

# Greater Peterborough Athletics Network

## Relative Energy Deficiency in Sport Workshop - How to fuel your running

**Wednesday 26<sup>th</sup> February 2020**  
**7.30pm – 9.30pm**

**Speakers: Dr Jess Piasecki and  
Dr Georgie Bruinvels**

Both speakers are international athletes and work in the field of Applied sport and Exercise Science. Both are working to raise awareness of RED-S among athletes at all levels.

Venue Details: The Pavilion, Embankment Track, Peterborough Regional Fitness and Swimming Centre, Bishop's Road, Peterborough PE1 5BW  
Free car parking at the Regional Pool.

**Open and free to all members of GPAN Clubs or runners thinking of joining a club**



[www.EnglandAthletics.org](http://www.EnglandAthletics.org)

