S4C

27.07.2020

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Erthygl i'r Wasg **Press Article**

Cyffro'r cae rygbi neu godi to cyngherddau?

Mae dau beth mae'r tenor clasurol o Sir Benfro, Trystan Llŷr Griffiths, yn angerddol drostynt. Rygbi a pherfformio - a chawn fwynhau un o'i ddau dalent yn rhan o raglen arbennig ar S4C.

Wrth i gyfres **Miwsig fy Mywyd** gyrraedd ei therfyn, Trystan Llŷr fydd yn ein diddanu nos Sadwrn, 1 Awst, gyda'i berfformiadau o rai o ddarnau cerddorol mwyaf eiconig ei fywyd. Mi fydd yn rhannu gyda Tudur Owen y straeon tu ôl i bob un darn wrth deithio o gwmpas amryw o leoliadau yn ei fro.

Un o'r lleoliadau hynny fydd Clwb Rygbi Crymych, ble rannai Trystan ei hanesion ar y cae, a'i gariad tuag at y gêm.

"Dyw canu a rygbi ddim yn mynd yn dda 'da'i gilydd!" rhannai Trystan, wrth iddo hel atgofion am ei gyfnod yn chwarae dros Glwb Rygbi Hendy-gwyn.

"Des i mlaen fel eilydd 'da ugain munud i fynd o'r gêm. Grêt, meddylies i - ma' cyngerdd da fi heno a fydd chwarae am ugain munud yn iawn! Ond ddes i ar y cae yn ffres ac o'n ishe dangos bo fi'n gallu chwarae, a jwmpes i ar ben y sgrym half a bwrodd fy mhen i gefn ei ben e.

"O'n i ddim yn sylwi ar y pryd, ond wrth i dad ddreifio fi lan i'r cyngerdd ym Mhort Talbot, ath e 'ma' bach o *shiner* da ti'n fanna!'. Meddwl dim amdano wrth gwrs. Hanner ffordd drwy'r cyngerdd, oedd y lygad wedi cau. Oni'n canu ar y llwyfan ac odd rhaid 'mi esbonio i'r gynulleidfa mod i wedi bod yn chwarae rygbi a ddim di bod yn clatsio! Oedd y gynulleidfa'n dwli ar y stori! Ond dwi mewn sefyllfa ble dwi ddim yn gallu gwneud hynny nawr."

Bellach yn chwarae dros Glwb Rygbi Cymry Caerdydd, sut mae Trystan yn llwyddo i gadw'r ddysgl yn wastad rhwng y ddau fyd?

"Mae rheol 'da fi, dwi ddim am chware pan dwi'n ganol *rihyrsals* neu ganol contract. Ond pan s'dim contract da fi a dwi'n gweld bod y dyddiadur wedi agor lan m'bach, fi'n mynd nôl i trainio ac yn gobeithio chware wedyn. Siŵr bod lot yn meddwl mod i'n risgioi. Odw, dwi yn risgio'i, ond sai' moyn edrych nôl mewn blynydde' a difaru achos yn niléit i ydi chware rygbi, a dwi'n joio fe!"

Gyda'i gynlluniau dros y flwyddyn wedi eu canslo'n llwyr yn sgil Covid-19, bydd **Miwsig fy Mywyd** yn gyfle prin i fwynhau perfformiadau gan Trystan mewn cyfnod ble mae'n amhosib gwneud hynny.

"Mewn mater o wythnos a hanner, mi gliriodd fy nyddiadur yn llwyr am y flwyddyn nesa'. O'n i'n ganol rhediad mas yn Ffrainc, datho ni i ben a gwneud un perfformiad, ac yna daeth y cyfan i stop a rhaid mi jwmpio ar awyren nôl i Gaerdydd."

Ond mi gafodd cymdogion Trystan yng Ngrangetown, Caerdydd, ble mae'n byw gyda'i wraig Gwen a'i ferch fach Efa, y fraint o gyngerdd dan glo.

"Nath Gwen fy mherswadio i roi blast bach ar gân ar nos Iau ar ôl y clapio, fel oedd yr Eidalwyr yn 'neud! Mi wnaeth *snowballio* a bob wythnos roedd disgwl fi ganu ar ôl i'r clapio feni bob wythnos. *The rest is history!* Mi aeth yn *viral* ar Twitter, a ma' 'da fi ffan newydd - Carol Vorderman!"

