

Just a few days after we covered Dyfed schools cross country, it was back to club action over a quieter weekend than of late. Results round-up out in Northern Ireland from the IAAF Belfast Cross Country International & closer to home at the Cardiff Met Grand Prix, as well as the first of the region's workshops with Victoria Prendiville.

BUILDING A SOLID FOUNDATION TO NUTRITION WORKSHOP

Victoria Prendiville delivered a workshop for the West Wales Regional Council on Friday evening, 18th January at the Trinity College in Carmarthen. The first of two sessions focused on Building a Solid Foundation to Nutrition.

The session covered a number of key elements and topics including the power of Nutrition, Time management and Nutrition as a young athlete, Knowledge of daily habits and lifestyle choices, Energy balance macros and micros, Fine tuning Nutrition strategies and supplements. There was also time at the end to ask any additional questions.

There was a good turnout in this opening session where several athletes' parents and coaches attended in Carmarthen. Valuable information was given to all on Nutrition and the best way to support athlete development.

Reflecting on the evening, Prendiville said: *"I was thrilled to be given the opportunity by the West Wales Regional Athletics Council to support the coach and athlete development programme. I thoroughly enjoyed delivering the session on performance nutrition."*

"Nutrition and hydration are key to an athletes health, well-being and performance and I hope that those attending have an increased knowledge regarding the importance of day to day nutrition and how to get this right as well as fuelling and recovery."

West Wales Region are pleased to announce that a second presentation will take place in due course on "The Importance of Fuelling / Hydration and Recovery for Young Athletes." It will cover Challenges of fuelling and hydration that young athletes face, How to prepare for training with nutrition and hydration,
How to fuel training sessions and
How to recover well after training

Stay tuned for the confirmed date and venue and how you can book your place on the course.



IAAF NORTHERN IRELAND INTERNATIONAL CROSS COUNTRY INCORPORATING CELTIC AND HOME COUNTRIES CROSS COUNTRY INTERNATIONAL

A trio of Carmarthen Harriers endurance athletes headed out West on Friday afternoon, in time for the IAAF Northern Ireland International Cross Country match on Saturday 19th January. It incorporated the Celtic and Home Countries Cross Country International and the penultimate leg of the British Athletics Cross Challenge Series for the 2018 / 2019 season. This event took place at Dundonald in Belfast over the weekend in one of the first events this year.

Featuring a strong 30-plus team, Welsh athletes travelled over to represent Welsh Athletics and Welsh Schools at the event. It provided another international racing opportunity for some of Wales' most established endurance athletes to test themselves against high calibre fields as

Wales competed against Scotland, England, Ireland and Northern Ireland in the Home Countries International.







CARDIFF MET UNIVERSITY GRAND PRIX 2: NON THOMAS NEW YEAR OPEN

After a great turnout at the Grand Prix Christmas Classic in Mid-December, the Cardiff Met University New Year Non Thomas Grand Prix fixture attract the big 500 entries mark on Sunday 20th January. In an event which saw an European Standard in the 800m, the following Carmarthen Harriers athletes also performed well at the National Indoor Athletics Centre.

Lewis Evans and Alicia Samuel were in action in the 60m sprint which as usual, attracted up to 10 heats each. Evans went in heat three and finished 5th in 7.22 seconds where there were several sub-7 second clocking in the men.

Samuel was ninth fastest in the women's 60m heat in 7.84, where there were good fields racing. She went on to the final shortly after, running another time of under 8 seconds against the other six fastest from the heats earlier on.

The 800m saw Iestyn Williams go in the second heat followed by Trystan Leech a few minutes later in race four. The pair ran times of 2:03:97 and 2:10:42 respectively in the Under 20's age group.

CHEVRON HOUSTON HALF MARATHON

Earlier on Sunday 20th January, the Chevron Housting Marathon and Half Marathon was held on the roads with one familiar Welsh name kick starting his year in the Half Marathon.

Carmarthenshire's Dewi Griffiths preparation towards Virgin Money Giving London Marathon 2019 got off to a great start with another impressive run here. In Griffiths' first race this year, he finished the course in eighth in 61:44 which was only eleven seconds outside his previous personal best.

Da iawn Dewi, a phob lwc ar gyfer y paratoiadau tuag at Marathon Llundain ym mis Ebrill!