

After Wales' remarkable successes in Beijing, get involved in ...
Wedi llwyddiant rhyfeddol Cymru yn Beijing, ymglymwch gyda ...

FOLLOWING THE FLAME DILYN Y FFLAM



a new history of the Olympic
and Paralympic Games
hanes newydd y Gemau
Olympaidd a Pharaolympaidd



FOLLOWING THE FLAME

a new history of the Olympic and Paralympic Games

told through the words and experiences
of those from Wales who were there

a major new all-Wales project running from 2008 until 2013

led for the nation by Wrexham County Borough Council
and supported by the Legacy Trust UK.

The current world population is well in excess of 6 billion people. In contrast, the population of Wales is less than 3 million, making our nation 0.0005%, or one two-thousandth of the total world population.

The Olympic and Paralympic success of Wales, however, in both participation and medal winning in a wide range of sports - from athletics to water polo, equestrian events to table tennis, high board diving to hockey, cycling to swimming - is hugely out of proportion to our seemingly insignificant place within the world.

And there are a surprisingly large number of highlights: Lynn Davies' long jump Gold in 1964; Colin Jackson's 110m hurdles silver in 1988; Richard Meade's four equestrian Golds in 1968 and 1972; Dame Tanni Grey-Thompson, the world's greatest Paralympian, tally of records and an incredible eleven Gold medals won between 1992 and 2004; and Nicole Cooke, Tom James and Geraint Thomas' magnificent trio of Golds in Beijing 2008, more than matched by our Paralympians. All are secure at the centre of our national identity.



Less well-known, though equally rich in achievement and significance are: Paulo Radmilovic's four swimming Golds in six Olympic Games between 1904 and 1928; Robert Clift's 1988 Team Hockey Gold; Irene Steer's 1912 4x100m freestyle swimming Gold; Cecil Griffiths and John Ainsworth-Davis' 1920 4x400m track relay Golds; Tom Richards' 1948 marathon Silver and, Hugh 'Jumbo' Edwards' two rowing Golds in 1932.

It is these and the many other personalities and episodes in this impressive history that the **Following the Flame** Project will explore and celebrate over the next five years, creating in the process an increased knowledge and understanding of Wales' culture, an impetus for future participation and achievement, and an enhanced interest in Wales from both within and outside our borders.

Special thanks to the Welsh Sports Hall of Fame for kindly supplying access to the photographs and objects.

DILYN Y FFLAM

hanes newydd y Gemau Olympaidd a Pharaolympaidd

a adroddir drwy eiriau a phrofiadau
y Cymry hynny a fu yno

prosiect mawr newydd ar draws Cymru gyfan o 2008 hyd 2013

ar gyfer y genedl dan arweiniad Cyngor Bwrdeistref Sirol Wrexham
gyda chefnogaeth Legacy Trust UK.

Saif poblogaeth y byd ar hyn o bryd yn ffigwr sydd ymhell tros 6 biliwn o bobl. Mewn gwrthgyferbyniad, llai na 3 miliwn yw poblogaeth Cymru, gan wneud ein gwlad ni yn 0.0005%, neu un rhan o ddwy fil o gyfanswm poblogaeth y byd.

Fodd bynnag, mae llwyddiant Olympaidd a Pharaolympaidd Cymru, yn nhermau cymryd rhan ac ennill medalau mewn ystod eang o chwaraeon - o athletau i bolo d r, cystadlaethau marchogol i dennis bwrdd, deifio bwrdd uchel i hoci, beicio i nofio - yn hollol anhafal i'n safle yn y byd sy'n ddinod ar yr olwg gyntaf.

Ac mae nifer syfrdanol o fawr o uchafbwyntiau: Lynn Davies am naid hir yn 1964; Arian yn 1988 i Colin Jackson am y ras glwydi 110m; pedair gwobr Aur i'r marchog Richard Meade yn 1968 ac 1972; rhestr y recordiau a dorwyd ynghyd â'r un ar ddeg medal Aur anhygoel a enillwyd rhwng 1992 a 2004 gan y Fonesig Tanni Grey-Thompson, athletwraig Paralympaidd gorau'r byd; a thriawd godidog o fedalau Aur Nicole Cooke, Tom James a Geraint Thomas yn Beijing 2008, gyda'n Paralympwyr yn rhagori ar hynny, hefyd. Maent oll yn gadarn ym mynwes ein hunaniaeth genedlaethol.

