

TIMETABLE



Time/Location	Lecture Room A15	Workshop Room A29	Workshop Room A32	Exhibition Space
10.00-10.30	Arrival & Refreshments			Stalls
10.30 - 10.45	Welcome with Lowri Morgan			
10.45 - 11.15	Dame Denise Lewis DBE			
11.15 -11.45	Guest Panel / Q & A Dame Denise Lewis DBE, Charlotte Dobbs, Lizzie Dimond, Suzanne Taylor			
11.45 - 12.00	Break			
12.00 - 12.30	Understanding the Menstrual Cycle & Running - Esther Goldsmith & Rebecca Hudson			
	Menopause & Running - Dr Rachel Churm			
12.30 - 13.30	Lunch & Optional Workshops Workshops will run 12.30-13.00 & 13.00-13.30 for both topics			
		Pre & Post Partum Running - Megan James	Pelvic Health - Imogen Williams	
13.30 - 14.00	Nutrition for Female Runners - Robyn Aitkenhead			
14.00 - 14.30	Strength & Conditioning for Female Runners - Emily Storey			

SATURDAY 12TH APRIL 2025