



Carmarthen & District Harriers Athletic Club



WELSH ATHLETICS
ATHLETAU CYMRU

Club Training Times

You must be a member of Carmarthen Harriers to be able to join in our training sessions (Insurance and affiliation to Welsh Athletics are included in club membership fees).

Tuesdays Track (Sports-hall in winter) Cost per session - £3

6pm – 7pm Younger athletes, Sprinters & Throwers.

6.45pm – 8pm Middle distance runners.

Thursdays Track Cost per session - £2

**6pm – 8pm Experienced athletes only.
(No general coaching available.)**
