Cais am Gostau Teithio a Chynhaliaeth/*Claim for Travelling and Subsistence Allowances*

Rhif Tâl/*Pay No* . **Adran/*Department* :** **Enw/*Name* :**

Rhif Cofrestru'r Car/*Car Reg. No* . **Cynhwysedd ciwbig/*Engine c.c.*** **Cyfeiriad/*Address* :**

Cais am fis/*Claim for the month of* : **Blwyddyn/*Year* :**

(Cais ar wahân am bob mis calendr/*Separate claim for each calendar month*)

Canolfan Waith/*Work Place:*
Milltiroedd - Preswylfa i'r Ganolfan/*Mileage - Home to Centre:* *

D Y D A D / D A T E	Man cychwyn/diweddu/r daith - dylid nodi "C" am Canolfan neu "P" am Preswylfa *Start/end location of journey - stating "C" for Centre or "H" for Home*			Natur y ddyletswydd *Nature of duties*	Amser i ffwrdd o'r gwaith *Time away from work*		Lwfans cynhaliaeth *Subsistence allowance*	Trên, bws neu dacsi *Train, bus or taxi*	Costau eraill *Other costs*	Darlleniad cloc eich cerbyd *Mileometer reading*		Cyfanswm milltiroedd a deithiwyd *Total miles travelled*	Llai* uchod os yn berthnasol *Less * above if applicable*	Milltiroedd a hawlir *Mileage claimed*
							Atodwch dalebau yn ôl yr angen *Attach receipts as necessary*							
A D	Cychwyn *Start*	Diweddu *End*	i *to*		o *from*	i *to*	£ c/*p*	£ c/*p*	£ c/*p*	dechrau *start*	diwedd *end*			Milltir *Milage*
												0	0	0
												0	0	0
												0	0	0