Yn llai adnabyddus, er yr un mor bwysig o ran eu llwyddiant a'u harwyddocâd yw: Pedair medal aur Paulo Radmilovic am nofio mewn chwe Gêm Olympaidd rhwng 1904 ac 1928; Medal Aur Hoci Tîm Robert Clift yn 1988; Medal Aur Irene Steer yn 1912 yn y gystadleuaeth nofio rhydd 4x100m; Medalau Aur Cecil Griffiths a John Ainsworth-Davis am y ras gyfnewid 4x400m yn 1920; Medal Arian Tom Richards am y marathon yn 1948; a, dwy fedal Aur Hugh 'Jumbo' Edwards am rwyfo yn 1932.

Bydd **Dilyn y Fflam** yn archwilio a dathlu'r rhain tros y pum mlynedd nesaf, a'r personoliaethau a'r digwyddiadau niferus eraill sy'n rhan o'r hanes trawiadol hwn, a thrwy hynny greu gwell ymwybyddiaeth a dealltwriaeth o ddiwylliant Cymru, ysgogiad ar gyfer cyfranogiad a llwyddiannau'r dyfodol, a deffro diddordeb yng Nghymru, oddi mewn ac oddi allan i'n ffiniau.

Diolch arbennig i'r Welsh Sports Hall of Fame am roi mynediad i'r ffotograffau a'r gwrthrychau.



Following the Flame will use the build up to the 2012 London Olympics and Paralympics as the main impetus to explore and celebrate the inspiring history of often-forgotten Welsh men and women who attended the Games - whether as competitors, officials, coaches, physios, administrators or spectators - through their own words and images.

At the heart of the project will be a major Oral History Programme of video interviews with those still alive and / or their relatives, friends and supporters, to create an important new Living History of Welsh Participation in the Olympics and Paralympics. This 'people's history' will ensure that our story is told through the experiences of actual participants, at whatever level they engaged with the Olympic ideal, and offer in the process an inspiring picture of the social, geographic, economic, cultural and political realities which have continually shaped our lives (as well as our sports) over the past century and more.

The **Following the Flame** Project will create a major new Touring Exhibition, accompanied and supported by an extensive Catalogue, a new DVD (with original music soundtrack), a Children's Workbook, Education Pack for schools and School's Workshop programme, Website and project Weblog, as well as other sundry special events run throughout the country.

To complement the main Touring Exhibition, a smaller version will be created and toured to community venues, to ensure that people living in the more rural and isolated areas of Wales are able to fully participate in the Project. In addition, each venue - large or small - will be encouraged to organise a series of community activities inspired by the project to promote local research, recording and response that will be used to augment the tour and to leave a lasting legacy for local sports heritage across Wales.

Getting involved...

in the Touring Exhibitions:

From August 2011 until March 2013, both the major and community **Following the Flame** exhibitions, with their wide range of associated workshops and special events, will be available to tour to local venues across Wales. To avoid disappointment and guarantee a place for your venue on this essential tour, please contact the Project Co-ordinator as soon as possible.

in the Video Interviews:

From now until December 2009, we will be conducting an Oral History Video Interview programme. Our aim is to publish selected elements from the Interviews, as well as using the text as the basis for the Exhibitions. If you have had a previous involvement with the Olympics / Paralympics - including the 2008 Beijing Games - at whatever level or capacity, and are willing to talk about it on film, or have contacts with past Olympians / Paralympians, or if you would like to be involved in recording some of the interviews, please contact the Project Co-ordinator.

in the Workshops:

Between January and December 2009, we will be holding Workshops with schools and community groups, to assist us in writing and designing the **Following the Flame** touring Exhibitions, Children's Workbook and Education Pack, and the Catalogue, and in devising, filming and editing the new DVD. To get involved, contact the Project Co-ordinator as soon as possible.

