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Timothy David Noakes is a South African scientist, and an emeritus professor in the Division of Exercise Science and Sports Medicine at the University of Cape Town. He is also a member of the National Research Foundation, who list him as one of their highest-rated members. He has run more than 70 marathons and ultramarathons, and is the author of several books on exercise and diet. He is known for his work in sports science and for his support of a low-carbohydrate, high-fat diet, as set out in

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Prof. Noakes is available to speak at functions and lectures. All funds raised will be accredited to the Foundation's non-profit research. Book Tim for a Talk >

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Tim Noakes takes us through running distances and how to best use carbs. We have spoken at

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length about endurance athletes on the Banting or LCHF diet and how they can follow the LCHF or Banting Diet to improve their running performance. We talked about running, cycling and triathlon, particularly the long stuff on the Banting Diet.

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