

FIFA WOMEN'S WORLD CUP QUALIFIER

WALES

v ENGLAND

FRIDAY 31 AUGUST 2018

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RODNEY PARADE, NEWPORT

TOGETHER
STRONGER



GÊM RAGBROFOL CWPAN Y BYD MENYWOD

CYMRU

v LLOEGR

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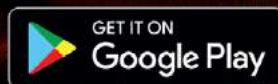


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A DATE WITH DESTINY

"DON'T BE AFRAID TO HAVE DREAMS"
– CHRIS COLEMAN (2016)

On the 1st July 2016, Wales upset the odds at the European Championships and came from behind to defeat Belgium 3-1 to book a place in the semi-finals. An emotional Chris Coleman delivered the above message in his post-match interview, and Jayne Ludlow may want to pin the same to the back of the dressing room door this evening. What the men's national team achieved two years ago cannot be underestimated in terms of how it has influenced this group of players, and we are now just one win away from claiming a place at the 2019 FIFA Women's World Cup finals in France.

One win away. One solitary win. We currently sit top of the qualifying group with a single point advantage over England. The Lionesses have a game in-hand, but victory tonight would guarantee that we qualify as group winners. The challenge ahead is huge, but we are yet to concede a single goal in seven qualifying games. The only other team in Europe to achieve such a feat are the Netherlands, the current European champions. We have already frustrated England during the campaign, holding Phil Neville's side to a 0-0 draw in Southampton back in April. The pressure is on the visitors and we have nothing to fear.

But the situation we find ourselves in is no fluke. If there have been

moments of luck, it is because we have made our own luck.

Our current position is the culmination of years of planning and preparation. Countless unseen hours spent developing a structure and an environment to bring the very best out of the players available, and to develop the young players coming through the pathway system. No stone has been left unturned by Jayne Ludlow and her dedicated group of staff. It is the painstaking attention to detail since her appointment in October 2014 that has allowed us to evolve and put ourselves within 90 minutes of unprecedented success.

France will forever hold a special place in the hearts of Welsh football fans for the success enjoyed by Coleman and his talented squad, and now Jayne Ludlow has the opportunity to return there with her side next summer. It is an irony that adds to the beautiful destiny of it all, and the way the team has grown throughout the qualifying campaign is all too reminiscent of what we witnessed with Bale, Ramsey and co in 2016. What once seemed so far away now seems so close. Touching distance in fact. An opportunity that cannot be missed. Tonight, with the red wall behind us, it is time once again to turn our dreams into reality.



DAETH Y DYDD...

"PEIDIWCH Â BOD OFN BREUDDWYDIO"
– CHRIS COLEMAN (2016)

Ar 1 Gorffennaf 2016, llwyddodd Cymru i gorddi'r dyfroedd yn y Bencampwriaeth Ewropeaidd a sicrhau buddugoliaeth 3-1 yn erbyn Gwlad Belg i fachu lle yn y rownd gynderfynol. Yn llawn emosiwn, y geiriau uchod oedd neges Chris Coleman yn ei gyfweiliad ar ôl y gêm, ac fe allai Jayne Ludlow llynu'r un neges i gefn drws yr ystafell newid heno.

Ni ellir tanbrisio cyflawniad tîm y dynion dwy flynedd yn ôl o ran y ffordd y mae wedi dylanwadu ar y grŵp hwn o chwaraewyr, ac rydym ni nawr un fuddugoliaeth i ffwrdd o hawlio lle yng Nghwpan y Byd Menywod FIFA 2019 yn Ffrainc.

Un fuddugoliaeth i ffwrdd. Un fuddugoliaeth yn unig. Ar hyn o bryd, rydym ni ar frig y grŵp rhagbrofol gyda phwynt o fantais yn unig dros Loegr. Mae gan y 'Lionesses' un gêm yn fwy i'w chwarae, ond byddai buddugoliaeth heno yn golygu ein bod ni'n cymhwyso fel enillwyr y grŵp. Mae'r her o'n blaenau yn enfawr, ond nid ydym ni eto wedi gadael yr un gôl i gefn y rhwyd mewn saith gêm ragbrofol. Yr unig dîm arall yn Ewrop i gyflawni'r fath gamp yw'r Iseldiroedd, pencampwyr presennol Ewrop. Rydym ni eisoes wedi llesteirio Lloegr yn ystod yr ymgyrch, gan ddal tîm Phil Neville i gêm gyfartal 0-0 yn Southampton yn ôl ym mis Ebrill. Mae'r pwysau ar yr ymwelwyr ac nid oes gennym ni unrhyw beth i'w ofni. Ond nid drwy hap a damwain yr ydym ni wedi cyrraedd y sefyllfa hon. Os ydym ni wedi bod yn llwus ar rai adegau, ni sydd wedi creu'r lwc hwnnw. Mae ein sefyllfa bresennol yn

benllanw blynyddoedd o gynllunio a pharatoi. Oriau niferus wedi'u treulio yn datblygu strwythur ac amgylchedd i ddod a'r gorau allan o'r chwaraewyr sydd ar gael, a datblygu'r chwaraewyr ifanc drwy'r system. Mae Jayne Ludlow a'i grŵp ymroddedig o staff wedi bod yn arbennig o drylwyr, a'r manylder craff hwnnw ers ei phenodiad ym mis Hydref 2014 sydd wedi ein galluogi i esblygu a rhoi ein hunain o fewn 90 munud i lwyddiant nad ydym ni wedi profi ei debyg o'r blaen.

Bydd gan Ffrainc le arbennig yng nghalonau cefnogwyr pêl-droed Cymru am byth yn dilyn llwyddiant Coleman a'i garfan wych, a nawr mae gan Jayne Ludlow'r cyfle i ddychwelyd yno gyda'i charfan yr haf nesaf. Mae'n eironi sy'n ychwanegu at ffawd hyfryd y cyfan, ac mae'r ffordd y mae'r tîm wedi tyfu drwy gydol yr ymgyrch ragbrofol yn atgof o'r hyn a welsom ni gyda Bale, Ramsey a'u cyfeillion yn 2016. Mae rhywbeth a arferai ymddangos mor bell i ffwrdd bellach o fewn cyrraedd. Cyfle rhy dda i'w golli. Heno, gyda'r wal goch y tu ôl i ni, mae hi unwaith eto yn amser gwireddu ein breuddwydion.

MANAGER JAYNE LUDLOW announced her squad for tonight's match at the National Eisteddfod of Wales in Cardiff earlier this month and set the scene ahead of the final match of what has already been a memorable campaign as she shared her thoughts a range of topics with the assembled press and media.

JAYNE LUDLOW

at the National Eisteddfod of Wales

The qualifying campaign

"For us, as a group of staff and a squad of players, it's the next game. It also happens to be the last game of what's been a really interesting, exciting, challenging, tough journey over the last 12 months. It's been a fantastic experience for all of us. We set some targets at the beginning of the campaign with regard to what was the minimum expectation for us, and that was to step on the pitch and compete every time, and we've done that. We've ticked that box in every single game so far."

New environment

"This game will be no different in terms of what we expect from the players, but the environment that will be created on the evening is obviously going to be different. With regards to our squad of players, they just can't wait for it to begin because they are thoroughly looking forward to the opportunity to prove themselves once again. The fact that they are our close neighbours just makes it more exciting for everybody. The games before have gone."

