

Amman Valley Harriers Double-Header to return to Ammanford venues for Juniors & Seniors

**Amman Valley Harriers Athletics Club, based in Ammanford are once again bringing two popular events back to the town this June and July with the second of two being the popular town 10K.**

**The ever popular Ammanford Junior Fun Run and Ammanford 10K road race returns to the streets and track of Ammanford Town Centre, with races open to all ages and abilities from the under 6's up to the veterans!**



**AMMANFORD 10K ROAD RACE 2019**  
**Sunday 14th July 2019**  
**Dydd Sul 14eg Gorffennaf 2019**

**Ammanford Recreation Rugby Ground**  
**SA18 3AP**  
**Start / Dechrau: 10.00am**

**ONLINE ENTRY NOW OPEN!**

Incorporating West Wales 10km Road Running Championships for the second year in succession [www.runbritain.com](http://www.runbritain.com)

# West Wales Road Running Championships incorporated with the Ammanford 10K in 2019

Written by Nathan Jones  
Sunday, 02 June 2019 08:33



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# AMMANFORD 10K ROAD RACE

