

Caryl Granville (Born September 1989)

Personal Bests

60 8.09i (2008) ;100 12.67 (2008) ; 200 24.35 (2017); 300 39.10 (2011); 400 55.02i (2012); 600 1.31.86i (2016); 800 2.14.56 (2005); 1500 5.00.4 (2004); 60H 8.45i(2020); 100H 13.48 (2017); 300H 42.65; 400H 56.59 (2017); HJ 1.66i (2007); LJ 5.73i (2007); TJ 11.69; SP 9.97 (2019);JT 29.54 (2010); Pent 3799i (2008); Hept 4981 (2010)

Lead Coach Darrell Maynard

Coached by Delyth Brown, Dorrien Thomas, and others when with Carmarthen Harriers

Caryl Granville was a guest speaker at the 2019 Carmarthen and District Harriers Athletics Club Annual Dinner at the Ivy Bush Royal Hotel Carmarthen

Caryl went to Ysgol Gynradd Llangennech and then on to Ysgol y Strade in Llanelli. She studied Biomedical Science at Cardiff University and Clinical Cardiology at Cardiff University

At primary school she competed in the Carmarthenshire Schools cross country championships Carmarthen and then joined Carmarthen Harriers. She did her first Gwent League cross country match for the Club in Cardiff

Caryl has been a dedicated athlete and has competed in most track and field events as well as cross country for club and Dyfed Schools. In the last 20 years she has competed in at least 620 events not only in Great Britain but also abroad

The highlights of her career so far are competing for

Great Britain in five combined events internationals

U20	Lee Valley	Pentathlon	GB v FRA v ESP	2 Mar 2008
U20	Aix en Provence	Heptathlon	GB v FRA v SWX	5 Aug 2007
U20	Paris	Pentathlon	GB v FRA v ESP	2 Mar 2008
U23	Bourges	Pentathlon	Pentathlon International	7 Mar 2010
U23	Sheffield	Pentathlon	GB v FRA v ENG	6 Mar 2011

And Wales in the 100mhurdles and 400m hurdles in the 2018 Commonwealth Games in the Gold Coast Australia

She has won very many Welsh Championships in several events- hurdles (both high and low), 400m, long jump, high jump, triple jump and combined events

Competed for Wales and Welsh Schools in many international events and competed abroad on many occasions

She has had many injuries during her career but has recovered to again compete at the highest level. Early in 2020 she recorded her best time at the 60m hurdles (indoors)

Her record shows that she is a prolific competitor travelling vast distances to compete during the athletics season

Caryl is a reliable and consistent club athlete competing for the club regularly in League competitions.

She has always supported West Wales in the Welsh inter Regional competitions and always competes in at least two events

A great role model for the younger athletes

Caryl would not have achieved her success without the support of her family, friends and coaches

Caryl Granville Milestones (Main Results)

619 recorded performances

2002 U13 Carmarthen Harriers (2 recorded performances)

800	3	2.45.8	Carmarthen	Louise Arthur League match	10 Aug 2002
1500	3	5.44.6	Carmarthen	Dyfed Schools Championships	15 Jun 2002

2004 U15 Carmarthen Harriers (12 recorded performances)

800	1	2.18.78	Cardiff	BMC	31 May 2004
800	3	2.22.03	Colwyn Bay	Welsh U15 Championships	20 Jun 2004
800	2	2.25.01	Brecon	Welsh Inter Regional Championships	30 Aug 2004

