



CYMRU EURO 2025

MEDIA GUIDE /

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EWRO
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HISTORY OF THE CYMRU WNT



The history of the Cymru women's national team and the story behind it continues to inspire the current squad of players as they prepare to represent their country on the biggest stage. It is an inspirational story that shows how anything is possible with determination and belief, and how the trailblazers of the past paved the way for the superstars of today to shine at the highest level of the European game.

It was just over 50 years ago that the 50-year ban on women's football was lifted. An unthinkable situation now, but this was the reality of the time. In May 1973, Cymru played their first international match against the Republic of Ireland in Llanelli. Ireland won 3-2 in what was also their first match in front of around 3,500 supporters. The team had no affiliation to the Football Association of Wales, and borrowed kit from Swansea City FC.

For the next two decades, amateur trailblazers committed their time to represent Cymru in sporadic fixtures at their own expense. These individuals kept the women's game alive and were recognised at a special presentation at St. Fagan's Museum last year when 47 official FAW caps

to those who played between 1973 and 1992 were awarded. It was an emotional night for all those in attendance.

Four key figures changed the direction of women's football in Wales in 1992. Players Michelle Adams, Karen Jones and Laura McAllistar arranged a meeting with then FAW secretary general Alun Evans. Despite a lack of financial resource, Cymru now had an official women's team and played their first match against Iceland at Afan Lido in September 1993. From there, Cymru entered UEFA qualifying in 1995. However, the challenges remained as the players suffered with unsuitable kit, facilities and a lack of general support.



Due to travelling costs, the FAW withdrew the side from EURO 2005 qualifying after the draw was made. It was a seismic blow for those involved, but it was a low point that accelerated the need for change. Despite the setbacks, those with a passion for the women's game continued to campaign for progress, and a significant shift was made in 2010 when Jarmo Matikainen was appointed as the first full-time head coach of the Cymru women's national team. The popular Finnish coach was tasked



with developing a professional environment across all aspects of the game in Wales while also coaching the WU17, WU19 and senior teams. “Wales is a country of excellent football tradition,” he explained at the time of his appointment. “There is clearly potential with the players and the national team as well.”

Cymru would finish third in their qualifying group for EURO 2013 and missed out on a place at the finals, but Matikainen would lead a team at a major tournament as Wales hosted the UEFA WU19 Championship that summer. Current senior team captain Angharad James was part of that side, making her the only player in the current senior squad to have played at the finals of a tournament.

Having changed the mindset and culture, Matikainen would call time on his Welsh football experience in 2014, but he left a lasting legacy with his professional approach and dedication to raising the standards across the board. Former Cymru striker Jayne Ludlow was part of that crossover as her own playing career came to an end, and was elevated into the main position of Cymru head coach in October 2014.

Cymru came close to qualifying for major tournament’s under Ludlow but could not get over the line. However, the professionalism associated with the team was unrecognisable from just a decade before. Gemma Grainger was appointed as her successor in March 2021 and brought a new dimension to the side, building on the defensive stability that Ludlow and instilled and implementing a more attacking approach. World Cup qualification attracted record attendances, but a play-off defeat delivered the same heartbreak.

Rhian Wilkinson completes the story and takes us to our current place. Inspiring a new confidence and belief to a talented group of players, Wilkinson has brought out the very best of her squad during the last qualifying campaign and will not go to Switzerland just to make up the numbers. Finally delivering success after so many disappointments, Cymru head to EURO 2025 as the pride of all those who have gone before, especially the pioneers who smashed through glass ceilings for those who wear the shirt today.



HANES TÎM CENEDLAETHOL MENYWOD CYMRU



Mae hanes tîm cenedlaethol menywod Cymru a'r stori y tu ôl iddo yn parhau i ysbrydoli'r garfan bresennol o chwaraewyr wrth iddynt baratoi i gynrychioli eu gwlad ar y llwyfan mwyaf. Mae'n stori ysbrydoledig sy'n dangos sut mae unrhyw beth yn bosibl gyda natur benderfynol a chred, a sut mae arloeswyr y gorffennol wedi paratoi'r ffordd i sêr heddiw ddisgleirio ar lefel uchaf y gêm Ewropeaidd.

Ychydig dros 50 mlynedd yn ôl y codwyd y gwaharddiad 50 mlynedd ar bêl-droed menywod. Sefyllfa sy'n anodd ei chredu heddiw, ond dyna oedd realiti'r cyfnod. Ym mis Mai 1973, chwaraeodd Cymru ei gêm ryngwladol gyntaf yn erbyn Gweriniaeth Iwerddon yn Llanelli. Enillodd Iwerddon o 3-2 yn eu gêm gyntaf o flaen tua 3,500 o gefnogwyr. Nid oedd gan y tîm unrhyw gysylltiad â Chymdeithas Bêl-droed Cymru, ac roeddent wedi benthyg cit gan Glwb Pêl-droed Dinas Abertawe.

Dros y ddau ddegawd nesaf, ymrwymodd arloeswyr amatur eu hamser i gynrychioli Cymru mewn gemau achlysurol ar eu cost eu hunain. Cadwodd yr unigolion hyn gêm y menywod yn fyw a chawsant eu cydnabod mewn cyflwyniad arbennig yn Amgueddfa Sain Ffagan y llynedd pan ddyfarnwyd 47 o gapiau swyddogol Cymdeithas Bêl-droed Cymru i'r rheini a

chwaraeodd rhwng 1973 ac 1992. Roedd hi'n noson emosiynol i bawb a oedd yn bresennol. Newidiodd bedwar ffigur allweddol gyfeiriad pêl-droed menywod yng Nghymru ym 1992. Trefnodd y chwaraewyr Michelle Adams, Karen Jones a Laura McAllistar gyfarfod gydag ysgrifennydd cyffredinol Cymdeithas Bêl-droed Cymru, Alun Evans. Er gwaethaf diffyg adnoddau ariannol, erbyn hyn roedd gan Gymru dîm menywod swyddogol a chwaraeodd eu gêm gyntaf yn erbyn Gwlad yr Iâ yn Afan Lido ym mis Medi 1993. Oddi yno, cofrestrodd Cymru ar gyfer gemau rhagbrofol UEFA ym 1995. Fodd bynnag, roedd yr heriau'n parhau wrth i'r chwaraewyr ddioddef oherwydd offer a chyfleusterau



anaddas a diffyg cefnogaeth gyffredinol. Oherwydd costau teithio, tynnodd Cymdeithas Bêl-droed Cymru'r tîm yn ôl o gemau rhagbrofol EWRO 2005 ar ôl cyhoeddi'r grwpiau. Yr oedd yn ergyd enfawr i'r rhai a oedd yn gysylltiedig, ond yr oedd yn bwynt isel a gynyddodd yr angen am newid. Er gwaethaf yr anawsterau, parhaodd y rheini a oedd yn frwd dros gêm y menywod i ymgyrchu dros gynnydd, a gwnaed newid sylweddol yn 2010 pan benodwyd Jarmo Matikainen yn brif hyfforddwr amser llawn cyntaf tîm cenedlaethol menywod Cymru.



Cafodd yr hyfforddwr poblogaidd o'r Ffindir y dasg o ddatblygu amgylchedd proffesiynol ar draws pob agwedd ar y gêm yng Nghymru ar yr un pryd â hyfforddi'r timau D17, D19 a'r timau cyntaf. "Mae gan Gymru draddodiad pêl-droed rhagorol," esboniodd ar adeg ei benodi. "Mae'n amlwg bod potensial gyda'r chwaraewyr a'r tîm cenedlaethol hefyd."

Byddai Cymru yn dod yn drydydd yn eu grŵp rhagbrofol ar gyfer EWRO 2013 ac yn methu â mynd drwodd i'r rowndiau terfynol, ond byddai Matikainen yn arwain tîm mewn twrnamaint mawr wrth i Gymru gynnal Pencampwriaeth D19 UEFA i Ferched yr haf hwnnw. Roedd capten presennol y tîm cyntaf, Angharad James, yn aelod o'r tîm hwnnw, sy'n golygu mai hi yw'r unig chwaraewr yn y garfan gyntaf bresennol i chwarae mewn rowndiau terfynol twrnamaint.

Ar ôl newid y meddylfryd a'r diwylliant, byddai Matikainen yn dod â'i amser gyda Chymru i ben yn 2014, ond gadawodd waddol parhaol gyda'i agwedd broffesiynol a'i ymroddiad i godi'r safonau'n gyffredinol. Roedd cyn-ymosodwraig Cymru Jayne Ludlow yn rhan o'r cyfnod pontio hwnnw wrth i'w gyrfa chwarae ei hun ddod i ben, a chafodd ei dyrchafu i swydd prif hyfforddwr Cymru ym mis Hydref 2014.

Daeth Cymru yn agos at gyrraedd twrnameintiau mawr dan reolaeth Ludlow ond ni allai groesi'r llinell. Fodd bynnag, o ran proffesiynoldeb, roedd y tîm wedi cymryd camau mawr ymlaen mewn cyfnod o ddegawd. Penodwyd Gemma Grainger yn olynydd iddi ym mis Mawrth 2021 a daeth â dimensiwn newydd i'r tîm, gan adeiladu ar y sefydlogrwydd amddiffynnol a sefydlodd Ludlow a gweithredu dull mwy ymosodol. Denodd rownd ragbrofol Cwpan y Byd fwy o dyrfaodedd nag erioed o'r blaen, ond bu i golli gêm ail gyfle arwain at yr un tor-calon.

Rhian Wilkinson sy'n cwblhau'r stori ac yn dod â ni i'r presennol. Gan ysbrydoli hyder a chred newydd ymysg grŵp talentog o chwaraewyr, mae Wilkinson wedi cael y gorau o'i charfan yn ystod yr ymgyrch ragbrofol ddiwethaf ac ni fydd yn mynd i'r Swistir dim ond i gymryd rhan. Gan sicrhau llwyddiant ar ôl cymaint o siomedigaethau, mae Cymru'n mynd i EWRO 2025 yn destun balchder i'w holl ragflaenwyr, yn enwedig yr arloeswyr a dorrodd dir newydd dros y rheini sy'n gwisgo'r crys heddiw.

RHIAN WILKINSON PROFILE



Rhian Wilkinson had little time to prepare for the challenge of leading Cymru through EURO 2025 qualifying, but the former Canadian international arrived on the eve of the campaign with a clear plan on how to deliver success and make history with a national team that had faltered too many times at the final hurdle.

There is no doubt that Wilkinson has instilled a new sense of belief into this Cymru team, and a string of impressive performances in the UEFA Nations League A fixtures that included two 1-1 draws with Sweden shows just how far the side has evolved since her appointment. Cymru head to Switzerland as the lowest-seeded team at the tournament, but there is a confidence within the group that continues to defy the odds.

Wilkinson was born in Quebec, Canada, to an English father and Welsh mother, and actually spent a few years living in Cowbridge where she attended Bont Faen

Primary School between 1989 and 1991.

“Spending time at Bont Faen meant I made lots of friends and got to know the area well,” said Wilkinson in 2012. “It’s where my mum grew up, so I certainly feel that Wales is my second home. There is a huge affinity.”

However, it was in the United States, Norway and Canada where Wilkinson would make her name as an established international defender, winning a bronze medal at the 2012 Olympic Games in London and again at the 2016 Olympic Games in Brazil.

Wilkinson represented Canada between 2003 and 2017, scoring seven goals in 183 games for her country, and also spent a number of years playing club football in Norway with Team Strømmen. An all-rounder, Wilkinson also played ice hockey and rugby during her teenage years, but it was her talent and passion for football that would define her sporting career over the course of the next two decades.



Following her retirement in 2017, Wilkinson moved into coaching and worked with the Canadian intermediate teams at U17 and U20 level, before moving up to the senior squad as assistant manager. In 2021, Wilkinson was reunited with her former team-mate and coach from Team Strømmen as Hege Riise took temporary charge of England and appointed Wilkinson as her assistant. The duo would also take charge of Team GB at the Olympic Games in Tokyo.

Inducted into the Canada Soccer Hall of Fame in 2022, it would also prove to be a defining year for Wilkinson in her coaching career as she was appointed head coach of Portland Thorns in November 2021. Upon her unveiling, Wilkinson highlighted the influence of John Herdman, the former head coach of the Canadian men's and women's national team, and provided some insight into her own coaching philosophy.

"He was my greatest coaching influence," said Wilkinson in 2021. "He is so clear on how he believes the game should be played. What I have taken from him is being real clear on the structures, and creativity comes from the structure. I believe that has really informed how I like to coach, and I think the clarity players need in order to perform."

"One of the first things you're asked as a coach is what's your philosophy, and it's a huge question, because usually if you haven't got the experience, you end up just following what you know. So, for me, it was very important to work for different types of coaches after John Herdman, because he is such a strong personality and influence."

Wilkinson would achieve incredible success at Portland, leading the side to the NWSL Championship the following year to win the title for the third time in their history. That achievement in itself had already established Wilkinson's reputation as a talented coach, but her immediate success with Cymru has no doubt enhanced her status and the challenge now is to ensure her side have no regrets in Switzerland this summer.

"I think I've inherited a team at the exact right moment to them to do something special," explained Wilkinson earlier this year. "I think they're a testament to all the people that came before and all the players that came before, and that my arrival was maybe just that kind of new coach at the right time who was able to ask them to do things that maybe in the past they weren't ready for, and that now, they're ready to try."





PROFFIL RHIAN WILKINSON



Ychydig iawn o amser a gafodd Rhian Wilkinson i baratoi ar gyfer yr her o arwain Cymru drwy gemau rhagbrofol EWRO 2025, ond cyrhaeddodd y cyn-chwaraewraig ryngwladol o Canada ar drothwy'r ymgyrch gyda chynllun clir ar gyfer sut i sicrhau llwyddiant a chreu hanes gyda thîm cenedlaethol a oedd wedi boddi wrth y lan gymaint o weithiau.

Nid oes amheuaeth bod Wilkinson wedi ennyn ymdeimlad newydd o gred yn y tîm Cymru hwn, a chyfres o berfformiadau trawiadol yng Nghynghrair Cenedloedd UEFA A a oedd yn cynnwys dwy gêm gyfartal 1-1 yn erbyn Sweden, sy'n dangos pa mor bell y mae'r tîm wedi esblygu ers iddi gael ei phenodi. Mae Cymru'n mynd i'r Swistir fel y detholion isaf yn y twrnament, ond mae hyder yn y grŵp sy'n parhau i herio'r disgwyliadau.

Ganwyd Wilkinson i dad o Loegr a mam o Gymru yn Quebec, Canada, a threuliodd ychydig o flynyddoedd yn byw yn y Bont-faen lle bu'n mynychu Ysgol Gynradd Bont -faen rhwng 1989 a 1991. "Roedd treulio amser yn y Bont-faen yn

golygu fy mod wedi gwneud llawer o ffrindiau ac wedi dod i adnabod yr ardal yn dda," meddai Wilkinson yn 2012. "Dyma lle cafodd fy mam ei magu, felly rwy'n sicr yn teimlo mai Cymru yw fy ail gartref. Mae perthynas agos iawn rhyngom ni."

Fodd bynnag, yn yr Unol Daleithiau, Norwy a Chanada y byddai Wilkinson yn gwneud ei henw fel amddiffynwraig ryngwladol sefydledig, gan ennill medal efydd yng Ngemau Olympaidd 2012 yn Llundain ac eto yng Ngemau Olympaidd 2016 ym Mrasil.

Cynrychiolodd Wilkinson Canada rhwng 2003 a 2017, gan sgorio saith gôl mewn 183 gêm i'w gwlad, a threuliodd nifer o flynyddoedd hefyd yn chwarae pêl-droed clwb yn Norwy gyda Team Strømmen. Yn hynod amryddawn, chwaraeodd Wilkinson hoci iâ a rygbi yn ystod ei harddegau, ond ei thalent a'i hangerdd dros bêl-droed fyddai'n diffinio ei gyrfa ym maes chwaraeon dros y ddau ddegawd nesaf.

