

**ESPRIT Annual Conference 2013**  
**Elite Sport Performance Research in Training**  
[www.esprit-sport.org](http://www.esprit-sport.org)



Friday, 15th November 2013, 11:00-17:00  
The Hamlyn Centre, Imperial College  
London SW7 5AZ, UK

---

11:00 Registration, Coffee and Demos

12:00 **Lunch, Networking and Demos**

12:45 Welcome - *Professor Guang-Zhong Yang, Imperial College London*

13:00 **G-theme** - *Dr. Benny Lo, Imperial College London*

13:20 **O-theme** - *Prof. Pankaj Vadgama, Queen Mary University*

13:40 **L-theme** - *Dr. Blair Crewther, Imperial College London*

14:00 **D-theme** - *Prof. Paul Conway & Andy West, Loughborough University*

14:20 Coffee Break and Demos

15:00 From Formula 1 to Health and Wellbeing - *Ms. Caroline Hargrove, McLaren*

15:30 Clinical Translation Highlights - *Mr. Richard Kwasnicki*

15.45 Sensor-Optimised Patient Outcomes - *Mr. Shehan Hettiaratchy*

16:00 Stress and Wellbeing - *Mr. Dan Leff*

16:30 ESPRIT: The Way Forward - *Prof. Guang-Zhong Yang*

17:00 Concluding Remarks