**Speaker Biographies**

**Keynote speaker:**

**Professor Nicholas Peirce B Med Sci BMBS DRCOG MRCGP FRSIM FRACGP FFSEM**

Prof. Nick Peirce is Head of Service and an NHS Consultant in Sport and Exercise Medicine at Nottingham University Hospital, QMC, Nottingham. He is Chief Medical Officer for England and Wales Cricket Board and an Honorary Clinical Professor in Sports Medicine at Loughborough University. He is also a Special Consultant Advisor in Sports Medicine to Public Health England.

He has been in post as an NHS Consultant since 2001, currently supporting the Health Improvement Strategy, the National Centre for Sport and Exercise Medicine, Loughborough, the Active Hospitals Programme and Community MSK services. Previously he established a national clinic for exercisers with Type 1 diabetes, lead training programmes in the East Midlands, been a council member for the faculty for SEM and SAC, a national lead for national recruitment and workforce planning and worked with PHE in relation to recent campaigns for mental health. He currently supervises 6 PhDs at Bath, Loughborough, St George’s Hospital, Birmingham and Bangor University looking at mental health, injury surveillance, osteoarthritis, bone development, cardiac screening, biomechanics, spondylolysis, concussion and helmet design.

Following an MSc in Sports Medicine and an overseas Sports Medicine Fellowship at the Australian Institute of Sport, he has spent 7 years as Lead Physician for the English Institute of Sport at Loughborough University, CMO for GB World Class Canoeing Program 1997-2017, Great Britain Rowing, Team GB at Sydney and Athens Olympics and for LTA Great Britain Davis Cup team 2001-2007 until moving to cricket full time. He has attended and been adviser to ICC and Commonwealth Games. He was awarded the British Association of Sports Medicine travelling scholarship in 1998 and with the ECB won the BMJ award for Sport and Exercise Medicine Team of the year in 2013. He was Nottingham Forest lead doctor for nearly 20 years until retiring from football in 2018; over time this has seen the development of athlete medical services that have navigated trying to balance supporting high performance and wellbeing.

His work in cricket has seen high profile activity in relation to mental health but the interest in the area is long-standing, including establishing in-house elite sport clinical psychology services at the English Institute of Sport in 2005, PHE mental health campaigns, athlete and staff wellbeing strategies, chairing conferences in relation to well-being in elite sport and establishing a discrete Duty of Care department at the ECB that oversees health and safety across both the professional and recreational game.

**Symposium 1: Performance and mental health in professional cricket**

**Dan Ogden**

Dan is an ESRC PhD student at Loughborough University focusing on mental health in professional cricket. Through his PhD he intends to build an evidence base on which effective and proactive interventions can help enhance, protect, and support player’s mental health throughout their career. Also, he is a member of a joint wellbeing research initiative between Loughborough and Bangor University studying the mental health experiences of current UK female professional cricketers.

Dan works as a sport psychology mindset assistant with Loughborough Lightning Rugby and within the psychological and behavioural coaching division of a health tech start up. He gained a dissertation award in Sport & Social Sciences BSc from the University of Bath for his previous research on the psychosocial impacts of concussion in professional football. Also, Dan has an MSc in Sport & Exercise Psychology from Loughborough University where his research into UK male professional cricketer mental health was published in the Journal of Applied Sport Psychology.

Presentation: Dan will discuss findings from his recently published paper on the mental health experiences of UK male professional cricketers and expand upon the four key areas that impact on a cricketer’s mental health throughout their careers e.g. contracts, transitions, development of healthy habits and the coach-athlete relationship. He will then outline psychological skills and techniques that could be implemented to support cricketer mental health and performance.

**Dr Eleri Jones**

Dr Eleri Sian Jones is a researcher and practitioner in sport psychology and has a breadth of experience spanning over fifteen years. Eleri is part of the Institute for Psychology of Elite Performance (IPEP) at Bangor University and is accredited with the British Association of Sport and Exercise Science.

Eleri's main research focuses on performance anxiety and how athletes perform under pressure. She is particularly interested in our understanding of the performance anxiety response and how we can accurately measure this in athletes. Eleri is also interested in the relationship between performance anxiety and personality, as well as how social media usage impacts athletes’ performance anxiety. She has worked as an applied practitioner across a variety of sports and is a Sport Wales consultant for athletes based in North Wales.

Presentation: Eleri’s talk will focus on her work around creating up to date models and measurement of performance anxiety so that we can, a) accurately test theory and b) support athletes in pressured settings.

