

## CURRICULUM VITAE

**Yannis P. Pitsiladis, MMedSci., PhD, FACSM**

[Google Scholar](#)

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[Scopus](#)

[Research Profile](#)

<b><u>Date of Birth:</u></b>	May 21, 1967
<b><u>Place of Birth:</u></b>	Ararat, Australia
<b><u>Education:</u></b>	Postgraduate Certificate in Education (PGCE), Learning and Teaching (1997) South Bank University, United Kingdom
	Degree of Doctor of Philosophy (PhD) in Medical Sciences (9 <sup>th</sup> July 1997) Aberdeen University, United Kingdom
	Masters of Medical Sciences (MMedSci), Sport and Exercise Science (1992) Sheffield University, United Kingdom
	Postgraduate diploma (PgDip), Sport and Exercise Science (1991) Loughborough University, United Kingdom
	Bachelor of Arts with Honours (Phys Ed)(1989) Rhodes University, South Africa
	Bachelor of Arts (Phys Ed) (1988) Rhodes University, South Africa
<b><u>Current Appointments:</u></b>	
August 2023 - present	Professor and Head of Department Department of Sport, Physical Education and Health Hong Kong Baptist University Hong Kong
August 2023 - July 2024	Honorary School Fellow School of Sport and Health Sciences University of Brighton Eastbourne, United Kingdom
August 2023 - present	Visiting Professor of Sport and Exercise Science Department of Biomedical Sciences Moseno University Kisumu Kenya
October 2016 - present	Visiting Professor of Sport and Exercise Science Department of Movement, Human and Health Sciences University of Rome "Foro Italico" Piazza Lauro de Bosis 15, 00135 Rome, Italy

May 2020 - present      Member of the board of the Doctoral programme  
Department of Movement, Human and Health Sciences  
University of Rome “Foro Italico”  
Piazza Lauro de Bosis 15, 00135  
Rome, Italy

**Previous Academic Appointments:**

Sept 2013 - August 2023    Professor of Sport and Exercise Science  
School of Sport and Health Sciences  
University of Brighton  
Eastbourne, United Kingdom

Sept 2005 - Nov 2013      Reader in Exercise Physiology  
College of Medicine, Veterinary and Life Sciences  
Institute of Cardiovascular and Medical Sciences  
University of Glasgow  
Glasgow, United Kingdom

March 1999 - Aug 2005    Lecturer in Exercise Physiology  
Institute of Biomedical and Life Sciences  
University of Glasgow  
Glasgow, United Kingdom

Sept 1998 - Feb 1999      Senior Lecturer in Exercise Physiology  
Division of Human and Exercise Science  
London South Bank University  
London, United Kingdom

Sept 1996 - Aug 1998      Lecturer in Exercise Physiology  
Division of Human and Exercise Science  
South Bank University  
London, United Kingdom

Oct 1993 - Aug 1996      Lecturer in Sports Science  
Sector of Rural and Recreational Studies  
Aberdeen College  
Aberdeen, United Kingdom

**Research Grants/Awards:**

1. Hong Kong Sports Institute. Real time athlete monitoring with particular focus on health and performance success at upcoming Continental, Olympic and National Games. HK \$8,991,278. 2023-2025. September 2024
2. European Union (EU) Funding. The impact of head and neck structure and function on health and performance in elite high risk sport including parasport. Sandra Rozenštoka (Rīgas Stradiņa universitāte, Riga Latvia) and Yannis Pitsiladis (HKBU, Hong Kong SAR). Euro 206,917.00, 2024-2025.
3. European Space Agency (ESA). Evaluation of user value, feasibility, and acceptability of novel thermoregulatory data capture for future integration into an Activity Tracking App to promote physical activity: a pilot study with physically impaired individuals. EUROPEAN SPACE AGENCY (ESA) In Response to ESA AO/1-11582/22/NL/MM/mma. Euro 58,417, 2023-2024.

4. International Olympic Committee (IOC). Real time athlete biometrics and environmental monitoring. \$58,300. 2023-2024. Research Application Authors: Yannis Pitsiladis, Antonio Tessitore, Sergio Migliorini.
5. World Anti-Doping Agency (WADA). Identifying the mechanisms and biomarkers of anabolic steroid-induced muscle memory in mice and humans. \$ 299,815.00. 2023-2026.
6. RtR Broadcasting and Berlin Marathon Biometrics study. Adidas AG, Herzogenaurach, Germany. Euro 203,640. 2023-2024.
7. Running shoe comfort barometer study. Adidas AG, Herzogenaurach, Germany. Euro 110,000. 2022-2024.
8. International Olympic Committee (IOC). Health protection of athletes competing under extreme environmental conditions (cold, wind, hypoxia) with focus on Winter Olympic Games (YOG Ganwong, South Korea 2024 and Cortina-Milano, Italy 2026). \$59,500. 2022-2024.
9. On-running, Zurich, Switzerland. Development of an Algorithm to Determine Oxygen Uptake During Running. Euro 202,500. 2022.
10. Adizero Adios Pro 3 Validation (acute and chronic) Study. Adidas AG, Herzogenaurach, Germany. Euro 85,000. 2021-2022.
11. Earthing Footwear Validation Study. Adidas AG, Herzogenaurach, Germany. Euro 48,000. 2021.
12. Gloria Sports Arena ([www.gloriasportsarena.com.tr](http://www.gloriasportsarena.com.tr)). The development and application of novel technologies for elite sport. Euro 50,000. 2021-2022.
13. International Olympic Committee (IOC). Sports Integrity Project: Emergency Funding due to the Covid-19 Pandemic. \$104,000. 2020-2024.
14. [www.kaatsu.com](http://www.kaatsu.com) and World Olympian Association (WOA). The benefits of blood flow restriction training for elite athletes, the military, the elderly and the general population. £ 37,500. 2020-2023 (Match-funding PhD with the University of Brighton).
15. DNA Genotek (<https://dnagenotek.com>), Canada. An omics approach to the detection of recombinant human erythropoietin (rHuEpo) doping in endurance athletes. \$10,000. 2020-2021.
16. European Final of 2020 China (Qingdao) New Kinetic International Talent Innovation and Entrepreneurship Competition - May 10th 2020, Hamburg, Germany (competed online due to CIVID-19).
17. International Olympic Committee (IOC). Protecting athletes' health through the prevention of heat illness during the 2020 Tokyo summer Olympics. \$53,00.00. 2020-2021.
18. International Olympic Committee (IOC). Implications of RNA-seq in the detection of anabolic steroid use and harnessing of the molecular mechanism of muscle memory. \$100,00.00. 2019-2020.
19. Istituto delle Riabilitazioni Riba – IRR – Gruppo CIDIMU, Torino, Italy. The acute effects of brain stimulation on the physiological and perceptual responses during maximal and prolonged exercise. £25,005. 2018-2020.
20. World Anti-Doping Agency (WADA). Necessary Steps for the Application of an Integrative “Omics” Solution to the Detection of Recombinant Human Erythropoietin. \$ 350,000. 2018-2024.
21. Green Pass Award - European Final of 2019 China (Jinan) New Kinetic International Talent Innovation and Entrepreneurship Competition - June 8th 2019, Hamburg, Germany.
22. International Olympic Committee (IOC). The "Polyomics" Anti-Doping Project: A Concerted Effort to Develop the Next Generation Anti-Doping Approach. \$150,000.00. 2017-2018.
23. Development of the Sub2 marathon racing shoe. On-running, Pfingstweidstrasse 106, 8005, Zurich, Switzerland. \$800,000. 2017-2018.
24. World Anti-Doping Agency (WADA). Implications of RNA-seq in the detection of anabolic steroid use and the harnessing of the molecular mechanism(s) of muscle memory. \$250,000. 2017-2019.

25. Development of the next generation encapsulated fuel delivery system. Maurten AB, Biotech Center, Arvid Wallgrens Backe 20, 413 46, Gothenburg, Sweden (www.maurten.com). £105,854. 2016-2019.
26. The Natural Environment Research Council (NERC) Strategic Environmental Science Capital Call 2014. Polyomics Centre and Biobank for Aquatic Toxicity Research. £383,376.95. 2016-2018.
27. World Anti-Doping Agency (WADA). A systems biology biomarkers approach to the differentiation of recombinant human erythropoietin doping from confounding factors. \$ 256,530. 2014-2017.
28. World Anti-Doping Agency (WADA). A New Dimension to the Detection of Recombinant Human Erythropoietin Doping Using Blood Gene Expression Profiles: Development of Direct Anti-Doping Applications. \$85,137.23. 2013.
29. European Athletics Innovation Awards 2012. Essay: "White" men can't run: Where is the scientific evidence? Dr Yannis Pitsiladis, Dr Ploutarhos Saraslanidis, Mr Anthony St C Davis.
30. World Anti-Doping Agency (WADA). A systems biology biomarker based approach to the detection of microdose recombinant human erythropoietin doping. \$308,364. 2011-2013.
31. World Anti-Doping Agency (WADA). Metabolomic profiling of recombinant erythropoietin (r-HuEPO) in caucasian and east-African endurance trained athletes. \$268,675. 2011-2013.
32. World Anti-Doping Agency (WADA). Application of a minimally-invasive method for RNA sampling and the addition of miRNA to the detection of recombinant human erythropoietin (r-HuEpo) use by athletes. \$203,505. 2011-2013.
33. Chancellors Fund, University of Glasgow. The application of whole-genome expression combined with metabolomic responses to drug testing in sport. £9,000. 2010-2011.
34. World Anti-Doping Agency (WADA). A gene-microarray based approach to the detection of recombinant human erythropoietin doping in endurance athletes. World Anti-Doping Agency (WADA), \$ 300,413. 2009-2012.
35. European Union Integrated Project Grant (Call identifier FP6-2004-FOOD-3-A): Identification and prevention of Dietary- and lifestyle-induced health Effects In Children and infantS (IDEFICS). €15.180,604.00. 2006-2012.
36. The Royal Society: Application for South Africa-UK Science Networks between UCT/MRC Research Unit for Exercise Science & Sports Medicine, Faculty of Health Sciences, University of Cape Town and IDEAL and ICEARS, University of Glasgow. £7,280.00. 2007-2008.
37. The Great Britain Sasakawa Foundation Award (Ref: Application No. 3027): Funding of research collaboration with Professor Masashi Tanaka, Gifu International Institute of Biotechnology, 1-1 Naka-Fudogaoka, Kakamigahara, Gifu, Japan. Project: Mitochondrial genome polymorphisms and their association with mitochondrial function. £1,350.00. 2007.
38. Daiwa Anglo-Japanese Foundation Award (Ref: 1132/6298): Funding of research collaboration with Professor Masashi Tanaka, Gifu International Institute of Biotechnology, 1-1 Naka-Fudogaoka, Kakamigahara, Gifu, Japan. Project: Mitochondrial genome polymorphisms and their association with mitochondrial function. £6,550.00. 2006-2007.
39. MRC/BBSRC Associate Programme in Human Nutrition Research Project grant: An investigation of the functional significance of a genetic predisposition to human obesity. £203,448.00. 2002-2005.
40. Iovate Health Sciences Research Inc., Ontario, Canada: Combined creatine and glycerol hyperhydration and physiological responses during exercise in the heat in endurance-trained humans. £183,104.00. 2003-2008.
41. SUUNTO Oy, Vantaa, Finland. Small Project Grant: An application of state-of-the-art technologies to the study of elite east African runners: The effects of an ACSM recommended fluid replacement strategy on thermoregulation and running performance in elite Kenyan distance runners. €3,000.00. 2005.

