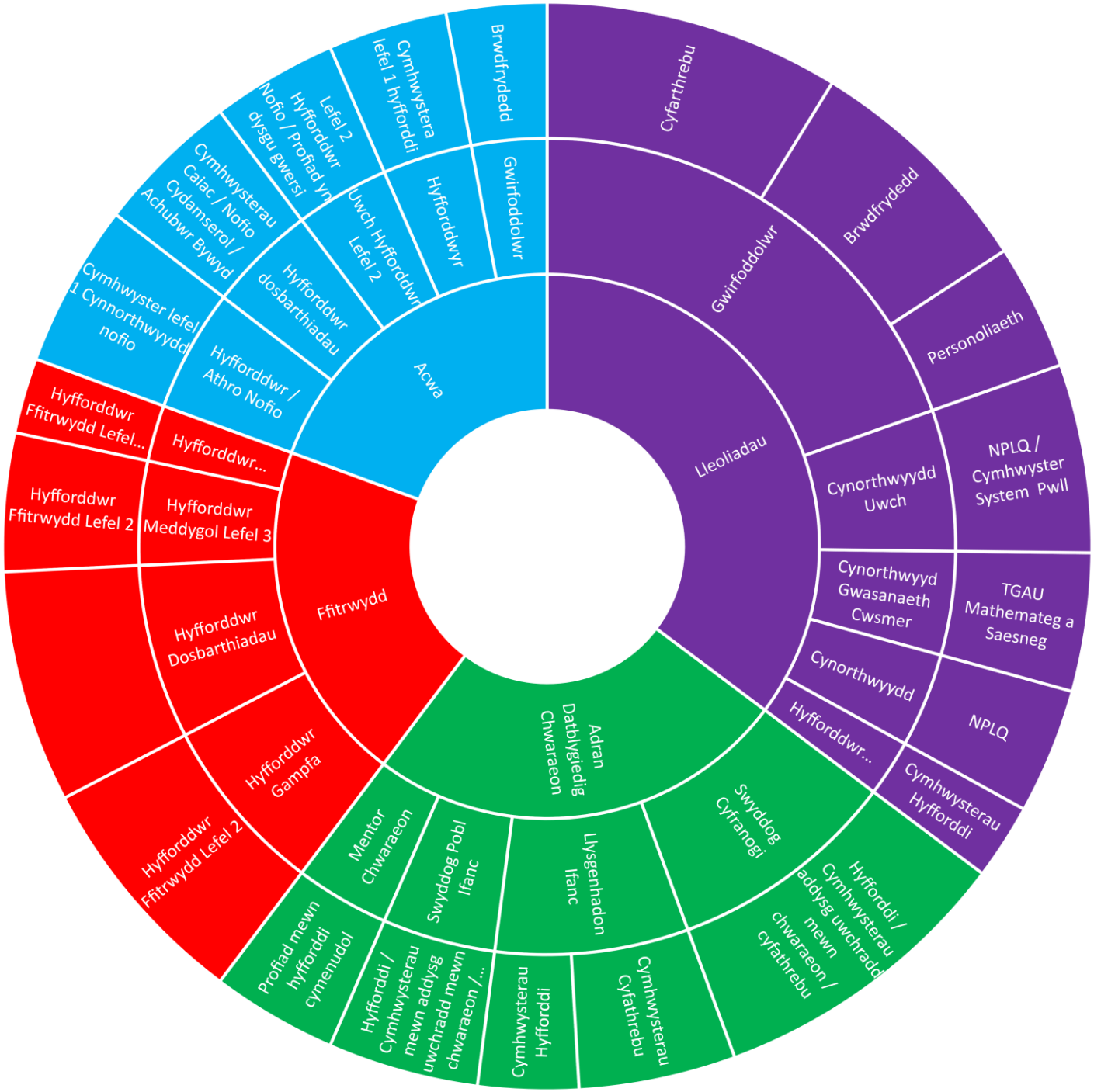Chwaraeon a Hamdden - Cymwysterau Lefel Mynediad