

Written by Nathan Jones

Tuesday, 29 January 2019 16:22

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Carmarthen Leisure Centre saw sprinters, throwers, jumpers and endurance runners compete over two events in less than 24 hours on Monday evening (28.01.19) and Tuesday morning (29.01.19).

**Carmarthen Leisure Centre Athletics Track and Sportshall in Johnstown hosted a double-header of events in less than 24 hours from each other between the Welsh Athletics Senior and Junior Indoor Championships weekend. First up last night (Monday evening) was the London Mini Marathon selection races and this was followed earlier this morning (Tuesday) with the Carmarthenshire Schools Sportshall. (January 28-29)**

## **New London Mini Marathon Selection Process announced by Welsh Athletics...28/01/19**

A brand new selection process was announced by Welsh Athletics, who have taken over selection and support from WSAA for the 2019 London Mini Marathon race with the intention of increasing the opportunity from all regions to gain selection.

The West Wales Region's event came to Carmarthen on Monday evening 28th January and turned out to be the fourth and final event following qualifiers at North Wales earlier this month and then the combined South & East event last Wednesday at Newport's Spytty Stadium.

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## **Return of Carmarthenshire Schools Indoor Sportshall Action...29/01/19**

This morning, Tuesday morning 29th January, Carmarthen Leisure Centre hosted an indoor athletics event which has continued to go from strength to strength for a number of years.

For the sprinters, throwers and jumpers from schools across the county, the Carmarthenshire Secondary Schools Indoor Sportshall athletics event for Years 7 and 8, organised by Hedydd Davies, offered youngsters in West Wales the opportunity to participate at a number of indoor disciplines. Athletes and Teachers were grateful that the annual fixture was held inside the facility next to the club's athletics track in Johnstown rather than out in the wet and windy elements!

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Again, the hall was full of school children, volunteers and teachers, where 10 of the county's secondary schools supported the meeting. More than 200 sprinters, jumpers and throwers were in action altogether and the atmosphere created from the side-lines was electric.



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~~Highlights from~~ *Highlights from both these events will go up on our YouTube channel in due course,*