06.02.2020

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Erthygl i'r Wasg **Press Release**

A fydd 2020 yn flwyddyn arbennig i Sophie Ingle?

Fe allai 2020 fod yn flwyddyn arbennig i gapten Cymru, Sophie Ingle.

Mae'r cochion mewn safle cadarn yn eu grwp rhagbrofol UEFA Euro 2021, wrth iddynt geisio cyrraedd rowndiau terfynol cystadleuaeth rhyngwladol yn nhro gyntaf yn hanes y wlad. Yn ogystal â hynny, mae ei chlwb, Chelsea, yn chwarae'n dda wrth iddynt frwydro i ennill pencampwriaeth WSL Lloegr.

Heb os, mi allai'r misoedd nesaf fod yn rhai fydd yn diffinio gweddill ei gyrfa - ond dyw'r chwaraewr 27 oed, sy'n hanu o Benarth - ddim i'w weld yn teimlo'r pwysau. Mewn cyfweliad gyda **Mwy o Sgorio**, fydd yn cael ei ddangos ar nos Fercher 19 Chwefror ar S4C, fydd Sophie yn trafod, ymysg sawl peth, yr awyrgylch ymysg carfan Cymru a'r teimlad o dderbyn canmoliaeth gan ymosodwr chwedlonol Chelsea, Didier Drogba.

Ar ôl gadael Caerdydd er mwyn arwyddo gyda Chelsea yn 2012, fe ail-ymunodd Sophie â'r tîm o orllewin Lundain yn 2018 ar ôl gadael Lerpwl. Yn ei thymor cyntaf y llynedd, gafodd Ingle ei dewis fel chwaraewr y flwyddyn gan ei chyd-chwaraewyr, ac mae hi wedi dechrau'r tymor hon yn dda, gan sgorio pedair gôl o ganol cae mewn 13 ymddangosiad.

Meddai Sophie: "Roedd ennill chwaraewr y flwyddyn gan fy nghyd-chwaraewyr yn sioc fawr. Doeddwn i ddim yn disgwyl ennill math wobr yn fy nhymor cyntaf yn ôl. Roedd rhaid i mi roi araith fach ar ôl iddyn nhw gyhoeddi fi fel enillydd, a nes i ddim mwynhau gwneud hynny! Mae'n well gen i wneud fy siarad ar y cae.

Y tymor hwn, mae'n gystadleuol ar frig y tabl, ond mae'n anodd ac mae 'na sawl gêm fawr ar ôl i'w chwarae. Ry'n ni'n chwarae yn erbyn Man City (arweinwyr y gynghrair yn bresennol) mewn ychydig o wythnosau ac mi fydd hwnnw'n gêm dynn."

Hanner ffordd drwy ymgyrch ragbrofol UEFA Ewro 2021, mae Cymru yn ail yng ngrŵp C y tu ôl Norwy. Gyda phedair gêm yn weddill, gan gynnwys dwy gêm fawr ym mis Ebrill, mae Ingle yn hyderus fod cyrraedd y rowndiau terfynol, sydd i'w cynnal yn Lloegr, o fewn eu gafael.

"Rydym ni mewn sefyllfa dda," ychwanegodd. "Gawsom ddwy gêm yn erbyn Gogledd Iwerddon, felly doedd hynny ddim yn ddelfrydol, ond ry'n ni'n dal heb golli, ac ry'n ni ar y trywydd iawn i gyrraedd y man hoffwn ni fod."

"Mae Ebrill am fod yn fis mawr gyda gemau yn erbyn Ynysoedd Ffaro a Norwy gartref. Gobeithio y gallwn ni hel torfeydd i gefnogi. Byddai cyrraedd yr Ewros yn aruthrol. Dy'n ni erioed wedi gwneud hynny o'r blaen, ond dwi'n credu bod timau'n dechrau clywed amdanom ni.

Mae am fod yn heriol, ond mae rhaid i ni gael ffydd. Os llwyddwn ni, mi fyddai hynny'n arbennig i bêl-droed merched yng Nghymru."

Mwy o Sgorio
Nos Fercher 19 Chwefror, 10.00pm
Isdeitlau Saesneg ar gael
Ar alw: S4C Clic, iPlayer a phlatfformau eraill
Cynhyrchiad Rondo Media ar gyfer S4C

S4C

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Erthygl i'r Wasg **Press Release**

Will 2020 be a special year for Wales captain Sophie Ingle?

2020 could prove to be a very special year for Wales captain Sophie Ingle.

With her country well positioned in their bid to qualify for their first ever major tournament and her club Chelsea, firmly among the front-runners for the English WSL title, the next few months could be career defining. But the 27-year old from Penarth seemingly feels no pressure.

In an interview with S4C's **Mwy o Sgorio**, to be televised on Wednesday 19 February, Ingle speaks about the feeling in the Wales camp, how playing for a boys' team helped her as a young footballer, and being given the stamp-of-approval by none other than Chelsea legend Didier Drogba.

Having signed for Chelsea from Cardiff City in 2012, Ingle re-joined the Blues from Liverpool in 2018, and has become an important part of the team. Last year, she was voted the player's player at the club's end-of-season awards and this year she has so far scored four goals in 13 appearances from midfield.

Sophie said: "Winning the player's player award last season was a big shock. It was my first season back at Chelsea and I didn't expect to get an award, especially from my team mates. I had to do a little speech when they announced it, which I didn't really like! I prefer to do my talking on the pitch.

"This season, it's competitive at the top of the league but it's tough and we've got a few big games left to play. We've got Man City (current WSL leaders) in a few weeks' time and that'll probably be a nail-biter."

At the halfway stage of the UEFA Euro 2021 qualifying campaign, Wales lie second in group C behind leaders Norway. With four games remaining, including a crucial home double-header in April, the Dragons skipper is confident of the team's chances of reaching the finals, which will be held in England.

"We're in a good position," she added. "We got two draws against Northern Ireland so that wasn't ideal, but we still haven't lost and we're still on track to where we want to be.

"April's a big one, with the Faroe Islands and Norway at home and hopefully we can pack out the crowds. It would be massive for us to qualify. We've never done it before and I think slowly now that teams are starting to know who we are and where we're from.

"It's going to be a tough, tough ask but we've just got to keep believing and if we do get there, it's going to be amazing for the women's game in Wales."

Mwy o Sgorio
Wednesday 19 February, 10.00pm
English subtitles available
On demand at: S4C Clic, iPlayer and other platforms
A Rondo Media production for S4C