



Pod 1, Capital Retail Park
Cardiff CF11 8EG

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www.run4wales.org

Dear Parent/Guardian,

Run 4 Wales (organisers of events like the Cardiff University Cardiff Half Marathon and ABP Newport Wales Marathon) would like to let you know about our new **Summer Holiday Challenge** just launched for primary school children, taking place throughout **August 2021**.

It has been created as part of our re-imagined children's events programme (R4W Next Gen) which aims to inspire the budding athletes of the future, as well as those who just want to experience the joys of getting active and outdoors.

Entries start from just £7 and include a **bilingual activity booklet** including 4 weeks' worth of activities designed to help children prepare for a **1 mile run** at the end of the month – which features week by week crafts and exercises.

Everyone who completes it will receive a **medal and certificate** for their hard work!

We hope your family can join us! For more information or to get signed up, please visit:
<https://www.run4wales.org/futurechampions/>

If you have any questions or need any assistance, please do get in touch.

Kind regards,

Tom Birkhead
Operations Assistant



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Annwyl Riant / Gwarchodwr,

Hoffwn ni yn *Run 4 Wales* (trefnwyr Hanner Marathon Caerdydd Prifysgol Caerdydd a Marathon Casnewydd Cymru ABP) eich hysbysu am ein hymgyrch newydd, '**Haf Heini**', sydd ar gyfer plant ysgolion cynradd.

Rydym wedi sefydlu'r her fel rhan o ein rhaglen blant newydd (R4W NextGen) sy'n anelu at ysbrydoli athletwyr y dyfodol yn ogystal i'r rhai sydd eisiau mwynhau gweithgareddau yn yr awyr agored.

Mae pris cofrestru yn dechrau o £7, ac yn cynnwys **llyfryn dwyieithog** sy'n llawn gweithgareddau wythnosol i bara **trwy gydol mis Awst**. Mae'r gweithgareddau ymarfer corff a chelf a chreffft wedi'i ddylunio i baratoi'r plant ar gyfer rhediad o **1 filltir** ar ddiwedd y mis.

Bydd pob un sy'n cymryd rhan yn derbyn **medal a thystysgrif** fel gwobr am eich gwaith caled!

Am fwy o wybodaeth ynglŷn â'r her, ac i gofrestru, ewch i ein gwefan -

<https://www.run4wales.org/cy/hafheini>

Os ydych chi efo unrhyw gwestiynau o gwbl, plis cysylltwch â ni.

Diolch yn fawr,

Tom Birkhead

CYNORTHWY-YDD GWEITHREDIADAU



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