Gwent League Saturday 10th November 2018

Carmarthen and District Harriers welcomes athletes and spectators to Pembrey Country Park for the second Gwent League Fixture of the 2018 Season.

Further to the successful Gwent League fixture which was held in the Park last December, and the Welsh Road Relays in September, the Club are grateful for the support offered by Carmarthenshire County Council in hosting this event in their Park.

What to expect:
Pembrey Country Park is one of Wales's Top Visitor attractions providing a unique blend of coast and countryside. Set inside 500 acres of woodland, and alongside eight miles of golden sands, we've got everything to provide a perfect family day out, weekend camping break or a relaxing holiday in idyllic surroundings.

The Course is a mixture of flat parkland, forest trails, man-made hills and a little bit of sand! It has been designed to be accessible for all runners of all speeds and abilities.

The Park will also host the Welsh Cross Country Championships in February 2019.

The First Aid services for this event will be supplied by St John Cymru

Where we are: Pembrey Country Park, Pembrey, Carmarthenshire, SA16 0EJ.
Directions: Pembrey Country Park has excellent road communications. Situated just off the Main A484 road between Carmarthen and Llanelli. The M4 junction 49 (follow the Brown directional signs) is just a short hop to the east of Llanelli (approx. 30 minutes away) and the A40 covers the approach west and north of Carmarthen.

When you enter the Park you should follow the signs to the designated car parks. These are clearly signed in the Park and cater for over 1,000 cars. The course map shows where the car parks are in relation to the course.

On the day there will be a £2 charge for every car entering the Park payable at the gate. Further details regarding this beautiful park can be found at
www.pembreycountrypark.wales

Please follow the link to see a promotional video for events in the stunning Pembrey Country Park: https://vimeo.com/234984463