**Renee McGregor**

Renee is a leading sports and eating disorder specialist dietitian with 20 years of experience working in clinical and performance nutrition. She's worked with athletes across the globe including supporting Olympic (London, 2012), Paralympic (Rio, 2016) and Commonwealth (Queensland, 2018) teams. Renee is the founder of Team Renee McGregor, managing a team of practitioners, specialising in supporting individuals and athletes of all levels and ages, coaches, and sports science teams to provide nutritional strategies to enhance sports performance and manage eating disorders.

Renee is the Nutrition Lead for English and Scottish National Ballet, providing nutritional and clinical guidance for both performance and health, and for Ultra X. She is also one of the Team Managers for The GB 24 Hour Team. She provides support to big organisations including The North Face and Asics, ensuring athletes and ambassadors understand the importance of nutrition in optimising performance.

Renee is a best-selling author of four books including Training Food and Orthorexia, When Health Eating Goes Bad and her new book, More Fuel You is out June 2022. She writes a monthly column for Runners World and is often asked to comment and provide technical support on documentaries, news and media. She was the clinical advisor for the BBC documentary, Freddie Flintoff: Living with Bulimia. Renee can be found running the mountains and chasing the trails, most likely training for a crazy ultra-marathon. She recently became British Trail Running Champion in her age group over the short course.

Presentation: Renee will look at the importance of nutrition timing, understanding the principles of training low and discuss some of the main barriers that elite athletes face when ensuring optimal nutrition.

**Dr Thomas McCabe**

Dr McCabe is a consultant psychiatrist based in Glasgow, Scotland. He is the lead author on a comprehensive review of the existing literature of mental illness in elite level cricketers. He has published in leading journals on the topics of mental health and neurocognitive outcomes in professional footballers as well as leading a review into suicidality in sport. He is one of the first psychiatrists to work on mental health strategies for an elite level football and rugby club.

Presentation: Dr McCabe’s talk will review the medical evidence base on mental illness within professional cricket. This is topical given the latest high profile media awareness of player mental health.

**George Ely**

George is a third year PhD student at Bangor University. He is conducting research with the England and Wales Cricket Board (ECB) and Professional Cricketers Association (PCA) on mental health within professional cricket. Prior to his PhD, George has obtained a BSc in Applied Sport and Exercise Psychology and MSc in Sport Psychology at Liverpool John Moores University (LJMU).

Presentation: George’s presentation will discuss his online survey research on the impact of bio-secure bubbles on cricket players and staff mental health. This compared mental health markers inside and outside of bubbles, explored sex differences and the mediating role of satisfaction and frustration of basic psychological needs.

**Symposium 2: Supporting the female cricketer**

**Dr Amit D Mistry**

Dr Amit D. Mistry is a Consultant Sports Psychiatrist and current chair of RCPsych SEPSIG. He holds formal positions as Consultant Psychiatrist to England Women’s XI Cricket Team (ECB) and mental health advisor to Oxford University Sport (OUS). He holds a visiting clinical lecturer position at Queen Mary’s University London (QMUL) in Sport & Exercise Medicine (SEM).

Prior to the Tokyo Olympics (2020), Dr Mistry released his first co-edited book, “Case Studies in Sports Psychiatry” with Cambridge University Press. His peer-reviewed research is related to athlete mental health, wellbeing within the sport, leisure & fitness industry, exercise addiction and disordered eating.

Dr Mistry will be interviewing a former professional cricket player to discuss their journey through cricket, Covid-19, managing transitions and life after cricket.

**Developing a Wellbeing Structure in an Elite Cricket Environment**

**Dr Thamindu Wedatilake**

Dr Wedatilake is the Lead Physician and Clinical Lead for England Women’s Cricket. He has worked with the team in developing the current wellbeing strategy. He is also a Clinical Associate Professor in SEM at Nottingham University.  He has previously held NHS consultant posts at Leicestershire NHS Trust and Oxford University NHS Trust, since completing his consultant training in Oxford in 2012. He has multi-sport experience having worked at the English Institution of Sport and Southampton FC.

**Julie Paulding**

Julie Paulding is Performance Development and Welfare Coach at England Women’s Cricket and works across pathways and the regional game. She is the chairperson for the England Women’s Wellbeing Forum. Julie has worked as a personal development and welfare coach across several major sports and has also been an elite athlete herself competing in track cycling.

