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For more information about Loughborough University visit www.lboro.ac.uk

An electronic version of The View can be downloaded from www.lboro.ac.uk/theview

The View is published by the Public Relations Office, Loughborough University, Leicestershire, LE11 3TU

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Printed by McLays

This product is produced using vegetable based inks, using low VOC (Volatile Organic Compounds) printing processes on FSC certified paper and board, assuring that materials are sourced from properly managed forests and that materials have a full chain of custody from source to end user. The company operates ISO 14001 Environmental Management System certification, ensuring that all processes have documented procedures in place with regard to all environmental aspects.

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LOG ON TO...

LOUGHBOROUGH SLEEP EXPERT KEVIN MORGAN HAS TURNED TO THE INTERNET IN A BID TO HELP THE UK’S 6.4M INSOMNIACS ACCESS CBT-I, A TALKING THERAPY DEVELOPED BY THE UNIVERSITY’S CLINICAL SLEEP RESEARCH UNIT.

We’ve all been there, tossing and turning in bed, constantly looking at the clock, cursing our inability to get to sleep and feeling like death in the morning. Multiply that feeling several fold and you may get some idea how someone with chronic insomnia feels.

It is a distressing condition that affects 10% of the UK population. That’s a staggering 6.4 million people, whose lives – social and work – and relationships can be affected so badly there is an increased risk of depression.

So what do we do? We take sleeping tablets. Doctors hand out 12 prescriptions a year. We swallow between 120 and 168 million tablets annually. The cost? £25m.

But, sleeping tablets are not a cure, merely a quick fix. Worse still, they can lead to more problems – addiction, withdrawal problems and daytime drowsiness. Think of that the next time you are driving first thing in the morning.

There is, however, an alternative. It’s a ‘talking therapy’ called Cognitive Behavioural Therapy for Insomnia (CBT-I).

Effective programmes of CBT-I have been developed by Professor Kevin Morgan, Director of the Clinical Sleep Research Unit (CSRU) at Loughborough University School of Sport and Exercise Sciences, in collaboration with the Nottinghamshire Healthcare Trust (NHT) over the last 10 years.

These programmes, delivered by NHS therapists or available as ‘self-help’ packages, work on up to 80% of treated patients. But, getting the treatment programmes to the patients has proved a major challenge.

Why? Because the demand for treatment easily outstrips the supply of NHS therapists. So why not offer the self-help version to patients on the web? This, remember, is the online era, where social network sites like Facebook are de rigueur.
Professor Morgan said: “We developed this with an NHS Trust, Notts Healthcare, so they must have first pick. What we want to do now is get it distributed. We are also going to offer it to a commercial software partner.”

Last year, Loughborough’s CSRU and the NHT started Sleepful. The aim will be to position treatments like Sleepful at an ideal point in the patient’s excursion through NHS care. Professor Morgan said: “We developed this with an NHS Trust, Notts Healthcare, so they must have first pick.

“We have a product we know works. We know the therapy works. What we want to do now is get it distributed. We are also going to offer it to a commercial software partner.”

The process of making Sleepful more accessible should be helped by the presence of IAPT (Improving Access to Psychological Therapies), an initiative introduced by the last Labour Government.

Trained IAPT practitioners are now in primary care, and are capable of prescribing Sleepful, and monitoring patients on the self-help programme.

“We are working to make Sleepful available throughout the NHS,” said Professor Morgan.

The Sleepful team feel it’s ready to go. We are applying for additional NHS funding to support further development. Like all software solutions, Sleepful will remain a work in progress.

“We designed it with public money. It exists as a project, it is driven by good science and we know it works. It’s a product in waiting, we just need to get it out there.

“You can have one therapist who looks after many patients. They can steer them towards Sleepful.

That hugely amplifies the capacity of the therapist, but it also allows them to monitor the effective use of the self-help resources, which is quite different from telling someone to go away, read a book and listen to a CD.”

We like Professor Morgan is not anti-sleeping tablets but insists: “We are not long term answer to insomnia. “Insomnia doesn’t just affect your sleep, it affects your life,” he said. “CBT-I and Sleepful offer treatments which are lastingly effective.

“Talk to senior sleep physicians and they want their insomnia patients to get CBT-I.

“CBT-I is recommended by the NHS as the first-line treatment for insomnia – but it remains inaccessible for most patients.

“Sleeping tablets are effective, they do what is written on the tin. For a maximum of 21 days!”

“But show me the insomnia that lasts for only 21 days. Insomnia is a chronic problem, sleeping tablets are a short-term fix.”

Sleepful, says Professor Morgan, will be hugely important to insomniacs.

“On the other hand we have a technology (social networks) that we know is like flypaper.

“So why don’t we put the two together. That’s what Sleepful is all about.”

