

Host club report from today's match in Pembrey...Adroddiad y trefnwyr o ddigwyddiad heddiw ym Mhen-Bre...10/11/18

Pembrey Country Park, situated near Llanelli got the opportunity to showcase what it has to offer earlier today on **Saturday, 10th November** as the re-named **Joh**

n H Collins Gwent Cross Country League

returned to West Wales for the third year in succession. Local Club,

Carmarthen Harriers and Carmarthenshire County Council

again worked in partnership to bring the fixture to the county of Carmarthenshire which saw nearly 1,400 competitors take part over the ten-race programme.

The league - formed in 1963 has continued across South Wales and the South West of England every year since then and attracts the best cross country runners from Wales and England.

A fantastic venue in Carmarthenshire that hosted the first leg of the Tour of Britain Cycling Event followed by the Welsh Athletics Road Relays Championships back in September, the course changed back to cross country running. Set inside 500 acres of woodland, and alongside eight miles of golden sands near Cefn Sidan Beach, it has everything to provide a perfect family day out, weekend camping break or a relaxing holiday in idyllic surroundings.

Written by Nathan Jones
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