

# MILK IT™ FOR ALL IT'S WORTH

## PERFORMANCE NUTRITION SEMINAR

16 October 2018  
W5, at Odyssey, Belfast



## PROGRAMME

4.30pm Arrival and refreshments  
5.15pm Seminar

CHAIR:

**Dr Sharon Madigan**

Head of Performance Nutrition, Sport Ireland Institute

SPEAKERS:

**Dr Oliver C Witard**

Senior lecturer in Sport and Exercise, University of Stirling  
PROTEIN FROM DAIRY, MEAT, FISH AND PLANTS: WHAT'S THE  
DIFFERENCE FOR MUSCLE RECOVERY IN ATHLETES?

**Kathryn Stewart**

Dietitian and Sports Nutritionist  
CHALLENGES OF THE 'RACE AROUND IRELAND': 2,150KM,  
NON-STOP ULTRA-CYCLING EVENT

**Lauren Delany**

Dietitian and Performance Nutritionist, English Institute of Sport  
THE ROLE OF THE PERFORMANCE NUTRITIONIST WITH  
BRITISH CYCLING

**Dame Sarah Storey DME**

Paralympic and World Champion, GB Cyclist  
THE ATHLETE'S PERSPECTIVE

BIOGRAPHIES &  
BOOKING INFO. >>>



**Dr Oliver C Witard**

Oliver is a Senior Lecturer at The University of Stirling, Scotland, and board member of the Nutrition Society and member of the Royal Society of Edinburgh Young Academy of Scotland. Oliver's research focus is protein nutrition for maximising muscle adaptation to exercise training and restoring muscle function following injury. His publications focus on establishing the optimal dose, source and timing of dietary protein for maximising gains in muscle mass, function and performance in young and older adult populations. Recently, Oliver has delivered several invited talks on nutrition at international symposiums and industry events, including the International Sport and Exercise Nutrition conference, Sport and Exercise Nutrition Register (SENr) meeting, BASES conference, Bridge2Food, Food Matters Live (in November) and The Biogredia Health and Nutrition Forum. Oliver also provides nutrition consultancy for Scottish Ballet and the Royal Conservatoire of Scotland.

**Kathryn Stewart**

Kathryn graduated with a BSc in Human Nutrition and Dietetics in 2015 from Glasgow Caledonian University and subsequently completed an MSc in Sport and Exercise Nutrition at Ulster University in 2017. She currently balances her full-time role as a clinical dietitian with her sports nutrition work. To date, she has enjoyed working with a variety of athletes and teams to include Gaelic football players, swimmers and most recently endurance cyclists. Kathryn received the Dairy Council for NI 'Sports Nutrition Award' at the 2017 "Milk It" event and is delighted to return this year as a speaker

**Lauren Delany** MSc, BSc, SENr, RD

Lauren is a Performance Nutritionist for the English Institute of Sport working with British Cycling, specifically with track sprint, all BMX disciplines and the Paracycling programme. She joined British Cycling in 2015 in the lead up to the Rio 2016 Olympic Games where the team achieved 12 Olympic and 21 Paralympic medals. Lauren is also the performance nutritionist for Firwood Waterloo Ladies who play in the Tyrrells Premier 15 in England. Previously, Lauren has worked with GB Badminton, British Skeleton, British Swimming and British Taekwondo. Lauren is a registered Dietitian and SENr practitioner who completed her BSc in Human Nutrition and Dietetics at Dublin Institute of

Technology/Trinity College and her MSc in Sport and Exercise Nutrition at Loughborough University. Lauren is also a keen sports person having played Basketball for Ireland under age and recently been selected on the Irish Women's Rugby XV squad for the 2018 Autumn Internationals.

**Dame Sarah Storey** DBE

Dame Sarah is Great Britain's most successful female Paralympian in history having won 14 Gold, 8 Silver and 3 Bronze medals across an impressive 7 Paralympic Games. She is also one of the World's most versatile athletes having won World and Paralympic Gold medals for her country across two sports (swimming and cycling) and across 12 very different events (6 in the pool and 6 on a bike). Having broken 75 world records in an international career that has spanned 25 years [and counting!], Sarah Storey has a unique and inspiring story, not least because she has also won some of her gold as an able-bodied athlete. Now aiming for her 8th Paralympic Games in Tokyo, Sarah devotes a huge amount of time to developing other athletes, supporting charitable causes and is in high demand as a motivational speaker.

**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, RSCl 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 12 October 2018.

To reserve your place, please fill out our online booking form at:  
[www.dairycouncil.co.uk](http://www.dairycouncil.co.uk)

or respond with your details to:  
[nutrition@dairycouncil.co.uk](mailto:nutrition@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](http://www.dairycouncil.co.uk/milk-sport)



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