Llais y Llywydd: Aled Siôn Davies

Y athletwr Paralympaidd Aled Siôn Davies yw Llywydd y Dydd, dydd Mawrth yn Eisteddfod Genedlaethol yr Urdd, Pen-y-bont ar Ogwr Taf ac Elái 2017.

Cafodd ei eni a'i fagu ym Mhen-y-bont, gan fynychu Ysgol Gymraeg Bro Ogwr ac Ysgol Gyfun Llanhari, cyn mynd ymlaen i astudio Rheolaeth Chwaraeon ym Mhrifysgol Metropolitan Caerdydd.

Breuddwyd Aled yn 14 oed oedd cyrraedd gemau Olympaidd Llundain 2012, ac er iddo ddechrau fel nofiwr, darganfyddodd bod ganddo dalent fel athletwr yn taflu'r ddisgen a'r belen. Wedi llawer o waith caled, cafodd ei ddewis i fynychu Pencampwriaeth Iau y Byd 2008, gan wireddu'r freuddwyd o ennill y fedal aur yng Ngemau Paralympaidd Llundain 2012. Ef oedd Pencampwr y Byd yn 2013, gan fynd ymlaen i ennill yr aur eto yng Ngemau Paralympaidd Rio yn 2016.

Bellach, mae'n edrych ymlaen at Bencampwriaethau'r Byd yn Llundain yr haf yma, gan ddychwelyd i'r stadiwm lle gwireddodd ei freuddwyd bym mlynedd yn ôl.

Beth oedd dy brofiad cyntaf o'r Urdd?

Roeddwn i wastad yn cystadlu yng nghystadlaethau chwaraeon yr Urdd, ac un o fy atgofion cynharaf oedd ennill ras yn gala nofio'r Urdd, y tro cyntaf i mi ennill unrhyw beth o flaen fy ffrindiau!

Yw'r profiad o gystadlu wedi bod o fudd yn dy fywyd proffesiynol?

Wrth gwrs – pan oeddwn i yn fach, doedd dim llawer o gyfle i gystadlu o flaen llawer o bobl, gyda'r emosiynau i gyd sy'n dod o hynny. Mae'n brofiad tebyg i'r hyn dwi'n ei gael nawr pan dwi'n mynd mas i gystadlu o flaen miloedd o bobl. Pan roeddwn i'n fach, roedd yr Urdd i fyny ar bedestal, yn uchafbwynt a'r brif gystadleuaeth yr oeddwn i'n gweithio tuag ati. Mae'n anhygoel gweld sut mae adran chwaraeon y mudiad wedi datblygu eto ers hynny.

Fyddet ti yn hoffi gweld chwaraeon yn rhan o Eisteddfod yr Urdd?

Mae'r Eisteddfod yn hysbyseb i'r iaith Gymraeg a Chymru. Dwi'n hoffi'r ffaith fod yna lawer o bethau yn yr Urdd sydd yn unigryw i Gymru, felly fydden i ddim yn newid dim

Lle ddylai ymwelwyr ymweld â nhw ger Pen-y-bont?

Mae nifer fawr o draethau yn yr ardal, felly byddwn yn awgrymu i bobl ymweld â rhai ohonyn nhw. Os byddwn i'n gorfod dewis un, dwi'n meddwl mai traeth Aberogwr fyddwn i'n ei ddewis, gan ei fod ryw bum munud o nghartref ac roeddwn i a'm mrawd yn treulio bron bob penwythnos yno. Rydw i yn caru'r ffaith eich bod yn gallu cerdded i lawr yno i weld y machlud – prydferth iawn.

Hefyd, mae caffi neis iawn o'r enw Manuca yn Broadlands sydd ar bwys tŷ mam a dad ac sydd yn sicr yn werth mynd iddo!

Beth, yn eich barn chi, yw'r peth gorau am yr Urdd?

Yn aml, dy'w pobl sydd ddim yn siarad Cymraeg ddim wedi clywed am yr Urdd, ond maen nhw'n ein gweld ni'n lwcus o'i gael, gan ei fod yn rhan o'n diwylliant ac yn cael ei gynnal trwy'r iaith Gymraeg – a dyna yw'r peth pwysicaf.

President of the Day: Aled Siôn Davies

Paralympic athlete Aled Siôn Davies is the President of the Day for Tuesday at the Urdd National Eisteddfod, Bridgend Taff-Ely 2017.

Born and raised in Bridgend, Aled attended Ysgol Gymraeg Bro Ogwr and Ysgol Gyfun Llanhari before moving on to study Sport Management at Cardiff Metropolitan University. Aled didn't consider himself to be a person with a disability, but when he was 13 he went to a swimming club for people with disabilities, which sparked his interest in disability sports.

Aled's dream at 14 years old was to get to the London Olympic Games 2012, and although he started off as a swimmer, he found his talent was as an athlete throwing the discus and shot-put. Following years of hard work, he was chosen to attend the Junior World Championships in 2008, before the dream of winning gold at the London Olympic Games 2012 came true. In 2013 came the world champion title, before winning yet another gold at the Rio Olymic Games in 2016.

He is now looking forward to the World Championships in London this summer, returning to the stadium where his dream was realised five years ago.

What was your first experience of the Urdd?

I was always competing in the Urdd sports competitions, and one of my earliest memories is of the amazing experience of winning something in front of my friends for the first time, at an Urdd swimming competition. I wasn't one for competing at the Eisteddfod.

Has the experience of competing been of benefit in your career?

Of course – we don't get many opportunities to compete in front of so many people, with all the emotions that come with it. It's a similar experience to the one I have now when I go out to compete in front of thousands of people. When I was young, the Urdd was up on a pedestal, the highlight and the main competition I would work towards, and it's amazing to see how the movement has grown over the years.

Would you like to see sport as part of the Urdd Eisteddfod?

I love sport, and there are many competitions out there at the moment. The Eisteddfod is an advert for the Welsh language and Wales, I like the fact that there's lots in the Urdd that is exclusive to Wales, so I wouldn't change a thing, apart from getting more people to come!

Where should visitors visit in Bridgend?

There are many beaches in the area, so I would suggest people visit at least a few of them. If I had to choose one, I think I'd choose Ogmore-by-sea, as it's only five minutes from my parents' house, and me and my brother used to spend almost every weekend there growing up. I love the fact that you can walk down there to watch the sunset – very beautiful.

Also, there is a lovely café called Manuca in Broadlands near my mum and dad's, definitely worth visiting!

What, in your view, is the best thing about the Urdd?

Often, people who don't speak Welsh haven't heard of the Urdd, but they see us as being lucky to have it, as it shows what Wales is, shows our history and the Welsh language – and that is the most important thing.