MILK IT FOR ALL IT'S WORTH™

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

The Dairy Council organises seminars for sports nutrition professionals which 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.

We are also delighted to encourage excellence in the education of the sports nutritionists of the future with the Dairy Council Sports Nutrition Prize awarded to the Sport and Exercise Nutrition MSc student at Ulster University receiving the highest marks.

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

www.dairycouncil.co.uk/what-we-do/milk-sport

Or contact us on:

T - 028 9077 0113

E - nutrition@dairycouncil.co.uk

@dairy-council-ni

@dairycouncilni



DAIRY COUNCIL NORTHERN IRELAND

Shaftesbury House, Edgewater Office Park, Edgewater Road, Belfast , BT3 9JQ

MILK IT FOR ALL IT'S WORTH™

PERFORMANCE NUTRITION SEMINAR





5TH November 2026

W5, AT ODYSSEY, BELFAST

SEMINAR PROGRAMME

5:30pm » ANNOUNCEMENT OF DAIRY COUNCIL FOR NORTHERN IRELAND AWARD FOR SPORTS AND EXERCISE NUTRITION MSC AT ULSTER UNIVERSITY

CHAIR
Professor Sharon Madigan
Head of Performance Nutrition, Sport Ireland Institute

5:40pm » **Professor Lewis James**
Professor of Human and Exercise Nutrition, Loughborough University
BEYOND MUSCLE MASS: REHYDRATION AND RECOVERY EFFECTS OF MILK

6:10pm » **Matthew Hooks**
Performance Nutritionist, Sport Ireland Institute
OMEGA-3 AND ELITE ATHLETES – BARRIERS, FOOD-FIRST STRATEGIES AND IMPLICATIONS FOR RECOVERY

6:35pm » **Georgina Impson Davey**
Lead Performance Nutritionist at British Cycling
BITES FOR BIKES | Plate > Pedal > Perform
PRACTITIONER INSIGHTS FROM BRITISH CYCLING

ATHLETE PERSPECTIVES

7:05pm » PROFESSOR SHARON MADIGAN IN CONVERSATION WITH OLYMPIC GOLD MEDAL-WINNING TRACK CYCLIST
KATY MARCHANT
& ULSTER AND IRELAND RUGBY STAR
IAIN HENDERSON

7:45pm » Close

BIOGRAPHIES

Professor Lewis James
Lewis is Professor of Human and Exercise Nutrition in the School of Sport, Exercise and Health Sciences at Loughborough University. His research group focuses on how exercise and nutrition interact to influence human health, productivity, and performance, with a particular interest in the additive effect of heat stress. Much of this work focuses on the regulation of water and salt balance in humans, aiming to understand the mechanisms by which they affect performance and health, as well as strategies to optimise hydration.

He has published over one hundred academic journal articles, contributed to several books and has acted as a consultant for various elite athletes, sports teams, and sports federations.

Matthew Hooks
Matthew is a Performance Nutritionist at the Sport Ireland Institute and has worked with the Tyrone GAA Senior Footballers for the past five years. He holds an undergraduate degree in Sports and Exercise Science, Master's degree in Sports Nutrition and recently defended his PhD thesis, which focused on omega-3 fatty acid intake in elite-level athletes. His work combines research and applied practice, with a particular interest in optimising nutrition strategies to support performance, recovery, and health in high-performance athletes.

Georgina Impson Davey
Georgina is the Lead Performance Nutritionist for the Great Britain Cycling Team, leading a team of practitioners whilst also delivering performance nutrition support across both the Olympic and Paralympic programmes. The team supports riders across Track Sprint and Endurance, BMX Racing and Freestyle Park, MTB and Road.

She created and delivered the Paris 2024 'Bites for Bikes' strategy, through to successful Olympic and Paralympic Games. She is now focused on supporting both her team and the riders through the LA 2028 cycle, with a clear mission: deliver performance impacting nutrition support.

Georgina has been an EIS/UKSI practitioner for over a decade, previously working with the British Gymnastics team during the Tokyo 2020 cycle and GB Badminton in their preparations for Rio 2016. She also serves as a board member of the Sport and Exercise Nutrition register (SENr).

Iain Henderson
Iain is captain of Ulster Rugby and has been a key player for Ulster and Ireland for well over a decade. A talented school player with Belfast Royal Academy, he came through the Ulster pathway and played for Ireland's age-grade sides.

Iain has 86 caps for Ireland, and has been a part of five Six Nations Championship winning squads and has been to three Rugby World Cups. He has also been a British & Irish Lions tourist in 2017 and 2021, captaining the Lions against the Sharks. Respected across the game and a leader in the squad, Iain continues to be an important player for Ulster and a big figure for young players.

Katy Marchant MBE
Olympic gold medallist Katy Marchant is a track cyclist specialising in the keirin, sprint, team sprint and track time trial disciplines. Katy began her sporting career as a heptathlete and represented Great Britain at the 2012 World Junior Championships. She switched to track cycling in 2013, and became the European under-23 champion in the keirin in 2015. At the 2016 Summer Olympics, she won bronze in the sprint, and a bronze medal in the team sprint at the Commonwealth Games in 2018. In 2024, after having her first son Arthur in 2022, she became European champion in the 500m time trial, and world and Olympic champion in the team sprint, winning gold in Paris 2024.

Katy announced her retirement from cycling in September this year having won silver in the team sprint for Team England at the Commonwealth Games after her second son Walter in 2025. Away from cycling, Katy helps run her family's farm and has her own bespoke cake business.

Professor Sharon Madigan
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 engagement in high performance research. She has delivered nutrition support to athletes over six Olympic cycles along with other major championships such as European, World and EU championships and was Lead Scientist, Team Ireland for Paris 2024.

Sharon has a PhD in Nutrition Education and significant experience as a clinical dietitian within the Belfast Trust. She is adjunct Professor at the University of Limerick.