

Randox Health Week

9-11 April 2018

Speakers

Prof Dave Richardson:



Dave is the Director of the School of Sport & Exercise Sciences at Liverpool John Moores University. Dave plays a key leadership role in the delivery of academic, financial and people management of the School. Dave has been employed as a lecturer in the School since January 1995 undertaking numerous organisational and managerial positions during his academic tenure. Dave's academic lens is coloured by an appreciation of the socio-cultural and psycho-social context of applied practice. Dave's primary research interest concerns the management, development and welfare of athletes.

Dr Martin Littlewood



Martin is a Principal Lecturer in Sport Psychology & Development and is also Head of the Football Exchange at Liverpool John Moores University. His research interests focus on applied sports psychology, specifically related to psychological development, identity and organizational culture. Martin has been an Accredited Sports Scientist (BASES) for over 10 years and more recently a Chartered Scientist (CSci) and has consulted in the professional sports industry on a variety of projects.

Dr Mark Nesti



Mark is a Reader in Sport Psychology at the School of Sport and Exercise Sciences at Liverpool John Moores University. Mark is a specialist in applied sport psychology, especially in relation to professional sport including football. Mar's research and scholarly work focuses on existential psychology and peak performance in sport. The principles of existential psychology teach us to embrace and deal with uncomfortable situations rather than managing away feelings of uncomfort with the help of a range of psychological techniques. Mark has been a BASES accredited sport psychologist since 1990 and has acted as a consultant during the past 20 years with a range of sports at different levels of performance, from club to Olympic standard. He has worked in Premier League football as first team sport psychologist at Bolton Wanderers, Newcastle United, and at Hull City.

Dr Martin Eubank



Martin is an Associate Fellow and Chartered Psychologist with the British Psychological Society (BPS), and a Health and Care Professions Council (HCPC) Registered Sport and Exercise Psychologist. He has worked in the School of Sport and Exercise Sciences at Liverpool John Moores University (LJMU) for over 20 years, and is currently in the role of Subject Lead and Principal Lecturer in Sport Psychology. In addition to teaching on the School's BPS accredited undergraduate and Masters degrees in Sport Psychology. Martin is Programme Director of the LJMU Professional Doctorate in Sport and Exercise Psychology, and provides doctoral supervision to the programmes Trainee Sport and Exercise Psychologists.

Will McConn-Palfreyman



Will is currently completing his PhD within the University of Strathclyde's Business School examining situated forms of leadership within professional rugby. In advance of commencing his PhD, Will worked in a number of sporting sectors that included national governing bodies, local authority sport departments, and a national agency. He holds qualifications in both sport management and sport psychology and is currently training to become a chartered Sport & Exercise Psychologist. This route has provided the opportunity to conduct applied work with athletes, coaches, parents and managers in both developmental and elite international settings.

Dr David Tod



David is a senior lecturer in sport psychology & development and head of the psychology and development in sport research group at Liverpool John Moores University. His research interests focus on applied sports psychology, specifically related to psychologist development, identity and health, and sport psychology effectiveness. He is a chartered psychologist with the British Psychological Society. David consulted with various professional national sporting bodies. Along with Dr Martin Eubank, David is interested in how to best prepare sport psychologists to assist with mental health and welfare.

Franny Norton



World renowned flat racing jockey. Franny has been a professional flat jockey since 1989, and has more than 2000 wins in British races. At the same time he became a professional jockey, he was also offered a contract to be a professional boxer. Franny has considerable understanding of the demands facing jockeys and other athletes in weight dependent sports. He has worked closely with LJMU researchers to help understand and change practices in horse racing to ensure that jockeys are able to pursue their careers without harm to their physical and mental health.

Simone Sear



Director of Welfare, Racing Welfare - Simone manages the national welfare team as well as assisting the Chief Executive to develop a fit for purpose strategy for the welfare department. On a day to day basis Simone oversees and has responsibility for the delivery of frontline and digital support services and to ensure that Racing Welfare continually strives to meet the needs of the industry's workforce.

Christina Sell



Trust Funding and Impact Executive for Racing Welfare – Christina is responsible for managing and developing the Racing Welfare's portfolio of Trusts and Foundations. Christina is also responsible for the management and measurement of social impact, something that has become increasingly important in the charitable sector.

