19.01.2023

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Erthygl i'r Wasg **Press Release**

Carwyn Jones yn edrych ar ddylanwad y bêl hirgron ar Gymru

Bydd cyn-Brif Weinidog Cymru Carwyn Jones yn ein tywys drwy hanes rygbi ein cenedl mewn cyfres newydd ar S4C.

Dros bedair pennod y gyfres, **Rygbi Cymru: Y Gêm yn y Gwaed**, byddwn yn clywed am y dylanwad pellgyrhaeddol a gafodd y bêl hirgron ar gymdeithas Cymru; o gyflwyniad y gamp i Gymru ddiwydiannol yn y 19eg ganrif, i sawl oes aur y tîm cenedlaethol, ac ymlaen i'r diwrnod presennol yn yr oes broffesiynol.

Ym mhennod olaf y gyfres fe fydd Jones, sydd yn gefnogwyr brwd o Glwb Pen-y-bont, yn siarad gyda llu o gyn-chwaraewyr rhyngwladol Cymru i glywed am eu profiadau yn y crys coch.

Bydd y bennod yn cael ei dangos ar Nos Fawrth 31 Ionawr am 9.00yh ar S4C, gyda phob pennod ar gael i'w gwylio ar S4C Clic a BBC iPlayer.

Meddai Carwyn Jones: "Mae hon yn gyfres sy'n sôn am hanes diwydiannol, yn ne Cymru yn enwedig, ac yn dod i ddeall mwy am beth oedd yn effeithio ar gymdeithas dros y ganrif ddiwethaf a'r un cyn hynny. Mae'n beth da dros ben i glywed straeon wrth bobl sydd wedi bod ar y cae, a chlywed am eu profiadau hefyd, ynglŷn â sut newidiodd y gêm dros y blynydde. A gyda phobl fel Jonathan Davies, clywed am y penderfyniadau wnaethon nhw yn eu gyrfaoedd nhw."

Ymysg gwesteion y bennod olaf mae Sam Warburton - capten Cymru yn ystod cyfnod cyntaf Warren Gatland fel hyfforddwr. Gyda Warburton yn arwain o'r blaen, fe lwyddodd Cymru i ennill dwy bencampwriaeth y Chwe Gwlad, un Gamp Lawn, a chyrraedd rownd gynderfynol Cwpan y Byd 2011. Ond yn y gêm hollbwysig yno yn erbyn Ffrainc, cafodd byd y blaenasgellwr pwerus ei droi ar ei phen, wrth iddo dderbyn cerdyn coch am dacl beryglus ar Vincent Clerc.

Meddai Warburton: "Ro'n i'n *gutted*, doeddwn i ddim eisiau dod gartref. Roeddwn i'n meddwl fod pobl yn mynd i nghasáu i, ac roeddwn i'n cwestiynu a fuaswn i byth yn cael chwarae i Gymru eto. Cyrhaeddais gartref, ac roedd hen fenywod yn dod ata'i yn yr archfarchnad, yn rhoi cwtsh i mi ac yn mynnu nad oeddwn i'n haeddu cerdyn coch. Tase rhywun yn dweud wrthoch chi y byddwch chi'n gapten ar Gymru yn 23 mlwydd oed ac yn derbyn cerdyn coch mewn gêm mor fawr, ond yn cyrraedd gartref yn arwr - sut mae hynny'n gweithio?

"Dim yn hir ar ôl Cwpan y Byd, bu farw fy nhad-cu ac fe wnaeth hynny wneud i mi sylweddoli fod pethau pwysicach yn y byd i boeni am na cherdyn coch. Er mor ddrwg oedd y foment yna,

ac er faint dw i yn ei ddifaru, mae teulu ac iechyd yn llawer iawn bwysicach, ac fe wnaeth hynny helpu rhoi'r holl beth mewn persbectif i mi."

Er mai Warburton oedd y capten yn ystod cyfnod llwyddiannus Cymru dan Gatland, mae'n mynnu na fyddai'r llwyddiant wedi dod heb gyfraniad sawl un o'i gyd-chwaraewyr.