Ar ôl ymddeol yn 2017, symudodd Wilkinson i faes hyfforddi a gweithio gyda thimau canolradd



PROFFIL RHIAN WILKINSON

Canada ar lefel dan 17 a than 20, cyn symud i fyny i'r garfan gyntaf fel is-reolwraig. Yn 2021, cafodd Wilkinson ei haduno â'i chyn-gyd-chwaraewraig a'i hyfforddwraig o Team Strømmen wrth i Hege Riise gymryd cyfrifoldeb dros dro ar dîm Lloegr a phenodi Wilkinson yn gynorthwydd iddi. Byddai'r ddwy hefyd yn gyfrifol am Dîm Prydain Fawr yn y Gemau Olympaidd yn Tokyo.

Cafodd ei chynnwys yn Oriel Anfarwolion Pêl-droed Canada yn 2022, a byddai hefyd yn flwyddyn ddiffiniol i Wilkinson yn ei gyrfa hyfforddi wrth iddi gael ei phenodi'n brif hyfforddwr Portland Thorns ym mis Tachwedd 2021. Wrth gael ei chyflwyno, tynnodd Wilkinson sylw at ddylanwad John Herdman, cyn-brif hyfforddwr tîm cenedlaethol dynion a menywod Canada, a rhoddodd gipolwg ar ei hathroniaeth hyfforddi ei hun.

"Ef oedd fy nylanwad hyfforddi mwyaf," meddai Wilkinson yn 2021. "Mae mor glir ynghylch sut mae'n credu y dylid chwarae'r gêm. Yr hyn yr wyf wedi'i gael ganddo yw bod yn gwbl glir ynghylch y strwythurau, a daw creadigrwydd o'r strwythur. Rydw i'n credu bod hynny wir wedi dylanwadu ar sut rydw i'n hoffi hyfforddi, sef yr eglurder sydd ei angen ar chwaraewyr er mwyn perfformio."

"Un o'r pethau cyntaf sy'n cael ei ofyn i chi fel hyfforddwr yw beth yw eich athroniaeth, ac mae'n gwestiwn enfawr, oherwydd fel arfer os nad oes gennych chi'r profiad, rydych chi'n dilyn yr hyn rydych chi'n ei wybod. Felly, i mi, roedd yn bwysig iawn gweithio i wahanol fathau o hyfforddwyr ar ôl John Herdman, oherwydd mae ganddo bersonoliaeth a dylanwad mor gryf."

Byddai Wilkinson yn cael llwyddiant anhygoel yn Portland, gan arwain y tîm i Bencampwriaeth NWSL y flwyddyn ganlynol gan ennill y teitl am y trydydd tro yn eu hanes. Roedd y llwyddiant hwnnw ynddo'i hun eisoes wedi sefydlu enw da Wilkinson fel hyfforddwr talentog, ond mae'n

siŵr bod ei llwyddiant di-oed gyda Chymru wedi dyrchafu ei statws, a'r her nawr yw sicrhau nad yw ei thîm yn difaru dim yn y Swistir yr haf hwn.

"Dwi'n meddwl fy mod i wedi etifeddu tîm ar yr union adeg iawn iddyn nhw wneud rhywbeth arbennig," esboniodd Wilkinson yn gynharach eleni. "Dwi'n meddwl eu bod nhw'n destament i'r holl bobl a ddaeth o'u blaen a'r holl chwaraewyr a ddaeth o'u blaen, ac efallai fod fy mhenodiad i fel hyfforddwr newydd wedi digwydd ar yr adeg iawn, ac roeddwn yn gallu gofyn iddyn nhw wneud pethau nad oedden nhw'n barod ar eu cyfer efallai yn y gorffennol, ac erbyn hyn, maen nhw'n barod i roi cynnig arnyn nhw."





ROAD TO THE FINALS



It was the international story that topped-and-tailed 2024 as Cymru finally made history and qualified for their first major women's tournament on a December night in Dublin. It was a remarkable conclusion to a year that began with former head coach Gemma Grainger departing her position on the eve of the EURO 2025 qualifying campaign, but Rhian Wilkinson hit the ground running and delivered what generations before had only dreamed of.

In an ironic twist, Wilkinson's introduction to her squad was to watch them defeat the Republic of Ireland 2-0 in a February friendly, with little indication of what would follow later in the year. Appointed just a couple of days before, the former Canadian international with Welsh roots met with the squad for the first time and she would need to make an immediate impression with the qualifying campaign scheduled to start in April.

The draw for the first stage of EURO 2025 qualifying took place in March with Cymru

joining Croatia, Ukraine and Kosovo in Group B4. Wilkinson would enjoy the perfect start to her tenure as Cymru dominated in a 4-0 win over Croatia at the STōK Cae Ras in Wrexham in April in front of just over 4,000 fans. A double from Jess Fishlock was followed by further goals from Rachel Rowe and Angharad James to complete the scoring, and the goals continued a few days later as the side scored six against Kosovo without reply.

In a surprise announcement, Sophie Ingle confirmed that she was relinquishing the Cymru captaincy after leading the team for almost a decade, with Angharad James later claiming the armband. A double-header against Ukraine would see Cymru drop points and concede for the first time in the campaign as a 1-1 draw in Llanelli was followed by a 2-2 draw in the neutral venue of Poland.

Cymru would travel to Croatia in July and the side reacted to the Ukraine setback in style with a 3-0 win thanks to goals from Fishlock, Ingle a penalty from Kayleigh Barton. The first stage of the campaign would come to a close at Parc-y-Scarlets a few days later as Kosovo were defeated 2-0 through a record-breaking strike from Fishlock and a first senior international goal for Mary McAteer. Cymru would top the group, achieve promotion to League A and head into the Play-Offs undefeated.

With the momentum in their favour, Cymru were confident heading to Slovakia for the EURO Play-Off Semi-Final 1st leg match in October. However, it proved to be a difficult night as Slovakia claimed a shock 2-1 win,

although a late consolation goal from Ffion Morgan off the bench would prove crucial ahead of the return match in Cardiff.

Over 10,500 fans would be in attendance at the Cardiff City Stadium for the decisive match. Big games require big characters and it was Fishlock who levelled the tie just before half-time. Cymru enjoyed long periods of possession and created plenty chances, but extra-time would be required before Ceri Holland scored the crucial second goal to take Cymru through to the Play-Off Final 3-2 on aggregate.

Record ticket sales for the 1st leg of the Play-Off Final confirmed that the momentum had spread across the country and 16,845 fans would witness a physical encounter between Cymru and the Republic of Ireland in Cardiff. Despite a strong start from the visitors, Lily Woodham would open the scoring for home side midway through the opening half, but a cruel deflection off the crossbar would level the score as the two teams prepared to meet again in Dublin.

And what a night it would be. A winner-takes-all match in front of over 25,000 fans at the Aviva Stadium did not disappoint. Wilkinson made two changes to her starting line-up and Cymru would benefit from a VAR review early in the second half. Hannah Cain took the responsibility of dispatching the resulting penalty before substitute Carrie Jones added a second goal. Ireland threw everything at the Cymru defence, and while they pulled a goal back through Anna Patten late on, they had no time to equalise.

The final whistle brought an outpouring of emotion. Cymru had finally done it. Some players ran in different directions, some fell to their knees, everyone cried tears of joy. The euphoria of being the first team to ever take Cymru to a women's major tournament was too much to take in for those that have been on this journey for so many years. Centurions like Fishlock, Ingle and James must have wondered if this day would ever come. Wilkinson had delivered on her promise. This was indeed for us, for them, for her.





Y DAITH I'R ROWNDIAU TERFYNOL



Dyma'r stori ryngwladol a rychwantodd 2024 wrth i Gymru greu hanes o'r diwedd gan ennill eu lle yn eu twrnamaint mawr cyntaf i ferched ar noson o Ragfyr yn Nulyn. Yr oedd yn ddiweddsglo rhyfeddol i flwyddyn a ddechreuodd gyda'r cyn-brif hyfforddwr Gemma Grainger yn gadael ei swydd ar drothwy ymgyrch ragbrofol EWRO 2025. Ond aeth Rhian Wilkinson ati'n syth i gyflawni'r hyn yr oedd cenedlaethau o'i blaen wedi breuddwydio amdano.

Yn eironig, cyflwyniad Wilkinson i'w charfan oedd eu gwylio'n trechu Gweriniaeth Iwerddon 2-0 mewn gêm gyfeillgar ym mis Chwefror, heb fawr o arwydd o'r hyn a fyddai'n dilyn yn ddiweddarach yn y flwyddyn. Fe'i penodwyd ychydig ddyddiau ynghynt, cyfarfu'r cyn-chwaraewraig ryngwladol o Canada, sydd â gwreiddiau Cymreig, â'r garfan am y tro cyntaf gan wybod y byddai angen iddi wneud argraff yn syth gyda'r ymgyrch ragbrofol i fod i ddechrau ym mis Ebrill.

Cyhoeddwyd y grwpiau ar gyfer cam cyntaf gemau rhagbrofol EWRO 2025 ym mis Mawrth gyda Chymru'n ymuno â Croatia, Wcráin a Kosovo yng Ngrŵp B4. Byddai Wilkinson yn mwynhau'r dechrau perffaith i'w chyfnod yn y

swydd wrth i Gymru ennill 4-0 yn erbyn Croatia yn y STök Cae Ras yn Wrecsam ym mis Ebrill o flaen ychydig dros 4,000 o gefnogwyr. Dilynwyd dwy gôl gan Jess Fishlock gan goliau pellach gan Rachel Rowe ac Angharad James i gwblhau'r sgorio, a pharhaodd y goliau ychydig ddyddiau'n ddiweddarach wrth i'r tîm sgorio chwech yn erbyn Kosovo heb ildio'r un.

Mewn cyhoeddiad annisgwyl, cadarnhaodd Sophie Ingle ei bod yn rhoi'r gorau i gapteniaeth Cymru ar ôl arwain y tîm am bron i ddegawd, gydag Angharad James yn ddiweddarach yn hawlio'r band braich. Mewn dwy gêm gefn-wrth-gefn yn erbyn Wcráin collodd Gymru bwyntiau ac ildio am y tro cyntaf yn yr ymgyrch wrth i gêm gyfartal 1-1 yn Llanelli gael ei dilyn gan gêm gyfartal 2-2 yn lleoliad niwtral Gwlad Pwyl.

Byddai Cymru yn teithio i Croatia ym mis Gorffennaf ac ymatebodd y tîm i'r siom yn erbyn Wcráin mewn steil gyda buddugoliaeth o 3-0 diolch i goliau gan Fishlock, Ingle, a chic gosb gan Kayleigh Barton. Byddai cam cyntaf yr ymgyrch yn dod i ben ym Mharc y Scarlets ychydig ddyddiau'n ddiweddarach wrth i Kosovo gael ei threchu 2-0 gyda record o gôl gan Fishlock a'r gôl ryngwladol gyntaf i Mary McAteer. Byddai Cymru'n gorffen ar frig y grŵp, yn cael dyrchafiad i Gynghrair A ac yn mynd i'r Gemau Ail Gyfle heb eu trechu.

Gyda'r momentwm o'u plaid, roedd Cymru'n hyderus yn mynd i Slofacia ar gyfer Cymal Cyntaf Gêm Ail Gyfle Gynderfynol EWRO ym mis Hydref. Fodd bynnag, bu'n noson anodd wrth i Slofacia hawlio buddugoliaeth annisgwyl o 2-1, er y byddai gôl gysur hwyr gan Ffion Morgan oddi ar y fainc yn hanfodol cyn yr ail gymal yng Nghaerdydd.

Roedd dros 10,500 o gefnogwyr yn bresennol yn Stadiwm Dinas Caerdydd ar gyfer y gêm dyngedfennol. Mae angen cymeriadau mawr



Y DAITH I'R ROWNDIAU TERFYNOL

mewn gemau mawr, a Fishlock a unionodd y sefyllfa ychydig cyn hanner amser. Mwynhaodd Cymru gyfnodau hir o feddiant a chreu digon o gyfleoedd, ond byddai angen amser ychwanegol cyn i Ceri Holland sgorio'r ail gôl hanfodol i fynd â Chymru drwodd i Rownd Derfynol y Gemau Ail Gyfle 3-2 dros ddau gymal.

Roedd y nifer uchaf erioed o docynnau a werthwyd ar gyfer Cymal Cyntaf y Gêm Ail Gyfle wedi cadarnhau bod y momentwm wedi lledaenu ar draws y wlad a byddai 16,845 o gefnogwyr yn gweld gornest gorfforol rhwng Cymru a Gweriniaeth Iwerddon yng Nghaerdydd. Er gwaethaf dechrau cryf gan yr ymwelwyr, byddai Lily Woodham yn rhwydo gyntaf i'r tîm cartref hanner ffordd drwy'r hanner cyntaf, ond byddai gwyriad creulon oddi ar y trawst yn unioni'r sgôr wrth i'r ddau dîm baratoi i gwrdd eto yn Nulyn.

Ac am noson. Popeth yn y fantol gerbron dros 25,000 o gefnogwyr yn Stadiwm Aviva, a

chawson ni ddim ein siomi. Gwnaeth Wilkinson ddau newid i'w tîm i ddechrau'r gêm a byddai Cymru'n elwa o adolygiad VAR yn gynnar yn yr ail hanner. Cymerodd Hannah Cain y cyfrifoldeb dros rwydo'r gic gosb a ddeilliodd o hynny cyn i'r eilydd Carrie Jones ychwanegu ail gôl. Taflodd Iwerddon bopeth at amddiffyn Cymru, ac er i Anna Patten daro un yn ôl yn hwyr, nid oedd ganddynt amser i unioni'r sgôr.

Wedi'r chwiban olaf daeth llif o emosiwn. Roedd Cymru wedi llwyddo o'r diwedd. Rhedodd rai o'r chwaraewyr i wahanol gyfeiriadau, disgynnodd rai eu gliniau, a dagrau o lawenydd i'w cael gan bawb. Roedd yr ewfforia o fod y tîm cyntaf erioed i fynd â Chymru i bencampwriaeth fawr i ferched yn ormod i'r rheini sydd wedi bod ar y daith hon ers cymaint o flynyddoedd. Mae'n rhaid bod Canwriaid fel Fishlock, Ingle a James wedi pendroni a fyddai'r diwrnod hwn byth yn dod. Yr oedd Wilkinson wedi gwireddu ei haddewid. Roedd hyn yn rhywbeth i ni, iddyn nhw, ac iddi hi.



ALICE GRIFFITHS

CAP: 16 | GOALS: –

FIRST GAME:
Kazakhstan 2017/18



Name: Alice Griffiths

Age: 24 (22/01/01)

Hometown: Aberdare, Rhondda

Primary school: Abernant Primary

Secondary school: St John Baptist High School

First grassroots club: Aberdare Grasshoppers

Current club: Unattached

Previous clubs:

- Aberdare Grasshoppers (grassroots)
- Cardiff City Ladies (grassroots)
- Llwydcoed (grassroots)
- Cyncoed Ladies (2016-2018)
- Cardiff Met (2018-2019)
- Charlton Athletic (2019-2021)
- Bridgwater United (2021)
- Southampton (2021-2025)
- Durham (loan 2025)

Cymru career:

Alice earned twelve caps for Cymru's WU17s between 2016-2017 and four caps for Cymru's WU19s between 2018-2019. Alice was first called up to the Cymru senior squad in 2017 and made her debut in November 2017 in a 1-0 victory against Kazakhstan in the 2019 Women's World Cup qualifiers. Alice has 16 caps for Cymru.

Alice was recalled to the squad towards the end of Gemma Grainger's reign as manager after a period away. Under Rhian Wilkinson, Alice has featured regularly and started the EURO second leg semi-final play-off against Slovakia.

