

## **Fourth & Final Carmarthen Open Throws Meeting 2019: Javelin & Discus on Thursday 25th July**

Written by Nathan Jones  
Monday, 15 July 2019 22:39

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### **NEXT EVENT / DIGWYDDIAD NESAF: Thursday 25th July / Dydd Iau 25ain Gorffennaf 18:00 - JAVELIN & DISCUS ON OFFER**

*Three done...One to go!*

The Carmarthen Open Throws Meetings this summer rounds off on the final Thursday of July (25th July) at Carmarthen Leisure Centre Athletics Track in Johnstown SA31 3NQ starting at 18:00. The fourth and final open meeting of 2019 sees the JAVELIN & DISCUS disciplines on offer.

Entry on Thursday 25th July 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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**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:**

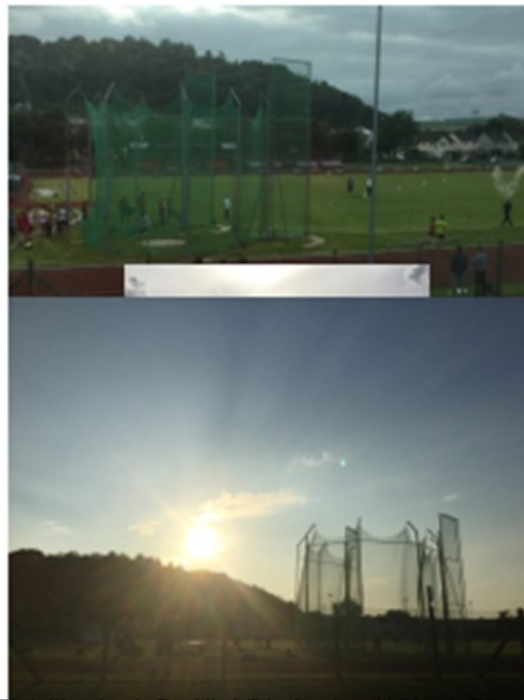
**25th April / 25ain Ebrill**  
*Javelin & Shot*

**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)



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