

Please remember that this email is intended to inform you about events in North Wales ("Local" events). For events further afield, you might want to check other websites/sources. Cofiwch mai bwriad yr ebost hwn ydyw dweud am bethau yn bennaf yn y Gogledd (digwyddiadau "lleol"). Dylech chwilio ymhellach mewn safleoedd gwe eraill ayyb am ddigwyddiadau sydd ymhellach i ffwrdd.

Important Note: For fell races, always bring: bumbag, map, compass, whistle, wind/waterproof top & trousers, hat, gloves, sun cream, drink, food. E&OE, please make your own checks before travelling as well as checks on the race details in case they've changed. If you spot any errors in the information provided, or have any updates or additions, please let me know ASAP. The email address is: eryriharriers@gmail.com **Nodyn Pwysig:** Bob amser ar gyfer ras fynydd mae gofyn cael bag canol, map, cwmpawd, pib, top a throwsus sy'n dal yn erbyn gwynt/glaw, cap, menyg, eli haul, diod, bwyd. Tjeciwch beth yw'r angen cyn cychwyn am y ras, a jest rhag ofn, tjeciwch fanylion y ras gan y gallai fod pethau wedi newid. Os gwelwch rywbeth o'i le yn yr hyn sy'n cael ei ddweud yma, neu bod gennych rywbeth i'w ychwanegu neu ddiweddarau, byddwn yn falch o glywed gennych mor fuan â phosib. Yr ebost cyswllt ydy: eryriharriers@gmail.com

NEXT LOCAL OFF ROAD RACE/RAS NESAF LEOL ODDIAR LÔN

Name/Enw: **Dash In The Dark Series/Cyfes (Race/Ras 3)**
Date/Dyddiad: 2/3/12 @7pm
Venue/Lleoliad: Llandegla Bike Centre, Ruthin Road, Llandegla, Wrexham LL11 3AA/ Canolfan Feicio Llandegla, Ffordd Rhuthun, Llandegla, Wrecsam LL11 3AA
Details/Manylion: BS 6.4K/229M/4 miles/750ft. Over 16. Some different AND enjoyable races for your diaries. £5 on the night only. Safety briefing before start. Compulsory kit: compass, whistle, full waterproofs, hat, gloves and headtorch (with min 2 hours good lighting). Further details from Ben Amesbury. Tel: 01515124739. Email: Ben.Amesbury@cpuk.nestle.com. B- Byr 6.4K/229M/4 milltir/750'. Tros 16. Rhai rasys gwahanol a difyr. £5 ar y noson yn unig. Arweiniad diogelwch cyn cychwyn. Rhaid cael y cit yma: cwmpawd, pib, dillad glaw llawn, cap, menyg a thortj ben (yn goleuo'n iawn am o leiaf ddwyawr). Am fanylion pellach cysyllter â Ben Amesbury. Ffôn: 01515124739. Ebost: Ben.Amesbury@cpuk.nestle.com

Name/Enw: **Pipe Dream**
Date/Dyddiad: 3/3/12 @ 12pm.
Venue/Lleoliad: Dolgarrog Community Centre, in the Conwy Valley (GR SH 769676)/Canolfan Gymunedol Dolgarrog, Dyffryn Conwy
Details/Manylion: Same route as last year. AS, 8.2Km/518m, 5 miles/1700ft. Toilets, food, hot drinks available. Over 18. Organiser: Craig Jones 07815 292213. Email: rowlyn@yahoo.co.uk. Yr un llwybr â'r llynedd. AS, 8.2Km/518m, 5 milltir/1700'. Toiledau, bwyd a diod poeth. Tros 18. Trefnydd: Craig Jones 07815 292213. Ebost: rowlyn@yahoo.co.uk

ADVANCE NOTICE OF LOCAL OFF-ROAD RACES/GWYBODAETH AM RASYS LLEOL ODDIAR LÔN

A quick "month by month" rundown of the races and other interesting stuff, so you can quickly check your availability. More details lower down. [Crynodeb fis wrth fis o'r rasys a digwyddiadau difyr eraill i chi fedru gweld yn sydyn pryd maen nhw'n digwydd. Mae mwy o fanylion amdanyn nhw i gael wedyn yn is i lawr.](#)

Month/Mis	Date Dyddiad	Race/Ras
February/Chwefror	4/2/12	X Country Oswestry/Traws Gwlad Croesoswallt
February/Chwefror	10/2/12	Dash In The Dark Race/Ras 2
February/Chwefror	11/2/12	Ras Tarren Hendre
February/Chwefror	25/2/12	Ras Moel y Ci
March/Mawrth	2/3/12	Dash In The Dark Race/Ras 3
March/Mawrth	3/3/12	Pipe Dream
March/Mawrth	24/3/12	Ras yr Aran
March/Mawrth	31/3/12	Llantysilio Mountain Race/Ras Fynydd Llandysilio
April/Ebrill	1/4/12	Clwydian Junior Series (Race 1 of 2)/Cyfres Iau Clwyd (Ras 1 o 2)
April/Ebrill	3/4/12	Moel Tryfan (Race 1 in Midweek Series/Ras 1 y Gyfres Ganol Wythnos)
April/Ebrill	7/4/12	Fron 4/4 y Fron
April/Ebrill	10/4/12	Foel Lus (Race 2 in Midweek Series/Ras 2 y Gyfres Ganol Wythnos)
April/Ebrill	17/4/12	Mynydd Mawr (Race 3 in Midweek Series/Ras 3 y Gyfres Ganol Wythnos)
April/Ebrill	21/4/12	Ras y Moelwyn
April/Ebrill	22/4/12	Ras Mynydd Swtan
April/Ebrill	24/4/12	Pen Dinas (Race 4 Midweek Series/Ras 4 Gyfres Ganol Wythnos)
May/Mai	5/5/12	Llangynhafal Loop/Dolen Llangynhafal
May/Mai	8/5/12	Moel y Gest (Race 5 Midweek Series/Ras 5 Gyfres Ganol Wythnos)
May/Mai	9/5/12	Ysgol Dinas Bran
May/Mai	12/5/12	Moel Eilio
May/Mai	22/5/12	Great Orme (Race 6 Midweek Series)/Y Gogarth (Ras 6 Gyfres Ganol Wythnos)
May/Mai	26/5/12	Welsh Ultra/Ras Hirfaith Cymru
May/Mai	26/5/12	Ras Cader Idris
June/Mehefin	3/6/12	Carneddau
June/Mehefin	5/6/12	Abergwyngregyn (Race 7 Midweek Series/Ras 7 Gyfres Ganol Wythnos)
June/Mehefin	9/6/12	Welsh 1000M Peak Race/Ras Copaon 1000m Cymru
June/Mehefin	12/6/12	Y Garn
June/Mehefin	12/6/12	Trail Race Up The Beast
June/Mehefin	17/6/12	Ras Y Berwyn
June/Mehefin	19/6/12	3 Hills
June/Mehefin	20/6/12	Hotfoot Up Famau
June/Mehefin	23/6/12	Trail Marathon Wales/Marathon Trywydd Cymru
June/Mehefin	24/6/12	Moel Y Gamelin
June/Mehefin	26/6/12	Llanberis
June/Mehefin	30/6/12	Foel Fras
July/Gorffennaf	7/7/12	Moel Siabod
July/Gorffennaf	11/7/12	Druid
July/Gorffennaf	14/7/12	Tal Y Fan
July/Gorffennaf	21/7/12	Gyrn Gallop
July/Gorffennaf	21/7/12	Elidir Fawr
July/Gorffennaf	21/7/12	International Snowdon Race/Ras Rhyngwladol Wyddfa
July/Gorffennaf	25/7/12	The Green Green Grass Of Home
July/Gorffennaf	28/7/12	Push Up The Pincyn
August/Awst	4/8/12	Y Garn
August/Awst	8/8/12	Ponderosa
August/Awst	12/8/12	Gladstone 9
August/Awst	22/8/12	Ras Y Mynydd
August/Awst	24/8/12	The Garn Race

August/Awst	24/8/12	Tryfan Downhill Dash
August/Awst	26/8/12	Ras Cnicht
August/Awst	27/8/12	Moel Fammau
August/Awst	27/8/12	Cilcain Caper
August/Awst	31/8/12	Ring O' Fire
September/Medi	1/9/12	Moel Hebog
September/Medi	2/9/12	Llanfest Fell Run
September/Medi	8/9/12	Moel Wnion
September/Medi	15/9/12	Peris Horseshoe
September/Medi	22/9/12	North Wales Junior Championships
September/Medi	22/9/12	Ras Kev
September/Medi	22/9/12	King John's Castle
October/Hydref	7/10/12	Arenig Fawr
October/Hydref	13/10/12	Ceiriog Canter
October/Hydref	27/10/12	30 th Snowdonia Marathon/30 ^{fed} Marathon Eryri
November/Tachwedd	4/11/12	Clwydian Hills Race
November/Tachwedd	10/11/12	Ras Rhobell Fawr
November/Tachwedd	17/11/12	Penmaenmawr
December/Rhagfyr	30/12/12	Jubilee Plunge

Name/Enw: **Ras yr Aran**

Date/Dyddiad: 24/3/12 @ 1pm

Venue/Lleoliad: Eagles Inn, Llanuwchllyn, Y Bala

Details/Manylion: AM, 16.1Km.945m, 10 miles/3100ft. £5 on day only. Teams-3. 3rd and final race in Meirionnydd Winter Series. Full kit required. No dogs. Over 18. Junior race too. Organiser is Graeme Stringer: 07917 001173. www.run-merionnydd.co.uk. A Canolig, 16.1Km.945m, 10 milltir/3100'. £5 ar y diwrnod yn unig. Timau-3. Y drydedd a'r olaf o Rasys Gaeaf Meirionnydd. Gofyn cael cit llawn. Dim cŵn. Tros 18. Ras iau hefyd. Trefnydd: Graeme Stringer: 07917 001173. www.run-merionnydd.co.uk

Name/Enw:

Llantysilio Mountain Race/Ras Fynydd Llantysilio

Date/Dyddiad: 31/3/12 @ 11am

Venue/Lleoliad: Sun Inn on/ar B5103 at/yn Rhewl, Llangollen (GR 179448)

Details/Manylion: AS, 9.9Km/640m, 6.2 miles/2100ft. Limited parking, please share transport. Over 16. Organiser is Nick Holmes: 07515 288545. Email: Nicholas@gingerbeer.plus.com. A Byr, 9.9Km/640m, 6.2 milltir/2100'. Dim llawer o le parcio, triwch rannu ceir. Tros 16. Trefnydd: Nick Holmes: 07515 288545. Ebost: Nicholas@gingerbeer.plus.com

Name/Enw:

Clwydian Junior Series (Race 1) Cyfres Iau Clwyd (Ras 1)

Date/Dyddiad: 1/4/12

Venue/Lleoliad: To be confirmed. Please check website or contact organiser for information. I'w gadarnhau. Sbiwch ar y wefan neu cysylltwch â'r trefnydd am wybodaeth

Details/Manylion: Race 1 of 2 in Clwydian junior Series. Over 6 junior races, from age 6 upwards. www.clwydianrangerunners.co.uk. Organiser is Gareth Jaggard 01352 810357 or 07810808884. Email: gaz_jag@hotmail.com. Ras 1 o 2 yng nghyfres Iau Clwyd. Tros 6 oed - ras iau. www.clwydianrangerunners.co.uk. Trefnydd: Gareth Jaggard 01352 810357 neu 07810808884. Ebost: gaz_jag@hotmail.com

Name/Enw:

Moel Tryfan (Race 1 Midweek Series/ Ras 1 Gyfres Ganol Wythnos)

Date/Dyddiad: 3/4/12 @ 7.15pm

Venue/Lleoliad: Ysgol Bron y Foel School, Y Fron, Caernarfon.

