

Mabolgampau Pod 3

Rasys Syth / Sprint Races	
1.	Ras Syth Merched Blwyddyn 4 (Ras 1 / Ras 2) <i>Year 4 Girls Sprint Race (Race 1 / Race 2)</i>
2.	Ras Syth Bechgyn Blwyddyn 4 (Ras 1 / Ras 2) <i>Year 4 Boys Sprint Race (Race 1 / Race 2)</i>
3.	Ras Syth Merched Blwyddyn 5 (Ras 1 / Ras 2) <i>Year 5 Girls Sprint Race (Race 1 / Race 2)</i>
4.	Ras Syth Bechgyn Blwyddyn 5 (Ras 1 / Ras 2) <i>Year 5 Boys Sprint Race (Race 1 / Race 2)</i>
5.	Ras Syth Merched Blwyddyn 6 (Ras 1 / Ras 2 / Ras 3) <i>Year 6 Girls Sprint Race (Race 1 / Race 2 / Race 3)</i>
6.	Ras Syth Bechgyn Blwyddyn 6 (Ras 1 / Ras 2 / Ras 3) <i>Year 6 Boys Sprint Race (Race 1 / Race 2 / Race 3)</i>
Rasys Sgipio / Skipping Races	
1.	Ras Sgipio Merched Blwyddyn 4 (Ras 1 / Ras 2) <i>Year 4 Girls Skipping Race (Race 1 / Race 2)</i>
2.	Ras Sgipio Merched Blwyddyn 5 (Ras 1 / Ras 2) <i>Year 5 Girls Skipping Race (Race 1 / Race 2)</i>
3.	Ras Sgipio Merched Blwyddyn 6 (Ras 1 / Ras 2 / Ras 3) <i>Year 6 Girls Skipping Race (Race 1 / Race 2 / Race 3)</i>
Rasys Sach / Sack Races	
1.	Ras Sach Bechgyn Blwyddyn 4 (Ras 1 / Ras 2) <i>Year 4 Boys Sack Race (Race 1 / Race 2)</i>
2.	Ras Sach Bechgyn Blwyddyn 5 (Ras 1 / Ras 2) <i>Year 5 Boys Sack Race (Race 1 / Race 2)</i>
3.	Ras Sach Bechgyn Blwyddyn 6 (Ras 1 / Ras 2 / Ras 3) <i>Year 6 Boys Sack Race (Race 1 / Race 2 / Race 3)</i>
Rasys Bwa a Thwnel / Arch and Tunnel Races	
1.	Ras Bwa a Thwnel Blwyddyn 4 <i>Year 4 Arch and Tunnel Race</i>
2.	Ras Bwa a Thwnel Blwyddyn 5 <i>Year 5 Arch and Tunnel Race</i>
3.	Ras Bwa a Thwnel Blwyddyn 6 <i>Year 6 Arch and Tunnel Race</i>
Rasys Cyfnewid / Relay Races	
1.	Ras Gyfnewid Blwyddyn 4 <i>Year 4 Relay Race</i>
2.	Ras Gyfnewid Blwyddyn 5 <i>Year 5 Relay Race</i>
3.	Ras Gyfnewid Blwyddyn 6 <i>Year 6 Relay Race</i>
Rasys Olwyn Sbôc / Spoke Wheel Races	
1.	Ras Olwyn Sbôc Blwyddyn 4 <i>Year 4 Spoke Wheel Race</i>
2.	Ras Olwyn Sbôc Blwyddyn 5 <i>Year 5 Spoke Wheel Race</i>
3.	Ras Olwyn Sbôc Blwyddyn 6 <i>Year 6 Spoke Wheel Race</i>