CURRICULUM VITAE

NAME: Louise Mary Burke OAM

ADDRESS: Department of Sports Nutrition
Australian Institute of Sport
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DATE OF BIRTH: May 21, 1959

MARITAL STATUS Married to Professor John Hawley
Children: Jack Burke Hawley (3/2/2004)

QUALIFICATIONS: 1990: Doctor of Philosophy, Deakin University, Australia
1981: Graduate Diploma of Dietetics, Deakin University
1980: Bachelor of Science (Nutrition), Deakin University
Accredited Practising Dietitian

PRESENT EMPLOYMENT

1990 - Head, Department of Sports Nutrition
Australian Institute of Sport, Canberra, Australia
Responsible for running a department providing clinical counselling and education of athletes, research, student supervision and teaching, development of education resources, organisation of food service, and consultancy to National Sporting Organisations

Other major appointments

2003 - Nutrition Working Group
IOC Medical Commission, International Olympic Committee

2006 - Honorary Chair in Sports Nutrition
Faculty of Health and Behavioural Sciences
Deakin University, Melbourne, Australia

EMPLOYMENT HISTORY:

Recent sporting appointments

2006 -2010 Member, Medical and Anti-Doping Commission, International Association of Athletics Federations

2006 -2008 Consultant dietitian, St Kilda Football Club, Melbourne

Major academic appointments:

2006 -2009 Honorary Chair in Sports Nutrition, Faculty of Health and Behavioural Sciences Deakin University, Melbourne, Australia

2002 – 2005 Visiting Professor of Sports Nutrition (secondment to 50% appointment) Faculty of Health and Behavioural Sciences, Deakin University, Melbourne Responsible for academic leadership, and contribution to teaching, learning and research in undergraduate and post-graduate programs

1994-2003: Lecturer, Masters Degrees in Sports Medicine and Sports Physiotherapy, Australian Institute of Sport and University of Canberra.

1993-2000: Preparation of Sports Nutrition module for Monash University Medical School Distance Education program (Graduate Diploma of Family Medicine).

1989-2005: Convenor and lecturer, Sports Nutrition Course for Dietitians, a project of Sports Dietitians Australia (formerly a joint project of Dietitians Association of Australia and Sports Medicine Australia).

1987-1988: Joint co-ordinator and lecturer, Nutrition Unit, Melbourne College of Advanced Education (now University of Melbourne) Department of Biology.

Regular professional and public lecturing, with professional appointments including:

1983-1990: Sports Medicine Australia, Australian Coaching Council, National Sporting Organisations, Lincoln Institute of Health Sciences (now University of Melbourne), Triathlon Coaching School Victoria, Victorian Branch of Royal Australian College of General Practitioners,

SPORTS NUTRITION CONSULTANCY

Clinical counselling in sports nutrition (1984-1990)

1986-1990: Prahran Sports Medicine Centre, Melbourne.
1985-1990: Malvern Sports Medicine Centre, Melbourne.
1987: Winning Edge Gym, Melbourne.
1984-1986: Melbourne City Baths Sports Medicine Centre.

Private sports nutrition consultancy

Major clients include:

1996-2000: The Swimmer magazine (Australian Swimming Inc. magazine)
1993-2000: Australian Coaching Council: collaborative production of Winning Diet for Sport Video series.
1998-2000 Triathlon and Multi-sport magazine

1997:	Mars Incorporated and FIFA: preparation of nutrition slide set in conjunction with 1998 World Cup.
1996-1997:	Australian Golfing Life magazine.
1994:	National Food Authority: preparation of report on sports foods
1993-1997:	Australian Triathlete magazine.
1994:	PowerBar, Australia.
1992-1994:	Kelloggs - spokesperson for Ready Set Go cereal and for Aussie Sport Ready Set Go program in primary schools
1990-1994:	Effem Foods - including member of editorial board for Food for Life Performance Magazine.
1988-1993:	Australian Fitness and Training magazine, now Ultrafit magazine.
1988-1993:	Australian Triathlon Sports Magazine.
1988-1993:	Qantas Melbourne marathon, formerly Budget Melbourne marathon and Big M Melbourne marathon.
1990:	Uncle Tobys Pty Ltd.
1989-1990:	Horleys Health Limited, New Zealand.
1989-1990:	Richmond Football Club, Australian Football League.
1988-1991:	Ballarat College of Advanced Education (Human Performance Unit).
1988:	Ultimate Sports Club (Home Fitness Videos).
1988:	Essendon Football Club, Victorian Football League.
1987-1988:	Bio-Organics Pty Ltd: Development of Maximum sports drink and RDI multivitamin supplement.
1987:	Australian UBER cup badminton team.
1985-1988:	Phillip Institute of Victoria, Melbourne (Human Performance Unit).
1985-1987:	Australian Runner magazine.
1985-1986:	Geelong Football Club, Victorian Football League.
1986:	Victorian Athletic Association/Australian Sugar Industry (preparation of sports nutrition booklet for Athletics Beyond 2000 program).
1985:	Australia Games, Melbourne.
1983-1985:	Victorian Amateur Weightlifting Association and Hawthorn Weightlifting Club.
1983-1984:	Carlton Football Club, Victorian Football League.
1980-1982:	St. Kilda Football Club, Victorian Football League.

CLINICAL DIETETICS

1989:	St Francis Xavier Cabrini Hospital, Melbourne: (part-time) locum dietitian
1987-1988:	Box Hill Hospital, Melbourne: locum dietitian (part-time).
1985-1987:	St. Andrews Consulting Rooms and Box Hill Medical Gardens (Mr Andrew Jamieson - obesity surgeon) - Clinical dietitian/research assistant
1984:	Epworth Hospital, Melbourne: locum dietitian (Dec).
1984:	Royal Melbourne Hospital, Melbourne: locum dietitian (August-Nov).
1981-1984:	East Bentleigh Community Health Centre, Melbourne Community Health dietitian.

RESEARCH GRANTS AS PRINCIPAL OR KEY RESEARCHER

2012-2013 **Effect of pantothenic acid Enhancing muscle metabolic function and performance via optimisation of Coenzyme A concentrations**
Funding: Australian Sports Research Program Big Ideas Fund ($110,000.
Collaborative project with Professor Roger Harris, retired, Chichester University, UK; Dr Trent Stellingwerff, Canadian Pacific Sports Centre, AIS Physique and Fuel Centre

2012-2013 **Effect of dairy-based high-protein, variable-carbohydrate diets and exercise on muscle maintenance and movement**
Funding: Dairy Health and Nutrition Consortium ($500,000)
Collaborative project with Professor John Hawley, RMIT University, Prof Stuart Phillips, McMaster University, Canada and AIS Physique and Fuel Centre

2010-2013 **Optimising exercise and nutrition throughout the Life Cycle**
Study 1. The effect of the daily pattern of dietary protein intake on muscle protein synthesis and whole body net protein balance after exercise
Funding: ARC Linkage Grant LP100100010: (Total budget: $662,000)
Collaborative project with Professor John Hawley, RMIT University, Prof Stuart Phillips, McMaster University, Canada and Dr Trent Stellingwerff, Nestle Research Centre, Switzerland

2010-2011 **Chronic beta-alanine supplementation and training and race performance of elite Australian swimmers**
Funding: Australian Sports Research Program Olympic Sports Fund, Victoria University, AIS Sports Nutrition ($21,000)
Collaborative project with Swimming Australia, Professor Davis Bishop, Victoria University, Physiology Discipline of the Australian Institute of Sport.
Supervision of Doctoral Student, Weiliang Chung

