



The Dairy Council for Northern Ireland's 'Milk it for all it's worth' programme is designed to communicate to young people the importance of nutrition for sport and a healthy, active lifestyle, including the potential role of milk.

Activities include a website, social media and a schools programme, along with sponsorship of the Ulster Secondary Schools Athletics Association annual championships.

The post-primary school programme includes lessons and resources for GCSE Physical Education, A-Level Sports Science / BTEC Sport and a co-curricular sport programme.

The Dairy Council for Northern Ireland also organises seminars for sports nutrition professionals working with young people. These present the latest scientific research and its practical application. Top performance nutritionists and athletes also share their experiences of the nutritional challenges faced in a variety of sports. Presentations are available on the health professional section of the DCNI website.

For more information about our Milk It activities please visit the Dairy Council for Northern Ireland website:

www.dairy council.co.uk/milk-sport

Or contact us on:

Phone 028 9077 0113

Email sportsnutrition@dairy council.co.uk

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MILK IT FOR ALL IT'S WORTH™

PERFORMANCE NUTRITION SEMINAR

13th October 2016

The MAC, Belfast



PROGRAMME

5:30pm

Ruth Wood-Martin

IRFU Head of Nutrition

CHAIRPERSON'S INTRODUCTION

5:35pm

Dr Emma Cockburn

Senior Lecturer Sport and Exercise Physiology,
University of Middlesex

MILK AND MUSCLE RECOVERY – AN UPDATE

PRACTICAL SPORTS NUTRITION INSIGHTS FROM RIO – THE
SPORTS NUTRITIONIST'S AND THE ATHLETE'S PERSPECTIVE

6:05pm

Dr Sharon Madigan

Head of Performance Nutrition,
Irish Institute of Sport

6:35pm

Ciara Mageean

European 1500m bronze medallist and Olympian

6:55pm

Dr Hannah MacLeod

England & GB hockey player
and Olympic gold medallist

7:15pm PANEL Q&A

7:30pm CLOSE



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.