Details/Manylion: £1.50 on day only. Also junior race (£1). Organiser is Mike Blake: 01286 831115 or 07778 145144. £1.50 ar y diwrnod yn unig. Hefyd ras iau (£1). Trefnydd: Mike Blake: 01286 831115 neu 07778 145144

Name/Enw:

Fron 4

Date/Dyddiad: 7/4/12 @ 1pm

Venue/Lleoliad: Register at Fron School, Nr Caernarfon. Start GR 505548. Cofrestru Ysgol y Fron, ger Caernarfon. Cychwyn GR 505548

Details/Manylion: AM, 11.4Km/716m, 7.1 miles/2350ft. £3.50 on day only, includes "panad a teisan". Bring own map. Over 18. Junior races 6 and over subject to demand on day. Organiser is Mike

Blake: 01286 831115 or 07778 145144. AM, 11.4Km/716m, 7.1 milltir/2350'. £3.50 ar y diwrnod yn unig, yn cynnwys 'panad' a 'theisan'. Dowch â map. Tros 18. Os bydd galw ar y diwrnod ceir rasys i rai iau. Trefnydd: Mike Blake: 01286 831115 neu 07778 145144.

Name/Enw: **Foel Lus (Race/Ras 2 Midweek Series/Gyfras Ganol Wythnos)**
Date/Dyddiad: 10/4/12 @ 7.15pm
Venue/Lleoliad: Dwygyfylchi, Penmaenmawr.
Details/Manylion: £1.50 on day only. Also junior race (£1). Organiser is Mike Blake: 01286 831115 or 07778 145144. £1.50 ar y diwrnod yn unig. Hefyd ras iau (£1). Trefnydd: Mike Blake: 01286 831115 neu 07778 145144

Name/Enw: **Mynydd Mawr (Race/Ras 3 Midweek Series/Gyfras Ganol Wythnos)**
Date/Dyddiad: 17/4/12 @ 7.15pm
Venue/Lleoliad: Ysgol Bron y Foel School, Y Fron, Caernarfon.
Details/Manylion: £1.50 on day only. Also junior race (£1). Organiser is Mike Blake: 01286 831115 or 07778 145144. £1.50 ar y diwrnod yn unig. Hefyd ras iau (£1). Trefnydd: Mike Blake: 01286 831115 neu 07778 145144

Name/Enw: **Ras y Moelwyn**
Date/Dyddiad: 21/4/12 @ 2pm.
Venue/Lleoliad: School playing field/y cae pêl droed, Oakley Square, Blaenau Ffestiniog (GR 695 460)
Details/Manylion: AM, 16.9Km/853m, 10.5 miles/2800ft. £5 on day or via website. Teams free. Changing rooms, showers, refreshments available. Over 18. Also junior races U12, U14, U16, U18. Organiser is Ceri Cunningham: 01766 832214 or 07799 353588. Email: ceri.c@gwynedd.gov.uk Website: www.anturstiniog.com. A Canolig, 16.9Km/853m, 10.5 milltir/2800'. £5 ar y diwrnod neu drwy'r safle we. Timau am ddim. Ystafelloedd newid, cawodydd a lluniaeth ar gael. Tros 18. Hefyd rasys iau Dan12, Dan14, Dan16, Dan18. Trefnydd: Ceri Cunningham: 01766 832214 neu 07799 353588. Ebst: ceri.c@gwynedd.gov.uk Gwefan: www.anturstiniog.com

Name/Enw: **Ras Mynydd Swtan**
Date/Dyddiad: 22/4/12 @ 12 noon.
Venue/Lleoliad: Church Bay, Anglesey (GR 892 303)/ Porth Swtan, Môn
Details/Manylion: AS, 3.2Km/204m, 2 miles/670ft. Beach start, tide-permitting. £3 on day only (includes refreshments). Proceeds to "Swtan Upkeep". Over 12's only. Organiser is Steve Pilbeam: 01407 730963 or 07780 567949. Email: stephenpilbeam418@btinternet.com. A Byr, 3.2Km/204m, 2 milltir/670'. Cychwyn ar y traeth os bydd yn ddigon o drai. £3 ar y diwrnod yn unig (yn cynnwys lluniaeth). Elw at gadw Swtan. Tros 12 yn unig. Trefnydd: Steve Pilbeam: 01407 730963 neu 07780 567949. Ebst: stephenpilbeam418@btinternet.com

Name/Enw: **Pen Dinas (Race/Ras 4 Midweek Series/Gyfras Ganol Wythnos)**
Date/Dyddiad: 24/4/12 @ 7.15pm
Venue/Lleoliad: Nant Peris, Llanberis.
Details/Manylion: £1.50 on day only. Also junior race (£1). Organiser is Mike Blake: 01286 831115 or 07778 145144. £1.50 ar y diwrnod yn unig. Hefyd ras iau (£1). Trefnydd: Mike Blake: 01286 831115 neu 07778 145144

Name/Enw: **Llangynhafal Loop/Dolen Llangynhafal**
Date/Dyddiad: 5/5/12 @ 1pm.
Venue/Lleoliad: Golden Lion, Llangynhafal LL16 4LN (GR 129633)
Details/Manylion: AS. 7.6km/533m, 4.7 miles/1750ft. £4 EOD. Over 16. Limited parking, please share cars. Organiser: Martin Cortvriend 01824 790534 or 07880 932832. A- BYR. 7.6km/533m, 4.7 milltir/1750'. £4 Talu ar y diwrnod. Tros 16. Dim llawer o le parcio, rhannwch geir os gwelwch yn dda. Trefnydd: Martin Cortvriend 01824 790534 neu 07880 932832

Name/Enw: **Moel y Gest (Race/Ras 5 Midweek Series/Gyfras Ganol Wythnos)**
Date/Dyddiad: 8/5/12 @ 7.15pm
Venue/Lleoliad: Safle Gwersylla Tyddyn Llwyn Campsite, Porthmadog
Details/Manylion: £1.50 on day only. Also junior race (£1). Organiser is Mike Blake: 01286 831115 or 07778 145144. £1.50 ar y diwrnod yn unig. Hefyd ras iau (£1). Trefnydd: Mike Blake: 01286 831115 neu 07778 145144

Name/Enw: **Ysgol Dinas Bran**
Date/Dyddiad: 9/5/12 @ 7.15pm.
Venue/Lleoliad: Ysgol Dinas Bran School, Llangollen (GR 215 423)
Details/Manylion: AS. 6.9km/350m, 4.3miles/1150ft. Refreshments, showers and changing available. Over 16. Junior race: 1 mile fun run, minimum age 8. Organiser is Helen Davies 01978 780654. A- BYR. 6.9km/350m, 4.3milltir/1150'. Lluniaeth, cawodydd a lle newid. Tros 16. Ras iau: 1 filltir o ras hwyl, rhaid bod yn 8 oed. Trefnydd: Helen Davies 01978 780654.

Name/Enw: **Moel Eilio**
Date/Dyddiad: 12/5/12 @ 1pm.
Venue/Lleoliad: Bron Eryri (GR 575600). Registration in the Padarn Lake Hotel, Llanberis/Cofrestru yng Ngwesty'r Padarn Lake, Llanberis
Details/Manylion: AM. 12.8km/915m, 8miles/3000ft. £4 EOD includes refreshments. Teams free. Over 18. Also junior races subject to demand on the day. Organiser is Jayne Lloyd: 01286 677785. A- Canolig. 12.8km/915m, 8milltir/3000'. £4 Talu ar y diwrnod, yn cynnwys lluniaeth. Timau am ddim. Tros 18. Rasys iau yn dibynnu ar y galw ar y diwrnod. Trefnydd: Jayne Lloyd: 01286 677785.