2005 U17 Carmarthen Harriers (65 recorded performances)

100	1	12.9	Carmarthen	Welsh Junior League West	9 Jul 2005
300	1	41.5	Carmarthen	Carmarthen Open Meeting	9 Jul 2005
300	3	43.77i	Cardiff	Welsh U17 Indoor Championships	9 Jan 2005
800	1	2.14.56	Street	BMC Meeting	30 May 2005
800	1	2.19.3	Carmarthen	Dyfed Secondary Schools Relays	20 Apr 2005
60H		9.29i	CARDIFF	WELSH COMBINED EVENTS	20 NOV 2005
60H	3	9.66	CARDIFF	WELSH U17 INDOOR CHAMPS	18 JAN 2005
80H	3	9.66i	Cardiff	Welsh U17 Indoor Championships	8 Jan 2005
80H	3	12.4	Cardiff	Welsh U17 Championships	18 Jun 2005
300H	3	43.1	Tullamore IRE	Kit Kat SIAB Schools International	16 Jul 2005
300H	1	43.7	Cardiff	Welsh U17 Championships	18 Jun 2005
300H	1	43.94	Carmarthen	Celtic Games Carmarthen	6 Aug 2005
300H	3	44.03	Birmingham	AAA U17 Championships	14 Aug 2005
300H	1	44.24	Brecon	Welsh Schools Championships	2 Jul 2005
400H	1	64.57	Carmarthen	Welsh Inter Regional Championships	27 Aug 2005
LJ	4	5.19	Carmarthen	Celtic Games Carmarthen	6 Aug 2005

TJ	1	11.69	Cardiff	Welsh U17 Championships	18 Jun 2005
TJ	1	11.08	Brecon	Welsh Schools Championships	2 Jul 2005
TJ	3	11.08	Tullamore IRE	Kit Kat SIAB Schools International	16 Jul 2005
TJ	1	10.95	Carmarthen	Welsh Inter Regional Championships	27 Aug 2005
TJ	1	10.28i	Cardiff	Welsh U17 Indoor Championships	8 Jan 2005
Pent	2	3156	Cardiff	Welsh Schools CE Championships	25 Jun 2005
Pent	5	3308	Glasgow	Scottish Power SIAB Schools Pentathlon	10 Dec 2005
Pent	1	3149i	Cardiff	Welsh Schools Indoor CE Championships	20 Nov 2005
Pent	8	3073i	Cardiff	AAA/AAW CE Championships	13 Mar 2005
Hept	1	4342	Belfast	British Isles Combined Events Cup	18 Sept 2005
Hept	7	4084	Birmingham	AAA U17 CE Championships	21 Aug 2005

2006 U17 Carmarthen Harriers (93 recorded performances)

200	2	26.39	Cardiff	Welsh U17 Indoor Championships	28 Jan 2006
300	4	40.44	Glasgow (S)	UK School Games	10 Sep 2006
60H	1	9.04	Cardiff	Welsh U17 Indoor Championships	29 Jan 2006
80H	1	12.02	Cardiff	Welsh U17 Inter Regional Championships	27 Aug 2006
300H	2	42.65	Glasgow (S)	UK School Games	10 Sep 2006
300H	2	42.95	Grangemouth SCO	SIAB Schools International Match	15 Jul 2006
300H	2	42.96	Birmingham	AAA U17 Championships	6 Aug 2006
300H	1	44.10	Brecon	PDM Property Welsh Schools Champs	1 Jul 2006
300H	1	44.39	Waterford IRE	Celtic Games	12 Aug 2006
300H	1	44.59	Cardiff	Welsh U17 Championships	7 Jul 2006
300H	1	44.60	Cardiff	Welsh Inter Regional Championships	27 Aug 2006
400H	3	61.55	Cardiff	Welsh U20 Championships	18 Jun 2006
HJ	1	1.61	Cardiff	Welsh U17 Championships	18 Jun 2006
LJ	4	5.46i	Cardiff	Jeff White International Trophy	5 Feb 2006
LJ	3	5.45i	Birmingham	AAA U17 Indoor Championships	4 Mar 2006
LJ	2	5.42	Brecon	PDM Property Welsh Schools Champs	1 Jul 2006
LJ	2	5.31	Cardiff	Welsh U17 Indoor Championships	28 Jan 2006
TJ	1	11.51	Waterford IRE	Celtic Games	12 Aug 2006
TJ	3	11.29i	Birmingham	AAA U17 Indoor Championships	5 Mar 2006
TJ	1	11.28	Brecon	PDM Property Welsh Schools Champs	1 Jul 2006
TJ	3	11.23	Grangemouth SCO	SIAB Schools International	15 Jul 2006
TJ	1	11.10i	Cardiff	Welsh Indoor Championships	29 Jan 2006
Pent	1	3314	Carmarthen	Welsh Schools CE Championships	24 Jun 2006
Pent	3	3432i	Glasgow	Scottish Power International Schools Pent	9 Dec 2006
Pent	1	3382	Cardiff	Welsh Schools CE championships	25 Nov 2006
Pent	3	3235i	Sheffield	AAA U17 CE Championships	7 Jan 2006
Hep	1	4521	Hexham	Hexham CE International Meeting	3 Sep 2006
Hep	2	4514	Stoke	AAA U17 CE Championships	20 Aug 2006

