

MILK IT FOR ALL IT'S WORTH™

PERFORMANCE NUTRITION SEMINAR

21st November 2017

W5, Odyssey, Belfast



PROGRAMME

4.30pm Arrival and refreshments
5.15pm Seminar

CHAIR:

Dr Sharon Madigan

Head of Performance Nutrition, Sport Ireland Institute

SPEAKERS:

Prof Susan Lanham-New

Head of the Department of Nutritional Sciences, University of Surrey

INFLUENCES OF DIET AND EXERCISE ON BONE HEALTH
IN ATHLETES

Danielle Logue

PhD Researcher, University College Dublin / Sport Ireland Institute

RELATIVE ENERGY DEFICIENCY IN SPORT

Renee McGregor

Performance and Clinical Dietitian

PRACTICAL SPORTS NUTRITION INSIGHTS: THE PERFORMANCE
NUTRITIONIST'S PERSPECTIVE

Holly Rush

GB marathon and ultra-distance runner

PRACTICAL SPORTS NUTRITION INSIGHTS: THE ATHLETE'S
PERSPECTIVE

Panel Q&A

7.15pm Close

BIOGRAPHIES &
BOOKING INFO. >>>



Prof Susan Lanham-New

Susan Lanham-New is Professor of Human Nutrition and Head of the Nutritional Sciences Department at the University of Surrey. Her research focuses on the area of nutrition and bone health, for which she has won a number of awards. Susan is a member of the Scientific Advisory Committee on Nutrition (SACN). She is Editor in Chief of the Nutrition Society Textbook and is Honorary Secretary for the Nutrition Society. She is also Editor (with Prof J-P Bonjour, Geneva) of the first academic textbook on Nutritional Aspects of Bone Health. She has published more than 130 peer-reviewed original papers, book chapters and reviews. She is a member of the Nutrition Forum for the National Osteoporosis Society. She has been awarded Fellowship status of the Royal Society of Biology and Fellowship status of the Association for Nutrition.

Danielle Logue

Danielle is a PhD student in University College Dublin working in collaboration with Sport Ireland Institute. Her current area of research is Relative Energy Deficiency in Sport and its relationship with injury, illness, health and performance. Danielle previously studied Human Nutrition at Ulster University and Dietetics at Cardiff Metropolitan University before moving back to Dublin. Has a keen interest in all things sports and nutrition related.

Renee McGregor BSc (hons) PGDIP (DIET) PGCERT(sportsnutr) RD SENr

Renee is a leading sports and eating disorder specialist dietitian with over 15 years experience working in nutrition. Renee works with elite athletes, coaches and sport science teams to provide nutritional strategies to enhance sport performance and manage eating disorders. She has delivered nutrition support to athletes over the last 2 Olympic and Paralympic cycles and other major international competitions. She is presently working with British Wheelchair Fencing, Scottish Gymnastics, pro endurance athletes, and is Nutrition Lead @TrainAsOne Team. Renee is also the Nutrition Lead for Anorexia and Bulimia Care, a national Eating disorder charity who offer training, on-line learning and advice

via their helpline to those struggling with or caring for someone with an Eating disorder. She is the best-selling author of Training Food and Fast Fuel books. Her latest book Orthorexia, When Healthy Eating Goes Bad is out November 2017.

Holly Rush

Holly is a dog loving ultra runner with a passion for good food, good coffee & adventures. She was consistently ranked top 10 in the UK from 2006-2013 over the marathon distance representing GB several times on the road. Career highlights have been Commonwealth Games 2010 8th place in the marathon and Bronze Team medalist at the European Athletics Championships in Barcelona. Holly now considers herself as a mountain ultra trail runner competing in races all over the world, recently completing and winning her first 100 miler. She is the UK Manager for the ASICS Frontrunner Team and also athlete ambassador for the ASICS and Camelbak.

Dr Sharon Madigan PhD, RD, RSEN, FFSEM (Hon)

Sharon is Head of Performance Nutrition at the Sport Ireland Institute, and is responsible for delivery and coordination of nutrition services for elite Irish athletes across a range of sports, including for the Irish Boxing Team since 2003. A strong focus of her position is also engagement in high performance research. She has delivered nutrition support to athletes over four Olympic cycles and other major championships such as European, World and EU championships. Sharon has a PhD in Nutrition Education and has previously worked with Ulster Rugby (2008-11) and delivered services at the Sports Institute Northern Ireland (2002-09). She has also significant experience as a clinical dietitian within the Belfast Trust. Sharon was awarded an Hon Fellowship of the Faculty of Sport and Exercise Medicine, RSCI in 2016.

BOOKING

There is no charge for this event. Places will be allocated on a first come, first served basis. Bookings should be made no later than 17th November 2017.

To reserve your place, please fill out our online booking form at: www.dairy council.co.uk or respond with your details to: carole@foodcommunications.co.uk sportsnutrition@dairy council.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.dairy council.co.uk/milk-sport

