

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:

Phone 028 9077 0113

Email nutrition@dairycouncil.co.uk

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MILK IT
FOR ALL IT'S
WORTH

PERFORMANCE
NUTRITION
SEMINAR



WEDNESDAY

8TH November 2023

W5, AT ODYSSEY, BELFAST

SEMINAR PROGRAMME

5:15pm » **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

5:25pm » **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

6:00pm » **Dr Pamela Magee**
Senior Lecturer, Ulster University
NUTRITION KNOWLEDGE AND DIETARY INTAKE OF TEAM SPORTS ATHLETES

PRACTICAL SPORTS NUTRITION INSIGHTS

6:25pm » **Emma Gardner**
Head of Nutrition, IRFU
FUELLING THE IRELAND RUGBY WORLD CUP SQUAD

7:00pm » **Interview with Ciara Mageean**
Elite international 1500m athlete

7:30pm » **CLOSE**



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.