

Caryl Jones (Born April 1987)

Best Performances

400 63.67 (2010); 800 2.17.44 (2009); 1500 4.26.64 (2012); 3000 9.13.60 (2012); 5000 15.37.3 (2012); 10000 32.52.53 (2012); 1500 SCW 6.24.5 (2007); 2000 SCW 6.39.35 (2012); 3000 SCW 10.33.74 (2009)

10K 32.28 (2012); 10M 61.58 (2010); HM 71.18 (2012); Mar 2.34.12 (2017)

Coached by -2011 Delyth Brown (Carmarthen Harriers), George Edwards (Swansea Harriers) and Alan Storey

Competed for Great Britain in the IAAF World Half Marathon Championship in Kavama BUL in 2012

Competed for Great Britain in the Marathon in the European Championships in Berlin in 2018

Competed for Great Britain in the European Cross Country Championships in Budapest in 2012

Competed for Wales in the Commonwealth Games Marathon in 2018

UK 10000m champion in Birmingham in June 2012

13 times Welsh champion

Holder of two Welsh U23 records (3000m steeplechase and 10000m)

Caryl Jones now Caryl Edwards and a proud mother (August 2020) of four month old daughter Alis

She has had an eventful athletics career and has overcome many injuries to achieve considerable success at the highest level in cross country, road and athletics track competition

Lived on the family dairy farm in Tavernspite, Whitland, Carmarthenshire , fifteen miles from Carmarthen and the same distance from Haverfordwest

She went to the local Whitland primary school and then on to Ysgol Bro Myrddin in Carmarthen and then on to UWIC Cardiff where she studied accountancy

Caryl has worked hard on the family farm as well having a responsible post with a firm of solicitors in Whitland

She was always keen on running and finished 5th in the Carmarthenshire primary schools Y6 cross country race in Carmarthen

Caryl continued her athletics with the help of the PE teachers at Ysgol Bro Myrddin and competed for the school in Brianne and Dyfed cross country and athletics competitions

She joined Carmarthen and District Harriers Athletics Club and was a faithful club member for seven years. At the Club she was helped and coached by Delyth Brown who guided her to win several Welsh championships

Caryl has had very many injuries during her career, and it is a credit to her that she has persevered and by sheer hard work and effort succeeded to achieve great success in athletics

It is a great feat for an athlete from a rural West Wales area to go on to represent Great Britain in major championships in cross country, half marathon and the marathon

Many thanks to many people who have helped Caryl along the way

Caryl Jones's milestones (main events)

2001 U15 Carmarthen Harriers/ Taf Running and Orienteering (TROTS) (1 recorded performance)

800	2.54.8	3	Carmarthen	Dyfed Sec Schools Relay Competition	9 May 2001
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2002 U17 Carmarthen Harriers/ TROTS (1 recorded performance)

3000	11.38.37	4	Newport	Welsh Championships	9 Jun 2002
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2003 U17 Carmarthen Harriers/TROTS (1 recorded performance)

3000	11.08.34	1	Cwmbran	Welsh Championships	22 Jun 2003
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2004 U20 Carmarthen Harriers/TROTS (2 recorded performances)

3000	10.59.67	2	Colwyn Bay	Welsh Championships	20 Jun 2004
5K	19.21	2	Carmarthen	Welsh Championship	12 Apr 2004

2005 U20 Carmarthen Harriers/ TROTS (4 recorded performances)

1500	5.05.0	1	Neath	West Wales Championships	14 May 2005
3000	10.47.26	1	Cardiff	Welsh U20 Championships	18 Jun 2005
3000	10.56.56	1	Brecon	Welsh Schools Championships	2 Jul 2005
3000	11.21.10	1	Derby	U23 Inter Territorial Cleveland Cup	14 Aug 2005

2006 U20 Carmarthen Harriers/TROTS (2 recorded performances)

3000	11.07.90i		Cardiff	Welsh Indoor Championships	29 Jan 2006
3000	11.17.3		Brecon		3 Jun 2006

