

# THE STADIUM RUNNING UPDATE 2010

All the latest on optimal fuelling, recovery, injury management and prevention from some of Australia's leading sports practitioners.

## SEMINAR TOPICS

### What's new in sports medicine



#### Dr Sharon Flahive—Sports Physician

Dr Sharron Flahive is widely recognised as one of Sydney's leading Sports Physicians. She has practised medicine for over 21 years (15 years specialising in sports medicine) and is the sports physician at the NSW Waratahs.

### Food mistakes runners make



#### Susie Burrell—Sports Dietitian

Susie [www.susieburrell.com.au](http://www.susieburrell.com.au) is a sports dietitian who has worked with elite athletes for 10 years. She currently consults to the Parramatta Eels and is the consultant dietitian to leading supplement supplier Body Science. She also writes "Susie's Updates" which are distributed to 6000 subscribers.

### Strength training for runners



#### David Boyle—Fitness Coach

David Boyle is one of Australia's most experienced strength and conditioning coaches. A former professional rugby league player, David has worked with a number of elite level teams including the St George Illawarra Dragons, West Tigers and the South Sydney Rabbitohs, he is on the Board of Australian Strength and Conditioning Association and is currently working as a S & C Coach in the High Performance Unit at Australian Rugby.

### What hurts and how to stop it



#### Mick Moran—Sports Physiotherapist

Mick is an APA Sports Physiotherapist and is the principal of Stadium Sports Physiotherapy. Mick has worked with athletes of all levels for the last 15 years, particularly in track and field, swimming and triathlon. His special interest is in pelvic, hip and lower limb injuries, and he is currently consulting to the NSW Waratahs.

## SEMINAR DETAILS

**When:** Tuesday, March 23rd  
Arrive 7pm for 7:30pm start, till 9pm.

**Where:** The Stadium Orthopaedic & Sports Medicine Centre Moore Park Rd, Moore Park NSW.

**Parking:** Free parking is available in Gold Members car park at the SFS off Driver Avenue.

**Bookings:** E-Mail [susie@susieburrell.com.au](mailto:susie@susieburrell.com.au)

**As this is a free seminar, and numbers are limited, please book early to avoid disappointment.**

## MAKE YOUR BOOKING NOW



Help runners for all distances and levels

## PROUDLY SPONSORED BY



## FREE SEMINAR

