

# Back to Athletics



ACTIVE  
CAMBRIA

**STARTING MONDAY 17TH APRIL 4-5PM**  
**Indoor athletics track**

**Opportunities to do endurance running,  
sprinting, throwing or jumping**

**EVERYONE WELCOME**

**Whether you are new or  
want to get back into athletics**

**Led by qualified and experienced  
Welsh Athletics coaches**

**Email us if you wish to book  
onto any sessions or for advice.**



WELSH ATHLETICS  
ATHLETAU CYMRU

**activecambria@cambria.ac.uk**



**@ActiveCambria**

# Dychwelyd i Athletau



HEINI  
CAMBRIA



**YN DECHRAU DDYDD LLUN 17 EBRILL 4-5PM**

**Trac athletau dan do**

**Cyfleoedd i wneud rhedeg dygnwch,  
sbrintio, taflu neu neidio**

**CROESO I BAWB**

**P'un ai rydych chi'n newydd i  
athletau neu rydych chi am ailgydio**

**Wedi'u harwain gan hyfforddwyr  
cymwys a phrofiadol Athletau Cymru**

**I gadw lle mewn sesiwn neu i gael  
cyngor anfonwch e-bost atom ni.**



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**@ActiveCambria**