

MILK IT™ FOR ALL IT'S WORTH

PERFORMANCE NUTRITION SEMINAR

13th October 2016
The MAC, Belfast

PROGRAMME

4.45pm Arrival and refreshments
5.30pm Seminar

CHAIR:

Ruth Wood-Martin

IRFU Head of Nutrition

SPEAKERS:

Dr Emma Cockburn

Senior Lecturer Sport and Exercise Physiology, University of Middlesex
MILK AND MUSCLE RECOVERY - AN UPDATE

Dr Sharon Madigan

Head of Performance Nutrition, Irish Institute of Sport
PRACTICAL SPORTS NUTRITION INSIGHTS FROM RIO AND BEYOND - THE SPORTS NUTRITIONIST'S AND THE ATHLETES' PERSPECTIVES

Ciara Mageean

European 1500m bronze medallist
and Olympian

Dr Hannah MacLeod

England & GB hockey player
and Olympic gold medallist

Panel Q&A

7.30pm Close

BIOGRAPHIES &
BOOKING INFO. >>>

Dr Emma Cockburn

Emma is a Senior Lecturer in Sport and Exercise Science at the London Sport Institute at Middlesex University. She is programme leader of BSc (Hons) Sport and Exercise Science. Previously, Emma worked at Northumbria University as a Senior Lecturer following the completion of her PhD in 2010. Emma's research interests include recovery interventions following strenuous exercise including the use of milk, cryotherapy and hot water immersion. Emma is a Fellow of the Higher Education Academy and a BASES accredited sport and exercise scientist.

Dr Sharon Madigan

Sharon is Head of Performance Nutrition at the Irish Institute of Sport and is responsible for delivery and coordination of nutrition services for elite Irish athletes across a range of sports, including the High Performance Boxing Team since 2003. She was the Olympic Council of Ireland Nutritionist for Team Ireland at the 2012 Games and for Rio 2016. Sharon has previously worked with Ulster Rugby and a number of County and Club GAA teams. She is also a part-time lecturer in Sports Nutrition at Dublin City University, and a community dietitian.

Ciara Mageean

Ciara is a middle-distance runner. She won silver medals at the World Youth (2009) and Junior (2010) Championships and in her first senior international competition finished 10th in the 1,500 metres at the 2010 Commonwealth Games in Delhi. Portaferry woman Ciara's career is going from strength to strength: she won a bronze medal in the 1,500 metres at the European Athletics Championships in 2016 and qualified to represent Ireland at the Rio Olympics reaching the semi-finals.

Dr Hannah MacLeod

Hannah has enjoyed international success with England and GB Hockey winning medals at the World Cup, Champions Trophy, European Championships and Commonwealth Games. London 2012 was her first taste of the Olympic Games as a bronze medallist; at the Olympics in 2016, she made the step to the top of the podium as part of the gold medal winning team. Hannah also has a PhD in Exercise Physiology from Nottingham Trent University and continues to work as a performance nutritionist for A Word On Nutrition.

Ruth Wood-Martin

Ruth has worked as a Registered Dietitian for over 20 years. She is a registered Sports and Exercise Nutritionist (SENr UK), and is a Professional Member for Nutrition with the Irish Institute of Sport. She currently works full time as the Head of Nutrition with the Irish Rugby Football Union (IRFU). Ruth leads a team of IRFU Performance Nutritionists across the island of Ireland and works directly with the National Senior Men's squad on nutrition education and supplementation as well as advising on catering schedules, hydration and recovery strategies.

BOOKING

There is no charge for this event. Places are limited and will be allocated on a first come, first served basis. Bookings should be made no later than 7th October 2016.

To reserve your place, please fill out our online booking form at: www.dairycouncil.co.uk or respond with your details to sportsnutrition@dairycouncil.co.uk

For further information please contact: Dr Carole Lewis on 01751 430 158 or Dairy Council for Northern Ireland on 028 9077 0113 ex 221

This seminar is part the Dairy Council's 'Milk it for all it's worth' campaign which is designed to communicate the nutritional benefits of milk for sport and a healthy active lifestyle to young people. For more information please visit the Dairy Council website www.dairycouncil.co.uk/milk-sport