2008 **Pre-cooling strategies and the performance of a cycling time-trial**
Funding: Nestle Australia ($42,000) Research Program Discretionary Grant ($15,000)
Collaborative project with Australian Institute of Sport Department of Physiology

2007 **The pattern of amino acid delivery on the protein synthetic response to resistance training**
Funding: Nestec Ltd, ($130,000) and Australian Institute of Sport Research Program Discretionary Grant ($15,000)
Collaborative project with Dr Kevin Tipton, University of Birmingham, Professor John Hawley, RMIT University

2005 **The effects of caffeine supplementation on swimming performance in elite swimmers**
Funding: Australian Institute of Sport Research Program Discretionary Grant ($10,000)
Collaborative project with AIS Department of Physiology

2003-5 **The effects of intake of protein foods on plasma amino acid responses**
Funding: Nestec (Nestle Switzerland) ($73,000)
Collaborative project with Assoc Professor David Cameron-Smith, Deakin University

2003-4 **The effects of carbohydrate intake on performance of a half-marathon**
Funding: Australian Institute of Sport Research Program Discretionary Grant ($27,000)
Collaborative project with AIS Department of Physiology and Track and Field Program

2002 **The effects of addition of amino acids to a sports drink on metabolism and performance of prolonged cycling ("Accelerade" study)**
Funding: Australian Institute of Sport Research Program Discretionary Grant ($25,000)
Collaborative project with AIS Department of Physiology

2002 **The effects of fat adaptation and carbohydrate restoration on metabolism and performance of prolonged cycling (Part 5)**
Funding: Australian Institute of Sport Research Program Collaborative Grant ($25,000), AIS Research Program Discretionary Grant ($15,000), Deakin University ($10,000)
Collaborative project with Professors Mark Hargreaves (Deakin University) and John Hawley, (RMIT University)

2001 **The effect of Coca Cola intake late in exercise on metabolism and performance**
Collaborative supervision of honours student Paul Montgomery with Dr Alan Roberts (University of Canberra)
Funding: Sports Science/Sports Medicine Research Grant, Australian Institute of Sport ($10,000), University of Canberra ($10,000) and Nestle Australia ($5000)

2001 **The effect of adaptation to a high fat diet on maximum rate of fat oxidation (fat study part 4)**
Collaborative project with Professors John Hawley, (RMIT University) and Mark Hargreaves (Deakin University), Greg Cox and Andrea Braakhuis (Dept of Sports Nutrition) and Megan Anderson (Department of Physiology)
Funding: Nestle Australia ($40,000)

2000-2001 **The effect of individual coding of dietary records on nutritional assessment of athletes**
Supervision of Fellowship projects of 2000 Nestle Fellow Kelly Meredith and 2001 Nestle Fellow Andrea Braakhuis
Funding: Sports Science/Sports Medicine Research Grant, Australian Institute of Sport ($10,000)

2000 **The effect of adaptation to a high fat diet on metabolism and performance during prolonged cycling: part 3 – Ultraendurance cycling**
Collaborative supervision with Prof John Hawley of honours students Andrew

Cameron and Heidi Staudacher (RMIT University)
Funding: Nestle ($20,000)

1999-2000 **Effect of different caffeine intake strategies on metabolism and performance during prolonged cycling**
Collaborative project with Dr Dave Martin, Angie Moquin (Dept of Physiology and Applied Nutrition), Prof John Hawley, Clinton Bruce (RMIT University) and Ben Desbrow, Greg Cox (Dept of Sports Nutrition)
Funding: Nestle ($40,000)

1999-2000 **The effect of creatine supplementation on soccer performance in elite female players**
Collaborative project with Greg Cox (Sports Nutrition Department) and Doug Tumilty (Department of Physiology and Applied Nutrition)
Funding: Sports Science/Sports Medicine Research Grant, Australian Institute of Sport ($5,000)

1999: **The effect of adaptation to a high fat diet on metabolism and performance during prolonged cycling: part 2.**
Collaborative project with Prof Mark Hargreaves, Prof Greg Collier and Dr David Cameron-Smith (Deakin University), Dr Mark Febbraio and Damien Angus (University of Melbourne), and Prof John Hawley (RMIT University).
Funding: Kelloggs Incorporated ($28,800)

1998: **The effect of adaptation to a high fat diet on metabolism and performance during prolonged cycling: part 1.**

Collaborative project with Prof Mark Hargreaves (Deakin University), Dr Mark Febbraio and Damien Angus (University of Melbourne), and Dr John Hawley (Visiting Research Fellow).
Funding: Sports Science/Sports Medicine Research Grant, Australian Institute of Sport ($20,000)

1998: **Altered availability of plasma free fatty acids on metabolism and performance of high-intensity cycling**
Collaborative project with Prof John Hawley (Visiting Research Fellow), and Dr Dave Martin (Dept of Physiology and Applied Nutrition)
Funding: Sports Science/Sports Medicine Research Grant, Australian Institute of Sport ($7000)

1997: **The effect of carbohydrate loading on the performance of a stochastic cycling task when carbohydrate is fed during exercise.**
Collaborative project with Prof Timothy Noakes and Dr John Hawley (University of Cape Town).
Funding: Sasko Bokomo (70,000 SAR)

1997: **The effect of glycemic index of the pre-exercise meal on performance of prolonged moderate exercise with carbohydrate ingestion.**
Collaborative project with Prof Timothy Noakes and Dr John Hawley (University

of Cape Town).
Funding: Potato Producers Organisation of South Africa (38,000 SAR)

1996: **The effect of carbohydrate intake on soccer-specific skill and sprint performance in the heat.**
Collaborative project with Gary Slater (Sports Nutrition Department) and Doug Tumilty (Department of Physiology and Applied Nutrition)
Funding: Berrivale Fruit Juices (Isosport Sports drink) ($20,000)

1994-5: **Muscle glycogen synthesis following prolonged exercise: the effect of alcohol intake.**
Collaborative project with Dr Mark Hargreaves (University of Melbourne) and Dr Greg Collier (Deakin University).
Funding: Applied Sports Research Program Grant, National Sports Research Centre ($15,000)

1993: **Muscle glycogen synthesis following prolonged exercise: the effect of co-ingestion of fat and protein with carbohydrate feedings.**
Collaborative project with Dr Mark Hargreaves (University of Melbourne) and Dr Greg Collier (Deakin University).
Funding: Applied Sports Research Program Grant, National Sports Research Centre ($10,000)

1993: **The effect of oral creatine supplementation on sprint performance of elite swimmers.**
Collaborative project with Dr David Pyne (Department of Physiology and Applied Nutrition)
Funding: Sports Science/ Sports Medicine Research Grant, Australian Institute of Sport ($2,000)

1992-1998: **Body weight changes and voluntary fluid intake practices of elite athletes during training and competition.**
Supervision of ongoing research project undertaken by Sports Nutrition Fellows at AIS: Mareeta Grundy (1992), Prue Heeley (1993), Liz Broad (1994), Greg Cox (1995), Gary Slater (1996), Natasha Porter (1997), Michelle Murfet (1998).
Funding: Berrivale Fruit Juices Fellowship (Isosport Sports Drink) ($35,000 pa)

1992: **Muscle glycogen synthesis following prolonged exercise: the effect of timing of carbohydrate feedings.**
Colaborative project with Dr Mark Hargreaves (University of Melbourne) and Dr Greg Collier (Deakin University).
Funding: Applied Sports Research Program Grant, National Sports Research Centre ($10,000)

