

Ras Moel Wnion/Moel Wnion Fell Race - Ebrill/April 21

Sylwadau rhai o`r rhedwyr/Some of the runners` comments

Gwyneth Parry: aged 16 of Deeside Athletics Club. Enjoyed competing in the full race. Beautiful school in a lovely area, with great hills!!

Mathew Roberts: Athro yn Coleg St David's yn Llandudno – yma gyda'r disgyblion i rasio! Gwych!

Emyr Davies Pentrefelyn, Criccieth: Clwb Rhedeg Hebog, Porthmadog. Yma i redeg! Dwi'n 75 oed! Wedi rhedeg y ras sawl gwaith erbyn hyn.

Alexander Fletcher: I`m from Penmaenmawr, running the fell race...

Lonite Emery: from Llandudno. I love running in the mountains and love to feel the sun on my back – what a lovely day!

Elan ac Irfon: o Fryngwyran, Sir Fôn. Wedi dod heddiw i gefnogi'r ysgol, gan ein bod yn nabad Anne-Marie Jones a'r teulu. Hefyd, oherwydd y tywydd braf!

Tom Simone, Bethesda Dipyn o hwyl !!

Steve Togood from Llanferes: I`m here to race up the lovely mountains. Have fun with my running friends and keeping fit!

Dylan Huws Y Felinheli – Wedi dod i redeg bryniau hyfryd Rachub, enwau gwych fel Moel Faban – brilliant!

Kate, Holly, Tom amd Tim from Holland: We are here to run/support the race today. Lovely sunshine, food and school. We love Wales! Diolch!

Becki Law from Eryri Harriers: Lovely outing on the hills and the soup and cakes – delicious! Diolch yn fawr!

Ellie: Great race, a great terrain with great refreshments! Diolch yn fawr