Name/Enw: **Great Orme/Y Gogarth (Race/Ras 6 Midweek Series/Gyfras Ganol Wythnos)**
Date/Dyddiad: 22/5/12 @ 7.15pm
Venue/Lleoliad: Ski Centre, Great Orme, Llandudno/Y Ganolfan Sgio, Y Gogarth, Llandudno
Details/Manylion: £1.50 on day only. Also junior race (£1). Organiser is Mike Blake: 01286 831115 or 07778 145144. £1.50 ar y diwrnod yn unig. Hefyd ras iau (£1). Trefnydd: Mike Blake: 01286 831115 neu 07778 145144

Name/Enw: **Ras Cader Idris**
Date/Dyddiad: 26/5/12 @ 1pm
Venue/Lleoliad: Eldon Square, Dolgellau. Registration in free library/Y Sgwâr, Dolgellau. Cofrestru yn y llyfrgell rydd
Details/Manylion: AM. 16.9km/915m, 10.5miles/3000ft. £7 in advance, £10 on the day. Teams: 3 to count. No dogs. Full kit required. Over 18s. Also junior races (from 11am), fun run, U12, U14, U16, U18.Organiser is Graeme Stringer: 07917 001173. Website: www.cader-race.co.uk. A- Canolig. 16.9km/915m, 10.5milltir/3000'. £7 o dalu ynghynt, £10 ar y diwrnod. Timau : 3 i gyfrif. Dim cŵn. Gofyn cael cit llawn. Tros 18. Hefyd rasys iau (o 11am), ras hwyl, Dan12, Dan14, Dan16, Dan18. Trefnydd: Graeme Stringer: 07917 001173. Gwefan: www.cader-race.co.uk

Name/Enw: **Welsh Ultra/Ras Hirfaith Cymru**
Date/Dyddiad: 26/5/12
Venue/Lleoliad: Ynys Môn
Details/Manylion: 62 miles (100k) or marathon on undulating coastal path. A varied coastal course run mainly on track and trail with some limited stretches on tarmac. The race starts and finishes at a large campsite and takes you along the magnificent Welsh coastal path of North Anglesey. The course is clear with no need for significant navigation and runners will find themselves faced with varied going from flat and fast to some more significant short, sharp climbs. Basic navigation skills required. The route is well marked, marshalled, an online brief is available and detailed route cards are issued. Runners will follow an out and back course with the sea as a constant reference. Cost: £40 62 miles, £30 marathon. Part of the Ultra series. For more information please see: www.adventurehub.com/Ultra_Races.html.

62 milltir (100k) neu farathon ar lwybr arfordir ponciog. Cwrs amrywiol yn bennaf ar draciau a llwybrau gydag ychydig ddarnau ohono ar gol-tar. Mae'r ras yn cychwyn a gorffen mewn maes gweryslla mawr ac yn arwain ar hyd lwybrau arfordir yng Ngogledd Môn. Mae'n ddigon hawdd gweld y cwrs wrth redeg. Bydd y cystadleuwyr yn dod i fannau gwastad cyflym ac wedyn ambell i ddringfa fer serth. Mae gofyn medru deall cyfeiriadu sylfaenol. Bydd y trywydd wedi ei farcio'n dda gyda stiwardiaid o gwmpas. Mae crynodeb ar-lein ar gael a rhoddir cardiau llwybr manwl. Bydd y cwrs yn un ôl a blaen ar ochr y môr ar hyd yr amser. Côt: £40 62 milltir, £30 marathon. Rhan o'r gyfres 'Ultra'. Am wybodaeth bellach gweler: www.adventurehub.com/Ultra_Races.html

Name/Enw: **Carneddau**
Date/Dyddiad: 3/6/12 @ 12 noon.
Venue/Lleoliad: George Inn, Carneddi, Bethesda (GR 625 672)
Details/Manylion: AM. 14.5km/1250m, 9miles/4100ft. £4 EOD. Teams free. Please register early as it's nearly a mile to the start. Limited parking, please share cars. Over 18. junior race: 2.5km/110m £1. U18, U16, U14, U12 (min age 10). Organiser is Ross Powell: 01286 881 491. A-Canolig. 14.5km/1250m, 9milltir/4100'. £4 Talu ar y diwrnod. Timau am ddim. Cofrestrwch yn gynnar gan fod bron i filltir i gerdded at y man cychwyn. Dim llawer o lefydd parcio, felly rhannwch geir os gwelwch yn dda. Tros 18. Ras iau: 2.5km/110m £1. Dan18, Dan16, Dan14, Dan12 (gofyn bod o leiaf yn 10 oed). Trefnydd: Ross Powell: 01286 881 491

Name/Enw: **Abergwyngregyn (Race/Ras 7 Midweek Series/Gyfras Ganol Wythnos)**
Date/Dyddiad: 5/6/12 @ 7.15pm
Venue/Lleoliad: Abergwyngregyn
Details/Manylion: £1.50 on day only. Also junior race (£1). Organiser is Mike Blake: 01286 831115 or 07778 145144. £1.50 ar y diwrnod yn unig. Hefyd ras iau (£1). Trefnydd: Mike Blake: 01286 831115 neu 07778 145144.

Name/Enw: **Welsh 1000m Peak Race/Ras Copaon 1000m Cymru**
Date/Dyddiad: 9/6/12 @ 9am.
Venue/Lleoliad: Full race starts at Aber (9am), short race starts at Ogwen (10.30am). Y ras llawn yn Aber am 9am. Y ras fyr ger Llyn Ogwen am 10.30
Details/Manylion: AL. 32km/2440m, 19.9miles/8000ft. £17 in advance. No entry on day. Over 18. The Welsh 1000m Peaks Race, the Snowdonia Summits Marathon, takes place each year on the first or second Saturday in June. This arduous event starts at Abergwyngregyn, on the shoreline of Conwy Bay (GR 652728), and finishes on the summit of Snowdon (3560 ft). Traditionally it has included the ascent of the four peaks over 1000 metres high in Snowdonia: Carneddau Llewelyn, Dafydd and Ugain. Last year, it included Glyder Fawr (the newly measured Welsh 1000 metre peak) in Classes A and E. The total distance that the competitors have to travel is about 32 Kilometres with approximately 8000 ft of ascent. The full race from Aber is a gruelling event, even in fine weather. It is a test of fitness, endurance and orienteering skills and the terrain is wild and remote. The A Class Fell Race is considered to be one of the most arduous events in the UK fell running calendar. To broaden the appeal of the event to less adventurous competitors and juniors, a short course race is also organised at the same time, starting in the Ogwen valley (GR 650604). Don't underestimate this race, though – it's still a good challenge! Mountaineers can now chose between including Glyder Fawr (5 peaks), this is Class B and the classic route (4 peaks), this is Class C. The mountaineers route, starting at Ogwen (2 peaks) is now class F. Remember to book the Pasta meal on the evening of Friday 8th where you can meet with organisers, marshals and fellow competitors. A great opportunity to share your experiences or, if new to the race, to find out more about it. We hope that all of you will use the online entry, but for those unable to enter online, paper based forms are available for download from the website: www.welsh1000m.org or from the entries secretary Jean Hall, jean.hall1@btinternet.com. Tel: 01509 880506.

A Hir. 32km/2440m, 19.9milltir/8000'. £17 ymlaen llaw. Dim mynediad ar y diwrnod. Tros 18. Mae Ras Copaon 1000m Cymru neu Farathon Copaon Eryri yn digwydd bob blwyddyn ar y dydd Sadwrn cyntaf neu'r ail ddydd Sadwrn ym mis Mehefin. Mae hon yn ras hegar yn cychwyn yn ger glan y môr yn Abergwyngregyn (CG 652728), ac yn gorffen ar gopa'r Wyddfa (3560'). Arferai'r ras ddringo 4 copa tros 1000m: Carneddau Llewelyn, Dafydd ac Ugain a'r Wyddfa. Y llynedd roedd yn cynnwys y Gludair Fawr hefyd (wedi ei mesur o'r newydd a gweld ei bod dros 1000m) yn Nosbarthiadau A ac E. Y pellter ydyw tua 32k gan esgyn 8000'. Mae'r ras llawn o Aber yn dipyn o laddfa hyd yn oed ar y tywydd brafiaf. Mae'n brawf o ffitrwydd, dygnwch a medr i gyfeiriadu, ac mae'n mynd drwy fannau garw ac anghysbell. Ystyrir y ras Dosbarth A fel un o'r caletaf o blith rasys mynydd Prydain. Er mwyn apelio at ragor mae'r rasys eraill fyrryn llai a llai anturus. Mae ras gwteuach hefyd yn cael ei threfnu'r un pryd yn cychwyn yn Llyn Ogwen (CG 650604). Ond ni ddylid ystyried hon ychwaith yn ras hawdd - mae'n dipyn o her! Gall mynyddwyr bellach ddewis mynd dros y Gludair Fawr (5 copa), dyma Ddosbarth B a'r hen lwybr 4 copa, dyma Ddosbarth C. Mae llwybr mynyddwyr arall yn cychwyn yn Llyn Ogwen (2 gopa) bellach yn Ddosbarth F. Gellwch archebu pryd pasta ar nos Wener 8fed lle cewch gyfarfod â'r trefnyddion, stiwardiaid a chyd-gystadleuwyr. Dyma gyfle gwych i rannu profiadau, neu os ydych yn

newydd i'r ras, ddod i wybod mwy amdani. Gobeithio y gellwch gael mynediad ar lein, fel arall mae ffurflenni papur ar gael i'w llawrlwytho o'r wefan: www.welsh1000m.org neu gan ysgrifennydd mynediadau Jean Hall: jean.hall1@btinternet.com. Ffôn: 01509 880506.

Name/Enw: **Y Garn (Race/Ras 8 Midweek Series/Gyfras Ganol Wythnos)**
Date/Dyddiad: 12/6/12 @ 7.15pm
Venue/Lleoliad: Railway car park, Rhyd Ddu. Maes parcio'r rheilffordd
Details/Manylion: £1.50 on day only. Also junior race (£1). Organiser is Mike Blake: 01286 831115 or 07778 145144. £1.50 ar y diwrnod yn unig. Hefyd ras iau (£1). Trefnydd: Mike Blake: 01286 831115 neu 07778 145144

Name/Enw: **Trail Race Up The Beast**
Date/Dyddiad: 12/6/12 @ 7.15pm
Venue/Lleoliad: From the Miners Arms, Haeshafn (2 miles out of Mold), 1 mile off A494. Cychwyn yn y Miners Arms, Maeshafn (2 filltir y tu allan i'r Wyddgrug), 1 filltir oddiar yr A494
Details/Manylion: AS. 7.2km/458m, 4.5miles/1500ft. £4EOD. Limited parking. Over 16. Organiser is John Morris, Tel: 01352 755198. Email: Thelma.morris@talktalk.net. A- Byr. 7.2km/458m, 4.5milltir/1500'. £4 talu ar y diwrnod. Dim llawer o le parcio. Tros 16. Trefnydd: John Morris, Ffôn: 01352 755198. Ebst: Thelma.morris@talktalk.net

Name/Enw: **Ras Y Berwyn**
Date/Dyddiad: 17/6/12 @ 12 noon
Venue/Lleoliad: From Village Hall, Llandrillo near Corwen (GR 035372). Yn cychwyn yn Neuadd Bentref, Llandrillo ger Corwen
Details/Manylion: New race. AL. 20.5km/1080m, 12.7miles/3543ft. £5 EOD. Over 18. Organiser is Peter Agnew: 07981 491785. Email: agnewp@rocketmail.com. Ras Newydd. A- Hir. 20.5km/1080m, 12.7milltir/3543'. £5 talu ar y diwrnod. Tros 18. Trefnydd: Peter Agnew: 07981 491785. Ebst: agnewp@rocketmail.com