Cymru is special to Alice because "It means so much to my family when I step on the pitch for Cymru, they are special moments that we can share together. Also, because of the team and the feeling I get playing for Cymru. There is no other place/team that can replicate anything close. Alice's first memory of representing Cymru is scoring for the WU17s against Turkey to help Cymru qualify for the Euro Elite round.

Outside of football:

Alice's hobbies and passions outside of football include Formula 1 and spending time with family and friends. Alice is also a passionate Cardiff City fan.

ALICE GRIFFITHS

CAP: 16 | GÔL: –

GÊM GYNTAF:
Kazakhstan 2017/18



Enw: Alice Griffiths

Oed: 24 (22/01/01)

Tref enedigol: Aberdâr, Y Rhondda

Ysgol gynradd: Ysgol Gynradd Abernant

Ysgol uwchradd: Ysgol Uwchradd Sant Ioan Fedyddiwr

Clwb llawr gwlad cyntaf: Grasshoppers Aberdâr

Clwb presennol: Heb glwb

Clybiau blaenorol:

- Grasshoppers Aberdâr (llawr gwlad)
- Merched Dinas Caerdydd (llawr gwlad)
- Llwydcoed (llawr gwlad)
- Merched Cyncoed (2016-2018)
- Met Caerdydd (2018-2019)
- Charlton Athletic (2019-2021)
- Bridgwater United (2021)
- Southampton (2021-2025)
- Durham (ar fenthyg 2025)

Gyrfa Cymru:

Enillodd Alice ddeuddeg cap gyda thîm D17 Cymru rhwng 2016-2017 a phedwar cap gyda thîm D19 Cymru rhwng 2018-2019. Cafodd Alice ei galw i garfan tîm cyntaf Cymru am y tro cyntaf yn 2017 a pherfformiodd am y tro cyntaf ym mis Tachwedd 2017 mewn buddugoliaeth 1-0 yn erbyn Kazakhstan yng ngemau rhagbrofol Cwpan y Byd i Ferched 2019. Mae gan Alice 16 cap dros Gymru.

Galwyd Alice yn ôl i'r garfan tua diwedd teyrnasiad Gemma Grainger fel rheolwr ar ôl cyfnod i ffwrdd. Dan Rhian Wilkinson, mae Alice wedi ymddangos yn rheolaidd gan ddechrau ail gymal gêm ail-gyfle gynderfynol yr EWRO yn erbyn Slofacia.

Mae Cymru yn arbennig i Alice oherwydd "Mae'n golygu cymaint i fy ngheulu pan fydda i'n camu ar y cae i Gymru, maen nhw'n eiliadau arbennig y gallwn ni eu rhannu gyda'n gilydd. Hefyd, oherwydd y tîm a'r teimlad rwy'n ei gael yn chwarae i Gymru. Nid oes unrhyw le/tîm arall sy'n gallu cynnig unrhyw beth sy'n agos. Atgof cyntaf Alice o gynrychioli Cymru yw sgorio i'r tîm D17 yn erbyn Twrci i helpu Cymru i fynd drwodd i rownd Ewro Elit.

Y tu allan i bêl-droed:

Mae hobiau a diddordebau Alice y tu allan i bêl-droed yn cynnwys Fformiwla 1 a threulio amser gyda theulu a ffrindiau. Mae Alice hefyd yn gefnogwr brwd o GPD Dinas Caerdydd.

ANGHARAD JAMES

CAP: 132 | GOALS: 6

FIRST GAME:
Scotland 2011/12

Name: Angharad James
Age: 30 (01/06/94)
Hometown: Haverfordwest, Pembrokeshire
Primary school: Ysgol Brynconin
Secondary school: Ysgol Y Preseli
First grassroots club: Clarbeston Road
Current club: Seattle Reign (2024-)

Previous clubs:

- Clarbeston Road (grassroots)
- Manorbier Girls (grassroots)
- Arsenal (2010-2011)
- Bristol Academy (2012-2015)
- Notts County (2016)
- Yeovil Town (2017)
- Everton (2017-2019)
- Reading (2019-2021)
- North Carolina Courage (2021)
- Orland Pride (2022)
- Tottenham Hotspur (2022-2024)

Cymru career:

Angharad played more than 30 games for the Cymru age group teams and featured in the WU19 UEFA EURO finals hosted in south Wales in 2013. Angharad was called up to Cymru's Senior team in 2011 and made her debut in October 2011 in a 2-2 draw against Scotland in the UEFA Women's Euro 2013 qualifying round. Angharad earned her 100th cap for Cymru in September 2022 in a World Cup Qualifier against Slovenia, aged 28, making her the youngest ever Cymru player to reach this milestone. She currently has 132 caps for Cymru. Angharad was appointed Cymru captain in 2024.

Cymru is special to Angharad because "It's my identity. I live Cymru every day. We are a family; it's a safe space and special place for me. It's where all my best memories were made, growing up in Pembrokeshire wanting to play for Cymru, to actually achieving that and making history. Many more special times to come."

Angharad's earliest Cymru memory was waiting anxiously for a letter to arrive in the post to let her know if she had been selected for a camp. Receiving that letter and then earning her first cap against Scotland away. When Angharad was growing up women's football wasn't visible as games weren't televised. It wasn't until she moved to Arsenal, where she met Jayne Ludlow, did Angharad realise there was a Cymru women's team. Due to this Jayne Ludlow is an important role model for Angharad.

Outside of football:

A proud Welsh speaker that attended the same secondary school as Joe Allen, Angharad's hobbies and passions include making coffee, interior design, photography and real estate. She is the co-owner of Two Sides Grind, a mobile coffee business and is also passionate about raising awareness of Alzheimer's and supporting St John's Ambulance Service. Angharad is married to Tottenham Hotspur defender Amy Turner.



ANGHARAD JAMES

CAP: 132 | GÔL: 6

GÊM GYNTAF:
Scotland 2011/12

Enw: Angharad James
Oed: 30 (01/06/94)
Tref enedigol: Hwlfordd, Sir Benfro
Ysgol gynradd: Ysgol Brynconin
Ysgol uwchradd: Ysgol Y Preseli
Clwb llawr gwlad cyntaf: Clarbester Road
Clwb presennol: Seattle Reign (2024-)

Clybiau blaenorol:

- Clarbester Road (llawr gwlad)
- Merched Maenorbŷr (llawr gwlad)
- Arsenal (2010-2011)
- Bristol Academy (2012-2015)
- Notts County (2016)
- Yeovil Town (2017)
- Everton (2017-2019)
- Reading (2019-2021)
- North Carolina Courage (2021)
- Orland Pride (2022)
- Tottenham Hotspur (2022-2024)

Gyrfa Cymru:

Chwaraeodd Angharad dros 30 o gemau i dimau grŵp oedran Cymru ac ymddangosodd yn rowndiau terfynol EWRO D19 UEFA i Ferched a gynhaliwyd yn ne Cymru yn 2013. Cafodd Angharad ei galw i dîm cyntaf Cymru yn 2011 a gwnaeth ei hymddangosiad cyntaf ym mis Hydref 2011 mewn gêm gyfartal 2-2 yn erbyn yr Alban yn rowndiau rhagbrofol Ewro 2013 UEFA i Ferched. Enillodd Angharad ei chanfed cap dros Gymru ym mis Medi 2022 mewn gêm ragbrofol Cwpan y Byd yn erbyn Slofenia, yn 28 oed, gan ei gwneud hi'r chwaraewr ieuengaf erioed yng Nghymru i gyrraedd y garreg filltir hon. Ar hyn o bryd mae ganddi 132 o gapiau dros Gymru. Penodwyd Angharad yn gapten Cymru yn 2024.

Mae Cymru yn arbennig i Angharad oherwydd "Dyma fy hunaniaeth. Rwy'n byw Cymru bob dydd. Rydyn ni'n deulu; mae'n lle diogel ac arbennig i mi. Dyma lle cafodd fy holl atgofion gorau eu creu, wrth i mi gael fy magu yn Sir Benfro yn awyddus i chwarae dros Gymru, a chyflawni hynny a chreu hanes. Llauer mwy o amseroedd arbennig i ddod."

Atgof cynharaf Angharad gyda Chymru oedd aros yn bryderus am lythyr i gyrraedd yn y post i roi gwybod iddi a oedd hi wedi cael ei dewis ar gyfer camp. Cael y llythyr hwnnw ac yna ennill ei chap cyntaf yn erbyn yr Alban oddi cartref. Yn ystod magwraeth Angharad, doedd pêl-droed merched ddim i'w weld gan nad oedd gemau'n cael eu darlledu ar y teledu. Dim ond ar ôl iddi symud i Arsenal, lle cyfarfu â Jayne Ludlow, y sylweddolodd Angharad fod yna dîm merched Cymru. Oherwydd hyn mae Jayne Ludlow yn esiampl dda bwysig i Angharad.

Y tu allan i bêl-droed:

Mae Angharad yn siaradwr Cymraeg balch a fynychodd yr un ysgol uwchradd â Joe Allen, ac mae ei hobiau a'i diddordebau'n cynnwys gwneud coffi, dylunio mewnlol, ffotograffiaeth ac eiddo tirol. Mae hi'n gyd-berchennog Two Sides Grind, busnes coffi symudol ac mae hi hefyd yn frwd dros godi ymwybyddiaeth o glefyd Alzheimer a chefnogi Gwasanaeth Ambiwlans Sant Ioan. Mae Angharad yn briod ag amddiffynnydd Tottenham Hotspur, Amy Turner.

CARRIE JONES

CAP: **37** | GOALS: **3**

FIRST GAME:
Faroe Islands 2019/20



Name: Carrie Jones

Age: 21 (04/09/03)

Hometown: Newtown, Powys

Primary school: Ysgol Dafydd Llwyd

Secondary school: Ysgol Uwchradd Llanfair Caereinion

First grassroots club: Newtown White Stars

Current club: IFK Norrköping (2024-)

Previous clubs:

- Newtown White Stars (grassroots)
- Berriew Juniors (grassroots)
- Cardiff City Ladies (2019-2020)
- Manchester United (2020-2023)
- Leicester City (loan 2022-2023)
- Bristol City (2023-2024)

Cymru career:

Carrie played for Cymru's WU15s before earning six caps for the WU17s between 2018-2019. Carrie was called up to the Cymru senior team and earned her first senior cap, aged 15 years and 359 days old, in August 2019 in a 6-0 victory against Faroe Islands in the UEFA Women's Euro 2021 qualifiers. Carrie has 37 caps for Cymru, scoring three goals including the winning goal against Republic of Ireland in Dublin to secure qualification for the UEFA Women's Euro 2025 in Switzerland.

During the early days of her career, Carrie's parents used to drive her from Newtown to Cardiff 2/3 times a week, a 6-hour round journey, to train in the FAW's development centre at the time.

Cymru is special to Carrie because "It's part of my identity, it's where I grew up and it's where Home is." Carrie's earliest memory of watching Cymru was the UEFA Men's Euro tournament in 2016 where she watched at home and went straight to the garden to practice after Hal Robson Kanu scored against Belgium. Growing up her footballing idols were Gareth Bale and Steven Gerrard.

Outside of football:

Welsh speaker Carrie's hobbies and passions outside of football include yoga, wellness, meditation and food. Her earliest memory of playing football is with her brothers, wearing wellingtons on her family farm.

CARRIE JONES

CAP: 37 | GÔL: 3

GÊM GYNTAF:
Faroe Islands 2019/20



Enw: Carrie Jones
Oed: 21 (04/09/03)
Tref enedigol: Y Drenewydd, Powys
Ysgol gynradd: Ysgol Dafydd Llwyd
Ysgol uwchradd: Ysgol Uwchradd Llanfair Caereinion
Clwb llawr gwlad cyntaf: White Stars y Drenewydd
Clwb presennol: IFK Norrköping (2024-)

Clybiau blaenorol:

- White Stars y Drenewydd (llawr gwlad)
- Ieuenctid Aberriw (llawr gwlad)
- Merched Dinas Caerdydd (2019-2020)
- Manchester United (2020-2023)
- Leicester City (ar fenthyg 2022-2023)
- Bristol City (2023-2024)

Gyrfa Cymru:

Chwaraeodd Carrie i dîm D15 Cymru cyn ennill chwe chap gyda'r tîm D17 rhwng 2018-2019. Cafodd Carrie ei galw i dîm cyntaf Cymru ac enillodd ei chap uchaf cyntaf, yn 15 mlwydd a 359 diwrnod oed, ym mis Awst 2019 mewn buddugoliaeth o 6-0 yn erbyn Ynysoedd Faroe yng ngemau rhagbrofol Ewro 2021 UEFA i Ferched. Mae gan Carrie 37 cap dros Gymru, gan sgorio tair gôl gan gynnwys y gôl fuddugol yn erbyn Gweriniaeth Iwerddon yn Nulyn i sicrhau lle yn Ewro 2025 UEFA i Ferched yn y Swistir.

Yn ystod dyddiau cynnar ei gyrfa, arferai rhieni Carrie ei gyrru o'r Drenewydd i Gaerdydd 2/3 gwaith yr wythnos, taith 6 awr o hyd i gyd, i hyfforddi yng nghanolfan ddatblygu Cymdeithas Bêl-droed Cymru ar y pryd.

Mae Cymru yn arbennig i Carrie oherwydd "Mae'n rhan o fy hunaniaeth, dyma lle ges i fy magu a dyma lle mae fy Nghartref." Atgof cynharaf Carrie o wylïo Cymru oedd twrnamaint Ewro UEFA i Ddynion yn 2016 lle bu'n gwyllïo gartref a mynd yn syth i'r ardd i ymarfer ar ôl i Hal Robson Kanu sgorio yn erbyn Gwlad Belg. Yn ystod ei magwraeth, ei harwyr pêl-droed oedd Gareth Bale a Steven Gerrard.

Y tu allan i bêl-droed:

Mae Carrie yn siarad Cymraeg ac ymhlith ei diddordebau a hobïau y tu allan i bêl-droed mae ioga, lles, myfyrdod a bwyd. Mae ei chof cynharaf o chwarae pêl-droed gyda'i brodyr, yn gwisgo welingtons ar fferm ei theulu.

CERI HOLLAND

CAP: 43 | GOALS: 7

FIRST GAME:
Canada 2020/21



Name: Ceri Holland

Age: 27 (12/12/97)

Place of birth: Steeton, West Yorkshire

Connection to Wales: Mother from Llanrhaeadr, Powys

Primary school: Steeton Primary School, West Yorkshire

Secondary school: South Craven School, North Yorkshire

First grassroots club: Silsden AFC Juniors

Current club: Liverpool (2021-)

Previous clubs:

- Silsden AFC Juniors (grassroots)
- Leeds United (2007-2011)
- Blackburn Rovers (2011-2014)
- Manchester City (2014-2017)
- Kansas Jayhawks (2017-2020)

Cymru career:

Ceri played for Cymru's WU19s in 2015 earning three caps. Ceri then spent six years away from the international setup, spending most of her time in college in the USA.

Returning to the UK in 2021, Ceri sent footage of her playing to several WSL clubs and was signed by Liverpool as a result. Ceri was then called up for Cymru's senior team and earned her first cap in April 2021 in an international friendly match against Canada in Cardiff. Ceri has 43 caps for Cymru, scoring seven goals including the winning goal in the Euro 2025 play-off semi-final victory against Slovakia. She was appointed Cymru vice-captain in 2024.

Cymru is special to Ceri because "It's a massive part of my family's heritage and culture growing up, seeing the passion that my mum's side of the family had for Cymru was special and was embedded in me from a very young age despite being born in England. Welsh was always spoken around family events, and I just love the connection that we as Welsh people have to represent and fight to put our small nation on the map." Ceri's call up to the senior team was very special to her and on her debut the pride of singing the anthem is her favourite Cymru memory.

Outside of football:

Ceri's hobbies and passions outside of football include golf, music, food and cooking and she is also a grade 8 pianist. Ceri is also passionate about raising awareness of unequal social opportunities for younger people.

