

On WEDNESDAY 13th October at 7.30pm there will be a workshop on

Nutrition for Athletes

to be held at the University of the West of England (UWE), Frenchay Campus (B Block, Room details to follow).

This will highlight some ideas on Nutrition Balance, and how effective nutrition can improve recovery after training and also help to reduce injury and illness.

This workshop should be of benefit to coaches of all event areas, athletes of all ages (especially teenagers and students), and interested parents of Under18s.

Tim Snowdon will be leading this session which should last about 75mins.

Please can you pass this information on to any others who you think might be interested.

If people are intending to come to this workshop please can they email either myself on timothy.snowdon@uwe.ac.uk

or

Matt Foad on

mfoad@englandathletics.org

so that we have an idea of numbers.