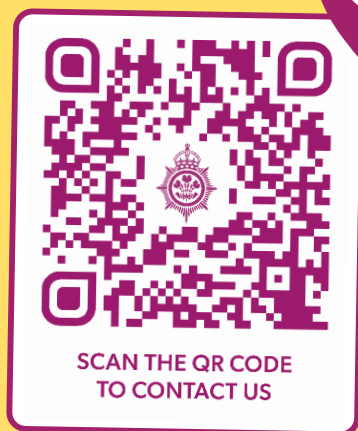


***RUN** without fear of harassment!*



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

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

Ar-Lein
Online

101
Os na'phang
Non Emergency

999
Ar'phang
Emergency

If it's not
999,
report it
online



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POLICE

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



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

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

 **Ar-Lein**
Online

 **101**
Os rhwydch
Non Emergency

 **999**
Ar rhywun
Emergency

 **If it's not
999,
report it
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POLICE**