

*Summer Training Sessions has just got up and running at Carmarthen Leisure Centre Athletics Track on a Tuesday and Thursday evening.*

### **Winter has flown by and Busy Summer Programme will soon be up and running**

A warm welcome back to track and field athletes returning after the winter or those joining the club and becoming members for the first time recently.

For details, take a look around the website which will also be developed in the near future. Upcoming events can be seen on the left hand side and on the home page news stories on a regular basis.

We hope that all our athletes who attend training on a weekly basis continue to enjoy their time at the club. For other club information, you can also contact us via the "contact us" link at the top of the [www.carmarthenharriers.co.uk](http://www.carmarthenharriers.co.uk) club website as well as sending a message on the Facebook page or a Tweet @CarmsHarriers. We aim to reply to event and query messages as quickly as possible on all platforms.

### **Athlete Interested in becoming a member at the club this summer?**

Athletes need to be 9 and over to join the Harriers.

**If you are interested in joining the Harriers over the summer, Please contact the membership secretary Cressy Morgan** ([secretary.carmarthenharriers@hotmail.com](mailto:secretary.carmarthenharriers@hotmail.com)) **directly** for

details before coming down to the track.

## **Carmarthen Harriers Training Sessions: Summer Season 2019**

Written by Nathan Jones  
Friday, 26 April 2019 20:08

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With the weather getting better, numbers training rise throughout the summer. The club has to ensure that the athlete to coach ratio is safe which means that there may be a need again this year to start a "WAITING LIST" for new younger members.

### **From April 2019 onwards:**

Athletes should arrive at the main athletics track gates for the start of the sessions between 17:50 - 18:00. They warm up together from 18:00 and are then given the opportunity to split up into groups to receive coaching in different events - run, jump and throw. This may vary from one week to another depending on number and coach availability.

The 18:30 - 20:00 endurance running and older sprints groups will continue to meet at the usual times unless other arrangements have been made by the coaches who run these sessions.