1990-1: **Muscle glycogen synthesis following prolonged exercise: the effect of the glycemic index of carbohydrate feedings.**
Collaborative project with Dr Mark Hargreaves (University of Melbourne) and Dr Greg Collier (Deakin University).
Funding: Effem Foods, Australia ($15,000)

1987: **Effect of glucose polymer and starch feedings on cycling performance during a simulated 100km time trial**
Collaborative project with Dr John Carlson (Footscray Institute of Technology) and Dr Greg Collier (University of Melbourne).
Funding: Bio-Organics Australia ($6,000)

SUPERVISION OF DOCTORAL PROGRAMS (CO-SUPERVISION OR IN-FIELD SUPERVISION OF DOCTORAL STUDENTS)

Completed programs

2011 Amelia Carr (University of Western Australia)
Greg Cox (Deakin University, Victoria)

Programs in progress

Megan Ross (Edith Cowan University, Western Australia)
Weiliang Chung (Victoria University, Victoria)
Matt Hoon (University of Sydney)
Alisa Nana (RMIT University, Victoria)

PUBLICATIONS

Peer reviewed journals: cited in MEDLINE

116. Currell K, Moore DR, Peeling P, **Burke LM**, Stear SJ, Castell LM. A--Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance. Part 28. *Br J Sports Med* 46: 75-76, 2012.

115. Nana A, Slater GR, Hopkins WG, **Burke LM.** Effects of daily activities on DXA measurements of body composition in active people. *Med Sci Sports Exerc* 44(1): 180-189, 2012

114. Maughan, R.J & Burke, L.M. (2011). Practical nutrition recommendations for the athlete. In R.J. Maughan & L.M. Burke (Eds.), *Sports Nutrition: More Than Just Calories – Triggers for Adaptation* (pp 131-149). Switzerland: Nestec Ltd., Vevey and S. Karger AG, Basel

113. Philp, A., Burke, L.M. & Baar, K. (2011). Altering Endogenous Carbohydrate Availability to Support Training Adaptations. In R.J. Maughan & L.M. Burke (Eds.), *Sports Nutrition: More Than Just Calories – Triggers for Adaptation* (pp 19-37). Switzerland: Nestec Ltd., Vevey and S. Karger AG, Basel

112. Jones AM, Haramizu S, Ranchordas M, **Burke LM**, Stear SJ, Castell LM. A--Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance. Part 27. *Br J Sports Med* 45: 1246-48, 2011.

111. Burd NA, Jeukendrup A, Reid MB, **Burke LM**, Stear SJ, Castell LM. A--Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance. Part 26. *Br J Sports Med* 45: 1163-64, 2011

110. **Burke LM,** Hawley JA, Wong SH, Jeukendrup AE. Carbohydrates for training and competition. *J Sports Sci* 29 (suppl 1): S17-S27, 2011

109. Stellingwerff T, Maughan RJ, **Burke LM.** Nutrition for power sports: Middle-distance running, track cycling, rowing, canoeing/kayaking, and swimming. *J Sports Sci* 29 (suppl 1): S79-S89, 2011

108. West DW, Burd NA, Coffey VG, Baker SK, **Burke LM,** Hawley JA, Moore DR, Stellingwerff T, Phillips SM. Rapid aminoacidemia enhances myofibrillar protein synthesis and anabolic intramuscular signaling responses after resistance exercise. *Am J Clin Nutr* 94; 795-803, 2011

107. Lundy B, Miller JC, Jackson K, Senchina DS, **Burke LM**, Stear SJ, Castell LM. A--Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance. Part 25. *Br J Sports Med* 45: 1077-1078, 2011.

106. Calbet JA, Mooren FC, **Burke LM**, Stear SJ, Castell LM. A--Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance. Part 24. *Br J Sports Med* 45: 1005-1007, 2011.

105. Ranchordas MK, Blomstrand E, Calder PC, **Burke LM**, Stear SJ, Castell LM. A--Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids

for health and performance. Part 23. *Br J Sports Med* 45: 830-831, 2011.

104. Carr AJ, Slater GJ, Gore CJ, Dawson B, **Burke LM.** Effect of Sodium Bicarbonate on [HCO_3^-], pH, and Gastrointestinal Symptoms . *Int J Sports Nutr Exerc Metabol.* 21, 189-194, 2011

103. Geyer H, Braun H, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance. Part 22. *Br J Sports Med* 45: 752-754, 2011.

102. Goodman C, Peeling P, Ranchordas MK, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance. Part 21. *Br J Sports Med* 45: 677-679, 2011.

101. Currell K, Derave W, Everaert I, McNaughton L, Slater G, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance. Part 20. *Br J Sports Med* 45: 530-532, 2011.

100. Hawley JA, **Burke LM**, Phillips SM, Spriet LL. Nutritional modulation of training-induced skeletal muscle adaptation. *J Appl Physiol* 110; 834-845, 2011

99. **Burke LM,** Stear SJ, Lobb A, Ellison M, Castell LM. BJSM reviews: A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: part 19. *Br J Sports Med*. 45: 456-458, 2011

98. Newsholme P, Krause M, Newsholme E, Stear SJ, Burke LM, Castell LM. BJSM reviews: A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: part 18. *Br J Sports Med*. 45: 230-232, 2011

97. Senchina DS, Bermon S, Stear SJ, **Burke LM,** Castell LM. BJSM reviews: A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: Part 17. *Br J Sports Med.* 45: 150-151, 2011

96. Yeo WK, Carey AL, **Burke LM,** Spriet LL, Hawley JA. Fat adaptation in well-trained athletes: effects on cell metabolism. *Appl Physiol Nutr Metab* 34: 12-22, 2011

95. Ross ML, Garvican LA, Jeacocke NA, Laursen PB, Abbiss CR, Martin DT, **Burke LM.** Novel pre-cooling strategy enhances time trial cycling in the heat. *Med Sci Sports Exerc*. 43: 123-133, 2011

94. Manore M, Meeusen R, Roelands B, Moran S, Popple AD, Naylor MJ, **Burke LM,** Stear SJ, Castell LM. BJSM reviews: A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: part 16. *Br J Sports Med*. 45: 73-74, 2011

93. Mujika I, **Burke LM**. Nutrition in team sports. *Ann Nutr Metab* 57 (suppl 2): 26-35, 2010

92. Nieman DC, Stear SJ, Castell LM, **Burke LM**. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: part 15. *Br J Sports Med*. 44: 1202-1205, 2010

91. Calder PC, Lindley MR, **Burke LM**, Stear SJ, Castell LM. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 14. *Br J Sports Med.* 44: 1065-1067, 2010

90. Beelen M, **Burke LM.,** Gibala MJ, van Loon LJC. Nutritional strategies to promote postexercise recovery. *Int J Sports Nutr Exerc Metabol.* 20, 515-532, 2010

89. Bergeron MJ, Senchina DS, **Burke LM,** Stear SJ, Castell LM. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 13. *Br J Sports Med*. 44: 985-986, 2010

88. Currell K, Syed A, Dziedzic CE, King DS, Spriet LL, Collins J, Castell LM, **Burke LM,** Stear SJ. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 12. *Br J Sports Med*. 44: 905-907, 2010

87. **Burke LM**. Fueling strategies to optimize performance: training high or training low? *Scand J Med Sci Sports*. 20 (Suppl. 2): 11–21, 2010

86. Hawley JA, **Burke LM.** Carbohydrate availability and training adaptation: effects on cell metabolism. *Exerc Sport Sci Rev.* 38, 4, 152-160, 2010.

