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/

Carmarthenshire Herald - every Friday

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