CERI HOLLAND

CAP: 43 | GÔL: 7

GÊM GYNTAF:
Canada 2020/21



Enw: Ceri Holland

Oed: 27 (12/12/97)

Man geni: Steeton, Gorllewin Swydd Efrog

Cysylltiad â Chymru: Mam o Lanrhaeadr, Powys

Ysgol gynradd: Ysgol Cynradd Steeton, Gorllewin Swydd Efrog

Ysgol uwchradd: Ysgol South Craven, Gogledd Swydd Efrog

Clwb llawr gwlad cyntaf: Silsden AFC Juniors

Clwb presennol: Lerpwl (2021-)

Clybiau blaenorol:

- Silsden AFC Juniors (llawr gwlad)
- Leeds United (2007-2011)
- Blackburn Rovers (2011-2014)
- Manchester City (2014-2017)
- Kansas Jayhawks (2017-2020)

Gyrfa Cymru:

Chwaraeodd Ceri i dîm D19 Cymru yn 2015 gan ennill tri chap. Yna treuliodd Ceri chwe blynedd i ffwrdd o'r gêm ryngwladol, gan dreulio'r rhan fwyaf o'i hamser yn y coleg yn UDA.

Gan ddychwelyd i'r DU yn 2021, anfonodd Ceri ffilm ohoni'n chwarae i nifer o glybiau WSL a chafodd ei galw gan Lerpwl o ganlyniad. Yna, cafodd Ceri ei galw i ymuno â thîm cyntaf Cymru ac enillodd ei chap cyntaf ym mis Ebrill 2021 mewn gêm gyfeillgar ryngwladol yn erbyn Canada yng Nghaerdydd. Mae gan Ceri 43 o gapiau dros Gymru, gan sgorio saith gôl gan gynnwys y gôl fuddugol yng ngêm ail gyfle gynderfynol Ewro 2025 yn erbyn Slofacia. Cafodd ei phenodi'n is-gapten Cymru yn 2024.

Mae Cymru yn arbennig i Ceri oherwydd "Bu'n rhan enfawr o dreftadaeth a diwylliant fy ngheulu yn ystod fy magwraeth. Roedd gweld angerdd ochr fy mam o'r teulu dros Gymru yn arbennig ac mae wedi gwreiddio ynof o oedran ifanc iawn er fy mod wedi cael fy ngeni yn Lloegr. Roedd y Gymraeg bob amser yn cael ei siarad mewn digwyddiadau teuluol, ac rydw i wrth fy modd â'r cysylltiad hwnnw, sef bod rhaid i ni fel pobl Cymru gynrychioli a brwydro i roi ein cenedl fach ar y map." Roedd galwad Ceri i'r tîm cyntaf yn arbennig iawn iddi, ac ar ei hymddangosiad cyntaf y balchder o ganu'r anthem yw ei hoff atgof gyda Chymru.

Y tu allan i bêl-droed:

Mae diddordebau a hobiau Ceri y tu allan i bêl-droed yn cynnwys golff, cerddoriaeth, bwyd a choginio ac mae hi hefyd yn bïanydd gradd 8. Mae Ceri hefyd yn frwd dros godi ymwybyddiaeth o gyfleoedd cymdeithasol anghyfartal i bobl iau.

CHARLIE ESTCOURT

CAP: 48 | GOALS: 3

FIRST GAME:

Bosnia & Herzegovina 2014/15



Name: Charlie Estcourt

Age: 27 (27/05/98)

Place of birth: Reading

Connection to Wales: Grandad from Newcastle Emlyn

Primary school: Sonning Common Primary, Reading

Secondary school: Chiltern Edge, Reading

First grassroots club: Rotherfield

Current club: DC Power (2024-)

Previous clubs:

- Rotherfield (grassroots)
- Reading (-2011)
- Chelseas (2011-2015)
- Reading (2015-2020)
- Bristol City (loan 2016)
- Bristol City (loan 2017-2018)
- Charlton Athletic (loan (2019-2020)
- London Bees (2020-2021)
- Coventry United (2021-2022)
- Birmingham City (2022-2023)
- Reading (2023-2024)

Cymru career:

Charlie represented Cymru at WU17 and WU19 level before making her senior debut in March 2015 against Bosnia & Herzegovina at the age of 16. Charlie has gone on to earn 48 caps for Cymru, scoring three goals. Her first senior goal came during a European qualifying match against Israel in September 2016.

Cymru is special to Charlie because "it's brought me so many amazing people." Charlie's first Cymru memory is playing for the WU15s in the Bob Docherty tournament in Ireland. Steven Gerrard was Charlie's footballing idol growing up.

Outside of football:

Outside of playing football Charlie's hobbies include fashion, golf and football commentary.

CHARLIE ESTCOURT

CAP: 48 | GÔL: 3

GÊM GYNTAF:

Bosnia & Herzegovina 2014/15



Enw: Charlie Estcourt

Oed: 27 (27/05/98)

Man geni: Reading

Cysylltiad â Chymru: Taid o Gastellnewydd Emlyn

Ysgol gynradd: Ysgol Gynradd Sonning Common, Reading

Ysgol uwchradd: Chiltern Edge, Reading

Clwb llawr gwlad cyntaf: Rotherfield

Clwb presennol: DC Power (2024-)

Clybiau blaenorol:

- Rotherfield (llawr gwlad)
- Reading (-2011)
- Chelsea (2011-2015)
- Reading (2015-2020)
- Bristol City (ar fenthyg 2016)
- Bristol City (ar fenthyg 2017-2018)
- Charlton Athletic (ar fenthyg 2019-2020)
- London Bees (2020-2021)
- Coventry United (2021-2022)
- Birmingham City (2022-2023)
- Reading (2023-2024)

Gyrfa Cymru:

Cynrychiolodd Charlie Gymru ar lefel D17 a D19 cyn ymddangos am y tro cyntaf i'r tîm cyntaf ym mis Mawrth 2015 yn erbyn Bosnia a Herzegovina yn 16 oed. Mae Charlie wedi mynd ymlaen i ennill 48 cap i Gymru, gan sgorio tair gôl. Sgoriodd ei gôl gyntaf i'r tîm cyntaf yn ystod gêm ragbrofol Ewropeaidd yn erbyn Israel ym mis Medi 2016.

Mae Cymru yn arbennig i Charlie oherwydd "mae wedi dod â chymaint o bobl anhygoel i fy mywyd." Atgof cyntaf Charlie gyda Chymru yw chwarae i'r tîm D15 yn nhwrnamaint Bob Docherty yn Iwerddon. Steven Gerrard oedd eilun pêl-droed Charlie yn ystod ei magwraeth.

Y tu allan i bêl-droed:

Y tu allan i chwarae pêl-droed, mae diddordebau Charlie yn cynnwys ffasiwn, golff a sylwebaeth pêl-droed.

ELISE HUGHES

CAP: 31 | GOALS: 3

FIRST GAME:
Switzerland 2017/18



Name: Elise Hughes

Age: 24 (15/04/01)

Hometown: Hawarden, Denbighshire

Primary school: Ewloe Green

Secondary school: Hawarden High

First grassroots club: Northop Hall girls

Current club: Crystal Palace (2022-)

Previous clubs:

- Northop Hall girls (grassroots)
- Everton (2017-2021)
- Bristol City (loan 2020)
- Blackburn Rovers (loan 2020-2021)
- Charlton Athletic (2021-2022)

Cymru career:

Elise made more than 20 appearances across the Cymru age groups before her first senior team callup in 2018, aged 16. Elise made her senior Cymru debut in March 2018 against Switzerland. Elise now has 31 caps for Cymru and has scored three goals. Her first Cymru goal came against Iceland in 2023 in the UEFA Women's Nations League. Elise recently recovered from an ACL which ruled her out of the majority of the EURO 2025 qualifying campaign.

Cymru is special to Elise because "That's my family." Elise's first Cymru memory was travelling to south Wales for day camps off school for the younger age groups. Tim Cahill was Elise's footballing idol growing up.

Outside of football:

Outside of football, Elise's hobbies and passions include cooking. Elise is also a UEFA A Licence holder and has been involved in coaching her local club in north Wales, Connah's Quay Nomads, over the last five years.

ELISE HUGHES

CAP: 31 | GÔL: 3

GÊM GYNTAF:
Switzerland 2017/18



Enw: Elise Hughes

Oed: 24 (15/04/01)

Tref enedigol: Penarlâg, Sir Ddinbych

Ysgol gynradd: Ewloe Green

Ysgol uwchradd: Ysgol Uwchradd Penarlâg

Clwb llawr gwlad cyntaf: Merched Northop Hall

Clwb presennol: Crystal Palace (2022-)

Clybiau blaenorol:

- Genethod Northop Hall (llawr gwlad)
- Everton (2017-2021)
- Bristol City (ar fenthyg 2020)
- Blackburn Rovers (ar fenthyg 2020-2021)
- Charlton Athletic (2021-2022)

Gyrfa Cymru:

Ymddangosodd Elise dros 20 o weithiau ar draws grwpiau oedran Cymru cyn ei galwad gyntaf i'r tîm cyntaf yn 2018, yn 16 oed. Ymddangosodd Elise am y tro cyntaf i dîm cyntaf Cymru ym mis Mawrth 2018 yn erbyn y Swistir. Erbyn hyn, mae gan Elise 31 o gapiau dros Gymru ac mae wedi sgorio tair gôl. Daeth ei gôl gyntaf i Gymru yn erbyn Gwlad yr Iâ yn 2023 yng Nghynghrair Cenedloedd Merched UEFA. Fe wnaeth Elise wella'n ddiweddar yn dilyn anaf ACL a oedd yn golygu nad oedd hi'n gallu chwarae yn y rhan fwyaf o gemau rhagbrofol EURO 2025.

Mae Cymru yn arbennig i Elise oherwydd "Dyna fy nheulu i." Atgof cyntaf Elise gyda Chymru oedd teithio i dde Cymru ar gyfer gwrsylloedd dydd i ffwrdd o'r ysgol ar gyfer y grwpiau oedran iau. Tim Cahill oedd eilun pêl-droed Elise yn ystod ei magwraeth.

Y tu allan i bêl-droed:

Y tu allan i bêl-droed, mae hobiau a diddordebau Elise yn cynnwys coginio. Mae Elise hefyd yn ddeiliad Trwydded UEFA ac mae wedi bod yn ymwneud â hyfforddi ei chlwb lleol yng ngogledd Cymru, Nomadiaid Cei Connah, am y pum mlynedd diwethaf.

ELLA POWELL

CAP: 14 | GOALS: –

FIRST GAME:
Portugal 2018/19



Name: Ella Powell

Age: 25 (01/02/00)

Hometown: Radyr, Cardiff

Primary school: Radyr Primary

Secondary school: Radyr Comprehensive

First grassroots club: Radyr Rangers (boys) & Cardiff City Ladies

Current club: Bristol City (2021-)

Previous clubs:

- Radyr Rangers (grassroots)
- Cardiff City Ladies (2016-2018)
- Georgia State Panthers (2018)
- Lewes (2019-2020)
- Charlton Athletic (2020-2021)

Cymru career:

Ella played for Cymru's WU15s and WU16s before earning eight caps for Cymru's WU17s in 2016-2017. She also made eight appearances for Cymru's WU19s in 2018, playing alongside Ffion Morgan and Lily Woodham. Ella was then called up to the senior team and made her debut in November 2018 against Portugal in an international friendly match in Rio Maior, Portugal. Ella has 14 caps for Cymru.

Cymru is special to Ella because "It's part of my identity, my history and it makes me feel whole." Ella's first Cymru memory was being called up to Cymru WU15s at age 14 and feeling on top of the world. Her footballing idol growing up was Gareth Bale.

Outside of football:

Ella's interests outside of football include coffee and movies. Ella is passionate about raising awareness for disabilities and women in sport.

ELLA POWELL

CAP: 14 | GÔL: –

GÊM GYNTAF:
Portugal 2018/19



Enw: Ella Powell
Oed: 25 (01/02/00)
Tref enedigol: Radur, Caerdydd
Ysgol gynradd: Ysgol Gynradd Radur
Ysgol uwchradd: Ysgol Gyfun Radur
Clwb llawr gwlad cyntaf: Rangers Radur (bechgyn) a Merched Dinas Caerdydd
Clwb presennol: Bristol City (2021-)

Clybiau blaenorol:

- Radyr Rangers (llawr gwlad)
- Merched Dinas Caerdydd (2016-2018)
- Georgia State Panthers (2018)
- Lewes (2019-2020)
- Charlton Athletic (2020-2021)

Gyrfa Cymru:

Chwaraeodd Ella i dimau D15 a D16 Cymru cyn ennill wyth cap i dîm D17 Cymru yn 2016-2017. Ymddangosodd hefyd mewn wyth gêm i dîm D19 Cymru yn 2018, gan chwarae ochr yn ochr â Ffion Morgan a Lily Woodham. Yna, cafodd Ella ei galw i'r tîm cyntaf ac ymddangos am y tro cyntaf ym mis Tachwedd 2018 yn erbyn Portiwgal mewn gêm gyfeillgar ryngwladol yn Rio Maior, Portiwgal. Mae gan Ella 14 cap dros Gymru.

Mae Cymru yn arbennig i Ella oherwydd "Mae'n rhan o fy hunaniaeth, fy hanes ac mae'n gwneud i mi deimlo'n gyflawn." Atgof cyntaf Ella gyda Chymru oedd cael ei galw i dîm D15 Cymru yn 14 oed a theimlo ar ben y byd. Ei harwr pêl-droed yn ystod ei magwraeth oedd Gareth Bale.

Y tu allan i bêl-droed:

Mae diddordebau Ella y tu allan i bêl-droed yn cynnwys coffi a ffilmiau. Mae Ella yn frwd dros godi ymwybyddiaeth o anableddau a menywod mewn chwaraeon.

ESTHER MORGAN

CAP: 11 | GOALS: –

FIRST GAME:
Canada 2020/21



Name: Esther Morgan

Age: 22 (28/08/02)

Place of birth: London, England

Connection to Wales: Father is from Bridgend & Grandparents from Cardiff

Primary school: Rhodes Avenue Primary School, London

Secondary school: Fortismere, London

First grassroots club: Tottenham Hotspur Academy

Current club: Sheffield United (2025-)

Previous clubs:

- Tottenham Hotspur (youth)
- Millwall Lionesses (youth)
- Chelsea (youth)
- Tottenham Hotspur (2021-2023)
- Leicester City (loan 2022)
- Coventry United (loan 2022)
- Sunderland (loan 2023)
- Heart of Midlothian (2023-2025)

Cymru career:

Esther made 10 appearances for Cymru's WU17s in 2018-2019 before earning three caps for Cymru's WU19s. Esther was called up to Cymru's senior team and made her debut in April 2021, aged 18, against Canada in an international friendly match in Cardiff. She has 11 Cymru senior caps.

Cymru is special to Esther because "It makes me so proud to represent that part of my family. My grandad also played football when he was young but had to stop due to work so I feel like I play for him because he couldn't. I also get to learn more about my family history and culture." Esther's first memory of supporting Cymru was watching Gareth Bale at Tottenham knowing he was Welsh. Always rooting for Wales in every sport. Growing up her footballing idols were Gareth Bale, Alex Scott, Jermaine Defoe.

Outside of football:

Esther's hobbies and passions outside of football include baking, reading, cooking and learning languages. She is currently attempting to learn Welsh. Climate change is a social cause that Esther is passionate about.