42. The Carnegie Trust of Scotland: Could a hypocaloric diet be responsible for the success of Kenyan endurance runners in world athletics? £750.00. 2004.
43. The Royal Society Small Project Grant: MtDNA haplotypes and the African endurance athlete: Does matrilineal genetics contribute to the dominance of African athletes in international endurance athletics? £4,750.00. 2002-2003.
44. The Wellcome Trust Travel Grant: MtDNA haplotypes and the African endurance athlete: Does matrilineal genetics contribute to the dominance of African athletes in international endurance athletics? £1,050.00. 2002.
45. The Carnegie Trust of Scotland: MtDNA haplotypes and the African endurance athlete: Does matrilineal genetics contribute to the dominance of African athletes in international endurance athletics? £750.00. 2002.
46. ME Association: Cardiorespiratory and Muscle Bioenergetic Responses to Exercise in Patients with Chronic Fatigue Syndrome. £21,491.00. 1999-2002.
47. Eurathlon Programme (European Commission for Sport): The EUREKA Sports Programme. €13,700.00. 1998-1999.
48. Mars Incorporated: The EUREKA Sports Programme. €5,000.00. 1998-1999.
49. Life Fitness Academy. Serotonin: A Possible Central Mechanism of Involvement in Physical Activity. \$5,000.00. 1997-1998.

#### **Fellowship, Membership and Professional Bodies:**

1. International Olympic Committee (IOC) Medical and Scientific Commission (2015 - present)
2. International Olympic Committee (IOC) Adverse weather impact expert working group in preparation for the Olympic Games Tokyo 2020
3. International Olympic Committee (IOC) Adverse weather impact expert working group in preparation for the Olympic Games Paris 2024
4. International Sports Medicine Federation (FIMS), Chair of Scientific Commission (member of the Scientific Commission since 2010) (2015 - present)
5. International Sports Medicine Federation (FIMS), Executive Committee (2014 - present)
6. European Federation of Sports Medicine Associations (EFSMA). Scientific and Education Commission Chair (2022 – present); member 2019 – present
7. World Anti-Doping Agency (WADA) Member of the Health Medical Research Committee (HMRC) (2020-) and List Expert Group (2009 - 2013)
8. BBSRC Expert Committee A Pool (2011 – March 2018)
9. Fellow of the American College of Sports Medicine (ACSM) (Membership no. 538605) (1997 - present)
10. British Association for Sport and Exercises Sciences (BASES)(Membership no. 95054) (1995 - present)
11. Physiological Society (Membership no. 109191) (1993 - present)
12. Honorary membership of ESNS “European Sport Nutrition Society” (2018 - present)
13. British Association of Sport and Exercise Medicine (BASEM) (Membership no. SF0368411)(2018 - present), BASEM Awards Committee member (2020 – present)
14. International Paralympic Committee (IPC) Scientific Awards Committee member (2021 – present)

#### **Editorial Board Membership (current only):**

1. Journal of Translational Exercise Biomedicine (TEB) (Deputy-Editor-in-Chief, 2023 -present)
2. British Journal of Sports Medicine (Associate Editor, 2014-present)
3. Journal “Medicina dello Sport” of the Italian Federation of Sports Medicine (2014-present)
4. Current Sports Medicine Reports (Associate Editor, 2017-present)
5. Apunts. Medicina de l’Esport ([www.apunts.org/en/](http://www.apunts.org/en/)) (Scientific Committee, 2017-present)

### **Post-Doctorial/Research Fellows:**

1. Dr Fernanda Malinsky (2017-2018)
2. Dr Guan Wang (2013-2014)
3. Dr Alan Kennedy (2012-2014)
4. Dr Kenn Konstabel (2010-2011)
5. Dr Robert Scott (2006-2009)
6. Dr Chris Easton (2007-2008)
7. Dr Vassiliki Lagou (2007)
8. Dr Colin Moran (2003-2006)
9. Dr Evelina Georgiades (2001-2003)

### **PhD Supervision:**

#### **(awarded)**

1. Blair Hamilton. Awarded (2024).
2. Antonia Karanikolou (Examination stage, Brighton University) (2016 Aspetar Young Investigator Award at the World Congress of Sports Medicine that took place in Ljubljana, Slovenia from the 29th September to 2nd October; 2017 Brighton Marathon Medical Conference Poster Award). Awarded (2023)
3. Shaun Sutehall (University of Cape Town, South Africa). Awarded (2023)
4. Alexander Kolliari-Turner. Awarded (2023)
5. Giscard Lima (Foro Italico University of Rome, Italy). Awarded (2021)
6. Charlotte Coombs (PhD). Awarded (2018)
7. Michael Deason (PhD). Awarded (2017)
8. Shane Heffernan (PhD). Awarded (2017)
9. Martin Mooses (PhD). Awarded (2014)
10. Diresibachew Haile (PhD). Awarded (2014) (Addis Ababa University, Ethiopia) (2013 Bar-Or International Scholar Award of the American College of Sports Medicine)
11. Jerome Durussel (PhD). (Awarded 2014)(2013 Charles M. Tipton National Student Research Award of the American College of Sports Medicine)(Prof Tom Reilly Doctoral Dissertation of the Year Award 2014)
12. Guan Wang (PhD). Awarded (2013)
13. Christina Koni (PhD). Awarded (2013)
14. Thelma Polyviou (PhD). Awarded (2013)
15. Loukas Beis (PhD). Awarded (2012)
16. Robert Ojiambo (PhD). Awarded (2012)
17. Barry Fudge (PhD). Awarded (2009)
18. Chris Easton (PhD). Awarded (2007)
19. Vassiliki Lagou (PhD). Awarded (2007) (Research Award, 14<sup>th</sup> European Congress on Obesity, Athens, June 1-4, 2005)
20. Robert Scott (PhD). Awarded (2006) (best presentation at Young Physiologists Symposium, Coventry, 25-26th September, 2003)
21. Vincent Onywera (PhD, Kenyatta University, Kenya). Awarded (2006)
22. Christos Vassilopoulos (PhD). Awarded (2005)
23. Marios Hadjicharalambous (PhD). Awarded (2004)
24. Fotini Tsofliou (Phd). Awarded (2004)
25. Liam Kilduff (PhD). Awarded (2003)
26. Evelina Georgiades (PhD). Awarded (2000)

#### **PhD (current)**

1. Konstantinos Angeloudis (Third year, Heriot-Watt University)

2. Maria Nikolaidi (Third Year, Brighton University) (2<sup>nd</sup> position, 2020 FIMS Young Investigator Award sponsored by Aspetar at the World Congress of Sports Medicine that took place in Athens, Greece from the 23-26 September 2021).
3. Melanie Knopp (Final Year, Technical University of Munich, Germany) (1<sup>st</sup> position, 2020 FIMS Young Investigator Award sponsored by Aspetar at the World Congress of Sports Medicine that took place in Athens, Greece from the 23-26 September 2021).
4. David Bandiera (First Year, Foro Italico University of Rome, Italy).

**PhD Examination (External only):**

**PhD/MD**

1. Meihan Guao (2024). School of Public Health, Faculty of Medicine, The University of Hong Kong, Professor David Montero and Professor Ming-Yen Ng (Department of Diagnostic Radiology School of Clinical Medicine). Thesis title: Cardiac-Hematological Capacity in Healthy Hans Chinese: Effects of Blood Volume and Body Composition
2. Sergei Ijukov (2024). University of Helsinki, Helsinki, Finland, Yorck Olaf Schumacher, Juha Peltonen, Arja Uusitalo
3. Sandra Rozenštoka (2022). University of Latvia, Riga, Latvia, Dr Med Professor Andrejs Erglis
4. Mattijs van der Zee (2021), Department of Biological Psychology, Netherlands Twin Register, Vrije Universiteit in Amsterdam, Amsterdam, the Netherlands, Professor Eco JC de Geus
5. Falbriard Mathieu (2020), Laboratory of Movement Analysis and Measurement, Ecole Polytechnique Fédérale de Lausanne (EPFL), Lausanne, Switzerland, Professor Kamiar Aminian
6. Gabriel Lozano Berges (2018), Facultad de Medicina, Universidad de Zaragoza, Zaragoza, Spain, Professor José Antonio Casajus
7. Elena Morini (2015), University of Rome "Foro Italico" – IUSM, Rome, Italy, Professor Daniela Caporossi
8. Ben Alaric Holliss (2014), University of Exeter, Professor Andy Jones.
9. Fleur Garton (August, 2013). University of Sydney, Professor Kathryn North.
10. Solomon Teka Mekonen (February 2011). Andhra University, India.
11. Shemelis Mekonnen Molla (February 2011). Andhra University, India.
12. Barbara Vincent (19<sup>th</sup> November 2009). Katholieke Universiteit Leuven, Professor Martine Thomis.
13. Paulo da Silva (15<sup>th</sup> January 2004). The University of Birmingham, Professor David Jones.

**External Examination:**

Centre for Sports and Exercise Medicine, William Harvey Research Institute, Queen Mary University of London (2015 – 2018)

**Patent:**

Novel Hydrating Composition (Inventor: Yannis P Pitsiladis; Publication number: WO/2006/008552; International Application number: PCT/GB2005/002913; Publication date: 21/01/2006; International filing date: 25/07/2005).

**TV and Media (Documentaries, some examples):**

1. Kipchoge: The Last Milestone is a 2021 documentary film directed by Jake Scott and executive produced by Ridley Scott. It follows Kenyan athlete Eliud Kipchoge and the events leading up to the Ineos 1:59 Challenge that saw him breaking the two-hour mark for

running the marathon distance. The film was released digitally on-demand on August 24, 2021.

2. Tokyo 2020 – Documentary Film, 2020. Produced by NHK Japan.
3. “Enhanced” – Documentary Film, 2018. Produced by award winning director Alex Gibney.
4. Dan Rather Reports (“In the running”) – AXS TV, USA, 2012. Producer: Sari Aviv.
5. A Search For Athlete’s Gene – NHK Japan, 2010. Producer: Masaru Zenke.
6. Colin Jackson The Making of Me - BBC 1, 2008. Producer: Nigel Walk.
7. The Storms of War: Military meteorologist, Vladimir Jankovic, reveals how extreme weather decisively shaped some of the greatest battles of the 20<sup>th</sup> century. Produced by Tern Television for Discovery Network. Director/Producer: Paul Murton; Executive Producer: Harry Bell; Editor: Joe Speirs; Assistant Producers: Ishbel Hall and Kate Cotter; Production Management: Kieran Parker and Angela Smith.

### **Invitations:**

1. Invited Speaker: 2025 Joint conference Swiss Sport & Exercise Medicine and Sports physiotherapy - Structure and/or Function, 30-31 October 2025. Lausanne, Switzerland. Genetics vs lifestyle/training for health and performance.
2. International Scientific Committee and Invited Speaker: 4th IEEE international workshop on Sport Technology and Research (IEEE STAR 2025 - Pre-Olympic edition). Trento (Italy) and other olympic and paralympic sites in the Trentino region on October 29-31, 2025 (<https://ieee-star.org>).
3. Invited Speaker: FIMS Executive Meeting and Sports Medicine Congress. Guatemala City, 1-3 October 2025. Title: TBC.
4. Programme Committee member and Invited Speaker: 13th European Federation of Sports Medicine (EFSMA) Congress, Bucharest, Romania. 25-27 September 2025. Title: TBC.
5. Keynote Speaker: European College of Sport Science (ECSS), The 30th Annual Congress of the ECSS, Sport Science From Renaissance to the Millennial Era, Rimini, Italy 1-4 July 2025. Title: Ban or Integrate Transgender Women in Elite Sport?
6. Programme Committee member and Invited Speaker: Sports, Medicine and Health Summit, 26 - 28 June 2025, Hamburg, Germany. Title: The Global Alliance for the promotion of physical activity: Achievements and essential next steps
7. Invited Speaker: Global Sustainable Development Congress ([www.timeshighered-events.com/gsd-congress-2025](http://www.timeshighered-events.com/gsd-congress-2025)), 16-19 June 2025, Istanbul Congress Centre, Turkiye. Title: Born or Built? Lessons from Olympic Champions
8. Invited Speaker: World Sport & Business Summit 2025. Istanbul Congress Centre, Istanbul, Turkey, 9-13 June 2025. TBD.
9. Invited Speaker: The American College of Sports Medicine 72nd Annual Meeting, Atlanta, USA, May 27-31. Symposium: Global Alliance Title: Global Alliance for the promotion of physical activity: Achievements and essential next steps
10. Invited Speaker: 25 years of protecting athlete health: Forward Together”: May 13-15th, 2025 – Svolvær, Lofoten, Norway. Title: Wearable and telemedicine innovations for Olympic events and elite sport in the age of big data and AI
11. Invited Speaker: RSU Research Week, Riga, Latvia. March 24-28<sup>th</sup> 2025, Title: TBC.
12. Invited Speaker: Sports Medicine 360 Congress, Sports Excellence, in cooperation with the Hellenic Olympic Committee (H.O.C.), national federation, associations and municipalities. Stavros S. Niarchos Foundation. March 14-15, 2025. Title: TBC.
13. Invited Speaker: Medicine 2044, 28-31 January 2025, Zaragoza, Spain. (<https://thefuturehealthcare.org/wp-content/uploads/2024/12/MEDICINE-2044-Prelim-Web-Program-121224.pdf>) Title: Born to Run and Sweat.
14. Invited Keynote Speaker: World Scientific Conference, World University Games, Turin, Italy, 13-23 January 2025 (talk on the 14<sup>th</sup>) (<https://wugtorino2025.com/en/our-project/sprint-generation/world-conference-day-2025/#anna-bjerkefors>). Title: Wearable and telemedicine innovations for Olympic events and elite sport in the age of big data and AI