On preparation

"Our preparation will be the same, things have worked so far. We have certain things that we do very regularly. It's worked extremely well with regard to players understanding and acknowledging their roles and responsibilities prior to the game. Nothing changes in that respect. The game plan changes because we're playing a different

outfit. But the routines we have will stay very similar to what they have been in the past."

The challenge of England

"The reality is that they're the top-ranked team in the group, and they've had relative success over the last 20 years. Their development programmes have been in place a long time. They've made some fairly drastic changes during this campaign, which some would think are positive, some would think the opposite. Their playing group has changed quite a bit if you think back to their last World Cup campaign. They're a good team, they have great players. But they have a great development programme, so they're always going to have great players."

Togetherness

"For us, we're very much in a different place to England with regard to our development programmes. We have a lot more growth to happen. But we're a small nation, and the thing that small nations bring is that collective. We step on that pitch as one. They are there for each other. From my previous days as a player, I know how hard it is to create that in a club or an international environment. We've managed to create an environment here now that every single player is desperate to be involved in. Sometimes bigger nations find that hard to create because they have so many good players to choose from, and it's a challenge for them to pick the right ones."

CYHOEDDODD JAYNE LUDLOW ei charfan ar gyfer y gêm heno yn yr Eisteddfod Genedlaethol ym Mae Caerdydd ddechrau'r mis, gan baratoi'r llwyfan ar gyfer gêm olaf ymgyrch sydd eisoes wedi bod yn un fythgofiadwy wrth iddi rannu ei meddyliau ar amrywiaeth o bynciau gyda'r wasg a'r cyfryngau.

JAYNE LUDLOW

yn yr Eisteddfod Genedlaethol

Yr ymgyrch ragbrofol

"I ni, fel grŵp o staff a charfan o chwaraewyr, mae'r cyfan yn y gêm nesaf. A hon hefyd yw gêm olaf taith sydd wedi bod yn hynod ddiddorol, cyffrous, heriol ac anodd dros y 12 mis diwethaf. Mae wedi bod yn brofiad anhygoel i bob un ohonom ni. Fe wnaethom ni osod targedau ar ddechrau'r ymgyrch o ran beth oedd y disgwyliadau lleiaf i ni, a hynny oedd camu ar y cae a chystadlu bob tro, ac rydym ni wedi gwneud hynny. Rydym ni wedi ticio'r bocs hwnnw ym mhob gêm hyd yn hyn."

Amgylchedd newydd

"Fydd y gêm hon ddim gwahanol o ran beth ydym ni'n ei ddisgwyl gan chwaraewyr, ond bydd yr amgylchedd ar y noson yn amlwg yn wahanol. O ran ein carfan o chwaraewyr, maen nhw ar bigau iddi ddechrau gan eu bod nhw wir yn edrych ymlaen at y cyfle i brofi eu hunain unwaith eto. Mae'r ffaith eu bod nhw'n gymdogion agos yn ei wneud yn fwy cyffrous i bawb. Mae'r gemau blaenorol wedi bod."

Paratoi

"Bydd ein gwaith paratoi'r un peth, mae pethau wedi gweithio hyd yn hyn. Mae gennym ni rai pethau penodol yr ydym ni'n eu gwneud yn rheolaidd. Mae wedi gweithio'n arbennig o dda mewn perthynas â chwaraewyr yn deall a chydabod eu rolau a'u cyfrifoldebau cyn y gêm. Does dim yn newid yn hynny o beth. Mae cynllun y gêm yn newid gan ein bod ni'n chwarae tîm gwahanol. Ond bydd yn rhaid i'r arferion sydd gennym ni barhau i fod yn debyg iawn i sut maen

nhw wedi bod yn y gorffennol."

Herio Lloegr

"Y gwir yw mai nhw yw'r tîm sydd wedi'u graddio uchaf yn y grŵp, ac maen nhw wedi mwynhau llwyddiant cymharol dros yr 20 mlynedd diwethaf. Mae eu rhaglenni datblygu wedi bod ar waith ers peth amser. Maen nhw wedi cyflwyno newidiadau eithaf sylweddol yn ystod yr ymgyrch hon, a byddai rhai yn gweld hyn fel peth cadarnhaol, a rhai yn meddwl i'r gwrthwyneb. Mae eu grŵp chwarae wedi newid cryn dipyn os ydych chi'n meddwl yn ôl i'w hymgyrch Cwpan y Byd ddiwethaf. Maen nhw'n dîm da, mae ganddyn nhw chwaraewyr gwych. Ond mae ganddyn nhw raglen ddatblygu wych, felly maen nhw wastad yn mynd i fod â chwaraewyr gwych."

Gorau chwarae cyd chwarae

"I ni, rydym ni mewn lle gwahanol i Loegr o ran ein rhaglenni datblygu. Mae gennym ni lawer o dwf eto i ddigwydd. Ond rydym ni'n genedl fach, a'r hyn mae cenhedloedd bychain yn ei gynnig yw'r cymundod a'r agosatrwydd arbennig hwnnw. Rydym ni'n camu ar y cae fel un. Mae pawb yno i'w gilydd. Yn dilyn fy nyddiau fel chwaraewr, rydw i'n gwybod pa mor anodd yw hi i greu hyn mewn clwb neu amgylchedd rhyngwladol. Rydym ni wedi llwyddo i greu amgylchedd yma y mae pob chwaraewr ar dân i fod yn rhan ohono. Weithiau mae gwledydd mwy yn ei chael hi'n anodd creu hynny gan fod ganddyn nhw gymaint o chwaraewyr da i ddewis o'u plith, ac mae'n her iddyn nhw ddewis y rhai iawn."



JAYNE LUDLOW
AT THE NATIONAL
EISTEDDFOD OF WALES
/ JAYNE LUDLOW
YN YR EISTEDDFOD
GENEDLAETHOL

MEET THE ENGLAND MANAGER Former Manchester United, Everton and England defender Phil Neville was a surprise appointment by the Lionesses back in January due to his lack of experience in the women's game. However, with the support of a knowledgeable backroom staff, Neville has quickly settled into his new environment and will be desperate to ensure his side qualify for the 2019 FIFA Women's World Cup finals in France. **CWRDD Â RHEOLWR LLOEGR** Roedd cyn amddiffynnwr Manchester United, Everton a Lloegr yn benodiad annisgwyl gan Loegr yn ôl ym mis Ionawr oherwydd ei ddiffyg profiad yng ngêm y menywod. Fodd bynnag, gyda chefnogaeth staff ystafell gefn gwybodus, mae Neville wedi setlo i'w amgylchedd newydd yn gyflym, a bydd ar dân i sicrhau bod ei dîm yn cyrraedd Cwpan y Byd Menywod 2019 yn Ffrainc.

PHIL NEVILLE

Neville began his career with Lionesses in the United States at the start of the year as they competed in the SheBelieves Cup, and marked his debut with an impressive 4-1 win over France. A 2-2 draw with Germany followed before the side were defeated 1-0 by the hosts, and the experience gave Neville plenty to take into the next qualifying match against Wales in Southampton. However, his home debut ended in a frustrating 0-0 draw, and he will be looking for his players to make amends this evening.

