

The Biomedical Basis of Elite Performance | The Queen Elizabeth II Conference Centre, London, UK | 19–21 March 2012

Monday 19 March 2012

Tuesday 20 March 2012

Wednesday 21 March 2012

08.00	Registration & refreshments	Registration & refreshments	Registration & refreshments	
08.20	Welcome and introduction Mike Spyer (<i>The Physiological Society, UK</i>)			
08.30 09.00 09.30 10.00 10.30	Published by <i>Experimental Physiology</i>	Cardiac, respiratory and vascular aspects of performance Chair: Michael White (<i>University of Birmingham, UK</i>)	Neuromuscular function, muscle phenotype and mass regulation Chair: Steve Harridge (<i>King's College London, UK</i>)	Thermoregulation Ron Maughan (<i>Loughborough University, UK</i>)
		Vascular adaptation in athletes: Is there an "Athlete's Artery"? Daniel J Green (<i>Liverpool John Moores University, UK</i>)	Central fatigue Simon Gandevia (<i>Neurosci. Res. Australia and UNSW, Sydney, Australia</i>)	Human thermoregulation and the cardiovascular system Jose Gonzalez-Alonso (<i>Brunel University, UK</i>)
		The athlete's heart Benjamin Levine (<i>University of Texas Southwestern Medical Center, USA</i>)	Satellite cells, myogenesis and training Peter Zammit (<i>King's College London, UK</i>)	Dehydration and exercise performance Mike Sawka (<i>Army Research Institute of Environmental Medicine, USA</i>)
		Respiratory/pulmonary system limitations to performance Markus Amann (<i>University of Utah, USA</i>)	Fibre type transition and training Stefano Schiaffino (<i>Università degli Studi di Padova, Italy</i>)	Brain temperature and exercise performance Lars Nybo (<i>University of Copenhagen, Denmark</i>)
		The cardiovascular system and the ageing athlete Douglas Seals (<i>University of Colorado, USA</i>)	Neural and muscular limitations in the Paralympic athlete Jan Lexell (<i>Lund University Hospital, Sweden</i>)	Genomics and exercise Chair: Carolyn Greig (<i>University of Edinburgh, UK</i>)
10.30	Cardiovascular limitations in the Paralympic athlete with a spinal cord injury Daniel Theisen (<i>CRP Santé, Luxembourg</i>)	Ageing human muscles and tendons: the master athlete Marco Narici (<i>Manchester Metropolitan University, UK</i>)	Inheritability of training Claude Bouchard (<i>Pennington Biomedical Research Center, USA</i>)	
11.00	Posters & refreshments	Posters & refreshments	Posters & refreshments	
12.00	Oral communications	The Science of Sport: How to Win Gold Schools competition, presentations and judging	Oral communications	
13.00	Posters & lunch	Posters & lunch	Posters & lunch	
14.00 14.30 15.00 15.30	Published by <i>British Journal of Pharmacology</i>	Drugs in sport Chair: Ian McGrath (<i>University of Glasgow, UK</i>)	Exercise metabolism Chair: Paul Greenhaff (<i>University of Nottingham, UK</i>)	Sports and exercise medicine Chair: Michael Kjaer (<i>University of Copenhagen, Denmark</i>)
		Erythropoietin and blood doping Carsten Lundby (<i>University of Zurich, Switzerland</i>)	Role of protein turnover in adaptation Phil Atherton (<i>University of Nottingham, UK</i>)	Exercise therapy – the public health message Steven Blair (<i>University of South Carolina, USA</i>)
		Drugs that are abused David Cowan (<i>King's College London, UK</i>)	Regulation and limitations to fat oxidation during exercise Bente Kiens (<i>University of Copenhagen, Denmark</i>)	Training and bone – from health to injury Magnus Karlsson (<i>Lund University, Sweden</i>)
		Testosterone in sport Fawzi Kadi (<i>Örebro University, Sweden</i>)	Carbohydrate metabolism during exercise and training Erik Richter (<i>University of Copenhagen, Denmark</i>)	Tendon overuse and development of injury Michael Kjær (<i>University of Copenhagen, Denmark</i>)
		The athlete biological passport Martial Saugy (<i>Swiss Laboratory for Doping Analyses, Epalinges, Switzerland</i>)	High intensity intermittent training Marty Gibala (<i>McMaster University, Canada</i>)	Rehabilitation of muscle after injury - role of anti-inflammatory drugs Peter Magnusson (<i>University of Copenhagen, Denmark</i>)
16.00	Bayliss-Starling Prize Lecture Title TBC Jerome A Dempsey (<i>University of Wisconsin-Madison, USA</i>)	Oral communications	Oral communications	
17.00	Posters & refreshments	Posters & refreshments	Posters & refreshments	
18.00	The biological basis for exercise and health Frank Booth (<i>University of Missouri, Columbia, USA</i>)	How science and medicine has changed how athletes train and perform Scott Drawer & Christian Cook (<i>UK Sport, UK</i>)	A life-time contribution to our understanding of the elite athlete Bengt Saltin (<i>University Hospital Copenhagen, Denmark</i>)	
19.00	End of day one	End of day two	End of day three	