SENr Autumn Showcase Event - Book Here!
13th November 2015, BT Murrayfield Stadium, Edinburgh

09.15 – 10.00	**Registration and refreshments**
10.00– 10.10	**Welcome and SENr**
10.10 – 10.50	**Theory to practice: Performance Nutrition its role and impact at Glasgow 2014.** *Irene Riach*
10.50 – 11.30	*Fish oil supplementation: applications in health* *Dr Stuart Galloway* **Fish oil supplementation: applications in sport** **Dr Oliver Witard**

11.30 – 12.10	**Refreshments and breakout groups** Breakout Group 1: SENr Registration	Breakout Group 2: Hydration Strategies	Breakout Group 3: Nutrition support / weight management for athletes

12.10 – 12.50	**'Are all Omega 3's created equal?' Insights from cellular and animal studies.** *David Lee Hamilton, Lecturer* *Q&A Session: Dr Stuart Galloway, David Lee Hamilton and Dr Oliver Witard*
12.50 – 13.20	**Lunch followed by optional facilitated networking opportunities**
13.20 – 13.50	**Breakout Group 4** *WADA Code, Ethics and Careers in Research*
13.50 – 14.30	**Theory to practice: Performance Nutrition its role and impact at Glasgow 2014** *Irene Riach*
14.30 – 15.00	**Weight making & weight management (case studies from Glasgow 2014)** *Mark Ellison*

15.00 – 15.40	**Refreshments and breakout groups** Breakout Group 5: Protein requirements.	*Breakout Group 6: MDT, protocols, food partnerships and kitchen protocols, the work of Sport Wales*	*Breakout Group 7: Elite Rugby Nutrition*

15.40 – 16.20	**Nutrition strategies for the Rugby World Cup 2015** *Richard Chessor, Lead Nutritionist at Scottish Rugby,* Dr Graeme Close, *RFU Performance Nutritionist and and Ruth Wood Martin, IRFU Performance Nutritionist*
16.20 – 17.00	**FAQs asked of Performance Nutritionists by Elite Athletes** *Facilitated by Olivia Busby, Acting Lead Performance Nutritionist*
17.00 – 17.10	**Close and Sum Up** *Andy Burman, BDA CEO*
17.10	**Networking** *A bar will be available.*