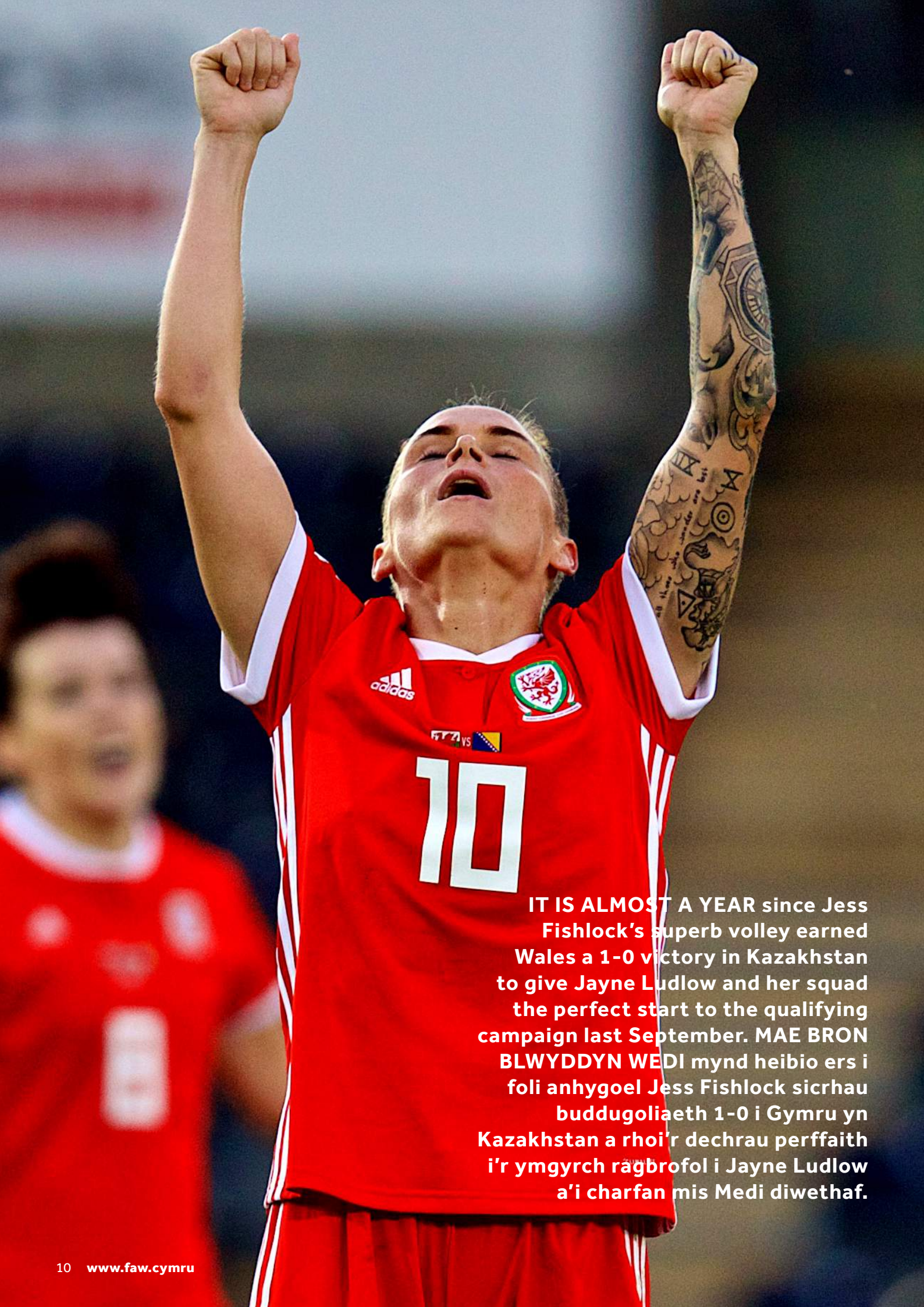
During an illustrious playing career at Manchester United, Neville won six FA Premier League title, three FA Cups and the UEFA Champions League. He made 59 appearances for England between 1996 and 2007, and it is that big game experience that he will want to pass on to his players as they head into the final games of the qualifying campaign. Neville has also coached in Spain with Valencia, where he was reunited with brother Gary for a brief period, and will be keen to make a success of this latest opportunity in order to establish himself as a manager.

Dechreuodd Neville ar ei yrfa gyda'r Lionesses yn yr Unol Daleithiau ddechrau'r flwyddyn wrth iddyn nhw gystadlu yng Nghwpan 'SheBelieves', gan nodi ei gêm gyntaf gyda buddugoliaeth 4-1 drawiadol dros Ffrainc. Daeth gêm gyfartal 2-2 gyda'r Almaen i ddilyn cyn i'r tîm golli 1-0 yn erbyn y wlad gartref, ac roedd y profiad yn rhoi digon i Neville fynd gydag ef i'r gêm ragbrofol nesaf yn erbyn Cymru yn Southampton. Fodd bynnag, daeth ei gêm gartref gyntaf i ben mewn gornest gyfartal rwystredig 0-0, a bydd yn gobeithio bod ei chwaraewyr yn gwneud yn iawn am hynny heno.

Yn ystod gyrfa gynhyrchol gyda Manchester United, enillodd Neville Uwch Gynghrair Lloegr chwe gwaith, Cwpan FA tair gwaith yn ogystal â Chynghrair y Pencampwyr. Ymddangosodd 59 o weithiau i Loegr rhwng 1996 a 2007, a bydd yn gobeithio pasio'r profiadau hynny o chwarae mewn gemau mawr i'w chwaraewyr wrth iddynt gyrraedd diwedd eu hymgyrch ragbrofol. Mae Neville hefyd wedi hyfforddi yn Sbaen gyda Valencia, lle ailymunodd a'i frawd Gary am gyfnod byr, a bydd yn awyddus i lwyddo gyda'r cyfle diweddaraf hwn er mwyn sefydlu ei hun fel rheolwr.



PHIL NEVILLE



IT IS ALMOST A YEAR since Jess Fishlock's superb volley earned Wales a 1-0 victory in Kazakhstan to give Jayne Ludlow and her squad the perfect start to the qualifying campaign last September. **MAE BRON BLWYDDYN WEDI** mynd heibio ers i foli anhygoel Jess Fishlock sicrhau buddugoliaeth 1-0 i Gymru yn Kazakhstan a rhoi'r dechrau perffaith i'r ymgyrch ragbrofol i Jayne Ludlow a'i charfan mis Medi diwethaf.

WALES QUALIFYING CAMPAIGN TO DATE

The 1-0 win in Astana would set the tone for the campaign, with clean sheets and narrow victories ensuring that Wales head into this final match with World Cup qualification in our own hands. Following a well-earned 0-0 draw in Russia in October, further 1-0 victories over Kazakhstan and Bosnia and Herzegovina followed, creating unprecedented belief and optimism for the much-anticipated match against England in Southampton in April.

What followed was a result and a performance that epitomised everything about the character and team spirit in this group. Nothing was left behind in-front of a crowd of over 25,000 fans as the team gave absolutely everything to hold Phil Neville's side to a 0-0 draw. Goalkeeper Laura O'Sullivan was in inspired form once again, and the celebrations that followed with the travelling fans confirmed the arrival of a new era for women's football in Wales. "It would be great to sit here with three points," said Ludlow. "But this is still great. One point is what we came here for." Ludlow's celebrations at the final whistle showed her passion for the journey her side have embraced, but her focus quickly switched to the remainder of the campaign.

Another goal from the impressive Kayleigh Green earned the side another 1-0 win over Bosnia and Herzegovina at the Liberty Stadium in June. A date with Russia in Newport followed a few days later, and goals from Natasha Harding and a brace from Green ensured the capacity crowd would be treated to a convincing 3-0 win. The connection between the players and fans had never been more evident, and the momentum heading into this decisive final match cannot be underestimated.

