

# Her Staff Aber870 Staff Challenge



I ddathlu ail benblwydd agor Llwybr Arfordir Cymru, gwahoddir staff Prifysgol Aberystwyth i ymuno â Her Aber870, er mwyn codi arian ar gyfer Ambiwlans Awyr Cymru, Elusen y flwyddyn yr Is-Ganghellor ar gyfer 2013/14.

Gall staff ymrwymo i naill ai nofio, beicio, cerdded neu redeg pellter o'u dewis, a fydd gyda'i gilydd yn gyfwerth â hyd arfordir Cymru, tua 870 milltir.

A hithau yn ei hail flwyddyn, nod Elusen y Flwyddyn yr Is-Ganghellor yw codi arian hanfodol ar gyfer achos teilwng. Mae Ambiwlans Awyr Cymru yn elusen i Gymru gyfan ac mae'n darparu gwasanaeth awyr brys i'r rhai sy'n wynebu salwch neu anafiadau sy'n peryglu bywyd.

Ers lansio'r gwasanaeth ar Ddydd Gŵyl Dewi 2001 mae Ambiwlans Awyr Cymru wedi cynnal dros 17,000 cyrch ac mae'n dibynnu'n llwyr ar gefnogaeth y cyhoedd am ei chyllid. Mae angen i'r elusen godi £6 miliwn bob blwyddyn i gynnal y gwasanaeth ac mae pob cyrch yn costio £1,500 ar gyfartaledd.

To celebrate the second anniversary of the opening of the Wales Coast Path, staff at Aberystwyth University are being invited to sign up to the Aber870 Challenge, raising money for Wales Air Ambulance, the Vice-Chancellor's Charity of the year for 2013/14.

Staff can commit to either swimming, cycling, walking or running a distance of their choice, which collectively will equal the length of the Welsh coast, some 870 miles.

Now in its second year, the Vice-Chancellor's Charity of the Year appeal seeks to raise vital funds for a worthy cause. Wales Air Ambulance is an all-Wales charity providing crucial emergency air cover for those who face life-threatening illness or injuries.

Wales Air Ambulance has carried out over 17,000 missions to date since its launch on St David's Day 2001 and relies entirely on public support for its funding. The charity needs to raise £6 million every year to operate the service with each mission on average costing £1,500.

**Am ragor o wybodaeth neu i gofrestru a chadarnhau eich pellter targed, ebostiwch:  
For more information or to sign up and confirm your target distance, please email:**

**[aber870@aber.ac.uk](mailto:aber870@aber.ac.uk)**

**I ymuno â'r tîm Aber870 neu i wneud cyfraniad, ymwelwch â'r dudalen Just Giving:  
To join the Aber870 team or to make a donation, visit the Just Giving page at:**

**[www.justgiving.com/AberUni-PrifAber1](http://www.justgiving.com/AberUni-PrifAber1)**