

09.02.2023

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### **Erthygl i'r Wasg Press Release**

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## Coctels, coffi a chŵn defaid

Mae Trystan Ellis-Morris ac Emma Walford yn mynd i Lanuwchllyn, ger Y Bala, er mwyn helpu trefnu briodas Shan Ranson ac Alun Jones y tro hwn ar **Priodas Pum Mil**, Nos Sul 19 Chwefror ar S4C.

Mae'r darpar bâr priod yn ffermio ar y bryniau ger y pentref, gyda chymorth eu plant Ifan ac Ana. Cyfarfu'r cwpl yn nawns Sioe Cerrigydudion ac wedi bod gyda'i gilydd ers bron 30 mlynedd.

Meddai Shan, sy'n gweithio i gwmni tai cymunedol: "Mae Alun yn dad brilliant, ffeind, amyneddgwr a reit 'laid back' 'swn i'n dweud."

"Mae Shan yn hogan ddel, llygaid del," meddai Alun. "Mae hi'n drefnus iawn - mae hi'n cadw popeth mewn trefn - cadw fi mewn trefn!"

Ond ni fydd Shan ac Alun yn cyfrannu at y gwaith o drefnu'r briodas - cyfrifoldeb eu ffrindiau a theulu bydd hynny - a Trystan ac Emma wrth gwrs!

Ond mae'r pâr yn gallu cynnig syniadau a rhannu eu dymuniadau nhw ar gyfer y diwrnod mawr.

"Dim byd rhy ffurfiol - wbath reit rustic," meddai Shan. "Mae priodi yng nghapel Llanuchchllyn yn bwysig i Alun - ac felly mae hynny'n bwysig i fi hefyd."

Mae Shan eisiau creu argraff ar Alun ar eu diwrnod mawr, felly mae hi'n cytuno gydag awgrymiad Trystan ei bod hi'n cael sesiwn pampro ar fore'r briodas.

"Dwi isho mynd mewn i'r capel a - dwi'm yn gwybod os neith o - ond 'sŵn i'n licio 'se fe'n troi rownd a dweud 'waw!'. Neu dagra yn ei lygaid...", meddai Shan.

A beth am y twtshis personol yna sydd yn mynd i wneud eu diwrnod yn unigryw a bythgofiadwy?

Diléit Alun yw hyfforddi cŵn defaid ac mae'n dechrau bob dydd gyda phaned o goffi da. Mae Shan wrth ei bodd yn creu a blasu coctels o bob math, elfennau mae'r criw o deulu a ffrindiau yn awyddus plethu i mewn i gynlluniau'r diwrnod mawr.

Mae Trystan ac Emma yn gweithio'n galed fel arfer - y tro hwn mae'r ddau yn rhoi cynnig ar bobîr deisen briodas - gyda help y cogudd Simon o westy Palé Hall.

Maen nhw hefyd yn rhoi cynnig ar dreialon cŵn defaid ar fferm Aled Owen sydd wedi bod yn bencampwr y byd treialon cŵn defaid ddwywaith - ac yn arwr i Alun.

Tybed oes modd cynnwys Aled a'i gŵn defaid yn nhrefniadau'r diwrnod mawr...? Bydd angen gwyllo **Priodas Pum Mil** i ddarganfod mwy ac am sawl sypreis arall sydd yn siŵr o wneud diwrnod mawr Shan ac Alun yn un i'w gofio i bawb.

**Priodas Pum Mil**

**Nos Sul 19 Chwefror 8.00, S4C**

**Isdeitlau Saesneg**

**Ar alw: S4C Clic, iPlayer a llwyfannau eraill**

**Cynhyrchiad Boom Cymru ar gyfer S4C**

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## Cocktails, coffee and sheepdogs!

This time, Trystan Ellis-Morris and Emma Walford are going to Llanuwchllyn, near Bala to help organise the wedding of Shan Ranson and Alun Jones in **Priodas Pum Mil**, Sunday 19 February on S4C.

The engaged couple farm on the hills near the village, with the help of their two children Ifan and Ana. The couple met at Cerrigydruddion Show dance and have been together nearly 30 years.

Shan, who works for a community housing company said: "Alun is a brilliant father, kind, patient and really laid back, I'd say."

"Shan is a beautiful girl, beautiful eyes," said Alun. "She's very organised – she keeps everything in order – she keeps me organised!"

But Shan and Alun won't be organising their wedding – that will be the responsibility of their friends and family – and Trystan and Emma, of course!

But the couple can make suggestions and share some of their wishes for the big day.

"I don't want anything too formal – I'd like something more rustic," said Shan. "Getting married in Llanuwchllyn chapel is important to Alun and therefore important to me."

Shan wants to make an impression on Alun on the day, so she agrees when Trystan suggests that she has a pamper session on the morning of the wedding.

"I want to go into the chapel and – I don't know if he will do this – but I'd like it if he turned round and said 'wow'! Or have tears in his eyes...," said Shan.

And what about some personal touches which will make their day unique and unforgettable?

Alun loves training sheepdogs and he starts every day with a cup of good coffee. Shan loves creating and tasting cocktails of all sorts - elements that the team of family and friends are keen to weave into the big day.

Trystan and Emma work hard as usual – this time the two have a go at making a wedding cake – with the help of chef Simon from the Palé Hall Hotel.

They also give sheepdog trialling a go on the farm of Aled Owen - two-time winner of the World Sheepdog Championships and one of Alun's all-time heroes.

Is there any way to include Aled and his sheepdogs in the plans for the big day?... Watch



**Priodas Pum Mil** to find out more about this and several other unexpected surprises which are sure to make Shan and Alun's wedding day one to remember for everybody.

**Priodas Pum Mil**

**Sunday 19 February 8.00, S4C**

**English subtitles available**

**On demand: S4C Clic, iPlayer and other platforms**

**A Boom Cymru production for S4C**