15. Invited Speaker: Shanghai University of Sport, School of Athletic Performance, Shanghai China (17-18<sup>th</sup> December 2024). Title: Beyond fairness: the biology of inclusion for transgender and intersex athletes in elite sport
16. The Second Conference on Human Enhancement, at the University of Oxford, England. 10<sup>th</sup> December 2024. What does it mean to be a healthy individual, and how should we define what is safe to achieve this? Can enhancements promote both?
17. Invited Speaker: Organization for the ASPC XII International Forum on Elite Sport 4 - 6 Dec 2024. Hong Kon Sports Institute, Hong Kong, SAR. Title: Drugs, Sex, AI, etc - threats to sport integrity
18. Invited speaker. 19<sup>th</sup> Annual Meeting of the International Conference on Genomics (ICG-19), Shenzhen, China, 21-24 December 2024. Title: Title: Back to the Future: How personalized medicine will be achieved.
19. Invited Speaker: Consensus conference “Optimizing performance in sport”, Comwell Borupgaard, Snekkersten, 4-7 November 2024, Copenhagen, Denmark (<https://comwell.com/hoteller/comwell-hotel-borupgaard>). Title: “New Opportunities to Advance Sport Nutrition”.
20. Member of the organizing committee, chair of the scientific committee and Invited Speaker. 38th World Congress of Sports Medicine, 23-27 October, 2024, Dubai, United Arab Emirates (<https://fimsuae2024.com>).
21. Invited Speaker: IF FORUM 21 – 23 October 2024 Olympic Museum, Lausanne Ensuring your IF is match fit and future ready. Title: Growing participation and tackling physical inactivity.
22. Invited speaker: 2024 World Life Science Conference - "One World, One Health", sponsored by the China Association for Science and Technology (<http://2016.wlsc.org.cn/> and <http://2018.wlsc.org.cn/>). Session: Functional Anatomy and Exercise Medicine Rehabilitation". Boao, Hainan, China, 19-21 October, 2024. Title: Exercise omics: from basic science to clinical applications.
23. Keynote Speaker: Inaugural Tanenbaum Institute for Science in Sport research conference (September 14-15, <https://tiss.ca/>). Data Modelling and Sport Analytics Faculty of Kinesiology and Physical Education University of Toronto, Canada. Title: Paris 2024 Debrief: Drugs, Sex, AI, etc - threats to sport integrity.
24. Invited Speaker: The 4th MEDICAL FAIR ASIA MEDICINE + SPORTS CONFERENCE, 10-12 September 2024, Singapore ([www.medicalfair-asia.com/MFAM-Sports-Conference-Programme](http://www.medicalfair-asia.com/MFAM-Sports-Conference-Programme)). Title: Real-time biometric monitoring in the military: real-life versus Hollywood – Mile 22.
25. Invited speaker: Global Sustainable Development Congress. Uniting higher education, governments, industry and society for a sustainable future ([www.timeshighered-events.com/gsd-congress-2024/home](http://www.timeshighered-events.com/gsd-congress-2024/home)). 10-13 June 2024, Bangkok, Thailand #GSDcongress. Title: Getting up to speed with the science of the Olympics.
26. Invited Speaker: Scientific Conference, Antidoping: Best Practices in Education, Research and Preparation of Major Events. Sala Giulio Marinuzzi, Universty of Rome Foro Italico, Rome, Italy. 4<sup>th</sup> June 2024. Title: The role of multi-omics, big data and artificial intelligence in anti-doping research.
27. Invited speaker: Triathlon Safety Webinar, The Specific Edge Institute LLC, Panelists: Paolo Emilio, Ben Stephenson, Vicky Tolfrey, Yannis Pitsiladis, TK Miller, Thanos Nikopoulos. 26 June 2024 (<https://mailchi.mp/triathlon/add-the-subject-here-363164?e=e189c58d9b>). Title: The future: technological developments to protect athlete health.
28. Symposium speaker: Preparing for the Next Decade in Wearable Technology: Bridging the Gaps in data quality, User Experiences, and Data Privacy. 2024 ACSM Annual Meeting, Boston, MA, 28-31 May 2024. Title: Imagining the Future Landscape of Wearable Technologies.
29. Invited Speaker: 2024 Guanzhou International Conference on Exercise and Health, Guanzhou Sports University, Guanzhou. 17-20 May 2024. Title: Beyond the Olympics.

30. Invited Speaker: 18th Asian Federation of Sports Medicine Congress Cum 8<sup>th</sup> ISN International Sports Medicine & Sport Science Conference (<https://afsm2024.com/index.php>). A New Era Of Sports & Exercise Medicine: Evolution of Science Towards Health & Performance. 26-28 April 2024, Sabah International Convention Centre, Kota Kinabalu, Sabah, Malaysia. Title: The future: technological developments to protect athlete [soldier, emergency services, public...] health.
31. Invited Speaker: FIBO 2024: When health meets passion, Exhibition Centre Cologne ([www.fibo.com/en-gb/for-media/pressreleases/FIBO%202024:%20When%20health%20meets%20passion.html](http://www.fibo.com/en-gb/for-media/pressreleases/FIBO%202024:%20When%20health%20meets%20passion.html)). 11-14<sup>th</sup> April 2024. Title: Wearable and telemedicine innovations for Olympic events and elite sport.
32. Invited Speaker: World Sport & Business Summit 2024 ([www.sportaccord.sport/2024-wsbs](http://www.sportaccord.sport/2024-wsbs)). Birmingham, West Midlands, 7-11 April 2024. Title: Transwomen in elite sport: scientific, medical and ethical considerations.
33. Invited Speaker: European Respiratory Society (ERS) Webinar Series (8<sup>th</sup> April 2024): The Respiratory System and Sport: from bench to bedside, in an Olympic year.
34. Invited Speaker: MX Business Conference FY24 powered by Samsung, March 6<sup>th</sup> - 8<sup>th</sup> 2024 Hanoi, Vietnam. Title: Next Generation Wearables.
35. Member of the Scientific Committee and Speaker: 7<sup>th</sup> IOC World Conference on Prevention of Injury and Illness in Sport. Monaco, 29 February to 2 March 2024, ahead of the Olympic Games Paris 2024. Session: Technological innovation to protect athlete health through real-time monitoring and decision making: the case of competition in the heat. Title: The future: technological developments to protect athlete health.
36. Guest Speaker: The First Conference on Human Enhancement. The House of Lords, Parliament House, London, United Kingdom. Tuesday 27 February 2024: 8:30am – 5:00pm. Title: The enhanced athlete: Ambition or reality?
37. Guest Speaker: 7<sup>th</sup> edition of the Sports Tomorrow Congress, hosted by the Barça Innovation Hub, February 26-27 2024, MWC, Barcelona. Focus on “Personalization in Sports” with the claim “Shape your own game”, exploring personalized techniques, strategies, specific knowledge and research ([www.mwcbarcelona.com/agenda?date=2024-02-26](http://www.mwcbarcelona.com/agenda?date=2024-02-26); <https://sportstomorrow.fcbarcelona.com/>). Title: Realizing the Promise of Personalized Sports Medicine.
38. Guest Speaker: <https://assises-genetique.org/> 9-12 January, 2024. Title: Win the war on drugs in sport: Paris may have the answer.
39. Invited Speaker: CISM International Athletics Conference 2023, Abu Dhabi, United Emirates. 11<sup>th</sup> December 2023. Title: (1) Wearable and telemedicine innovations for Olympic events and elite sport; (2) Real-time biometric monitoring in the military: real-life versus Hollywood – Mike 22; (3) Ambition or reality of the enhanced soldier and athlete.
40. Invited speaker: 18<sup>th</sup> Annual Meeting of the International Conference on Genomics (ICG-18 Part II), Hong Kong, BEYOND THE OLYMPIC GAMES, 2 December 2023. Title: Opportunities out of Asia to champion Olympism.
41. Invited Speaker: The 11<sup>th</sup> MEDICA MEDICINE + SPORTS CONFERENCE, 15-16 November 2023, Dusseldorf, Germany. Title: Necessary steps for the mass adoption of wearables: Convenient, smart, secure and affordable.
42. Keynote Speaker: 21<sup>st</sup> International Sport Sciences Congress, Antalya, Turkiye. 11-14 November 2023. Titles: 1. How the war on drugs in sport will be won using multi-omics, big data and artificial intelligence; 2. Integrating Transwomen and Female Athletes with DSD into Elite Competition.
43. Keynote Speaker: SISMES Congress (Italian Society of Exercise and Sport Science), Napoli (Italy), 2-4 November 2023. Title: How Elite Sport can make Wearable Technology Happen.
44. Programme Committee member and Invited Speaker: 12<sup>th</sup> European Federation of Sports Medicine (EFSMA) Congress (<https://efsma2023.com>), Wrocław, Poland. 19-21 October 2023. Title: Wearable and telemedicine innovations for Olympic events and elite sport.