Ymhlith ei ddetholiad o ganeuon bydd *Benedictus* gan Karl Jenkins, gyda Chôr Meibion Ar ôl Tri yn ymuno yn y perfformiad, ynghyd â pherfformiad o fedli o Ganeuon Ryan a Ronnie gyda'i frawd,

Gwydion Rhys. Hefyd, darnau gan Mozart, Tosti a Tchaikovsky, i gyfeiliant Cerddorfa Opera Cenedlaethol Cymru o dan arweiniad Grant Llewellyn.

Mwynhewch yr holl hanesion a pherfformiadau Trystan ar **Miwsig fy Mywyd**, nos Sadwrn, 1 Awst ar S4C.

Miwsig Fy Mywyd
Nos Sadwrn, 1 Awst, 8.00
Isdeitlau Cymraeg a Saesneg
Ar alw: S4C Clic, iPlayer a llwyfannau eraill
Cynhyrchiad Rondo ar gyfer S4C

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Erthygl i'r Wasg **Press Article**

Opera and rugby – two worlds that shouldn't collide!

There are two things that the classical tenor from Pembrokeshire, Trystan Llŷr Griffiths, is passionate about - rugby and performing – and one of his two talents will be highlighted as part of a special programme on S4C.

As the **Miwsig fy Mywyd** series comes to an end on 1 August, Trystan Llŷr will share with Tudur Owen some of his life's most iconic musical pieces, revealing the stories behind each piece as he travels around various locations in his local area.

One of the locations will be Crymych RFC, where Trystan shares his stories from the field and his love for the game.

"Singing and rugby don't go well together!" shares Trystan as he recalls his time playing for Whitland Rugby Club.

"I came on as a substitute with 20 minutes to go. Great, I thought - I've got a concert tonight, and I'll be fine for 20 minutes! But I came on the field fresh and wanting show that I can play, and I jumped on top of the scrum-half and bumped my head on the back of his head.

"I didn't notice at the time, but as my dad drove me up to the concert in Port Talbot, he said that I had a little shiner on me! I was halfway through the concert, and by now my eye was closed. I had to explain to the audience that I had been playing rugby and hadn't been fighting! The audience loved the story! But I'm in a position where I can't do that now."

Now playing for Cymry Caerdydd RFC, how does Trystan manage to keep the balance between the two worlds?

"My rule is that I don't play when I'm in the middle of rehearsals or mid-contract. But when I don't have a contract and I find that my diary has opened, I go back to train and hope to play. Sure, many think that I'm risking it, but I don't want to look back in years' time with regret. Rugby is my delight, and I enjoy it!"

With his plans for the year cancelled due to Covid-19, **Miwsig fy Mywyd** will be a rare opportunity to enjoy performances by Trystan at a time when it is impossible to do so.

"In a matter of a week and a half, my diary was completely cleared for the next year. I was in the middle of a production in France, we made one performance, and then it all came to a stop and I had to jump straight on a plane back to Cardiff."

But Trystan's neighbours in Grangetown, Cardiff, where he lives with his wife Gwen and little girl Efa, had the privilege of a lockdown concert.

"My wife Gwen persuaded me to blast a song after the Thursday night clapping, like the Italians did! It snowballed and I was expected to sing every week. The rest is history! It went viral on Twitter, and I've got a new fan - Carol Vorderman!"

Among his selection of songs will be Karl Jenkins's *Benedictus* with the Ar Ôl Tri Male Voice Choir, along with a performance with his brother, Gwydion Rhys, of a medley of Ryan and Ronnie's songs.

Also, pieces by Mozart, Tosti and Tchaikovsky, accompanied by the Orchestra of the Welsh National Opera conducted Grant Llewellyn.

Enjoy all the stories and Trystan's performances on **Miwsig fy Mywyd** on Saturday, 1 August on S4C.

Miwsig Fy Mywyd
Saturday, 1 August, 8.00
Enlgish and Welsh subtitles
On demand: S4C Clic, iPlayer and other platforms
A Rondo Media production for S4C