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Erthygl i'r Wasg **Press Release**

Cyfle unigryw i ddod i nabod sêr Cymru yng Ngemau'r Gymanwlad

Bydd 201 o athletwyr yn cynrychioli Cymru mewn 15 camp wahanol yng Ngemau'r Gymanwlad yn Birmingham dros yr wythnosau nesaf. Ac mewn rhaglen ddogfen arbennig ar S4C, bydd cyfle unigryw i ddod i nabod pum aelod gwahanol o'r tîm, wrth iddyn nhw baratoi i gynrychioli eu gwlad.

Yn **Birmingham 2022: Cymry'r Gemau**, sy'n cael ei ddangos nos Fawrth 26 Gorffennaf am 9.00yh, cawn olwg ar fywydau'r taflwr disgen Aled Siôn Davies, y triathletwr Non Stanford, yr efeilliaid sy'n cystadlu yn y bocsio, Garan ac Ioan Croft, a'r bowlwraig lawnt a Chapten Tîm Cymru, Anwen Butten.

O'r cystadlu, i'r teithio a'r oriau o hyfforddi bob wythnos, byddwn ni'n gweld yr ymroddiad sydd angen i gyrraedd y lefel uchaf ac yn clywed beth sydd yn eu hysbrydoli i gyrraedd eu nod.

Bydd Anwen Butten, o Lambed, yn cynrychioli Cymru ym mowlio lawnt am y chweched tro eleni - y fenyw gyntaf i gyrraedd y nod arbennig yma. Yn gweithio'n llawn amser fel nyrs arbenigol i gleifion sy'n dioddef o ganser y pen a'r gwddf, mae bowlio yn cynnig dihangfa i Anwen. Ac yn y ffilm, cawn weld y foment pan mae hi'n darganfod ei bod wedi ei dewis fel Capten ar dîm Cymru yn Birmingham.

"Fi byth wedi meddwl byddwn i'n gapten," meddai Anwen. "Fi just yn troi lan a chwarae bowls a neud y gorau i Gymru. Doeddwn i byth, byth yn meddwl y byddwn i wedi cael y clod a'r fraint o fod yn gapten.

"Y nod yn bendant yw cael medal aur. Mae siawns 'da fi i gael dwy fedal aur a dyna fyddai'r pinacl. Dwi just moyn gwneud y gorau dros Gymru a bod ni fel tîm yn gwneud Cymru yn browd."

Mae Aled Siôn Davies wedi ennill Pencampwriaeth y Byd saith gwaith, Pencampwriaeth Ewrop wyth gwaith, a Gemau'r Paralympaidd tair gwaith. Ond mae 'na un gystadleuaeth mae'r taflwr disgen adnabyddus o Ben-y-bont heb ei hennill – medal aur yng Ngemau'r Gymanwlad. Roedd Aled yn gapten ar dîm Cymru yn Glasgow yn 2014, ond mae'r siom o fethu allan ar y fedal aur yn ei yrru ymlaen nawr.

Meddai Aled: "Roedd bod yn gapten yn rhywbeth anhygoel, a rhywbeth sydd mor agos at fy nghalon. Oeddwn i eisiau mynd a dangos i bawb, *lead by example*, felly roedd 'na lot o bwysau arnaf i. Roedd pawb yn rhoi'r medal rownd fy ngwddf cyn mynd ar yr awyren yna.

"Ond pan orffennais i yn ail yn Glasgow, fi’n gweld hynny fel colli achos fi oedd rhif un yn y byd. Oeddwn i hefo popeth i ennill y gystadleuaeth yna, ond y peth wnaeth adael fi i lawr oedd fy hunain a chredu doedd neb yn gallu curo fi. Nawr, fi yn y siâp gorau erioed, fi’n mynd yna i dorri record y byd mewn crys Cymru."

Yn cystadlu am y tro cyntaf eleni yn y sgwâr bocsio bydd yr efeilliaid o Grymych, Ioan a Garan Croft. Mae’r ddau wedi bod yn bocsio ers yn chwech oed a bellach yn cystadlu dros Brydain a Chymru ar draws Ewrop. Ond gydag Ioan yn cystadlu yn y pwysau welter a Garan ym mhwysau canol ysgafn, fydd y ddau ddim yn paffio yn erbyn ei gilydd - ac am reswm da.

Meddai Ioan: "Da ni’n gwneud popeth gyda’n gilydd. Ymarfer, teithio, byw, bwyta. Yr unig beth ni heb wneud yw bocsio’n gystadleuol yn erbyn ein gilydd. Mae hynny’n un peth fydd byth yn digwydd achos fydd mam yn siŵr o byth siarad ‘da ni eto!

"Mae ‘da ni siawns i ddangos i bawb beth ni’n gallu gwneud. Bydd clywed yr anthem yn Birmingham yn anhygoel."

