PRIME SYMPOSIUM:

Performance Ready in Major Events

Friday 8th November 2024

The Studio, Birmingham

08:30 - 9:00 Registration		
MORNING SESSION (09:00- 12:20)		
09:00 - 09:10 Welcome, Housekeeping, Introduction to Symposium		
09:10 - 09:55	**Finding the Tactical Fuel Advantage**	**Chris Rosimus** *Men's Head of Nutrition at the Football Association* and **Mike Naylor** *Head of Performance Nutrition at the UK Sports Institute*
9:55 - 10:40	**Paris 2024 - Feeding our Team GB Olympians**	**Wendy Martinson** *Technical Lead Performance Nutritionist at the UK Sports Institute*
Refreshment break 10 mins		
10:50 - 11:20	**Athlete Perspectives: Fuelling for High Performance in Para Sport**	**Abbie Robinson** *GB Athlete – Climbing and Trainee Sport Psychologist*
11:20 - 12:20	**Panel Discussion – What can we learn from supporting Athletes at Major Games?** **hosted by Sharon Madigan** *(Science Lead for team Ireland and Head of Performance Nutrition Sport Ireland Institute)*	**Chris Rosimus,** **Mike Naylor,** **Wendy Martinson,** **Jessica Mayho** *(GB Athlete – Hammer Throw)*, **Abbie Robinson**
12:20 - 13:10	Lunch	
AFTERNOON SESSION (13:15 - 16:30)		

Time	Session	Speaker
13:15 - 13:25	**Empowering Sports Nutrition Practitioners: New tools, funding and resources from GetPro Professional**	**Rob Browne** *Senior Science Communications Manager, Danone UK and Ireland*
13:25 - 14:10	**Competition Presentations: Sports Nutrition for Grassroots** sponsored by **GETPRO Professional**	**Aoife Coffey** **Julia Neculae**
14:10 - 14:55	**Fuelling the Red Roses – Insights and Experiences**	**Aimee Ellen O'Keeffe** *Performance Nutritionist England Red Roses and Williams Racing*
Refreshment break 10 mins – Competition Judging		
15:05 - 15:45	**Nutrition Insights from Professional Cycling – Le Tour de France and beyond**	**James Moran** *Registered Dietitian & Performance Nutritionist Uno-X Cycling*
15:45 - 15.55	**Biotiful: bringing gut health to life through performance.**	**Aaron Brudney** Senior National Account Manager and **Zena Weeks** Performance Chef
15.55 - 16.05	**Sports Nutrition for Grassroots GETPRO Professional Award**	
16:05 - 16:30	Close of Day	