**Ymarfer 9**

The Commonwealth Games, or Friendly Games, as they are fondly known, is always an exciting and memorable time for members of the Commonwealth family. They will experience all things games-related in the space of a few short weeks – from living in the village, to making their debut on the field, court, track or pool.

These Games are unlike any other major sporting event, in that they bring together the Commonwealth family whose diverse faiths, races, languages, cultures and traditions make up 30 per cent of the world’s population. Our love of sport and friendly competition unites us, but the Commonwealth Games leaves a lasting legacy long after the last medal has been awarded. In many instances, it is what we take away from this event that has the potential to be a significant catalyst for change and growth in all societies.

This year’s Commonwealth Games, for the first time since they began in 1930, will award an equal number of medals to both women and men, highlighting the Commonwealth’s commitment to equality and inclusion, and serving as an international platform to drive change and promote gender equality. We are currently in a golden era for women’s sport, and these women are ambassadors – role models who inspire change across the community.

As a cornerstone of the Commonwealth itself, our dynamic sporting movement – driven by its values of Humanity, Equality and Destiny – has a key role to play in an energised, engaged and active Commonwealth of Nations and Territories.

 [addasiad o wefan y *Commonwealth Games Federation*]