

## Harriers in the Press

Written by Nathan Jones  
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Please Remember: All reports and news that is posted on the Harriers website also gets sent to the local newspapers and press for publishing which includes news, results and athletes names from competitions with Carmarthen Harriers.

The two local newspapers in Carmarthenshire published weekly are:

### **Carmarthen Journal - every Wednesday**

[www.carmarthenjournal.co.uk/](http://www.carmarthenjournal.co.uk/)

### **Carmarthenshire Herald - every Friday**

[www.carmarthenshireherald.com](http://www.carmarthenshireherald.com)

*If anyone has information, news or stories that should be included on the Carmarthen Harriers website, please e-mail [nathanjones1995@live.co.uk](mailto:nathanjones1995@live.co.uk)*