Name/Enw: **3 Hills (Race/Ras 9 Midweek Series/Gyfras Ganol Wythnos)**
Date/Dyddiad: 19/6/12 @ 7.15pm
Venue/Lleoliad: Craiglwyd Kennels, Penmaenmawr.
Details/Manylion: £1.50 on day only. Also junior race (£1). Organiser is Mike Blake: 01286 831115 or 07778 145144. £1.50 ar y diwrnod yn unig. Hefyd ras iau (£1). Trefnydd: Mike Blake: 01286 831115 neu 07778 145144

Name/Enw: **Hotfoot Up Famau**
Date/Dyddiad: 20/6/2012 @ 7.30pm
Venue/Lleoliad: From the car park near Moel Famau, Denbighshire (GR SJ163605). Maes parcio Moel Famau, Sir Dinbych.
Details/Manylion: AS. 5.6km/366m, 3.5miles/1200ft. Race 1 of the Clwydian Hills Summer Trots. Toilets 0.5 miles east of start. £4 EOD. Over 16. Organiser is Martin Cortvriend: 01824 790534 or 07880 932832. A byr. Ras 1 yn y gyfras Clwydian Hills Summer Trots. Toiledau haner milltir i'r ddwyrain o'r cychwyn. £4 ar y diwrnod. Dros 16 yn unig. Trefnydd: Martin Cortvriend: 01824 790534 or 07880 932832

Name/Enw: **Trail Marathon Wales/Marathon Trywydd Cymru**
Date/Dyddiad: 23/6/12
Venue/Lleoliad: Coed y Brenin, Snowdonia/Eryri
Details/Manylion: Taking place on the 23rd of June 2012, Trail Marathon Wales will have full (26.2 mile/42.1 km) and half (13.1 mile / 21 km) marathon race routes in the stunning trails and tracks of the world-renowned [Coed y Brenin](http://www.coedybrenin.com) forest in the Snowdonia National Park. This unique marathon aims to be Wales' first true trail marathon taking in fully marked trail single track, forest roads and paths in some of the most stunning forestry and heathland in the UK. Entry for the 2012 events opens on 1st of November 2011. Priced at £25 for the full and £20 for the half distance events (plus small online booking fee) we feel that Trail Marathon Wales represents one of the best value-for-money events on the race calendar. For more information: www.trailmarathonwales.com/ or email Matt Ward: info@trailmarathonwales.com

Bydd Marathon Trywydd Cymru yn un llawn (26.2 milltir/ 42.1 km) a bydd hanner Marathon (13.1 milltir / 21 km) hefyd. Mae'n dilyn trywydd trawiadol yr enwog goedwig

Coed y Brenin. Hon fydd marathon trywydd gyntaf Cymru, yn mynd ar draciau un cerbyd, lonydd coedwig a llwybrau drwy rai o goedwigoedd a rhostiroedd harddaf ym Mhrydain. Mae'n bosib talu am fynediad o Dachwedd 2011. £25 ydyw cost y farathon lawn ac £20 am yr hanner marathon (+ pris bwcio ar lein). Teimlwn fod y ras hon yn un o'r digwyddiadau gwerth y pres gyda'r gorau ar y calendr rasys am y flwyddyn. Am wybodaeth bellach: www.trailmarathonwales.com neu ebost Matt Ward: info@trailmarathonwales.com

Name/Enw: **Moel Y Gamelin**
Date/Dyddiad: 24/6/12
Venue/Lleoliad: Ponderosa Café, Horseshoe Pass/Bwlch yr Oernant, Llangollen (GR 193481)
Details/Manylion: BM. 15.2km/725m, 9.4miles/2380ft. over 18. £4 EOD. Organiser is Peter Norman: 01978 846292. www.wrexham-athletics.co.uk and www.wrexhamroadrunners.org.uk. B-CANOLIG 15.2km/725m, 9.4milltir/2380'. Tros 18. £4 Talu ar y diwrnod. Trefnydd: Peter Norman: 01978 846292. www.wrexham-athletics.co.uk a www.wrexhamroadrunners.org.uk

Name/Enw: **Llanberis**
Date/Dyddiad: 26/6/12 @ 7.15pm
Venue/Lleoliad: Heights, Llanberis.
Details/Manylion: Final race and presentations in Midweek Series. £1.50 on day only. Also junior race (£1). Organiser is Mike Blake: 01286 831115 or 07778 145144. Ras ddiwethaf y Gyfres Nos Fawrth, pryd y cyflwynnir y gwobrau. £1.50 ar y diwrnod. Hefyd ras iau (£1). Trefnydd: Mike Blake: 01286 831115 neu 07778 145144.

Name/Enw: **Foel Fras**
Date/Dyddiad: 30/6/12 @ 12.
Venue/Lleoliad: Café Hen Felin, Abergwyngregyn, Gwynedd.
Details/Manylion: BL. 19.3km/914m, 12miles/3100ft. £5 including refreshments. Over 18. organiser is Wyn Griffith: 01248 680848. hywelthomas@supanet.com website: www.abergwyngregyn.org.uk. B- HIR. 19.3km/914m, 12milltir/3100'. £5 yn cynnwys lluniaeth. Tros 18. Trefnydd: Wyn Griffith: 01248 680848. hywelthomas@supanet.com gwefan: www.abergwyngregyn.org.uk

Name/Enw: **Moel Siabod**
Date/Dyddiad: 7/7/12 @ 2pm
Venue/Lleoliad: Show field adjacent to Clogwyn Outdoor Shop/Gyferbyn â Siop Clogwyn, Capel Curig (GR SH 728577).
Details/Manylion: AS. 8.7km/700m, 5.4miles/2300ft. £5 EOD. Held in conjunction with village show. Small charge to enter the show field. Over 16. Juniors U12 (over 10), U14, U16, U18 £1 EOD, 2.05pm. Organiser is Ross Powell: 01286 881 491. A- BYR. 8.7km/700m, 5.4milltir/2300'. £5 Talu ar y diwrnod. Yn digwydd yr un pryd â sioe'r pentref. Rhaid talu ychydig i fynd ar y cae. Tros 16. Rasys Iau DAN12 (Tros 10), DAN14, DAN16, DAN18 £1 Talu ar y diwrnod, 2.05pm. Trefnydd: Ross Powell: 01286 881 491

Name/Enw: **Druid**
Date/Dyddiad: 11/7/12 @ 7.30pm
Venue/Lleoliad: Druid Inn, Llanferres (A494, west of Mold, i'r gorllewin o'r Wyddgrug GR 188605)
Details/Manylion: BS. 8km/366m, 5miles/1200ft. £4 EOD. Limited parking please car share. Over 16. Organiser is John Linley: 01352 771543. Email: john-linley@tiscali.co.uk. B-BYR 8km/366m, 5milltir/1200'. £4 Talu ar y diwrnod. Dim llawer o le parcio, triwch rannu ceir. Tros 16. Trefnydd: John Linley: 01352 771543. Ebost: john-linley@tiscali.co.uk

Name/Enw: **Tal Y Fan**
Date/Dyddiad: 14/7/12 @ 2pm
Venue/Lleoliad: From carnival field, near village hall/Y Cae Carnifal ger Neuadd y Pentref, Rowen, Conwy (GR759719)
Details/Manylion: AM. 12.8km/786m, 8miles/2580ft. £3.50 EOD. Over 18. Organiser is Doug & Helen Blair: 01492 650 255. Email: Helen@isallt.co.uk. A-CANOLIG 12.8km/786m, 8milltir/2580'. £3.50 Talu ar y diwrnod. Tros 18. Trefnydd: Doug & Helen Blair: 01492 650 255. Ebost: Helen@isallt.co.uk

Name/Enw: **Gyrn Gallop**
Date/Dyddiad: 21/7/12 @ 2pm.

Venue/Lleoliad: Rhiwlas village, Llansilin, 5 miles west of Oswestry on B4580/Pentref Rhiwlas, Llansilin, 5 milltir i'r gorllewin o Groesoswallt ar y B4580
Details/Manylion: BM. 11.2km/366m, 7miles/1200ft. £5 EOD. Held in conjunction with local show. Over 18. Organiser is Paul Jones: 01691 688906 or 07834 515678. website: www.oswestryolympians.co.uk. B-CANOLIG 11.2km/366m, 7milltir/1200'. £5 Talu ar y diwrnod. Yn cael ei chynnal fel rhan o'r sioe leol. Tros 18. Trefnydd: Paul Jones: 01691 688906 neu 07834 515678. gwefan: www.oswestryolympians.co.uk

Name/Enw: **Elidir Fawr**
Date/Dyddiad: 21/7/12 @ 2pm
Venue/Lleoliad: Vaynol Arms, Nant Peris (GR SH 606583)
Details/Manylion: AS. 5miles/2800ft. £3 EOD. Teams free. Over 16. Junior race 1pm. Organiser: Eryri Harriers: www.eryriharriers.org.uk. A- BYR. 5milltir/2800'. £3 TALU AR y diwrnod. Timau am ddim. Tros 16. Ras iau 1pm.Trefnydd: Rhedwyr Eryri: www.eryriharriers.org.uk

Name/Enw: **Green Green Grass Of Home**
Date/Dyddiad: 25/7/12 @ 7.30pm
Venue/Lleoliad: Golden Lion Inn, Llangynhafal, Near Denbigh/Ger Dinbych (GR 129633)
Details/Manylion: AS. 7.2km/457m, 4.5miles/1500ft. Race 3 of the Clwydian Hills Summer Trots. Over 16. £4 EOD. Organiser is Martin Cortvriend: 01824 790534 or 07880 932832. A- BYR. 7.2km/457m, 4.5milltir/1500'. Race 3 of the Clwydian Hills Summer Trots. Tros 16. £4 TALU AR y diwrnod. Trefnydd: Martin Cortvriend: 01824 790534 neu 07880 932832

