

Ychydig o nodiadau atgoffa ar gyfer yr wythnos nesaf

Traws Gwlad y Sir

Dydd Mercher 18 Ionawr 2023 yn Parc Dolerw, Y Drenewydd

- Mae map wedi'i atodi i'r e-bost gydag amseroedd pob ras. Plis rhannwch a thrafodwch fanylion y ras gyda'r holl ddisgyblion cyn dydd Mercher.
- Mae'r ras gyntaf yn dechrau am **1pm yn brydlon**. A all pob ysgol gyrraedd o leiaf 30 munud cyn yr amser hwn i gofrestru.
- Gwnewch yn siŵr eich bod yn darparu eich taflenni canlyniadau eich hun (ynghlwm wrth e-bost) ac amlenni canlyniadau ar gyfer pob ras.
- Sicrhewch fod y disgyblion yn gwisgo'r rhifau cywir.
- Wrth gyrraedd, ewch i weld naill ai Catrin Jones neu Ilyr Williams am ddyletswyddau yn ystod y rasys.
- Ar ôl pob ras, dylai'r disgyblion roi eu cardiau lle i'w hathro. Dylai staff wedyn gwblhau eu taflen ganlyniadau. A fydddech cystal ag argraffu enw llawn pob disgybl yn glir a'i roi yn yr amlen ynghyd â'r cardiau lle. Gwnewch yn siŵr eich bod yn rhoi cylch o amgylch y grŵp oedran a rhyw cywir ar bob taflen canlyniadau ac ysgrifennu hwn ar yr amlen cyn ei gyflwyno ar y diwedd. Mae hyn yn hanfodol er mwyn i ni allu prosesu'r canlyniadau.

Rhowch hwn i mewn i Chweched Dosbarth Ysgol Uwchradd Bro Caereinion sydd wedi'u lleoli ger y car ar y llinell derfyn ar ôl pob ras.

- Bydd y rasys yn cael eu hamseru a'r canlyniadau'n cael eu hanfon cyn gynted â phosibl
- Darparwch fagiâu sbwriel ar gyfer eich ysgol.
- Ar ôl y pencampwriaethau bydd yr holl ganlyniadau'n cael eu hanfon allan unwaith y byddant wedi'u cwblhau.
- Bydd y 6 rhedwr gorau ym mhob categori, ynghyd â 6 athletwr ychwanegol yn cael eu dewis ar gyfer y Pencampwriaethau Cenedlaethol.
- Ar gyfer pob athletwr dethol mae'n rhaid iddynt allu cystadlu ar ddydd **Mercher 15 Chwefror 2023** a bydd llythyr dethol yn cael ei anfon at yr ysgolion sydd angen ei gwblhau cyn gynted â phosibl a'i ddychwelyd i Ysgol Uwchradd Bro Caereinion. Staff Chwaraeon Powys a Gareth Oldham fydd yn trefnu'r tîm ar ddiwrnod y bencampwriaeth.

Mae yna hefyd nifer o ystyriaethau y mae'n rhaid i bob ysgol eu gwneud o ran covid. Mae hyn yn hanfodol er mwyn i'r digwyddiad fod yn llwyddiant ac i ganiatáu i ddigwyddiadau tebyg ddigwydd wrth symud ymlaen:

- Anogir ysgolion i ddilyn eu hasesiadau risg covid eu hunain ac atgyfnerthu eu disgwyliadau eu hunain i'r disgyblion.
- Mae ysgolion yn gyfrifol am reoli eu disgyblion eu hunain yn ystod y dydd i leihau cyswllt ag ysgolion eraill. Rydym yn annog pob ysgol i leoli ei hun mewn un rhan o'r parc a dylai disgyblion aros yn yr ardal honno, ar wahân i pan fyddant yn cystadlu.
- Fel y nodir uchod, rhaid i ysgolion ddarparu eu hamlenni, taflenni canlyniadau, beiros/pensiliau eu hunain er mwyn lleihau'r risg o drosglwyddo.
- Bydd disgyblion o bob ysgol yn cael eu grwpio gyda'i gilydd ar y llinell gychwyn, eto i leihau'r risg o drosglwyddo a chymysgu ag ysgolion eraill.
- Mae'r digwyddiad hwn yn cael ei gynnal mewn parc cyhoeddus, fodd bynnag, a all pob ysgol annog unrhyw wylwyr i beidio â dod i'r digwyddiad.

- Rhennir y toiledau hefyd gydag aelodau'r cyhoedd, felly dylai ysgolion annog pob disgybl i gadw at weithdrefnau hylendid dwylo da wrth ymweld â'r toiledau.

Edrych ymlaen at eich gweld chi i gyd wythnos nesaf. Unrhyw broblemau, peidiwch ag oedi cyn cysylltu.

Cofion cynnes

A few reminders for next week

County Cross Country

Wednesday 18th January 2023 @ Dolerw Park, Newtown

Map is attached to the email with the times of each race. Please share and discuss the race details with all pupils before Wednesday.

The first race starts at 1pm prompt. Please can all schools arrive at least 30 minutes before this time to check in.

Please make sure you supply your own results sheets (attached to email) & result envelopes for each race.

Make sure the pupils wear the correct numbers.

On arrival, please see either Catrin Jones or Ilyr Williams for duties during races.

After each race, pupils should give their place cards to their teacher. Staff should then complete their results sheet. Please print clearly each pupil's full name and place it in the envelope along with the place cards. Please make sure you circle the correct age group and gender on each results sheet and also write this onto the envelope before handing in at the finish. This is vital in order for us to process the results.

Please give this in to the Bro Caereinion High School Sixth Formers positioned by the car at the finish line after each race.

The races will be timed and results sent out ASAP

Please provide litter bags for your school.

After the championships all results will be sent out once completed.

The 6 top runners in each category, plus an 6 additional athletes will be selected for the National Championships.

For all selected athletes they must be able to compete on **Wednesday 15th February 2023** and a selection letter will be sent to schools that need to be completed ASAP and returned to **Bro Caereinion High School**. Sport Powys Staff and Gareth Oldham will be organising the team on the day of the championship.

There are also a number of considerations that each school must make regarding covid. This is vital for the event to be a success and to allow similar events to take place moving forwards:

Schools are encouraged to follow their own covid risk assessments and reinforce their own expectations to the pupils.

Schools are responsible for managing their own pupils during the day to minimise contact with other schools. We encourage each school to base themselves in one area of the park and pupils should remain in that area, apart from when they are competing.

As stated above, schools must provide their own envelopes, results sheets, pens/pencils in order to reduce the risk of transmission.

Pupils from each school will be grouped together at the start line, again to reduce the risk of transmission and mixing with other schools.

This event takes place in a public park however please can all schools discourage any spectators from attending the event.

The toilet facilities are also shared with members of the public, therefore schools should encourage all pupils to observe good hand hygiene procedures when visiting the toilets.

Looking forward to seeing you all next week. Any problems, please don't hesitate to contact.

Kind Regards