85. Cox GR, Snow R, **Burke LM.** Race-day carbohydrate intakes of elite triathletes contesting Olympic-distance triathlon events. *Int J Sports Nutr Exerc Metabol.* 20, 299-306, 2010

84. Poortmans JR, Rawson ES, **Burke LM,** Stear SJ, Castell LM. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 11. *Br J Sports Med*. 44: 765-766, 2010

83. Stear SJ, Castell LM, **Burke LM,** Jeacocke N, Ekblom B, Shing C, Calder PC, Lewis N. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 10. *Br J Sports Med*. 44: 688-690, 2010

82. Castell LM, **Burke LM,** Stear SJ, Pearce J, Borchers JR, Kaeding CC, Rawson ES, Shaw G, Burke LM. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 9. *Br J Sports Med*. 44: 609-611, 2010

81. Cox GR, Clark SA, Cox AJ, Halson SL, Hargreaves M, Hawley JA, Jeacocke N, Snow RJ, Yeo WK, **Burke LM.** Daily training with high carbohydrate availability increases exogenous carbohydrate oxidation during endurance cycling. *J Appl Physiol*. 109: 126-134, 2010.

80. **Burke LM**. Fasting and recovery from exercise. *Brit J Sports Med* 44: 502-508, 2010

79. Castell LM, **Burke LM,** Stear SJ, Maughan RJ. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 8. *Br J Sports Med*. 44: 486-470, 2010

78. **Burke LM,** Castell LM, Stear SJ, Houtkooper L, Manore M, Senchina D. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 7. *Br J Sports Med*. 44: 389-391, 2010.

77. Stear SJ, Castell LM, **Burke LM,** Spriet. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 6. *Br J Sports Med*. 44: 297-298, 2010.

76. Jeacocke NA, **Burke LM**. Methods to standardize dietary intake before performance testing. *Int J Sport Nutr Exerc Metab* 20: 87-103, 2010

75. Castell LM, **Burke LM**, Stear SJ, McNaughton LR, Harris RC. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 5. *Br J Sports Med*. 44: 77-78, 2010

74. **Burke LM,** Castell LM, Stear SJ, Rogers PJ, Blomstrand E, Gurr S, Stephens FB, Greenhaff PL. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 4. *Br J Sports Med*. 43: 1088-1090, 2009

73. Stear SJ, **Burke LM,** Castell LM. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 3. *Br J Sports Med*. 43: 890-892, 2009

72. Castell LM, **Burke LM**, Stear SJ. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 2. *Br J Sports Med*. 43: 808-810, 2009

71. **Burke LM**, Castell LM, Stear SJ. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 1. *Br J Sports Med*. 43: 728-729, 2009

70. **Burke LM**. Caffeine and sports performance. *Appl Physiol Nut Metab:* 33: 1319-1334, 2008.

69. Yeo WK, Paton C, Garnham AP, **Burke LM**, Carey AL, Hawley JA. Skeletal muscle adaptation and performance responses to once a day versus twice every second day endurance training regimens *J Appl Physiol* 105: 1462-1470, 2008.

68. Yeo WK, Lessard SJ, Chen ZP, Garnham AP, **Burke LM**, Rivas DA, Kemp BE, Hawley JA. Fat-adaptation followed by carbohydrate restoration increases AMPK activity in skeletal muscle from trained humans. *J Appl Physiol 105: 1519-1526*R, 2008

67. Reilly T, Waterhouse W, **Burke LM,** and Alonso JM. Nutrition for travel. *J Sports Sci* 25: Suppl 1: 125-134, 2007

66. **Burke LM,** Millet G, and Tarnopolsky MA. Nutrition for distance events. *J Sports Sci* 25: Suppl 1: 29-38, 2007

65. **Burke L** and Pyne DB Bicarbonate loading to enhance training and competitive performance. Int J Sports Physiol Perform 2(1):93-7, 2007.

64. **Burke LM**. Nutrition strategies for the marathon: fuel for training and racing. *Sports Med* 37: 344-347, 2007

63. Ebert, TR, Martin DT, Bullock N, Mujika I, Quod MJ, Farthing LA, **Burke LM** and Withers RT. Influence of hydration status on thermoregulation and cycling hill climbing. *Med Sci Sports Exerc.* 39: 323-329, 2007

62. Sawka MN, **Burke LM**, Eichner, ER, Maughan RJ, Montain SJ, and Stachenfield NS. American College of Sports Medicine Position stand: Exercise and Fluid replacement. *Med Sci Sports Exerc.* 39: 377-390, 2007

61. **Burke LM** and Hawley JA. Fat and carbohydrate for exercise. *Curr Opin Clin Nutr Metab Care* 9: 476-481, 2006

60. **Burke LM**, Loucks AB, and Broad NP. Energy and carbohydrate for training and recovery. *J Sports Sci* 24: 675-685, 2006

59. Orchard JW, Fricker PA, White SL, **Burke LM** and Healey DJ. The use and misuse of performance-enhancing substances in sport. *Med J Aust* 184: 132-136, 2006

58. Stellingwerff T, Spriet LL, Watt MJ, Kimber NE, Hargreaves M, Hawley JA, and **Burke LM.** Decreased PDH activation and glycogenolysis during exercise following fat adaptation with carbohydrate restoration. *Am J Physiol Endocrinol Metab* 290: E380-388, 2006

57. **Burke LM** and Kiens B. "Fat adaptation" for athletic performance - the nail in the coffin? *J Appl Physiol*, 100: 7-8, 2006

56. **Burke LM,** Wood C, Pyne DB, RD Telford and Saunders PU. Effect of carbohydrate intake on half-marathon performance of well-trained runners. *Int J Sport Nutr Exerc Metab* 15, 2005

55. McInerney P, Lessard SJ**, Burke LM,** Coffey VG, Lo Giudice SL, Southgate RJ, and Hawley JA. Failure to repeatedly supercompensate muscle glycogen stores in highly trained men. *Med Sci Sports Exerc* 37: 404-411, 2005

54. Arkinstall MJ, Bruce CR, Clark SA, Rickards C**C, Burke LM**, and Hawley JA. Regulation of fuel metabolism by pre-exercise muscle glycogen content and exercise intensity. *J Appl Physiol* 97: 2275-2283, 2004

53. **Burke LM,** Kiens B, and Ivy JL. Carbohydrates and fat for training and recovery. *J Sports Sci* 22: 15-30, 2004

52. Cameron-Smith D, **Burke LM,** Angus DJ, Tunstall RJ, Cox GR, Bonen A, Hawley JA, and Hargreaves M. A short-term, high-fat diet up-regulates lipid metabolism and gene expression in human skeletal muscle. *Am J Clin Nutr* 77: 313-318, 2003.

51. **Burke LM,** Slater G, Broad EM, Haukka J, Modulon S, and Hopkins WG. Eating patterns and meal frequency of elite Australian athletes. *Int J Sport Nutr Exerc Metab* 13: 521-538, 2003

50. **Burke LM,** Collier GR, Broad EM, Davis PG, Martin DT, Sanigorski AJ, and Hargreaves M. Effect of alcohol intake on muscle glycogen storage after prolonged exercise. *J Appl*

Physiol 95: 983-990, 2003

49. Braakhuis AJ, Meredith K, Cox GR, Hopkins WG, and **Burke LM.** Variability in estimation of self-reported dietary intake data from elite athletes resulting from coding by different sports dietitians. *Int J Sport Nutr Exerc Metab* 13: 152-165, 2003.

