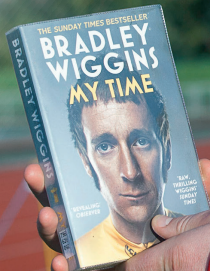


Llyfrau sy'n Ysbrydoli
Inspiring Reads



Iestyn Harris

Hyfforddwr a chyn chwaraewr rhyngwladol
Wales Rugby League Coach & former dual code
international

“My Time – by Bradley Wiggins”

“Rwy’n joio darllen am fy arwyr chwaraeon ac mae Bradley Wiggins an eicon chwaraeon Prydain. Mae My Time yn llyfr grêt ac yn rhoi cipolwg anhygoel ar fyd seiclo.”

“I enjoy reading about my sporting heroes and Bradley Wiggins is an icon of British sport. My Time is a great read with amazing insights into the world of cycling.”

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Cymraeg



English



Pa lyfr ydych chi'n ei argymhell?

What book do you recommend?

Teitl/Title:

Awdur/Author:

Pam/Why:

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