2007 U20 Carmarthen Harriers (87 Recorded performances)

400	1	57.5i	Cardiff	Welsh U20 Indoor Championships	27 Jan 2007
300	1	58.03	Brecon	Welsh Schools Championships	7 Jul 2007
60H	1	9.09i	Cardiff	Welsh U20 Indoor Championships	28 Jan 2007
60H		8.97i	Lee Valley	GBR v FRA v ESP CE International	25 Feb 2007
100H	1	14.91	Aberdare	Inter Association Match	18 Jul 2007
100H		14.67	Woodford	Woodford Combined Events	19 May 2007
100H	1	15.05	Swansea	Welsh U20 Championships	16 Jul 2007
100H	2	15.10	Cwmbran	Welsh Senior Championships	14 Jul 2007
100H	2	15.11	Derby	U23 Territorial Match	19 Aug 2007
400H	3	60.89	Bedford	England U20 Championships	24 Jun 2007
400H	3	61.07	Cwmbran	Welsh Senior Championships	14 Jul 2007
400H	1	61.60	Hendon	U20 Inter Territorial Match	2 Sept 2007
400H	1	61.66	Swansea	Welsh U20 Championships	16 Jun 2007
400H	2	61.86	Bedford	CAU Inter County Championships	28 May 2007
400H	1	62.41	Derby	U23 Inter Territorial Match	19 Aug 2007
400H	1	62.83	Brecon	Welsh Schools Championships	7 Jul 2007
HJ	1	1.66i	Cardiff	Welsh U20 Indoor Championships	27 Jan 2007
HJ	4	1.55	Hendon	U20 Inter Territorial Match	2 Sep 2007
LJ	3	5.73i	Cardiff	Celtic Indoor Cup	3 Feb 2007
LJ	5	5.61	Grangemouth SCO	Celtic Cup	31 Jul 2007
LJ	2	5.52	Swansea	Welsh U20 Championships	16 Jun 2007
Lj	1	5.52	Aberdare	Inter Association Match	18 Jul 2007
LJ	1	5.46i	Cardiff	Welsh U20 Indoor Championships	27 Jan 2007
LJ	2	5.45	Hendon	Inter Territorial Match	2 Sep 2007
Pent	1	3333	Cwmbran	Welsh Schools CE Championships	30 Jun 2007
Pent	6	3736i	Lee Valley	GBR v FRA v ESP CE International Match	25 Feb 2007
Pent	6	3522i	Sheffield	England CE Indoor Championships	14 Jan 2007
Hep	3	4007	Woodford	Combined Events Meeting	20 May 2007
Hep	4	4766	Stoke	England Athletics U20 Open CE Meeting	10 Jun 2007
Hep	8	4766	Aix en Provence	GBR v FRA v SWX CE Match	5 Aug 2007
Hep	1	4592	Cwmbran	Welsh Combined Events Championships	1 Jul 2007

2008 U20 Carmarthen Harriers (55 Recorded Performances)

100	3	12.67	Connah's Quay	Welsh U20 Championships	12 Jul 2008
200	4	25.57	Brecon	Welsh Junior League Final	24 Aug 2008
200	3	26.34	Connah's Quay	Welsh U20 Championships	12 Jul 2008
400	3	55.89	Oordegem BEL	Memorial Leon Buyle	26 Jul 2008
400	1	57.21i	Cardiff	Celtic Cup	3 Feb 2008
400	2	57.66i	Cardiff	Welsh U20 Indoor Championships	26 Jan 2008
60H	2	8.87	Cardiff	Welsh U20 Indoor Championships	26 Jan 2008
100H	1	14.80	Brecon	Welsh Inter Regional Championships	31 Aug 2008
100H	1	14.87	Connah's Quay	Welsh U20 Championships	12 Jul 2008
100H	1	15.3	Brecon	Welsh Schools Championships	5 Jul 2008
400H	2	60.89	Derby	National Junior Final	14 Sept 2008
400H	1	61.42	Brecon	Welsh Schools Championships	5 Jul 2008