YMGYRCH RAGBROFOL CYMRU HYD YN HYN

Roedd y fuddugoliaeth 1-0 yn Astana yn ddigon i osod y tôn ar gyfer yr ymgyrch gyfan, amddiffynfa gadarn gyda buddugoliaethau cul i sicrhau bod Cymru yn wynebu'r gêm derfynol hon gyda'r posibilrwydd o gyrraedd y rowndiau terfynol yn ein dwylo ni. Yn dilyn gêm gyfartal 0-0 gwbl haeddiannol yn Rwsia ym mis Hydref, daeth llwyddiannau 1-0 pellach dros Kazakhstan a Bosnia a Herzegovina i ddilyn, gan greu cred a gobaith o'r newydd ar gyfer y gêm fawr yn erbyn Lloegr yn Southampton ym mis Ebrill.

Roedd yr hyn a ddilynodd yn ganlyniad ac yn berfformiad a oedd yn crynhoi popeth am gymeriad ac ysbryd tîm y grŵp hwn. Cafodd popeth ei roi allan ar y cae gerbron torf o dros 25,000 o gefnogwyr wrth i'r tîm roi popeth i ddal tîm Phil Neville i gêm gyfartal 0-0. Roedd y gôl-geidwad Laura O'Sullivan ar ei gorau unwaith eto, ac roedd y dathliadau a ddilynodd gyda'r cefnogwyr a oedd wedi teithio yn cadarnhau bod cyfnod newydd ar droed i bêl-droed benywaidd yng Nghymru. "Byddai'n wych eistedd yma gyda thri phwynt," meddai Ludlow. "Ond mae hyn dal i fod yn arbennig. Un pwynt oedd y nod." Dangosodd dathliadau Ludlow ar y chwiban olaf ei hangerdd dros y daith mae ei thîm wedi ei chofleidio, ond symudodd ei ffocws yn ddigon sydyn at weddill yr ymgyrch.

Sicrhodd gôl arall gan y chwaraewr dawnus Kayleigh Green fuddugoliaeth 1-0 arall dros Bosnia a Herzegovina yn Stadiwm Liberty ym mis Mehefin. Daeth yr ornest yn erbyn Rwsia yng Nghasnewydd ychydig ddyddiau yn ddiweddarach, ac roedd gôl gan Natasha Harding a dwy gan Green yn cynnig gwledd a buddugoliaeth 3-0 gadarn i'r dorf. Nid yw'r cysylltiad rhwng y chwaraewr a'r cefnogwyr erioed wedi bod mor amlwg, ac ni ellir tanbriso'r momentwm hwn wrth wynebu'r gêm dyngedfennol derfynol hon.

THE LIONESSES have played under three different managers during the course of the current campaign, and while their record of scoring 20 goals in their opening six games is impressive, they currently sit below group leaders Wales knowing that a defeat this evening would end their hopes of automatic qualification for the finals in France next summer. **MAE'R 'LIONESSES'** wedi chwarae o dan dri rheolwr gwahanol yn ystod cyfnod yr ymgyrch gyfredol, ac er bod eu record o sgorio 20 o goliau yn eu chwe gêm gyntaf yn dipyn o gamp, maen nhw'n eistedd o dan arweinwyr y grŵp, Cymru, ar hyn o bryd gan wybod y byddai colli heno yn rhoi terfyn ar eu gobeithion o gymhwyso'n awtomatig ar gyfer y rowndiau terfynol yn Ffrainc yr haf nesaf.

ENGLAND QUALIFYING CAMPAIGN TO DATE

Welshman Mark Sampson was manager for the opening 6-0 win over Russia back in September, but Mo Marley would take temporary charge for the subsequent victories over Bosnia and Herzegovina and Kazakhstan in November, as the side adjusted to a lot of unwanted media attention.

Phil Neville was the high-profile appointment to take the side into the business end of the campaign, and the former Manchester United and England defender welcomed Wales to Southampton in his first home match. "It does feel like a defeat," said Neville after the 0-0 draw. "We are expected to win and, with our dominance, we should have won. A draw was what they came for and what they got. Full credit to Wales, they sat deep and nullified our threat. We didn't play well in the first half and we showed no patience. We were a lot better in the second half but we didn't put the chances away."

The 0-0 draw proved frustrating, but respective 2-0 and 3-1 victories away to Bosnia and Herzegovina and Russia ensured that the Lionesses would remain on-course for qualification heading into their final two games away to Wales and Kazakhstan. Currently one point behind Wales, Neville must avoid defeat this evening to keep his team in contention for top spot.

YMGYRCH RAGBROFOL LLOEGR HYD YN HYN

Y Cymro Mark Sampson oedd y rheolwr ar gyfer y fuddugoliaeth 6-0 dros Rwsia ym mis Medi, ond cymerodd Mo Marley yr awenau dros dro ar gyfer y buddugoliaethau dilynol dros Bosnia a Herzegovina a Kazakhstan ym mis Tachwedd, wrth i'r tîm addasu i lawer o sylw annymunol gan y wasg.

Phil Neville oedd y penodiad proffil uchel i arwain y tîm i derfyn busnes yr ymgyrch, a chroesawodd cyn amddiffynnwr Manchester United a Lloegr ferched Cymru i Southampton yn ei gêm gartref gyntaf. "Mae'n teimlo fel colli," meddai Neville ar ddiwedd y gêm 0-0. "Roedd disgwyl i ni ennill a, gyda'r ffordd yr oedden ni'n dominyddu, dylen ni wedi ennill. Fe ddaethon nhw i gael gêm gyfartal, a dyna beth gawson nhw. Chwarae teg a phob bri i Gymru, fe wnaethon nhw chwarae'n ddwfn a dileu ein bygythiad. Wnaethon ni ddim chwarae'n dda yn yr hanner cyntaf a doedd gennym ni ddim amynedd. Roedden ni lawer gwell yn yr ail hanner, ond wnaethon ni ddim manteisio ar y cyfleoedd."

Roedd y gêm gyfartal 0-0 yn rhwystredig, ond sicrhodd buddugoliaethau 2-0 a 3-1 oddi cartref i Bosnia a Herzegovina a Rwsia y byddai'r Lionesses yn parhau ar y llwybr iawn i gymhwyso wrth fynd i mewn i'w dwy gêm olaf oddi cartref yn erbyn Cymru a Kazakhstan. Dim ond un pwynt y tu ôl i Gymru ar hyn o bryd, mae'n rhaid i dîm Neville osgoi colli heno er mwyn bod â chyfle i fachu'r prif safle.



KAYLEIGH GREEN KEEPS POSSESSION OF THE BALL DURING WALES' 0-0 DRAW WITH ENGLAND IN SOUTHAMPTON EARLIER THIS YEAR. KAYLEIGH GREEN YN CADW MEDDIAN YN YSTOD GÊM DDI-SGÔR CYMRU YN ERBYN LLOEGR YN SOUTHAMPTON MIS EBRILL.

A full-page background image of a female footballer in a white kit performing a bicycle kick in the rain. A soccer ball is in the air above her. The scene is set in a stadium with a blurred crowd in the background.

