

MILK IT FOR ALL IT'S WORTH

PERFORMANCE NUTRITION SEMINAR

PROGRAMME

4:45pm Arrival and refreshments
5:30pm Seminar

PRESENTATION OF DAIRY COUNCIL FOR NORTHERN IRELAND
AWARD FOR SPORTS AND EXERCISE
NUTRITION MSc AT ULSTER UNIVERSITY

CHAIR

Professor Sharon Madigan

Science Lead & Head of Performance Nutrition, Sport Ireland Institute

Dr Oliver Witard

Reader in Nutrition and Exercise Metabolism, King's College London

NEW PERSPECTIVES: PROTEIN
RECOMMENDATIONS FOR ENDURANCE
SPORTS

PRACTICAL SPORTS NUTRITION INSIGHTS

Lucy Wainwright

Women's Performance Nutrition Lead at The FA

NUTRITION AT THE FA - LESSONS FROM
THE LIONESSES

ATHLETE PERSPECTIVES

PROFESSOR SHARON MADIGAN IN
CONVERSATION WITH PARALYMPIC AND
OLYMPIC GOLD MEDALLIST SWIMMERS

**Bethany Firth OBE
& Jack McMillan**

7:30pm Close

TUESDAY
11TH November
2025
W5, AT ODYSSEY, BELFAST

BIOGRAPHIES

Dr Oliver Witard

Oliver is an academic at King's College London with a research focus on protein nutrition to optimise training adaptation. His publications primarily focus on establishing the optimal amount, source and timing of dietary protein for muscle recovery and performance in athletes. Recently, Oliver has delivered invited talks on protein nutrition at international symposiums, including The International Sport and Exercise Nutrition Conference, The Gatorade sponsored FC Barcelona Sports Nutrition in Football Conference, and The Royal Society of Medicine.

Oliver is a former board member of The Nutrition Society and delivers nutrition consultancy for Scottish Ballet.

Lucy Wainwright

Lucy is the Lead Performance Nutritionist for the Women's Team at the Football Association. Lucy is developing a new women's nutrition strategy to support across the pathway and delivers nutrition support to the Senior Lionesses, and was recently in Switzerland supporting the team to their historical second successive European title.

Lucy has worked with a range of National and International teams and individuals over the last sixteen years including the successful Olympic triathlon and paratriathlon teams through the Rio and Tokyo cycles through her role at the English institute of sport.

Lucy is a former Olympic athlete reaching the final at both the Athens and Beijing Olympic games in Sprint kayak singles and was European Champion in 2008. Lucy combines her elite sporting knowledge, coaching experience and nutrition expertise to focus on the practical application and positive nutrition behaviours to enable athletes to thrive.

Bethany Firth OBE

Bethany is a multiple world record-holding Para swimmer. She is nine-times Paralympic medallist with golds from the London, Rio and Tokyo Games. Bethany was Paralympics GB's most decorated athlete for the Rio 2016 Games. She is also a World, European and Commonwealth Games medallist.

Just over a year from giving birth to her daughter, Charlotte, Bethany's incredible career is continuing to go from strength to strength as she competes for GB at the World Para-Swimming Championships in Singapore in September.

Bethany was awarded an MBE in 2017 for services to swimming, which was promoted to an OBE in 2022. She has an honorary doctorate from Queen's University Belfast.

Jack McMillan

Olympic gold medallist Jack McMillan made history as one of four NI athletes to medal at the Olympics in Paris 2024. Jack has represented both Ireland and GB in swimming and is currently based in Scotland and focused on building from his success in Paris with Team GB to competing in LA 2028.

His passion started at a young age and was fuelled by his secondary school Royal Belfast Academical Institution. He received a scholarship to Ulster University and moved to Scotland to University of Stirling to pursue his qualifications in Sports Science. In a somewhat a bold move, Jack transitioned from Ireland to Great Britain in 2022 and had to work hard to make the cut for the GB swim team.

Professor Sharon Madigan

Sharon is Science Lead and 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 has previously worked with Ulster Rugby (2008-11) and delivered services at the Sports Institute Northern Ireland (2002-09). She also significant experience as a clinical dietitian within the Belfast Trust. She is adjunct Professor at the University of Limerick.

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 Thursday 6 November 2025.

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

For further information please contact:
Dr Carole Lewis on 07740 683 999
or
Dairy Council for Northern Ireland
on 028 9077 0113

This seminar is part the Dairy Council's 'Milk it for all it's worth' programme which is designed to communicate the nutritional benefits of milk for sport and a healthy active lifestyle. For more information, please visit the Dairy Council for Northern Ireland's website:

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



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#MilkItNI

