



The famous New Year's Eve Road Races
Rasys enwog Nos Galan

£750
 PRIZE POT
 PAIR YR WOBR

The traditional Nos Galan Races commemorate the legendary Welsh runner Guto Nyth Bran. Born Griffith Morgan in 1700, he was first known simply as Guto Nyth Bran because he lived at Nyth Bran Farm near Porth in the Rhondda Valley.

There are many stories of his athletic prowess. How he could catch a bird in flight, and how on one occasion he ran to Pontypridd and back, some seven miles, before the kettle boiled. Throughout his life he contested many races and took on many challenges, but, owing to his continued successes, his challengers became fewer and fewer.

When he was 37, a challenge came from the 'Prince' of Bedwas to run the 12 miles from Newport in Monmouthshire to Bedwas Church near Caerphilly. Guto easily won the race, but the celebratory 'slaps' on the back proved too much for him and he died in the arms of his sweetheart Sian o'r Siop.

His body was taken to its final resting-place in the graveyard of Llanwynno Church near Mountain Ash.

Mae'r rasys Nos Galan traddodiadol yn coffáu'r rhedwr o Gymro, Guto Nyth Brân. Cafodd ei enwi yn Griffith Morgan ar ei eni ym 1700, ond Guto Nyth Brân roedd pawb yn ei alw am ei fod e'n byw ar fferm Nyth Brân ger Porth Rhondda.

Mae llawer o straeon am ei alluoedd athletaidd. Ymhlith y rheiny mae'r un am sut roedd e'n gallu dal aderyn oedd yn hedfan, ac adeg arall, pan redodd e i Bontypridd ac yn ôl i'r fferm cyn i'r tegell ferwi. Buodd e'n cystadlu mewn sawl ras ac ymgymryd â sawl her gydol ei oes, ond oherwydd ei lwyddiant cyson, roedd llai a llai yn barod i roi her iddo.

Pan oedd e'n 37 oed, heriodd 'Prince' o Fedwas ef i redeg 12 milltir o Gasnewydd yn Sir Fynwy i eglwys Bedwas ger Caerffili. Enillodd Guto'r ras yn hawdd, ond roedd curo'i gefn i'w longyfarch ar ei fuddugoliaeth yn ormod iddo fe a buodd e farw ym mreichiau'i gariad, Siân o'r Siop.

Aethpwyd â'i gorff i'w orffwysfan ym mynwent Eglwys Llanwynno ger Aberpennar.



nos galan

mountain ash • aberpennar 2009

31st December • 31ain Rhagfyr

entry form | ffurflen ymrestru

in association with • mewn partneriaeth â



www.nosgalan.co.uk



SENIOR RACES / RASYS I OEDOLION (OVER 16 / DROS 16 OED)

£750

ELITE 5K RACE / RAS ELITE 5K

Cash prizes for 1st - 6th male and female, totalling...
Gwobrau arian parod (1af - 6ed, dynion a menywod)...

Starts/ Dechrau	Category / Dosbarth	Price/Ffi
7.00pm	W.A. Affiliated Athletes / <i>i athletwr sy'n perthyn i Gymdeithas Athletwyr Cymru</i>	£8
	Unaffiliated Athletes / <i>i athletwr heb gysylltiad â Chymdeithas Athletwyr Cymru</i>	£9

ADULT 5K RACE / RAS 5K I OEDOLION

Starts/ Dechrau	Category / Dosbarth	Price/Ffi
7.30pm	W.A. Affiliated Athletes / <i>i athletwr sy'n perthyn i Gymdeithas Athletwyr Cymru</i>	£8
	Unaffiliated Athletes / <i>i athletwr heb gysylltiad â Chymdeithas Athletwyr Cymru</i>	£9

Adult entries on night or after closing date **£13.00** /
£13.00 i gofrestru ar ôl y dyddiad olaf neu ar y noson

Please note the Adult Race is only open to runners who complete 5km in over 20 mins (male) or 25 mins (female).
The organisers will allocate you an Elite Race Number if your 5km time is less than 20 (25) mins.

Dim ond y rheiny sy'n cymryd dros 20 munud (dynion) neu 25 (merched) i redeg 5km sy'n cael rhedeg yn y Ras i Oedolion. Os ydych chi'n gallu rhedeg 5k yn gynt na hynny, bydd y trefnwyr yn rhoi rhif Ras Elite ichi.

JUNIOR 1K RACES / RASYS I BLANT 1K (UI6 / DAN 16)

Starts / Dechrau	Category / Dosbarth	Price/Ffi
5.15pm	8yrs & 9yrs / <i>i Blant 8 a 9 oed</i>	£3
5.30pm	10yrs & 11yrs / <i>i Blant 10 ac 11 oed</i>	£3
5.45pm	12yrs & 13yrs / <i>i Blant 12 ac 13 oed</i>	£3
6.00pm	14yrs & 15yrs / <i>i Blant 14 ac 15 oed</i>	£3

Return entry form, together with a cheque / postal order to: Rhondda Cynon Taf Events Team;
Tŷ Elai, Dinas Isaf East, Tonypany, CF40 1NY
Tel: 01443 425700, Fax: 01443 425553

Make cheques/postal orders payable to "RCT" and write name & address on the reverse of cheques. No refunds will be given.