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CONFERENCE PRESENTATIONS

Invited Papers at Major Scientific Congresses

2011 **Bicarbonate supplementation**
11th Sports Nutrition Conference, Majorca, December 7-8

2011 **The AIS Sports Supplement Program**
Les Entre-tien des L'Insept 2011: Manger for gagner: INSEP conference, Paris, France, December 5-6

2011 **Fasting and recovery from exercise**
1st International Congress Meeting on Ramadan and Football
Doha, Qatar, November 25-26

2011
1. **The 2010 IOC Consensus Conference: what did we decide and how did we do it?**
2. **Caffeine and sports performance: new ideas and practices**
3. **Sports nutrition: from research to the coal face**
4. **Sports foods and supplements: 10 years of experience with the AIS Sports Nutrition Program**
5. **Keynote session: Train low – cutting edge exercise-nutrient intervention or blunt tool**

14th Biennial South African Sports Medicine Conference, Johannesburg, South Africa, October 18-20

2011 **Nutrition for Team sports: what are the challenges?**
10th Sports Nutrition Conference, Colorado Sprints, September 18-20

2011 **The battle of sports scientists: Australian Institute of Sport versus English Institute of Sport**

The IOC Consensus on Nutrition for Sport 2010
4th annual International Sports Science and Sports Medicine Congress, Newcastle UK, August 18-20

2011 **Fuelling athletes with carbs: from research to practice**
27th annual SCAN symposium
Chicago, USA, March 11-13

2010 **The IOC Consensus on Nutrition for Sport 2010**
9th Sports Nutrition Conference, Canberra, November

2010 **Peaking at the right time with nutrition**
3rd annual International Sports Science and Sports Medicine Congress, Newcastle UK, August 19-21

2010 **Sports nutrition: past, present and future**
Ironman Sports Medicine Conference, Kona, Hawaii, October

2010 **Reflections from the Beijing Olympics**
4th ESSA/SDA Conference, Gold Coast, Queensland, April 9-11

2010 **Danone Chair Lecture series:**
Train low, compete high?

Sports Nutrition at the interface between research and gold medals

Reflections from the Beijing Olympics
2009 Vrei University Brussels, Belgium, March 25-30

The AIS Sports Supplement Program
Canadian Society for Exercise Physiology Annual Meeting, Vancouver, BC Ontario, Canada

2009
1. **Fuelling strategies to optimise performance: train high or train low?**
2. **Integration of sports science and practice: the Australian experience**

International consensus conference: Performance in Top Sports involving intense exercise, Copenhagen, June 16-18

2009
1. **Nutrition for Recovery**
2. **Caffeine and exercise performance**
3. **Supplements in sport**
4. **Fat adaptation for exercise**
5. **Hydration in Sport: History and Controversies**

XV International Symposium on Science on Exercise and Nutrition, Rosario, Argentina, May 23-24

2009 **Nutrition for Recovery**
IOC Working group Consensus meeting on Nutrition for Fasting, Lausanne, Switzerland

2008 **Convergence of Science and Practice in Sports nutrition**
Nestle 5th International Nutrition Symposium, Lausanne, Switzerland

2008 **Nutrition for Swimming**
Sports Nutrition Conference, Indianapolis, USA

2008 **Nutrition for Recovery**
Swiss Forum for Sports Nutrition, Zurich, Switzerland

2007 **Caffeine and sports performance**
Canadian Society for Exercise Physiology Annual Meeting, London Ontario, Canada

2007 **Supplements and doping – minimising the risk**
Co-presentation with Dr Samantha Stear,
Sports Medicine Australia Annual Conference, Adelaide, Australia

2007 **Nutrition for Distance events**
IAAF consensus on Nutrition for Athletics, Monaco

2007 **Keynote: Alcohol and Athletic Performance**
Cricket Australia Sports Science Sports Medicine Conference, Brisbane, Australia

2007 **Keynote: Sports dietetics: research and practice at the cutting edge**
23rd Annual Symposium of Sports, Cardiovascular and Wellness Nutritionists, Austin, Texas, USA

2006 **The AIS Sports Supplement Program**
Latest strategies in Anti-Doping. IAAF and WADA joint conference, Lausanne, Switzerland

2006 **The AIS Sports Supplement Program**
Australian Association for Musculoskeletal Health annual conference, Canberra

2006 **Nutrition strategies for the marathon**
2006 World Congress on the Science and Medicine of the Marathon, Chicago, USA

2006 **Latest nutritional strategies for peak performance**
Frank Cotton Lecture, Exercise and Sports Science 2006: From Research to Practice. Joint conference of the Australian Association for Exercise and Sports Science and Sports Dietitians Australia, Sydney, Australia

2005 **Fat adaptation strategies for endurance sports**
Nutrition Society Australia, Annual Conference, Melbourne, Australia

2005 **Supplements in Sport; The Australian Institute of Sport model**
Vince Higgins Lecture, Australasian College of Sports Physician Annual Conference, Gold Coast, Australia

2005 **Energy and macronutrient needs for training and recovery**
FIFA and F-Marc consensus on Nutrition for Football,
Zurich, Switzerland

2005 **Fat adaptation strategies for ultra-endurance sports**
Exercise, muscle and metabolism 03, Melbourne, Australia

2003
1. **Recovery of muscle glycogen after exercise**
2. **Update on supplements in sport**

4th International congress on sports nutrition, Rio de Janeiro, Brazil

2003 **Carbohydrates and fat training and recovery**
IOC Consensus on Sports Nutrition, Lausanne, Switzerland.

2002

1. **Nutrition keynote: Effects of fat adaptation on metabolism and athletic performance**
2. **Glycemic Index and Sport**
3. **A model for managing supplements for athletes: the AIS Sports Supplement Program**

Sports Medicine and Sports Science New Zealand Annual Conference, Christchurch, New Zealand.

2001 **Carbohydrates for refuelling before and after exercise**
Evolving Evidence and Continuing Controversies in Carbohydrate Nutrition, University of British Columbia, Vancouver, Canada

2001 **Nutrition support to maximise recovery after training and to maximise adaptation: Meeting energy requirements**
First International Scientific Congress on Nutrition and Athletic Performance, Edmonton, Canada

2001 **The Role of fat adaptation strategies in endurance and ultra-Endurance performance**
Australian Conference of Science and Medicine in Sport, Perth, Western Australia

2001 **Carbohydrates for refuelling before and after exercise**
Evolving Evidence and Continuing Controversies in Carbohydrate Nutrition, University of British Columbia, Vancouver, Canada

2001 **Nutrition support to maximise recovery after training and to maximise adaptation: Meeting energy requirements**
First International Scientific Congress on Nutrition and Athletic Performance, Edmonton, Canada

2001 **The role of fat adaptation strategies in endurance and ultra-Endurance performance**
Australian Conference of Science and Medicine in Sport, Perth, Western Australia

2000 **Nutritional needs in the heat**
International Conference on Physiological and Cognitive Performance in Extreme Environments, Canberra, Australia

1999 **Supplements to enhance sports performance: where's the evidence**
5th IOC World Congress, Sydney, Australia

1999 **Dietary preparation of Australian athletes**
10th World Congress of Food Science and Technology, Sydney, Australia

1999

1. **Glycemic index: a new tool in sports nutrition?**
2. **Nutrition for post-exercise recovery**

International Sports Nutrition Conference, Taipei, Taiwan

1999 **A Nutrition education package for soccer**
4th World Congress of Science and Football, Sydney, Australia

1998 **Food for Olympians**
Dietitians Association of Australia, 17th National Conference, Sydney, Australia.

1998 **Sport Nutrition Research: Where are we going in the 21st Century?**
XXVI FIMS World Congress of Sports Medicine, Orlando, Florida.

