

Keynote Trent Stellingwerff**Chief Performance Officer, Canadian Sport Institute Pacific**

Dr. Trent Stellingwerff oversees health, performance, and R&D at CSI Pacific, directing research across multiple sports. A specialist in physiology, nutrition, and environmental adaptation (altitude & heat), he has worked with Canada's athletics, rowing, triathlon, and mountain bike teams. He co-chairs the Canadian REDs working group and has 150+ peer-reviewed publications in exercise physiology, muscle metabolism, and sports nutrition. Previously a Senior Scientist at PowerBar/Nestlé, he has contributed to IOC, FINA, UCI & World Athletics nutrition guidelines and supported athletes at four Olympic & Paralympic Games, four Commonwealth Games, and over 15 World Championships.

Alannah McKay**Senior Research Fellow, Australian Catholic University**

Alannah specializes in iron deficiency, female athlete health, low energy availability, and nutritional supplementation. She completed an industry-embedded PhD at UWA, AIS & WAIS, focusing on the impact of carbohydrate interventions on iron metabolism in elite endurance athletes. Now a Senior Research Fellow at ACU, she works under Prof. Louise Burke, leading projects on athlete nutrition and health.

Fiona Sutherland**Accredited Sports Dietitian & Director, The Mindful Dietitian**

Fiona has 20+ years of experience in eating disorders, body image & sports nutrition. She consults for Gymnastics Australia, The Australian Ballet School & Swimming Australia, co-leading Body Empowerment, an initiative creating safer spaces in sport. A respected speaker, educator, and advocate, she has designed and delivered training programs for health professionals and coaches locally and internationally.

Philippa Inge**Sport and Exercise Medicine Physician**

Philippa Inge (Pip) is a Sport and Exercise Medicine Physician based in Melbourne. She serves as the Deputy Chief Medical Officer for Cricket Australia and has worked with high-profile teams such as the Australian Women's Cricket Team. Pip has held key roles in major international events, including the ICC T20 Men's World Cup 2022 and the FIFA 2023 Women's World Cup. She is a passionate advocate for female athlete health, focusing on improving the return to exercise post-partum and optimising performance for women competing later in life.

Gary Slater**National Performance Nutrition Network Lead, AIS | SDA Fellow**

Gary Slater has worked in elite sport since 1996 and is a Sports Dietitians Australia Fellow. He leads the National Performance Nutrition Network at AIS and coordinates a Sports Nutrition Master's at the University of the Sunshine Coast. Gary played a key role in optimizing the Australian Olympic team's food environment in Paris, having previously supported teams at Tokyo 2020, the 2008 & 2016 Paralympics. He also sits on the AIS Sports Supplement Steering Committee, overseeing supplement classification.

Anthea Clarke**Senior Lecturer, La Trobe University**

Dr. Anthea Clarke specializes in physiology and applied sport science, with a research focus on female athlete health and performance. She has translated her work into practice, developing an online education course for coaches and practitioners working with female athletes.

Clair Sullivan**Professor of Digital Health, UQ | Consultant Endocrinologist**

Professor Clair Sullivan is a global leader in clinical informatics and digital health transformation. She directs UQ's Queensland Digital Health Centre and serves as a Consultant Endocrinologist. Recognized with the 2022 Telstra Brilliant Women in Digital Award, she has secured \$66M in funding and is ranked among the top 1% of Medical Informatics researchers.

Simone Allen**Advanced Sports Dietitian | Director, Nutrition Works**

With 20+ years' experience, Simone specialises in endurance nutrition, REDs, and disordered eating. She runs Nutrition Works in Perth and has worked with Basketball WA, WA Ballet, and the AFL West Coast Eagles (9 years). She also lectures at Curtin University and is part of the AIS Mental Health Referral Network.

Dr Emily Denniss**Lecturer | School of Health and Social Development**

Dr Denniss research specialises in public health nutrition and nutrition communication. Emily's research investigates social media-based health and nutrition communication, misinformation and the relationship between social media use and dietary patterns. Emily's work also focuses on ultra-processed food communication, including monitoring of how ultra-processed foods are discussed on social media, and developing strategies for raising awareness about their harms.

Michael Macartney**Senior Lecturer, University of Wollongong | Omega-3 Researcher**

Dr. Michael Macartney is a global leader in omega-3 EPA & DHA research, focusing on their role in human performance and recovery. A Senior Lecturer at UOW's Graduate School of Medicine, he specializes in biomarker-informed fatty acid strategies, optimizing omega-3 levels in heart, muscle, and brain tissue to enhance function and recovery. With 30+ peer-reviewed publications, he is a sought-after speaker at international conferences.

Sally Anderson**Advanced Sports Dietitian | Director, Apple to Zucchini**

Sally is an Advanced Sports Dietitian & Exercise Physiologist with expertise in adolescent athletes, female health, REDs & eating disorders. She founded Apple to Zucchini in 2006, now based at the Queensland Sports Medicine Centre. With experience at AIS, QAS, Diving Australia & Tennis Australia, her practice balances performance and health across diverse athletes.

Jessica Francis**Occupational Therapist & Digital Health Consultant**

Jess is a registered occupational therapist & digital health consultant, specializing in AI in healthcare. With experience in private practice, VR research, and digital health startups, she helps clinicians integrate emerging technologies. A finalist for Australian OT of the Year, she runs workshops and consulting to make AI practical for allied health professionals.

Chloe McLeod**Advanced Sports Dietitian**

Chloe McLeod is a leading nutrition expert, specializing in gut health, food intolerances, and sports nutrition. With over 16 years of experience, she has built and led multiple successful nutrition businesses, including successful divestments to larger market players, positioning herself as a key industry authority. Her strategic approach to nutrition services has helped elite teams, corporate organizations and healthcare providers optimize their nutrition programs, driving measurable success in health outcomes.