45. Invited Speaker: World Olympians Forum 2023 (<https://olympians.org/forum-2023>), 16-18<sup>th</sup> September 2023, Istanbul, Turkey. Title: The “Global Alliance” for the promotion of physical activity: Why is it urgently needed?
46. Invited Speaker: IEEE STAR 2023 International Workshop on Sport Technology and Research 14-16<sup>th</sup> September 2023, Cavalese (Trento, Italy, <https://event.unitn.it/ieee-star2023>). Title: Technology innovation and guardrails in sport.
47. Invited Speaker: FMSI National Congress, Rome, Italy. 21-23 July 2023. Title: Wearable and telemedicine innovations for Olympic events and elite sport.
48. Invited Speaker: Scientific Conference, Present and Future of Anti-Doping – State of the Art and Future Challenges and Perspective of the Paris 2024 and Milan-Cortina 2026 Olympic Games, Rome, Italy. 20 July 2023. Title: How the war on drugs in sport will be won using multi-omics, big data and artificial intelligence.
49. Programme Committee member and Invited Speaker: Sports, Medicine and Health Summit ([www.sports-medicine-health-summit.de/en](http://www.sports-medicine-health-summit.de/en)), 22 - 24 June 2023, Hamburg, Germany. Title: What is the “Global Alliance” and why is it urgently needed?
50. Invited Speaker: European Athletics, High Performance Webinar series 2023, 16 June 2023. Title: Sport integrity opportunities in the time of coronavirus, big data and the genomic era”. We need a revolution and not evolution in our sport – a complete rebranding. One will say: 'I'm not going to send my children to participate in a sport that's unfair. If our youth stop participating, our sport as we know it ceases to exist.
51. Invited Speaker: European Human Genetics Conference, Hybrid Conference, Glasgow, Scotland, June 10–13, 2023 (<https://2023.eshg.org>). Title: How the war on drugs in sport will be won using multi-omics and we're not afraid to talk about it?
52. Invited Speaker: Symposium: The Future is Now: Wearable Technology and Intelligent Healthy Life. Exercise Translational Medicine Centre, Shanghai Jiao Tong University China, Shanghai, 18-22 May 2023. Title: How elite sport can make Wearable Technology happen.
53. Invited Speaker: International Federations Seminar. Maison du Sport International, Lausanne, Switzerland, 2<sup>nd</sup> May 2023. Title: Protecting the health and maximising performance of the elite female athlete: Lessons from her ancestral past.
54. Member of the International Independent Advisory Board. 18<sup>th</sup> Annual Meeting of the International Conference on Genomics (ICG-18), Beijing, Hangzhou and a few other cities in China as well as in Singapore, from April 12 to 27, 2023. Since its inauguration in 2006, ICG (<https://icg.bio>) has established itself as a premier conference featuring cutting-edge 'omics' technologies and idea sharing. The annual meeting will take place in the final week of October, uniting 1,000+ attendees and offering a platform where they can share with the best minds in 'omics' and its application from institutions all over the world. Title: Olympic Sport – The world’s most iconic brand needs re-branding.
55. Invited Speaker: RSU Research Week (<https://rw2023.rsu.lv>), Riga, Latvia. March 29-30<sup>th</sup> 2023, Title: Doping and “border” technologies in sports
56. Invited Speaker: Turkish National Congress of Sports Medicine, Izmir, Turkey. March 10-12, 2023. Title: The outcomes of the Athlome Project: How deep is the relevance of genetics with health and performance. *Postponed due to the devastating earthquake.*
57. Invited Speaker: Grand Rounds for University of Rochester, Department of Medicine University of Rochester, School of Medicine and Dentistry, Rochester, New York. 20<sup>th</sup> December 2022. Title: Integrating Transwomen and Female Athletes with DSD into Elite Competition: The concept of “athletic gender”.
58. Invited Speaker: The 9th Seminar on Exercise in Medicine ([www.ntnu.edu/cerg/exercise-in-medicine-2022](http://www.ntnu.edu/cerg/exercise-in-medicine-2022)), Trondheim, Norway, 14-15<sup>th</sup> December 2022. Title: Characterizing the genetics and biology of exercise medicine.
59. Invited Speaker: The MEDICA MEDICINE + SPORTS CONFERENCE, 16-17 November 2022, Dusseldorf, Germany. Title: How elite sport can make Wearable Technology happen.
60. Invited speaker: 10th European Initiative for Exercise in Medicine (EIEIM) conference on 27<sup>th</sup> - 29<sup>th</sup> October 2022, Padova – Italy (<https://exercisemedicine.it>). Title: Sports and

- Exercise in Medicine: Where we are and where to go”, proposing the specific argument “Exercise specialists in healthcare settings: a European perspective”.
61. Plenary Lecture: Annual meeting of the Korean Sports Medicine Society, Seoul, South Korea, 16<sup>th</sup> October 2022. Title: Integrating Transwomen and Female Athletes with DSD into Elite Competition: The FIMS Position
  62. Invited speaker: 11th Annual 2022 Gatorade Sports Science Institute (GSSI) Expert Panel (XP), 11-13 October 2022, Chicago, USA. Title: Technology innovation and guardrails in sport.
  63. Member of the organizing committee, chair of the scientific committee and Invited Speaker. 37th World Congress of Sports Medicine, 22-25 September, 2022, Guadalajara, Mexico (<https://fismexico2022.com/en/guadalajara-2>). Title(s): How sport is digging its own grave by failing to champion sports integrity; Sport integrity opportunities in the time of coronavirus and the genomic era; The concept of “athletic gender”.
  64. Invited Speaker: 17th Annual Meeting of the International Conference on Genomics (ICG-17) in Riga (Latvia), 7-8 September 2022. Title: Personalised genomics in exercise and sports medicine: The future is now
  65. Member of the International Independent Advisory Board. 17<sup>th</sup> Annual Meeting of the International Conference on Genomics (ICG-17), 3-6 September 2022, Qingdao, China ([www.icg.bio/](http://www.icg.bio/)). Since its inauguration in 2006, ICG (<https://icg.bio>) has established itself as a premier conference featuring cutting-edge 'omics' technologies and idea sharing. The annual meeting will take place in the final week of October, uniting 1,000+ attendees and offering a platform where they can share with the best minds in 'omics' and its application from institutions all over the world. Title: Sport integrity opportunities in the time of coronavirus and the genomic era.
  66. Keynote Speaker: World Artificial Intelligence Conference (WAIC) AI and Sports Summit Forum, Shanghai, China, 2 September 2022. Title: The Past, Present, and Future of Prediction with Particular Focus on Sport and Exercise Medicine.
  67. Invited Speaker: “Exercise Is Medicine (EIM)” Symposium organized by EXERNET. Program Satellite Symposium (<https://redexernet.com/event/exercise-is-medicine/>). Cádiz, August 29<sup>th</sup>, 2022. Title: “What is next? The Future of eHealth in Sport Science”.
  68. Invited Speaker: Integration of athletes with differences in sexual development (DSD) and transgender athletes in Olympic sport. Salone d’Onore, Italian Olympic Committee, Foro Italico, 1<sup>st</sup> July 2022. Title: Integrating Transwomen and Female Athletes with DSD into Elite Competition.
  69. Invited Speaker: Tour de France Grand Départ 3-day symposium at the University of Copenhagen, 28-30<sup>th</sup> June 2022. Title: The greatest, the fakest and the real sub2 marathon.
  70. Invited Speaker: World Conference on Science and Soccer 2022, Faculty of Sport Science and Physical Education, University of Coimbra, Coimbra, Portugal., 15-17<sup>th</sup> June 2022 (<https://wcss2021.org/>). Title: The impact on sports medicine of deciphering the human genome and necessary next steps to fulfil expectations of this genetic revolution.
  71. Invited Speaker: International Summer School on Wearable Sensors in Sport (<https://r8.ieee.org/italy-sensors/isswss22>), Foro Italico University of Rome, Rome, Italy, June 14-15 2022: Title: How wearables can protect the health of athletes during training and sporting competition and enhance the brand.
  72. Plenary Lecture: Endocrine Society’s 2022 Annual Meeting, June 11-14, 2022, Atlanta, USA. Session “Intersex, Transgender, and Exercise in Endocrinology.”
  73. Invited Speaker: Romanian Annual Sports Medicine Conference, Bucharest, Romania, May 31-June 3, 2022. Title(s): Nutritional Supplements, ergogenic aids and sport: from fake news to health risk; Integrating transwomen and female athletes with differences of sex development (DSD) into elite competition: the FIMS position.
  74. President, Conference Chair, Member of the organising committee and invited speaker. The British Association of Sport and Exercise Medicine (BASEM) Annual Conference at the Grand Hotel, Brighton, England ([www.basemconference2022.co.uk](http://www.basemconference2022.co.uk)). 26-27 May 2022. Theme: Positive Health & Performance "Come Meet Your Peers at the Pier". Title: The controversy of sports technology. Progress or Cheating?

75. Invited Speaker: Cardiovascular postgraduate showcase, University of Manchester. May 23, 2022. The 1:59:59 marathon: Galileo versus Goliath.
76. Invited Speaker: NRW Congress for the Promotion of Young Talent 2022. April 25-26, 2022([www.dshs-koeln.de/momentum/transfer/nrw-kongress-nachwuchsfoerderung-2022/](http://www.dshs-koeln.de/momentum/transfer/nrw-kongress-nachwuchsfoerderung-2022/)). Supported by the State Chancellery North Rhine-Westphalia and organized and by the German Research Centre for Competitive Sports Cologne, Cologne, Germany. Title: How wearables can protect the health of athletes during training and sporting competition and enhance the brand.
77. Invited Speaker: Academic programme during the Olympic Winter Games Beijing 2022. Symposium (7<sup>th</sup> February 2022): What means 'winter' in winter Olympics? Title: Impact of acute and chronic cold exposure on metabolism and performance.
78. Invited Keynote Speaker: 18th Turkish and International Congress of Sports Medicine, December 3-5, 2021 ([www.icsm2021.org/#program](http://www.icsm2021.org/#program)). Title: Genomics of elite sporting performance: What we know and necessary advances? How to produce a Turkish Usain Bolt? A Jamaican model for the World.
79. Member of the organizing committee and Invited Speaker. IOC World Conference on Prevention of Injury & Illness in Sport (<https://ioc-preventionconference.org>). Monaco. The 2020 IOC World Conference was postponed due to Covid-19 and now rescheduled to take place on 25-27 November 2021. Title: Wearable technologies: Future challenges and opportunities for implementation in athlete healthcare.
80. Invited Speaker: The MEDICA MEDICINE + SPORTS CONFERENCE ([https://www.medica-tradefair.com/en/Forums\\_Conferences/Conferences/MEDICA\\_MEDICINE\\_SPORTS\\_CONFERENCE](https://www.medica-tradefair.com/en/Forums_Conferences/Conferences/MEDICA_MEDICINE_SPORTS_CONFERENCE)), 15-18 November 2021, Dusseldorf, Germany. Title: Sports in 2050 - Learning from Tokyo and beyond.
81. Member of the International Independent Advisory Board. 16<sup>th</sup> Annual Meeting of the International Conference on Genomics (ICG-16). Since its inauguration in 2006, ICG (<https://icg.bio>) has established itself as a premier conference featuring cutting-edge 'omics' technologies and idea sharing. The annual meeting will take place in the final week of October, uniting 1,000+ attendees and offering a platform where they can share with the best minds in 'omics' and its application from institutions all over the world.
82. Invited Speaker: Romanian Annual Sports Medicine Conference, Bucharest, Romania, 14-16 October 2021. Title(s): Screening for Talent; Genetic athletic selection – Fact or fiction? & Heat injury and illness prevention for Tokyo 2020: What is the IOC doing?
83. Member of the organizing committee, chair of the scientific committee and Invited Speaker. 36th World Congress of Sports Medicine ([www.fims2020.com](http://www.fims2020.com)), Athens, Greece. The 36<sup>th</sup> World Congress of Sports Medicine was postponed in 2020 due to Covid-19 and now rescheduled to take place on 23-26 September 2021. Title(s): Integrating transwomen and female athletes with DSD & The FIMS CCSM Strategy.
84. Invited Participant: IOC consensus meeting on Recommendations for rules and regulations when hosting a sport event in the Heat, chaired by Prof. Dr. Uğur Erdener and Sebastien Racinais. 8-10<sup>th</sup> September 2021, Lausanne, Switzerland.
85. Invited Speaker: Gatorade Sports Science Institute (GSSI)-European College of Sports Science (ECSS) pre-conference satellite symposium, 7<sup>th</sup> September 2021. Event: Owning the Distance: Sports Nutrition & Innovations for the Endurance Athlete (runner). The innovation race: Has it been run? How much further to go? Yannis Pitsiladis; Reducing the risk of gastrointestinal complaints during endurance events: Mechanisms and Sports Nutrition solutions: Dr Michelle King (GSSI); Endurance event preparation and Sports Nutrition Considerations: Dr Trent Stellingwerff; Future research for Endurance Nutrition: Dr Jill Leckey.
86. Invited Speaker: IOC Academic Programme, The 2020 Summer Olympics, 23 July - 8 August 2021, Tokyo, Japan. Title: From Tokyo to Paris and Los Angeles: Current and future technologies to protect athlete health in the heat.
87. Invited Speaker: University of Cape Town, Physical Activity, Lifestyle and Sport Research Centre (HPALS), Department of Human Biology, Faculty of Health Sciences Seminar Series, 11<sup>th</sup> June 2021. Title: Sub2 project: The Next Frontier.