in Group Visits:

During the Exhibition tour throughout Wales between August 2011 and March 2013, a comprehensive series of Guided Tours and Creative Workshops for children and adults will be available. Get in touch with the Project Co-ordinator as soon as possible to discuss a visit by your school, community group or organisation.

with Welsh Olympic and Paralympic Memorabilia:

The **Following the Flame** Exhibition will showcase the best of Welsh Olympic / Paralympic memorabilia. If you have in your possession, or know of the location of objects connected to Wales and the Olympics / Paralympics, the Project Co-ordinator would like to hear from you.

as Partners:

The **Following the Flame** Project will be the largest and most prestigious Exhibition about the experience of the Welsh people at the Olympic and Paralympic Games that Wales has ever seen, offering in the process an unrivalled opportunity for potential sponsors to raise their profile throughout Wales and beyond.

If your business or Trust would like to consider becoming a partner in the **Following the Flame** Project, we would like to hear from you. Please contact the Project Co-ordinator for further details or a discussion.

Contact Details:

For further details or to discuss how you, your venue, school, organisation or Authority can get involved in **Following the Flame**, contact:

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Bydd **Dilyn y Fflam** yn manteisio ar ein llwyddiant anhygoel yn Beijing 2008 a'r paratoadau ar gyfer Gemau Olympaidd a Pharaolympaidd Llundain 2012 fel y prif ysgogiadau i archwilio a dathlu hanes ysbrydoledig y Cymry, yn w r a gwagedd, sy'n aml yn angof, a fynychodd y Gemau - boed hynny'n gystadleuwyr, yn swyddogion, hyfforddwyr, ffisiotherapyddion, gweinyddwyr neu wylwyr - drwy eu geiriau a'u delweddau eu hunain.

Wrth galon y Prosiect bydd rhaglen bwysig o hanes llafar ar ffurf cyfweiliadau fideo gyda'r rhai hynny sy'n dal yn fyw a / neu eu perthnasau, ffrindiau a'u cefnogwyr, i greu Hanes Byw newydd pwysig o Gyfranogiad y Cymry yn y Gemau Olympaidd a Pharaolympaidd. Bydd yr 'hanes y bobl' yma yn sicrhau fod ein stori yn cael ei hadrodd drwy brofiadau'r bobl hynny gymerodd ran, ar ba lefel bynnag y daethant i gysylltiad â'r ddefnydd Olympaidd, a thrwy hynny gynnig darlun ysbrydoledig o'r realiti cymdeithasol, daearyddol, economaidd, diwylliannol a gwleidyddol a fu wrthi'n siapi'n bywydau (yn ogystal â'n chwaraeon) tros y ganrif ddiwethaf a mwy.

Pendraw prosiect **Dilyn y Fflam** fydd creu Arddangosfa Deithiol newydd, a gefnogir gan Gatalog helaeth, DVD newydd (gyda thrac sain o gerddoriaeth wreiddiol), Llyfryn Gweithgareddau i Blant, Pecyn Addysgol a rhaglen o Weithdai ar gyfer Ysgolion, Gwefan a Gwelog ar gyfer y prosiect, yn ogystal â digwyddiadau amrywiol ac arbennig eraill ym mhob cwr o'r wlad.

I gyd-fynd â'r brif Arddangosfa Deithiol, bydd fersiwn lai yn cael ei chreu i deithio i leoliadau yn y gymuned, i sicrhau fod pobl sy'n byw yng nghymdogaethau mwy gwledig ac anghysbell Cymru yn cael cyfle i gyfranogi'n llwyr yn y Prosiect. Hefyd anogir pob lleoliad - yn fach neu'n fawr - i drefnu cyfres o weithgareddau yn y gymuned sydd wedi eu hysbrydoli gan y Prosiect er mwyn hyrwyddo ymchwil, cofnodi ac ymateb lleol a ddefnyddir maes o law i ychwanegu at y daith ac i adael cymynrodd barhaol ar gyfer treftadaeth chwaraeon lleol ar draws Cymru.