Name/Enw: **International Snowdon Race/Ras yr Wyddfa**
Date/Dyddiad: 21/7/12 @ 2pm
Venue/Lleoliad: Padarn Park, Llanberis (GR SH 582599)
Details/Manylion: AM. 16.1km/1006m, 10miles/3300ft. Pre-entry only £28. Online entry. Race information: Phil Jones: 07837 278200. Email: entries@snowdonrace.com. Over 18. Junior races: U10, U12, U14, U16, U18 EOD. The 1985 record still hasn't been broken: Kenny Stuart (1.02.29). Organiser is Stephen Edwards: 07867 976183. Email: support@snowdonrace.co.uk. International Snowdon Race Ltd. Room 117 Technium CAST, Parc Menai, Bangor. A-CANOLIG 16.1km/1006m, 10milltir/3300'. Mynediad ymlaen llaw £28. Mynediad ar-lein. Gwybodaeth am y ras: Phil Jones: 07837 278200. Ebost : entries@snowdonrace.com. Tros 18. Rasys iau: DAN10, DAN12, DAN14, DAN16, DAN18 TALU AR y diwrnod. Mae record 1985 yn dal heb ei dorri: Kenny Stuart (1.02.29). Trefnydd: Stephen Edwards: 07867 976183. Ebost : support@snowdonrace.co.uk. Ras Ryngwladol yr Wyddfa Cyf. Yst. 117 Technium CAST, Parc Menai, Bangor

Name/Enw: **Push Up The Pincyn**
Date/Dyddiad: 28/7/12 @ 2pm
Venue/Lleoliad: Clawddnewydd, Denbighshire/Sir Ddinbych (GR SJ 085527)
Details/Venue: BS. 10km/396m, 6.2miles/1300ft. Village show and tractor rally. £4EOD. Over 16. Also junior race. Organiser is Neil Coppack: 01824 750666 or 07791 432612. Email: coppack_penllwyn@hotmail.com. B-BYR 10km/396m, 6.2milltir/1300'. Sioe y pentref a rali dractors. £4 Talu ar y diwrnod. Tros 16. Hefyd ras iau. Trefnydd: Neil Coppack: 01824 750666 neu 07791 432612. Ebost : coppack_penllwyn@hotmail.com

Name/Enw: **Y Garn**
Date/Dyddiad: 4/8/12 @ 1pm
Venue/Lleoliad: From Outdoor Centre, Rhyd Ddu, near Beddgelert/Canolfan Awyr Agored Rhyd Ddu, ger Beddgelert (GR SH569527)
Details/Manylion: AS. 4.5km/460m, 2.8miles/1500ft. £4 EOD. Teams free. Limited parking, please share cars. Over 16. Junior races 1.9km/100m: U16, U14, U12 (over 10), 1.05pm. £1 EOD. Organiser is Ross Powell: 01286 881491. Email ross@wfra.org.uk. A- BYR. 4.5km/460m, 2.8milltir/1500'. £4 Talu ar y diwrnod. Timau am ddim. Dim llawer o le parcio, triwch rannu ceir. Tros 16. Ras iau 1.9km/100m: DAN16, DAN14, DAN12 (Tros 10), 1.05pm. £1 Talu ar y diwrnod. Trefnydd: Ross Powell: 01286 881491. Ebost ross@wfra.org.uk

Name/Enw: **Ponderosa**
Date/Dyddiad: 8/8/12 @ 7pm
Venue/Lleoliad: Ponderosa Café, Horseshoe Pass/Bwlch yr Oernant, Llangollen (GR 193481)

Details/Venue: BS. 6.4km/289m, 4miles/950ft. £4EOD. Over 16. Organiser is Peter Norman: 01978 846292. Email: peter.norman11@btinternet.com. Website: www.wrexham-athletics.co.uk or www.wrexhamroadrunners.org.uk. B-BYR 6.4km/289m, 4milltir/950'. £4 Talu ar y diwrnod. Tros 16. Trefnydd: Peter Norman: 01978 846292. Ebost: peter.norman11@btinternet.com.
Gwefan: www.wrexham-athletics.co.uk neu www.wrexhamroadrunners.org.uk

Name/Enw: **Gladstone 9**

Date/Dyddiad: 12/8/12 @ 1pm

Venue/Lleoliad: Gladstone Hotel, Dwygyfylchi, Nr Penmaenmawr/Gwesty Gladstone, Dwygyfylchi, Ger Penmaenmawr, Conwy (GR SH 729772)

Details/Manylion: AM. 14.5km/855m, 9miles/2800ft. Online entry (£5) at www.fabian4.co.uk or £6 EOD. Please don't park in pub car park. Over 18. Organiser is Ellie Salisbury: 07789 061648. Email: ellierocknrun@gmail.com. A-CANOLIG 14.5km/855m, 9milltir/2800'. Mynediad ar-lein (£5) ar www.fabian4.co.uk neu £6 Talu ar y diwrnod. Peidiwch â pharcio yn lle parcio'r dafarn os gwelwch yn dda. Tros 18. Trefnydd: Ellie Salisbury: 07789 061648. Ebost : ellierocknrun@gmail.com

Name/Enw: **Ras Y Mynydd**

Date/Dyddiad: 22/8/12 @ 6.45pm

Venue/Lleoliad: Mynydd Llandegai Memorial Hall/Neuadd Goffa

Details/Venue: BS. 7.2km/235m, 4.5miles/775ft. £5 EOD includes refreshments. No safety pins. SAE to organiser if map is required. Over 18. Junior races at 6pm: U8, U10, U15, U18. Organiser is Jude Fraser-Williams: 01248 601719. Email: jude@jude5.wanadoo.co.uk. B-BYR 7.2km/235m, 4.5milltir/775'. £5 Talu ar y diwrnod yn cynnwys lluniaeth. Dim pinnau cau. Amlen a stamp i'r trefnydd i gael map. Tros 18. Rasys iau am 6pm: DAN8, DAN10, DAN15, DAN18. Trefnydd: Jude Fraser-Williams: 01248 601719. Ebost : jude@jude5.wanadoo.co.uk

Name/Enw: **The Garn Race**

Date/Dyddiad: 24/8/12 @ 7pm.

Venue/Lleoliad: Llanfairynghornwy Community Centre/Canolfan Gymunedol

Details/Manylion: AS. 3.2km/204m, 2miles/600ft. £3 EOD includes entry to sports field. Over 16. Junior race 1.5miles/400ft: 12-16 years. Organiser is Steve Pilbeam: 01407 730963 or 07780 567949. Email: stephenpilbeam418@btinternet.com. A- BYR. 3.2km/204m, 2milltir/600'. £3 Talu ar y diwrnod yn cynnwys mynd i mewn i'r cae chwarae. Tros 16. Ras iau 1.5milltir/400ft: 12-16 oed. Trefnydd: Steve Pilbeam: 01407 730963 neu 07780 567949. Ebost: stephenpilbeam418@btinternet.com

Name/Enw: **Tryfan Downhill Dash/T'ranu Lawr Tryfan**

Date/Dyddiad: 24/8/12 @ 7pm

Venue/Lleoliad: GR 663603

Details/Manylion: AS. 1km/680m descent. £1 EOD. Entry fee goes to Ogwen Mountain Rescue. Phone Organiser at 4.30pm on race day if weather is poor. Over 18. Race record still not broken since Mike Blake in 1990 (8 mins!!!!!!!). Organiser is Mike Blake: 01286 831115 or 07778 145144. A- BYR. 1km/680m i lawr. £1 Talu ar y diwrnod. Tâl mynediad i dîm achub Ogwen. Trefniadau ffonio am 4.30pm ar ddiwrnod y ras pe bai'n dywydd giarn. Tros 18. Record yn dal heb ei dorri ers 1990 Mike Blake (8 munud!!!!!!). Trefnydd: Mike Blake: 01286 831115 neu 07778 145144.

Name/Enw: **Ras Cnicht**

Date/Dyddiad: 26/8/12 @ 11am.

Venue/Lleoliad: Croesor, Nr/ger Llanfrothen Porthmadog (GR 631447)

Details/Manylion: AS. 7.2km/564m, 4.5miles/1850ft. £3 EOD. Teams free. Please use special race car park, NOT the Snowdonia Park car park. Over 16. Organiser is Dei Jones: 01766 522206 or 07748300787. Email: deiacheryl@hotmail.co.uk. A- BYR. 7.2km/564m, 4.5milltir/1850'. £3 Talu ar y diwrnod. Timau am ddim. Defnyddiwch y lle parcio ar wahan, DIM lle parcio'r Parc Cenedlaethol. Tros 16. Trefnydd: Dei Jones: 01766 522206 neu 07748300787. Ebost: deiacheryl@hotmail.co.uk

Name/Enw: **Moel Fammau**

Date/Dyddiad: 27/8/12 @ 1pm

Venue/Lleoliad: St Mary's church, Cilcain, Nr Mold/Eglwys Fair, Cilcain, ger Yr Wyddgrug (GR SJ 176652).
Details/Manylion: AS. 7.4km/392m, 4.6miles/1286ft. £5 pre-entry or EOD. Entry form on website. Teams free. Held in conjunction with village show. No safety pins. Over 16. Junior races for ages 6-15. Organisers are Jane and Martyn Scholes: 01352 740983 or 07779 142289. Email: martynscholes@aol.com. Website: www.cilcainshow.org.uk. A- BYR. 7.4km/392m, 4.6milltir/1286'. £5 talu ymlaen llaw neu dalu ar y diwrnod. Mynediad ar y wefan. Timau am ddim. Yn cael ei chynnal yr un pryd a sioe'r pentref. Dim pinau cau. Tros 16. Rasys iau 6-15 oed. Trefnwyr: Jane a Martyn Scholes: 01352 740983 neu 07779 142289. Ebst: martynscholes@aol.com. Gwefan: www.cilcainshow.org.uk

Name/Enw: **Cilcain Caper**
Date/Dyddiad: 27/8/12
Venue/Lleoliad: Run in conjunction with Moel Famau race/Cael ei rhedeg yn gysylltiedig â Ras Foel Famau
Details/Manylion: Start time to be decided. More details from organiser and/or website. Race 2 of 2 in Clwydian Junior Series. Over 6. Junior races from age 6 upwards. Organiser is Mary Gillie: 01244 347560. Email: marygillie1@yahoo.co.uk. www.clwydianrangerunners.co.uk. Amser cychwyn i'w bennu. Am fwy o fanylion cysyllter â'r trefnydd a/neu gwefan. Ail ras o ddwy yng Nghyfres Iau Clwyd. Tros 6. Rasys iau o 6 oed i fyny. Trefnydd: Mary Gillie: 01244 347560. Ebst : marygillie1@yahoo.co.uk. Gwefan: www.clwydianrangerunners.co.uk

Name/Enw: **Ring O' Fire**
Date/Dyddiad: 31/8/12-2/9/12
Venue/Lleoliad: Ynys Môn
Details/Manylion: Ring O' Fire is a 131 mile ultra marathon circumnavigating the Isle of Anglesey. This epic foot race is staged over three consecutive days (31 August 2012 - 2 September 2012) and follows the rugged and spectacular Anglesey Coastal Path around the island. The extreme distance and variable terrain places Ring O' Fire as one of the most extreme ultra marathons in the United Kingdom. Set against the dramatic backdrop of Snowdonia, Ring O' Fire offers adventurous runners the opportunity to challenge their limits in some of the most awe inspiring coastal scenery in Wales. Almost all the coastline of Anglesey is a designated "Area of Outstanding Natural Beauty" and runners will encounter a wide variety of terrain, including: sandy beaches, cliff top paths, sand dunes, farmers' fields and sections of forest. Ring O' Fire should not be underestimated; the 131 mile distance and 13,695 feet of vertical ascent make this a mammoth undertaking for even the most hardy of runners. More details here: www.ringofire.co.uk/.

