

Roger Harris Memorial Seminar 17th October 2025 Downing College, Cambridge

Howard Foundation was an organiser and sponsor of a Memorial Seminar held in the Howard Theatre at Downing College, Cambridge on 17th October 2025 to honour the life and work of Roger Charles Harris (1944-2024), a colleague of Alan Howard and collaborator with the Foundation in scientific and commercial projects relating to Creatine.

Roger, a biochemist and PhD from Aberystwyth University, worked as a researcher in Sweden 1968-76 and 1982-3 at two hospitals and thereafter the Animal Health Trust and Chichester University. Earlier research had concluded that ingestion of Creatine did not improve athletic performance, but Roger's work after a gap of 15 years proved conclusively that it did and that it was safe to use. This led to Team GB's success in the 1992 Barcelona Olympics, in particular that of Lynford Christie who remains the oldest Olympic gold-medal winning sprinter to this day! The research of Roger and fellow Howard Foundation collaborator Eric Hultman (1925-2011) led to seminal scientific publications which remain authoritative works on exercise performance in humans and mammals.

Roger's work with Alan Howard was also based on extending the use of Creatine beyond athletes, so it could be considered as a nutritional supplement. Since Roger's 1992 scientific papers were published the number of researchers in this field has grown exponentially, and their work has confirmed that small doses of creatine taken daily can prevent malnutrition, boost stores and muscle performance, and improve cognition. This aspect was presented at the Seminar by Dr Rick Kreider of Texas A&M University and all the papers presented at the Seminar will be published in the Journal of Nutritional Physiology as a special issue under the title *"The Past, Present and Future of Creatine and Beta-Alanine Research – in honour of the scientific contributions of Professor Roger Harris"*.

In addition to contributions by Roger's former colleagues, many of whom being scientists he had mentored over many years, the Seminar was also attended by his family and friends, and concluded with personal tributes made by his daughter Natalia, and son Beorn. Thanks to generous sponsorship from companies he had worked with, all present were invited to attend a reception to join in a toast to Roger's life held at the Theatre, and a meal in a local restaurant afterwards.