ESTHER MORGAN

CAP: 11 | GÔL: –

GÊM GYNTAF:
Canada 2020/21



Enw: Esther Morgan

Oed: 22 (28/08/02)

Man geni: Llundain, Lloegr

Cysylltiad â Chymru: Tad o Ben-y-bont ar Ogwr a Nain a Thaid o Gaerdydd

Ysgol gynradd: Ysgol Gynradd Rhodes Avenue, Llundain

Ysgol uwchradd: Fortismere, Llundain

Clwb llawr gwlad cyntaf: Academi Tottenham Hotspur

Clwb presennol: Sheffield United (2025-)

Clybiau blaenorol:

- Tottenham Hotspur (ieuenctid)
- Millwall Lionesses (ieuenctid)
- Chelsea (ieuenctid)
- Tottenham Hotspur (2021-2023)
- Leicester City (ar fenthyg 2022)
- Coventry United (ar fenthyg 2022)
- Sunderland (loan 2023)
- Heart of Midlothian (2023-2025)

Gyrfa Cymru:

Ymddangosodd Esther 10 gwaith i dîm D17 Cymru yn 2018-2019 cyn ennill tri chap i dîm D19 Cymru. Cafodd Esther ei galw i ymuno â thîm cyntaf Cymru ac ymddangosodd am y tro cyntaf ym mis Ebrill 2021, yn 18 oed, yn erbyn Canada mewn gêm gyfeillgar ryngwladol yng Nghaerdydd. Mae ganddi 11 o gapiau llawn i Gymru.

Mae Cymru'n arbennig i Esther oherwydd "Mae'n fy ngwneud i mor falch o gynrychioli'r rhan honno o'm teulu. Roedd fy nhad-cu hefyd yn chwarae pêl-droed pan oedd yn ifanc ond roedd yn rhaid iddo stopio oherwydd gwaith felly rydw i'n teimlo fy mod i'n chwarae iddo fe oherwydd nad oedd yn gallu gwneud hynny. Rydw i hefyd yn cael dysgu mwy am hanes a diwylliant fy nheulu." Atgof cyntaf Esther o gefnogi Cymru oedd gwyllo Gareth Bale yn Tottenham yn gwybod ei fod yn Gymro. Yn cefnogi Cymru ym mhob camp bob amser. Yn ystod ei magwraeth, ei harwyr pêl-droed oedd Gareth Bale, Alex Scott, Jermaine Defoe.

Y tu allan i bêl-droed:

Mae hobiau a diddordebau Esther y tu allan i bêl-droed yn cynnwys pobi, darllen, coginio a dysgu ieithoedd. Ar hyn o bryd mae'n ceisio dysgu Cymraeg. Mae newid yn yr hinsawdd yn achos cymdeithasol y mae Esther yn frwd drosto.

FFION MORGAN

CAP: 43 | GOALS: 2

FIRST GAME:
Northern Ireland 2016/17



Name: Ffion Morgan

Age: 25 (11/05/00)

Hometown: Llandeilo, Carmarthenshire

Primary school: Ysgol Llandybie

Secondary school: Ysgol Tre-gib (now known as Ysgol Bro Dinefwr)

First grassroots club: Saron juniors / Ammanford (girls' team)

Current club: Bristol City (2021-)

Previous clubs:

- Saron juniors (grassroots)
- Ammanford (grassroots)
- Bristol City Academy
- Cardiff City Ladies (2018-2019)
- Coventry United (2019-2020)
- Crystal Palace (2020-2021)

Cymru career:

Ffion has several caps for Cymru at WU15, WU16, WU18 level and captained Cymru's WU19s. Ffion made her debut for the senior team in 2017 against Northern Ireland before suffering an ACL injury the same year whilst playing for the WU19s. Ffion currently has 43 caps for Cymru's senior team and has scored two goals including scoring against Slovakia in the first leg of the play off semi final to help Cymru secure qualification for the UEFA Women's Euro 2025 in Switzerland.

Cymru is special to Ffion because "It's the way I've been brought up. Speaking the language, my family have always been proud passionate Welsh people. It's in my DNA." Ffion's earliest Cymru memories include being inspired when meeting Lauren Dykes when she was 8 and earning her first cap at 15 years old. Lauren Dykes was Ffion's footballing idol growing up.

Outside of football:

Ffion's hobbies outside of football include gaming, spending time with her family and content creation. Ffion is well known for filming "day in the life" videos on TikTok and Instagram. She also has a YouTube channel where she posts vlogs. Ffion also has a UEFA B Licence in coaching.

FFION MORGAN

CAP: 43 | GÔL: 2

GÊM GYNTAF:
Northern Ireland 2016/17



Enw: Ffion Morgan

Oed: 25 (11/05/00)

Tref enedigol: Llandeilo, Sir Gaerfyrddin

Ysgol gynradd: Ysgol Llandybïe

Ysgol uwchradd: Ysgol Tre-gib (a elwir bellach yn Ysgol Bro Dinefwr)

Clwb llawr gwlad cyntaf: Ieuenctid Saron / Rhydaman (tîm merched)

Clwb presennol: Bristol City (2021-)

Clybiau blaenorol:

- Ieuenctid Saron (llawr gwlad)
- Rhydaman (llawr gwlad)
- Bristol City Academy
- Merched Dinas Caerdydd (2018-2019)
- Coventry United (2019-2020)
- Crystal Palace (2020-2021)

Gyrfa Cymru:

Mae gan Ffion sawl cap dros Gymru D15, D16, D18 ac roedd yn gapten ar Gymru D19. Ymddangosodd Ffion am y tro cyntaf i'r tîm cyntaf yn 2017 yn erbyn Gogledd Iwerddon cyn dioddef anaf ACL yr un flwyddyn wrth chwarae i'r tîm D19. Ar hyn o bryd mae gan Ffion 43 o gapiau i dîm cyntaf Cymru ac mae wedi sgorio dwy gôl gan gynnwys sgorio yn erbyn Slofacia yng nghymal cyntaf y gêm ail gyfle gynderfynol i helpu Cymru ennill lle yn Ewro 2025 UEFA i Ferched yn y Swistir.

Mae Cymru'n arbennig i Ffion oherwydd "Dyma sut rydw i wedi cael fy magu. Yn siarad yr iaith, mae fy nheulu bob amser wedi bod yn Gymry balch ac angerddol. Mae'n rhan o fy DNA." Mae atgofion cynharaf Ffion o Gymru yn cynnwys cael ei hysbrydoli wrth gwrdd â Lauren Dykes pan oedd hi'n 8 oed ac ennill ei chap cyntaf pan oedd hi'n 15 oed. Lauren Dykes oedd eilun pêl-droed Ffion yn ystod eri magwraeth.

Y tu allan i bêl-droed:

Mae diddordebau Ffion y tu allan i bêl-droed yn cynnwys chwarae gemau, treulio amser gyda'i theulu a chreu cynnwys. Mae Ffion yn adnabyddus am ffilmio fideos "diwrnod yn fy mywyd" ar TikTok ac Instagram. Mae ganddi hefyd sianel YouTube lle mae'n postio flogiau. Mae gan Ffion Drwydded B UEFA mewn hyfforddi hefyd.

GEMMA EVANS

CAP: **77** | GOALS: **1**

FIRST GAME:
Norway 2015/16



Name: Gemma Evans

Age: 28 (01/08/96)

Hometown: Gelli, Rhondda Cynon Taf

Primary school: Gelli Primary School

Secondary school: Treorchy Comprehensive

First grassroots club: Ton & Gelli Boys & Girls club

Current club: Liverpool (2024-)

Previous clubs:

- Ton & Gelli Boys & Girls club (grassroots)
- Ferndale Fillies (grassroots)
- Port Talbot Town (grassroots)
- Cardiff City Ladies (2015-2017)
- Yeovil Town (2017-2018)
- Bristol City (2018-2021)
- Reading (2021-2023)
- Manchester United (2023-2024)

Cymru career:

Gemma represented Cymru at youth level before making her senior debut against Norway in June 2016. She currently has 77 Cymru caps and has scored one goal which came against Kazakhstan in 2021. Gemma earned her 50th cap in February 2023. During the match against the Republic of Ireland in Dublin when Cymru secured qualification for the UEFA Women's Euro 2025 in Switzerland, Gemma lost her tooth during a tackle and the tooth is now in the Welsh Football Museum.

Cymru is special to Gemma because "of how patriotic the people are." Gemma's earliest memory supporting Cymru was watching the senior team play against Kazakhstan in Haverfordwest when she was 17 years old. Gemma was also playing for Cymru's age groups at the time. Steven Gerrard was her footballing idol growing up.

Outside of football:

Outside of football Gemma loves going to the beach, going for walks, and spending time with family especially her nephew. Gemma is also passionate about raising awareness for Dementia and would like to complete the three peaks hike.

GEMMA EVANS

CAP: 77 | GÔL: 1

GÊM GYNTAF:
Norway 2015/16



Enw: Gemma Evans

Oed: 28 (01/08/96)

Tref enedigol: Gelli, Rhondda Cynon Taf

Ysgol gynradd: Ysgol Gynradd Gelli

Ysgol uwchradd: Ysgol Cyfun Treorci

Clwb llawr gwlad cyntaf: Clwb Bechgyn a Genethod Ton a Gelli

Clwb presennol: Lerpwl (2024-)

Clybiau blaenorol:

- Clwb Bechgyn a Genethod Ton a Gelli (llawr gwlad)
- Ferndale Fillies (llawr gwlad)
- Tref Port Talbot (llawr gwlad)
- Merched Dinas Caerdydd (2015-2017)
- Yeovil Town (2017-2018)
- Bristol City (2018-2021)
- Reading (2021-2023)
- Manchester United (2023-2024)

Gyrfa Cymru:

Cynrychiolodd Gemma Gymru ar lefel ieuenctid cyn ymddangos am y tro cyntaf i'r tîm cyntaf yn erbyn Norwy ym mis Mehefin 2016. Ar hyn o bryd mae ganddi 77 o gapiau i Gymru ac mae wedi sgorio un gôl a ddaeth yn erbyn Kazakhstan yn 2021. Enillodd Gemma ei 50fed cap ym mis Chwefror 2023. Yn ystod y gêm yn erbyn Gweriniaeth Iwerddon yn Nulyn pan enillodd Cymru le yn Ewro 2025 UEFA i Ferched yn y Swistir, collodd Gemma ei dant mewn tacl ac mae'r dant bellach yn Amgueddfa Bêl-droed Cymru.

Mae Cymru'n arbennig i Gemma oherwydd "pa mor wladgarol yw'r bobl." Atgof cynharaf Gemma wrth gefnogi Cymru oedd gwyllo'r tîm cyntaf yn chwarae yn erbyn Kazakhstan yn Hwlfordd pan oedd hi'n 17 oed. Roedd Gemma hefyd yn chwarae i grwpiau oedran Cymru ar y pryd. Steven Gerrard oedd ei helun pêl-droed yn ystod ei magwraeth.

Y tu allan i bêl-droed:

Y tu allan i bêl-droed, mae Gemma wrth ei bodd yn mynd i'r traeth, mynd am dro, a threulio amser gyda'i theulu, yn enwedig ei nai. Mae Gemma hefyd yn frwd dros godi ymwybyddiaeth o Ddementia a hoffai gwblhau'r daith gerdded tri chop.

HANNAH CAIN

CAP: 16 | GOALS: 3

FIRST GAME:
Estonia 2021/22



Name: Hannah Cain

Age: 26 (11/02/99)

Place of birth: Doncaster, England

Connection to Wales: Grandfather from Blaenllechau, Rhondda

Primary school: Arksey Primary School, Doncaster

Secondary school: Hill House School, Doncaster

First grassroots club: Scawthorpe Scorpions

Current club: Leicester City (2020-)

Previous clubs:

- Scawthorpe Scorpions (grassroots)
- Sheffield United (youth)
- Sheffield FC (2016-2018)
- Everton (2018-2020)

Cymru career:

Hannah played for Cymru's WU16s and WU17s in 2014. She was called up to Cymru's senior team in 2021 and made her debut in October 2021 in a 4-0 victory against Estonia in the 2023 World Cup qualifiers. Hannah currently has 16 caps for Cymru, scoring three goals including a penalty against Republic of Ireland in Dublin to help Cymru secure qualification for the UEFA Women's Euro 2025 in Switzerland.

Cymru is special to Hannah because "It's where I feel home, a strong connection that fills me with so much pride. To play for my country and my grandads country means more than words can express, making my grandad and my family proud is my greatest achievement." Hannah's first memory of supporting Cymru was watching Gareth Bale play live for the first time against Iceland at the Cardiff City Stadium. Growing up her footballing idols were Gareth Bale and Thierry Henry.

Hannah has successfully recovered from two ACL injuries in her career, and scored the goal that sent Cymru to the EURO finals shortly after the second recovery.

Outside of football:

One of Hannah's main hobbies outside of football is playing golf.

HANNAH CAIN

CAP: 16 | GÔL: 3

GÊM GYNTAF:
Estonia 2021/22



Enw: Hannah Cain

Oed: 26 (11/02/99)

Man geni: Doncaster, Lloegr

Cysylltiad â Chymru: Taid o Flaenllechau, Rhondda

Ysgol gynradd: Ysgol Gynradd Arksey, Doncaster

Ysgol uwchradd: Ysgol Hill House, Doncaster

Clwb llawr gwlad cyntaf: Scawthorpe Scorpions

Clwb presennol: Leicester City (2020-)

Clybiau blaenorol:

- Scawthorpe Scorpions (llawr gwlad)
- Sheffield United (ieuenctid)
- Sheffield FC (2016-2018)
- Everton (2018-2020)

Gyrfa Cymru:

Chwaraeodd Hannah i Gymru D16 a D17 yn 2014. Cafodd ei galw i dîm cyntaf Cymru yn 2021 a gwnaeth ei hymddangosiad cyntaf ym mis Hydref 2021 mewn buddugoliaeth o 4-0 yn erbyn Estonia yng ngemau rhagbrofol Cwpan y Byd 2023. Ar hyn o bryd mae gan Hannah 16 cap dros Gymru, gan sgorio tair gôl gan gynnwys cic gosb yn erbyn Gweriniaeth Iwerddon yn Nulyn i helpu Cymru i sicrhau lle yn Ewro 2025 UEFA i Ferched yn y Swistir.

Mae Cymru yn arbennig i Hannah oherwydd "Dyma lle rydw i'n teimlo yw fy nghartref, cysylltiad cryf sy'n fy llenwi â chymaint o falchder. Mae chwarae i fy ngwlad a gwlad fy nhaid yn golygu mwy na'r hyn y gall geiriau ei fynegi, gwneud fy nhaid a fy ngheulu yn falch yw fy nghyflawniad mwyaf." Atgof cyntaf Hannah o gefnogi Cymru yw gwyllo Gareth Bale yn chwarae'n fyw am y tro cyntaf yn erbyn Gwlad yr Iâ yn Stadiwm Dinas Caerdydd. Yn ystod ei magwraeth, ei harwyr pêl-droed oedd Gareth Bale a Thierry Henry.

Mae Hannah wedi gwella'n llwyddiannus o ddau anaf ACL yn ystod ei gyrfa, a sgoriodd y gôl a anfonodd Cymru i rowndiau terfynol EURO yn fuan ar ôl yr ail adferiad.

Y tu allan i bêl-droed:

Un o brif ddiddordebau Hannah y tu allan i bêl-droed yw chwarae golff.

HAYLEY LADD

CAP: 105 | GOALS: 3

FIRST GAME:
New Zealand 2010/11



Name: Hayley Ladd

Age: 31 (06/10/93)

Place of birth: St Albans, Hertfordshire

Connection to Wales: Father from Haverfordwest, Pembrokeshire

Primary school: St Peter's School, St Albans

Secondary school: St Albans Girls School

First grassroots club: St Albans City Youth FC

Current club: Everton (2025-)

Previous clubs:

- St Albans City Youth FC (grassroots)
- Arsenal (2009-2012)
- Kokkola Futis 10 (loan 2012)
- Coventry City (2012-2015)
- Bristol City (2015-2017)
- Birmingham City (2017-2019)
- Manchester United (2019-2025)

Cymru career:

Hayley was called up to the Cymru senior squad in 2011 and won her first cap in June 2011 against New Zealand in an international friendly in Savièse, Switzerland.