ENGLAND **ONES TO WATCH**

TONI DUGGAN



FRAN KIRBY



STEPH HOUGHTON

Lucy Bronze

One of the most technically talented players in the England squad, Bronze's performances and influence on the success of Manchester City in recent years earned her a move to European champions Olympique Lyonnais last summer. Named BBC Women's Footballer of the Year for 2018, Bronze claimed her first UEFA Women's Champions League title in May as Lyon defeated Wolfsburg 4-1 after extra-time in Ukraine. The 26-year old defender has made over 50 appearances for England having progressed through the ranks to make her debut in 2013.

Nikita Parris

The striker from Toxteth in Liverpool made the switch from Everton to Manchester City in 2016, and has established herself in the England squad during the current qualifying campaign. The leading scorer with five goals in their opening six games, her passion for the game has landed in

trouble in the past, but the 24-year old recently revealed a new mature side to her game. "On an odd occasion you'll still find me shouting at referees when I've become increasingly frustrated," she explained. "But I've tried to control my temper."

Steph Houghton

One of the most recognisable figures in the England team is captain Steph Houghton. Closing in on a century of international appearances, the 30-year old Manchester City defender has been a key figure in the success of Manchester City since she arrived at the club from Arsenal in January 2014. A trailblazing figure in the women's game, Houghton was awarded the MBE in 2016 for her services to football. She also represented Great Britain at the 2012 Olympic Games.

Toni Duggan

Currently achieving her footballing dreams on the continent with Barcelona, Liverpool-born Duggan made the same move as

Nikita Parris when she swapped Everton for Manchester City in 2013. The 27-year old has scored over 20 goals for her country, including three in the current campaign. Duggan scored a brace to help England win the 2009 UEFA U19 Championship on her 18th birthday, and has scored two hat-tricks for the senior side during her international career, against Turkey in 2013 and Montenegro in 2014.

Fran Kirby

One of the most exciting individual players in the England squad, Kirby was named PFA Women's Players' Player of the Year and Football Writers' Women's Player of the Year for 2017/18 after another excellent season at Chelsea. Labelled as the 'mini-Messi' for her diminutive stature and close ball control, Kirby has made over 30 appearances for England since making her debut against Sweden in 2014. Recently celebrated her 25th birthday having established herself as a key player for club and country.



NIKITA PARRIS

LLOEGR – DONIAU DISGLAIR

Lucy Bronze

Un o'r chwaraewyr mwyaf technegol dalentog yng ngharfan Lloegr, mae perfformiadau a dylanwad Bronze ar lwyddiant Manchester City mewn blynyddoedd diweddar wedi sicrhau lle iddi yn nhîm pencampwyr Ewrop, Olympique Lyonnais, yr haf diwethaf. Gan ennill gwobr Pêl-droedwraig y Flwyddyn y BBC 2018, enillodd Bronze Gyngrhair y Pencampwyr UEFA am y tro cyntaf ym mis Mai wrth i Lyon drechu Wolfsburg 4-1 ar ôl amser ychwanegol yn Ukraine. Mae'r amddiffynnwraig 26 oed wedi ymddangos mwy na 50 o weithiau i'w gwlad gan ddatblygu drwy'r rhengoedd i chwarae ei gêm gyntaf yn 2013.

Nikita Parris

Symudodd yr ergydiwr o Toxteth, Lerpwl o Everton i Manchester City yn 2016, ac mae wedi sefydlu ei hun gyda charfan Lloegr yn ystod yr ymgyrch ragbrofol ddiweddaraf. Y prif sgoriwr gyda phum gôl yn eu chwe gêm gyntaf, mae ei hangerdd dros y gêm wedi ei

chael hi mewn trafferth yn y gorffennol, ond yn ddiweddar mae'r chwaraewr 24 oed wedi datgelu aeddfedrwydd newydd i'w gêm. "Yn anaml iawn byddwch chi dal yn fy nghlywed yn gweiddi ar ddyfarnwyr wrth gael yn fwyfwy rhwystredig," esboniodd. "Ond rydw i'n ceisio rheoli fy nhymer."

Steph Houghton

Un o'r ffigurau mwyaf adnabyddus yn nhîm Lloegr yw'r capten, Steph Houghton. A hithau bron â chyrraedd 100 o ymddangosiadau rhyngwladol, mae'r amddiffynnwr 30 oed sy'n chwarae i Manchester City wedi bod yn ffigwr allweddol yn lwyddiant y clwb ers iddi gyrraedd o Arsenal ym mis Ionawr 2014. A hithau'n ffigwr arloesol yng ngêm y merched, enillodd MBE yn 2016 am ei gwasanaeth i bêl-droed. Mae hi hefyd wedi cynrychioli Prydain Fawr yng Ngemau Olympaidd 2012.

Toni Duggan

Ar hyn o bryd yn gwireddu ei breuddwydion pêl-droed ar y cyfandir gyda Barcelona, mae Duggan, a aned yn Lerpwl, wedi dilyn

yr un llwybr â Nikita Parris wrth gyfnwied Everton am Manchester City yn 2013. Mae'r bêl-droedwraig 27 oed wedi sgorio dros 20 o goliau i'w gwlad, gan gynnwys tair yn yr ymgyrch hon. Sgoriodd Duggan ddwy i helpu Lloegr i ennill Pencampwriaeth Dan 19 2009 UEFA ar ei phen-blwydd yn 18, ac mae wedi sgorio dau hatrig i'r tîm cyntaf yn ystod ei gyrfa ryngwladol, yn erbyn Twrci yn 2013 a Montenegro yn 2014.

Fran Kirby

Un o'r chwaraewyr unigol mwyaf cyffrous yng ngharfan Lloegr, cafodd Kirby ei henwi fel Chwaraewr Benywaidd y Flwyddyn y PFA a Chwaraewr Benywaidd y Flwyddyn yr Ysgrifenwyr Pêl-droed ar gyfer 2017/18 ar ôl tymor arall gwych yn Chelsea. Gan ennill y label 'mini-Messi' am ei thaldra a'i rheolaeth agos o'r bêl, mae Kirby wedi ymddangos i Loegr dros 30 o weithiau ers ei gêm gyntaf yn erbyn Sweden yn 2014. Dathlodd ei phen-blwydd yn 25 yn ddiweddar ar ôl sefydlu ei hun fel chwaraewr allweddol i'w clwb a'i gwlad.



WALES PRODUCED A DEFENSIVE MASTERCLASS to stay top of their FIFA Women's World Cup qualifying group after earning a fantastic 0-0 draw in Southampton. It could have been better for Wales too, as the ball appeared to cross the line during the first half. When Natasha Harding's shot deflected off an England defender, Lucy Bronze appeared to clear the ball from behind the line but no goal was given. Wales however, did not let the ghost goal distract them from the job at hand, as Jayne Ludlow's players worked incredibly hard to deny an England team, ranked second in the world, from getting the win they so desired.

6TH APRIL 2018

ST MARY'S STADIUM, SOUTHAMPTON

ENGLAND **0-0** WALES

Goalkeeper Laura O'Sullivan was immense as she pulled off save after save at St Mary's as England's frustrations grew throughout the game, forcing the Lionesses into long range efforts. There were very few chances for Wales in the game as they clearly arrived in Southampton with a plan of taking a point back home at a minimum. At times England demonstrated why they are second in the world rankings with some lovely interchangeable play but overall they will be disappointed to have drawn the match.

Toni Duggan came close for the English in the first half but her well hit strike was equalled by O'Sullivan, who had to change the direction of her body to push the ball away to safety. Jordan Nobbs thought she'd given England the lead when her swerving effort from distance had O'Sullivan beaten, however, the crossbar came to Wales' rescue on this occasion.

