



# MARATHON MEDICINE 2023

## THE 39<sup>TH</sup> LONDON MARATHON MEDICINE CONFERENCE

RIBA, 66 Portland Place, London, W1B 1AD  
Saturday 22nd April 2023  
9am to 1pm

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### Conference programme

- 08h15 Coffee and registration
- 09h15 **Welcome**  
Prof Charles Pedlar PhD, Co-Chair Marathon Medicine, Professor of Applied Sport and Exercise Science, St Mary's University, Twickenham, UK, London, UK and Associate Professor, Institute of Sport Exercise and Health, UCL, London, UK
- 09h20 **How pseudoscience might be derailing your marathon, and what you can do about it**  
Dr Nick Tiller PhD; Senior Researcher, Institute of Respiratory Medicine & Exercise Physiology, The Lundquist Institute at Harbor-UCLA Medical Center
- 09h50 **Achilles tendinopathy rehabilitation - What should we do for runners?**  
Prof Dylan Morrissey, PhD; Sports and Exercise Medicine, William Harvey Research Institute, Faculty of Medicine and Dentistry, QMUL, UK
- 10h20 **Nutrition considerations for injured athletes**  
Dr Sophie Killer PhD. Performance Nutrition Consultant in Elite Sport
- 10h50 Break
- 11h20 **Resisting the urge to stop: Psychological strategies for endurance performance**  
Dr Carla Meijen, PhD. St Mary's University, Twickenham, UK
- 11h50 **Nutrition and athlete immune health: Food first but not food only**  
Prof Neil Walsh, PhD, Liverpool John Moores University, UK
- 12h20 **Round Table Question and Answer Session with Speakers**
- 12h55 **Close**  
Prof Courtney Kipps, Co-Chair Marathon Medicine, Deputy Medical Director TCS London Marathon and Honorary Consultant Sport and Exercise Medicine Physician, Institute of Sport, Exercise and Health, UCL