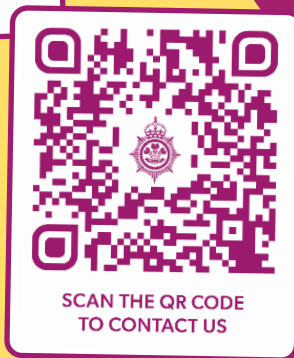


***RHEDWCH** heb fod ag ofn aflonyddwch!*

Os yw rhywun wedi gwneud i chi
deimlo'n anniogel wrth fod allan yn
rhedeg, **riportiwch hynny.**



If you have been made to feel unsafe
while out running, **please report it.**

***RUN** without fear of harasssment!*

Os nad yw'n
achos brys,
rhwch
wybod ar-lein

Ar-Lein
Online

101
Di-argyfwng
Non Emergency

999
Argyfwng
Emergency

If it's not
999,
report it
online



Comisiynydd
yr Heddlu a
Throseddau
De Cymru

South Wales
Police
and Crime
Commissioner



**HEDDLU
DE CYMRU**
**SOUTH WALES
POLICE**