1997 **Effective Nutritional Support Programs for Olympic Athletes**
1997 International Sport Nutrition Conference, Williamsburg, Virginia.

1997 **Nutrition Programs at the Australian Institute of Sport (Keynote Presentation)**
1997 International Sport Nutrition Conference, Williamsburg, Virginia

1997 **1. Alcohol and sport.**
2. Glycemic Index and Sports Performance.
7th Biannual Congress of South African Sports Medicine Association, Sun City, South Africa.

1996 **Periodicity of eating and exercise performance. Joint paper with Dr John Hawley.**
International workshop, Periodicity of Eating and Human Health, in conjunction with American Association of Dietitians and European Federation of Associations of Dietitians, Paris, France.

1996 **Eating in the Atlanta Olympic Village.**
Sports Medicine Australia, Annual Scientific Congress, Sydney, Australia.

1996 **Fluid balance during team sports.**
Fatigue During Competitive Sport Conference. Sports Science Institute of South Africa, Cape Town, South Africa.

1996 **Nutrition for post-exercise recovery.**
11th International Congress of Dietetics, Manila, Philippines.

1995 **1. Keynote presentation: Nutrition - the cutting edge.**
2. Nutritional preparation for intermittent versus endurance sports.
3. Weight loss in athletes - issues and guidelines.
South African Sports Medicine Association 6th Congress, Durban, South Africa.

1995 **Practical issues in nutrition for athletes.**
Current Issues on Nutrition in Athletics International Scientific Consensus Conference, International Amateur Athletics Federation, Monaco.

1994 **Fluid needs in Hot and Cold Environments - practical issue (Joint lecture with Dr Bob Murray).**
Gatorade Nutritional Ergogenic Aids Conference, Chicago.

1994 **Food selection guide for physically active people.**
International Symposium on Nutrition and Fitness, Institute of Nutrition and Food Hygiene, and Chinese Academy of Preventative Medicine, Beijing, China.

1993 **Myths and facts in sports nutrition practice.**
Workshop on Nutrition for Sport, ILSI South-East Asian Branch Conference on Nutrition for Sports Performance, Singapore.

1993 **Amino acids - food or supplements?**
Australian Sports Medicine Federation, 29th Annual Scientific Conference, Melbourne.

1993 **Dietary recommendations for the athlete in training.**
Exercise, Metabolism and Nutrition, 9th Biennial conference, Cumberland College of Health Science, University of Sydney.

1993 **Sport and fitness.**
Appropriate Technology in Body Composition. IUNS Satellite meeting, Melbourne.

1992 **Dietary factors in Sports Performance.**
IOCCC (International Office of Cocoa, Chocolate and Sugar Confectionery) General Assembly, Sydney, Australia.

1991 **Nutrition for recovery.**
Australian Sports Medicine Federation, 27th National Annual Scientific Conference, Canberra, Australia.

1991 **Nutrition for training and competition.**
National Strength and Conditioning Association, Brisbane, Australia.

1991 **Dietary intakes and nutrition practices of elite athletes.**
Nutrition Society of Australia, 16th Annual Conference, Canberra, Australia.

1990 **Dietary supplements and nutritional ergogenic aids in sport.**
Dietitians Association of Australia, 9th National Conference, Melbourne, Australia.

1990 **Dietary supplements and nutritional ergogenic aids in sport.**
Australian Sports Medicine Federation, 26th National Annual Scientific Conference, Alice Springs, Australia.

1989 **1. Sports nutrition for the 1990s (Keynote paper).**
2. Dealing with athletes and iron.
3. Dietary demands of children in sport.
New Zealand Federation of Sports Medicine Annual Conference, Wellington, New Zealand.

1985 **Iron deficiency in sport.**
Challenge 85, Royal Australian College of General Practitioners, Scientific Congress, Melbourne, Australia.

1983 **Nutrition and Sports.**
Australian Association for Adolescent Health, Third National Conference, Melbourne, Australia.

Papers accepted at Scientific Congresses

2011 **Educating athletes about the use of dietary supplements**
Symposium: Athletes and supplements: perspectives from Industry, Academia and the Real World?
American College of Sports Medicine, 58th Annual Meeting, Denver Colorado, May 31-June 4

2010 **Patterns of protein ingestion and muscle protein synthesis after resistance exercise in trained men.**
American College of Sports Medicine, 57th Annual Meeting, Baltimore, Maryland, June 1-5

2009 **Training low for athletic performance**
Symposium: Train low with Carbohydrates – is there a case?

The Australian Perspective
Symposium: Nutrition for the Beijing Olympic Games
American College of Sports Medicine, 56th Annual Meeting, Seattle, Washington, May 27-30

2007 **Methods of assessing energy intakes in athletes:**
Symposium: Assessing energy balance in athletes

Guidelines for Distance Events
Symposium : IAAF Consensus on Nutrition for Athletics
American College of Sports Medicine, 54th Annual Meeting, New Orleans, Louisiana

2006 **Training harder – carbohydrate and fluid strategies to enhance the ability to train**
Symposium: Nutrition strategies to promote adaptations to training.

Guidelines for macronutrients
Symposium: FIFA/F-MARC Consensus on Nutrition for Football.
American College of Sports Medicine, 53rd Annual Meeting, Denver, Colorado

2005 **Fat adaptation strategies for ultra-endurance sports**
Symposium: Nutrition for ultra-endurance sports
American College of Sports Medicine, 52nd Annual Meeting, Nashville, Tennessee.

2004 **Voluntary fluid intake practices of athletes**

Practical implications for the athlete.
Symposium: The IOC Consensus on Sports Nutrition
American College of Sports Medicine, 51st Annual Meeting, Indianapolis Indiana.

2001 **Fat adaptation strategies: effect on the metabolism and performance of highly trained athletes:**
Symposium: limits to fat oxidation by skeletal muscle during exercise

The effects of fat adaptation on metabolism and performance during ultra-endurance cycling.

Effect of different caffeine intake protocols on metabolism and performance of prolonged cycling.
American College of Sports Medicine, 48th Annual Meeting, Baltimore, Maryland.

2000 **Metabolic changes following fat adaptation persist during prolonged cycling despite CHO availability**
Mini Symposium: Nutritional strategies for post-exercise recovery - Post-exercise restoration of muscle glycogen content
American College of Sports Medicine, 47th Annual Meeting, Indianapolis, Indiana.

1999 **Fat adaptation with carbohydrate recovery promotes metabolic adaptations during prolonged cycling**
American College of Sports Medicine, 46th Annual Meeting, Seattle, Washington.

1998 **No effect of Glycemic Index of Pre-Exercise Meals with Carbohydrate Intake During Exercise**

Evaluating Claims of Performance Enhancement
Mini-Symposium: Enhancement of Sports Performance: Can scientists Detect It?
American College of Sports Medicine, 45th Annual Meeting, Orlando, Florida.

1998 **The effect of carbohydrate loading on performance of prolonged stochastic exercise**
Australian Conference of Science and Medicine in Sport, Adelaide

1996 **Effect of alcohol intake on muscle glycogen storage following prolonged exercise.**
American College of Sports Medicine, 43rd Annual Congress, Cincinnati, Ohio.

1996 **Effect of alcohol intake on muscle glycogen storage following prolonged exercise.**

Sports Medicine Australia, Australian Conference of Science and Medicine in Sport, Canberra, Australia.

1995 **Creatine does not improve acute swimming performance in elite swimmers.**
Sports Medicine Australia, Annual Scientific Congress, Hobart, Australia.