Ymglymu...

gyda'r Arddangosfeydd Teithiol:

O Awst 2011 hyd Fawrth 2013, bydd prif Arddangosfa Dilyn y Fflam a'r rhai cymunedol gyda'u hystod eang o Weithdai a Digwyddiadau Arbennig cysylltiol, ar gael i deithio i leoliadau ar draws Cymru. Rhag ichi gael eich siomi ac i sicrhau dyddiad ar gyfer eich lleoliad chi ar y daith bwysig hon, cysylltwch â'r Cydlynnydd Prosiect mor fuan ag y bo modd.

gyda'r cyfweiliadau Fideo:

O nawr hyd Ragfyr 2009 byddwn yn cynnal rhaglen o Gyfweiliadau Fideo o Hanes Llafar. Ein nod yw cyhoeddi elfennau dethol o'r Cyfweiliadau, yn ogystal â defnyddio'r testun fel sail ar gyfer yr Arddangosfeydd. Os ydych chi wedi bod yn rhan o'r Gemau Olympaidd yn y gorffennol - gan gynnwys Gemau Beijing 2008 - ar ba bynnag lefel neu rôl, a'ch bod yn fodlon trafod hyn ar gamera, neu fod gennych gysylltiadau ag athletwyr Olympaidd y gorffennol, neu os hoffech helpu gyda recordio rhai o'r cyfweiliadau, yna cysylltwch â'r Cydlynnydd Prosiect.

gyda'r gweithdai:

Rhwng Ionawr a Rhagfyr 2009, byddwn y cynnal gweithdai mewn ysgolion a chydau grwpiau cymunedol, i'n cynorthwyo gyda'r dasg o ysgrifennu a chynllunio Arddangosfeydd teithiol Dilyn y Fflam, y Llyfryn Gweithgareddau i Blant a'r Pecyn Addysgol, y Catalog, a chydau'r gwaith o ddyfeisio, ffilmio a golygu'r DVD newydd. I fod yn rhan o hyn, cysylltwch â'r Cydlynnydd Prosiect mor fuan ag y bo modd.

drwy Ymweliadau Grŵp:

Yn ystod taith yr Arddangosfa drwy Gymru rhwng Awst 2011 a Mawrth 2013, byddwn yn trefnu cyfres gynhwysfawr o Deithiau Tywysedig a Gweithdai Creadigol ar gyfer plant ac oedolion. Cysylltwch â'r Cydlynnydd Prosiect mor fuan ag y bo modd i drafod ymweliad gan eich ysgol, eich grŵp cymunedol neu'ch mudiad chi.

gyda Pethau Cofiadwy Cymreig y Gemau Olympaidd a Pharaolympaidd:

Bydd Arddangosfa **Dilyn y Fflam** yn rhoi llwyfan i'r gorau o bethau cofiadwy Cymreig y Gemau Olympaidd a Pharaolympaidd. Os oes gennych yn eich meddiant, neu eich bod yn gwybod am leoliad unrhyw wrthrychau sydd ag iddynt gysylltiad â Chymru a'r Gemau Olympaidd / Paraolympaidd, bydd y Cydlynnydd Prosiect yn falch iawn o glywed gennych.

fel Partneriaid:

Prosiect **Dilyn y Fflam** fydd yr Arddangosfa fwyaf ac uchaf ei bri i Gymru ei gweld ar brofiadau'r Cymry yn y Gemau Olympaidd a Pharaolympaidd, ac fe fydd yn gyfle heb ei ail i noddwyr potensial godi eu proffil yng Nghymru a thros y ffin.

Os yw'ch busnes neu'ch Ymddiriedolaeth chi am ystyried dod yn bartner ym mhrosiect **Dilyn y Fflam**, yna hoffem glywed gennych. A fydddech gystal â chysylltu â'r Cydlynnydd Prosiect am fwy o fanylion neu i drafod ymhellach.

Manylion Cyswllt:

Am fanylion pellach neu i drafod sut mae modd i chi, eich lleoliad, ysgol, mudiad neu Awdurdod ymglymu gyda **Dilyn y Fflam**, cysylltwch â:

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