09.04.2020

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Erthygl i'r Wasg Press Article

Y merched bocsio sy'n gwrthod cael eu cornelu

Beth sydd gan Tamlyn o Bort Talbot, Nikkeisha (Keisha) o Fforestfach ger Abertawe a Pippa o Aberystwyth yn gyffredin?

Maent i gyd yn ferched ifanc sy'n benderfynol o lwyddo ym myd bocsio trwy ymrwymo i amserlen hyfforddi llawn a llym. Bydd **DRYCH: Bocsio Merched** yn darganfod beth sy'n ysbrydoli'r dair mewn dogfen ddwys a gafaelgar fydd ar S4C am 9.00 nos Sul 19 Ebrill.

"Sai'n neud e i ddangos fy hun i neb, dwi jyst yn neud e i ddangos faint rwy'n gallu pwsio fy hun heb roi lan. Dwi'n neud e er mwyn ceisio profi fy hun, i fi" meddai Pippa, sydd yn 17 oed ac wedi bod yn paffio ers bron i dair mlynedd bellach.

Wrth ddilyn Tamlyn, Keisha a Pippa, profwn yr ewfforia maent yn gael wrth hyfforddi, yn ogystal â'r siom enbyd o golli gornest. Gwelwn uchelgais a phenderfyniad wrth iddynt gamu mewn i'r ring. Mae hyn i gyd yn creu darlun o sut mae ymgolli yn y gamp yn galluogi'r merched i anghofio am broblemau bywyd dyddiol.

Mae'r rhaglen hefyd yn codi cwr y llen ar yr anfanteision a'r problemau sy'n wynebu merched sy'n bocsio.

"Does dim digon o ferched yn Nghymru i ymladd. Yn Lloegr, mae nhw'n gallu cael ffeit pob wythnos ond yma yng Nghymru, ma merched yn cal pump ffeit y blwyddyn, neu llai," eglura Keisha.

"Mae hynny hefyd yn meddwl os chi yn cal cynnig ffeit, ti'n gorfod gwneud e."

Mae hyn yn amlwg yn heriol, gan ei fod yn ran annatod o ddysgu, datblygu a phrofi llwyddiant. Er gwaetha hyn, mae un peth yn amlwg, nid oes un ohonynt am roi'r gorau iddi ac maent i gyd yn angerddol am y gamp ac am y teulu newydd sydd ganddynt yn y gampfa.

Ond beth yw gwir ystyr llwyddiant i Tamlyn, Keisha a Pippa? Curo mewn gornest mawr fel *Welsh Fest*, neu goroesi eu brwydrau personol trwy hyfforddi a chadw'r meddwl yn iach?

Bydd **DRYCH: Bocsio Merched** yn ein gadael mewn i gornel y merched ysbrydoledig yma. Dyma'r bennod olaf yn y gyfres ddiweddara o **DRYCH**; rhaglenni dogfen gafaelgar sy'n adlewyrchu bywyd yng Nghymru heddiw.

DRYCH: Bocsio Merched
Nos Sul, 19 Ebrill am 9.00, S4C
Isdeitlau Saesneg
Ar gael ar alw ar S4C Clic, BBC iPlayer a llwyfannau eraill
Cynhyrchiad Zwwm ar gyfer S4C

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Erthygl i'r Wasg Press Article

The female boxers who refuse to be cornered

What do Tamlyn from Port Talbot, Nikkeisha (Keisha) from Fforestfach near Swansea and Pippa from Aberystwyth have in common?

They are all young women with their sights set on boxing success by committing to a tough training schedule. **DRYCH: Merched Bocsio** (Boxing Women) discovers what motivates them in an intense and compelling documentary that will be shown on S4C at 9.00 on Sunday 19 April.

“I don't box to show off, I do it to see how much I can push myself without giving up. I’m just trying to prove myself, to me" said Pippa, who is 17 years-old and has been boxing for almost three years.

Tamlyn, Keisha and Pippa let us into their corner to experience the highs training brings, as well as the lows of losing a fight. We see their ambition and determination as they step into the ring and it is clear how the sport enables them to forget about their problems.

The programme also raises the issue of the disadvantages facing women in the sport.

“There aren’t enough female boxers in Wales to fight and train with. In England, they can fight every week, but here we are lucky to get five fights a year” explains Keisha.

"That also means that if you get offered a fight, you have to take it."

This is a huge challenge, and one that limits their ability to improve and measure their success. Despite this, not one of them shows any signs of giving up. They are all deeply passionate about the sport as well as the new families they have gained through the gym.

But, what does success really mean for Tamlyn, Keisha and Pippa? Winning a big fight like Welsh Fest, or overcoming personal battles by training and keeping the mind healthy?

DRYCH: Merched Bocsio shines a light on these inspirational young women. This is the final chapter in the latest series of DRYCH; gripping documentaries that reflect life in Wales today.

DRYCH: Bocsio Merched
Sunday, 19 April 9.00, S4C
English subtitles
Available on S4C Clic, BBC iPlayer and other platforms
A Zwwm production for S4C