88. Keynote: World Congress on Science and Soccer, University of Coimbra (one of the oldest universities of Europe (730 years old), classified as UNESCO World Heritage: <https://whc.unesco.org/en/list/1387/>), 2-4<sup>th</sup> June 2021, Coimbra, Portugal. Title: Wearable technology and performance monitoring in football.
89. Member of the organizing committee and Invited Speaker. 49th Congress of the German Society for Sports Medicine and Prevention part of the Sports, Medicine and Health Summit ([www.sports-medicine-health-summit.de/en](http://www.sports-medicine-health-summit.de/en)), Hamburg, Germany. The Health Summit was postponed in 2020 due to Covid-19 and rescheduled to 22-24 April 2021. Title: WT and telemedicine based support for prescribing physical activity.
90. Invited Speaker: Vivobarefoot ([www.vivobarefoot.com](http://www.vivobarefoot.com)) Movement Conference (On line), 30<sup>th</sup> March 2021. Title: Born to Run (Move).
91. Keynote: Stradins University (RSU) Research Week (<http://rw2021.rsu.lv> <https://rw2021.rsu.lv/general-information>) in association with the Latvian Sports Medicine Association. 22-26 March 2021, Rega, Latvia. Title: Sport integrity opportunities in the time of coronavirus.
92. Invited Speaker: Portuguese Olympic Committee - International Olympic Conference entitled "The Olympic Performance" Educational Program webinar cycle specifically dedicated to the Tokyo Olympic Games pre-competitive period. 26<sup>th</sup> February, 2021. Title: An integrated planning approach towards the Tokyo Olympic Games.
93. Keynote: Iberoamerican Institute of Sports Sciences and Human Movement (IICDEM) in collaboration with "Grupo Sobre-Entrenamiento" (G-SE), and with the endorsement of the American Society of Exercise Physiologists (ASEP), the "Sports Nutrition International Conference: from Evaluation to Monitoring (SNIC)" will be launched from February 4-7, 2021, through the G-SE "Online Education Center (OEC) platform". Curtin University, Western Australia. "Direct To Consumer genetic testing: Helpful, harmful or Pure fun?"
94. Invited Speaker: Annual meeting of Japan Epidemiological Association, Saga, Japan, January 27-29, 2021. Title: Health impact of life-long participation in Olympic Sport: Public health Lessons from elite Sport.
95. Invited Speaker: International Olympic Committee (IOC Athlete 365). Exclusive Athlete365 Webinar. 12<sup>th</sup> January 2021. Conditions in Tokyo will be tough. Preparation for the adverse weather is vital for performance. Learn how to Beat the Conditions in our upcoming webinar, as we chat with experts and athletes who've faced, adapted and conquered the toughest competition environments. Professor Yannis Pitsiladis and Olympian Ivica Kostelic.
96. Invited Speaker: Sports, Medicine and Health Summit 2020 ([www.sports-medicine-health-summit.de](http://www.sports-medicine-health-summit.de)), 29-31<sup>st</sup> October 2020, Hamburg, Germany. Postponed due to COVID-19.
97. Invited: International Independent Advisory Board (IIAB) of the Annual Meeting of the International Conference on Genomics (ICG-15) (<https://icg.bio>). 25-31 October 2020, Wuhan City, China.
98. Invited Speaker: Royal Society of Medicine, 21 September 2020, London. Title: Genetic doping and detection.
99. Invited Speaker: "Exercise Is Medicine (EIM) Symposium organized by EXERNET. Satellite Symposium (25th Annual Congress of the European College of Sport Science in the Heart of Arts, Oct 22-30, 2020, Sevilla, Spain) 26 October 2020, Cádiz, Spain. Title: What is next? The Future of eHealth in Sport Science. Cancelled due to COVID-19.
100. Invited Speaker: Cheltenham Science Festival ([www.cheltenhamfestivals.com](http://www.cheltenhamfestivals.com)), June 2-7, 2020. Cancelled due to COVID-19.
101. Invited Speaker: The World Science Festival ([www.worldsciencefestival.com/about](http://www.worldsciencefestival.com/about)) with the focus on "limits of human physical potential", May 27-31, 2020, New York, USA. Title: Debate.
102. Invited Speaker: 26th Scientific Congress of Hellenic Medical Students and 14th International Forum. Patras, Greece, May 16-17, 2020. Title: Medical Approaches In Anti-Doping. Cancelled due to COVID-19.

103. Invited Speaker: Romanian Sports Medicine Society, The XXIXth Annual National Conference on Sports Medicine, Bucharest, May 14-16, 2020. Titles: 1) Screening for Talent? Genetic athletic selection – Fact or fiction? 2) Heat injury and illness prevention for Tokyo 2020: What is the IOC doing? Cancelled due to COVID-19.
104. Brighton Marathon Medical Conference, Saturday 18th April 2020. Title: Heat injury and illness prevention for Tokyo 2020: What is the IOC doing? Cancelled due to COVID-19.
105. Keynote Speaker: The National Olympic Committee of Portugal (COP), in partnership with the Portuguese Society of Sports Medicine (SPMD), organizes on April 17, 2020, in the city of Porto, the International Olympic Conference on Sports Medicine - “Conferência Internacional Olímpica – Medicina Desportiva”. April 17, 2020. Title: Beyond fairness: the biology of inclusion for transgender and intersex athletes (Keynote); Heat injury and illness prevention for Tokyo 2020: What is the IOC doing? (Lecture). Cancelled due to COVID-19.
106. Invited Speaker: The 3<sup>rd</sup> Annual Meeting on Sports Nutrition (Organised by the European Sports Nutrition Society, ESNS in partnership with SANIS the Italian training centre for sport nutrition), Milan, Italy, 20-21 March, 2020. Title: The sport drinks revolution and why we are not afraid to talk about it. Cancelled due to COVID-19.
107. Keynote Speaker: The British Association of Sport and Exercise Medicine (BASEM) Annual Conference ‘Go the Glasgow Mile’, 21-22 November 2019, Glasgow Hilton, Glasgow, Scotland. “Direct To Consumer genetic testing: Helpful, harmful or Pure fun?”
108. Invited Speaker: The MEDICA MEDICINE + SPORTS CONFERENCE ([www.medica-tradefair.com/en/Forums\\_Conferences/Conferences/MEDICA\\_MEDICINE\\_SPORTS\\_CONFERENCE/MMSC\\_Overview#2](http://www.medica-tradefair.com/en/Forums_Conferences/Conferences/MEDICA_MEDICINE_SPORTS_CONFERENCE/MMSC_Overview#2)), 19-20 November 2019, Dusseldorf, Germany. Title: The use of technology to protect the health of athletes during competitions in the heat.
109. Invited Speaker: Department of Nutrition, Exercise and Sports, University of Copenhagen, Anti-doping symposium, 11-13<sup>th</sup> November 2019, Comwell Conference Hotel, Copenhagen, Denmark. Title(s): “An integrative Omics solution to the detection of recombinant human erythropoietin and blood doping” and “Future of human performance and anti-doping”.
110. Invited Speaker: The EFSMA (European Federation of Sports Medicine Associations) Congress, 3-5 October 2019, Portoroz, Slovenia. Title(s): 1: Screening for Talent? Genetic athletic selection – Fact or fiction? 2: Biology of inclusion for transgender and intersex athletes.
111. Invited Speaker: Sports Medicine and Anti-Doping Conference linked with World Wrestling Championship in Nur-Sultan city (capital of the Republic of Kazakhstan), 27<sup>th</sup> of September 2019, Almaty city, Republic of Kazakhstan. Title: A New Era in Precision Sport and Exercise Medicine.
112. Invited Speaker: 2019 Congress of the German Federation of Sports Science, Berlin, September 18-20, 2019. Title: Integrating Molecular, Behavioural and Environmental Aspects into recent Sports Science: A Holistic Sports Science Approach for a Better Future of Elite Sport.
113. Invited Speaker: International Olympia Symposium “Becoming an Olympic Athlete without Doping” ([www.olympia2019.gr](http://www.olympia2019.gr)), Ancient Olympia, Greece, 17-18<sup>th</sup> May 2019. Title: A Holistic Antidoping Approach for a Fairer Future for Sport.
114. Invited Speaker: Defence and National Rehabilitation Centre, Stanford on Soar, Loughborough, 5<sup>th</sup> June 2019. Title: Use of “Omics” as a screening tool (in the military]: Past, present and future.
115. Keynote Speaker: Serbian Institute of Sport and Sports Medicine, Belgrade, Serbia, 23-26<sup>th</sup> May 2019. Titles: FIMS: Past, present and future (Session 1); Direct to consumer genetic testing: helpful, harmful or pure fun (Session 5); A Holistic Antidoping Approach for a Fairer Future for Sport (Session 8).
116. Invited Speaker: Technion Sport Conference, Tel Aviv, Israel, 15<sup>th</sup> May 2019. Title: The billion dollar race to break the two-hour marathon barrier.

117. Invited Speaker: Hellenic Sports Medicine Association, 12<sup>th</sup> May 2019, Thessaloniki, Greece. Title: Elite Sport: A unique study model in Sports Medicine.
118. Keynote Speaker: 27<sup>th</sup> International Conference of Physical Education and Sports Science (ICPESS), Komotini, Greece, 10-12 May 2019. Keynote: Exercise is Medicine – The world’s most essential brand requires re-branding from its spiritual home; Lecture: Personalization of sport and exercise medicine through wearables: The new “microscope” of the 21st century; Lecture: Εφαρμογή προγραμμάτων θεραπευτικής άσκησης στο Ηνωμένο Βασίλειο και ανά την υφήλιο.
119. Invited Speaker: SportAccord Convention ([www.sportaccord.sport/healthaccord](http://www.sportaccord.sport/healthaccord)), Gold Coast, Australia, 7<sup>th</sup> May 2019. HeathAccord Symposium, The Power of Sport and the Power to Change. Panel Session: Supplements and their effect on elite and recreational athletes.
120. Invited Speaker: Murdoch Childrens Research Institute, Royal Children’s Hospital Flemington Road Parkville, Melbourne, Victoria, Australia, 2<sup>nd</sup> May 2019. Title: The world-class athlete model for the study of human health and disease(s).
121. Invited Speaker: IX International Scientific Congress “Sport, People and Health”, Saint Petersburg, Russia, 25-27 April 2019. Title: What next for anti-doping: Evolution or Revolution?
122. Invited Speaker: XXXVI FMSI National Congress, Biological Age, Chronological Age, Rome, Italy. 27-29<sup>th</sup> March 2019. Title: Nutritional Supplements, ergogenic products and sport: from fake news to health risk.
123. Keynote Speaker: 17th National Sports Medicine Congress, 22-24 March 2019, Antalya, Turkey. Opening Lecture: Born to Move and Why Our Future Depends on it (45 min); Short Talk: Supplements Use and Health Concerns in Athletes (15 min); Keynote: Evidence-Based Sports Medicine (30 min); Keynote: Personalisation of Sport and Exercise Medicine Through Wearables: The New "Microscope" of the 21st Century (30 min).
124. Invitation: Defence Science & Technology Laboratory (Dstl) and MoD. Harnessing Advances in Systems Biology to Maximise Human Performance Workshop – Wednesday 20th March 2019, Bristol.
125. Invited Speaker: The Israeli Olympic Committee Scientific meeting, 4-7<sup>th</sup> March, Tel Aviv, Israel. Titles: Personalisation of sport and exercise medicine through wearables: The new "microscope" of the 21st century; Extreme environments with particular a focus on heat and altitude: Lessons from east Africa, world championships and the Olympics; A new era in precision sports medicine.
126. Keynote Speaker: WT Wearable Technologies Conference Europe (During ISPO), Munich 4-6<sup>th</sup> February, 2019. Title: Personalisation of sport and exercise medicine through wearables: The new "microscope" of the 21st century.
127. Invited Speaker: International Sport and Exercise Nutrition Conference ([www.isenc.org](http://www.isenc.org)), Newcastle University, Newcastle 18-20 December 2018. New technologies in sports drinks: the Sub2/Maurten story.
128. Invited Speaker: XVII National Congress of Spanish Society of Sports Medicine, “The future of high sports performance”, Toledo, Spain 28-29<sup>th</sup> November 2018. Title: The SUB2 marathon: Galileo versus Goliath.
129. Invited Speaker: British Association of Sport & Exercise Sciences (BASES) Annual Conference, Harrogate Convention Centre, North Yorkshire UK, 27-28 November 2018 ([www.basesconference.co.uk](http://www.basesconference.co.uk)). Title: Inter-individual variability in sport and exercise science: implications for training programmes and precision medicine
130. Invited Speaker: World Rowing Sports Medicine and Science and Coaches Conference, German Rowing Federation and the World Rowing Federation FISA, Berlin, Germany, 21<sup>st</sup> November 2018. Title: Understand training? Integrating molecular, behavioral and environmental aspects.
131. Invited Speaker: 2<sup>nd</sup> Annual Conference of European Sports Nutrition Society (ESNS) Annual Conference 2018: Sports Nutrition: from lab to the field, Rome, 16-17<sup>th</sup> November, 2018. Title: Supplement use and health concerns in athletes.