“We thought, ‘let’s see if we can mount an effective CBT-I programme on a social network platform’.

“We knew we had an effective self-help product because we had trialled it. So we took a CBT-I programme and dropped it into a sexy network to see whether we could make it work in a way that allows people to communicate with other people.

Now you can do computerised CBT for insomnia but you have all the benefits of social network. You can have FAQ, you can talk to people, upload photos etc.

“The bullet is the therapy. Sleepful is the gun. It’s a delivery mechanism. We are making it easy to access and use in a way that everyone expects stuff to be done today.”

Professor Morgan says some of the country’s leading sleep technicians were delighted with Sleepful. “They all said this is good, give it to us.”

So were people involved in a trial. “These were savvy people who are now working on getting Sleepful into GP practices for the benefit of the nation’s insomniacs.”

Kevin Morgan

"SLEEPFUL SUPPORTED MY THERAPY AND EXPLAINED WHAT I NEEDED TO DO."
BANKERS NOW DRINKING IN THE
LAST CHANCE SALOON

Words by Professor David Llewellyn
There is a public policy interest in enhancing corporate diversity in the financial system and it is for this reason that the government should commit to strengthening it.

However, I believe that, unless there is a fundamental change in banking culture, two trends will emerge: regulation will become yet more extensive and a focus should be more on culture that is based on ethical values than on formal regulation.

In fact, senior bankers have come to recognise all this which is why the major banks have supported the establishment of an independent Banking Standards Review Commission. Its remit will be to monitor bank practices and the way they deal with customers, and will highlight any bad practices it detects. This will include a ‘naming and shaming’ regime.

Regarding competition in banking, we argue strongly that this is more likely to be enhanced by diversity in banking and, in particular, with there being less emphasis on profit-maximising banks.

There are several advantages to such an oath in banking. Firstly, it could re-establish banking in the direction of being a true profession. The underlying principles of a profession are that there are collective standards which are universally agreed and accepted.

Secondly, it would represent a clear statement and constant reminder of the underlying values that should guide bankers in their decisions, not the least being placing the customer’s interest at the forefront at all times.

Thirdly, in the process it should have the effect of influencing the culture of banking which is a constant theme of our recommendations.

The Uth Oath which we suggest runs to around 200 words, the essence of which is: “…to behave in a manner that prioritises the needs of customers,… and to exhibit a duty of care above and beyond what is required by law,… it is my duty to conduct my business in an ethical manner,…”.

A central theme of our research, which was funded by the Economic and Social Research Council, is that banks have a corporate responsibility towards their customers and to society at large and should not be totally dominated by a desire to maximise profits.

We argued that such an oath is required in the culture of banking in many dimensions. The report suggests that only by a greater commitment to corporate responsibility in banking will consumer trust and confidence be restored.

There is a limit to what regulation can do without a major change in the underlying culture and ethos of banks, and a greater sense of corporate responsibility in the banking industry. Perhaps the focus should be more on culture that is based on ethical values than on formal regulation.

In fact, senior bankers have come to recognise all this which is why the major banks have supported the establishment of an Independent Banking Standards Review Commission.

In a nutshell, there needs to be nothing less than a major change in the culture of banking, and a greater focus on corporate responsibility by banks, including a move away from a sales focus.
NEW TECHNOLOGY PLUGS LEAKING PIPE PROBLEMS

WATER IS INCREDIBLY REGARDED AS A PRECIOUS RESOURCE, YET MORE THAN THREE BILLION LITRES ARE TYPICALLY LOST EACH DAY AS A RESULT OF LEAKING PIPES. WATER COMPANIES INVEST CONSIDERABLE TIME AND RESOURCES TRYING TO COMBAT THIS PERSISTENT PROBLEM.

NOW NEW TECHNOLOGY, DEVELOPED USING RESEARCH CONDUCTED AT Loughborough University IS HELPING THE INDUSTRY WIN THE WAR AGAINST LEAKING PIPES. THE VIEW FOUND OUT MORE FROM PROFESSOR NEIL DIXON FROM THE SCHOOL OF CIVIL AND BUILDING ENGINEERING.

The story begins in 2004 with a routine meeting between University academics and colleagues from the research team at Severn Trent Water (STW).

“At the meeting we discussed a range of issues of interest to them. One of the topics that came up strongly was the significant challenge faced detecting and locating leaks in pipes. They outlined that they use equipment called a correlator to detect leaks. These correlators, they said, work well on pipes made from steel and concrete but less well on plastic pipes which were being increasingly used as part of the programme of infrastructure improvement. We agreed to look at this for them,” explains Professor Dixon.

A small team was established. Professor Dixon’s background looking at acoustics in soil from failing slopes was directly relevant as was the acoustics, electronics and signal processing expertise of Dr James Flint, Head of the Communications Division in the University’s School of Electronic, Electrical and Systems Engineering.

