

Professor Roger C Harris Memorial Scientific Meeting

Location: Howard Theatre, Downing College, University of Cambridge

Date: 17th October 2025

0900 – 09:30:

Introduction to the day

Mark LeDoux

Chief Executive Officer and Chairman of the Board of Directors, NAI

Session 1 – Timeline of Roger’s Scientific Career and His Major Contributions

0930-1000: The early days: St Erik's Hospital and Karolinska–

Prof Kent Sahlin

**The Swedish School of Sport and Health Sciences, GIH,
Stockholm, Sweden**

1000-1030: A move into equine's: Animal Health Trust

Dr David Marlin

Animalweb, Cambridge, UK

1030-1100: The rise of beta-alanine supplementation: University of Chichester

Prof Craig Sale

Manchester Metropolitan University

1100-1130:

Coffee break

1130-1200: The Inspiration on the Creatine Business at Alzchem

Dr. Ulrike Braun

Formely Alzchem, Creatine Business Development (Animal Nutrition)

Session 2 – Roger's Contribution to The Future of Creatine Research

1200-1230: Creatine for Health and Performance: The Impact of Roger Harris

Dr. Rick Kreider

Texas A&M University, United States

1230-1300: Creatine in Lifelong Nutrition: Expanding the Frontiers of a Conditionally Essential Nutrient

Prof. Serge Ostojic

University of Agder, Kristiansand, Norway and University of Pecs, Hungary

1300-1400:

LUNCH Break

Session 3 – Roger’s Contribution to the Future of Beta-Alanine/Carnosine Research

1400-1430: Muscle Ergogenic Supplements: From Carnosine to Beta-Alanine and Back to Carnosine Analogs

**Prof. Wim Derave
Gent University, Belgium**

1430-1500: From Chichester to Carnosine Saturation: A 26-Biopsy Tribute to Roger Harris

**Dr. Bryan Saunders
Sao Paulo University, Brazil**

1500-1530: Coffee Break

1530-1600: Progression of β -Alanine Research from the Athlete to the Older Adult

**Prof. Jay Hoffman
Ariel University, Israel**

Session 3 – Other Reflections

1600-1640: Roger’s Contributions, Legacy and Impact

**Prof. Paul Greenhaff
The David Greenfield Human Physiology Unit, School
of Life Sciences, University of Nottingham, Nottingham, UK**

1640-1700:

**Natalia Cadman
Reflections from the Family**