Ac yn cystadlu yng Ngemau’r Gymanwlad am y tro olaf bydd y triathletwr, Non Stanford. Mewn gyrfa lwyddiannus iawn, mae Non wedi ennill Pencampwriaeth Triathlon y Byd, wedi cystadlu mewn Gemau Olympaidd a bod yn gapten ar Gymru yng Ngemau’r Gymanwlad yr Arfordir Aur yn 2018. Ond mae gan gemau eleni arwyddocâd personol mawr i Non.

"Mae triathlon yn *absolutely bonkers*," meddai Non. "Mae’n *bonkers* achos mae’n rili hir. Dyw e ddim yn job, mae e’n *lifestyle*.

"Es i brifysgol yn Birmingham felly dwi’n rili gyffrous i fynd nôl. Dyna ble ddechreuais i triathlon, nol yn 2009, felly mae’n teimlo fel *full circle* i fynd yn ôl a chynrychioli Cymru yno yng Ngemau’r Gymanwlad. Rwy’n gobeithio cael medal yno i gael y stori berffaith."

Cymry’r Gemau
Nos Fawrth 26 Gorffennaf, 9.00 S4C
Isdeitlau Saesneg
Ar alw: S4C Clic, iPlayer a llwyfannau eraill
Cynhyrchiad Orchard ar gyfer S4C

13.07.2022

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Erthygl i'r Wasg **Press Release**

An opportunity to get to know Wales's Commonwealth Games stars

201 athletes will represent Wales in 15 different sports over the next few weeks at the 2022 Commonwealth Games in Birmingham. A special S4C documentary will offer the chance to get to know five different members of the team as they prepare to represent their country.

In **Birmingham 2022: Cymry'r Gemau**, which will be shown at 9.00pm on Tuesday 26 July, we'll get a glimpse into the lives of discus thrower Aled Siôn Davies, triathlete Non Stanford, boxing twins Garan and Ioan Croft and Team Wales captain, lawn bowler Anwen Butten.

From competing, to travelling and the hours of training each week, we'll see the dedication required to reach the elite level of sport, and hear about what motivates the athletes to devote their lives to reaching their goals.

Anwen Butten, from Lampeter, is representing Wales in lawn bowls for the sixth time this year – the first female to reach this special milestone. Working full time as a specialist nurse treating patients with cancer of the head and neck, bowls serves as a passion and an escape for Anwen. And in the film, we will see the moment when she discovers that she has been picked as Captain of Team Wales in Birmingham.

"I never, ever thought I would be captain," said Anwen. "I just turn up, play bowls and do my best for Wales. Not in my wildest dreams did I think I would have the honour and privilege of being the captain.

"The target is to win a gold medal. I have a chance of winning two gold medals, and that would be the pinnacle. I just want to do my best for Wales and for us, as a team, to make Wales proud."

Aled Siôn Davies is a seven-time World champion, eight-time European champion and three-time Paralympic champion. But there is one competition the famous discus thrower from Bridgend has not won – a gold medal at the Commonwealth Games. Aled was captain of Wales in Glasgow in 2014, but the disappointment of losing out on gold is what drives him now.

Aled said: "Being captain was unbelievable, and something that's so close to my heart. I wanted to show everyone and lead by example, so there was a lot of pressure on me. Everyone put the medal around my neck before we'd even got on the plane.

"But when I came second in Glasgow, I saw that as a defeat because I was the world number one. I had everything I needed to win that competition, but what let me down was myself, and

thinking that no one could beat me. Now, I'm in the best shape I've ever been and I'm going there to break a world record in a Wales jersey."

Competing for the first time in the boxing ring this year are twins from Crymych, Ioan and Garan Croft. Both have been boxing since the age of six and now represent Wales and Great Britain across Europe. But with Ioan competing as a welterweight and Garan as a light-middleweight, the brothers will not face up against each other – and for good reason.

Ioan said: "We do everything together. Training, travelling, living, eating. The only thing we haven't done is box competitively against each other. That's one thing that will never happen because our mum will never speak to us again!

"We have a chance now to show people what we can do. Hearing the anthem in Birmingham will be incredible."

And competing in the Games for the last time will be triathlete, Non Stanford. During a very successful career, Non has won the World Triathlon Series, competed in the Olympic Games and been the captain of Wales at the 2018 Gold Coast Commonwealth Games. But this year's games have a special personal significance for Non.

"Triathlon is absolutely bonkers," said Non. "It's bonkers because it's really long. It's not a job, it's a lifestyle.

"I went to university in Birmingham, so I'm really excited to go back. That's where I started triathlon in 2009, so it feels like it'll come full circle for me when I represent Wales at the Commonwealth, I hope I can get a medal there to complete the perfect story."

Cymry'r Gemau
Tuesday 26 July, 9.00
English Subtitles
On demand: S4C Clic, iPlayer and other platforms
An Orchard production for S4C