

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.dairy council.co.uk/what-we-do/milk-sport

Or contact us on:

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MILK IT
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WORTH

PERFORMANCE
NUTRITION
SEMINAR

14TH November
2024
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

Science Lead & Head of Performance Nutrition, Sport Ireland Institute

5:40pm » **Professor Monica Klungland Torstveit**
Professor in Sports Science, University of Agder, Norway
AVOIDING THE **REDs** CARD: THE POTENTIAL IMPACT OF RELATIVE ENERGY DEFICIENCY IN SPORTS ON ATHLETE HEALTH AND PERFORMANCE

6:15pm » **Dr Rónán Doherty**
Lecturer, Atlantic Technological University; Sport Ireland Institute
SLEEP AND NUTRITION: IMPLICATIONS FOR ATHLETES

PRACTICAL SPORTS NUTRITION INSIGHTS FROM OLYMPICS AND PARALYMPICS

6:40pm » **Irene Riach**
Head of Performance Nutrition, Sport Scotland Institute of Sport
SPORTS NUTRITIONIST'S PERSPECTIVE FROM PARIS 2024

7:15pm » **Interview with Hannah Scott**
Olympic Gold Medallist, Team GB Rowing

7:30pm » Close

Professor Monica Klungland Torstveit
Monica is a Professor in Sports Science at the Faculty of Health and Sports Science at Adger University, Norway. She is also responsible for the Sports Nutrition and Recovery unit in Olympiatoppen Sør (Norwegian Olympic Training Centre, South).

Monica has worked with teaching and research since 1999. She has research experience from the Norwegian Research Center for Active Rehabilitation and was previously employed as an Associate Professor at the Norwegian School of Sport Sciences. Her scientific work and teaching expertise centres around sports performance and health aspects among athletes, with a focus on: 1) Sports nutrition for health and performance with a special focus on energy availability and the syndrome of REDs (Relative Energy Deficiency in Sports), 2) Participation, development and performance for females in sports and 3) Disordered eating and exercise behaviour among athletes at different performance levels. Monica is a member of the International Olympic Committee's expert group on REDs.

Dr Rónán Doherty

Rónán is a lecturer at the Atlantic Technological University and a member of the Sport Ireland Institute, Performance Nutrition team. He currently works predominantly with Irish Sailing having previously worked across a range of national teams including Hockey, Rowing, Boxing, and Paralympic sports including Olympic and Paralympic medallists and World champions. He was also the lead Performance Nutritionist for Donegal GAA from 2015-2019 and Monaghan GAA from 2022-2024.

Rónán completed a PhD in sleep, nutrition, and athlete recovery at Northumbria University focusing on the role of sleep and nutrition in the recovery of athletes. His current research interests include sleep, nutrition, elite athletes, and rehabilitation.

Irene Riach

Irene is the Head of Performance Nutrition at the Sport Scotland Institute of Sport. She is a HCPC registered Dietitian and has been involved professionally in performance sport for over 24 years. She joined the Sport Scotland Institute of Sport as a Performance Dietitian in 2007 and now leads and manages the performance nutrition service across Scotland, while providing nutrition support to individuals and team athletes and leading specific innovation projects within targeted sports.

Irene has travelled nationally and internationally with a variety of Olympic and Commonwealth sports. She has worked through five Commonwealth and Olympic cycles delivering games time support most recently at Paris Olympics in 2024. She has a passion for good food and empowering people to make sustainable food choices that support and maximise health and performance.

Hannah Scott

Hannah is a professional rower at British Rowing. From her home town of Coleraine and the Bann Rowing Club, Hannah's journey from took her to Princeton University, where she not only excelled academically but also continued rowing at the highest level, becoming two-time Ivy League Champion in the Varsity Eight, as well as captain of Princeton Women's crew. She also became a two-time silver medallist at U23 World Championships. Her final years at university were disrupted by the Covid-19 pandemic, which opened up an opportunity for Hannah to return to the UK and earn a spot on the British Rowing Team at the delayed Tokyo 2020 Olympics. In 2023, Hannah became World Champion in the women's quad.

At Paris 2024, Hannah won GB's first ever Olympic gold medal in the Women's quadruple sculls – with crewmates Georgie Brayshaw, Lola, Anderson and Lauren Henry – passing the Netherlands in the very last stroke of the race.

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.

