

Are you an  
Ogilvie Olympic  
Champion?

If you scored **36** you are a gold medal Olympian! But, you'll need to keep practising to beat off your challengers and stay at the top!

**Between 30 and 35:** you gained a silver. You need to improve your agility and skills to get that gold!

**Between 25 and 30:** a bronze medal is yours. You need to improve your fitness and agility to get to the top!

**Below 25:** there's still time for you to improve your fitness and prove to the world that you can be a champion as well!

A ydych chi'n  
Bencampwr/wraig  
Olymпаidd Ogilvie?

Os sgorioch chi **36** rydych chi'n bencampwr/wraig Olymпаidd medal aur! Ond bydd yn rhaid i chi barhau i guro'ch herwyr er mwyn aros ar y brig!

Os cawsoch chi rhwng **30 a 35:** rydych wedi ennill medal arian. Bydd yn rhaid i chi wella'ch ystwythder a'ch sgiliau i gael y fedal aur!

Os cawsoch chi rhwng **25 a 30:** mae gennych fedal efydd. Bydd yn rhaid i chi wella'ch ffitrwydd a'ch ystwythder er mwyn cyrraedd y brig!

O dan **25:** mae yna ddal amser i chi i wella'ch ffitrwydd a phrofi i'r byd y gallwch fod yn bencampwr/wraig hefyd!

Contact us: Cysylltwch â ni:  
Tel/Ffôn: 01443 875557  
www.caerphilly.gov.uk/countryside



**GEMAU OLYMПАIDD GILVIE OLYMPICS**

Get a complete body workout  
Ymarfer corff cyflawn

**PARC CWM DARRAN**

Balanced breakfast **1** Brecwast cytbwys

Rating Gradd **1**

My score Fy sgôr

Over and under or over and over **2** Dros ac o dan neu dros a thro

Rating Gradd **3**

My score Fy sgôr

Monkey bars **3** Bariau mwnci

Rating Gradd **5**

My score Fy sgôr

Wobble weaver **4** Siglo a symud

Rating Gradd **1**

My score Fy sgôr

Verti-go up **5** Dringo a dringo

Rating Gradd **5**

My score Fy sgôr

Stilt steps **6** Stepiau stilt

Rating Gradd **2**

My score Fy sgôr

Rope trick **7** Tric y rhaff

Rating Gradd **3**

My score Fy sgôr

Burma bridge **8** Pont Burma

Rating Gradd **3**

My score Fy sgôr

Commando net **9** Rhwyd comando

Rating Gradd **4**

My score Fy sgôr

Human fly **10** Y pryfyn dynol

Rating Gradd **5**

My score Fy sgôr

Over the top **11** Dros y brig

Rating Gradd **4**

My score Fy sgôr

**Add your score here** **Adiwch eich sgôr yma**