A PhD student, who also had a background and interest in signal processing, was initially tasked with establishing the characteristics of noise typically generated by leaking plastic pipes. Extensive test pipe systems were established in the University laboratory and also outside where leaking buried pipes were tested so the team could understand and measure the noise generated from leaking pipes. Extensive testing also took place utilising the equipment and facilities at Lake House, STW’s training facility in Leicestershire.

“This was critical,” says Professor Dixon. “Understanding the characteristics of leaks and the frequency of signals they produce allowed us to better design the instrumentation to find them.” A working prototype was developed.

The PhD student then became a Research Associate and phase two of the project – a further three years – involved testing the systems in the field. It was vital to experience the practical problems faced on a day-to-day basis by operatives and examine how the modified system performed when compared with existing systems.

The work carried out demonstrated that the University system could detect leaks that the commercial system couldn’t and it located leaks more accurately. During this time the team optimised the specification of the improved system and detailed how it should be operated to obtain consistent results. This – the intellectual property of the system – was recorded and a patent established.

The lab and field trials convinced STW (who own the intellectual property) that they needed to identify a partner to help them commercialise the project. They chose Canadian company Echologics who are part of a much larger water distribution company in North America, Mullen.

“They had in mind a number of ideas for improving their correlator but as the trials showed that the University test system was consistently better than their own version this convinced them to enter into discussions with STW,” comments Professor Dixon.

Via a licence agreement with STW and over a period of two years, Echologics went on to build a number of correlators and undertake further testing, both in the UK with STW operatives and with their own operatives in North America. It out performed all other correlator systems.

“The benefits of our modified system rapidly become clear – a vast reduction in the amount of time needed to find and fix leaks in plastic pipes and a considerable reduction in the number of false excavations being carried out, STW estimated that if the performance demonstrated in trials were replicated across all UK water companies, savings of approximately £5m per annum could be achieved,” Professor Dixon outlines.

Remarkably it was also established the system could be used to find leaks by locating the listening sensors on the ground where access to an actual pipe was not available. This is thought to be a first.

The product was fully launched to the market as the Leakfinder ST in May 2014. There have been orders from both the UK and internationally, notably by the Water Industry Achievement Awards, where it won Most Innovative New Technology of the Year Award and the overall Outstanding Innovation Award 2014.

Professor Dixon concludes: “At the start we had no real expectations about what might be achieved. What we were able to do was optimize the system to detect, transmit and analyze the noise generated in a leaking pipe. We are delighted to have been at the forefront of developing this technology which has the ability to transform the capability of the water industry to respond to leaks in their infrastructure.”

WHAT IS A CORRELATOR AND WHY ARE THEY IMPORTANT?

A leak noise correlator is an instrument which listens to noise generated by water escaping from a leak at two remote locations. They are used to calculate where (in a buried pipe) the leak is located.

Locating leak positions accurately reduces the number of excavations necessary to find and repair the leaks which in turn means reduced costs of repairs and reduced loss of service.

HOW DO CORRELATORS WORK?

Sensors are placed at two locations on a pipe (typically at existing pipe access points such as stop cocks).

Noise generated by the leak sends sound waves along the pipe (noise dissipates quickly in plastic pipes).

Sensors pick up the sound waves, filter out some noise and then calculate the velocity of the noise signal generated by the leak travelling along the pipe.

A wireless signal of the leak noise is then transmitted from the two sensors to a central processing computer which analyses the pipe material with the noise frequency of the leak, the time it takes to reach the sensors and to calculate the distance from the sensors to the leak.
WHEN THE GRAPHIC IMAGES OF FLOODED HOMES ON THE SOMERSET LEVELS DOMINATED THE NEWS LAST WINTER, THE IMPACT RIVERS CAN AND DO HAVE ON COMMUNITIES BECAME ALL TOO CLEAR. QUESTIONS WERE ASKED OF POLITICIANS AND POLICY MAKERS WHY IS THIS HAPPENING AND WHAT CAN BE DONE TO STOP IT? ALISON BARLOW VISITED PROFESSOR STEPHEN RICE FROM THE UNIVERSITY’S DEPARTMENT OF GEOGRAPHY TO EXPLORE THE ISSUES AND FIND OUT ABOUT SOME INTERESTING LOUGHBOROUGH RESEARCH.

RIVER INVADERS
Our estimates for the summer months are that between 25% and 45% of sediment movement in the infested rivers can be attributed to the impact of crayfish. We expect... said Professor Rice.

As you might expect the research undertaken at Loughborough has attracted the interest of managers and policy makers, in particular the EA.* "Officers at the EA are... We are therefore working actively with them to establish the magnitude and spatial extent of this crayfish effect.

