

T1 WORKSHOP AGENDA

Date	Saturday, 14 th March 2015
Time	09.00am – 17.00pm
Location	The Swan Hotel at Streatley, Berkshire, RG8 9HR

Time	Topic & Speaker
9.00am	Welcome & Introduction Paul Ali & Shane Benzie, T-Series
9.15am	How to approach the T184 Nina Smith, T184 Finisher
10.15am	T184 Do's & Don'ts (Open Discussion) Paul Ali, T-Series
11.00am	Break
11.15am	Race Kit & Route Recce Dave Cox, T184 Finisher
11.45am	Race Nutrition & Hydration Shane Benzie, T-Series Racing / Extreme Adventure Foods
12.15pm	Lunch (opportunity to test Extreme Adventure Foods)
1.15pm	The Science behind Taping Paul Coker, Rocktape
2.00pm	Taping Practical Demonstration Paul Coker, Rocktape
2.45pm	Break
3.00pm	Navigation Ernie Jewson, T184 Finisher
3.30pm	Kent University Study Feedback Corinna Kehaya & Alistair McCormick, Kent University
4.30pm	Question & Answer Session Shane Benzie, T-Series
5.00pm	Close