



# CARMARTHEN AND DISTRICT HARRIERS ATHLETICS CLUB



## CLWB HARRIERS CAERFYRDDIN A'R CYLCH



### *COME AND TRY...*

**Qualified Coaches available** – Middle Distance,  
Sprints, Hurdles, Throws & Jumps

**Training – Every Tuesday and Thursday**

***Tuesdays*** – Younger Juniors (Sprints, Long Distance  
& Field)

**6.00pm – 7.00pm**

**Older Athletes (Long Distance)**

**6.45pm – 8.00pm**

***Thursdays*** – Juniors & Seniors

**6.00pm – 8.00pm**

Thursdays are more for the experience athletes going  
through their paces. No general coaching unless  
arranged by coaches

It's a friendly club and all athletes are welcome,  
unfortunately athletes have to be 9 years of age to be  
able to join. The club has been very successful  
throughout the years with athletes going forward to run  
in bigger championships

The club offer athletes to compete against other clubs from all over Wales and South  
West England in track and field cross country, road running and mountain events.

Many school events are also arranged through the club

**Club membership** runs from March – February, starting at £25 for younger athletes.  
Membership fees include Welsh Athletics registration fee & the Carmarthen Harriers  
Personal Accident Insurance scheme. £3 every Tuesday. £2 every Thursday

**Harriers Location:** Carmarthen Leisure Centre, Llansteffan Road, Johnstown,  
Carmarthen, SA31 3NQ

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**For further information on our club, fixtures, competitions, membership and  
contact details, please visit our club website – [www.carmarthenharriers.co.uk](http://www.carmarthenharriers.co.uk)**