

**AAI Endurance Coaches Network (ECN) 6 Speaker Line Up and Bios****Bobby Clay**

Bobby Clay is the 2015 European U20 Championships Gold medallist and globally a two time finalist at the IAAF World Junior Championships in 2014 and 2016. She was Great Britain's top ranked 1500m junior in 2015 and 2016 with numerous podiums and achievements across her track season. Bobby's has won multiple British Cross Country Series races between 2013-2016 and was 5th at the European Cross Country Championships in 2015. This sporting success came to a close at the end of 2016 after being diagnosed with osteoporosis. Bobby's brave and eloquent first-hand account of her experiences for Athletics Weekly has led to her story being picked up on by numerous national print, television and radio outlets. Despite these challenging circumstances Bobby is determined to speak out about her situation in order to help young girls in similar situations. She is as equally motivated to steadily build back her fitness and run once again.

**David Harmer**

David currently works as a National Endurance Coach with British Athletics based at the National Performance Institute at Loughborough. Previous to this role, David held the position of Head Track and Field and Cross Country Coach at the University of Colorado, Colorado Springs where he was on staff between 2007 and 2015. David holds an IAAF Level 5 Elite Coaching Award for Endurance, and has coached athletes on both Team USA and Great Britain to European and World Championships, as well as being on the coaching staffs for European, World and Olympic Championships for Great Britain and Team GB.

April 21<sup>st</sup> 2018**Sarah Jane McDonnell**

Sarah Jane graduated from Trinity College Dublin with a BSc Hons in Physiotherapy in 1998. She subsequently practised physiotherapy in Ireland, New Zealand and Australia before completing her Masters in Sports Physiotherapy from the University of Queensland, Australia in 2004. She also completed a masters in strength and conditioning in Edith Cowan, Perth in 2010. Sarah Jane has been working in the Sport Ireland Institute since 2001, and is currently Head of Rehabilitation. She was part of medical staff for Team Ireland at the 2008 Beijing Olympics, 2012 London Olympics & Paralympics, Rio 2016 and Pyeong Chang 2018. Sarah Jane has an extensive background of working in endurance sports: working with Rowing since 2005, Swimming 2009 and Athletics 2011.

**Sharon Madigan**

Sharon is the Head of Performance Nutrition at the Sport Ireland Institute and she works with many of our top athletes across a range of sports. She is responsible for the co-ordination of nutrition support services to elite athletes and lead service delivery to a number of national governing bodies. She has lectured in sports nutrition within the school of health and human performance at Dublin City University and provided support into projects with nutrition elements. I also delivered clinical service at Exwell Medical at DCU. Sharon is also a regular contributor to the Irish Runner magazine and speaker at many conferences throughout the year.