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Mae 'na lawer iawn o lefydd yng Nghymru rwy'n eu garu, a Thresaith yng Ngeredigion yn un o'm ffefrynnau. Ond, pan mae'n dod ati, traeth Cefnsidan sydd agosaf at fy nghalon.

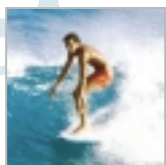
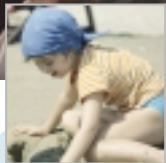
Dyna lle ro ni'n mynd yn grwtyn bach - roedd mam, dad, fy chwaer a finne'n arfer mynd i chware yno bob penwythnos. Pan mae'r llanw allan mae yna filltiroedd a milltiroedd o dywod aur o'ch blaen. Fel plentyn doeddwn ddim yn deall pam fod y môr wedi diflannu ac yn gofyn wrth dad bob tro - yr ateb oedd ei fod wedi mynd i Cheina! 'Ro ni'n ei gredu hefyd.

Ar benwythnosau fe fyddai nifer fawr o'n cymdogion a'n ffrindie'n mynd i lawr i'r traeth ac roeddwn wrth fy modd yn chwarae peldroed, criced a rygbi wrth grws! Roedd yn draeth cymdeithasol iawn a phawb yn adnabod eu gilydd.

There are many places in Wales which I love, and Tresaith in Ceredigion is one of my favourites. But when it comes to the crunch, the strand at Cefnsidan is closest to my heart.

That's where I used to go when I was a lad - my mother, father, sister and I went there every weekend to play. When the tide is out you are faced with miles on miles of golden sand. As a child I couldn't understand why the sea had disappeared and I would ask my father time and time again - and always had the same answer - it had gone to China. I always believed him!

At weekends a number of our friends and neighbours would go down to the beach. I'd love playing football, cricket and rugby of course! It was such a social place and everyone knew each other.



...the strand at Cefn Sidan is closest to my heart

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*...traeth
Cefn Sidan
sydd agosat
at fy nghalon*

Bob noson braf ar ôl ysgol arferen dreulio amser yn gweithio allan lle fydde'r llanw, os oedd e allan fe fydden yn neidio ar y beic a mynd fel y gwynt i chwarae ar y traeth gyda'm ffrindiau - 'ro ni'n heini iawn ar ôl yr holl rhedeg credwch chi fi! Pan ddechreuais chwarae rygbi i Lanelli 'ro ni'n gwneud llawer o ymarfer cyn i'r tymor rygbi ddechrau -a threulais i a'r tîm oriau lawer yn rhedeg yng nghoedwig Penbrê yn yr haul, y gwynt ar glaw!

Pan on ni'n blentyn dim ond traeth o'dd yno, bellach mae yna lôn feics a llethr sgïo - rhywbeth i blesio pawb. 'Dwi wrth fy modd yn mynd yno o bryd i'w gilydd a gweld y golygyfeydd o Fae Caerfyrddin, Y Gŵyr a Tenbi ar noson braf. Mae'r atgofion melus yn dal i lifo'n ôl o'r oriau o hwyl a gefais ar draeth Cefn Sidan.

On every fine night after school we used to work out where the high tide would reach, and if it was a low tide, we would jump on our bikes and ride like the wind to play on the beach with our friends - I was very fit after all that running, believe me! When I started to play rugby for Lanelli I used to put a lot of practice in before the season started - and the team and I spent many hours running through Pembrey forest in the sun, wind and rain!

When I was a child, there was only a beach, where now there is a cycle path and a ski slope - something for everyone. I still enjoy calling by from time to time and looking out towards Carmarthen Bay, the Gower and Tenby on a fine night. And I still have fond memories of the hours of fun I had on Cefn Sidan beach.