

You are invited to.....The 2011 Beachy Head Marathon Science Symposium



A pre-race evening of presentations discussing the science behind marathon running



The Beachy Head Marathon Research Group at Chelsea School, University of Brighton, are proud to host this **free event** which is open to race runners, their supporters, race volunteers and organisers.

Date: Friday 21st October 2011 **Time:** 6.00 – 7.30 pm (light refreshments available on arrival)

Venue: Hillbrow, Room 129, Chelsea School, Denton Road, Eastbourne, BN20 7SP (1km from the marathon start!)

The evenings speakers will include:

Dr Emma Ross, Director of the Beachy Head Marathon Research Group and Senior Lecturer in Sport and Exercise Physiology, Chelsea School

Emma will present the findings from last years Beachy Head research study which looked at muscle damage and fatigue in 20 race participants. She will also explain what research is being conducted at this years Marathon.

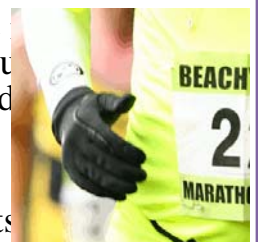
Stuart Mills, 7-times Beachy Head Marathon Winner and Senior Lecturer in Sport Biomechanics, Chelsea School.

Stuart, who is also known for his stimulating Trail Running blog titled UltraStu (<http://ultrastu.blogspot.com/>), will discuss his preparation principles for trail marathon running. Stuart will pay particular attention to the TOTAL preparation he carries out to ensure *positivity*, (what he considers is the key determinant of achieving a successful performance), remains present throughout the entire duration of a trail running event. His presentation is entitled 'Trail Marathon Running – Preparation Principles to Enhance Personal Achievement'.

Dr Charlie Pedlar, Director of the Centre for Health, Applied Sport and Exercise Science at St Mary's University, Kingston

Charlie has worked as a lead physiologist at the English Institute of Sport and has been involved in the preparation of elite athletes over the previous 3 Olympic Games. He has attended many international training camps as a team physiologist. His specialist research interest is the effects of altitude and simulated altitude on endurance exercise performance.

Charlie's presentation, entitled 'Using physiological data to improve performance' will include his experience of training elite marathon runners and evidence from his own research about using altitude/simulated altitude on performance.



Please register for this event by emailing your name and number of seats required to O.R.Gibson@brighton.ac.uk