1994 **Muscle glycogen storage following prolonged exercise: effect of the addition of fat and protein to carbohydrate feedings.**
American College of Sports Medicine, 41st Annual Congress, Indianapolis, Indiana.

1994 **Muscle glycogen storage following prolonged exercise: effect of the addition of fat and protein to carbohydrate feedings.**
Sports Medicine Australia, Annual Scientific Congress, Brisbane, Australia.

1993 **Muscle glycogen storage following prolonged exercise: effect of the frequency of carbohydrate feedings.**
American College of Sports Medicine, 40th Annual Congress, Seattle, Washington.

1993 **Muscle glycogen storage following prolonged exercise: effect of carbohydrate feedings.**
Australian Sports Medicine Federation, Annual Scientific Congress, Melbourne.

1992 **Muscle glycogen storage following prolonged exercise: effect of the glycemic index of carbohydrate feedings.**
American College of Sports Medicine, 39th Annual Congress, Dallas, Texas.

1992 **Muscle glycogen storage following prolonged exercise: effect of the glycemic index of carbohydrate feedings.**
Australian Sports Medicine Federation, Annual Conference, Perth, Australia.
Commendation: Young Investigators Award: Basic Science.

1987 **Long term consequences of gastroplasty on body mass, eating habits and nutrient intake.**
Nutrition Society of Australia, Twelfth Annual Conference, Melbourne, Australia.

1986 **Dietary practices of elite Australian Olympic weightlifters.**
XXII FIMS World Congress of Sports Medicine, Brisbane, Australia.

1985 **Dietary practices of elite Australian male triathletes.**
Australian Sports Medicine Federation, National Conference, Ballarat, Australia.

1984 **Food use for carbohydrate loading.**
Australian Sports Medicine Federation, Annual Conference, Perth, Australia.

1983 **Use of dietary supplements by football players.**
Nutrition Society of Australia, Eighth Annual Conference, Brisbane, Australia.

1982 **Nutrition for optimum sports performance.**
Australian Sports Medicine Federation International Conference, "Medical and Scientific Aspects of Elitism in Sport", Gold Coast, Australia.

1982 **Study of body composition in a group of athletes.**
Australian Sports Medicine Federation International Conference, "Medical and Scientific Aspects of Elitism in Sport", Gold Coast, Australia.

1982 **Observations of protein and energy intake in Australia Rules Footballers.**
Nutrition Society of Australia, Seventh Annual Conference, Canberra, Australia.

Poster Presentations

2008 **Hydration practices of elite male team athletes during training sessions**
American College of Sports Medicine, 55th Annual Congress, Indianapolis, Indiana, USA.

2006 **Low dose caffeine intake does not enhance swimming performance**
American College of Sports Medicine, 53rd Annual Congress, Denver, CO USA.

2003 **Addition of amino acid to carbohydrate drink does not enhance performance of prolonged cycling**
American College of Sports Medicine, 50th Annual Congress, San Francisco, California, USA.

2002 **Effect of adaptation to a high fat diet on substrate utilization at different exercise intensities**
American College of Sports Medicine, 49th Annual Congress, St Louis, Missouri, USA.

1997 **Effects of carbohydrate ingestion on performance of soccer specific skills.**
American College of Sports Medicine, 44th Annual Congress, Denver, USA.

1994 **Oral creatine supplementation does not improve sprint performance of elite swimmers.**
American College of Sports Medicine, 41st Annual Congress, Minneapolis, USA.

1991 **Alcohol use in a team sport: Australian Rules Football Players.**
First World Congress on Sports Nutrition, Barcelona, Spain. 1991
What do athletes actually eat? A survey of dietary intake and food use amongst groups of elite Australian male athletes.
First World Congress on Sports Nutrition, Barcelona, Spain.

1987 **Alcohol use by elite Australian Rules Football players.**
Nutrition Society of Australia, Twelfth Annual Conference, Melbourne, Australia.

1981 **Body composition of an elite group of sportsmen.**
Nutrition Society of Australia, Sixth Annual Conference, Sydney, Australia.

Other Major Invited Lectures

2011 **Nutrition for recovery**
AIS Recovery Symposium: Australian Institute of Sport, December 12-13, Canberra

2011 **Keynote lecture: Supplements in Sport**
"Fuel for Results": The science of successful sports nutrition. Celebrating 15 years of Sports Dietitians Australia, Melbourne, Victoria, October 15

2010 **Nutrition for optimal sports performance: mind over muscle?**
"AIS Performing Brain Workshop. Australian Institute of Sport Canberra

2000 **The Ergogenic Edge**
"The Ergogenic Edge" – Legal Enhancement Strategies to improve Peak Performance. Seminar 2000. Sports Science New Zealand & New Zealand Sports Foundation, Wellington, New Zealand.

2000 **High fat diets for endurance athletes**
Sports Coach 2000 Convention. Canberra, Australia

2000 **Fat loading – the next magic bullet?**
"The carbohydrate advantage" Kellogg Nutrition Symposium, Sydney.

1999 **Practical aspects of advising competitive sports people on suitable diets**
Food for Sport: exercise for everybody. Symposium 1999. University of Sydney, Australia

1999 **Dietary effects on exercise metabolism and performance**
Exercise Metabolism and Nutrition, Deakin University, Australia

1999 **Sporting foods: the special needs of athletes**
1st Annual Smart Foods forum: University of Wollongong, Australia

1998 **Sports nutrition course for dietitians**
Sports Science Institute of South Africa, Cape Town, South Africa

1998 **Nutritional analysis software: the Australian perspective**
Sports Coach 98, Melbourne, Australia

1998 **Carbohydrate Foods, the GI and physical performance.**
"Food, Nutrition and Performance" Kellogg Nutrition Symposium, Sydney.

1997 **Glycemic index and sports performance.**
Recent Advances in Sports Nutrition - a joint seminar program of Gatorade Sports Science Institute, Deakin University and the University of Sydney, Melbourne and Sydney.

1996 **1. Nutrition for recovery.**
2. Competition nutrition.
Network Focus 96 Fitness Industry Conference, Sydney.

1996 **Fluid needs during soccer.**
Soccer symposium, University of Western Cape, Cape Town, South Africa.

1995 **1. Nutrition for recovery.**
2. Supplements in sport.
Network Focus 95 Fitness Industry Conference, Melbourne.

1995 **Basic nutritional guidelines for the athlete.**
Sports Medicine Symposium, University of Durban-Westville, Durban, South Africa.

1995 **Gatorade Sports Nutrition Course.**
Hong Kong Association of Sports Medicine and Sports Science and Hong Kong Coaching Committee, Hong Kong Sports Institute.

1994 **Practical applications of glycemic index - sports nutrition.**
Dietitians Association of Australia Glycemic Index Workshop, Melbourne.

1993 **Food to Pin a Medal On.**
Food for Sports Training symposium (Nutrition Society of Australia), Adelaide.

1993 **Nutrition for elite athletes.**
Nutrition for Sports Performance symposium (Australian Sports Medicine Federation Albury-Wodonga Sub-branch), Albury.

1993 **Nutrition for recovery.**
Sports Performance seminar (Australian Sports Medicine Federation, Bathurst Sub-branch), Bathurst.

1992 **High carbohydrate eating for athletes.**
Food for Life Performance seminar - Olympic Awareness Symposium
Lecture series with Professor Ron Maughan and Dr Mark Hargreaves Sydney, Melbourne.

1992 **Nutrition for sport.**
Eating to Win seminar (Australian Sports Medicine Federation and Australian Institute of Sport), Brisbane, Australia.

