

## **Carmarthen Open Throws Meetings 2019 - Johnstown**

Written by Nathan Jones

Saturday, 06 April 2019 19:00

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The Carmarthen Open Throws Meetings will return to Carmarthen this summer at the end of April, May, June and July. All four evenings take place at the Carmarthen Athletics Track in Johnstown SA31 3NQ, starting at 18:00.

Entry is on the evening from 17:00 at £2 per athlete to compete.

These friendly Thursday evenings at the end of every month is open to all athletes from all clubs in the under 13, under 15, under 17, under 20 and senior age groups. Performances will be sent to Power of 10 and provides a great opportunity to practice ahead of forthcoming league and championship fixtures.

It has been going strong for the last nine years with athletes turning out from across Wales. Javelin coach Ralph Siggery has organised each one.

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Photo courtesy of Nathan Jones, taken at the Carmarthen Open Throws Meetings 2019, Johnstown.

**Carmarthen Open Throws Meeting 2019** at  
Carmarthen Leisure Centre Athletics Track,  
Johnstown SA31 3NQ starting at 18.00.

The competition at the end of every month is open to all athletes from all clubs U13, U15, U17, U20 and seniors. Performances are sent to Power of 10 and provides a great opportunity to practice ahead of forthcoming league and championship fixtures.

**Entry Fee:** £2 on the evening

**Schedule:**

**25th April / 25ain Ebrill**  
*Javelin & Shot*

**30th May / 30ain Mai**  
*Javelin & Discus*

**27th June / 27ain Mehefin**  
*Javelin & Shot*

**25th July / 25ain Gorffennaf –**  
*Javelin & Discus*

For further details closer to each date, visit / am fwy o wybodaeth:  
[www.carmarthenharriers.co.uk](http://www.carmarthenharriers.co.uk)



Official event page on the Harriers Club website to ensure that the events are a success, speak to the