"The impact of our research to date is that we have added significantly to debate about fine sediment management and the implications for flooding, habitat... of invasive crayfish too if we want to get the maximum benefit out of the investment," concludes Professor Rice.

*EA are funding a current PhD student.
Quietly spoken, Rachel Thomson has an air of calm that belies the multi-faceted demands of her role as Dean. But underneath it’s obvious there’s a steady determination which drives everything she does.

“I’m very competitive,” Rachel readily admits. “If I decide to do something I have to do it to the best of my ability.” It’s a spirit that’s prevailed throughout her career. With a BA, MA and PhD under her belt, Rachel spent a further three years at Cambridge University as an Engineering and Physical Sciences Research Centre (EPSRC) Research Fellow. She was appointed to a lecturership at Loughborough in 1999, made senior lecturer five years later and in 2002 was promoted to a Chair in Materials Engineering, one of the youngest professors ever appointed at Loughborough. After a period as Head of the Department of Materials, this year Rachel became Dean of the School of Aeronautical, Automotive, Chemical and Materials Engineering.

Deans provide strategic leadership for academic Schools’ research, teaching and enterprise, as well as their administration. “It’s a really varied job,” says Rachel. “Yesterday, for instance, I had a meeting about a major capital project and how we might fund it and then I was involved in discussions about tiny deliveries to the building. The small things are just as important as the larger ones – they all contribute to the smooth running, and ultimately the success, of the School.”

On top of the strategic responsibilities a Dean’s role brings, Rachel is still teaching students and carrying out research. She’s currently involved in several active projects worth more than £5 million. “My research is focused on the fine scale changes that occur within the microstructure of a metallic alloy and the development of models that can predict this structural change. These can be used as a tool to predict the safe remaining service life of a component and to design new alloy systems that will out-perform existing materials.”

“In the last three years, the research has led to the development of two new alloys that could be used in next-generation power plants, for instance. The outcomes from our research have been manufactured at full scale and are currently being evaluated by our industrial partners.”

“Yes I’m a Dean, but I’m a researcher through and through. It will always be really exciting seeing your research come to life and to pass on your knowledge through your teaching.”

Inspiring the next generation is something Rachel cares deeply about. “When I became Dean I established a working group to support early career researchers, to help them build up their research track record and get their first job. It can be hard for anyone taking their first steps in their research career, but it’s particularly so for women, who can really struggle with continuity if they take time out to have a family.”

Next year the School plans to apply for an award under the Athena SWAN scheme – a national initiative which ultimately aims to increase the number of women working in science, technology, engineering, mathematics and medicine, traditionally known as STEM subjects. As she began looking at the application, Rachel became aware of the lack of women in senior positions within her own School. “Out of around 75 academic staff, I’m the only female Professor and we only have one female Reader. I suspect those statistics are similar around the country.”

Indeed it’s a fact borne out by the Commons Science and Technology Committee. In its report, ‘Women in scientific careers’, published this year, it stated that women were significantly under-represented in senior academic posts and high-tech industries. Just one-in-eight jobs requiring advanced STEM skills went to women, with family pressures and workplace prejudice cited as two of the primary reasons why women are falling by the wayside.

Despite a growing interest in science at school, less than 10% of professional engineers in the UK are women, and of the 1,395 women who achieved a degree in the major engineering disciplines in 2008-09, only 30% went on to a STEM-related profession. It’s a problem that’s been termed the ‘leaky pipeline’, with girls and women falling off the science and engineering career path at every stage of the route.

It’s a difficult issue to address, says Rachel. “In some countries they have adopted a policy of positive discrimination, but I’m not convinced that’s the way forward. I believe you have to make opportunities available to everyone, but ensure that women aren’t disadvantaged just because, for instance, they’ve taken time out for a family.”

It’s clear that Rachel is passionate about engineering and her appointment as Dean has brought new opportunities. “It means I can start to make at least some of my vision a reality,” she says. “I want everyone to contribute to the School’s development, to come forward with their ideas. We can’t do everything, of course, but if the ideas are on the table, at least we can include them in our considerations.”

Outside of work, Rachel is equally driven. “I ran the 5k Race for Life a few years ago and then decided to do a 10k, then a half marathon. I’ve now competed internationally for Great Britain in Duathlon, which is a run-cycle-run event. Last year I finished 5th in the World Championships in my age category,” she says with quiet pride.

Rachel was also a torch bearer for the London 2012 Games. “That characterises my career really. I’ve been able to take advantage of the opportunities that have come my way – if you like what you’re doing, you’re more likely to succeed.”