2007 U23 Carmarthen Harriers/ TROTS (1 recorded performance)

5KXC	27.07	12	Cardiff	Welsh inter Regional Championships	9 Dec 2007
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2008 U23 Carmarthen Harriers/ TROTS (8 recorded performances)

HM	88.42	13	Cardiff	Cardiff Half Marathon	19 Oct 2008
ZXC	26.20	3	Swansea	Cross Country International	15 Nov 2008
ZXC	NT	1	Wrexham	Welsh inter Regional Championship	13 Dec 2008

2009 U23 Carmarthen Harriers / TROTS (32 recorded performances)

3000	9.56.09	1	Swansea	Welsh Inter Regional Championship	30 Aug 2009
3000	10.06.25i	5	Cardiff	Welsh Senior Open Championships	24 Jan 2009
10000	34.46.07	1	Neath	Welsh Championships	5 Aug 2009
2000SCW	7.02.95	1	Cardiff	Welsh Senior Championships	13 Jun 2009
3000SCW	10.33.74	2	Bedford	England U23 Championships	28 Jun 2009
3000SCW	10.41.62	8	Birmingham	Aviva British Championships	12 Jul 2009
5K	17.36	13	Prague CZE	Tesco Grand Prix 5K	12 Sep 2009
10K	36.23	24	Manchester	Bupa Greater Manchester Run 10K	17 May 2009
HM	76.52	2	Cardiff	Cardiff Half Marathon	18 Oct 2009
HM	83.04	11	LLANELLI	Llanelli Waterside Half Marathon	8 Mar 2009
ZXC	24.17	7	Bangor	Home Countries International	28 Mar 2009
ZXC	24.30	2	Builth Wells	Welsh Championships	1 Feb 2009
ZXC	26.11	1	Builth Wells	Welsh Inter Regional Championships	13 Dec 2009

2010 SEN Carmarthen Harriers/ TROTS/ Cardiff University

5000	17.01.55	14	Sportcity	BMC Nike Grand Prix	29 May 2010
10000	35.48.08	3	Bedford	BUCS Championships	2 May 2010
10000	36.31.64	1	Cardiff	Welsh Senior Championships	12 Jun 2010
10000	DNF		Birmingham	Aviva British Championships	26 Jun 2010
3000SCW	11.00.86	4	Loughborough	Loughborough International	23 May 2010
10K	35.42	19	Manchester	Bupa Greater Manchester Run 10K	16 May 2010
10M	61.58	1	Lampeter	Teifi 10M	4 Apr 2010

2011 SEN Carmarthen Harriers/ TROTS (13 recorded performances)

3000	9.56.1	1	Wrexham	Welsh Senior League Division 1	21 May 2011
KXC	27.09	8	Cardiff	McCain UK Cross Challenge	16 Jan 2011
KXC	27.21	15	Antrim NI	Home Countries International	26 Mar 2011
10K	34.56	5	Cardiff	Cardiff 10K	11 Sep 2011
10K	36.35	25	Manchester	Bupa Great Manchester Run 10K	15 May 2011
HM	76.44	2	Barcelona ESP	Mitja Maralo de Barcelona	30 Jan 2011
ZXC	25.19	1	Builth Wells	Welsh Inter Regional Championship	10 Dec 2011

2012 SEN Swansea Harriers TROTS (26 recorded performances)

5000	15.37.3	1	Solihull	BMC Grand Prix	21 Jul 2012
5000	15.44.54	1	Cardiff	Welsh Senior Championships	2 Jun 2012
10000	32.52.53	2	Birmingham	Aviva British Championships	23 Jun 2012
5K	16.03	2	Cardiff	Welsh Championships (short)	4 Mar 2012
KXC	28.29	15	Budapest HUN	European Cross Country Championships	9 Dec 2012
10K	32.28	1	Cardiff	Cardiff 10K	9 Sep 2012
10K	32.31	1	Brighton	Brighton 10K	18 Nov 2012
10K	33.08	2	London	Bupa London 10K	27 May 2012
HM	71.18	8	New- South Sh	Bupa Great North Run	18 Sep 2012
HM	71.52	10	Kavama BUL	IAAF World Half Marathon Championship	6 Oct 2012