Hayley currently has 105 caps for Cymru, scoring three goals. Hayley scored her first Cymru goal in June 2017 in a 2-1 victory over Portugal in an international friendly. She was appointed Cymru vice-captain in 2024.

Cymru is special to Hayley because "Although I wasn't born in Wales, I feel that my connection to Cymru runs deep through my dad and his family, and now, through my Welsh friends and teammates too. Representing Wales feels like being part of something bigger, and there's a real sense of pride when I pull on the shirt, knowing I'm contributing to a legacy and hopefully growing the game that I love so much in Wales." Hayley's footballing idols growing up were Steven Gerrard and Arsenal Women's First Team.

Outside of football:

Outside of football Hayley's hobbies and passions include sustainability, food, and the outdoors.

HAYLEY LADD

CAP: 105 | GÔL: 3

GÊM GYNTAF:
New Zealand 2010/11



Enw: Hayley Ladd

Oed: 31 (06/10/93)

Man geni: St Albans, Swydd Hertford

Cysylltiad â Chymru: Tad o Hwlfordd, Sir Benfro

Ysgol gynradd: Ysgol St Peter's, St Albans

Ysgol uwchradd: Ysgol Merched St Albans

Clwb llawr gwlad cyntaf: St Albans City Youth FC

Clwb presennol: Everton (2025-)

Clybiau blaenorol:

- St Albans City Youth FC (llawr gwlad)
- Arsenal (2009-2012)
- Kokkola Futis 10 (ar fenthyg 2012)
- Coventry City (2012-2015)
- Bristol City (2015-2017)
- Birmingham City (2017-2019)
- Manchester United (2019-2025)

Gyrfa Cymru:

Galwyd Hayley i garfan tîm cyntaf Cymru yn 2011 ac enillodd ei chap cyntaf ym mis Mehefin 2011 yn erbyn Seland Newydd mewn gêm ryngwladol gyfeillgar yn Savièse, y Swistir. Ar hyn o bryd mae gan Hayley 105 o gapiau i Gymru, gan sgorio tair gôl. Sgoriodd Hayley ei gôl gyntaf i Gymru ym mis Mehefin 2017 mewn buddugoliaeth o 2-1 yn erbyn Portiwgal mewn gêm gyfeillgar ryngwladol. Cafodd ei phenodi'n is-gapten Cymru yn 2024.

Mae Cymru'n arbennig i Hayley oherwydd "Er na chefais fy ngeni yng Nghymru, rwy'n teimlo bod fy nghysylltiad â Chymru'n llifo'n ddwfn drwy fy nhad a'i deulu, a nawr, drwy fy ffrindiau a'm cyd-chwaraewyr yng Nghymru hefyd. Mae cynrychioli Cymru yn teimlo fel bod yn rhan o rywbeth mwy, ac mae gwir ymdeimlad o falchder pan fydda i'n gwisgo'r crys, gan wybod fy mod i'n cyfrannu at waddol a gobeithio tyfu'r gêm rydw i'n ei charu gymaint yng Nghymru." Arwyr pêl-droed Hayley yn ystod ei magwraeth oedd Steven Gerrard a Thîm Cyntaf Merched Arsenal.

Y tu allan i bêl-droed:

Y tu allan i bêl-droed, mae diddordebau Hayley yn cynnwys cynaliadwyedd, bwyd a'r awyr agored.

JESS FISHLOCK

CAP: 162 | GOALS: 47

**FIRST GAME:
Switzerland 2005/06**



Name: Jess Fishlock
Age: 38 (14/01/87)
Hometown: Llanrumney, Cardiff
Primary school: Rumney Primary
Secondary school: St Teilos
First grassroots club: Cardiff City Ladies
Current club: Seattle Reign (2013-)

Previous clubs:

- Cardiff City Ladies (2002-2007)
- AZ Alkmaar (2008-2010)
- Bristol Academy (2011-2012)
- Melbourne Victory (2012-2013)
- Glasgow City (loan 2013)
- Melbourne Victory (loan 2013-2014)
- FFC Frankfurt (loan 2014-2015)
- Melbourne City (loan 2015-2018)
- Olympique Lyonnais (loan 2018-2019)
- Reading (loan 2020-2021)

Cymru career:

Jess played for Cymru's WU19s before being called up to the senior squad in 2006. She made her debut in March 2006 in a friendly match against Switzerland. Jess is the most capped Cymru player with 162 caps and she was the first player in history to reach 100 caps for Cymru and is the only player to earn 150 caps. She has scored 47 goals making her Cymru's all-time record goal scorer.

Cymru is special to Jess because "It's the best country on earth." Jess' earliest memory of supporting Cymru included watching Ian Rush play. Her footballing idols growing up were Eric Cantona, Paul Scholes and Steven Gerrard.

Jess has played in more than 66% of the fixtures that Cymru have had since the team's official formation with the FAW in 1993.

Outside of football:

Jess' passions and hobbies outside of football include fashion, Marvel, TV and music. LGBTQ+, racism, homelessness and domestic violence are social causes that Jess is passionate about.

In 2018, Jess was appointed an MBE for her services in women's football and the LGBTQ+ community.

Jess is married to professional footballer Tziarra King and recently learned Welsh on the S4C programme 'Iaith ar Daith'.

JESS FISHLOCK

CAP: 162 | GÔL: 47

GÊM GYNTAF:
Switzerland 2005/06



Enw: Jess Fishlock

Oed: 38 (14/01/87)

Tref enedigol: Llanrhymni, Caerdydd

Ysgol gynradd: Ysgol Gynradd Rhymni

Ysgol uwchradd: St Teilo

Clwb llawr gwlad cyntaf: Merched Dinas Caerdydd

Clwb presennol: Seattle Reign (2013-)

Clybiau blaenorol:

- Merched Dinas Caerdydd (2002-2007)
- AZ Alkmaar (2008-2010)
- Bristol Academy (2011-2012)
- Melbourne Victory (2012-2013)
- Glasgow City (ar fenthyg 2013)
- Melbourne Victory (ar fenthyg 2013-2014)
- FFC Frankfurt (ar fenthyg 2014-2015)
- Melbourne City (ar fenthyg 2015-2018)
- Olympique Lyonnais (ar fenthyg 2018-2019)
- Reading (ar fenthyg 2020-2021)

Gyrfa Cymru:

Chwaraeodd Jess i Gymru D19 cyn cael ei galw i garfan y tîm cyntaf yn 2006. Ymddangosodd am y tro cyntaf ym mis Mawrth 2006 mewn gêm gyfeillgar yn erbyn y Swistir. Jess yw'r chwaraewr sydd wedi cael ei chapio fwyaf i Gymru gyda 162 o gapiau a hi oedd y chwaraewr cyntaf mewn hanes i gyrraedd 100 o gapiau dros Gymru a hi yw'r unig chwaraewr i ennill 150 o gapiau. Mae hi wedi sgorio 47 gôl sy'n golygu mai hi sydd wedi sgorio'r nifer fwyaf o goliau i Gymru erioed.

Mae Cymru'n arbennig i Jess oherwydd "Dyma'r wlad orau ar y ddaear." Atgof cynharaf Jess o gefnogi Cymru yw gwyllo Ian Rush yn chwarae. Ei harwyr pêl-droed yn ystod ei magwraeth oedd Eric Cantona, Paul Scholes a Steven Gerrard.

Mae Jess wedi chwarae mewn mwy na 66% o'r gemau y mae Cymru wedi'u chwarae ers ffurfio'r tîm yn swyddogol gan Gymdeithas Bêl-droed Cymru ym 1993.

Y tu allan i bêl-droed:

Mae diddordebau a hobiau Jess y tu allan i bêl-droed yn cynnwys ffasiwn, Marvel, teledu a cherddoriaeth. Mae LHDTG+, hiliaeth, digartrefedd a thrais domestig yn achosion cymdeithasol y mae Jess yn teimlo'n gryf drostynt.

Yn 2018, cafodd Jess MBE am ei gwasanaeth i bêl-droed menywod a'r gymuned LHDTG+.

Mae Jess yn briod â'r pêl-droediwr proffesiynol Tziarra King ac yn ddiweddar dysgodd Gymraeg ar raglen 'laith ar Daith' S4C.

JOSIE GREEN

CAP: **39** | GOALS: –

FIRST GAME:
Azerbaijan 2010/11



Name: Josie Green

Age: 32 (25/04/93)

Place of birth: Hemel Hempstead, England

Connection to Wales: Grandfather from Pontypool, Monmouthshire

Primary school: Cunningham Hill Primary, St Albans

Secondary school: Beaumont School, St Albans

First grassroots club: St Albans City Youth FC

Current club: Crystal Palace (2024-)

Previous clubs:

- St Albans City Youth FC (grassroots)
- Watford (2010-2016)
- Tottenham Hotspur (2016-2022)
- Leicester City (2022-2024)

Cymru career:

During 2010-2011, Josie made 6 appearances for Cymru's WU19s. At 16 years old Josie made her debut for the senior team in August 2010 when Cymru beat Azerbaijan 15-0 in the 2011 Women's World Cup qualifiers in Newtown. She currently has 39 caps for Cymru.

Cymru is special to Josie because "Cymru is special to me for many reasons—it's a sense of home, it's part of my identity, and it's shaped my journey in football and life. I earned my first senior Wales cap at just 16, there's been ups and downs, but I am now a part of the squad that helped Wales qualify for the Euros. The resilience and pride in representing Cymru makes every moment in the red shirt even more meaningful." Josie's first memories of Cymru are playing during youth camps.

Outside of football:

Josie's hobbies and passions outside of football include yoga, setting up her own yoga businesses for athletes, general wellness, sustainability in fashion & football and food/cooking. Josie is also passionate about supporting and raising awareness for pancreatic cancer research.

JOSIE GREEN

CAP: 39 | GÔL: –

GÊM GYNTAF:
Azerbaijan 2010/11



Enw: Josie Green
Oed: 32 (25/04/93)
Man geni: Hemel Hempstead, Lloegr
Cysylltiad â Chymru: Taid o Bont-y-pŵl, Sir Fynwy
Ysgol gynradd: Ysgol Cynradd Cunningham Hill, St Albans
Ysgol uwchradd: Ysgol Beaumont, St Albans
Clwb llawr gwlad cyntaf: St Albans City Youth FC
Clwb presennol: Crystal Palace (2024-)

Clybiau blaenorol:

- St Albans City Youth FC (llawr gwlad)
- Watford (2010-2016)
- Tottenham Hotspur (2016-2022)
- Leicester City (2022-2024)

Gyrfa Cymru:

Yn ystod 2010-2011, ymddangosodd Josie 6 gwaith i Gymru D19. Pan oedd Josie yn 16 oed, ymddangosodd am y tro cyntaf i'r tîm cyntaf ym mis Awst 2010, pan enillodd Cymru Azerbaijan 15-0 yn rownd ragbrofol Cwpan y Byd i Fenywod 2011 yn y Drenwydd. Ar hyn o bryd mae ganddi 39 o gapiau dros Gymru.

Mae Cymru yn arbennig i Josie oherwydd "Mae Cymru yn arbennig i mi am nifer o resymau – mae'n ymdeimlad o gartref, mae'n rhan o fy hunaniaeth, ac mae wedi siapia fy nhaith mewn pêl-droed a bywyd. Enillais fy nghap cyntaf i dîm cyntaf Cymru pan oeddwn yn ddim ond 16 oed. Bu cyfnodau da a drwg, ond rwyf bellach yn rhan o'r garfan a helpodd Cymru i gyrraedd yr Ewros. Mae'r gwytnwch a'r balchder o gynrychioli Cymru yn gwneud pob eiliad yn y crys coch hyd yn oed yn fwy ystyrlon." Atgofion cyntaf Josie gyda Chymru yw chwarae yn ystod gwersylloedd ieuenctid.

Y tu allan i bêl-droed:

Mae hobiau a diddordebau Josie y tu allan i bêl-droed yn cynnwys ioga, sefydlu ei busnesau ioga ei hun ar gyfer athletwyr, lles cyffredinol, cynaliadwyedd mewn ffasiwn a phêl-droed a bwyd/coginio. Mae Josie hefyd yn teimlo'n gryf dros gefnogi a chodi ymwybyddiaeth o ymchwil canser y pancreas.

KAYLEIGH BARTON

CAP: 86 | GOALS: 22

FIRST GAME:
Portugal 2011/12



Name: Kayleigh Barton
Age: 37 (22/03/88)
Hometown: Llanedeyrn, Cardiff
Primary school: Llanedeyrn Primary
Secondary school: Llanedeyrn High School
First grassroots club: Cardiff City Ladies
Current club: Unattached

Previous clubs:

- Cardiff City Ladies
- Yeovil Town (2016-2018)
- Chieti Calcio Femminile (loan 2017)
- Brighton and Hove Albion (2018-2023)
- Charlton Athletic (2023-2025)

Cymru career:

Kayleigh made her debut for Cymru against Portugal in 2012, starting her career as a defender but moved to become a centre-forward in 2016. Kayleigh has 86 caps for Cymru, scoring 22 goals.

Cymru is special to Kayleigh because "It's home, filled with family and friends I love. I'm proud of my small nation, with its passionate spirit and rich history. We are kind and loving people who give our all in what we do which make me feel connected and supported, and there's simply no place like home. Wales is where my heart feels at peace, no matter where life takes you." Kayleigh's first memory of representing Cymru was putting on the shirt and telling her family that she had been selected to play for Cymru. "That proud look on my mum and dad's face is something I will never forget." Her idol growing up was her dad.

Outside of football:

Outside of playing football, Kayleigh loves coaching the younger generation, going out with friends and family and walking her dog. She also enjoys visiting new places.

KAYLEIGH BARTON

CAP: 86 | GÔL: 22

GÊM GYNTAF:
Portugal 2011/12



Enw: Kayleigh Barton

Oed: 37 (22/03/88)

Tref enedigol: Llanedeyrn, Caerdydd

Ysgol gynradd: Ysgol Gynradd Llanedeyrn

Ysgol uwchradd: Ysgol Uwchradd Llanedeyrn

Clwb llawr gwlad cyntaf: Merched Dinas Caerdydd

Clwb presennol: Heb glwb

Clybiau blaenorol:

- Merched Dinas Caerdydd
- Yeovil Town (2016-2018)
- Chieti Calcio Femminile (ar fenthyg 2017)
- Brighton and Hove Albion (2018-2023)
- Charlton Athletic (2023-2025)

Gyrfa Cymru:

Ymddangosodd Kayleigh am y tro cyntaf dros Gymru yn erbyn Portiwgal yn 2012, gan ddechrau ei gyrfa fel amddiffynwraig ond symudodd i fod yn ymosodwraig yn 2016. Mae gan Kayleigh 86 o gapiau dros Gymru, gan sgorio 22 gôl.

Mae Cymru yn arbennig i Kayleigh oherwydd "Mae'n gartref, yn llawn teulu a ffrindiau rwy'n eu caru. Rwy'n falch o'm cenedl fach, gyda'i hysbryd angerddol a'i hanes cyfoethog. Rydyn ni'n bobl garedig a chariadus sy'n rhoi popeth i'r hyn rydyn ni'n ei wneud sy'n gwneud i mi deimlo bod gen i gysylltiad a chefnogaeth, a does unman yn debyg i gartref. Cymru yw lle mae fy nghalon yn teimlo heddwch, ni waeth i ble mae bywyd yn mynd â chi." Atgof cyntaf Kayleigh o gynrychioli Cymru oedd gwisgo'r crys a dweud wrth ei theulu ei bod wedi cael ei dewis i chwarae dros Gymru. "Yr edrychiad balch ar wyneb fy mam a fy nhad, mae'n rhywbeth na fydda i byth yn ei anghofio." Ei harwr yn ystod ei magwraeth oedd ei thad.

