



passing on the right



pasio ar y dde

BSL

Sign differs if describing passing when swimming, running or cycling.

Mae'r arwydd yn wahanol os yw'n disgrifio pasio wrth nofio, rhedeg neu feicio.



one more length



un hyd arall

BSL

Compound sign with two parts
Arwydd cyfansawdd gyda dwy ran



last lap



lap olaf

BSL

Compound sign with two parts
Arwydd cyfansawdd gyda dwy ran





feather the brakes



brecio'n ysgafn



Braking action
Gweithred brecio

BSL



RPE Rate of Perceived Exertion



CYG Cyfradd yr Ymdrech Ganfyddedig



BSL



RPE / CYG

2

very easy

hawdd iawn



RPE / CYG

5

some effort

rhywfaint o ymdrech

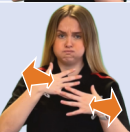


RPE / CYG

9

hard to speak

anodd siarad



Triathlon



More phrases available via the QR code

Mwy o ymadroddion ar gael trwy'r cod QR