Foelas Arms, Pentrefoelas!

## Map o'r daith

A map of the route