132. Invited Speaker: Sports Medicine and Rehabilitation: Bridges to Innovation, Turin, 16-17<sup>th</sup> November, 2018. Title: The billion dollar race to break the two-hour marathon barrier.
133. Invited Speaker: The MEDICA MEDICINE + SPORTS CONFERENCE, 13-14<sup>th</sup> November 2018, Dusseldorf, Germany. Title (Latest Innovations in Monitoring Vital Data and Sports Performance): "Necessary Steps to Accelerate the Integration of Wearables Sensors into Recreation and Competitive Sports".
134. Invited Speaker: Norwegian Athletics, Oslo, Norway, 2-4 November 2018. Lecture 1. Lactate: Friend or foe and implications for training and performance; Lecture 2. What we can learn from the world's best endurance athletes with particular focus on training and competition; Lecture 3. Extreme environments with particular a focus on heat and altitude: Lessons from east Africa, world championships and the Olympics.
135. Invited Speaker: International Conference "Sports Excellence: Endurance Sports Conference", organized by the SNFCC Stavros Niarchos Foundation Cultural Center (SNFCC), Athens Greece, 2-3 November 2018. Talk 1: "Fuelling Revolution" - "Sports Drinks on the Edge of a New Era"; Talk 2: Modern day alternatives to drugs; Talk 3: Extreme environments with a focus on heat and altitude.
136. Invited Speaker: The 13<sup>th</sup> International Conference on Genomics ([www.icg-13.org](http://www.icg-13.org)), Shenzhen, China, October 24-28, 2018. Title: Personalized genomics in exercise science and medicine: The future is now.
137. Speaker and Panel Invitation - Sports Nutrition Congress in association with ESSNA, 25-26 September, Brussels, Belgium.
138. Keynote Speaker: 35<sup>th</sup> FIMS World Sports Medicine Congress, Rio de Janeiro, Brazil, 12-15<sup>th</sup> September 2018. Title: A new era in precision sports medicine.
139. Lettura Magistrale: Federazione Medico Sportiva Italiana and the Italian National Olympic Committee (CONI), La FMSI è anche rosa: <sup>[1]</sup>la Medicina dello Sport e la Donna, Rome, Italy, 12 July 2018. Title: Implications of Gender Identity in Elite Sports.
140. Invited Speaker: Congress of the German National Sports Medicine Association (DGSP). Hamburg, Germany, 24-26 May 2018. Title: A new era in precision sports medicine.
141. Invited Speaker: The SPOT ([www.thinksport.org](http://www.thinksport.org)), Lausanne, Switzerland, 15-16<sup>th</sup> May 2018. Title: The Sub2 Marathon Project: The Next Frontier.
142. Invited Speaker: 10<sup>th</sup> International Baltic Sports Medicine Congress, Latvian Sports Medicine Association, Riga, Latvia, 20-21 April, 2018. Title: A new era in precision sports medicine.
143. Invited Speaker: SportAccord Convention ([www.sportaccordconvention.com](http://www.sportaccordconvention.com)), Bangkok, Thailand, 15-20<sup>th</sup> April 2018. HeathAccord Symposium, The Power of Sport and the Power to Change (19<sup>th</sup> April, 2018). Title: Born to move and why our future depends on it.
144. Invited Speaker: 12<sup>th</sup> Congress of the Hellenic Sports Medicine Association, 16-18<sup>th</sup> March 2018, Hotel Porto Palace, Thessaloniki, Greece. Title: Implications of a Third Gender for Olympic Sports.
145. Invited Speaker: The BASEM Spring Conference 2018: Get Dynamic: Hormones, Health and Human Performance. 22<sup>nd</sup> March 2018, The Keepmoat Stadium, Doncaster, England. Title: Implications of a third gender for elite sports.
146. Keynote Speaker: WT Wearable Technologies Conference 2018 ([www.wearable-technologies.com/wteu18-media-assets](http://www.wearable-technologies.com/wteu18-media-assets)), Munich 30-31<sup>st</sup> January 2018. Title: Sub2 - How Wearables Can Help Reach This Goal.
147. Invited Speaker: Asklepios Congress, Paphos, Cyprus, 9-10 December 2017. Title: Born to run and why our future depends on it.
148. Invited Speaker: International Congress of Running, Lisbon, 2-3 December 2017. Title: TBC.
149. Invited Speaker: European Society of Sport Nutrition, 1<sup>st</sup> International Conference "Sport Nutrition: on the edge of a New era", 25<sup>th</sup> November 2017, Milan, Italy. Title: Doping, Supplementation and sport: where is the border?
150. Invited Speaker: The EFSMA (European Federation of Sports Medicine Associations) Jubilee Congress, 16-18 November 2017, Cascais, Portugal. Title: Transgender Athletes, Fairness and Doping

151. Invited Speaker: The MEDICA MEDICINE + SPORTS CONFERENCE, 14-15 November 2017, Dusseldorf, Germany. Title: The Sub2 Marathon Project: The Next Frontier.
152. Invited Speaker: Sports Medicine and Rehabilitation: Bridges to Innovation, 10-11 November 2017, Friday, 10<sup>th</sup> November at Accademia di Medicina di Torino Via Po, 18 - Turin and Saturday, 11<sup>th</sup> November at Istituto delle Riabilitazioni Riba SpA Corso Francia, Turin, Italy. Title: Born to move – And why our future depends on it.
153. Invited Speaker: Stavros Niarchos Foundation, Athens, Greece, 8<sup>th</sup> November 2017. Title: Το ‘Sub2 Project’ - Μαραθώνιος κάτω από 2 ώρες: Χρήσιμα μαθήματα για την αποκατάσταση της Ελληνικής και παγκόσμιας αθλητικής κληρονομιάς.
154. Invited Speaker: FIMS CCSM Meeting, 4 November 2017, Guadalajara, Mexico. Title: Dealing with Athletes Sport Nutrition during competition.
155. Invited Speaker: Foro Italico University of Rome, 27<sup>th</sup> October 2017. Title: Prediction of Sudden Cardiac Death. An Italian Legacy or Missed Opportunity and The future of genomic research in adaptation to training.
156. Invited Speaker: Annual Congress of the French Sports Medicine Association, 21-23 September 2017, Marseille, France. Title: Personalised genomics in exercise and sports medicine: The future is now.
157. Invited Speaker: 10th Forum on Elite Sport, Durban, South Africa, August 23-26, 2017. Title: Anti-doping, the next essential steps.
158. Invited Speaker: San Antonio Spurs and Southwest Research Institute (SwRI, www.swri.org), The 1st "Human Performance Summit, Injury Management: Prevention, Rehabilitation, and Return to Play. 15-16 July 2017, San Antonio, Texas, USA. Title: Personalised genomics in exercise science and medicine: The future is now.
159. Invited Speaker: Celebratory event, Professor Vassilis Klissouras, University of Athens, Athens, 7<sup>th</sup> June 2017. Title: Nanos Gigantum Humeris Insidentes.
160. Invited Speaker: Brighton Marathon Conference, Brighton, April 8<sup>th</sup> 2017. Title: Personalised genomics in exercise science and medicine: The future is now.
161. Invited Speaker: IV Congreso de prevención de lesiones deportivas, 2-4 March 2017, Murcia, Spain. Title: Prevención del dopaje en el joven deportista.
162. Invited speaker: Eastbourne College, Eastbourne, December 12<sup>th</sup> 2016. Title: How the war on drugs in sport will be won and we're not afraid to talk about it?
163. Invited speaker: Institut für Sport- und Präventivmedizin, Universität des Saarlandes, Gebäude, Saarbrücken, December 8<sup>th</sup> 2016. Title: Personalised genomics in exercise science and medicine: The future is now.
164. Keynote Speaker: 10<sup>th</sup> Aims Marathon Congress, Athens Marathon Start Venue, Municipality of Marathon, November 12<sup>th</sup> 2016. Title: Countdown to the first sub two-hour marathon: A clean marathon running project.
165. Invited Speaker: 8<sup>th</sup> Annual Next Generation Sequencing Congress & 4<sup>th</sup> Annual Single Cell Analysis Congress, London, 10-11<sup>th</sup> November 2016. Title: An integrative ‘Omics’ solution to the detection of recombinant human erythropoietin and blood doping.
166. Keynote Speaker: Hellenic Society of Biochemistry and Physiology of Exercise, Athens, November 6<sup>th</sup> 2016. Title: Personalised genomics in exercise science and medicine: The future is now.
167. Keynote Speaker: Conference on Exercise and Sport Science in Health and Disease, University of São Paulo, Ribeirão Preto campus, School of Physical Education and Sport, October 26-27<sup>th</sup>, 2016. Title: Advances in sports and exercise multi-omics.
168. Invited Speaker: Battle of Ideas 2016 (www.battleofideas.org.uk/), Barbican in London, October 23<sup>rd</sup> debate entitled “Is doping ruining sport?”
169. Keynote Speaker: 34<sup>th</sup> FIMS World Sports Medicine Congress (www.fims2016.org), Ljubljana, Slovenia, 29 September-2 October 2016. Keynote: An integrative ‘Omics’ solution to the detection of recombinant human erythropoietin and blood doping. Anti-Doping Symposium Presentation: ABP: A paradigm shift is needed.
170. Keynote Speaker: ICSEMIS 2016 (www.icsemis2016.org), “Saying Yes to Diversity in Sport”, August 31<sup>st</sup> - September 4<sup>th</sup>, 2016, Santos, São Paulo – Brazil. Keynote: Doping:

Next essential steps; Symposium: Genomics of elite sporting performance: The Human Athlome Project.

171. Keynote Speaker: Physiological Society, Hodgkin Huxley House, 30 Farringdon Lane, London EC1R 3AW, July 13<sup>th</sup>, 2016. Keynote: Drugs in Sports: Fair Play or Foul?
172. Invited Speaker: Royal Veterinary College, London, 18<sup>th</sup> May 2016, The genetics of equine performance: Lessons from human studies with particular reference to the Athlome project.
173. Invited Speaker: 1<sup>st</sup> National Football Sports Medicine Congress, 23<sup>rd</sup> April 2016, Olympic Bay Hotel, Litochoro, Greece. Anti-Doping: The Next Generation Approach.
174. Invited Speaker: FIMS Executive Committee Meeting in Taipei and International Conference of Sports Medicine, April 8<sup>th</sup>, 2016, Why nature prevails over nurture in the making of the elite athlete.
175. Invited Speaker: 30 Years of Athletics History with Global Sports Communication, National Sports Centre Papendal, 5<sup>th</sup> April 2016, The SUB2 Project.
176. Invited Speaker: Edinburgh International Science Festival 2016, 4<sup>th</sup> April 2016, Nature and Nurture debate. Speakers include: Megan Crawford (the current Scottish Marathon Champion), Dr Edward Coughlan (a sports psychologist), and Dr Dan Gordon (Chair).
177. Symposium: What next for anti-doping: Evolution or Revolution. Live debate between Prof Yannis Pitsiladis and Dr Paul Dimeo, Chaired by Michael Hutchinson followed by audience Q&A. 29<sup>th</sup> March 2016, University of Brighton. [www.cyclingweekly.co.uk/videos/watch/debate-next-anti-doping-evolution-revolution-video](http://www.cyclingweekly.co.uk/videos/watch/debate-next-anti-doping-evolution-revolution-video)
178. Invited Speaker: TEDx University of Nicosia, Nicosia, Cyprus. The Future is..., 21<sup>st</sup> November 2015. [www.youtube.com/watch?v=DArINCbsJTE](http://www.youtube.com/watch?v=DArINCbsJTE)
179. Invited Speaker: University of Ulm, Division of Sports and Rehabilitation Medicine, University Hospital Ulm, Germany, November 11<sup>th</sup> 2015. Genomics of elite sporting performance
180. Keynote Speaker: 9<sup>th</sup> Aims Marathon Symposium 2015, “Doping Threats in Distance Running”, Athens Marathon Start Venue, Municipality of Marathon, November 7<sup>th</sup> 2015. Title: A holistic anti-doping approach for a fairer future for world-class sport.
181. Invited Speaker: World Extreme Medicine Conference & Expo, London, UK, 26-29 October 2015. Title: Creating Superhumans – Novel doping strategies and detection.
182. Invited Speaker: International Seminar CIPER-FMH, Faculty of Human Kinetics, University of Lisbon, in Lisbon, Portugal, October 1, 2015. Sport Expertise: Biological and behavioural constraints. Title: Genomics of elite sporting performance: The Human Athlome Project.
183. Invited Speaker: The EFSMA European Congress of Sports Medicine, Antwerp, 10-12 September 2015. Title: A holistic anti-doping approach for a fairer future for world-class sport.
184. Invited Speaker: The International Sports Science and Sports Medicine Conference (ISSSMC 2015), Newcastle, England, 8-10 September 2015. Title: Genomics of elite sporting performance: The Human Athlome Project.
185. Invited Speaker: The University of Kent, School of Sport and Exercise Sciences, Endurance Performance Conference, 2-4 September 2015. Session entitled “The Two Hour Marathon: Nature and Nurture”.
186. Invited Speaker: Fachtag Leistungsphysiologie”, Casino Baumgarten, Vienna, Austria, June 12<sup>th</sup> 2015. Title: Countdown to the first sub two hour marathon: A clean marathon running project.
187. Conference organiser and Speaker: Genomics, Genetics, and Exercise Biology: A Celebratory Symposium. Santorini, Greece, 13-17 May 2015 (<http://celebratorysymposium.net>). Title: A holistic anti-doping approach for a fairer future for world-class sport.
188. Invited Speaker: 5<sup>th</sup> BSU International Altitude/Hypoxia Training Symposium, Beijing Sport University, Beijing, China, 11-14 May 2015. Title: The use of omics technologies to personalise altitude training.

