



09:00-09:30	Arrival (Coffee/Tea available until 11:00)	Name	Institution
09:30-10:00	Welcome address from Dr Josh Foster and Prof Mike Tipton MBE		
10:00-11:00	Oral Session 1 - Women's Health in the Heat (Chairs: Dr Tess Flood & Emma Lawrence)		
	Outdoor heat index and epidural-related maternal hyperthermia: a retrospective cohort study	Dr Andrea Navvaro	Imperial College London
	Sex differences in the thermophysiological responses to exercise-induced dehydration	Emma McClelland	Loughborough University
	Assessing the physiological impact of exercise in the heat at two phases of the menstrual cycle	Hannah Smallwood	Loughborough University
	Including women across the lifespan: building expert consensus in heat physiology research	Dr Jessica Mee	University of Worcester
11:00-12:00	Poster Session - **Posters available to view all day**		
12:00-13:00	Lunch Break		
13:00-14:30	Oral session 2 - Heat Physiology (Chairs: Dr Josh Foster & Dr Jennifer Peel)		
	Heat stress and physical performance quality during counter-chemical, biological, radiological and nuclear training	Freya Vimpathy-Preston	Imperial College London
	Energy metabolism and thermoregulatory responses to 32 h heat exposure in healthy, young adults	Sofia Pappa	Maastricht University
	Hot and bothered: an analysis of older adult's personal experience with hot weather in the UK	Kelly Ting	King's College London
	The impact of medical personal protective equipment (PPE) on neuromuscular performance	David Kerella	Imperial College London
	The impact of passive whole-body heat stress on sympathetic transduction to blood pressure in humans	Emily Whitehead	King's College London
	Cerebral and peripheral haemodynamic at rest and orthostasis during simulated heat wave	Dr Alexander Friend	Bangor University
14:30-15:00	Coffee Break		
15:00-16:15	Oral session 3 - Integrative Environmental Physiology (Chairs: Dr Pete Hodkinson & Noemi Hutubessy)		
	Torso heating improves finger blood flow, temperature and fine dexterity in the cold	Olivia Winther	QinetiQ
	Localised cooling downregulates acute inflammatory responses to repeated mechanical shearing at the heel skin in young and older adults and in spinal cord injury patients	Dr Charlotte Stevens	University of Southampton
	Interactions between normobaric hypoxia, hypocapnia and sub-maximal exercise	Aiden Coffey	King's College London
	Adaptations in systemic lipid transport and metabolism at high altitude in Himalayan sherpas	Dr Katie O'Brien	King's College London
	The effect of wearing a prototype spacesuit: an interdisciplinary human performance optimisation approach	Marcus Peach	University of Chichester
16:15-17:00	Closing Remarks & Awards Announcement		
17:00-20:00	Evening Drinks Reception		

Poster	Title	Name	Institution
1	Understanding the physiological impact of elevated temperatures on residents in vulnerable UK settings.	Dr Hannah Marshall	LSHTM
2	Controlled Repeated Altitude Exposure in a Hypobaric Chamber: A Study Protocol for Quantifying Decompression Stress Across Repeated Identical Exposures.	Dr Simon Cornelissen	King's College London
3	Developing a Risk Stratification Tool for Cold Sensitivity Through Expert Consensus and Content Appraisal.	Dr Jack Galsworthy	University of Portsmouth
4	Exercising Safely in Polluted Environments: Translating Climatic Physiology into AI Decision Support.	Dr Rochelle Velho	Keele University
5	Potential of a heated garment to enhance extremity cold protection and reduce the bulk of military helicopter aircrew cold weather clothing.	Dr Andy Weller	QinetiQ
6	Does Carbohydrate Glycaemic Index Modulate Thermoregulatory Strain and Physical Work Capacity During Heat Stress?	Alex Georgiou	University of East Anglia
7	Older adults' fluid balance and metabolic responses to a real-world heat wave in London	Anastasia Voica	King's College London
8	The effect of sauna use on sleep.	Naëlle Casterman	University of Portsmouth
9	Efficacy of wearable sensor-based monitoring to quantify physical activity and heat stress in children in sub-Saharan Africa.	Dr Bethany Skinner	University of Birmingham
10	Cooler offices for health and sustainability: reduced ambient temperature lowers postprandial glucose during simulated office work in young healthy individuals.	Dr Jan-Frieder Harmsen	Maastricht University
11	Developing improved predictive models of thermal protective clothing: where are validated bioheat models?	Jose Jovel	University of Porto
12	Seasonal variations in intravascular volumes and haemoglobin mass.	Joseph Killick	Cardiff Met University
13	Time course of heat shock proteins, inflammation, cardiovascular function and cognitive function following hot water immersion in healthy older adults.	Dr Daniel Piccolo	University of Portsmouth
14	Beat the heat: acclimation in para triathletes.	Sarah Schonenberg	Loughborough University
15	The impact of physical work in a hot environment on dynamic cerebral autoregulation to posture changes.	Jiarun Shen	Bangor University
16	The effect of wearing a prototype spacesuit: an interdisciplinary human performance optimisation approach.	Marcus Peach	University of Chichester
17	BNP and NT-proBNP responses to exercise-heat stress in healthy individuals with and without prior exertional heat illness.	Daniel Snape	Leeds Beckett University
18	The impact of progressive hyperthermia on cognitive small motor dual-task performance.	Lauren Horsbrough	Leeds Beckett University
19	Heat stress associated with Personal protective equipment: Impact on cognitive workload in surgical operators.	Rohan Boyapati	Imperial College London
20	Cerebrovascular and Peripheral Vascular Function are not Affected by Long-Term Passive Heat Acclimation in Endurance-Trained Runners.	Elliot Jenkins	Cardiff Met University
21	Menopausal women in a warming world: A methodological framework for thermoregulatory research.	Emma Lawrence	University of Worcester
22	Bilateral leg heating augments local hyperaemia during rest and walking in healthy humans: implications for heat therapy.	Yaldiz Kaymaz-Busra	Brunel University
23	Development of protocol simulating children's playground activity in different environmental conditions.	Dr Jennifer Peel	Loughborough University
24	Thermal and cardiovascular responses to sauna are attenuated by adding cold water immersion to cooling breaks.	Tomos Owen	Bangor University
25	Impact of occupational heat exposure on physiological stress within the ageing workforce	Shoji Leach	King's College London