1992 Nutrition for Sports Performance seminar (Australian Sports Medicine Federation, Bathurst Sub-branch), Bathurst.

1992 **Nutrition**
The Triathlon Seminar, University of Queensland. Brisbane.

1991 **High carbohydrate eating for athletes.**

Food for Life Performance seminar - Olympic Awareness Week.
Lecture series with Professor David Costill and Dr Mark Hargreaves, Canberra, Sydney, Melbourne.

1991 **1. Dietetic counselling - hyperlipidemia, diabetes, food allergy.**
2. Common Eating Disorders.
3. Nutrition and Sport.
Monash University Faculty of Medicine, 4th Annual Post Graduate Refresher Course, Noosa, Australia.

1991 **Nutrition and the elite athlete on tour.**
Care of the High Performance Athlete. ASMF Sports Medicine Workshop, Canberra.

1991 Eating to Win seminar (Sport and Recreation Victoria), Melbourne, Australia.

1990 Eating to Win seminar (Australian Sports Medicine Federation and Australian Institute of Sport), Brisbane, Australia.

1990 **The Role of Nutrition in Physical Performance.**
Nutrition Society of Australia Public Lecture, Perth, Australia.

1989 **1. Iron status of athletes.**
2. Nutrition for optimum sports performance.
New Zealand Lecture tour (Beef and Lamb Marketing Bureau). Series of public and professional lectures given in Auckland, Wellington, Dunedin and Christchurch.

1989 **Dietary preparations for the Olympic Games.**
Sports Medicine Observations from the Seoul Olympics,
Australian Sports Medicine Federation, Barwon Branch Symposium, Geelong, Australia.

1989 **The role of nutrition in preparation for sport.**
Nutrition - The Winning Edge, Dietitians Association of Australia, Newcastle Sub-branch Symposium, Newcastle, Australia.

1984 **Diet for endurance.**
Western Australian Tour (Dept. of Youth, Sport and Recreation). Public seminars Perth, Bunbury.

EDITORIAL BOARD POSITIONS

International Journal of Sport Nutrition and Exercise Metabolism (co-editor)

REGULAR REVIEWER STATUS

- Medicine and Science in Sports and Exercise
- International Journal of Sports Medicine
- Journal of Sports Science
- Journal of Applied Physiology
- Journal of the American College of Nutrition
- British Journal of Sports Medicine
- British Journal of Nutrition

MEMBERSHIP OF PROFESSIONAL ASSOCIATIONS

- Fellow of the American College of Sports Medicine.
    - 2011: International delegate on Board
- Fellow of Sports Medicine Australia.
- Fellow of Sports Dietitians Australia.
    - 1996-2005: Member of Executive: Portfolio - Education
- Dietitians Association of Australia (DAA).
- Accredited Practising Dietitian

AWARDS

2009

- Order of the Medal of Australia. For services to sports nutrition, as a dietitian and through academic, research and administrative roles.

- American College of Sports Medicine, Citation Award.

2007

- Australia Bulletin Smart 100 Award: Winner in Category: Sport

- Distinguished Scholar Award: SCAN (Sports, Cardiovascular and Wellness Nutritionists, USA)

- David R Lamb Excellence in Education Award, Gatorade Sports Science Institute

2000

- Australian Sports Medal

1993

- National Service Award: Dietitians Association Australia

LANGUAGES: English, French

TEAM TRAVEL - INTERNATIONAL COMPETITION

2010 Team dietitian
Australian Cycling Team
2010 UCI World Road Cycling Championships, Geelong, Australia

2008 Team dietitian
Australian Olympic Team
2008 Olympic Games, Beijing, China

2006 Team dietitian
Australian Swimming Team
2006 Commonwealth Games, Melbourne, Australia

2005 Team dietitian
Australian Swimming Team
2005 World Swimming Championships, Montreal, Canada

2004 Team dietitian
Australian Olympic Team
2004 Olympic Games, Athens, Greece

2003 Team dietitian
Australian Swimming Team
10th World Swimming Championships, Barcelona, Spain

2002 Team dietitian
Australian Swimming Team
2002 Pan Pacific Championships, Yokohama, Japan

2002 Team dietitian
Australian Swimming Team
2002 Commonwealth Games, Manchester, England

2002 Team dietitian
Australian Swimming Team
7th World Short Course Swimming Championships, Moscow, Russia

2001 Team dietitian
Australian Swimming Team
9th World Swimming Championships, Fukuoka, Japan

2000 Team dietitian
Australian Olympic Team
2000 Olympic Games, Sydney, Australia

2000 Team dietitian
Australian National Swimming Team
5th World Short Course Swimming Championships. Athens, Greece

1999 Team dietitian
Australian National Swimming Team
1999 Pan Pacific Championships, Sydney, Australia

1999 Team dietitian
Australian National Swimming Team
4th World Short Course Swimming Championships, Hong Kong

1998 Team dietitian
Australian National Swimming Team
1998 Commonwealth Games, Kuala Lumpur, Malaysia.

1998 Team dietitian
Australian National Swimming Team
8th World Swimming Championships, Perth.

1997 Team dietitian
Australian National Swimming Team
Pan Pacific Swimming Championships, Fukuoka, Japan and training camp, Singapore.

1997 Team dietitian
Australian National Swimming Team
3rd World Course Swimming Championships, Goteburg, Sweden.

1996 Team dietitian, Medical Headquarters
Australian Olympic Team,
1996 Olympic Games, Atlanta, USA.

1995 Team dietitian,
Australian National Swimming Team
Pan-Pacific Swimming Championships, Atlanta.

1995 Team dietitian,
Australian National Swimming Team
2nd World Short Course Swimming Championships, Rio de Janeiro, Brazil.

1994 Team dietitian,
Australian National Swimming Team
Commonwealth Games, Victoria, Canada and
7th World Swimming Championships, Rome.

1994 Team dietitian,
Australian Institute of Sport Swimming Team
Altitude training camp, Font Romeu, France.

1993 Team dietitian,
Australian National Swimming Team
1st World Short Course Swimming Championships, Mallorca, Spain.

1993 Assistant team manager and team dietitian,
Australian National Swimming Team
Pan Pacific Games (Kobe, Japan) and training camp (Singapore).

1992 Team dietitian,
1992 Australian Swimming Team,
Pre-Olympic Assembly (Sydney and Frankfurt, Germany).

1991 Team dietitian,
Australian Swimming Team,
Pan Pacific Games (Edmonton, Canada) and Barcelona pre-Olympic training camp.

1991 Manager and Team dietitian,
Australian Institute of Sport, breaststroke swimming team
USA trip (LA Invitational Meet, and Flagstaff/Albuqueque altitude training camps).

1990 Manager and Team dietitian,
Australian Institute of Sport womens swimming team USA trip (Santa Clara International Meet and Albuqueque training camp).

1990 Manager,
Australian Triathlon Team
Commonwealth Games, Auckland, New Zealand.

ELITE SPORTS PARTICIPATION

Triathlon: International representation at ultra-endurance triathlon events

1988 Bud Light Ironman Triathlon World Championship, Hawaii.

1988 Nutrimetrics Great Lakes Ironman Triathlon, Forster-Tuncurry, Australia.

1987 Bud Light Ironman Triathlon World Championship, Hawaii.

1987 Double Brown Ironman Triathlon Championship, Auckland, New Zealand.

1986 Bud Light Ironman Triathlon World Championship, Hawaii.
Member of Australian Team - second place in International Team Cup Competition.

1986 Lake Biwa Japan Ironman, Japan.

1985 Bud Light Ironman Triathlon World Championship, Hawaii. Member of Australian Team - second place in International Team Cup Competition.