HM	74.04	2	Marrakech MAR	HM International de Marrakech	14 Oct 2012
HM	76.45	6	Cardiff	Cardiff Half Marathon	14 Oct 2012
ZXC	24.35	2	Cardiff	McCain UK Cross Country Challenge	15 Jan 2012
ZXC	25.58	1	Bristol	McCain UK Cross Country Challenge	28 Oct 2012
ZXC	27.13	1	St Fagans	Welsh Cross Country Championships	18 Feb 2012
ZXC	27.52	6	Birmingham	UK Inter Counties Championship	10 Mar 2012
ZXC	28.15	4	Liverpool	McCain UK Cross Challenge Series	24 Nov 2012

2013 SEN Swansea Harriers / TROTS (5 recorded performances)

10K	34.25	8	London	Bupa London 10K	27 May 2013
ZXC	18.00	2	Pontypool	Gwent Cross Country League	19 Oct 2013

2014 SEN Swansea Harriers/TROTS (11 recorded performances)

ZXC	26.44	6	Cardiff	British Athletics Cross Challenge	19 Jan 2014
ZXC	28.37	19	Liverpool	British Athletics Cross Challenge	29 Nov 2014
HM	82.37	1	Haverfordwest	Pembrokeshire Half Marathon	28 Sept 2014

2015 SEN Swansea Harriers/TROTS (5 recorded performances)

5M	27.50	2	Alsager	Brooks Alsager 5	1 Feb 2015
10K	37.11	1	Merthyr Tydfil	Merthyr Tydfil 10K	9 Aug 2015
ZXC	25.30	5	San Vitore ITA	Cinque Mulini	15 Feb 2015

2016 SEN Swansea Harriers/ TROTS (8 recorded performances)

KXC	26.06	1	Swansea	Welsh cross country championships	27 Feb 2016
KXC	26.52	1	Cardiff	British Athletics Cross Challenge	24 Jan 2016
HM	74.32	1	Wokingham	Wokingham Half Marathon	21 Feb 2016

2017 SEN Swansea Harriers/ TROTS (15 recorded performances)

5K	17.03	1	Cardiff	SSAFA 5K	24 May 2017
KXC	29.11	5	Middefart DEN	Cross Nationale	11 Nov 2017
KXC	29.16	22	Liverpool	British Athletics Cross Challenge	25 Nov 2017
10K	35.18	6	Cardiff	Cardiff 10K	3 Sep 2017
10K	35.36	2	Reading	Royal Berkshire 10	21 May 2017
HM	74.22	9	Newcastle	Simplyheath Great North Run	10 Sep 2017
HM	75.24	6	Cardiff	Cardiff Half Marathon	1 Oct 2017
HM	77.52	3	Swansea	JCP Swansea Half Marathon	25 Jun 2017
Mar	2.34.12	11	Amsterdam NED	TCS Amsterdam Marathon	15 Oct 2017

2018 SEN Swansea Harriers/ TROTS (8 recorded performances)

10K	33.18	1	Telford	Telford 10K	7 Jan 2018
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10K	35.58	21	London	Vitality London 10K	28 May 2018
HM	73.28	5	Greenwich	The Big Half Marathon	4 Mar 2018
HM	74.22	1	Llanelli	Llanelli Half Marathon	18 Feb 2018
Mar	2.40.41	30	Berlin	European Championships	12 Aug 2018
Mar	2.43.58	8	Gold Coast AUS	Commonwealth Games	15 Apr 2018

2019 SEN Swansea Harriers/ TROTS 95 recorded performances)

5K	16.58	8	Cardiff	Cardiff Race for Victory 5K	5 May 2019
10K	33.30	1	Beachley	Speedway 10K	20 Jan 2019
HM	77.05	1	Llanelli	Llanelli Half Marathon	10 Feb 2019