Daniel Martin



Dan is a SENr Performance Nutritionist for the Professional Jockeys Association and the Injured Jockeys Fund, consulting to both organisations since 2013, and working alongside some of the UK's leading jockeys. His doctoral studies at LJMU are funded by the British Horseracing Authority investigating the nutritional practices of professional jockeys and the development of an industry-wide nutrition education platform.

Professor Keith George



Keith is a Professor of cardiovascular physiology at the School of Sport and Exercise Sciences at Liverpool John Moores University and the Associate Dean for Scholarship, Research and Knowledge Transfer in the Faculty of Science. He is a member of AWI expert team.

Professor Gareth Stratton



Professor Stratton is Deputy Pro-Vice Chancellor, Head of School and Director of the Applied Sports Exercise Technology and Medicine (A-STEM) Research Centre at Swansea University and adjunct Professor at the University of Western Australia. He has been involved in physical activity measurement studies for over 20 years and he continues his interest in the development of novel sensor technologies to detect and stimulate changes in physical activity and sedentary behaviour. Professor Stratton also led the initiative that resulted in the Liverpool Active City Strategy 2012-17 and spent 5 years as lead for Liverpool Active City Evaluation team.

Nicky Yates



Nicky Yates is the Strategic Physical Activity and Sport Development Manager at Liverpool City Council. She leads on the delivery of the Liverpool Active City Strategy 2014-21, working in partnership with the city's PAS Executive Board and PAS Strategic Stakeholder Group. Nicky first joined the Liverpool Active City Team in 2008, as Senior Active City Coordinator, and supported the development of the cross-sectoral approach across the city. Nicky has presented on the Liverpool Active City approach at several national and international events and is now leading on the city's application to become a Global Active City in 2018.

Mr Wolfgang Baumann



Wolfgang Baumann is the elected TAFISA Secretary General and works fulltime as the Executive Director of the TAFISA Office in Frankfurt/Germany. He is the former Deputy Secretary General of the DOSB. His international positions include his seat on the IOC Sport and Active Society Commission and he is the Vice President of the International Council of Sports Sciences and Physical Education (ICSSPE). He has contributed to and developed various international and national Sport for All programs and campaigns. His main working areas are marketing and management of Sport for All and comparative studies of Sport for All internationally. He has been consultant for Sport for All in more than 30 countries and invited as a speaker to numerous congresses and seminars worldwide. He has published on the topic in magazines, professional journals and books.

Anne Boyd



Anne is the award-winning Chief Executive of Active Cheshire; the lead body for physical activity and sport in the Cheshire and Warrington sub-region. She is born and bred in Cheshire where she lives with her 3 grown-up children. She has 20+ years of experience spanning public, private and voluntary sectors having held leadership positions within Sport England, NWDA, Local Government and her own award-winning business, which secured her a seat on a Prime-Ministerial think tank.

Professor John Somauroo

MB BS BMedSci(Hons) FRCP(Lond) FRCP(Edin) FFSEM



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Professor John Somauroo is Consultant Cardiologist, Sport and Exercise Cardiologist at Liverpool Heart & Chest and Countess of Chester Hospitals. He has Cardiology, Inherited Cardiac Conditions, Hypertrophic Cardiomyopathy, Sport and Exercise Cardiology clinics and performs specialist echocardiography for investigation of cardiomyopathies, coronary artery disease and valvular heart disease. Professor Somauroo has a Chair in Sport and Exercise Cardiology at Liverpool John Moores University. He has a large research database screening athletes worldwide from many sports including football, ultra-endurance running, boxing, cycling and the Nigerian Olympic team. He has co-written international guidelines and lectures worldwide on physiological changes in athletes' hearts and differentiation from cardiac disease. He is on the English Premiership Football Cardiac Screening Panel, has cardiac screened and investigated players from numerous football clubs throughout the UK and is Cardiologist to Liverpool Football Club. Professor Somauroo has been instrumental in cardiac screening of all rugby players prior to the Rugby World Cup (2013) and setting up pre-participation cardiac screening of many sports in Saudi Arabia (2014), Hong Kong (2016) and Egypt (2018).