Ultimately it’s about doing the things you enjoy. If you like what you’re doing, you’re more likely to succeed.”
Loughborough University in London to host first ‘Spoke’ of the Advanced Propulsion Centre (APC)

The APC was established to position the UK as the global leader for the production and development of low carbon propulsion technology, forging partnerships between those who have good ideas and those who can bring them to market.

“Loughborough University has been training automotive engineers since 1919 and our research in powertrain engineering, propulsion and manufacture is recognised as world-class. Powertrain and propulsion development is a key strategic area for Loughborough: indeed earlier this year we announced a five-year investment of £1.5 million in research appointments, which will help us to develop the new advanced propulsion technology required for the move to zero emission vehicles. We are therefore exceptionally well-placed to support this very important and hugely exciting development.”

The Mayor of London, Boris Johnson, said: “This new facility at Here East in Queen Elizabeth Olympic Park will be at the heart of exciting and innovative developments linking the UK’s successful automotive industry with London’s thriving digital community. The capital has an incredible eco-system for businesses large and small and a burgeoning reputation as a global science and technology hub, which can be put to service creating jobs not just in London but throughout the country.”

“Loughborough has climbed three places to 15th in the latest annual Times Higher Education ‘Table of Tables’.”

Loughborough rises to 15th
in Times Higher Education ‘Table of Tables’

David Goldstone, Chief Executive of the London Legacy Development Corporation, said: “The Lower Lea Valley was once the industrial engine driving London’s economy. What better way to herald Stratford’s economic resurgence than for the first Spoke of this cutting edge technology to be based at Here East on Queen Elizabeth Olympic Park? The APC will be the partner for many truly exciting and innovative projects coming to the Park, creating jobs and developing some of the most sought after skills in the world.”

The APC was formed from a commitment between the Government and automotive industry through the Advanced Propulsion Centre. We will see £1 billion of Government and industry investment over the next ten years. The Business Secretary today announced £22 million of new investments in the latest round of advanced propulsion funding as part of the APC. So far in 2014, the APC has committed to projects which are equivalent in carbon reduction terms to the removal of 246,000 cars per year off the road.

It operates on a ‘Hub and Spoke’ model. The APC ‘Hub’ is located at the University of Warwick, with ‘Spokes’ as centres of excellence throughout the UK to realise the concept of a Propulsion Nation – a coordinated national resource of facilities and expertise.

The London Spoke will be a centre of excellence in digital engineering and test. Its vision was created by an impressive consortium comprising some of the automotive industry’s biggest names, such as Ford, McLaren, Cosworth, Ricardo and AVL, with the High Speed Sustainable Manufacturing Institute (HSSMI), an independent research organisation, and workleaders in 3D design software, Autodesk. The academic partners, led by Loughborough University and including University College London, Bath and Nottingham universities, will bring internationally-renowned research capability in low carbon technologies and deliver the talent pipeline for propulsion and powertrain development.

The Spoke’s location at Loughborough University in London, which is part of the Here East development on Queen Elizabeth Olympic Park, will enhance the APC’s visibility, reach and effectiveness among key decision makers and investors, strengthening its sphere of influence in order to attract to the UK further innovative businesses aligned to the automotive sector. The London Spoke will also be a base in the capital for the APC team.

Professor Robert Allison, Vice Chancellor and President of Loughborough University, said: “We are delighted that Loughborough University in London is to host this first, and highly important, Spoke of the Advanced Propulsion Centre.

“A Spoke’s location in the Here East development of one of the most dynamic and fast developing regions of the London will also ensure the APC has the visibility and connectivity it requires to achieve its ambitions.”

Loughborough University University Magazine

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Loughborough University University Magazine
The University of Leicester announced in February last year that the skeleton found in 2012 in the city by its team of archaeologists was that of Richard III, whose final resting place remained hidden for hundreds of years.

Experts from Loughborough University were invited to make a replica of the king’s skeleton, using the latest 3D printing techniques. Scans of the actual remains taken by the Leicester Royal Infirmary were sent to Loughborough, where they were transformed into a 3D computer model. Laser sintering was then used to create a physical replica of the skeleton. Laser sintering is a technique that uses a high power laser to fuse small particles of materials, in this case plastic, into a mass that has a three-dimensional shape.

Professor Russell Harris – head of the University’s Additive Manufacturing Research Group – who led Loughborough’s involvement in the project, said: “Generating the first 3D computer models was a very exciting moment. And later seeing the skull of Richard III emerge from the powder of the laser sintering machine in physical form was incredible.

“Our 3D printing and additive manufacturing activities span a great number of disciplines but this was an exceptionally rewarding case to be involved in. Working with Leicester on this remarkable discovery has been a privilege, and it is great that two neighbouring universities have been able to share expertise to create a lasting legacy to Richard III.”

