11.03.2022

Heledd Williams
Cyswllt Contact
Ffôn Phone
03305 880364

Erthygl i'r Wasg Press Release

Creu hanes wrth dorri recordiau byd

Roedd Dydd Gŵyl Dewi eleni yn ddiwrnod o ddathliad go anarferol i ambell Gymro a Chymraes – wrth iddyn nhw nodi'r achlysur drwy ymdrechu i dorri recordiau byd mawr a bach!

O dynnu bws deulawr 20 metr yn yr amser cyflymaf, sleisio'r nifer fwyaf o bitsas mewn 3 munud, a chelain-godi'r car trymaf mewn munud, cafwyd ymdrech i dorri 11 o recordiau byd swyddogol Guinness World Records ar ddydd ein Nawddsant.

Dyma'r drydedd flwyddyn yn olynol i S4C ymuno â Guinness World Records i arddangos doniau Cymru – ei phobl, ei diwylliant a'i balchder. Bydd yr holl gyffro i'w weld mewn rhaglen arbennig, **Guinness World Records Cymru 2022** nos Wener 25 Mawrth am 9.00.

Mae'n debyg bod sawl baner draig goch yn cael ei chwifio led led y wlad ar Fawrth y 1af, ond go brin bod golygfa mor drawiadol â'r un oedd ym Methesda, wrth i'r cyflwynydd teledu, yr anturiaethwraig ac athletwraig eithafol Lowri Morgan fynd ati i dorri record am ddadrolio'r faner fwyaf - 101.4m² ar wifren wib! Er mwyn cyflawni'r ymgais, roedd gofyn i Lowri ryddhau'r faner a'i dadrolio'n gyfan gwbl mewn dim mwy na 10 eiliad, a hynny wrth deithio ar wifren wib ar gyflymder o 70 milltir yr awr! Ac er gwaetha'r niwl a'r glaw rhewllyd i ychwanegu cymhlethdod i'r dasg, fe lwyddodd Lowri i dorri'r record heriol.

Sialens go anghyffredin oedd yn wynebu'r athletwr paralympaidd Aled Siôn Davies hefyd. Y dasg i'r gŵr sydd wedi ennill medal aur paralympaidd am daflu disgen oedd taflu iâr rwber y pellter mwyaf, a hynny yn y Ganolfan Athletau Dan Do Genedlaethol yng Nghaerdydd!

Ond cyn taflu'r iâr rwber, roedd her arall – sef taflu llyfr Guinness World Records.

"Dwi angen meddwl am y dechneg a siâp y llyfr," meddai Siôn yn y rhaglen, wrth iddo edrych ymlaen at y dasg o'i flaen. "Dwi'n meddwl byddai'n defnyddio'r un dechneg â discus gan fod y siâp rhywbeth yn debyg, a jest gweld sut mae'n mynd.

"Ond efo'r iâr rwber - dwi jest am ei daflu! Dwi erioed wedi taflu iâr rwber o'r blaen! 19.81m sydd raid iddo fynd. Sa i'n credu bydd e'n hedfan yn bell iawn, ond gawn ni weld!"

Felly tybed bu ymdrechion Siôn yn llwyddiannus? Bydd y cyfan i'w weld yn y rhaglen.

Yr ymdrechion Guinness World Records eraill fydd i'w gweld yn y rhaglen bydd:

- Codi'r pwysau mwyaf mewn munud gan ddefnyddio cerrig atlas (gwryw): Jason Jones

- Codi'r pwysau mwyaf mewn munud gan ddefnyddio cerrig (benyw): Jemma Stubbs

- Tynnu bws deulawr 20 metr yn yr amser cyflymaf (gwryw): Gareth Pugh

- Tynnu bws deulawr 20 metr yn yr amser cyflymaf (benyw): Nicky Walters

- Tynnu'r cerbyd trymaf (rhan uchaf y corff) (benyw): Nicky Walters

- Celain-godi'r car trymaf mewn munud (benyw): Jemma Stubbs

- Y flilltir gyflymaf yn rheoli pêl tenis: Josh Griffiths

- Sleisio'r nifer fwyaf o bitsas mewn 3 munud: Rory Coughlan-Allen

- Uwchlwytho'r nifer fwyaf o fideos o bobl yn canu'r un gân i Facebook a Twitter mewn awr: i ddathlu ei ben-blwydd yn 100 oed ar 25 Ionawr, ymunodd llawer o ysgolion, cymdeithasau, sêr Hollywood a phobl Cymru â'r dathlu, gan ganu'r anthem Hei Mr Urdd.