400H	2	61.55	Swansea	Welsh Senior Championships	15 Jun 2008
400H	3	62.3	Bedford	Bedford International Games	1 Jun 2008
400H	1	65.96	Brecon	Welsh Inter Regional Championships	31 Aug 2008
Pen	8	3799i	Paris FRA	GB U20 v FRA v ESP Pen International	2 Mar 2008
Pen	5	3555i	Sheffield	England U20 Combined Events Champs	12 Jan 2008
ZXC	5	10.33	Brecon	Welsh Schools Cross Country Champs	8 Mar 2008

2009 U23 Swansea Harriers (28 Recorded Performances)

100H	2	14.5	Cheltenham	Mid-Summer Open	22 Jul 2009
100H	1	15.69	Swansea	Welsh Inter Regional Championships	30 Aug 2009
400H	1	60.34	Loughborough	Loughborough European Permit Meet	29 Jul 2009
400H	6	60.55	Bedford	England U23 Championships	28 Jun 2009
400H	8	61.05	Birmingham	Aviva British Championships	11 Jul 2009
400H	3	61.24	Cardiff	Welsh Senior Championships	13 Jun 2009
400H	1	61.75	Swansea	Welsh Inter Regional Championships	30 Aug 2009

2010 U23 Swansea Harriers/ Swansea University (51 Recorded Performances)

400	2	56.15i	Sheffield	BUCS Indoor Championships	14 Mar 2010
400	7	57.05	Loughborough	Loughborough International	23 May 2010
400	3	58.52i	Cardiff	Celtic International	21 Feb 2010
60H	4	9.03i	Lee Valley	McCain City Challenge	27 Feb 2010
100H	2	14.36	Cardiff	Welsh Senior Championships	12 Jun 2010
100H	1	14.63	Cardiff	Welsh Inter Regional Championships	29 Aug 2010
400H	3	58.36	Birmingham	Aviva British Championships	26 Jun 2010
400H	2	59.46	Bedford	Aviva British U23 Championships	20 Jun 2010
400H	1	59.99	Cardiff	Welsh Senior Championships	13 Jun 2010
400H	7	61.02	Kessel-La Bel	Flanders Cup	14 Aug 2010
400H	3	61.41	Bedford	BUCS Championships	3 May 2010
400H	1	63.40	Cardiff	Welsh Inter Regional Championships	29 Aug 2010
Pent	3	3789i	Bourges FRA	U23 Combined Events International	7 Mar 2010
Pent	6	3496i	Sheffield	England Senior CE Championships	10 Jan 2010
Hep	6	4981	Bedford	England CE Championships	6 Jan 2010

2011 U23 Swansea Harriers/ Cardiff University (56 Recorded Performances)

300	2	39.10	Swansea	Wales v Welsh Sch v Harvard & Yale	23 Jun 2011
400	5	57.47	Sheffield	BUCS Indoor Championships	19 Feb 2011
400	1	57.92i	Cardiff	Welsh Senior Indoor Championships	23 Jan 2011
60H	7	8.86i	Sheffield	BUCS Indoor Championships	20 Feb 2011
60H	3	8.87i	Cardiff	Celtic Cup	30 Jan 2011
60H	1	8.93i	Cardiff	Welsh Senior Championships	23 Jan 2011
100H	6	14.12	Loughborough	Loughborough International	22 May 2011
100H	1	14.26	Cardiff	Welsh Senior Championships	18 Jun 2011
100H	1	14.26	Derby	BAL Women's Cup Final	10 Sep 2011
100H	4	14.45	Birmingham	McCain UK Challenge Final	20 Aug 2011