King Richard III was defeated at the battle of Bosworth Field in 1485. His body, stripped and despoiled, was brought to Leicester where he was buried in the church of the Franciscan Friary, known as the Grey Friars. Over time the exact whereabouts of the Grey Friars became lost.

Following extensive research by the University of Leicester, in partnership with Leicester City Council and the Richard III Society, archaeologists were able to locate the former Grey Friars site and unearth the slain King’s remains.

Loughborough University in London will be housed on the Queen Elizabeth Olympic Park, in a section of the former Broadcast Centre. This is part of the wider Here East development – a world-class centre of innovation, education and enterprise, supporting the UK’s flourishing creative and digital industries.

Opening in 2015, Loughborough University in London will offer full and part-time postgraduate and executive programmes in business, innovation and entrepreneurship, digital technologies, media and creative industries, sports management, design management, and virtual/digital manufacturing.

Loughborough University in London will also enable the University to further its world-leading research and innovation activities, through expanded engagement with leading public and private sector companies, bringing direct benefits to society and the economy, both nationally and globally.

For more information about the opportunities available at Loughborough University in London, call 01509 222834, email London@lboro.ac.uk or follow us on Twitter – @lborolondon

Five star rating

Loughborough has achieved a five star rating in an independent assessment of its performance.

The QS Stars scheme provides institutions with a broad range of criteria that allows them to highlight their particular areas of excellence.

According to QS, a five star university is “world class in a broad range of areas, enjoys a high reputation and has cutting edge facilities and internationally renowned research and teaching faculty.”

The assessment looked at four core criteria – teaching, research, employability and internationalisation. It also assessed the University’s facilities, its innovation, including the number of research projects undertaken with external companies, and access – including the value and number of scholarships and bursaries available.

The review of Loughborough included an additional assessment of its performance in mechanical, manufacturing and aeronautical engineering.

Loughborough gained five stars for each of the areas in which it was assessed.

“To have received five stars right across the board is an outstanding achievement and confirms the breadth of excellence at Loughborough,” said Professor Robert Allison, the University’s Vice Chancellor.

“This rating puts us alongside some of the very best universities in the world.”
A SUMMER OF SPORTING SUCCESS

The summer of 2014 proved to be a successful one for Loughborough's athletes with a haul of medals picked up at the Commonwealth Games and at European Swimming and Athletics Championship events.

COMMONWEALTH GAMES

At the Glasgow 2014 Commonwealth Games Loughborough's athletics claimed 35 medals in seven different sports for three competing nations. If Loughborough was a country it would have finished 11th on the medal table. The tally of 35 medals would have been tenth highest, ahead of countries such as Kenya and Jamaica.

The first medal event saw University graduate Vicky Holland win the bronze medal in the women’s individual triathlon. Two days later Vicky also won Loughborough’s first gold medal as a member of the victorious England mixed team relay.

In swimming Loughborough’s contingent had a fine Games record, winning 12 medals. Many of the success was credited to University graduate James Gibson who now heads the British Swimming National Sprint Programme based on campus. Fran Hassall won four medals and became the first woman in Games history to win the 50m breaststroke and butterfly double, setting new Games records for both events.

Georgia Davies won the 50m backstroke for Wales in a new Games record. It was the second medal of the Games for Georgia, after winning silver in the 100m backstroke.

Loughborough’s athletes, including former students and those based at the British Athletics National Performance Institute on campus, won a total of 15 medals.

University graduate and Paralympic medallist Dan Greaves threw a stunning 59.21m in the third round, for a score of 1023, to secure the men’s discus F42/F44 title.

In squash University graduate the sport.

James Willstrop and Daryl Selby was the last Loughborough athlete in action. Daryl won the bronze medal in the men's doubles with partner James Willstrop.

Over 120 athletes with Loughborough connections competed at the Games. Further details can be found at: www.lboro.ac.uk/glasgow2014

EUROPEAN SWIMMING CHAMPIONSHIPS

Loughborough’s swimmers were in the medals at the European Championships held in the Netherlands and Germany.

At the IPC event held in Eindhoven double Paralympic Champion Ellie Simmonds, coached by Loughborough’s Steve Bayley, claimed a host of medals in the S6 400m Freestyle, the SM6 200m Individual Medley, and SB6 100m Breaststroke.

Elle broke her own World Record in the 200m Individual Medley to take the gold medal in a time of 3:04.07.

Current Sports Scholar Adam Barrett was also a gold medalist, as part of the men’s 4x100m Medley relay team that repeated their Commonwealth Games success.

Georgia Davies won bronze in the 100m Backstroke and silver in the 50m event. Georgia was also part of the women’s 4x100m Medley relay which claimed bronze.

In the hurdles events Loughborough’s athletes with a haul of medals picked up at the Commonwealth Games and at European Swimming and Athletics Championship events.