An Accredited Practicing Dietitian and Advanced Sports Dietitian, Chloe holds a Bachelor of Nutrition and Dietetics from Flinders University and a Master of Public Health from the University of Sydney. Her expertise and entrepreneurial mindset have made her one of the most sought-after nutrition consultants in Australia.

Dr. Matthew Cooke**Professor & Discipline Lead, La Trobe University**

Dr. Cooke is a leading researcher in food, nutrition, and human performance, with 150+ peer-reviewed papers and 4 book chapters. His work translates evidence-based nutrition strategies to optimize performance, health, and well-being. Recently, he has focused on the nutrition-microbiome-performance connection, leading multidisciplinary research teams and industry collaborations.

Dr. Wolfgang Marx**Senior Research Fellow & Deputy Director, Deakin University**

Dr. Marx is a global leader in Nutritional Psychiatry, specializing in diet-based mental health interventions. His research, featured in BMJ, World Psychiatry, and Nature Reviews, explores probiotics, nutraceuticals, and systematic reviews. As President of the International Society for Nutritional Psychiatry Research, he advances the integration of nutrition in mental health care and has been featured in The New York Times, National Geographic, and CNN.

Ali Disher**Advanced Sports Dietitian & Exercise Physiologist**

Ali is Swimming Australia's Performance Nutrition Lead and a consultant for QAS and Apple to Zucchini. With a Master of Philosophy in sports nutrition, she specializes in physique considerations in high-performance sport and body conversation strategies. She chairs the SDA Education Committee and has extensive experience in teaching and practicum supervision.

Alicia Edge**Performance Services Lead & Co-CEO, Compeat Performance**

Alicia leads Compeat Performance, a tech-driven nutrition company, working with Football Australia and high-performance teams. A former AIS dietitian, she drives innovation in nutrition monitoring and athlete care. In this session, Alicia shares insights on navigating sports tech, partnerships, and startup challenges, offering practical strategies for sports nutrition innovation.

Ethan Said

Ethan is an accredited practicing dietitian and sports dietitian. His main passion in dietetics is sports nutrition and in particular navigating the complexities involved in endurance sports and weight cutting sports in which he draws from both professional and personal experience. Ethan is currently pursuing his PhD which involves creating and supporting the use of a standardised diagnostic terminology in sports dietetics. Previously, Ethan has worked as a private practice dietitian engaging with patients with a wide range of needs.

Dr. Regina Belski

Professor, La Trobe University | Advanced Sports Dietitian

Dr. Belski is a highly respected researcher and clinician in sports dietetics, with a particular focus on athlete performance, metabolic health, and food systems. She has over 25 peer-reviewed publications and has developed internationally recognized tools like the Athletic Disordered Eating (ADE) Screening Tool. Her work spans a wide range of populations, including Olympic athletes, tactical operators, and military personnel, providing evidence-based solutions for nutrition optimization. She also serves as editor of the textbook Nutrition for Sport, Exercise and Performance.

Taryn Richardson

Advanced Sports Dietitian | Founder, Dietitian Approved

Taryn has nearly two decades of experience in high-performance sports nutrition. As a former Triathlon Australia Sports Dietitian, she worked with national triathlon and paratriathlon teams, guiding them through Olympic cycles. Taryn now leads Dietitian Approved and the Triathlon Nutrition Academy, where she translates elite sports nutrition principles into practical, evidence-based strategies for age-group triathletes around the world.

Dr. Rhiannon Snipe

Senior Lecturer, Deakin University | Advanced Sports Dietitian

Dr. Snipe specializes in female athlete physiology, particularly in understanding the impact of the menstrual cycle on performance, training, and health. Her research fills critical gaps in female sports nutrition and provides evidence-based recommendations to optimize health and performance for women in sport.

Kellie Hogan**B. Hlth Sci (Nutr&Diet) (Hons) APD, Adv. SD, SDA Fellow**

Kellie Hogan is an Accredited Practising Dietitian with 25 years of experience in elite sports nutrition. She has worked with the Queensland Academy of Sport (QAS) since 2004 and currently serves as the QAS Nutrition Lead. Her expertise extends to serving athletes in the Brisbane Swimming Hub. Kellie also has extensive experience consulting with high-performance teams like the Sunshine Coast Lightning National League Netball Team, Queensland and Australian Rugby Union, and the Gold Coast Titans NRL teams. In addition to her role with QAS, Kellie managed a successful private practice for 22 years. She has been a dedicated member of Sports Dietitians Australia (SDA) since 1997 and has held leadership positions, including a term as SDA President.

Dr. Georgie Buckley**PhD, Eating Disorder Dietitian & Advocate**

Dr. Georgie Buckley is a researcher and eating disorder dietitian with a focus on the social justice aspects of food, body image, and sport. Their PhD research delved into disordered eating among athletes, using a mixed methodology and critical theory. As a former athlete and someone who has experienced trauma and eating disorders within sport, Georgie advocates for cultural changes in sport to prevent exclusion and harm. Georgie also consults with sporting organisations to improve socioemotional cultures and tackle the impact of eating disorders on athletes' well-being.

Alice McNamara

Alice is a Melbourne-based Sport & Exercise Physician at the Victorian Institute of Sport and MP Sports Physicians. Alice has a special interest in endurance and female athletes and the health and longevity of runners (road and trail), cyclists, rowers and triathletes. Alice has long enjoyed the team-approach of supporting athletes and draws on positive experiences in her own care, during her 12-year career as an international lightweight rower with Rowing Australia. She was recently the Team Doctor for the Australian Opals at the Paris 2024 Olympic Games, and the AusCycling Para team at the Paris 2024 Paralympic Games.