**Dr Phoebe Sanders**

Dr Sanders is the lead performance psychologist at England Women’s Cricket and works across all pathways within their programme. She has been instrumental in developing and delivering bespoke player management plans for various wellbeing and mental health needs within the England Women’s programme. She graduated from the University of Oxford in 2009 with an MA in Experimental Psychology, this was followed by a MSc in Sport and Exercise Psychology at Portsmouth University. Her PhD was completed at St Marys University. She has previously worked for GB Shooting as a lead psychologist.

Presentation: Dr Sander’s presentation will focus on practical applications of the wellbeing structure and performance psychology in the elite cricket environment.

**Dr Caz Nahman**

Dr Caz Nahman is a Child and Adolescent Psychiatrist originally from Nottingham, now based in Oxford working in a community eating disorders team. She recently completed additional training in sport psychiatry with the ISSP (International Society for Sport Psychiatry) and has started doing private work with athletes and her interests include; compulsive overexercise, youth sport, eating disorders in athletes, lifestyle psychiatry and medical education. In addition, she is keen to improve standards of care for athletes with mental health problems.

She is a previous executive committee member on the RCPsych Eating Disorder Faculty and is now finance officer/deputy chair of the RCPsych Sport Psychiatry Special Interest Group. She is a co-editor of the RCPsych book “New to Eating Disorders” – a supervision guide for staff new to the field and a chapter author of one of the Chapters in Case Studies in Sport Psychiatry.

Presentation: Dr Nahman will be presenting a case study of a female junior county cricket player with anxiety, perfectionism, possible autism spectrum condition and an eating disorder. In the last few years she has seen several other county cricket players with a similar presentation and will discuss possible reasons why and how we look after the wellbeing of our players.

**Symposium 3: Building diversity and community through cricket**

**Lachan Smith**

Lachlan Smith is the founder and chairperson of the Birmingham Unicorns Cricket Club. The club was established in 2020 as only the second-ever fully LGBTQ+ cricket club globally, following Graces Cricket Club's establishment in 1996 in London. Lachlan grew up in Australia, with cricket being integral to his childhood, playing throughout his teens and into his early twenties before coming out. However, as a gay man, he felt that cricket wasn't a place for him, and he quit the sport. Having emigrated to the UK, he only started playing cricket again ten years ago. It took another five years before he came out in cricket.

In the short time since establishing the Unicorns, Lachlan has worked closely with Graces, the ECB, and Warwickshire County Cricket Club and Board to provide club members with opportunities and to promote inclusivity in the sport. As part of this work, he has recently joined the Warwickshire Members Committee, bringing an open LGBTQ+ voice to cricket in the county. He is currently writing about his experiences as a gay man in cricket and the development of the Unicorns. Professionally, Lachlan is a director of Cloud Chamber, a research and evaluation consultancy, working across the higher education and charitable sectors focusing on Equality, Diversity and Inclusion.

Presentation: "Diversity and Inclusion are at the forefront of cricket following the testimony of Azeem Rafiq, highlighting inequalities and racism across the game. In this presentation Lachlan Smith outlines the development of LGBTQ+ inclusive cricket at the grassroots level in England, focusing on the experiences of the recently established Birmingham Unicorns Cricket Club. Consideration of the challenges, opportunities and plans for LGBTQ+ inclusion and growth are discussed, charting a path towards greater inclusion at all levels of cricket."

**Hayley Jarvis**

Hayley Jarvis is Head of Physical Activity at Mind. She joined Mind in 2015 with a background in inclusion and using sport for development. Hayley leads a wide portfolio of programmes at both ends of the performance pathway including:

* The legacy from Get Set to Go a Sport England and National Lottery funded programme which supported people with mental health problems to become active in their local communities through peer support.
* Mind's sector support programme including the Mental Health Charter for Sport and Recreation, Duty of Care for Elite Sport and work with sports ambassadors and supporters.
* Secured and leads the ‘On Your Side’ partnership with the English Football League and a range of football partnerships including the Mind Series.

Mind have developed a range of resources, toolkits, and training to embed learning across the sport and physical activity sector. In her spare time, Hayley is a mental health advocate and peer volunteer for Black Country Mental Health (formerly Dudley Mind).

Presentation: Hayley’s talk will cover working as a charity promoting physical activity and cricket in the community. Mind has been using sport and physical activity to support people to build resilience, support and enable mental health recovery and tackle stigma for over seven years. Hayley’s talk will explore:

* How the Get Set to Go programme funded by the Sport England and the National Lottery has inspired more organisations to use peer support in a physical activity setting to support mental health outcomes
* Sports brand partnerships raising awareness of mental health and suicide prevention
* Grassroots cricket and the opportunity to move more to support better mental health