IPC EUROPEAN ATHLETICS CHAMPIONSHIPS, SWANSEA

Loughborough based athletes won nine medals.

Following success at the Glasgow 2014 Commonwealth Games University graduate Dan Greaves claimed his second title of the year and a European record, in the F44 discus with a throw of 62.34m.

Loughborough based Stef Reid won the gold medal in the T44 long jump with 5.32m. It was the first major title for Stef who recently broke the World Record with a jump of 5.47m at the Diamond League in Glasgow, and was the silver medalist at the London 2012 Games.

On the track Loughborough based Jonnie Peacock added the European title to his Paralympic and World gold medals, winning the T44 100m in a time of 11.26.

In the 400m Matthew Hudson-Smith won two medals, silver in the 400m and bronze in the 4x400m Individual Medley events. Molly Renshaw claimed the silver medal in the 200m Breaststroke in a British record time of 2:23.82.

Also in Berlin in the pool at the European Swimming Championships Loughborough based swimmers were part of the British team that topped the medal table with a total of 24. The five Loughborough swimmers won 11 medals between them.

Finn Hatfull led the way claiming a golden double in the 50m Backstroke and 50m Freestyle.

Finn was part of the victorious Great Britain team that won the 4x100m Medley relay at the World Record time of 3:44.02. Finn also won two bronze medals in the 50m Butterfly and the women’s 4x100m Medley relay.

Current Sports Scholar Adam Barrett was also a gold medalist, as part of the men’s 4x100m Medley relay team that repeated their Commonwealth Games success.

Georgia Davies won bronze in the 100m Medley and bronze in the 4x100 Freestyle relay teams. James also set a new British record in the S50 100m Butterfly finishing in fourth place.

At the European Open Water Swimming Championships Loughborough based Daniel Fogg secured the gold medal in the men’s 5km time trial in a time of 53:41.4.

Also in Berlin in the pool at the European Swimming Championships Loughborough based Sam Oldham helped England win the gold medal in the men’s team event.

Former Loughborough students and players Gisselle Ansley, Maddie Hinch, Laura Unsworth and Nicola White, were part of the England women’s hockey team that claimed the silver medal after a gripping final against Australia.

In men’s hockey the England squad, including six former Loughborough students and players, won the bronze medal match.

Lauren Smith, who will play for Loughborough Sport in the new National Badminton League, won two medals in her first Commonwealth Games.

In squash University graduate Daryl Selby was the last Loughborough athlete in action. Daryl won the bronze medal in the men’s doubles with partner James Willstrop.

Over 120 athletes with Loughborough connections competed at the Games. Further details can be found at: www.lboro.ac.uk/glasgow2014

EUROPEAN CHAMPIONSHIPS, ZURICH

Loughborough based athletes won nine medals, including six gold.

Former Sport Scholar Martyn Rooney claimed two gold medals – winning the 400m individual event ahead of teammate Matthew Hudson-Smith and by anchoring the Great Britain and Northern Ireland team to success in the 4x400m relay event.

In the 100m Loughborough based James Dasuwa took the gold medal with former Sports Scholar Harry Alkins-Arveytala taking the bronze. In the 200m Loughborough based Adam Gemili equalled his personal best time of 19.98 to claim the gold medal.

World champion Sophie Hahn won two individual silver medals in the T38 100m and the 400m – in a new personal best time. Loughborough based Bethany Woodward claimed the bronze medal in the T37 400m.

Sophie and Bethany were also part of the G8 & M T53-54 4x100m relay team that won the silver medal in a new British record of 53.84.

Also part of the GB & NI T35-38 4x100m relay team that won the silver medal in a new British record of 53.84.

On the track Loughborough’s athletes with a haul of medals picked up at the Commonwealth Games and at European Swimming and Athletics Championship events.

In the hurdles events Loughborough based Tiffany Porter won the women’s 100m hurdles, with University graduate Will Shuttleworth winning the silver medal in the men’s 110m hurdles.

Following on from her success at the Commonwealth Games Loughborough based Lynsay Sharp claimed another silver medal in the women’s 800m.
Loughborough confirmed as an official Team Base for Rugby World Cup 2015

Loughborough University will be a Team Base for Namibia, Tonga and Uruguay at Rugby World Cup 2015.

The Team Base will consist of outdoor pitches and indoor training facilities comprising the Sir David Wallace Sports Hall, 50 metre swimming pool and Powerhouse gym.

Ben Aremu, Sports Business Development Manager at Loughborough University said: “I am delighted that Loughborough University has been selected as an official Team Base for Rugby World Cup 2015, and that we will host some of the teams who will be playing matches in the Midlands region.

“We have built our reputation on sporting excellence and have vast experience of hosting elite teams that have competed at global sporting events. Therefore we look forward to welcoming teams onto our campus and supporting their preparations for the Tournament.”

