

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 to young people the importance of nutrition for sport and a healthy, active lifestyle, including the potential role of milk.

The Dairy Council 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.dairycouncil.co.uk/milk-sport

Or contact us on:

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Twitter [@DairyCouncilNI](https://twitter.com/DairyCouncilNI) [#MilkItNI](https://twitter.com/MilkItNI)



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PERFORMANCE
NUTRITION
SEMINAR

21st November 2017
W5, Odyssey, Belfast



SEMINAR PROGRAMME

17:15 » Presentation of Dairy Council for Northern Ireland Award for Sports and Exercise Nutrition MSc at Ulster University

CHAIRPERSON'S INTRODUCTION

Dr Sharon Madigan

Head of Performance Nutrition, Sport Ireland Institute

17:25 » INFLUENCES OF DIET AND EXERCISE ON BONE HEALTH IN ATHLETES

Prof Susan Lanham-New

Head of the Department of Nutritional Sciences, University of Surrey

18:00 » RELATIVE ENERGY DEFICIENCY IN SPORT – AN UPDATE

Danielle Logue

PhD Researcher, University College Dublin / Sport Ireland Institute

18:20 » PRACTICAL SPORTS NUTRITION INSIGHTS: THE PERFORMANCE NUTRITIONIST'S & THE ATHLETE'S PERSPECTIVE

Renee McGregor

Performance and Clinical Dietitian

Holly Rush

GB marathon and ultra-distance runner

19:00 » Panel Q&A

19:15 » Close



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, RSCl in 2016.