26.01.2023

Tomos Hughes
Cyswllt Contact
Ffôn Phone
07774 888145

Erthygl i'r Wasg **Press Release**

A allwch chi gystadlu yn erbyn cewri chwaraeon Cymru?

Bydd gwobrau ariannol mawr yn y fantol wrth i ffans chwaraeon fynd benben â rhai o gewri campau Cymru mewn cyfres cwis newydd ar S4C.

Yn y gyfres cwis **Pen/Campwyr**, sydd yn cael ei gyflwyno gan Jason Mohammad, bydd tri chystadleuydd yn ceisio ateb gymaint o gwestiynau yn gywir â phosib mewn rownd o gwestiynau cyflym. Yna, byddan nhw'n wynebu un o dri arwr byd y campau mewn cyfres o heriau amrywiol, gan geisio ychwanegu arian i'w stash cash.

Y tri arwr fydd yn gwrthwynebu ein hymgeiswyr gwybodus yw:

Natasha Harding - ymosodwr ysbrydoledig tîm pêl-droed Reading a Chymru, sydd â record anhygoel o 26 gôl mewn 103 o ymddangosiadau yn y crys coch;

Huw Jack Brassington – cyn triathletwr tîm GB, rhedwr mynyddoedd a rhedwr marathonau ultra, sydd wedi dangos ei ddygnwch a dyfalbarhad aruthrol mewn sawl antur dros y blynyddoedd;

James Hook - y cyn-faswr rygbi chwedlonol a serennodd dros y Gweilch, Cymru a Llewod Prydain ac Iwerddon mewn gyrfa ddisglair, gan ennill 81 cap rhyngwladol.

Dywedodd James Hook: "Dw i'n hyfforddi gyda'r Gweilch a Chlwb Rygbi Abertawe ar hyn o bryd, felly mi roedd hyn yn newid mawr i mi. Ond mae'n rhaglen wych ac mi oedd yr heriau yn anodd ond yn hwyl. Roedd yr heriau golff a chiciau o'r smotyn yn lot o hwyl, ond mi oedd y peiriant rhwyfo a'r beic wat yn heriol iawn. Fe wnes i ddigon o sesiynau beic wat yn ystod fy ngyrfa fel chwaraewr ac mi ydw i wedi ceisio osgoi nhw ers i mi ymddeol, felly roedd o'n anodd iawn!

"Roedd y cystadleuwyr yn wych, ac mi o'n i'n teimlo bach yn ddrwg am ennill rhai o'r heriau, ond dyna oedd fy swydd. Roeddwn i'n teimlo tipyn fel Anne Hegerty o The Chase!

"Roedd yn lot o hwyl fel cyflwynydd ac mi oedd e'n helpu fi gyda fy Nghymraeg. Nes i fwynhau cymryd rhan yn Iaith ar Daith llynedd, ond dw i ddim yn cael y cyfle i siarad Cymraeg yn aml, felly roedd hwn yn gyfle da i ymarfer mwy. Roedd o'n rhaglen dda i fod yn rhan ohono a dw i'n siŵr fydd y gwylwyr gartref yn ei mwynhau."

Pen/Campwyr
Nos Fercher 8 Chwefror, 8.25, S4C
Isdeitlau Saesneg
Ar alw: S4C Clic, iPlayer a llwyfannau eraill
Cynhyrchiad Nimble Productions ar gyfer S4C

26.01.2023

Tomos Hughes
Cyswllt Contact
01286 674622

Erthygl i'r Wasg Press Release

Could you take on Wales' sporting giants and win some cash?

There will be big cash prizes up for grabs when Wales' sporting superfans go head-to-head with some Welsh sporting giants in a new S4C quiz series.

In **Pen/Campwyr** (Champions), which is hosted by Jason Mohammad, three contestants will aim to answer as many sports-themed questions correctly as possible in a quickfire quiz round.

They will then pit themselves against one of three sports legends in a series of physical challenges testing their skill, endurance and power, with the aim of adding more money to their cash stash.

The top two competitors will then compete in a final round of questions, with the person answering most questions correctly taking home the final cash total.

The three champions who will be going up against the contestants are:

Natasha Harding – inspirational Wales and Reading striker, who has scored a magnificent 26 goals in 103 international appearances in the red shirt.

Huw Jack Brassington – former GB triathlete, ultra-marathon runner and serial conqueror of extreme challenges, who has proved his remarkable endurance in a host of adventures.

James Hook – legendary former rugby fly-half who starred for Ospreys, Perpignan and Gloucester and won 81 international caps for Wales and British and Irish Lions during a stellar career.

James Hook said: "I'm coaching at the Ospreys and Swansea RFC at the moment, so this was a bit of a change. But it's a really good show, a good concept and the challenges were pretty taxing but enjoyable. The penalty shootout and the golf challenges were a lot of fun, but the rower and the watt bike were more taxing. I did plenty of watt bike sessions during my playing career but I've tried to avoid them since I retired, so that was tough!

"All the contestants were brilliant, and I felt bad winning a couple of challenges but that was my job I suppose. I felt a bit like Anne Hegerty from The Chase!

"Jason was great fun presenting the show as well, and he was helping me a bit with my Welsh. I did Iaith ar Daith last year which I really enjoyed, but I'm not immersed in the language so it was good to brush up on it some more. It was a really enjoyable show to be part of and I'm sure it'll be a lot of fun for the viewers at home."

Pen/Campwyr
Wednesday 8 February, 8.25, S4C
English Subtitles
On demand: S4C Clic, iPlayer and other platforms
A Nimble Production for S4C