

MILK IT FOR ALL IT'S WORTH™

PERFORMANCE NUTRITION SEMINAR

WEDNESDAY
8TH November 2023
W5, AT ODYSSEY, BELFAST

PROGRAMME

4:30pm Arrival and refreshments
5:15pm 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

Professor Gareth Wallis

Professor of Exercise Metabolism and Nutrition, University of Birmingham

DELIVERING CARBOHYDRATES FOR EXERCISE
WITH DAIRY – THE APPLICATION OF LACTOSE
IN SPORTS NUTRITION

Dr Pamela Magee

Senior Lecturer, Ulster University

NUTRITION KNOWLEDGE AND DIETARY
INTAKE OF TEAM SPORTS ATHLETES

PRACTICAL SPORTS NUTRITION INSIGHTS

Emma Gardner

Head of Nutrition, IRFU

FUELLING THE IRELAND RUGBY
WORLD CUP SQUAD

Interview with **Ciara Mageean**

Elite international 1500m athlete

PANEL Q&A

7:30pm Close

BIOGRAPHIES

Professor Gareth Wallis

Gareth is a Professor of Exercise Metabolism and Nutrition and the Head of Research and Knowledge Transfer within the School of Sport, Exercise and Rehabilitation Sciences at the University of Birmingham, UK. He received his PhD in Exercise Metabolism and Nutrition from the University of Birmingham in 2006 and undertook his Postdoctoral training in Integrative Biology at the University of California-Berkeley from 2006-2008. Gareth then worked in New Product Research at GlaxoSmithKline.

He now conducts academic research in exercise science with a major focus on nutrition and metabolism. His goal is to better understand how nutrition can be manipulated to enhance metabolic or adaptive responses to exercise, with a particular focus on macronutrients and their roles in performance, training adaptation and health. His research and approaches adopted aim to generate the translational knowledge needed for practical application within sport, exercise, and health nutrition settings.

Dr Pamela Magee

Dr Pamela Magee is a Senior Lecturer in Human Nutrition at Ulster University. She is the Academic Division Head for Food, Nutrition and Dietetics and has over 17 years' experience teaching sports nutrition at undergraduate and postgraduate level. Her research interests include vitamin D, hydration, nutrition knowledge and dietary practices of athletes. Pamela is an active member of the Nutrition Innovation Centre for Food & Health (NICHE) at UU, one of the largest nutrition research groups within the UK/Ireland where she leads the Vitamin D in Health and Disease research group. She is a Registered Nutritionist and Academic Associate of the Sport and Exercise Nutrition Register (SENR).

Emma Gardiner

Emma is the Head of Nutrition at the Irish Rugby Football Union (IRFU), where she leads a team of 12 performance nutritionists across the IRFU national and provincial systems and is performance nutritionist to the senior men's national rugby union team. Prior to working with the IRFU, Emma was a Senior Performance Nutritionist at the English Institute of Sport for 10 years.

Emma has worked with both Olympic and Professional sports including the Great Britain Women's Hockey team who had Olympic Gold success in Rio in 2016, and bronze in Tokyo 2020. In 2017-2022 Emma worked for the England & Wales Cricket board where she was lead performance nutritionist for the Senior Men's England Cricket team.

A graduate in Sport and Exercise Science from the University of Birmingham, with two MSC's in Sport & Exercise Science, and Sports Nutrition respectively, Emma is also a high-performance registrant with the Sport & Exercise Nutrition Register (SENR).

Ciara Mageean

Ciara is an elite international 1500m athlete. She is a three-time European Medallist claiming a bronze medal in 2016 and 2019 and a silver in 2022. The Portaferry athlete also won a silver in the Commonwealth Games in 2022. In a fantastic 2023 season, Ciara finished fourth in the World Athletics Championships in the 1500m final and she broke the Irish record for the 800m, 1500m and the mile, she also holds the record for the 1000m. Ciara has already secured qualification for the 2024 Paris Olympic Games where she will become a three-time Olympian having competed in the 2016 and 2020 Games.

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 five Olympic cycles along with other major championships such as European, World and EU championships and is 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 has also significant experience as a clinical dietitian within the Belfast Trust. Sharon 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 Monday 6 November 2023.

To reserve your place, please fill out our online booking form at:
www.dairy council.co.uk/news
or respond with your details to:
nutrition@dairy council.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 of 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.dairy council.co.uk/what-we-do/milk-sport



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