Y tu allan i bêl-droed:

Ar wahân i chwarae pêl-droed, mae Kayleigh wrth ei bodd yn hyfforddi'r genhedlaeth iau, yn mynd allan gyda ffrindiau a theulu ac yn mynd â'i chi am dro. Mae hi hefyd yn mwynhau ymweld â llefydd newydd.

LILY WOODHAM

CAP: 39 | GOALS: 3

FIRST GAME:
Faroe Islands 2020/21



Name: Lily Woodham
Age: 24 (03/09/00)
Hometown: St Mellons, Cardiff
Primary school: Rumney primary
Secondary school: St Teilos
First grassroots club: Rumney
Current club: Seattle Reign (2024-)

Previous clubs:

- Rumney (grassroots)
- Bristol City (2015-2018)
- Reading (2018-2024)
- Charlton Athletic (loan 2019)
- Seattle Reign (2024-)
- Crystal Palace (loan 2024-2025)

Cymru career:

Lily earned three caps for Cymru's WU17s in 2016 and six caps for Cymru's WU19s during 2018-2020. Lily made her debut for Cymru's senior team in 2020 against the Faroe Islands in a 4-0 victory in the 2022 UEFA Women's Euro qualifiers, in a game where she also scored her first Cymru goal. Lily currently has 39 caps for Cymru, scoring three goals including a strike against Republic of Ireland in Cardiff to help Cymru secure qualification for the UEFA Women's Euro 2025 in Switzerland.

Cymru is special to Lily because "The passion, the togetherness, the people, how kind people are everywhere, honestly to keep it short I just love Wales with every part of my heart." Lily's first Cymru memory was having her 15th birthday on camp where Charlie Estcourt ate her cake as well as the amount of fun she had during the age group camps. Growing up her footballing idol was Lionel Messi.

Outside of football:

Lily's hobbies outside of football include music, fashion and drinking coffee. Lily is also passionate about supporting child protection charities (Brighter Futures for Children), and would like to do more in the future. Family is one of the most important things to Lily, who she is very close and they always supports her. Lily has made a lot of very good friends within the game and her support system of friends at home is also something she "Will forever be grateful for".

LILY WOODHAM

CAP: 39 | GÔL: 3

GÊM GYNTAF:
Faroe Islands 2020/21



Enw: Lily Woodham
Oed: 24 (03/09/00)
Tref enedigol: Llaneirwg, Caerdydd
Ysgol gynradd: Ysgol Gynradd Rhymni
Ysgol uwchradd: St Teilo
Clwb llawr gwlad cyntaf: Tredelerch
Clwb presennol: Seattle Reign (2024-)

Clybiau blaenorol:

- Tredelerch (llawr gwlad)
- Bristol City (2015-2018)
- Reading (2018-2024)
- Charlton Athletic (ar fenthg 2019)
- Seattle Reign (2024-)
- Crystal Palace (ar fenthg 2024-2025)

Gyrfa Cymru:

Enillodd Lily dri chap i Gymru D17 yn 2016 a chwe chap i Gymru D19 yn ystod 2018-2020. Ymddangosodd Lily am y tro cyntaf i dîm cyntaf Cymru yn 2020 yn erbyn Ynysoedd Faroe mewn buddugoliaeth o 4-0 yn rownd ragbrofol Ewro Menywod UEFA 2022, mewn gêm lle sgoriodd ei gôl gyntaf i Gymru hefyd. Ar hyn o bryd mae gan Lily 39 cap dros Gymru, gan sgorio tair gôl gan gynnwys gôl yn erbyn Gweriniaeth Iwerddon yng Nghaerdydd i helpu Cymru i sicrhau lle yn Ewro 2025 UEFA i Ferched yn y Swistir.

Mae Cymru'n arbennig i Lily oherwydd "Yr angerdd, yr undod, y bobl, pa mor garedig yw pobl ym mhob man, a bod yn onest er mwyn cadw pethau'n fyr, rwy'n caru Cymru gyda phob rhan o'm calon." Atgof cyntaf Lily gyda Chymru oedd cael ei phen-blwydd yn 15 oed yn y gweryll lle'r oedd Charlie Estcourt wedi bwyta ei chacen yn ogystal â faint o hwyl a gafodd yn ystod y gwerylloedd grŵp oedran. Yn ystod ei magwraeth, ei harwr pêl-droed oedd Lionel Messi.

Y tu allan i bêl-droed:

Mae diddordebau Lily y tu allan i bêl-droed yn cynnwys cerddoriaeth, ffasiwn ac yfed coffi. Mae Lily hefyd yn frwd dros gefnogi elusennau amddiffyn plant (Dyfodol Mwy Disglair i Blant), a hoffai wneud mwy yn y dyfodol. Teulu yw un o'r pethau pwysicaf i Lily, ac mae hi'n agos iawn atynt ac maen nhw bob amser yn ei chefnogi. Mae Lily wedi gwneud llawer o ffrindiau da iawn yn y gêm ac mae cefnogaeth ei ffrindiau gartref hefyd yn rhywbeth y bydd hi "yn ddiolchgar amdano am byth".

LOIS JOEL

CAP: 9 | GOALS: –

FIRST GAME:
Republic of Ireland 2023/24

Name: Lois Joel

Age: 25 (02/06/99)

Place of birth: Finchley, North London

Connection to Wales: Grandmother from Barry, Vale of Glamorgan

Primary school: Moss Hall Junior School, London

Secondary school: St Michael's Catholic Grammar, London

First grassroots club: Whetstone Wanderers

Current club: Newcastle United

Previous clubs:

- Whetstone Wanderers (grassroots)
- Watford (youth)
- Arsenal (youth)
- Chelsea (youth)
- West Virginia Mountaineers (2017-2018)
- North Carolina Tar Heels (2019)
- West Ham United (2020-2022)
- London City Lionesses (2022-2024)

Cymru career:

Lois made her debut for Cymru in February 2024 during 2–0 win against the Republic of Ireland in an international friendly match. Lois currently has 9 caps for Cymru.

Cymru is special to Lois because “It’s a chance to honour mine and my dad’s heritage.” Lois’s first memory of Cymru was “My grandmother used to talk about representing Wales in youth swimming and when I went to my first women’s football game I managed to get Jayne Ludlow’s shirt after the game.” Frank Lampard was Lois’ footballing idol growing up.

Outside of football:

Outside of football, Lois’ hobbies include playing golf which she has taken up recently, travelling and going to concerts. Lois also supports cancer research and related charities.



LOIS JOEL

CAP: 9 | GÔL: –

GÊM GYNTAF:
Republic of Ireland 2023/24

Enw: Lois Joel
Oed: 25 (02/06/99)
Man geni: Finchley, Gogledd Llundain
Cysylltiad â Chymru: Mam-gu o'r Barri, Bro Morgannwg
Ysgol gynradd: Ysgol Iau Moss Hall, Llundain
Ysgol uwchradd: Ysgol Ramadeg Gatholig St Michael's, Llundain
Clwb llawr gwlad cyntaf: Whetstone Wanderers
Clwb presennol: Newcastle United

Clybiau blaenorol:

- Whetstone Wanderers (llawr gwlad)
- Watford (ieuenctid)
- Arsenal (ieuenctid)
- Chelsea (ieuenctid)
- West Virginia Mountaineers (2017-2018)
- North Carolina Tar Heels (2019)
- West Ham United (2020-2022)
- London City Lionesses (2022-2024)

Gyrfa Cymru:

Ymddangosodd Lois am y tro cyntaf dros Gymru ym mis Chwefror 2024 yn ystod buddugoliaeth 2-0 yn erbyn Gweriniaeth Iwerddon mewn gêm gyfeillgar ryngwladol. Ar hyn o bryd mae gan Lois 9 o gapiau dros Gymru.

Mae Cymru yn arbennig i Lois oherwydd "Mae'n gyfle i anrhydeddu fy nhreftadaeth i a threftadaeth fy nhad." Atgof cyntaf Lois am Gymru oedd "Roedd fy mam-gu yn arfer siarad am gynrychioli Cymru mewn nofio ieuenctid a phan es i i fy ngêm bêl-droed merched gyntaf llwyddais i gael crys Jayne Ludlow ar ôl y gêm." Frank Lampard oedd ei harwr pêl-droed yn ystod ei magwraeth.

Y tu allan i bêl-droed:

Y tu allan i bêl-droed, mae diddordebau Lois yn cynnwys chwarae golff, y mae hi wedi dechrau ei chwarae yn ddiweddar, teithio a mynd i gyngherddau. Mae Lois hefyd yn cefnogi ymchwil canser ac elusennau cysylltiedig.

OLIVIA CLARK

CAP: 30 | GOALS: –

FIRST GAME:
Scotland 2020/21



Name: Olivia Clark
Age: 23 (30/08/01)
Place of birth: Lincoln, England
Connection to Wales: Grandparents from Swansea/Neath
Primary school: Sir Francis Hill, Lincoln
Secondary school: Priory Academy LSST, Lincoln
First grassroots club: Greenbank Juniors, Lincoln
Current club: Leicester City (2025-)

Previous clubs:

- Greenbank Juniors (grassroots)
- Lincolnshire FA Centre of Excellence
- Boston United (2016-2018)
- Nettleham (2018-2019)
- Huddersfield Town (2019-2020)
- Coventry United (2020-2022)
- Bristol City (2022-2024)
- Watford (loan 2023)
- FC Twente (2024-2025)

Cymru career:

Liv's first Cymru age group callup came from an FAW goalkeeper trial which her father found out about on social media.

Liv played for Cymru WU19s for a few years whilst also being involved with the Cymru senior team. She was first called up to the senior team at age 16. Liv made her senior debut in June 2021 against Scotland in an international friendly. She currently has 30 caps for Cymru.

Cymru is special to Liv because "It connects my family and even though it means something different to every player, everyone's love for Cymru connects us all together." Liv's first Cymru memory was getting called up to her first senior camp after attending trials for the WU17s when she was 16.

Outside of football:

Liv's hobbies outside of football are golf, hiking and being outdoors and yoga. Liv has also volunteered with the elderly in the past.

As a youngster, Liv also played cricket at a high level and her cousin Henry Thomas is a prop forward for the Wales men's rugby team and the Scarlets.

OLIVIA CLARK

CAP: 30 | GÔL: –

GÊM CYNTAF:
Scotland 2020/21



Enw: Olivia Clark

Oed: 23 (30/08/01)

Man geni: Lincoln, Lloegr

Cysylltiad â Chymru: Nain a Thaid o Abertawe/Castell-nedd

Ysgol gynradd: Sir Francis Hill, Lincoln

Ysgol uwchradd: Priory Academy LSST, Lincoln

Clwb llawr gwlad cyntaf: Greenbank Juniors, Lincoln

Clwb presennol: Leicester City (2025-)

Clybiau blaenorol:

- Greenbank Juniors (llawr gwlad)
- Canolfan Ragoriaeth Cymdeithas Bêl-droed Lloegr Swydd Lincoln
- Boston United (2016-2018)
- Nettleham (2018-2019)
- Huddersfield Town (2019-2020)
- Coventry United (2020-2022)
- Bristol City (2022-2024)
- Watford (ar fenthg 2023)
- FC Twente (2024-2025)

Gyrfa Cymru:

Daeth galwad grŵp oedran cyntaf Liv i Gymru yn dilyn treialon gôl-geidwaid Cymdeithas Bêl-droed Cymru y daeth ei thad i wybod amdanynt ar y cyfryngau cymdeithasol.

Bu Liv yn chwarae i Gymru D19 am ychydig o flynyddoedd tra hefyd yn ymwneud â thîm cyntaf Cymru. Cafodd ei galw i'r tîm cyntaf am y tro cyntaf yn 16 oed. Ymddangosodd Liv am y tro cyntaf i'r tîm cyntaf ym mis Mehefin 2021 yn erbyn yr Alban mewn gêm gyfeillgar ryngwladol. Ar hyn o bryd mae ganddi 30 o gapiau dros Gymru.

Mae Cymru yn arbennig i Liv oherwydd "Mae'n cysylltu fy nheulu ac er ei fod yn golygu rhywbeth gwahanol i bob chwaraewr, mae cariad pawb at Gymru yn ein cysylltu ni i gyd â'n gilydd." Atgof cyntaf Liv gyda Chymru oedd cael ei galw i'w gwersyll cyntaf gyda'r tîm cyntaf ar ôl mynychu treialon D17 pan oedd hi'n 16 oed.

Y tu allan i bêl-droed:

Hobiau Liv y tu allan i bêl-droed yw golffio, heicio a bod yn yr awyr agored ac ioga. Mae Liv hefyd wedi gwirfoddoli gyda'r henoed yn y gorffennol.

Pan oedd hi'n iau, roedd Liv hefyd yn chwarae criced ar lefel uchel ac mae ei chefnwr Henry Thomas yn brop i dîm rygbi Cymru a'r Sgarlets.

POPPY SOPER

CAP: – | GOALS: – FIRST GAME: –



Name: Poppy Soper

Age: 23 (04/05/02)

Hometown: Rogerstone, Newport

Primary school: High Cross Primary

Secondary school: Bassaleg Comprehensive

First grassroots club: Vila Dinos

Current club: Unattached

Previous clubs:

- Vila Dinos (grassroots)
- Cardiff City
- Plymouth Argyle (2020-2022)
- Chelsea (2022)
- Charlton Athletic (2022-2024)
- Ipswich Town (loan 2023)
- Blackburn Rovers (2024-2025)

Cymru career:

Poppy has represented Cymru at youth level and has been a regular in the Cymru senior squad over the last several years but is yet to make her debut.

Cymru is special to Poppy because “it’s home, it’s where my family are and it’s my favourite place.” Her first Cymru memory was playing for the WU15s.

Outside of football:

Poppy has a Law degree from Exeter University.

POPPY SOPER

CAP: – | GÔL: –

GÊM GYNTAF: –



Enw: Poppy Soper

Oed: 23 (04/05/02)

Tref enedigol: Tŷ-du, Casnewydd

Ysgol gynradd: Ysgol Gynradd High Cross

Ysgol uwchradd: Ysgol Gyfun Basaleg

Clwb llawr gwlad cyntaf: Vila Dinos

Clwb presennol: Heb glwb

Clybiau blaenorol:

- Vila Dinos (llawr gwlad)
- Dinas Caerdydd
- Plymouth Argyle (2020-2022)
- Chelsea (2022)
- Charlton Athletic (2022-2024)
- Ipswich Town (ar fenthwyg 2023)
- Blackburn Rovers (2024-2025)

Gyrfa Cymru:

Mae Poppy wedi cynrychioli Cymru ar lefel ieuenctid ac mae wedi bod yn aelod rheolaidd o garfan gyntaf Cymru dros y blynyddoedd diwethaf ond nid yw wedi ymddangos eto.

Mae Cymru'n arbennig i Poppy oherwydd "mae'n gartref, dyma lle mae fy nheulu a dyma fy hoff le." Ei hatgof cyntaf gyda Chymru yw chwarae i'r tîm D15.

Y tu allan i bêl-droed:

Mae gan Poppy radd yn y Cyfraith o Brifysgol Caerwysg.

RACHEL ROWE

CAP: **76** | GOALS: **8**

FIRST GAME:
Costa Rica 2014/15



Name: Rachel Rowe
Age: 32 (13/09/92)
Hometown: Brynhyfryd, Swansea
Primary school: Brynhyfryd Primary School
Secondary school: Pentrehafod Comprehensive
First grassroots club: Landore colts
Current club: Southampton (2024-)

Previous clubs:

- Landore colts (grassroots)
- Swansea City (2008-2013)
- Cardiff City (2013-2014)
- Swansea City (2014-2015)
- Reading (2015-2023)
- Rangers (2023-2024)

Cymru career:

Rachel represented Cymru for the WU17s and WU19s before making her senior debut in March 2015 in a 1-0 victory against Costa Rica in an international friendly. Rachel currently has 76 caps for Cymru, scoring eight goals.