189. Invited Speaker: University of Athens, Athens, 8th May, 2015. Title: Molecular fair play in developing elite athletes.
190. Invited Speaker: ADLQ 5th Symposium - Global Trends in Antidoping Research Anti-Doping Lab Qatar, Doha, Qatar, 5<sup>th</sup>-6<sup>th</sup> May, 2015. Title: A holistic anti-doping approach for a fairer future for world-class sport: The SUB2 Marathon Project.
191. Invited Speaker: The Department of Sport Science of the University of Innsbruck, Fuerstenweg, Innsbruck, 29<sup>th</sup> April 2015. Title: Genomics of elite sporting performance: What little we know and necessary advances.
192. Invited Speaker: Creatine in Health, Sport and Medicine ([www.creatineconference2015.com](http://www.creatineconference2015.com)), Hotel Kapuzinerhof, Laufen, Bavaria, Germany, 21-24 April, 2015. Title: The effect of creatine on thermoregulation and physical performance.
193. Invited Speaker: Integrated Laboratory of Biology and Biochemistry of Movement, Department of Health Sciences, University of Rome "Foro Italico" – IUSM, Rome, Italy, 13-16 April 2015. Title: A holistic anti-doping approach for a fairer future for world-class sport.
194. Invited Speaker: The Brighton Marathon Medicine Conference, Brighton, 11<sup>th</sup> April, 2015. Title: THE SUB 2 HOUR PROJECT - Running a marathon in under 2 hours - is it possible?
195. Invited Speaker: SEGAS/Greek Cross Country Championships, Trikala, Greece, 28<sup>th</sup> February 2015. Title: Πού οφείλεται η επιτυχία των δρομέων μεγάλων αποστάσεων της Ανατολικής Αφρικής; Χρήσιμα μαθήματα για την αποκατάσταση της Ελληνικής αθλητικής κληρονομιάς [Possible explanations for the extraordinary performances of east African runners].
196. Invited Speaker: Seoul National University, Seoul, South Korea, 11-15 February 2015. Title: Next generation anti-doping: a fairer future for world-class sport. 2015 Universiade, Gwangju, South Korea. Title: Next generation anti-doping: a fairer future for world-class sport.
197. Invited Speaker: International Sports and Exercise Nutrition Conference ([www.isenc.org](http://www.isenc.org)) to be held in Newcastle, England, on 16-18 December 2014. Title: Countdown to the first sub two hour marathon: A clean marathon running project.
198. Invited Speaker: Australian Physiological Society Annual Scientific Meeting – University of Queensland, Brisbane, Australia, 30 Nov – 3 Dec 2014. Title: The use of OMICS to individualise exercise training.
199. Lectures at the Institute of Sport, Exercise and Active Living (ISEAL), Victoria University, Melbourne: The science and pseudoscience in the hunt for performance genes AND Next generation anti-doping: a fairer future for world-class sport.
200. Invited Speaker: 4<sup>th</sup> International Conference on Science and Applied Research "Post-Genome Methods of Analysis in Biology and Laboratory and Clinical Medicine" ([www.postgenome.ru/en/](http://www.postgenome.ru/en/)), Kazan, Russia, 29 October – 1 November 2014. Title: An integrative “omics” solution to the detection of recombinant human erythropoietin and blood doping.
201. Invited Speaker: British Association of Sport and Exercise Medicine (BASEM), Conference theme, “Faster, Higher, Stronger” - 1<sup>st</sup> October 2014. Title: The Jamaican Sprint Phenomenon: What we know.
202. Invited Speaker: The German Society of Sports Medicine, Conference theme, “Performance-limiting factors of running”, 12-13<sup>th</sup> September 2014, Frankfurt, Germany. Title: Possible explanations for the extraordinary performances of east African runners.
203. Invited Speaker (Plenary session): Fifth International Sports Medicine and Sports Science conference ([www.issmc.com](http://www.issmc.com)) Newcastle, England, 19-21 August 2014. Title: Athletic ability: talent vs training.
204. Invited Speaker: 2<sup>nd</sup> Symposium of the Society of Spanish Researchers in the United Kingdom, Harrington Hotel, London, 5<sup>th</sup> July 2014. Title: How to produce a Spanish Usain Bolt? A Jamaican model for the world.

205. Invited Speaker: TdF Champions: Born or Trained? World Congress of Cycling Science ([www.kent.ac.uk/sportsciences/wcss/Key%20dates.html](http://www.kent.ac.uk/sportsciences/wcss/Key%20dates.html)), 2<sup>nd</sup> - 3<sup>rd</sup> of July 2014, to coincide with the Tour de France start in Leeds. Titles: 1) An Integrative “Omics” Solution to the Detection of Recombinant Human Erythropoietin and Blood Doping; 2) Genomics of elite sporting performance: What little we know and necessary advances.
206. Invited Speaker: 2nd Brazilian Symposium on Genomics and Sports ([www.atletasdofuturo2014.com.br](http://www.atletasdofuturo2014.com.br)), São Paulo, Brazil, 7-12 June 2014. Title: Genomics of elite sporting performance: What little we know and necessary advances.
207. Invited Speaker: 2014 Annual Meeting of the American College of Sports Medicine (ACSM), 5th World Congress on Exercise is Medicine, and World Congress on the Role of Inflammation in Exercise, Health, and Disease in Orlando, Florida, May 27-31. Symposium: "Genomics and other OMICS and Elite Sport". Title: OMICS strategies in the fight against doping.
208. Invited Speaker: ESAN, Sheffield, England, 30<sup>th</sup> April – 1<sup>st</sup> May 2014. Title: Why nature prevails over nurture in the making of the elite athlete.
209. Invited Speaker: The London Marathon Medicine Conference, London, 12<sup>th</sup> April, 2014. Title: What makes east African distance runners so successful?
210. Invited Speaker: The Brighton Marathon Medicine Conference, Brighton, 5<sup>th</sup> April, 2014. Title: What makes east African distance runners so successful?
211. Invited Speaker: The Aspire TID Conference, Identifying Champions, Doha, Qatar, 2-3 April, 2014. Title: The use of genetics profiling for identifying sporting talent.
212. Invited Speaker: University of Swansea, Wales, March 21<sup>st</sup> 2014. Title: Physiologic, genetic, and psychosocial determinants of the phenomenal success of African athletes: Nurture and Nature.
213. Invited Speaker: The 93rd Annual Meeting of the Deutsche Physiologische Gesellschaft (German Physiological Society, <http://www.dpg2014.de/>) Mainz, March 13 to 15, 2014. Title: An integrative “omics” solution to the detection of recombinant human erythropoietin and blood doping.
214. Invited Speaker: National Institute of Health and Nutrition, Tokyo, Japan, February 20<sup>th</sup>, 2014. Title: Physiologic, genetic, and psychosocial determinants of the phenomenal success of African athletes: Nurture or Nature?
215. Invited Speaker: Symposium: The Limits of Human Performance, University of the West of Scotland. Ayrshire, Scotland, 13<sup>th</sup> December 2013. Chairs: J. Baker and N.C. Spurway, Title: The ergogenic effects of recombinant erythropoietin (r-HuEPO) in Caucasian and east-African endurance trained athletes: Lessons from Africa. Other speakers: P.D. Wagner, I. Vogiatzis, C. Easton.
216. Invited Speaker: Dutch Olympic committee NOC\*NSF on 27<sup>th</sup> November 2013. Title: Novel Approaches to Talent ID.
217. Invited Speaker: FIFA Consensus conference on the topic “Time has come to change the strategy of the fight against doping in sport”. Conference jointly organised by medical representatives of international team sports federations, the IOC and the Association of Summer Olympic International Federations (ASOIF) on 29-30 November 2013 at the Home of FIFA in Zürich. Title: Transcriptomics as a tool to diagnose doping manipulation.
218. Invited Speaker: European Endurance Conference, Nottingham, England, Saturday 9<sup>th</sup> November 2013. Title: The Application of sport science to training practice (keynote) & Lactate: Friend or Foe? (workshop).
219. Invited Speaker: 2013 Association of Chartered Physiotherapists in Sport and Exercise Medicine (ACPSEM) Conference (<http://bit.ly/PiSoct2013>), Glasgow, Scotland 25-26 October 2013. Titles: Born to run and sweat: An evolutionary medical perspective (25<sup>th</sup>) & White Men Can't Run: Does the evidence stack up?
220. Invited Speaker: Beachy Head Marathon, Eastbourne, England, October 18<sup>th</sup> 2013. Title: Can European athletes run like East African athletes?
221. Invited Speaker: Performance and training event. European University of Madrid, Madrid, Spain, October 4<sup>th</sup> 2013. Titles: 1) What we can learn from the world's best endurance athletes; 2) The Jamaican Sprint Phenomenon: What we know.

