



1.04.2021

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## Erthygl i'r Wasg Press Release

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# Cais Shane Williams i gipio record byd ar gefn beic

Mae Shane Williams MBE, prif sgoriwr ceisiau Cymru, wedi troi ei law at gamp dra wahanol mewn ymgais i ennill teitl y Guinness World Records™ am ymweld â'r mwyaf o gestyll mewn wythnos, ar gefn beic.

Gwnaeth Shane feicio 736.71 milltir, dringo 47,491 troedfedd (sy'n fwy nag uchder Everest) ac ymweld â 50 o gestyll o amgylch Cymru fel rhan o'r her.

Dechreuodd Shane ei daith epig yng Ngharreg Cennen, Sir Gaerfyrddin. Daeth y daith i ben yng Nghastell cyfagos, Dinefwr, wythnos yn ddiweddarach ar Ddydd Gŵyl Dewi.

Ar ei ffordd, galwodd ar gestyll ar hyd a lled Cymru, o Fiwmares yn y gogledd i Gaerdydd yn y de, ac o Hwlfordd i Gas-gwent yn y dwyrain. Oherwydd y pandemig, roedd y cestyll i gyd wedi'u cau i'r cyhoedd.

Dywedodd Shane: "Am wythnos wych ond llafurus! Ac am antur ar drywydd hanes Cymru i geisio gosod record byd newydd. Roedd y gefnogaeth gan Guinness World Records, tîm Orchard, Cadw a holl berchnogion y cestyll yn aruthrol.

"Ro'n i ar feic mor newydd do'n i erioed wedi ei reidio o'r blaen. Er hynny, fe wnes i lwyddo i fwrw record bersonol un diwrnod, trwy feicio 125 milltir. Ond do'n i ddim mor hapus pan oedd rhaid i mi ail-wneud ellytydd gyda graddiannau o 40% pan anghofiais ddechrau y Garmin!

"Yn bendant roedd rhannau o'r daith yn fythgofiadwy. Fe wnes i ddathlu fy mhen-blwydd yn 44 gyda chacen y tu allan i Gastell Harlech; mi wnes i fwyta cymaint o *Mint Aeros* dros yr wythnos, falle mod i wedi torri y record y byd am hynny hefyd; ces i gwrdd â'r Maer yn Arberth; a gwyllo ail hanner y gêm rygbi pan gipiodd Cymru y Goron Driphlyg yng nghanol prydfferthwch Gwbert.

"Yn fwy na dim, ces i fy atgoffa o harddwch ein gwlad. Ond pam o pam mae'n rhaid i ni roi ein cestyll ar ben bryniau mor serth?!".

Unwaith eto, dathlwyd Dydd Gŵyl Dewi gyda nifer o ymdrechion Cymreig unigryw i dorri recordiau a gydnabuwyd gan ddyfarnwyr *Guinness World Records* fel 'rhyfeddol'.



Mae'r bartneriaeth rhwng S4C a Grŵp Cyfryngau a Digwyddiadau Orchard wedi dod â Chymru a'r Gymraeg i gynulleidfa o filiynau ledled y byd trwy amryw o lwyfannau cymdeithasol gan gynnwys TikTok ac Instagram.

A lwyddodd Shane i ennill lle yn rhifyn 2022 o'r llyfr Guinness World Records? Bydd rhaid gwyllo **Shane: Torri Record Byd Guinness**, ar S4C nos Iau, 15 Ebrill am 9.00.

Mae rhaglen arall sy'n cofnodi'r holl ymdrechion i dorri recordiau byd Guinness eleni, **Guinness World Records Cymru**, ar gael ar S4C Clic.

**Shane: Torri Record Byd Guinness**

**Dydd Iau 15 Ebrill, 9.00**

**Isdeitlau Saesneg**

**Ar S4C Clic, BBC iPlayer a llwyfannau eraill**

**Cynhyrchiad Orchard ar gyfer S4C**



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## Shane Williams gets on his bike for Guinness World Record try

Shane Williams MBE, Wales's leading try scorer, has turned his hand to a different sport in a bid to win the Guinness World Records™ title for Most castles visited in one week by bicycle.

Shane rode 736.71 miles, climbed 47,491 feet (more than the height of Everest) and visited 50 castles around Wales as part of the challenge.

His epic journey began in Carreg Cennen, Carmarthenshire and ended at nearby Dinefwr Castle a week later, on St David's Day.

On his way, he called in to castles all over Wales, from Beaumaris in the north to Cardiff in the south, from Haverfordwest to Chepstow in the east. All castles were closed to the public due to the pandemic.

Shane said: "What a fantastic but arduous week! I had an adventure through the history of Wales to try and set a new world record. The support from Guinness World Records, the Orchard team, Cadw and all owners of the castles was immense.

"I was on a bike so new, I hadn't ridden it before. Even so, I managed to clock up a personal best by cycling 125 miles in one day, but I wasn't so happy when I had to repeat hills with 40% gradients when I forgot to start my Garmin!

"Parts of the trip were absolutely unforgettable. I celebrated my 44th birthday with a cake outside Harlech Castle; I must surely have broken the world record for eating Mint Aeros over the week; I met the mayor in Narberth; and got to watch the second half of Wales bagging the Triple Crown in the beautiful surroundings of Gwbert.

"Most of all, I was reminded of how beautifully stunning this country is. I just don't get why we had to put our castles on top of such steep hills!"

Once again, St David's Day was celebrated with a number of unique Welsh record-breaking efforts recognized by Guinness World Records officials as 'officially amazing'.



The partnership between S4C and the Orchard Media and Events Group has brought Wales and the Welsh language to an audience of millions worldwide through various social platforms including TikTok and Instagram.

Did Shane manage win a place in the 2022 edition of the Guinness World Records book? Watch **Shane: Torri Record Byd Guinness**, on S4C on Thursday, April 15 at 9.00 to find out.

Another programme highlighting all Welsh efforts to break Guinness World Records this year, **Guinness World Records Cymru**, is available on S4C Clic.

**Shane: Torri Record Byd Guinness**

**Thursday 15 April, 9.00**

**English subtitles available**

**On S4C Clic, BBC iPlayer and other platforms**

**An Orchard production for S4C**