

## **West Wales Regional Endurance Day is back...**

The quieter period of competition this side of Christmas gave the opportunity for West Wales to host its second **Regional Endurance Day** over the weekend (Saturday 15th December).

Held a week after the Welsh Athletics Inter-Regional Cross Country Championships in Llandrindod Wells, the regional day moved from the first day in Carmarthen at the end of September to **Swansea University Indoor Athletics Track, Sketty Lane**. In the lead up to Christmas, Thirty-Three athletes and more than 10 coaches were in attendance.

# Swansea University Indoor Athletics Track: Venue for the second West Wales Regional Endurance Day

Written by Nathan Jones

Saturday, 15 December 2018 18:41

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## **A wet and windy morning at Singleton Park...A dry and warm afternoon at the Indoor Track**

Athletes and coaches alike were able to take advantage of the excellent facilities on offer at Swansea, not just indoors but also outdoors. Following the meet and greet plus the brief outline of the day's programme, the group went over to the University grounds near to Singleton Park to do an outdoor training session which focused on running techniques over an uphill and downhill section.

Athletes split into several groups based on age and ability as they worked over a variety of short and long distances on the grass. Taking the session in the morning wind and driving rain was Kevin Tobin who was also supported by other experienced club coaches.



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After everyone had dried out and earned a well deserved lunch break, there was the chance to take part in a Question and Answer session with Wales, Great Britain & Commonwealth Games Athlete Josh Griffiths who got involved after starting off the morning at the local parkrun on the bay. There were some very interesting questions asked, and it gave the opportunity to listen to many of Griffiths' achievements early on in his career as well as at the present time. Also, Josh gave the young athletes some great advice of how to develop as a junior. The Q&A proved to be very valuable heading towards the start of a new year.

**The Swansea Harrier said: *"It was great to be able to come along to the West Wales Endurance Day. I was never good enough to attend as an athlete when younger so was nice to see how hard the youngsters are working."***

***"There was a great group of athletes in attendance so it was nice to be able to share some of my experiences with them, and I hope they were able to take something from the Q&A. After some questions, I joined in with a pretty tough circuit session, it was excellent to see everyone working so hard and encouraging each other. The future of West Wales endurance looks bright!"***

During the afternoon session at the indoor track, those present took part in a strength and conditioning circuit inside to challenge club runners, split up into two groups. It also saw some much needed drills performed and the importance of performing these correctly explained. Coaches Delyth Brown, Pete Freeman and Carol Jones led the circuits and were supported by other experienced club coaches.

Thanks from the organisers go to those athletes, coaches and parents who supported the second day and it is hoped that the day was an informative one. The date for the third of these events will be confirmed in the New Year, but it is likely to be in February.

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**YouTube Highlights Link of the day's activities...**

[Watch a video of Saturday's highlights and to see what Regional Endurance Days are all about...](#)