Guinness World Records Cymru 2022
Nos Wener 25 Mawrth 9.00, S4C
Isdeitlau Cymraeg a Saesneg
Ar alw: S4C Clic; BBC iPlayer a llwyfannau eraill
Cynhyrchiad Orchard ar gyfer S4C

11.03.2022

Heledd Williams
Cyswllt Contact
03305 880364

Erthygl i'r Wasg **Press Release**

Celebrating St David's Day in record-breaking fashion

This year's St David's Day was celebrated in rather an unusual way by a handful of Welshmen and women, as they attempted to break number of world records.

From pulling a 20 metre double-decker bus in the fastest time, slicing the largest number of pizzas in three minutes, and deadlifting the heaviest car in one minute, there were attempts to break 11 of Guinness World Records' official world records on St David's Day.

This is the third consecutive year that S4C has joined Guinness World Records to showcase Wales' talent - its people, its culture and its pride. All the excitement will be featured in a special programme, **Guinness World Records Cymru 2022** on Friday 25 March at 9.00.

Although draig goch (red dragon) flags were likely to be waved in abundance all over Wales on St David's Day, there was a spectacular scene in Bethesda as TV presenter, adventurer and extreme athlete Lowri Morgan set the record for the largest flag unfurled (a jaw-dropping 101.4m²) by zip wire! To complete the task, Lowri had to unleash and unfurl the flag in no more than 10 seconds, while traveling on a zip wire at a speed of 70 miles per hour! Despite fog and icy rain adding complexity to the task, Lowri managed to break the challenging record.

Paralympic athlete Aled Siôn Davies also faced a very unusual challenge. The task for the Paralympic gold medal-winning discus champion was to throw a rubber chicken as far as possible, at the National Indoor Athletics Centre in Cardiff.

But before chucking the chicken, there was another challenge - throwing the Guinness World Records book as far as he could.

"I need to think about the technique and the shape of the book," said Siôn, as he prepared for his attempt. "I think I'll use the same technique as I would with the discus, because it's a fairly similar shape, and we'll see how it goes.

"But with the rubber chicken – I'm just going to throw it! I've never chucked a rubber chicken before! It needs to go at least 19.81 metres. I don't think it'll fly very far, but we will see!"

Can Siôn add a chicken throwing world record to his long list of career achievements? All will be revealed in the programme.

The other Guinness World Record attempts we will see include:

- Most weight lifted by Atlas stone lifts in one minute (male): Jason Jones

- Most weight lifted by Atlas stone lifts in one minute (female): Jemma Stubbs

- Fastest time to pull a double decker bus 20 m (male): Gareth Pugh

- Fastest time to pull a double decker bus 20 m (female): Nicky Walters

- Heaviest vehicle pulled (upper body) (female): Nicky Walters

- Heaviest car deadlifted in one minute (female): Jemma Stubbs

- Fastest mile controlling a tennis ball : Josh Griffiths

- Most pizzas sliced in three minutes : Rory Coughlan-Allen

- Most videos of people singing the same song uploaded to Facebook and Twitter in one hour: To celebrate the 100th anniversary of Urdd Gobaith Cymru on January 25, many schools, societies, Hollywood stars and people across Wales and the world, joined in by singing the anthem Hei Mr Urdd.

Guinness World Records Cymru 2022
Friday 25 March, 9.00pm, S4C
English and Welsh subtitles available
On demand: S4C Clic, iPlayer and other platforms
An Orchard production for S4C