400H	1	57.61	Birmingham	McCain UK Challenge Final	20 Aug 2011
400H	1	58.25	Namur BEL	Athletissima Namur	29 Jun 2011
400H	2	58.28	Loughborough	Loughborough LEAP	10 Aug 2011
400H	1	58.43	Bedford	Aviva U23 England Championships	25 Jun 2011
400H	2	58.58	Bedford	BUCS Championships	2 May 2011
400H	1	58.99	Cardiff	Welsh Senior Championships	18 Jun 2011
400H	2	59.46	Birmingham	McCain Birmingham Games	23 Jul 2011
400H	4	60.67	Bedford	Bedford International Games	12 Jun 2011
400H	4	62.02	Loughborough	Loughborough International	22 May 2011
Pen	1	3768i	Sheffield	GB v FRA v ENG Indoor CE International	6 Mar 2011
Pen	4	3600i	Sheffield	England Senior CE Championships	9 Jan 2011

2012 Senior Swansea Harriers/ Cardiff University (59 Recorded Performances)

200	1	24.7	Derby	BAL Super 8 Cup	8 Sep 2012
200	2	25.11i	Vienna AUT	Vienna Classic	31 Jan 2012
400	3	55.02	Sheffield	BUCS Indoor Championships	26 Feb 2012
400	4	55.24	Cardiff	Welsh International	18 Jul 2012
400	2	55.51	Celjie SLO	Miting Celjskih knezov	5 Sep 2012
400	1	56.12	Cardiff	Welsh Inter Regional Championships	14 Jul 2012
400	2	57.02i	Cardiff	Welsh Senior Indoor Championships	21 Jan 2012
400	4	56.77i	Sheffield	McCain City Challenge	4 Feb 2012
60H	1	8.59i	Cardiff	Grand Prix	19 Feb 2012
60H	3	8.68i	Sheffield	BUCS Indoor Championships	26 Feb 2012
60H	1	8.79i	Cardiff	Welsh Senior Indoor Championships	22 Jan 2012
100H	3	13.77	Bedford	McCain CAU Championships	25 Aug 2012
100H	2	14.09	Cardiff	Welsh Athletics International	18 Jul 2012
100H	1	14.20	Derby	BAL Super 8 Cup	8 Sep 2012
100H	1	14.2	Newport	BAL Super 8 Cup	21 Jul 2012
100H	1	14.34	Cardiff	Welsh Senior Championships	4 Jun 2012
400H	2	57.95	Swansea	UK Women's Premier League	
400H	1	58.02	Loughborough	LEAP	7 Jul 2012
400H	5	58.52	Birmingham	British Senior Championships	24 Jun 2012
400H	1	58.62	Bedford	McCain CAU Championships	26 Aug 2012
400H	1	59.29	Cardiff	Welsh Senior Championships	4 Jun 2012
400H	3	59.05	Olympic Park	BUCS Championships	6 ay 2012
400H	5	59.72	Loughborough	Loughborough International	20 May 2012
400H	4	59.43	Namur BEL	Athletissima Namur	16 May 2012
400H	1	60.12	Cardiff	Welsh Inter Regional Championship	14 Jul 2012

2013 Swansea H/ Swansea University (28 Recorded Performances)

600	2	1.35.93i	Cardiff	Welsh Indoor International	10 Mar 2013
100H	8	13.80	Manchester	UK Women's Premier League	6 Jul 2013
100H	1	14.16	Cardiff	Welsh Senior Championships	29 Jun 2013
100H	1	14.21	Birmingham	Birmingham Games	20 Jul 2013
100H	1	14.69	Newport	Welsh Inter Regional Championships	1 Sep 2013
400H	1	57.19	Bromley	UK Women's Premier League	3 Aug 2013

400H	1	57.63	Birmingham	Birmingham Games	20 Jul 2013
400H	1	58.02	Merskem BEL	International Antwerps Atletick Gala	4 Aug 2013
400H	1	58.49	Cardiff	Welsh Senior Championships	30 Jun 2013
400H	1	58.50	Cardiff	Welsh International	31 Jul 2013
400H	3	58.80	Loughborough	Loughborough LEAP Meeting	23 Jul 2013
400	6	59.37	Geneva SUI	AtletiCAGeneve	1 Jun 2013
400H	1	58.88	Newport	Welsh Inter Regional Championships	1 Sep 2013
400H	1	58.63	Scotstoun SCO	Scottish Senior Championships	11 Aug 2013
400H	2(h)	59.74	Bedford	BUCS Championships	4 May 2013

