

UNDER 20& 23 British championships, BEDFORD

British womens athletics seems to be in good form at the moment with a host of really good under 20 & 23 athletes competing in the British championships in Bedford over the weekend, included in the line up was u20 G.B. international Caryl Granville in the 400m hurdles who on Saturday ran 63 [sec.to](#) qualify for Sundays final,

On Sunday in the final she finished in Bronze medal position with a personal best time of 60.89sec. only last weekend Caryl won the Welsh championship 100m hurdles & 400m hurdles in Swansea, Her next outing will be in Newport this coming weekend in the Welsh combined events championship.

Under 23 G.B. international Anwen Rees finished in silver medal position in her 400m hurdles in a time of 59.72 sec. and will compete in Italy (today Weds.) and in Belgium on sat. as a Carmarthen athlete to gain further experience of the event.

These two Carmarthen harriers athletes will contest the Welsh senior championships next month, Caryls hurdles coach and Anwens former coach and National event coach Dorrien Thomas also of Carmarthen said that it is great to see these two athletes performing so well on the U.K. stage they have transferred Welsh performances into British medals which is important for keeping a high profile.

Anwen returns to her Carmarthenshire home after 4yrs at Loughborough Uni. Next week.