Ras hirfaith (ultra) ydyw Cylch o Dân 'Ring O' Fire' yn 131 milltir o gwmpas Ynys Môn. Mae'r ras droed epig hon yn para dros dridiau (31 Awst 2012 - 2 Medi 2012) ac yn mynd ar hyd lwybr arfordir ysgithrog Môn sy'n llawn golygfeydd godidog. Mae'r pellter eithafol a'r tir amrywiol yn peri bod y ras hon yn un o'r rasys hirfaith anoddaf ym Mhrydain. A mynyddoedd Eryri yn y cefndir mae'r Cylch o Dân yn cynnig her i redwyr anturus gael eu gwthio i'r eithaf ar lwybrau'r arfordir syfrdanol yma. Mae'r cyfan bron o lannau môr Môn wedi eu dynodi fel Ardal o Brydferthwch naturiol Eithriadol. Bydd rhedwyr yn symud ar draws traethau, llwybrau pen yr allt, twyni, caeau a darnau o goedwig. Ni ddylid meddwl am hon fel ras hawdd ar unrhyw gyfrif, gyda 131 milltir a mynd i fyny ac i lawr 13,695 troedfedd - mae'n goblyn o her i'r rhedwyr caletaf. Mwy o fanylion: www.ringofire.co.uk/

Name/Enw: **Moel Hebog**
Date/Dyddiad: 1/9/12 @1pm
Venue/Lleoliad: From Tourist Information Centre/Canolfan Wybodaeth Dwristaidd, Beddgelert (GR 588480)
Details/Manylion: AS. 6.7km/750m, 4.2M/2460'. £4 EOD. Over 18. Junior race 3km/220m at 1.10pm: U18, U16, U14, U12 (min 10) £1. Organiser: Ross Powell. 01286 881491. A- BYR. 6.7km/750m, 4.2M/2460'. £4 Talu ar y diwrnod. Tros 18. Ras iau 3km/220m am 1.10pm: DAN18, DAN16, DAN14, DAN12 (neb dan 10) £1. Trefnydd: Ross Powell. 01286 881491

Name/Enw: **Llanfest Fell Run/Ras Fynydd Gŵyl Llanfairfechan 'Llanfest'**
Date/Dyddiad: 2/9/12 @ 12.30pm
Venue/Lleoliad: Fferm Ty'n Llwyn Farm, Newry Drive, Llanfairfechan (GR SH 694741)
Details/Manylion: BM. 10.5KM/420m, 6.5M/1366'. £4 EOD. Full kit required including map compass and whistle. Over 18. Organiser Neil Grew 01248 680683. B-CANOLIG 10.5KM/420m, 6.5M/1366'. £4 Talu ar y diwrnod. Gofyn cael cit llawn yn cynnwys map, cwmpawd a phib. Tros 18. Trefnydd: Neil Grew 01248 680683

Name/Enw: **Moel Wnion**
Date/Dyddiad: 8/9/12 (female/merched: 1pm. Male/dynion: 2pm)
Venue/Lleoliad: Café Hen Felin, Abergwyngregyn (GR 657725)
Details/Manylion: AS. 7.5km/540m, 4.7M/1772'. British Championship Counter. Over 16. No junior race. Organiser: Trefor Jones 07527 547017. email: thjht@ynysmon.gov.uk. A-BYR. 7.5km/540m, 4.7M/1772'. Cyfrif ar gyfer Pencampwriaeth Prydain. Tros 16. Dim ras iau. Trefnydd: Trefor Jones 07527 547017. ebost: thjht@ynysmon.gov.uk

Name/Enw: **Pedol Peris Horseshoe**
Date/Dyddiad: 15/9/12 (Full race @ 11am. Short race @ 10.30am/Ras lawn am 11am Ras fer am 10.30am)
Venue/Lleoliad: Heights Hotel, Llanberis
Details/Manylion: Full race and short race. Full race: AL. 28.2km/2600m, 17.5M/8500'. Pre-entry £6 by 12/9/12 or £7 EOD. Entry forms on website from 1/8/12 or from organiser. Short race: 8.5M/4500' start at 10.30am (with "Early Peris" Start). Pre-entry £5 or £6 EOD. Over 18. Organiser is Mike Blake: 01286 831115 or 07778 145144. Ras lawn a ras fer. Ras lawn: A-HIR. 28.2km/2600m, 17.5M/8500'. Tâl mynediad ymlaen llaw £6 erbyn 12/9/12 neu £7 Talu ar y diwrnod. Ffurflenni mynediad ar y wefan o 1/8/12 neu gan y trefnydd. Ras fer: 8.5M/4500' yn cychwyn am 10.30am (efo'r rhai fo'n 'cychwyn yn gynnar' i'r ras lawn). Ymlaen llaw £5 neu £6 Talu ar y diwrnod. Tros 18. Trefnydd: Mike Blake: 01286 831115 neu 07778 145144.

Name/Enw: **North Wales Junior Championships/Pencampwriaeth Iau Gogledd Cymru**
Date/Dyddiad: 22/9/12. First race at 12pm. Ras gyntaf am hanner dydd
Venue/Lleoliad: Summit Café, Great Orme/Y Gogarth, Llandudno
Details/Manylion: £2 EOD or pre-entry. Register from 10am. Races for U8 (over 6), U10, U12, U14, U16, U18. Guest runners welcome. Organiser is Mike Blake. 01286 831115 or 07778 145144. £2 Talu ar y diwrnod neu dalu ymlaen llaw. Cofrestru o 10am. Rasys i rai Dan8 (Tros 6), DAN10, DAN12, DAN14, DAN16, DAN18. Croeso i redwyr diethr. Trefnydd: Mike Blake. 01286 831115 neu 07778 145144

Name/Enw: **Ras Kev**
Date/Dyddiad: 22/9/12
Venue/Lleoliad: Llanberis
Details/Manylion: Time TBC. Registration & Presentation - Dolbadarn Hotel. All proceeds go to Air Ambulance. If you're not running, by all means you can easily get a marshal's bib. Must have experience in mountain running, but if you would like to run in a FUN RUN then May 12th there will be a fun run on the morning of the Old Classic MOEL EILIO race. In conjunction with Tai Eryri. For more details contact Stephen Edwards, CREAD Productions Tel: 07867 976183. Email: stephen@creadcyf.co.uk. Website: www.creadcyf.co.uk. Twitter: www.twitter.com/creadcyf. Skype - CREADCyf

Amser i'w gadarnhau. Cofrestru a chyflwyno - Gwesty Dolbadarn. Yr elw at yr Ambiwylans Awyr. Os nad ydych yn rhedeg, byddai'n dda eich cael i stiwardio. Rhaid cael profiad o redeg mynydd, ond petaech yn lecio rhedeg mewn ras hwyl, yna cewch gyfle i wneud hynny ar fore Mai 12, bore Ras Moel Eilio. Ar y cyd gyda Thai Eryri. Am fanylion cysyllter Stephen Edwards, CREAD Cyf. Cynyrchiadau CREAD Cyf. Ffôn: 07867 976 183. Ebost: stephen@creadcyf.co.uk. Gwefan: www.creadcyf.co.uk. Twitter - www.twitter.com/creadcyf. skype - CREADCyf

Name/Enw: **King John's Castle**
Date/Dyddiad: 22/9/12 @11am
Venue/Lleoliad: Raven Inn, Llanarmon yn Ial (GR 190562)
Details/Manylion: BS. 7.4km/265m, 4.6M/866'. £4 EOD. Please share transport. Food available. Over 17. Organiser is John Linley: 01352 771543. Email: john-linley@tiscali.co.uk. B-BYR 7.4km/265m, 4.6M/866'. £4 Talu ar y diwrnod. Rhannwch geir os gwelwch yn dda. Bwyd ar gael. Tros 17. Trefnydd: John Linley: 01352 771543. Ebost : john-linley@tiscali.co.uk

Name/Enw: **Arenig Fawr**
Date/Dyddiad: 7/10/12 @1pm

Venue/Lleoliad: Parking and registration near Arenig quarry (GR SH 830392). 1.5km to start. Parcio a chofrestru ger chwarel yr Arenig (CG SH 830392). 1.5km i gerdded i'r cychwyn
Details/Manylion: AM. 11km/590m, 6.7M/1900'. £4 EOD. No toilets. Over 18. Organiser is Yiannis Tridimas: 0151 727 2615 or 07779 187769. Email: y.d.tridimas@btinternet.com. A-CANOLIG 11km/590m, 6.7M/1900'. £4 Talu ar y diwrnod. Dim toiledau. Tros 18. Trefnydd: Yiannis Tridimas: 0151 727 2615 neu 07779 187769. Ebost : y.d.tridimas@btinternet.com

Name/Enw: **Ceiriog Canter**
Date/Dyddiad: 13/10/12 @ 2pm
Venue/Lleoliad: Canolfan Ceiriog Centre, Glyn Ceiriog LL20 7HE.
Details/Manylion: BM. 10.4km/366m, 6.5M/1200'. £5 EOD. Changing facilities and refreshments at the start/finish. Prizes in all categories. Over 18. organiser is Sally Greenwood: 01691 718157 or 07792 465822. B-CANOLIG 10.4km/366m, 6.5M/1200'. £5 Talu ar y diwrnod. Cyfleusterau newid a lluniaeth ar y cychwyn/diwedd. Gwobrau ym mhob categori. Tros 18. Trefnydd: Sally Greenwood: 01691 718157 neu 07792 465822

Name/Enw: **Snowdonia Marathon (the 30th one!)/Marathon Eryri (y 30fed!)**
Date/Dyddiad: 27/10/12
Venue/Lleoliad: "Just outside Llanberis". Ychydig heibio Castell Dolbadarn, Llanberis
Details/Manylion: Message from Phil Tan on 7/1/12 (numbers will change so get your entries in NOW)..."We are now up to 1000 runners entered since the 1st Jan and places are filling up fast and, as we have a limit of 2000, I would not like any Eryri runners to miss out, so I would suggest that you enter now to make sure of your place (it will save you coming round to my house and begging). Phil Tan. For more details please see the website: www.snowdoniamarathon.com.

