

A major educational event for all professionals involved in the training, performance and rehabilitation of runners



Running 2018

The Female Runner in Focus

Guiding athletes & patients back to running fitness and efficiency after injury

June 19th 2018, Kettering Conference Centre, Northants

Places are strictly limited –please book early to secure your place.

**Early Booking Rate
until June 10th 2018
£125 +vat (£150)**

Speakers



Dr Craig Ranson In January 2017 Craig was appointed Director of Athlete Health for the English Institute of Sport. He joined the EIS from his posts of Director of the MSc in Sports and Exercise Medicine at Cardiff Metropolitan University, and Physiotherapist with the Wales Rugby Team. His previous posts include UK Athletics Chief Physiotherapist and National Lead Physiotherapist to the England and Wales Cricket Board. Craig has consulted to a variety of sporting organisations including the International Cricket Council and the Sports Medicine Department of the University of the West Indies. He has a strong sports injury management and prevention research profile.



Dr Charlotte Fairweather Dr Fairweather completed her undergraduate training in Cardiff before going on to Oxford for specialist training. She moved to the mountains of North Wales in 2012 where Charlotte was able to indulge her love of outdoor sports. During this time, she worked closely with national mountain and ultra-endurance athletes & was appointed Head of Medical for Women's Football by the Welsh FA. Last year Charlotte became full time Lead Doctor for England Women's Rugby working through the last two 6 Nations, the Summer & Lions tour & Women's Rugby World Cup.



Dr Polly McGuigan Polly is Director of Studies for the MSc Sports Physiotherapy Programme at the University of Bath. Her research interests include; muscle and tendon mechanics, how muscle work and power are modulated in response to different locomotor activities such as walking, running, jumping and how changes in muscle-tendon unit mechanics with ageing, injury and fatigue and the affect these have on the mechanics of joints and limb function.



Dr Anna Waters Anna is a registered Chartered Psychologist with the British Psychological Society (BPS). She has worked with a range of sports and organisations including: UK Athletics, The British Equestrian Federation, The English Institute of Sport, Kelly Holmes' initiative 'On Camp with Kelly' as well individuals in horse racing, golf, tennis, football, rugby and softball. Anna also works with actors and comedians in the entertainment industry and is often asked to guest lecture at different universities.



Emily Freeman Emily is a former Olympic sprinter who has started her own business mixing running and mindset training predominantly for girls aged 7-14 and female school staff. She runs courses in schools and puts on 3-day holiday clubs. She also works as a consultant for PE strategy in schools and across multi-academy trusts with the aim of moving PE up the agenda in terms of importance in schools and how it can be used to impact the whole school. A lot of her work centres around stereotypes within sport and physical activity and she has just finished an educational research project called 'Don't be a girl about it': stereotypes, confidence and mindset in physical activity.



Dr Anita Biswas Anita is a senior sport physician for the English Institute of Sport based at Bisham Abbey where she works as part of the Athlete Health Team. She has worked full time in Sports Medicine for 20 years having completed a Master's degree and clinical fellowship in Sports Medicine. Anita has worked with the Military at the Defense Services Military Rehabilitation Centre at Headley Court and has been part of the medical team at four Paralympic and two Olympic Games, attending the Rio Olympics in her role as Chief Medical Officer for the British Sailing team.



Sean Williams Sean is a Lecturer in Applied Statistics and Research Methods at the University of Bath. His research interests include; Rugby, science, sports injury, epidemiology and meta-analyses and systematic reviews

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Programme

9.25	Dr Craig Ranson <i>Sports Physiotherapist</i>	Welcome & Overview
9.45	Dr Polly McGuigan <i>Biomechanist</i>	Running gait retraining: practicalities and pitfalls
10.35	Break	
11.00	Charlotte Fairweather <i>Doctor England Women's Rugby Team</i>	Preventing and managing stress fracture in the female runner
11.50	Sean Williams <i>Sports Scientist & Applied Statistician</i>	Workload planning: Tips and tools for injury management
12.40	Lunch	
13.20	Anna Walters <i>Sports Psychologist</i>	Psychology of running
14.10	Emily Freeman <i>Olympic sprinter & Totally-Runnable Director</i>	The female athlete - an athlete's perspective
14.50	Break	
15.05	Anita Biswas <i>Sports & Exercise Medicine Doctor - English Institute of Sport</i>	The female athlete - a doctor's perspective
16.00	Close	

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