

Heather is a senior lecturer within the School of Sport, Health and Exercise Science and has been a member of the Extreme Environments Laboratory since 2007. Prior to that she worked at the Institute of Naval Medicine within the Environmental Medicine Unit for six years. Heather's research interests are in the area of human exposure to heat, cold and altitude and how we can prepare and mitigate the effects of these environments. More recently, she has become interested in establishing if these extreme environments have any benefits to health and wellbeing. As well as teaching undergraduate and postgraduate students, Heather provides advice and support to a range of companies, charities and the media. In her spare time Heather is a keen open water swimmer having successfully completed a solo crossing of the English Channel numerous other open water swims including a 4 women relay round the Isle of Wight in 2014 as well as representing GB in the 2017 World Ice Swimming Championships.