A vital block by the Welsh defence denied Fran Kirby, whose strike looked certain for the net but Wales were determined not to allow a way through for the ball.

O'Sullivan produced another fine save as she refused Ellen White's powerful shot, setting up a Welsh counter-attack in the process. Jess Fishlock went one-on-one with the last defender but overran the ball and failed to notice Telford off her goal line. However, her tireless efforts gave Wales some respite from the pressure. England's best chance of the match came with just moments left of regulation time left on the clock. After O'Sullivan elected to punch the ball away from a corner, which was her only mistake of the evening, it fell to Nobbs in space. She spurned the chance by striking the ball into the side-netting. As the final whistle was blown, the joy on the Welsh players faces was evident as it was mission accomplished.

WALES: O'SULLIVAN, DYKES, INGLE (C), ROBERTS, HARDING, JAMES, GREEN, FISHLOCK, ROWE, LADD, ESTCOURT. SUBS (not used): GRIFFITHS, LAWRENCE, SKINNER, HUGHES, FLETCHER, MILES, WARD.

ENGLAND: TELFORD, BRONZE, MCMANUS, HOUGHTON, STOKES, WALSH, NOBBS, KIRBY, PARRIS (LAWLEY 54'), TAYLOR (WHITE 54'), DUGGAN (MEAD 80'). SUBS (not used): BARDSLEY, DALY, GEORGE, CHRISTIANSEN.



LLOEGR **0-0** CYMRU

6 EBRILL 2018

STADIWM ST MARY'S, SOUTHAMPTON

Yn dilyn amddiffyn anhygoel, roedd Cymru yn parhau ar frig eu grŵp yng Nghwpan y Byd FIFA ar ôl sicrhau gêm gyfartal 0-0 gampus yn Southampton. Byddai wedi gallu bod yn well fyth i Gymru hefyd, wrth i'r bêl ymddangos fel petai wedi croesi'r llinell yn yr hanner cyntaf. Ar ôl i ergyd Natasha Harding wyro oddi ar amddiffynnwr Lloegr, roedd hi'n ymddangos bod Lucy Bronze wedi clirio'r bêl o du ôl i'r llinell, ond ni chafodd y gôl ei rhoi. Fodd bynnag, ni thynnodd y gôl sylw merched Cymru oddi ar y dasg o'u blaenau, wrth iddynt weithio'n arbennig o galed i atal tîm Lloegr, sydd wedi'u graddio'n ail yn y byd ar restr FIFA, rhag sicrhau'r fuddugoliaeth yr oeddent yn ei deisyfu.

Roedd y gôl-geidwad, Laura O'Sullivan, yn anhygoel wrth iddi arbed un gôl ar ôl y llall yn St Mary's gan lesteirio Lloegr a'u gorfodi i gymryd ergydion o bell. Ni ddaeth llawer o gyfleoedd i Gymru yn y gêm ac roedd yn amlwg eu bod wedi cyrraedd Southampton gyda chynllun o fynd â phwynt gartref gyda nhw ar y lleiaf. Ar adegau, dangosodd Lloegr pam mai nhw yw'r tîm sydd wedi'u graddio'n ail yn y byd gyda chwarae cyfnewidiadwy hyfryd, ond ar y cyfan, byddant yn siomedig i beidio ag ennill y gêm.

Daeth Toni Duggan yn agos i Loegr yn yr hanner cyntaf ond arbedwyd ei hergyd effeithiol gan ddoniau arbennig O'Sullivan, a oedd yn gorfod newid cyfeiriad ei chorff i wthio'r bêl i ffwrdd yn ddiogel. Roedd Jordan

Nobbs yn credu ei bod wedi rhoi Lloegr ar y blaen ar ôl iddi wyro ergyd o bell a threchu O'Sullivan, ond daeth y traws i achub Cymru ar yr achlysur hwn. Daeth bloc hanfodol gan amddiffynfa Cymru i atal ergyd dda gan Fran Kirby rhag cyrraedd cefn y rhwyd.

Daeth arbediad arbennig arall gan O'Sullivan wrth iddi wrthod ergyd bwerus Ellen White, ac anfon Cymru ar wrthymosodiad. Aeth Jess Fishlock un-i-un â'r amddiffynnwr olaf, ond collodd y bêl a methu â gweld bod Telford oddi ar ei llinell gôl. Fodd bynnag, roedd ei hymdrechion diflino yn ddigon i roi hoe fach o'r pwysau parhaus. Daeth cyfle gorau Lloegr gyda'r amser bron ar ben ar y cloc. Ar ôl i O'Sullivan ddewis pwnio'r bêl i ffwrdd oddi wrth gic gornel, ei hunig gamgymeriad o'r gêm, disgynnodd y bêl i Nobbs a oedd mewn gofod. Gwastraffodd y cyfle wrth daro'r bêl i ochr y rhwyd. Wrth i'r chwiban olaf ganu, roedd y pleser ar wynebu chwaraewyr Cymru yn amlwg, a'r dasg wedi'i chyflawni.

LLOEGR: TELFORD, BRONZE, MCMANUS, HOUGHTON, STOKES, WALSH, NOBBS, KIRBY, PARRIS (LAWLEY 54'), TAYLOR (WHITE 54'), DUGGAN (MEAD 80'). EILYDDION (heb eu defnyddio): BARDSLEY, DALY, GEORGE, CHRISTIANSEN.

CYMRU: O'SULLIVAN, DYKES, INGLE (C), ROBERTS, HARDING, JAMES, GREEN, FISHLOCK, ROWE, LADD, ESTCOURT. EILYDDION (heb eu defnyddio): GRIFFITHS, LAWRENCE, SKINNER, HUGHES, FLETCHER, MILES, WARD.

A portrait of Laura McAllister, a woman with short brown hair and blue eyes, smiling. She is wearing a dark blue jacket and a blue scarf with white polka dots. A small circular badge is pinned to her jacket. The background is a blurred purple and blue.

INTERVIEW WITH /
CYFWELIAD GYDA

**LAURA
McALLISTER**
CBE

LAURA McALLISTER CBE was a trailblazing captain for Wales during the 1990's.
ROEDD LAURA McALLISTER CBE yn gapten arloesol i Gymru yn ystod y 1990au.

Now one of the leading figures in the governance of the women's game, she remains as passionate as ever about the fortunes of her country, and believes that Jayne Ludlow's squad has the desire to achieve their World Cup dream. "It certainly has been an outstanding campaign so far," said McAllister. "But of course, we hope that the best is still yet to come. So much effort has gone into it with this squad, to prepare so well, and to implement a system of play to work with the talent that we have. I think we will see all of that in place this evening."

Currently Deputy Chair of the UEFA Women's Football Committee and a board member of the FAW Trust, McAllister has a vested interest in the fortunes of the national team, but also speaks from the heart as a fan. "You can't question the passion of these girls," she added. "And I can really relate to it. It's hard when I'm commentating to remain unbiased and objective, because I can feel every emotion! We're a small country, but we're full of passion. Nobody wants this more than Jayne, the players and those of us who have had the honour of representing Wales ourselves. We all want to get over the final hurdle now and qualify for France. We're all really excited about the prospect."

