



**British Section**  
Institute of Food Technologists

## **BINSTED LECTURE 2012**

19 April 2012 at 16.30 - Leatherhead Food Research, Leatherhead KT22 7RY

**to be given by Roger Clemens Dr PH - IFT President 2011/12**

### **Nutrition's Contribution to Performance in Sport - Realities & Myths**

Outstanding athletic performance requires good genes, disciplined training and appropriate nutrition. However, it is often 'novel' dietary interventions which feature in the headlines when nutrition's impact on sports performance comes to public attention.

**This lecture will address the challenge of separating fact from fiction in the complex world of nutrition to support performance, pointing to strategies which can make a real difference to the athlete's wellbeing in training and in competition. There are lessons here for us all.**

**Roger Clemens'** expertise in the fields of health, nutrition and food safety is widely sought after in the United States and internationally. He has served on numerous IFT expert panels including on the topics of functional foods and and risk



assessment of chemicals in food. He is a spokesperson for the American Society for Nutrition including for 'breaking news' on food, nutrition and health issues. In addition to his role as Chief Scientific Officer of E.T. Horn Company, he holds an adjunct appointment as Professor of Pharmacology and Pharmaceutical Sciences at University of South Carolina School of Pharmacy. Roger also served as Scientific Advisor to Nestlé for more than twenty years.

To attend please complete the attached booking form.

**The BINSTED Lecture is a feature event at the IFST Conference:**

**Nutrition for Olympians; Nutrition for All**

[http://www.ifst.org/upcoming\\_events/springconference2012/](http://www.ifst.org/upcoming_events/springconference2012/)

The **Binsted Lecture** is held annually by the British Section of the Institute of Food Technologists. The lecture is so called in honour of the late Raymond Binsted, a founder of the IFT, who formed the UK Chapter of the Institute at the time that the IFT was established. The IFT British Section (as it is now called) provides a focus for co-operation between the Institute of Food Technologists and the Institute of Food Science & Technology (IFST) - including in organising meetings such as this event.

# IFST 2012 spring conference and dinner registration form

I wish to register for:

**IFST Spring Conference and Dinner**  
**'Nutrition for Olympians – Nutrition for All. Lessons for food science and technology from the sports products sector'**

**And/or Binsted Lecture/Young Scientist 2012**

**Venue:** Leatherhead Food Research, Randalls Road, Leatherhead, Surrey, KT22 7RY

**Date:** Thursday 19th and Friday 20th April 2012

**Delegate Information** (Block capitals please)

|                           |  |
|---------------------------|--|
| Title (Dr/Mr/Mrs/Miss/Ms) |  |
| First Name                |  |
| Surname                   |  |
| Position                  |  |
| Company                   |  |
| Address                   |  |
|                           |  |
|                           |  |
| Postcode                  |  |
| Tel                       |  |
| Fax                       |  |
| Email                     |  |

**Special Dietary Requirements** (Please state)

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The information supplied will be used by Leatherhead Food Research to fulfil the request placed with us. Personal data will not be disclosed to any third parties except as required by law. We would like occasionally to inform you of products and services offered by Leatherhead Food Research that may be of interest. If are not a member of Leatherhead Food Research and do not wish to receive this information please tick the box ☐.

**Please return by email, fax or post to:**

Training Department, Leatherhead Food Research, Randalls Road, Leatherhead, Surrey, KT22 7RY

For further information see [www.leatherheadfood.com/ifst](http://www.leatherheadfood.com/ifst)

Tel: +44 (0)1372 822314 (direct line to Training)

Fax: +44 (0)1372 822374 E-mail: [training@leatherheadfood.com](mailto:training@leatherheadfood.com)

|                              |          |
|------------------------------|----------|
| <b>For Official Use Only</b> |          |
| Rec'd                        | Reg. No. |
| Ack'd                        |          |
| Inv. Date                    | Inv.     |

Cost per delegate (Payable to Leatherhead Food Research in advance of the event):

**IFST Spring Conference – 20th April**

(Please tick as appropriate)

- ☐ £80 (£66.67 + £13.33 VAT) IFST/SCI/IFT/  
Nutrition Society Member
- ☐ £150 (£125 + £25 VAT) Non-member
- ☐ £40 (£33.33 + £6.67 VAT) Student/Retired Member
- ☐ **Conference Dinner – 19th April** – £37.50 (there is no separate VAT element in this cost)

**Binsted Lecture and Young Scientist 2012 – 19th**

**April** (Please tick if attending)

- ☐ **Binsted Lecture** £15 (£12.50 + £2.50 VAT) if not attending the IFST Spring Conference
- ☐ **Binsted Lecture** (free if attending the IFST Spring Conference)
- ☐ **Student Competition** (free to all)

**EARLY BIRD DISCOUNT:**

**IFST members and non-members**  
**(exc. students/retired) Save £10 if you register and**  
**pay by credit card before 17th February 2012**

Fee enclosed £

(Leatherhead Food Research VAT No. GB 609 085 927)

Please invoice quoting PO No.

Our VAT No. (EC Countries only)

IFST is offering 3 months free Associate Membership (digital benefits) to non-members attending the conference. To accept this offer, please tick the box ☐.

I wish to pay by: ☐ Visa ☐ Mastercard ☐ American Express

Card No.

Expiry Date:

Security Code:

Signature

**Cancellations**

- More than 20 working days before the event, full refund.
- 10-20 working days before the event 50% of the fee will be refunded.
- Less than 10 working days before the event, no refund

**Substitutions**

May be made at any stage at no cost. All changes requested verbally must be confirmed in writing (a fax or e-mail is acceptable). Changes requested will become effective on the date of receipt of written confirmation. A local accommodation list and a location map will be sent with joining instructions and is also available on Leatherhead's website at:

[www.leatherheadfood.com/hotels](http://www.leatherheadfood.com/hotels)

[www.leatherheadfood.com/location-and-map](http://www.leatherheadfood.com/location-and-map)

Registrations are being administered by Leatherhead Food Research on behalf of the Institute of Food Science & Technology, Charity No. 1121681.



Institute of  
Food Science & Technology

Return by email, fax or post