Neges gan Phil Tan ar 7/1/12 : 'Gwell i chi frysio a thalu am fynediad RŴAN. Mae tua 1000 wedi talu yn barod ers dechrau Ionawr, ac mae llefydd sydd ar ôl yn mynd yn sydyn. Dim ond 2000 sy'n cael rhedeg. Byddai'n bechod tasa rhai o redwyr Eryri ddim yn cael rhedeg. Felly gwnewch rywbeth am y peth i gael lle (a sbario i rai ddŵad acw i swnian am gael rhedeg).' Am fanylion gweler y wefan: www.snowdoniamarathon.com

Name/Enw: **Clwydian Hills Race/Ras Bryniau Clwyd**
Date/Dyddiad: 4/11/12 @ 11am
Venue/Lleoliad: Cilcain Village Hall/Neuadd Bentref, Nr Mold/ger Y Wyddgrug (GR SJ 177653)
Details/Manylion: AM. 14.4km/915m, 9M/3100'. £5 EOD. Free refreshments to finishers. Proceeds to NEWSAR. No pins. Over 18. organiser is Peter Reynolds: 07738 556753. Email: fr0gf00tman@yahoo.co.uk. Website: www.newsar.org.uk. A-CANOLIG 14.4km/915m, 9M/3100'. £5 Talu ar y diwrnod. Lluniaeth am ddim. Elw at NEWSAR. Dim pinau cau. Tros 18. Trefnydd: Peter Reynolds: 07738 556753. Ebost: fr0gf00tman@yahoo.co.uk. Gwefan: www.newsar.org.uk

Name/Enw: **Ras Rhobell Fawr**
Date/Dyddiad: 10/11/12 @ 12pm
Venue/Lleoliad: Llanfachreth Village Hall/Neuadd Llanfachreth, Nr/ger Dolgellau (GR SH 756225)
Details/Manylion: AM. 10.3km/562m, 6.4M/1844'. £5 EOD (includes soup). Teams free, 3 to count. Race 1 in the Meirionnydd Winter series. Full kit required. No dogs. Over 16. 3km junior trail race at 12.05pm. £2. Organiser is Graeme Stringer: 07917 001173. Email: Graeme.stringer@forestry.gsi.gov.uk. A-CANOLIG 10.3km/562m, 6.4M/1844'. £5 Talu ar y diwrnod (yn cynnwys cawl). Timau am ddim, 3 i gyfrif. Race 1 cyfres gaeaf Meirionnydd. Gofyn cael cit llawn. Dim cŵn. Tros 16. Ras drywydd 3km i blant am 12.05pm. £2. Trefnydd: Graeme Stringer: 07917 001173. Ebost: Graeme.stringer@forestry.gsi.gov.uk

Name/Enw: **Penmaenmawr**
Date/Dyddiad: 17/11/12 @ 10.30am
Venue/Lleoliad: Capelulo Village Hall/Neuadd Bentref Capelulo, Dwygyfylchi (GR SH744764)
Details/Manylion: BM. 16.1km/594m, 10M1950'. £5 online entry only at www.fabian4.co.uk. Limited parking in village. Please use car parks at GR 754769, 759769, 749770. Free bus to start. Over 18. Organiser is Chris Near: 01492 621189. Email: pilarchris@btinternet.com. B-CANOLIG 16.1km/594m, 10M1950'. £5 mynediad ar- lein yn unig ar www.fabian4.co.uk. Fawr ddim lle parcio yn y pentref, defnyddiwch y llefydd parcio yn CG 754769, 759769, 749770. Bydd bws am ddim yn eich nôl i'r cychwyn. Tros 18. Trefnydd: Chris Near: 01492 621189. Ebost: pilarchris@btinternet.com

Name/Enw: **Jubilee Plunge**
Date/Dyddiad: 30/12/12 @ 2pm
Venue/Lleoliad: Register at Golden Lion Inn, Llangynhafal (GR 129633) or at start of race at summit of Moel Famau (no toilets at start)/Cofrestru yn y Golden Lion Inn, Llangynhafal (CG 129633) neu lle mae'r ras yn cychwyn ar ben Moel Famau (dim toiledau yno)
Details/Manylion: AS. 3.2km/ -457m, 2M/-1500'. £1 EOD. Over 16. Organiser is Martin Cortvriend: 01824 790534 or 07880 932832. Email: martincortvriend@yahoo.co.uk. A- BYR. 3.2km/ -457m, 2M/-1500'. £1 Talu ar y diwrnod. Tros 16. Trefnydd: Martin Cortvriend: 01824 790534 neu 07880 932832. Ebst : martincortvriend@yahoo.co.uk

OTHER INTERESTING EVENTS/DIGWYDDIADAU **DDIDDOROL ERAILL**

Y/The Grand Raid des Pyrenees

Anyone interested in the this? Message from Jacky, one of the entrants looking for fellow runners...
"Just wondering if you can help. I am entering as a team for "the Grand Raid des Pyrenees" in August (Raid240k) and am looking for 1 or 2 runners who might be interested in taking part. We are 2 so far but need 3 or 4. I have tried the FRA forum, but nothing so far, so if you could ask around that would be great. Here is the link to the GRP, for more info:
www.grandraidpyrenees.com/index.php?option=com_content&view=article&id=185&Itemid=132&lang=french (I can only find a French website, so you may want to speak with Jacky directly. If so, let me know and I'll see if I can get her contact details for you. Thanks, Jacky from Nant.

Unrhyw un â diddordeb yn hyn? Neges gan Jacky, un sydd am redeg yn chwilio am gyd-redwr..."Dim ond meddwl oes yna rywun all helpu. Dwi'n cystadlu fel rhan o dîm yn y "Grand Raid des Pyrenees" fis Awst (Raid240k) ac yn chwilio am 1 neu 2 o redwyr fyddai â diddordeb cymryd rhan. 2 ohonom ni sydd yna ar hyn o bryd ac yn gofyn cael 3 neu 4. Wedi cysylltu â'r fforwm FRA, ond dim ymateb eto. Mi fyswn yn falch tasach chi'n holi o gwmpas. Dyma'r ddolen i'r GRP. Am fwy o wybodaeth:
www.grandraidpyrenees.com/index.php?option=com_content&view=article&id=185&Itemid=132&lang=french (Dim ond gwefan Ffrangeg fedra i gael hyd iddi. Felly ella y bysach chi'n lecio siarad hefo Jacky ei hun. Gallwn ffendio ei manylion cyswllt i chi petai angen. Diolch, Jacky o'r Nant

GPS, maps and navigation: a practical introduction/ SLIB, mapiau a chyferiadu: cyflwyniad ymarferol

Wednesday 25th April 2012. Moelyci Environmental Centre, Tregarth. 9.30am - 4.00pm with Jeremy Williams. If you have, or are considering buying, a handheld GPS, this is the course for you. Map refresher, grid ref systems and Lat/Long, GPS setup, GPS software, GPS units review, entering waypoints and routes, GPS field navigation, colour maps on GPS screen. Saving points and tracks in the field, downloading to computer. Geophotography. Garmin eTrex units will be used/provided for the course, with principles and skills transferrable to other GPS units. Booking Essential, £45. office@moelyci.org. Tel: 01248 602793. www.moelyci.org.

Dydd Mercher 25 Ebrill 2012. Canolfan Amgylcheddol Moelyci, Tregarth. 9.30am - 4.00pm hefo Jeremy Williams. Os oes gennych SLIB (GPS) llaw, neu yn meddwl cael un, dyma'r cwrs i chi. Mae'n trafod, trin mapiau, system gyfeirio grid hydred a lledred, gosod SLIB, meddalwedd SLIB, uned adolygu SLIB, mynd at bwyntiau a ffyrdd, cyfeiriadu SLIB, mapiau lliw ar sgrin SLIB. Cadw pwyntiau a thraciaau yn y maes, llawrlwytho i gyfrifiadur. Geoffotograffiaeth. Defnyddir / Darperir Uned Garmin eTrex ar gyfer y cwrs,

gyda'r un egwyddorion a sgiliau y gellid eu defnyddio mewn systemau SLIB eraill. Rhaid bwcio ymlaen llaw £45. office@moelyci.org. Ffôn: 01248 602793. www.moelyci.org

Got a Running Injury? / Wedi brifo?

Gavin Burt, a club runner with the Serpentine and the Mornington Chasers running clubs, has asked us to add the following information to the weekly email. I run a sports injury clinic in North London, Backs and Beyond: www.backsandbeyond.co.uk. I specialise in running injuries and have recently set up a **free online resource for injured runners** called www.runninginjuryoracle.com which I thought might be of interest to you and your club members. Just as a brief introduction, it's an online service that gives injured runners the advice they need to get back on their feet. It helps them figure out what their injury is and then offers expert instructions and videos tailored to their specific injury that will aid their recovery. It's featured on the serpentine running club's website:

www.serpentine.org.uk/pages/advice_health.html, and has been used by Runners World for their injury pages. I personally created all the content and recovery plans based on my 15 years' experience as a runner's Osteopath treating the numerous injuries that plague all of us. It's a website where injured runners can quickly and easily get accurate, professional advice that they could trust and that would help get them on the road to recovery, whether they are just starting out or have been running for years. Runners can access the site and all its content **absolutely free of charge**. Gavin Burt, Registered Osteopath. Clinic Director, Backs & Beyond Ltd. Tel: 020 7284 4664. gavinburt@hotmail.com.

