

Professor Cathy Speed

BMedSci BMBS Dip Sports Med MA PhD CCD FRCP FFSEM SFHEA

Professor Speed is a Consultant in Rheumatology, Sport & Exercise Medicine and is Professor of Sports Medicine & Human Performance at Cardiff Metropolitan University, UK. She is Lead Physician at the Fortius Clinic, London and is Clinical Director of the Centre for Human Performance, Cambridge.

She is Chief Medical Officer, GB Badminton, and was Senior Physician at the English Institute of Sport (2002 -2017) and Chief Medical Officer to Middlesex County Cricket and the Academy at the Lord's Ground, London, UK (2008-2016).

Roles have also included Physician at a number of Olympic and Commonwealth Games and Chief Medical Officer to Team GB Holding Camp for the Beijing Olympic Games.

Professor Speed has a very active role in teaching, research and education in the fields of Sport & Exercise Medicine and Rheumatology. She has been Senior Research Associate and Isaac Newton Teaching Fellow in the Department of Medicine, University of Cambridge. She is a Senior Fellow of the Higher Education Academy, UK, and is one of very few clinicians to hold this senior award in education. She is an Appraiser for the Faculty of Sport & Exercise Medicine, UK.

Her clinical interests include human performance, and the use of exercise and performance sciences in disease prevention and management. She also has interests in fatigue, bone health in young people, soft tissue injuries, and arthritis.

Her clinical practice blends her expertise in rheumatology, sports medicine and human physiology. She applies a holistic philosophy in the management of all of her patients, young and old.