



MARATHON MEDICINE 2016

THE 33RD LONDON MARATHON MEDICINE CONFERENCE

RIBA, 66 Portland Place, London, W1B 1AD
Saturday 23rd April 2016

Conference Programme

- 08h15** COFFEE AND REGISTRATION
- 09h15** WELCOME AND INTRODUCTIONS
Prof. Rob Shave, Professor of Sport and Exercise Physiology, Cardiff School of Sport, Cardiff Met University
- 09h20** DISTILLING THE SCIENCE ON OPTIMAL HYDRATION FOR MARATHON TRAINING AND COMPETITION
Dr. Jim Cotter, BSc, BPhEd, MPhEd, PhD. Associate Professor in Exercise and Environmental Physiology, University of Otago, NZ
- 09h50** PSYCHOLOGY OF INJURY
Dr. Lynne Evans, PhD., C. Psychol., AFBPS. Reader in Sport Psychology and REF Co-ordinator, Cardiff Metropolitan University, UK
- 10h20** PACE VERSUS PREDICTION: IMPLICATIONS OF AGE, EXPERIENCE AND SEX ON MARATHON RACE PERFORMANCE
Dr. Dan Gordon, BSc, MSc, PhD. Principle Lecturer in Sport and Exercise Physiology, Department of Sport and Exercise Sciences, Anglia Ruskin University, Cambridge, UK
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- 10h50** FLUID AND CARBOHYDRATE BREAK
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- 11h20** INTRODUCTIONS
Dr Courtney Kipps, Consultant Sports Physician at the Institute of Sport, Exercise and Health, UCL
- 11h20** REDUCING MEDICAL COMPLICATIONS AT MASS PARTICIPATION DISTANCE RUNNING EVENTS: IS PRE-RACE SCREENING AND EDUCATION EFFECTIVE?
Prof. Martin Schwellnus, MBBCh, MSc, MD. Professor of Sport and Exercise Medicine at the Faculty of Health Sciences, University of Pretoria in South Africa.
- 11h50** THE SCIENCE BEHIND RACING THE LONDON MARATHON ON THREE WHEELS
Prof. Vicky Tolfrey BSc, PhD. FBASES. Professor of Applied Disability Sport and Director of the Peter Harrison Centre for Disability Sport
- 12h20** ROUND TABLE/QUESTION AND ANSWER SESSION WITH SPEAKERS
- 13h00** CLOSE
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