"Fi oedd capten Cymru yn ystod y cyfnod yna," ychwanega Sam, "ond Alun Wyn Jones oedd arweinydd Cymru. Fi oedd y capten, o safbwynt tactegol, technegol, a fi oedd yn gweithio fwyaf gyda'r hyfforddwyr, ond roedd pobl fel Alun Wyn, Gethin Jenkins a Jamie Roberts yn gewri ar y cae, wrth wneud penderfyniadau, ac oddi arno hefyd. Rwy'n edrych nôl ar fy nghyfnod mewn crys Cymru ac mi ro'n i'n ffodus iawn i gael rhywun fel Alun Wyn gyda fi yn yr ystafell newid."

Rygbi Cymru: Y Gêm yn y Gwaed
Nos Fawrth 31 Ionawr 9.00, S4C
Isdeitlau Saesneg
Ar alw: S4C Clic, iPlayer a llwyfannau eraill
Cynhyrchiad Boom Cymru ar gyfer S4C

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Erthygl i'r Wasg **Press Release**

Carwyn Jones takes us on a journey through the history of rugby in Wales

Former Wales First Minister Carwyn Jones takes us on a journey through the dramatic history of Welsh rugby in a new S4C four-part series.

Rygbi Cymru: Y Gêm yn y Gwaed (Welsh Rugby: In the Blood) looks at the profound impact of the oval ball on the fabric of Welsh society; from the sport's introduction in Wales in the 19th century, to the various golden ages of the national team, through to the present day.

In the last episode, Jones - a lifelong Bridgend Ravens supporter - will speak with a host of current and former Welsh internationals to hear about their experiences in the red jersey. The episode will be shown on Tuesday 31 January at 9.00pm on S4C, with all episodes also available to watch on demand on S4C Clic and BBC iPlayer. English subtitles are available.

Carwyn Jones said: "This is a series which looks at our industrial past, particularly in south Wales, and it looks at what our society looked like over the past two centuries.

"It was fascinating to hear the stories of the people who have been on the pitch, hearing about their experiences and their perspective on how the game has changed over the years. And with people like Jonathan Davies, I wanted to ask them about some of the decisions they made during their career."

Among the guests in the final episode is Sam Warburton, Wales captain during Warren Gatland's successful first reign as national coach. Under his captaincy, Wales won two Six Nations titles, one grand slam, and they managed to reach the semi-final of the 2011 World Cup. However, it is in that all-important match, against France, where Warburton's world was turned on its head, when he was sent off for committing a dangerous tackle on Vincent Clerc.

Warburton said: "I was gutted, I didn't want to come home, I thought people were going to hate me and I was going to be a villain. Am I going to play for Wales again? I got back home, and in the supermarket I remember elderly women coming up to me, hugging me and consoling me, saying it was never a red card. If someone said you're going to get sent off as a 23 year-old captain and come back a national hero…how does that work?

"Not long after I got home from the World Cup, my grandad passed away and it made me realise that there's more important things in life to worry about than a red card. As bad as it was and as sorry as I was that it happened, family and health is way more important, and that kind of put it to bed."

Although Warburton was Gatland's skipper, there is one team-mate in particular who he believes had a major influence on the team's successes during that time.

"I might have been Wales captain at that time," added Sam, "but I think Alun Wyn Jones was the Wales leader. I was the captain on the pitch, tactical, technical, working with the coaches in the working week, but without players like Alun Wyn, Gethin Jenkins and Jamie Roberts, these guys were enormous figures on the pitch, when we're making decisions, but off the field as well, culturally, in training. I look back on my time in a Wales shirt and I was very lucky to have someone like Alun Wyn Jones in the dressing room with me."

Rygbi Cymru: Y Gêm yn y Gwaed
Tuesday 31 January, 9.00
English Subtitles
On demand: S4C Clic, iPlayer and other platforms
A Boom Cymru production for S4C