In 2019, Rachel recovered from an ACL injury and scored the winning goal against Belarus in her comeback match after a year off the pitch.

Cymru is special to Rachel because "Its home, it's my family." Rachel's first Cymru memory was being involved in her first qualification camp with WU19s in Romania. Thierry Henry was her footballing idol growing up.

Outside of football:

Rache's hobbies and passions outside of football include animals, exploring nature and countries especially Wales, food, coffee and psychology. Rachel is passionate about supporting and raising awareness for animal welfare and alcohol addiction.

Prior to becoming a professional footballer, Rachel worked as an Operational Support Grade (OSG) at HMP Swansea and Cardiff.

During her first season at Reading, Rachel was working full time at the Welsh Government after doing an apprenticeship there and travelled 3 times a week to Reading. Reading then got promoted, when Rachel signed her first professional contract, and took a sabbatical from her job to move to Reading.

RACHEL ROWE

CAP: 76 | GÔL: 8

GÊM GYNTAF:
Costa Rica 2014/15



Enw: Rachel Rowe

Oed: 32 (13/09/92)

Tref enedigol: Brynhyfryd, Abertawe

Ysgol gynradd: Ysgol Cynradd Brynhyfryd

Ysgol uwchradd: Ysgol Gyfun Pentrehafod

Clwb llawr gwlad cyntaf: Landore colts

Clwb presennol: Southampton (2024-)

Clybiau blaenorol:

- Landore colts (llawr gwlad)
- Dinas Abertawe (2008-2013)
- Dinas Caerdydd (2013-2014)
- Dinas Abertawe (2014-2015)
- Reading (2015-2023)
- Rangers (2023-2024)

Gyrfa Cymru:

Cynrychiolodd Rachel Gymru D17 a D19 cyn ymddangos am y tro cyntaf i'r tîm cyntaf ym mis Mawrth 2015 mewn buddugoliaeth o 1-0 yn erbyn Costa Rica mewn gêm gyfeillgar ryngwladol. Ar hyn o bryd mae gan Rachel 76 o gapiau i Gymru, gan sgorio wyth gôl.

Yn 2019, llwyddodd Rachel i wella o anaf ACL a sgoriodd y gôl fuddugol yn erbyn Belarus yn ei gêm gyntaf ar ôl blwyddyn oddi ar y cae.

Mae Cymru yn arbennig i Rachel oherwydd "Dyna fy nghartref, fy nheulu." Atgof cyntaf Rachel gyda Chymru oedd cymryd rhan yn ei gwrsyll rhagbrofol cyntaf gyda'r tîm D19 yn Romania. Thierry Henry oedd ei heilun pêl-droed yn ystod ei magwraeth.

Y tu allan i bêl-droed:

Mae diddordebau Rachel y tu allan i bêl-droed yn cynnwys anifeiliaid, archwilio natur a gwledydd, yn enwedig Cymru, bwyd, coffi a seicoleg. Mae Rachel yn frwd dros gefnogi a chodi ymwybyddiaeth o les anifeiliaid a chaethiwd i alcohol.

Cyn dod yn bêl-droedwraig broffesiynol, bu Rachel yn gweithio fel Swyddog Cymorth Gweithredol yng Ngharchar Abertawe a Chaerdydd.

Yn ystod ei thymor cyntaf yn Reading, roedd Rachel yn gweithio'n llawn amser yn Llywodraeth Cymru ar ôl dilyn prentisiaeth yno ac roedd hi'n teithio 3 gwaith yr wythnos i Reading. Yna, cafodd Reading ddychafiad, pan lofnododd Rachel ei chontract proffesiynol cyntaf, a chymerodd gyfnod sabothol o'i swydd i symud i Reading.

RHIANNON ROBERTS

CAP: **79** | GOALS: **2**

FIRST GAME:
Austria 2015/16



Name: Rhiannon Roberts

Age: 34 (30/08/90)

Place of birth: Chester, England

Connection to Wales: Grandparents from Buckley and Saltney, Flintshire

Primary school: Lowerhouse Primary School, Burnley & Roe Lee Primary School, Blackburn

Secondary school: Habergham High School, Burnley

First grassroots club: Burnley U12s & Blackburn U12s centre of Excellence

Current club: Real Betis Féminas (2023-)

Previous clubs:

- Burnley U12s & Blackburn U12s centre of Excellence (grassroots)
- Burnley (youth)
- Blackburn Rovers (2009-2013)
- Doncaster Rovers Belles (2013-2018)
- Liverpool (2018-2023)

Cymru career:

Rhiannon was first called up to the Cymru senior team in 2015 and made her debut in September 2015 against Austria in the UEFA Women's Euro 2017 qualifiers. Rhiannon has 79 caps for Cymru, scoring two goals.

Cymru is special to Rhiannon because "I'm proud to be Welsh. To put the small nation on the map and to make the Welsh people and my family proud." Her first Cymru memory was "watching Cymru vs Canada at Wrexham FC. Giggs and Bellamy were both playing and my gran also came to the game, so I remember it well." David Beckham was Rhiannon's footballing idol growing up.

Outside of football:

Music, reading and learning Spanish are things Rhiannon enjoys outside of football. She tries to support as many charities as possible. Rhiannon is also a Wrexham fan and her husband, Nathan Rooney, manages Larne FC in Northern Ireland.

Rhiannon is part of the 'table 7' friendship group, which consists of Hayley Ladd, Ceri Holland and Josie Green as well as Helen Ward and Megan Wynne.

RHIANNON ROBERTS

CAP: 79 | GÔL: 2

GÊM GYNTAF:
Austria 2015/16



Enw: Rhiannon Roberts

Oed: 34 (30/08/90)

Man geni: Caer, Lloegr

Cysylltiad â Chymru: Nain a Thaid o Fwcle a Saltney, Sir y Fflint

Ysgol gynradd: Ysgol Gynradd Lowerhouse, Ysgol Gynradd Burnley a Roe Lee, Blackburn

Ysgol uwchradd: Ysgol Uwchradd Habergham, Burnley

Clwb llawr gwlad cyntaf: Canolfan Ragoriaeth Burnley Dan 12 a Blackburn Dan 12

Clwb presennol: Real Betis Féminas (2023-)

Clybiau blaenorol:

- Canolfan Ragoriaeth Burnley Dan 12 a Blackburn Dan 12 (llawr gwlad)
- Burnley (ieuenctid)
- Blackburn Rovers (2009-2013)
- Doncaster Rovers Belles (2013-2018)
- Lerpwl (2018-2023)

Gyrfa Cymru:

Cafodd Rhiannon ei galw i dîm cyntaf Cymru am y tro cyntaf yn 2015 ac ymddangosodd am y tro cyntaf ym mis Medi 2015 yn erbyn Awstria yn rownd ragbrofol Ewro 2017 UEFA i Ferched. Mae gan Rhiannon 79 o gapiau dros Gymru, gan sgorio dwy gôl.

Mae Cymru'n arbennig i Rhiannon oherwydd "Rwy'n falch o fod yn Cymraes. Rhoi'r wlad fach ar y map a gwneud pobl Cymru a fy nheulu yn falch." Ei hatgof cyntaf o Gymru oedd "gwyllo Cymru v Canada yng Nghlwb Pêl-droed Wrecsam. Roedd Giggs a Bellamy yn chwarae a daeth fy nain i'r gêm hefyd, felly rwy'n ei chofio'n dda." David Beckham oedd eilun pêl-droed Rhiannon yn ystod ei magwraeth.

Y tu allan i bêl-droed:

Mae cerddoriaeth, darllen a dysgu Sbaeneg yn bethau mae Rhiannon yn eu mwynhau y tu allan i bêl-droed. Mae'n ceisio cefnogi cynifer o elusennau â phosibl. Mae Rhiannon hefyd yn cefnogi Wrecsam ac mae ei gŵr, Nathan Rooney, yn rheoli Larne FC yng Ngogledd Iwerddon.

Mae Rhiannon yn rhan o'r grŵp cyfeillgarwch 'table 7', sy'n cynnwys Hayley Ladd, Ceri Holland a Josie Green yn ogystal â Helen Ward a Megan Wynne.

SAFIA MIDDLETON-PATEL

CAP: 4 | GOALS: –

FIRST GAME:
Philippines 2022/23



Name: Safia Middleton-Patel
Age: 20 (21/09/04)
Hometown: Wrexham, Clwyd
Primary school: Acton Park Primary School, Wrexham
Secondary school: Bishop Heber High School
First grassroots club: Boris Park Albion
Current club: Manchester United (2020-)

Previous clubs:

- Boris Park Albion (grassroots)
- Liverpool (youth)
- Manchester United (2020-)
- Blackburn Rovers (loan 2021)
- Leicester City (loan 2022)
- Coventry United (loan 2023)
- Blackburn Rovers (loan 2023)
- Watford (loan 2024)

Cymru career:

Safia represented Cymru for the WU17s and WU19s before being called up to the senior team in 2022. Safia made her Cymru debut in February 2023 against the Philippines in the Pinatar Cup when she was 18 years old. She currently has four caps for Cymru, including a 1-1 draw against Sweden in the UEFA Women's Nations League where she was awarded Player of the Match.

Cymru is special to Safia because "I just love Cymru. Everything about it is special, I can't explain in words. Safia's first Cymru memories are watching the 2016 Euros and playing in the youth set up at Dragon Park in Newport. Growing up Iker Casillas was her footballing idol and now it's Mary Earps.

Outside of football:

Safia's hobbies and passions outside of football are Lego, ASD, playing the drums, pottery and gardening. She is also passionate about Autism Awareness and Suicide Prevention.

SAFIA MIDDLETON-PATEL

CAP: 4 | GÔL: –

GÊM GYNTAF:
Philippines 2022/23



Enw: Safia Middleton-Patel

Oed: 20 (21/09/04)

Tref enedigol: Wrecsam, Clwyd

Ysgol gynradd: Ysgol Gynradd Parc Acton, Wrecsam

Ysgol uwchradd: Ysgol Uwchradd Bishop Heber

Clwb llawr gwlad cyntaf: Boris Park Albion

Clwb presennol: Manchester United (2020-)

Clybiau blaenorol:

- Boris Park Albion (llawr gwlad)
- Lerpwl (ieuenctid)
- Manchester United (2020-)
- Blackburn Rovers (ar fenthg 2021)
- Leicester City (ar fenthg 2022)
- Coventry United (ar fenthg 2023)
- Blackburn Rovers (ar fenthg 2023)
- Watford (ar fenthg 2024)

Gyrfa Cymru:

Mae Safia wedi cynrychioli Cymru D17 a D19 cyn cael ei galw i dîm cyntaf Cymru yn 2022. Ymddangosodd Safia am y tro cyntaf i Gymru ym mis Chwefror 2023 yn erbyn Ynysoedd y Philipinau yng Nghwpan Pinatar pan oedd hi'n 18 oed. Ar hyn o bryd mae ganddi bedwar cap i Gymru, gan gynnwys gêm gyfartal 1-1 yn erbyn Sweden yng Nghynghrair Menywod UEFA lle dyfarnwyd gwobr Seren y Gêm iddi.

Mae Cymru'n arbennig i Safia oherwydd "Rydw i'n caru Cymru. Mae popeth amdani'n arbennig, alla i ddim esbonio mewn geiriau. Atgofion cyntaf Safia o Gymru yw gwyllo Ewros 2016 a chwarae gyda'r ieuenctid ym Mharc y Ddraig yng Nghasnewydd. Wrth dyfu i fyny Iker Casillas oedd ei heilun pêl-droed ac erbyn hyn, Mary Earps.

Y tu allan i bêl-droed:

Hobiau a diddordebau Safia y tu allan i bêl-droed yw Lego, ASD, chwarae'r drymiau, crochenwaith a garddio. Mae hi hefyd yn angerddol am Ymwybyddiaeth o Awtistiaeth ac Atal Hunanladdiad.

SOPHIE INGLE

CAP: 141 | GOALS: 6

**FIRST GAME:
Azerbaijan 2009/10**



Name: Sophie Ingle
Age: 32 (02/09/91)
Hometown: Barry, Vale of Glamorgan
Primary school: Holton Primary School
Secondary school: St Richard Gwyn
First grassroots club: Vale Wanderers
Current club: Unattached

Previous clubs:

- Vale Wanderers (grassroots)
- Dinas Powys Ladies (grassroots)
- Cardiff City Ladies (2007-2012)
- Chelsea (2012-2013)
- Bristol Academy (2014-2015)
- Liverpool (2015-2018)
- Chelsea (2018-2025)

Cymru career:

Sophie represented Cymru at WU17 level and was captain for the WU19s. Sophie made her senior debut for Cymru in October 2009 against Azerbaijan. In September 2020 she earned her 100th senior cap. She currently has 141 caps and has scored 6 goals. Sophie became captain of the senior team in 2015 and remained captain for 9 years before stepping down in 2024. She was also part of the Team GB squad at the 2012 Olympics. Sophie suffered an ACL injury in September 2024 and missed the UEFA Women's Euro play off qualifiers and the 2025 Women's Nations League campaign.

Cymru is special to Sophie because "We're a small country but people with big hearts and the fact we all support each other whatever sport we all play. It's hard to describe but I would give up everything just to play for Cymru. It's the best feeling ever." Steven Gerrard was Sophie's footballing idol growing up.

Outside of football:

Outside of football Sophie enjoys dogs, food and spending time with her people.

In March 2023, Sophie received an OBE for services to football.

SOPHIE INGLE

CAP: 141 | GÔL: 6

GÊM GYNTAF:
Azerbaijan 2009/10



Enw: Sophie Ingle
Oed: 32 (02/09/91)
Tref enedigol: Y Barri, Bro Morgannwg
Ysgol gynradd: Ysgol Gynradd Holton
Ysgol uwchradd: St Richard Gwyn
Clwb llawr gwlad cyntaf: Vale Wanderers
Clwb presennol: Heb glwb

Clybiau blaenorol:

- Vale Wanderers (llawr gwlad)
- Merched Dinas Powys (llawr gwlad)
- Merched Dinas Caerdydd (2007-2012)
- Chelsea (2012-2013)
- Bristol Academy (2014-2015)
- Lerpwl (2015-2018)
- Chelsea (2018-2025)

Gyrfa Cymru:

Cynrychiolodd Sophie Gymru ar lefel D17 ac roedd yn gapten D19. Ymddangosodd Sophie am y tro cyntaf i dîm cyntaf Cymru ym mis Hydref 2009 yn erbyn Azerbaijan. Ym mis Medi 2020, enillodd ei chanfed cap llawn. Ar hyn o bryd mae ganddi 141 o gapiau ac mae wedi sgorio 6 gôl. Daeth Sophie yn gapten y tîm cyntaf yn 2015 ac arhosodd yn gapten am 9 mlynedd cyn rhoi'r gorau iddi yn 2024. Roedd hefyd yn rhan o garfan Tîm Prydain Fawr yng Ngemau Olympaidd 2012. Cafodd Sophie anaf ACL ym mis Medi 2024 a methodd gemau rhagbrofol Ewro UEFA i Ferched ac ymgyrch Cynghrair y Cenhedloedd 2025 i Ferched.

Mae Cymru yn arbennig i Sophie oherwydd "Rydyn ni'n wlad fach ond yn bobl sydd â chalonnau mawr, a'r ffaith ein bod ni i gyd yn cefnogi ein gilydd pa bynnag chwaraeon rydyn ni i gyd yn eu chwarae. Mae'n anodd disgrifio ond byddwn i'n rhoi'r gorau i bopeth dim ond er mwyn chwarae i Gymru. Dyma'r teimlad gorau erioed." Steven Gerrard oedd ei heilun pêl-droed yn ystod ei magwraeth.

Y tu allan i bêl-droed:

Y tu allan i bêl-droed, mae Sophie wrth ei bodd â chŵn, bwyd a threulio amser gyda'i phobl.

Ym mis Mawrth 2023, cafodd Sophie OBE am ei gwasanaethau i bêl-droed.