Mae Gavin Burt, rhedwr gyda chlybiau Serpentine a Mornington Chasers, wedi gofyn am ychwanegu'r wybodaeth a ganlyn i'r e-bost wythnosol. "Rwy'n rhedeg clinic anafiadau chwaraeon yng Ngogledd Llundain 'Backs and Beyond': www.backsandbeyond.co.uk Rwy'n arbenigo mewn anafiadau rhedeg a newydd gychwyn **adnodd am ddim i redwyr gydag anafiadau** dan yr enw www.runninginjuryoracle.com. Mi oedden yn meddwl y gallai fod o ddiddordeb i chi ac aelodau eich clwb. Dim ond cyflwyniad byr: mae'n wasanaeth ar lein sy'n rhoi cyngor beth i'w wneud i redwyr gydag anafiadau, iddynt gael mendio ac ailafael yn y rhedeg. Mae'n helpu iddyn nhw weld beth sydd arnyn nhw, ac wedyn yn cynnig cyngor arbenigol a fideos pwrpasol i wella beth sydd o'i le. Mae i'w gael ar wefan Clwb Rhedeg Serpentine: www.serpentine.org.uk/pages/advice_health.html Defnyddiwyd gan Runners World yn y tudalennau anafiadau. Fi sy'n gyfrifol am y cynnwys a dulliau mendio. Mae gen i brofiad 15 mlynedd fel Osteopath rhedwyr yn trin yr anafiadau sy'n ein poeni ni i gyd. Mae'n wefan lle gall rhedwyr gael cyngor cywir proffesiynol yn sydyn a rhwydd am unrhyw anaf, i'w rhoi'n llythrennol yn ôl ar ben y ffordd. Gellir mynd ar y safle **am ddim**.' Gavin Burt, Osteopath Cofrestredig. Cyfarwyddwr Clinig Director, Backs & Beyond Ltd. Ffôn: 020 7284 4664. gavinburt@hotmail.com.

Stretch yourself and stay injury-free/Ymestyn i aros yn ddianaf

Hope on a rope - stretches to help the ageing runner.... One of the main characteristics associated with runners as they age is loss of range of motion. Stretching is the single most important thing you can do to keep your body limber. Stretching routine with photos at:

<http://www.hartmann-international.com/Articles/5/Hope-on-a-rope.aspx>

Ymestyn i helpu rhedwyr sy'n mynd yn hŷn ... Wrth fynd yn hŷn mae'r corff yn mynd yn llai ystywyth. Ymestyn yw un o'r pethau gorau y gellir ei wneud i gadw hyblygrwydd. Am ymarferion a lluniau:

<http://www.hartmann-international.com/Articles/5/Hope-on-a-rope.aspx>

Hill Reps/Galltio

The legendary Tuesday night hill reps have re-started. The route is a classic which takes in 9 of Llanberis' best road hills, the route is around 6 miles without a warm up and around 8 with the classic warm up, time wise around 1hr-1hr10mins, so for anyone wanting to learn the route or simply run the route meet at the Victoria hotel in Llanberis for 1800hrs. Thereafter every Tuesday from 1800hrs - not guaranteed that people will be there every week but if you learn the route then not a problem - usually is a crowd up until March time though.

Ail gychwynnodd yr arfer o redeg gelltydd ar nos Fawrth. Mae hyn ar hen lwybrau cynefin i fyny ac i lawr 9 o elltydd lân Llanbêr. Mae'r cwrs tua 6 milltir heb y rhedeg o gwmpas i gnesu, mae hynny

wedyn yn ymestyn y daith i 8 milltir. O ran amser, mi gymerith tuag awr i awr a 10 munud. Felly mae croeso i bawb sydd eisio gwybod am y cwrs neu ei redeg efo eraill gyfarfod o flaen y Victoria am 1800 nos Fawrth. Does dim sicrwydd y bydd neb yno bob un nos Fawrth, ond unwaith y byddwch yn gwybod y ffordd gallwch fynd eich hun. Ond fel arfer mi fydd yna dipyn yn hel yno tan tua mis Mawrth.

Evolution Bikes Winter Cyclo X league 2011-12/ Cynghrair Aeaf Cyflo X Evolution Bikes 2011-12

We have 14 races in the series this year, 9 in 2011 and 5 in 2012. Riders' best 12 rides will count towards the overall series results. To encourage riders to ride the complete series there will be a bigger final overall prize list and more categories. Entry fees will be £10 for 18 and over, 16/17 £2, under 16 free.

Cross After Dark, starts Wednesday 19th October 2011, 7pm Bethesda Sports Centre (Plas Ffrancon, LL57 3DT). Technique training and then a floodlit X race for all ages and abilities. These races are not part of the Winter X league races. See www.evolution-bikes.co.uk or www.nwcycloxcgroup.ning.com

Mae'r gyntaf o'r rasys ddydd Sul 9 Hydref ym Mharc Glynllifon ger Caernarfon, LL54 5DY, yn cychwyn am hanner dydd gyda'r rasys iau gyntaf. Mae 14 ras yn y gyfres, 9 yn 2011 a 5 yn 2012. Bydd 12 reid orau pob beiciwr yn cyfrif at y canlyniad terfynol. I annog y beicwyr gystadlu ym mhob un o'r dyddiau bydd rhestr wobreuon gyfan derfynol fwy a mwy o gategoriâu. Tâl mynediad yw £10 i rai 18 a throsodd, 16/17 £2, o dan 16 am ddim.

Bydd 'Cross After Dark' yn cychwyn ar ddydd Mercher 19 Hydref am 7pm yng Nghanolfan Chwaraeon Bethesda (Plas Ffrancon, LL57 3DT). Bydd hyfforddi techneg ac yna ras dan lifolau i bob oed a gallu. Nid yw'r rhain yn rhan o'r Gynghrair Aeaf. Gweler www.evolution-bikes.co.uk neu www.nwcycloxcgroup.ning.com

Eryri Harriers Junior Fell Running Training/Hyfforddiant Rhedeg Mynydd Iau Eryri

Junior Fell Training Sessions open to all aged 10 and up. Sessions in Llanberis from Fire Station on Sunday mornings, 0930-1030- ages 10/11 and beginners. 1100-1230- ages 12 up and more experienced runners. Further details on Eryri harriers and WFRA websites.

Mae hyn yn agored i rai 10 oed a mwy. Bydd y sesiynau yn cychwyn o flaen Gorsaf y Frigâd Dân yn Llanberis ar foreau Sul 0930-1030 i rai 10 a 11 oed a rhai'n cychwyn, 1100-1230- 12 oed a mwy a mwy profiadol. Am fanylion pellach gweler gwefannau Eryri a WFRA.

Eryri Harriers Annual Club Membership/Aelodaeth Rhedwyr Eryri

This runs from the end of March. If you would like to join, re-join or renew, please check the link below, or contact Jenny Heming at: eryrih@gmail.com

O ddiwedd Mawrth bob blwyddyn mae'r flwyddyn aelodaeth yn cychwyn. I ymuno, neu ailymuno gweler y ddolen isod neu cysyllter â Jenny Heming ar: eryrih@gmail.com

USEFUL LINKS/CYSYLLTIADAU DEFNYDDIOL

For information about races further afield than North Wales as this email is intended to cover "local" (i.e. North Wales) races only/Am wybodaeth am rasys sydd ymhellach na'r Gogledd "lleol".

Rhedwyr Eryri Harriers: www.eryriharriers.org.uk
WFRA: www.wfra.org.uk
FRA: www.fellrunner.org.uk/
Cross-country/Traws gwlad: www.northwalesxc.com/
Menai Track & Field: <http://menaitrackandfield.org.uk/>

Bro Dysynni: www.brodysynniac.com/
CRh Meirionnydd RC: www.run-meirionnydd.co.uk/

RACE PHOTOS/LLUNIAU RASYS

Lluniau AI's photos: www.fellrunningpictures.co.uk
Lluniau Gwynfor's photos: www.sportpicturescymru.co.uk
Lluniau Peter D's photos: www.prdouglas.co.uk/
Lluniau Pete Mac's photos: www.picasaweb.google.co.uk/pete.macmillen

WEEKEND WEATHER FORECAST/RHAGOLYGN Y TYWYDD

Please check weather forecast for yourself before setting off. Below is a link to the Met Office website, as well as a **NEW WEATHER WEBSITE** from Norway that provides excellent hour-by-hour updates for any region. The link below is for Llanberis (thanks to Jeremy for this):

www.metoffice.gov.uk/outdoor/mountainsafety/snowdonia/snowdonia_latest_weather.html
www.yr.no/place/United_Kingdom/Wales/Llanberis~2644172/hour_by_hour.html

According to the Met Office website, the forecast for the weekend is currently as follows:

Chwiliwch am ragolygon cyn cychwyn. Dyma wefannau o help: Y Swyddfa Dywydd (Met Office) a gwefan dywydd newydd o Norwy sy'n rhoi diweddariadau da iawn o awr i awr ar gyfer pob ardal. Mae'r dolenni isod ar gyfer Llanberis (diolch i Jeremy am y rhain):

www.metoffice.gov.uk/outdoor/mountainsafety/snowdonia/snowdonia_latest_weather.html
www.yr.no/place/United_Kingdom/Wales/Llanberis~2644172/hour_by_hour.html

Yn ôl y Swyddfa Dywydd mae'r rhagolygon am y penwythnos fel hyn:

SATURDAY/DYDD SADWRN

Some heavy rain and low cloud first thing but this soon clearing to scattered heavy, blustery and possibly wintry showers. Winds will strengthen and become southwesterly and it will feel cooler than of late. **Visibility:** Very poor at first in heavy rain and low cloud, soon improving to good or very good but occasionally poor in heavy showers. **Hill fog:** Periods above 600 metres, soon becoming occasional patches around the peaks. **Maximum winds above 500m:** Southwesterly 45mph.

Temperature

Valleys Plus 8 Celsius.

900 m Zero Celsius.

Freezing level Well above, lowering to around 1000 metres by midday.

SUNDAY / DYDD SUL

A spell of wet and windy weather is expected in the morning with rain perhaps turning to snow just before it clears to the east in the afternoon. Light winds strengthening and becoming northwesterly. Feeling much colder as freezing levels fall to around 500 metres.