England Rugby 2015, the Organising Committee for Rugby World Cup 2015 announced 41 Team Bases that will host the 20 participating teams during the Tournament, taking place in England and in Cardiff between September 18 and October 31 2015.

The search for Team Bases was launched via an open tender process in May 2013 and over 90 bids from across the country and in Wales were received.

Loughborough Sport compete in ground breaking National Badminton League

Loughborough Sport was narrowly defeated 3-2 by Team Derby in their opening fixture in the new National Badminton League.

In front of a packed crowd, and a live television audience, Loughborough clawed their way back in to the match to level at 2-2, following September for Horti Hurskaanen in the men’s singles and Lauren Smith/Chloe Birch in the women’s doubles.

But in the deciding match of the night Loughborough were to be denied victory as Team Derby claimed the men’s doubles.

After their victory in the women’s doubles Commonwealth Games medalist Lauren Smith said: “The atmosphere in here is amazing and absolutely bouncing! After Heri’s really good win being 2-0 down it’s lifted the whole team again, and everybody’s really fighting. The crowd have been awesome, it’s really good.”

The team will be back in action at home against NK Badminton on 27th April 2015. Tickets are available on the Loughborough Sport website.

Hockey legend supports Loughborough programme

Australian international Jamie Dwyer has visited Loughborough University to work alongside the performance hockey squads based on campus.

Jamie is a legend of the sport, winning every major event in the sport, including the Olympic Games in 2004 and the Hockey World Cup in 2010 and 2014.

Jamie spent a couple of days on campus to pass on his knowledge and experience about the game to the men’s and women’s squads.

Speaking of his visit Jamie Dwyer said: “I found out about Loughborough University through the International Hockey Federation (FIH) and they explained what they were doing with the University.

“It’s a brilliant place – the sporting facilities are world class and mind blowing.

“The hockey side of things was quite impressive with both the men’s and the women’s teams. The intensity of the training and the quality of the skills was really good. Hopefully I taught them a couple of things that will make them better hockey players and a better team.”

Loughborough Swimming’s Steve Bailey has been selected to work with the British Para-Swimming team in the lead up to the Rio 2016 Paralympic Games.

Steve, who is one of ten coaches selected to the Coach to Rio programme, has over 12 years of experience working in swimming at Loughborough.

He has attended a number of major championships and worked with some of the best swimmers in country, including Paralympic gold medalist Ellie Simmonds who has been part of the Loughborough set-up since August 2013.

Speaking of his selection Steve Bailey said: “Naturally I am delighted to have been given this opportunity to support our Paralympic swimmers who are currently working hard in preparation for the Rio 2016 Games.

“I hope that my knowledge and experience can be utilised to support the programme, and I look forward to playing my part in helping the swimmers to be successful at the Games.”

University Stadium hosts Manchester United return fixture

University Stadium hosts Manchester United return fixture

The International Cricket Council (ICC) has announced that the National Cricket Performance Centre (NCPC) at Loughborough University has been accredited as an ICC centre for testing suspected illegal bowling actions.

The NCPC is the fourth facility to be accredited for this purpose by the ICC, joining Cardiff Metropolitan University, Cricket Australia’s National Cricket Centre (Brisbane) and the Sri Ramachandra University (Chennai).

The ICC has provided its testing protocol, which includes a suite of testing equipment and software, to all four accredited centres, thereby ensuring a consistent and more accessible testing programme for international and domestic bowlers across the different facilities and countries.

Loughborough University’s Dr Mark King will act as the lead Human Movement Specialist in all testing cases at the NCPC, which can take place with immediate effect.

In addition to testing bowlers on behalf of the ICC, the ICC protocols can also be used to test bowlers on behalf of the ECB and other Boards.

Gold medallist Charlotte praises support from Peter Hamilton Centre

Colleagues at the Peter Hamilton Centre for Disability Sport are to continue supporting British Para-Alpine Skiing after the team returned from a successful 2014 Sochi Winter Olympic Games with five medals.

Kelly Gallagher and guide Charlotte Evans ended Britain’s 38-year wait for a first ever gold medal in skiing at the Winter Games after winning the women’s Super G event.

Earlier in the year the Centre welcomed back members of the team into the laboratory for physiological profiling in preparation for the new season ahead.

Speaking about the support that the Centre has provided Winter Olympic gold medallist Charlotte Evans said: “Coming here, I think that it has made us more professional. It’s a great opportunity for our team to have the best facilities and work with great people.

“On winning the Olympic gold medal Charlotte added: “It’s a team effort. It’s never an individual medal or a single win. There are a lot of people involved in getting you there.

“Loughborough has been a major part in letting us know how to prepare throughout the season.”

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Loughborough coach named in Parallel Swimming team

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