

CARMARTHEN OPEN THROWS MEETINGS 2019 EVENT THREE OF FOUR - 27th June 2019

Throwers of all abilities and ages continued their track and field season at the latest competition in Johnstown on **Thursday evening, 27th June** at the **Carmarthen Open Throws Meeting Fixture 3,** as the track and field season in Wales entered the second half of the competition calendar. Despite the breeze, it was a perfect evening with a blue sky and the strong June sunshine.

The likes of Bethany Moule, James Tomlinson, Brett Morse and Aled Sion Davies as well as a few Paralympic athletes are just some big names who have been regular attendees at the throws meetings and continue to be great models for the future generation. They have gone on to represent Wales and Great Britain in top international competitions.

These throws fixtures have now become a popular annual fixture on the Welsh Athletics calendar and has been going strong for 9 years with familiar faces coming back each month. Arranged by Carmarthen & District Harriers AC, the series in West Wales takes place on the final Thursday of each month in April, May, June and July totalling four midweek meetings.

It continues to be organised by the Harriers club javelin coach Ralph Siggery. The under 13 plus competition gives young and senior athletes from clubs across South Wales and further afield the opportunity to improve on their personal power of 10 best performances.







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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