McAllister played alongside Ludlow in the colours of Wales at opposite ends of their respective international careers, and reflected on the attributes that suggested her team-mate was always destined to succeed as a coach. "I've been really impressed with Jayne," she explained. "But I'm not surprised because I know her very well. She was a fabulous player, very demanding, and very meticulous in her preparation. There was no messing about. Playing for your country is the greatest honour you can have and it has to be taken very seriously. Jayne has taken that into her coaching career. She's very ambitious, and technically she's a very skilled coach."

Victory this evening would take Wales to the finals of major women's tournament for the first time, and McAllister has recognised a similar quality that defined the men's team that qualified for EURO 2016. "I think what impresses me most about the current team is their togetherness," she enthused. "The fact that these girls want it so much, they look they would die for each other on the pitch. They really put in the effort, not just physically, but mentally as well. It's a huge strain when you're top of the group, especially when the team below you is England. We've got a big, big game ahead of us, but the togetherness of the squad, and the belief that they have, I'm sure it will get us over the line."

Bellach yn un o'r prif ffigurau o ran llywodraethu gêm y menywod, mae hi dal yr un mor frwd ag erioed am ffawd ei gwlad, ac yn credu bod gan garfan Jayne Ludlow'r dyhead i wireddu'r freuddwyd Cwpan y Byd. "Mae hi bendant wedi bod yn ymgyrch ragorol hyd yn hyn," meddai McAllister. "Ond wrth gwrs, rydym ni'n gobeithio bod y gorau i ddod. Mae cymaint o ymdrech wedi'i fuddsoddi yn y garfan hon, i baratoi cystal, ac i weithredu system chwarae gyda'r dalent sydd gennym ni. Dwi'n meddwl y byddwn ni'n gweld hyn oll ar waith heno."

A hithau'n Ddirprwy Gadeirydd Pwyllgor Pêl-droed Menywod UEFA ar hyn o bryd, ac aelod bwrdd Ymddiriedolaeth Bêl-droed Cymru, mae gan McAllister ddiddordeb personol yn hynt a helynt y tîm cenedlaethol, ond hefyd mae'n siarad o'r galon fel cefnogwr. "Dydych chi ddim yn gallu cwestiynu angerdd y merched hyn," ychwanegodd. "Ac rydw i'n gallu uniaethu â hynny. Mae'n anodd pan ydw i'n sylwebu i fod yn ddiduedd ac yn wrthrychol, gan fy mod i'n teimlo pob emosiwn! Rydym ni'n wlad fach, ond rydym ni'n llawn angerdd. Does neb eisiau hyn mwy na Jayne, y chwaraewyr a'r rheiny ohonom ni sydd wedi cael y fraint o gynrychioli Cymru ein hunain. Rydym ni gyd yn awyddus i oresgyn y rhwystr olaf a chyrraedd Ffrainc. Rydym ni gyd yn llawn cyffro am y posibilrwydd."

Chwaraeodd McAllister ochr yn ochr â Ludlow yn lliwiau Cymru ar begynau gwahanol yn eu gyrfaedd rhwngwladol, ac roedd y rhinweddau a oedd yn awgrymu bod ei chyd-chwaraewr am lwyddo fel hyfforddwr yn amlwg. "Mae Jayne wir wedi gwneud argraff arna i," esboniodd. "Ond dydw i ddim yn synnu gan fy mod i'n ei hadnabod hi'n dda iawn. Roedd hi'n chwaraewr gwyth, yn awdurdodol, ac yn drylwyr iawn yn ei pharatoadau. Doedd dim chwarae o gwmpas. Chwarae i'ch gwlad yw'r fraint fwyaf y gallwch ei chael ac mae'n rhaid cymryd y peth o ddifrif. Mae Jayne wedi parhau â'r agwedd honno gyda'i gyrfa hyfforddi. Mae hi'n uchelgeisiol iawn, ac yn dechnegol, mae hi'n hyfforddwr dawnus iawn."

Byddai buddugoliaeth heno yn mynd â Chymru i rowndiau terfynol twrnamaint menywod mawr am y tro cyntaf, ac mae McAllister wedi adnabod rhinwedd tebyg a ddiffiniodd tîm y dynion a enillodd le yn Ewro 2016. "Dwi'n meddwl mai'r hyn sy'n fy synnu i fwyaf am y tîm cyfredol yw'r agosatrwydd," meddai'n frwd. "Y ffaith fod y merched yn ysu am hyn cymaint, maen nhw'n edrych fel petaent yn barod i farw dros ei gilydd ar y cae. Maen nhw wir yn rhoi'r ymdrech mewn, nid yn gorfforol yn unig, ond yn feddyliol hefyd. Mae'n straen enfawr pan rydych chi ar frig y grŵp, yn arbennig pan mai Lloegr yw'r tîm sydd oddi tanoch chi. Mae gennym ni gêm fawr iawn o'n blaenau ni, ond gydag agosatrwydd y garfan, a'r gred sydd ganddyn nhw, dwi'n siŵr y bydd yn ein cael ni dros y llinell."



INTERMEDIATE TEAMS REVIEW

October will be a busy month for the women's intermediate teams as Wales compete in UEFA qualifying at both U17 and U19 level. Progress at both age groups has been apparent in recent years with both teams advancing past the qualifying group stage to reach the UEFA Elite round of fixtures, and their achievements are testament to the long-term strategy that has been implemented.

The qualifying action resumes for the U19 team during the first week of October as they travel to Armenia where they will take on Belgium, Iceland and the hosts. The ultimate aim will be for the side to reach the finals that will take place in Scotland in June 2019. Meanwhile, the U17 team will head to Serbia at the end of October where they will also face Albania and the Republic of Ireland. The finals of the competition take place in Bulgaria in May 2019.

The U19 team competed at the UEFA Elite round earlier this year having progressed through their qualifying group, and headed to Portugal where they came up against Denmark, Serbia and the host nation. An opening 2-0 defeat to Denmark was followed by a 3-1 reverse against Serbia, but a solitary goal from Amina Vine on the final day earned the side a memorable victory over Portugal to end the campaign on a high.

ADOLYGIAD O'R TIMAU CANOL

Bydd mis Hydref yn fis prysur i dimau canol y merched wrth i Gymru gystadlu mewn gemau rhagbrofol UEFA ar lefelau Dan 17 a Dan 19. Mae cynnydd y ddau grŵp oedran wedi bod yn amlwg mewn blyneddau diweddar, gyda'r ddau dîm yn llwyddo i fynd heibio'r camau grŵp i gyrraedd rownd Elit UEFA o gemau, ac mae eu gorchestion yn dyst i'r strategaeth hirdymor sydd ar waith.

Mae'r gemau rhagbrofol yn parhau i'r tîm Dan 19 yn ystod wythnos gyntaf mis Hydref wrth iddynt deithio i Armenia lle byddant yn herio Gwlad Belg. Gwlad yr Iâ a'r wlad gartref. Y nod yn y pen draw fydd i'r tîm gyrraedd y rowndiau terfynol a fydd yn cael eu cynnal yn yr Alban ym mis Mehefin 2019. Yn y cyfamser, bydd y tîm Dan 17 yn anelu am Serbia ddiwedd mis Hydref lle byddant hefyd yn wynebu Albania a Gweriniaeth Iwerddon. Mae rowndiau terfynol y gystadleuaeth yn digwydd ym Mwlgaria ym mis Mai 2019.

