**BRJ Run and Tri:  Sports Science Workshop**

**Lessons from sports science: nutrition for runners/triathletes**

Presented by Dr. Justin Roberts: Senior Lecturer Anglia Ruskin University

and Melanie Wiffin: MSc Sports Science Anglia Ruskin University

7.00pm-9.00pm Thursday 15th February 2018 Assembly Room Town Hall Market Hill Huntingdon PE29 3PJ

Whatever our sport and our ambitions in it we just want to improve, to go faster or further or even just a bit easier. Training harder may not always bring the expected results; training smarter offers alternatives. This is where Sports Science has informed and guided sports men and women towards their goals.

In this workshop we will be considering how the body works in fuelling performance. What has been discovered about the energy systems engaged in activity. What can be done to maximise hydration and nutrition for an event and what to avoid.

From the theoretical through the empirical to the practical there will be opportunities to have your questions answered about how you can apply the lessons gleaned from sports science to your sport, every day. Do come prepared with lots of questions but perhaps not about the optimum number of portable toilets for an event.

As you know there is no shortage of new fads and fashions in the world of sport. This is your opportunity to hear what science can contribute to you and your development in your sport.

The club is very grateful to Justin and Mel to give their time to this workshop. There is no charge, although donations to our club charity, Young Carers, are always welcome.

If you would like to book your place, please contact

chairman@brjrunandtri.comtri.com

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**Background**

**Justin Roberts**

Justin is a Senior Lecturer and researcher with Anglia Ruskin University in  [The Cambridge Centre for Sport and Exercise Sciences](https://www.anglia.ac.uk/science-and-technology/research/our-research-institutes-and-groups/cambridge-centre-for-sport-and-exercise-sciences) . He is an accredited Sport and Exercise Physiologist and Chartered Scientist with the British Association of Sport and Exercise Sciences (BASES) and a Member of the American College of Sports Medicine (ACSM). He is also a Registered Nutritional Therapist with the British Association of Applied Nutrition and Nutritional Therapy (BANT), the Nutrition Therapy Council (NTC) and the Complementary and Natural Healthcare Council (CNHC).

With over 20 years’ experience in sport and exercise physiology and nutrition, Justin has worked at various institutions including the British Olympic Medical Centre (London), Brunel University, Victoria University (Melbourne) and the University of Hertfordshire (where he was the BASES laboratory director).

Justin specialises in performance and functional nutrition with a central aim of exploring dietary and supplementation strategies to support performance, recovery and health-related adaptations to exercise. His current research interests involve the use of probiotic strategies to minimise gastro-intestinal endotoxemia in ultra-endurance athletes.

**Qualifications**

* PGCHE (Post Graduate Certificate in Teaching and Learning), University of Hertfordshire
* PhD (Applied Physiology and Nutrition), Brunel University
* MPhil (Exercise Physiology and Nutrition), University of Glamorgan/ British Olympic Medical Centre
* BA (Hons) Sports Studies, University of Bedfordshire
* Dip ION (Applied Nutrition and Nutritional Therapy), Institute of Optimum Nutrition

**Melanie Wiffin** Mel is a member of BRJ Run and Tri who has a certificate in Advanced Sports and Exercise Nutrition and has recently completed a MSc in Sports Science under Justin’s supervision. She will give a short presentation of her research in which many club members participated, which investigated the effect of high and low FODMAP foods on gut issues and the ability to exercise.