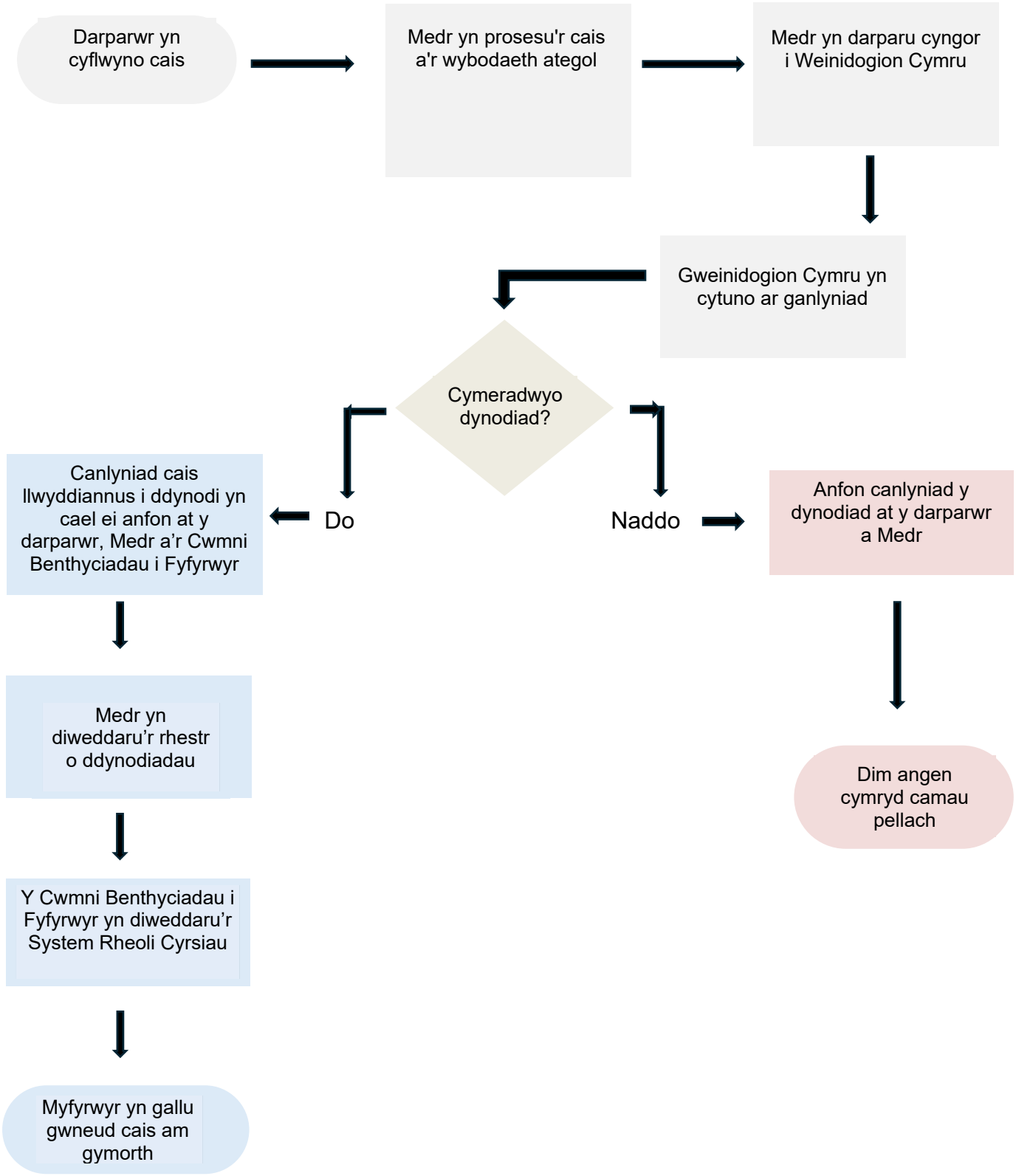Atodiad A - Y broses o wneud cais am ddynodiad penodol