Roedd y tîm Dan 19 yn cystadlu yn y rownd Elit UEFA yn gynharach eleni ar ôl llwyddo yn eu grŵp rhagbrofol, gan deithio i Bortiwgal lle roeddent yn wynebu Denmarc, Serbia a'r wlad gartref. Ar ôl colli 2-0 i Ddenmarc yn y gêm agoriadol, a 3-1 i Serbia, roedd gôl gan Amina Vine ar y diwrnod olaf yn ddigon i gipio buddugoliaeth gofiadwy dros Bortiwgal i orffen yr ymgyrch yn gadarnhaol.

RETURN TO / DYCHWELYD I

RODNEY PARADE

It was back in September 2016 that Jayne Ludlow's team last played any competitive games here at Rodney Parade, but the double-header against Israel and Norway that completed their qualifying campaign for the 2017 UEFA Women's EURO finals will be remembered as a significant milestone in the development of this squad. A brace from Helen Ward and a fine individual goal from substitute Charlie Estcourt earned an impressive 3-0 win over Israel. A few days later, the side held Austria to a 0-0 draw, a point that secured the visitors their place in the finals.

"Rodney Parade was actually always going to be our home venue for this campaign," said Ludlow. "But lots of different things happened prior to us being able to play here. Thankfully, we've been able to play in some great stadiums already in this campaign, but we started playing there about two years ago and the girls really enjoyed that environment. It's a realistic environment in terms of us hoping to fill it each time we play here. It's a nice surface, and hopefully for us it's going to create a cauldron of very loud and very passionate Welsh supporters cheering us on."

Yn ôl ym mis Medi 2016 oedd y tro diwethaf i dim Jayne Ludlow chwarae unrhyw gemau cystadleuol yma yn Rodney Parade, ond byddwn yn cofio'r ddwy gêm yn erbyn Israel a Norwy a ddaeth a'u hymgyrch ragbrofol ar gyfer Rowndiau Terfynol Ewro 2017 Menywod UEFA i ben fel carreg filltir bwysig yn natblygiad y garfan. Diolch i ddwy gôl gan Helen Ward a gôl unigol arbennig gan yr eilydd Charlie Estcourt, llwyddodd Cymru i drechu Israel 3-0. Ychydig ddyddiau'n ddiweddarach, llwyddodd y tîm i ddal Awstria i gêm gyfartal 0-0, pwynt a oedd yn ddigon i sicrhau lle yn y rowndiau terfynol i'r ymwelwyr.

"Rodney Parade oedd wastad yn mynd i fod yn gartref i ni ar gyfer yr ymgyrch hon," meddai Ludlow. "Ond fe ddigwyddodd llawer o bethau cyn i ni allu chwarae yma. Diolch byth, rydym ni wedi gallu chwarae mewn ambell i stadiwm wych yn yr ymgyrch hon, ond fe ddechreuon ni chwarae yno tua dwy flynedd yn ôl ac roedd y merched wir yn mwynhau'r amgylchedd. Mae'n amgylchedd realistig o ran gobeithio y gallwn ni ei lenwi bob tro yr ydym ni'n chwarae yma. Mae'n arwyneb neis, a gobeithio i ni y bydd yn creu crochan o gefnogwyr uchel ac angerddol iawn y tu ôl i ni."

THE SUCCESS OF JAYNE LUDLOW'S side in the current qualifying campaign has captivated the nation, and the impact has also had an inspirational effect on the domestic league.

INTERVIEW WITH TIJA RICHARDSON

Tija Richardson captained Cardiff Met Women in the UEFA Champions League earlier this month, and spoke about the positive contribution the national team has made on every aspect of the women's game in Wales.

"It has been fantastic for women's football," said Richardson. "It's brilliant to see women's football growing so much in Wales, with more and more people talking about the game now than ever before. People are not so judgemental and I love that it's all over the media. By promoting the national team it makes young girls want to work harder and play to their full potential, because one day they could have a chance of playing for their country. It's had a huge impact on young girls across the country as they now have female footballers that they can look up to and want to aspire to be like, which is great."

Richardson had the honour of representing Wales at U19 level where she played alongside some of the current senior squad. "Rachel Rowe is the one that stands out for me," she explained. "I was with Rachel for years at Swansea City too and she is the most hard working girl on and off the ball that I've ever played with. Her energy is unreal. She is a top player and she deserves where she is today in her football career. It couldn't have happened to a nicer person. Every team needs a Rowey!"



TIJA RICHARDSON HAS PREVIOUSLY REPRESENTED WALES AT UNDER 19 LEVEL AND NOW CAPTAINS CARDIFF MET LADIES IN THE ORCHARD WELSH PREMIER WOMEN'S LEAGUE. CAPTEN MET CAERDYDD A CYN-CHWARAEWR D19 CYMRU TIJA RICHARDSON SYDD NAWR YN CHWARAE YN UWCH CYNGHRAIR ORCHARD MERCHED CYMRU.

MAE LLWYDDIANT TÎM JAYNE LUDLOW

yn yr ymgyrch ragbrofol bresennol wedi swyno'r genedl, ac mae hefyd wedi cael effaith ysbrydoledig ar y gynghrair ddomestig.



CYFWELIAD GYDA TIJA RICHARDSON

Roedd Tija Richardson yn gapten ar Fenywod Met Caerdydd yng Nghynghrair y Pencampwyr UEFA ddechrau'r mis, ac fe siaradodd am y cyfraniad cadarnhaol mae'r tîm cenedlaethol wedi'i wneud at bob agwedd ar gêm y menywod yng Nghymru.

"Mae wedi bod yn wych i bêl-droed menywod," meddai Richardson. "Mae'n wefreiddiol gweld pêl-droed menywod yn tyfu cymaint yng Nghymru, gyda mwy a mwy o bobl yn siarad am y gêm nawr nag erioed o'r blaen. Dydy pobl ddim mor feirniadol, ac rydw i'n caru'r ffaith ei fod dros y wasg. Drwy hyrwyddo'r tîm cenedlaethol, mae'n gwneud i ferched ifanc eisiau gweithio'n galed a chyrraedd eu llawn botensial, oherwydd un diwrnod, fe allant fod â chyfle o chwarae i'w gwlad eu hunain. Mae wedi cael effaith enfawr ar ferched ifanc ar draws y wlad, gan fod ganddynt bellach bêl-droedwyr benywaidd y gallant edrych i fyny atynt a cheisio eu hefelychu, sy'n wych."

Cafodd Richardson y fraint o gynrychioli Cymru ar lefel Dan 19 lle chwaraeodd ochr yn ochr â rhai o'r tîm cyntaf presennol. "Rachel Rowe yw'r un sy'n sefyll allan i mi," eglurodd. "Roeddwn i gyda Rachel am flynyddoedd yn Abertawe hefyd, a dydw i erioed wedi cwrdd ag unrhyw ferch sy'n gweithio'n galetach ar y bêl, ac oddi arni. Mae ei hegri hi yn anhygoel. Mae hi'n chwaraewr a hanner ac mae hi'n haeddu bod lle mae hi heddiw yn ei gyrfa bêl-droed. Ni fuasai wedi gallu digwydd i berson gwell. Mae angen Rowe ar bob tîm!"

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Mae 691,000 o bobl yn byw gyda diagnosis o ganser y fron yn y DU heddiw, ac mae'r ffigwr hwn yn sicr o dyfu. Gyda'ch cefnogaeth, fe allwn ni gefnogi mwy o bobl, pryd bynnag bydden nhw ein hangen ni.

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Assistant referee 1: Katalin Emese Torok (HUN)

Assistant referee 2: Lucie Ratajova (CZE)

4th official: Jana Adamkova (CZE)

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