Dr Denise Roche



Denise is a Senior Lecturer in Exercise Physiology at Liverpool Hope University and has been a researcher and academic for over 20 years. Denise is the Faculty of Science Postgraduate Research Director at LHU. Her own research focuses on exercise and chronic diseases, specifically cardiometabolic health, diabetes and the peripheral vascular system. Her research has been presented nationally and internationally and encompasses diverse populations, including patients with diabetes through to elite young athletes. Denise has previously been involved with Diabetes UK as an external research project grant reviewer.

Katie Coyle, Radox Health



Following a Masters in Chemistry and Chemistry degree from the University of Liverpool, Katie Coyle had secured a speciality in nanotechnology and science of nano-applications in the modern world. Katie has worked with Radox Health from day one helping to achieve the innovative visions of Dr. Peter FitzGerald CBE FREng DSc DL (CEO) and the teams at Radox Laboratories, developing a disruptive business model for Radox Health to bring to the public the science for saving lives.

Paul Smith, professional boxer



Paul Smith is a three-time World title challenger and two-time British title boxing champion. Hailing from a family of professional boxers, the Liverpoolian's love of the sport began from an early age when he represented England with the Rotunda Amateur Boxing Club in South Africa, Uzbekistan and Denmark. Since then, Paul's career has flourished and he has successfully competed in both middleweight and super-middleweight categories during his impressive professional career spanning over 10 years.

Sir Anthony McCoy OBE



Hailed as the greatest jump jockey of all time, Sir Anthony McCoy OBE recently ended a truly phenomenal career as Champion Jockey for the 20th consecutive year. "AP" as he is more commonly known, recorded an outstanding 4357 wins during his career, including the Grand National in 2010, the same year he was named 'BBC Sports Personality of the Year.' Part of the newly formed ITV Racing team, AP is also President of the Injured Jockeys Fund, President of the Professional Jockey's Association, and has recently opened an AP Academy for injured jockeys. Having last year been diagnosed with prediabetes, the precursor to type 2 diabetes, AP is currently campaigning for a national prediabetes screening programme.

Susan Hammond, Global Reagent Specialist – Biochemistry Assays.
Randox Laboratories Ltd



Susan graduated from Trinity College Dublin in 2002 and started work in Randox in 2003. Susan's role in Randox involves engaging with various laboratories, hospitals, institutes, and government organisations to keep them informed of current improvements in clinical testing. The information and feedback from our customers around the globe can drive R&D at Randox. For the past 4 years, Susan has focused on raising awareness of new biomarkers and bridging the gap between clinical research and clinical practice.

Frank Cogley



Frank is currently a Senior Adviser on Teacher Education at Liverpool Hope University and Chair of Governors of Hope Academy. A former Assistant Chief Executive of Cambridgeshire County Council and Chief Executive of the Northern Examination & Assessment Board, he was Liverpool's Director of Education for over ten years and Director of Schools for Liverpool Archdiocese for a further eleven. During a twenty-five year period, he served consecutively on the governing bodies of the City of Liverpool College, L.J.M.U., the University of Liverpool L.I.P.A. and Liverpool Hope University.

Frank has recently established 'The Tim Cogley Cardiac Screening Foundation' in memory of his youngest son, Tim, who died suddenly on 9th April, 2017. An apparently fit and healthy 6'5" 34 years old, Tim suffered a fatal heart attack triggered by 75% cholesterol clogging of a major artery, a condition previously unknown and undetected. The charity promotes understanding and awareness of coronary heart screening and will offer opportunities for screening the 18-40 year old target group in Merseyside.

Matthew McGovern, Olympic Sailor



Matt McGovern is an Irish Sailor, who, alongside his partner Ryan Seaton, became Ireland's most successful skiff duo in the Olympic 49er dinghy, after competing in the London 2012 and the Rio 2016 Olympics. From 2009 to 2016, Seaton and McGovern counted World Cup Medals, European regatta wins and Olympic race wins in London 2012, as well as making the Olympic Medal Race Final in Rio 2016. During the past year, Radox Health Ambassador Matt became a father for the first time and announced his retirement from sailing in early 2018.

Stephen Ryan, Head of the North Diabetes UK



Stephen is responsible for the regional teams supporting the North West and Northern and Yorkshire regions. He coordinates the delivery of Diabetes UK's national campaigns in the North of England, oversees the work of the teams, looks to develop partnerships within the third sector and with bodies such as universities, colleges and health service providers and speaks regularly at conferences and meetings.