2014 Senior Swansea Harriers/ Swansea University (4 Recorded Performances)

400H	1	58.39	Swansea	UK Women's Premier League	10 May 2014
400H	6	59.01	Loughborough	Loughborough International	18 May 2014
400H	3	59.82	Bedford	BUCS Championships	5 May 2014

2015 Senior Swansea Harriers/ Swansea University (2 Recorded Performances)

400	4	58.63	Eton	UK Women's Premier League	8 Aug 2015
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2016 SENIOR Swansea Harriers (12 Recorded Performances)

100H	1	14.61	Brecon	Welsh Inter Regional Championships	27 Aug 2016
400H	2	58.61	Hendon	Uk Women's Premier League	6 Aug 2016
400H	1	59.70	Brecon	Welsh Inter Regional Championships	27 Aug 2016
400H	4	60.43	Manchester	Manchester International	17 Aug 2016
600	1	1.31.86i	Cardiff	Christmas Classic	11 Dec2016

2017 SENIOR Swansea Harriers (35 Recorded Performances)

400	1	55.93i	Cardiff	Welsh Indoor International	5 Mar 2017
60H	2	8.62i	Cardiff	Welsh Indoor International	5 Mar 2017
100H	2	13.46	Manchester	Manchester International	16 Aug 2017
100H	1	13.48	Brecon	Welsh Inter Regional Championships	26 Aug 2017
100H	2	14.57	Lokeren BEL	Flanders Cup Meeting	25 Jun 2017
100H	1	13.65	Nivelles BEL	Meeting International EAP	24 Jun 2017
100H	1	14.83	Aarhus DEN	Nordic Challenge	2 Jun 2017
100H	1	13.91	Cardiff	Welsh Senior Championships	10 Jun 2017
400H	5	56.59	Loughborough	LEAP	22 Jul 2017
400H	2	57.17	Bromley	UK Women's Premier League	16 Jul 2017
100H	1	13.91	Celle Liguria ITA	Meeting Arcobalena	5 Jul 2017
400H	4	57.46	Birmingham	British Championships	2 Jul 2017
400H	2	57.62	Leiden BEL	Gouden Spike	17 Jun 2017
400H	1	57.67	Nivelles BEL	International Meeting	24 Jun 2017
400H	2	57.83	Oordegem BEL	IFAM Outdoor	27 May 2017
400H	1	57.91	Manchester	Manchester International	16 Aug 2017
400H	2	58.21	Lokeren BEL	Flanders Cup	25 Jun 2017
400H	1	58.79	Cardiff	Welsh Senior Championships	10 Jun 2017

400H	5	59.41	Aarhus DEN	Aarhus Nordic Challenge	2 Jun 2017
400H	3	59.89	Loughborough	Loughborough International	21 May 2017
400H	1	60.74	Celle Liguria ITA	Meeting Arcobaleno	5 Jul 2017

2018 SENIOR Swansea Harriers (2 Recorded Performances)

100H	6h	13.98	Gold Coast AUS	Commonwealth Games	12 Apr 2018
400H	8h	59.28	Gold Coast AUS	Commonwealth Games	10 Apr 2018

2019 SEN Swansea Harriers (14 Recorded Performances)

100H	5	13.73	Oordegem BEL	Putbos Memorial	2 Jun 2019
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2020 SENIOR Swansea Harriers (8 Recorded Performances)

200	1	25.48i	Cardiff	Non Thomas Open Indoor Meeting	19 Jan 2020
60H	1	8.45i	Loughborough	Loughborough Students Open	1 Feb 2020
60H	2	8.50i	Cardiff	Welsh Seniors Indoors Championships	25 Jan 2020
60H	6	8.55i	Glasgow	British Indoor Championships	22 Feb 2020