

# AMSERLEN / TIMETABLE

Bydd y Chwaraeon yn cael ei chwarae yn y lleoliadau canlynol.  
Sports will be played at the following venues.

<b>10.00am</b>	Hoci Rush Merched Ladies Rush Hockey	Astroturf Pitch
<b>10.00am</b>	Dodgeball Dynion Men's Dodgeball	Main Hall
<b>10.00am</b>	Ultimate Frisbee	Playing Fields
<b>10.00am</b>	Rygbi 'Touch' Cymysg Mixed Touch Rugby	Playing Fields
<b>12.30pm</b>	Athletau Athletics	Athletics Track

Dylai pawb gyrraedd Canolfan Hamdden Aberhonddu 30 munud cyn yr amser a nodwyd, i gofrestru.

Cofiwch eich **cerdiau aelodaeth**. Dim cerdyn, dim chwarae.

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All competitors to arrive at Brecon Leisure Centre 30 minutes before the stated time for registration.

Remember your **membership cards**. No card, no play.

**WITH THANKS TO / GYDA DIOLCH I:**

