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Pavey headlines seminars

Jo Pavey is the headline star of an exciting line up of athletics professionals at the Brighton Marathon Weekend Seminars at the Brighton Centre this coming weekend.

Running from 11am to 5.30pm on Friday 10 April and 10am to 5.30pm on Saturday 11, the seminars offer a wide range of help and advice on running, nutrition and physiotherapy.

Whether there is interest in getting out and covering the all-important first mile or a full-blown marathon, all bases will be covered by a range of speakers.

Pavey, European champion at the age of forty, will be telling her fascinating story of how she became the oldest European champion in history 10 months after giving birth to her second child. She takes the stage at 4pm on Saturday.

Former London marathon winner and Commonwealth medallist, Mike Gratton, will be speaking from his wealth of experience as an elite marathon runner and author of training schedules which have been tried and tested over the years.

Other speakers throughout the two days include: Nick Anderson, Official Brighton Marathon Coach, who will be offering last minute tips on training and tactics; Nick Morgan from A Word on Nutrition recommending what to eat and how to fuel up during the final hours before the start and for the day and Dawn Buoy of Body Rehab Studios and Official Brighton Marathon physio who will advise on what not to do in the last 48hrs and advice on recovery post-event.

Away from the seminar room, Dawn is leading a team of physios offering massage to all comers at the Exhibition on Friday and Saturday. Places are filling up fast so the public is urged to sign up soon.

Over fifty years of experience in the field gives Nuffield Health, the non-profit making healthcare professionals, a unique insight into the health and wellbeing service they will share with the audience.

Samuel Pool and Laura Brooks will be sharing their views on 'The Influence of Sleep Quality on Performance and Wellbeing'.

The Brighton Marathon founders, former international Tim Hutchings and Race Director Tom Naylor, will take to the stage to tell their story from an insider's perspective.

Timetable

Friday 10 April

12.00 Tim Hutchings

12.30 Laura Brooks, Nuffield Health

13.00 Nick Anderson

13.30 Nick Morgan

14.00 Mike Gratton

14.30 Dawn Buoy

15.00 Laura Brooks, Nuffield Health

15.30 Nick Anderson

16.00 Nick Morgan

16.30 Dawn Buoy

17.00 Tom Naylor

17.30 Elite Athletes – Andrew Lemoncello and Aly Dixon

Saturday 11 April

10.00 Seminar screen

11.00 Nick Anderson

11.30 Samuel Pool, Nuffield Health

12.00 Nick Morgan

12.30 Mike Gratton

13.00 Dawn Buoy

13.30 Nick Morgan

14.00 Samuel Pool, Nuffield Health

14.30 Dawn Buoy

15:00 Nick Anderson

15:30 Tim Hutchings

16.00 Jo Pavey

16:30 Jo Pavey

17:00 Nick Morgan (TBC)

17:30 Nick Anderson (TBC)

<http://www.brightonmarathon.co.uk/>

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For more information contact: Press Officer Michael Butcher

michael.butcher@groundedevents.co.uk (Mobile 07801 826 593)

