



MARATHON MEDICINE 2018

THE 35TH LONDON MARATHON MEDICINE CONFERENCE

RIBA, 66 Portland Place, London, W1B 1AD

Saturday 21st April 2018

9am to 1pm

Conference Programme

- 08h15 **Coffee and Registration**
- 09h15 **Welcome**
- 09h20 **The strength to last the distance: physical preparation of the long-distance runner**
Mr Rich Blagrove, MSc, SFHEA, ASCC, Course Leader and Senior Lecturer, BSc Sport and Exercise Science, School of Health Sciences, Birmingham City University
- 09h50 **Exercise and the heart: an evolutionary perspective**
Professor Rob Shave, PhD, Director, Health and Exercise Sciences - UBC Okanagan, Kelowna, Canada
- 10h20 **The effects of detraining - what happens when you stop running**
Dr Charles Pedlar, PhD FBASES, Reader in Applied Sport and Exercise Science, St Mary's University, Twickenham, and Cardiovascular Performance Program MGH/Harvard Medical School, Boston, USA
- 10h50 **PROFESSOR N C CRAIG SHARP - 1933 - 2018, Marathon Medicine co-founder**
A brief oration by Professor Greg Whyte OBE PhD DSc FBASES FACSM
- 11h00 Fluid and carbohydrate Break
- 11h30 **Causes and compensatory activities associated with running collapses**
Professor Alan (Zig) St Clair Gibson, PhD FBASES FACSM, Deputy Dean (Research), Faculty of Science and Health, University of Essex
- 12h00 **Marathon recovery – what's hot and what's not?**
Professor Glyn Howatson PhD FBASES FACSM. Professor in Human and Applied Physiology, Director of Research and Innovation, Department of Sport, Exercise and Rehabilitation, Northumbria University
- 12h30 **Round Table Question and Answer Session with Speakers**
- 13h00 **Close**

For further information and to register for a place please visit the website:

<http://marathonmedicine2018.eventbrite.co.uk>

Attendance is free but spaces are limited so please register **ASAP** online.