I accept that the organisers or their agents shall not be held responsible for any loss, damage, action, claim, costs or expenses which may arise in consequence of my / this child's participation in Nos Galan.

I declare that I / this child will not compete in this race unless I / the child is in good health on the day of the race and I/they will compete at our own risk.

I agree to myself/my child being photographed or filmed for publicity of the Nos Galan event.

The event organisers cannot accept responsibility for, or control, unofficial photography.

All runners must be aware that there is a chance they could be captured on third party recordings.

Anfonwch eich ffurflen ymrestru, ynghyd â siec/archeb bost: Carfan Achlysuron Rhondda Cynon Taf;
Tŷ Elai, Dinas Isaf, Tonypany, CF40 1NY
Ffôn: 01443 425700, Ffacs: 01443 425553

Gwnwch siec/archeb bost yn enw "RCT" a rhwch eich enw a'ch cyfeiriad ar gefn y siec - fyddwn ni ddim yn ad-dalu ffioedd cystadlu.

Rydw i'n derbyn na fydd y trefnwyr na'u hasiantau yn gyfrifol am unrhyw golled, niwed, gweithred, hawl, costau na threuliau a allai godi yn sgîl y ffaith fod fy mhleintyn yn cymryd rhan yng ngweithgareddau'r Nos Galan.

Rydw i'n datgan na fydda i / na fydd y plentyn yma'n cymryd rhan yn ras oni bai fy mod / ei fod e'n iach ar ddiwrnod y ras, a'm cyfrifoldeb i fydd cystadlu.

Rydw i'n cytuno cewch chi dynnu llun ohono i / o'm plentyn ar gyfer rhoi cyhoedduswydd i achlysur Nos Galan.

Dyw trefnwyr yr achlysur ddim yn gyfrifol am unrhyw luniaid answyddogol na'u rheoli.

Rhaid i bob rhedwr fod yn effro bod posibilrwydd y bydd e'n cael ei gynnwys yn rhan o ddeunydd trydydd parti.

ENTRY FORM / FFURFLEN YMRESTRU

Name / Enw: _____

Address / Cyfeiriad: _____

Postcode / Côt y post: _____

Phone / Ffôn: _____ Mobile Phone / Ffôn ar y lôn: _____

E-mail / Ebst: _____

DOB/Dyddiad geni: _____ Age on day/Oedran ar ddiwrnod y ras: _____

Category/Dosbarth: Male/Gwryw Female/Benyw
Elite/Elite Adult/Oedolyn Junior/lau

Your 5k time/Amser eich 5k: _____

Running Club / Aelod o ba glwb rhedeg? _____

School if (UI6) / Enw'r Ysgol (os ydych chi dan 16 oed): _____

W.A. Reg / Rhif cofrestru Cymdeithas Athletwyr Cymru: _____

Charity Runner/Rhedwr ar ran elusen Fancy Dress Runner/Rhedwr mewn gwisg ffansi

Nominated Charity/Elusen Enwebedig: _____

If you would like to raise money for our Mayor's Charities please tick here to receive fund raising information
Os hoffech chi godi arian i Elusennau'r Maer, ticiwch y blwch i dderbyn pecyn gwybodaeth

Is this your 1st Nos Galan Race?/Ai dyma'r tro cyntaf ichi gymryd rhan yn Ras Nos Galan?

Where did you hear about the Nos Galan Race?/Ble cawsoch chi wybod am Rasys Nos Galan?

Website/Gwefan Brochure/Rhaglen Radio/Radio Friend/Cyfaill Other/Arall

Signed/Signature of parent/guardian if under 18/Llofnod rhiant/gwarcheidwad (plant dan 18 oed)

Date / Dyddiad: _____

Closing date for postal entries, Monday 14th December 2009 (£13 fee applicable after this time)
Dyddiad olaf ar gyfer ceisiadau trwy'r post, Dydd Llun 14 Rhagfyr 2009

(Tâl mynediad o £13 ar ol y dyddiad yma).

All timings are subject to change / Efallai bydd yr amseroedd yn newid

Trophies will be awarded for all categories and presented on the night.

Byddwn ni'n cyflwyno tlysau ar gyfer pob dosbarth ar y noson.

I would like my details used to receive further information on events/facilities & services within Rhondda Cynon Taf Dw i eisiau cael rhagor o wybodaeth ynglŷn ag achlysuron/cyfleusterau a gwasanaethau yn Rhondda Cynon Taf

I understand that in order for me to be able to compete in the race it may be necessary for Rhondda Cynon Taf C. B. C. to pass certain of my personal data to third parties such as the official time keeper and other associated parties.

Rydw i'n deall efallai bydd gofyn i C.B.S. Rhondda Cynon Taf anfon gwybodaeth personol ddeol at drydydd parti megis y cofnodydd amser swyddogol a sefydliadau cysylltiedig eraill.

I hereby give my express permission to the passing of such data. / Rydw i drwy hyn yn rhoi fy nghaniatâd i anfon y cyfryw wybodaeth.

I understand that Rhondda Cynon Taf C. B. C. will at all times capture and process my personal information in accordance with the requirements of the Data Protection Act 1998. / Rydw i'n deall y bydd CBS Rhondda Cynon Taf yn casglu gwybodaeth personol amdana i a'i phrosesu yn unol â gofynion Deddf Diogelu Data 1998.