

**Human Nutrition and Exercise Research Centre**

**HNERC Research Day and Annual Lecture**

# Wednesday 4 October 2023

Time: 09:00 – 17:00

Venue: Room 2.16 Event Space, 2nd Floor, DMBB

**‘3 Minute Thesis’ Competition Guidelines**

PhD and final year Postgraduate students are invited to submit an abstract to be entered into the ***3 Minute Thesis*** competition. Abstracts will be judged, and 3 finalists will be selected to give a ***3 Minute Thesis*** oral presentation at the Research Day.

The presentations on the Research Day will be formally judged and 1st, 2nd and 3rd place prizes will be given. Presentation slots are 5 minutes [3 minutes presentation, 2 minutes Q&A].

**Submission:**

Abstracts must be submitted via email and sent to fiona.malcomson@newcastle.ac.uk by the deadline of **Wednesday 6th September**. Your abstract must be sent as a Word document.

**Please read the following checklist and make sure that your abstract complies:**

1. The title should be written in bold followed by the authors and affiliations underneath.
2. Please divide your abstract into the following headings:
* Introduction
* Methods
* Results
* Conclusions
1. The font should be Arial size 11 point with single line spacing and justified text alignment.
2. Tables and figures should not be included.
3. References are optional.
4. Abstract text should be limited to 250 words (excluding title, authors and affiliations)
5. Please send abstract as a Word document.

*Please find an example of an abstract below at the end of this documents.*

**Important dates and guidelines:**

* ‘3MT’ Abstract submission **deadline**: Wednesday 6th September
* Abstract review process: Thursday 7th - Friday 15th September
* Inform ‘3MT’ competition finalists of oral presentation: Monday 18th September
* ‘3MT’ finalists presentations are to be made on Microsoft PowerPoint and sent to fiona.malcomson@newcastle.ac.uk by **Friday 29th September**.

Please contact fiona.malcomson@newcastle.ac.uk if you have any queries about the ‘3MT’ competition.

Thank you

**HNERC Research Day Organising Committee:**

Laura Basterfield, Senior Research Associate, PHSI

Andrea Fairley, Lecturer in Human Nutrition & Dietetic, Biomedical, Nutritional & Sports Sciences

Yasmin Ibrahim, Project Administrator, FMS Professional Services

Fiona Malcomson, Senior Research Associate, PHSI

Alice Roberts, PGR, PHSI

***Example of an Abstract***

## Spatium, terminus ultimus. Hi sunt navigationes incepti sideris. Eius missio continua est ad quaerendam novam vitam novasque civilitates. Audacter ire quo nemo antecessit.

J Bloggs1, JL Picard1, M Bojra1, TLD Lee1, K Laine2, S.B. Kelly1, M. Bradburn1, N.K Ren2, A Ahmed1

1*Human Nutrition & Exercise Research Centre, Institute for Ageing and Health, Newcastle University, Newcastle upon Tyne, UK*

2*Institute of Food Research, Norwich Research Park, Norfolk, UK*

## Introduction

Nox atra est, et stellae clarae sunt, et mare obscurum est et altum, sed quem scio, tutum est et fovere, et dormire feruntur. Navicula undique et rotunda nulla maior quam tua manu est. Oceano longe a terra. Tolle velum modicum, accendite parvam lucem. Haec nocte ad hortum via.

## Methods

Nox atra est, et stellae clarae sunt, et mare obscurum est et altum, sed quem scio, tutum est et fovere, et dormire feruntur. Navicula undique et rotunda nulla maior quam tua manu est. Oceano longe a terra. Tolle velum modicum, accendite parvam lucem. Haec nocte ad hortum via.

## Results

Nox atra est, et stellae clarae sunt, et mare obscurum est et altum, sed quem scio, tutum est et fovere, et dormire feruntur. Navicula undique et rotunda nulla maior quam tua manu est. Oceano longe a terra. Tolle velum modicum, accendite parvam lucem. Haec nocte ad hortum via.

## Conclusions

Nox atra est, et stellae clarae sunt, et mare obscurum est et altum, sed quem scio, tutum est et fovere, et dormire feruntur. Navicula undique et rotunda nulla maior quam tua manu est. Oceano longe a terra. Tolle velum modicum, accendite parvam lucem. Haec nocte ad hortum via.