28.07.2022

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Erthygl i'r Wasg **Press Release**

Pwy ydi'r Cymro Cryfa'?

Fe ddaeth rai o gewri mwyaf nerthol Cymru at ei gilydd yn ddiweddar i frwydro yng nghystadleuaeth Y Cymro Cryfa' - ond pwy lwyddodd i hawlio'r teitl mawreddog hwnnw?

Stadiwm Rhyngwladol Caerdydd oedd y lleoliad ble fu rai o ddynion a merched cryfaf y wlad yn cystadlu ym mhencampwriaethau **Y Cymro Cryfa'** a'r **Cymraes Cryfa'**. Bydd modd gwylio uchafbwyntiau'r ddwy gystadleuaeth ar alw ar S4C Clic, gyda **Y Cymro Cryfa'** hefyd i'w gweld ar S4C, am 7.30yh ar nos Sadwrn 6 Awst. Owain Gwynedd a Rae Carpenter fydd yn cyflwyno'r rhaglenni, yng nghwmni'r arbenigwr codi pwysau, Hywel Griffiths.

O dynnu loris naw tunnell i fflipio teiars sy'n pwyso'n fwy na phiano cyngerdd, fe geisiodd y dynion brofi pob elfen o'u cryfder corfforol mewn pum her amrywiol.

Ymhlith y dwsin yn cystadlu am y goron roedd cyn bencampwyr Cymru, Matt Diamond a Mark Jeanes, ac enwau cyfarwydd ar y gylchdaith *strongman* megis Desmond Gahan, David Ramplee a Luke Sperduti. Yn ogystal â'r darian, bydd tri uchaf y gystadleuaeth yn cael y cyfle i gynrychioli Cymru yng nghystadleuaeth Prydeiniwr Cryfa' ym Milton Keynes.

Meddai Owain Gwynedd: "Roedd o'n gystadleuaeth glos hyd at yr her olaf ac roedd sawl dyn efo cyfle da i ennill y bencampwriaeth. Mae safon y gystadleuaeth yn syfrdanol ac mae'r dynion 'ma yn gewri, sydd wedi cael ei hadeiladu i godi pwysau anferthol. Dwyt ti ddim yn sylweddoli pa mor gryf â pha mor fawr ydyn nhw, nes bo ti'n sefyll wrth ymyl nhw. Dw i ddim yn foi bach, ond mi oedan nhw'n taflu cysgod arnaf i!"

"Pan ti'n gweld nhw'n codi *dumb bell* sy'n pwyso 90 cilogram - neu dros 14 stôn - uwch eu pennau efo un llaw, ti'n meddwl i dy hun, 'OMB, fyswn i prin yn gallu codi hwnna oddi ar y llawr!' Maen nhw'n fflipio teiars sy'n pwyso dros 400 cilogram, neu dynnu loris sy'n pwyso wyth tunnell a hanner. Mae'n anodd rhoi cyd-destun i beth maen nhw'n gallu gwneud, ond dwi'n siŵr fydda person arferol yn methu wir a symud y lori o gwbl. Maen nhw'n *superhuman* i ddweud y gwir."

Cymro Cryfa'
Nos Sadwrn 6 Awst, 7.30, S4C
Isdeitlau Saesneg
Ar alw: S4C Clic, iPlayer a llwyfannau eraill
Cynhyrchiad Tinopolis ar gyfer S4C

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Erthygl i'r Wasg **Press Release**

Who is Wales' Strongest Man?

Some of the nation's most powerful specimens recently battled for the right to call themselves Wales's Strongest Man – but who won the coveted title?

The country's leading strong men and women came together at Cardiff International Stadium to compete in **Wales' Strongest Man** and **Wales' Strongest Woman** competitions. Highlights of both will be available to watch on demand on S4C Clic, with Cymro Cryfa' (Wales' Strongest Man) also being televised at 7.30pm on Saturday 6 August, on S4C, with English subtitles available. Owain Gwynedd and Rae Carpenter will host both shows, alongside weight-lifting expert Hywel Griffiths.

From pulling nine-tonne lorries to flipping tyres weighing more than a grand piano, all 12 men in the competition aimed to prove their all-round strength in five different challenges.

Among those competing were former Wales' Strongest Men, Matt Diamond and Mark Jeanes, as well as some familiar names on the strongman circuit, including Desmond Gahan, David Ramplee and Luke Sperduti. As well as claiming the trophy, the top three competitors would also represent Wales at the UK's Ultimate Strong Man competition in Milton Keynes.

Owain Gwynedd said: "It was such a tight contest, even to the final challenge, and there were a few men in with a shout of winning the competition. The standard of the competition is extraordinary and the men are giants who are just built for lifting huge weights. You don't realise how big and strong they are until you stand next to them. I'm not a small person, but they were casting a shadow over me!

"When you see them lifting a dumb bell weighing 90kg – or over 14 stone – above their heads with one hand, you think 'oh my gosh, I could barely even lift that off the ground! They are flipping tyres weighing more than 400kg and pulling nine-tonne lorries. It's hard to put into perspective what they are achieving, but a normal human being would have no chance of moving the lorry even an inch. They are superhuman, to be honest."

Cymro Cryfa'
Saturday 6 August 7.30, S4C
English Subtitles
On demand: S4C Clic, iPlayer and other platforms
A Tinopolis production for S4C