222. Invited Speaker: 11th Congress of the European Association for Clinical Pharmacology and Therapeutics (<http://www.eacpt2013.org>), Geneva, Switzerland 28-31 August 2013. Title: The Makings of the World-Class Athlete: Physiologic, genetic, psychosocial and economic determinants.
223. Keynote speaker: International University Sports Federation (FISU), University and Olympic Sport: Two models – one goal? Kazan, Russia. July 14-17, 2013. Title: Leading a healthy lifestyle: how can University and Olympic sport contribute?
224. Invited Speaker: Swiss Biotech Association and Swiss Re, Human enhancement, Rüslikon, Zürich, Switzerland 3<sup>rd</sup> July 2013. Title: Nutritional practices of the best endurance athletes in the world.
225. Invited Speaker: International Sports Medicine Federation (FIMS) Team Physician Instructor Course, Santorini, Greece 30<sup>th</sup> June 2013. Title: Genomics of sporting performance.
226. Invited Speaker: Satellite to European College of Sport Science (ECSS), 18<sup>th</sup> Annual Congress, Barcelona, Spain, 26<sup>th</sup>-29<sup>th</sup> June 2013. The Policy of Excellence-Fostering and Development of Young Elite Athletes. Hosted by The Wingate Institute. Speakers include Neil Armstrong, Jason Gulbin, Dalia Navot, Dani Nemet, Moran Betzer-Tayar, Rutie Pilz-Burstein. Title: Genomics of Elite Sporting Performance: What little we know and necessary advances.
227. Invited Speaker: Exercise is Medicine, Cardiff University, Cardiff, Wales, 15<sup>th</sup> June 2013. Title: Born to Run and Sweat: An evolutionary perspective.
228. Invited Speaker: Symposium on Gene and Cell Doping Symposium organized by the World Anti-Doping Agency (WADA) with the support of China Anti-Doping Agency (CHINADA) & Beijing Olympic City Development Association (BODA). Beijing, China 5-6<sup>th</sup> June 2013. Title: Genetic Signatures: Application to EPO detection.
229. Invited Speaker: International Society for Behavioral Nutrition (ISBNPA), 2013 Annual Meeting Ghent, Belgium, May 22-25, 2013. Symposium: Physical activity in small children – assessment, determinants, health outcomes and methodological challenges. Title: Considerations in accelerometer assessment methods for children: Lessons from the IDEFICS Study.
230. Invited Speaker: The Rugby Football Union (RFU), Rugby talent symposium based on the National Institutes of Health (NIH) consensus, 17-19<sup>th</sup> May 2013. Title: Talent ID in Rugby.
231. Invited Speaker: World Cross Country Trials, England Athletics Symposium, Birmingham, England. March 9-19, 2013. Title: Lactate: Friend or foe?
232. Invited Speaker: 8th International Sport Sciences Symposium of "Active Life", Tokyo, Japan. February 21-24, 2013. Title: Why black athletes dominate certain sports: Nature and nurture?
233. Invited Speaker: Kingston University, London, 14<sup>th</sup> January 2013. Title: The genetics of the world class athlete: What we know.
234. Invited Speaker: Human Race exhibition (<http://www.humanrace.org.uk/>), Govanhill Baths Glasgow, 16<sup>th</sup> January 2013. Title: Why black athletes dominate certain sports: Nature and nurture?
235. Invited Speaker: University of Zaragoza, Zaragoza, Spain, 14<sup>th</sup> December 2012. Title: Physical activity and health: An evolutionary perspective.
236. Invited Speaker: Second Scottish Genetics Research Network meeting, Southern General Hospital, Glasgow, 7<sup>th</sup> December 2012. Title: The science, the pseudoscience and the ethics of current genetic prediction in sport.
237. Invited Speaker: Annual International Symposium “Physical Fitness and Training Adaptations: Scientific basis and practical applications in sport”. Department of Biology of Physical Activity, University of Jyväskylä, Finland, 21<sup>st</sup>-23<sup>rd</sup> November 2012. Title: Can European athletes run like East African athletes?
238. Invited Speaker: Sysmex Symposium, Whittlebury, Towcester, Northamptonshire, UK, 1<sup>st</sup> November 2012. Title: Doping in the Olympics: past, present and future.

239. Invited Speaker: Surgeons' Hall Museum, The Royal College of Surgeons of Edinburgh, Edinburgh, 30<sup>th</sup> October 2012. Title: Why black athletes dominate certain sports and we're not afraid to talk about it?
240. Invited Speaker: International Festival of Athletics Coaching (supported by the European Athletic Coaches Association (EACA) and part of the European Athletics coaching summit series), Glasgow 26-28 October 2012. Titles: 1) Lactate - friend or foe? 2) What we can learn from the world's best endurance athletes 3) The Jamaican Sprint Phenomenon: What we know.
241. Invited Speaker: XXXII World Congress of Sports Medicine, Roma, Italy, 27<sup>th</sup> – 30<sup>th</sup> September 2012. Title: Prevention of sports related injuries in athletes by genetic-screening: Facts and Fiction.
242. Invited Speaker: TAQA Bratani Limited, Aberdeen, 12<sup>th</sup> September 2012. Title: Born to sweat.
243. Invited Speaker: Jamaica Association of Sports Medicine Conference, Kingston, Jamaica, 9<sup>th</sup> September 2012. Title: The genetics of the world class sprinter: What we know.
244. Invited Speaker: Your contribution to physical activity and health. Shaping the future for an active Ayrshire. University of the West of Scotland. Ayrshire, Scotland, 29<sup>th</sup> August 2012. Title: Physical activity recommendations to combat obesity: An evolutionary perspective.
245. Invited Speaker: International Pre Olympic Congress – ICSEMIS Conference, Glasgow, 18<sup>th</sup> – 23<sup>rd</sup> July 2012. Session: Genetics and the future of sports medicine: clinical, ethical and scientific issues (Welcome Trust). Title: The science, the pseudoscience and the ethics of current genetic prediction in sport.
246. Invited Speaker: International Pre Olympic Congress – ICSEMIS Conference, Glasgow, 18<sup>th</sup> – 23<sup>rd</sup> July 2012. Session: Gene doping in sport. Title: “Omics” approaches to doping detection with particular reference to rHuEpo.
247. Invited Speaker: The Rugby Players' Association, RFU, 16<sup>th</sup> – 17<sup>th</sup> July 2012. Session: Genome profiling in elite sport.
248. Invited Speaker: Bishop and LeFanu Memorial Lecture, CILIP Health Libraries Group Conference, Glasgow Science Centre, 13<sup>th</sup> July 2012. Theme: Health Libraries under the microscope – Perfecting your formula (<http://www.uhl-library.nhs.uk/hlg2012/>). Title: Doping in sport: the evidence for performance enhancement at the Olympics.
249. Invited Speaker: 1st Brazilian Symposium on Genomics and Sports ([www.sbge2012.com.br](http://www.sbge2012.com.br)), São Paulo, Brazil, 27<sup>th</sup> – 29<sup>th</sup> June 2012. Title: Genomics of the world-class athlete.
250. Invited Speaker: Annual Meeting of the American College of Sports Medicine, San Francisco, USA, 30<sup>th</sup> May-2<sup>nd</sup> June 2012. Featured Special Event: The talent myth and the 10,000 hour rule.
251. Invited Speaker: National Coaching Science Society (ELEPE-Elliniki Etaireia Proponitis Epistimis), 1st Symposium in Coaching Science, Komotini, Thrace, Greece, 18-20 May 2012. Genetics and Coaching.
252. Invited Speaker: Educational Symposium, Independent Doctors Federation Education Trust, London, England, 26<sup>th</sup> April 2012. Featured Special Event: Genetics for Clinicians. Title: Genetics of the world class athlete - what we know and likely pitfalls.
253. Invited Speaker: Edinburgh International Science Festival 2012, Edinburgh, 3<sup>rd</sup> April, 2012. Featured Special Event: How far, how fast, how high. Title: Genetics of the world class athlete - what we know and likely pitfalls.
254. Invited Speaker: 15<sup>th</sup> International Conference in Physical Education and Sport. Thessaloniki, Greece, 30<sup>th</sup> March-1<sup>st</sup> April. Genomics of the World class athlete.
255. Invited Speaker: Cyprus Sport Organisation (Κυπριακού Οργανισμού Αθλητισμού, KOA), 12<sup>th</sup> November 2011. Title: Childhood obesity: Lessons from the Idefics Study.
256. Invited Speaker: The EFSMA European Congress of Sports Medicine, Salzburg, 26<sup>th</sup>-29<sup>th</sup> October 2011. Title: Genomics of the World class athlete.
257. Invited Speaker: Evidence 2011 ([www.evidence2011.com](http://www.evidence2011.com)), British Medical Journal and Oxford University Centre for Evidence Based Medicine, Novotel London West,

- Hammersmith, London, 25<sup>th</sup>-26<sup>th</sup> October 2011. Title: Doping in sport: the evidence for performance enhancement in Olympic and Paralympic athletes.
258. Invited Speaker: Japanese Institute of Sports Sciences, Tokyo, Japan, 22<sup>nd</sup> September 2011. Title: The east African distance running phenomenon: Case of systematic doping or false positives?
259. Invited Speaker: Japanese College of Sports Medicine, Yamaguchi, Japan, 16<sup>th</sup> – 18<sup>th</sup> September 2011. Title: Performance associated polymorphisms (PAPS) in world-class athletes.
260. Invited Speaker: National Institute for Health Development, Tallinn, Estonia, 6<sup>th</sup> – 9<sup>th</sup> September 2011. Title: Performance associated polymorphisms (PAPS) in world-class athletes.
261. Invited Speaker: Coaches Conference, Bergen, Norway, 2<sup>nd</sup> – 3<sup>rd</sup> September 2011. Title: The two-hour Marathon: By who, where, when and how?
262. Invited Speaker: Inaugural Scientific Conference, Faculty of Science and Sport, University of Technology (UTECH), Kingston, Jamaica, 8<sup>th</sup> – 9<sup>th</sup> June 2011. Title: Genetic technology and sport: Focus on genotyping, genetic tests and selection.
263. Invited Speaker: Annual Meeting of the American College of Sports Medicine, Denver, USA, 4<sup>th</sup> June 2011. Title: Ethiopian and Kenyan Distance Runners: What Makes Them So Good?
264. Invited Speaker: Annual Meeting of the American College of Sports Medicine, Denver, USA, 4<sup>th</sup> June 2011. Featured Science Session for the genetics subgroup, Evidence for the Importance of Genomics in Exercise.
265. Invited Speaker: University of Cambridge Metabolic Research Laboratories, Institute of Metabolic Science, Addenbrooke's Hospital, Cambridge, England, 27<sup>th</sup> May 2011. Title: The Makings of the World-Class Athlete: Necessary Advances in Exercise Genomics and Likely Pitfalls.
266. Invited Speaker: The Football Association, 17<sup>th</sup> May 2011. Performance analysis and doping.
267. Invited Speaker: Annual professional rugby conference (RFU), Rugby House, Whitton Road, Twickenham Stadium, London, England, 14<sup>th</sup> April 2011. Title: The genetics of the world class athlete: what we know and likely pitfalls.
268. Invited Speaker: Human enhancement – biotechnology in sports, Oslo, Norway, 16<sup>th</sup> March 2011. Title: Gene variants and performance in sports.
269. Invited Speaker: University of Stirling, Stirling, Scotland, 14<sup>th</sup> March 2011. Title: Genetic Factors Contributing to the Success of the World-Class Athlete.
270. Invited Speaker: The First Transhuman Games: Inspired by 2012 and supported by RCUK, The Centre for Contemporary Arts (CCA), Glasgow, 24<sup>th</sup> January 2011. Featured Session. Title: London 2012: The First Transhuman Games? No!!
271. Invited Speaker: The Great Ethiopian Run – International 10K, Addis Ababa, 22<sup>nd</sup> November 2010. Title: The two-hour Marathon: By a Kenyan or Ethiopian, where, when and how?
272. Invited Speaker: Sysmex Symposium, Whittlebury, Towcester, Northamptonshire, UK, 18<sup>th</sup> November 2010. Title: The east African distance running phenomenon: Case of systematic doping or false positives?
273. Invited Speaker: Child Health in Europe. The Idefics Study: Towards a better understanding of Obesity. Zaragoza, Spain, 8-9<sup>th</sup> November 2010. Title: Physical activity versus cardiorespiratory fitness as risk factors for obesity and related metabolic disorders.
274. Invited Speaker: Integrated Laboratory of Biology and Biochemistry of Movement, Department of Health Sciences, University of Rome "Foro Italico" – IUSM, Rome, Italy, 11<sup>th</sup> and 12<sup>th</sup> March 2010. Titles: “Fat” genes: What is all the fuss about? AND Why black athletes dominate certain sports and we're not afraid to talk about it?
275. Invited Speaker: Faculty of Kinesiology and Rehabilitation Sciences, Katholieke Universiteit Leuven, Department of Biomedical Kinesiology, Research Centre for Exercise and Health, Leuven, Belgium, 19<sup>th</sup> November 2009. Title: Why black athletes dominate certain sports and we're not afraid to talk about it?



276. Invited Speaker: University of Brighton, Chelsea School, Eastbourne, 23<sup>rd</sup> October 2009. Title: Why black athletes dominate certain sports and we're not afraid to talk about it?
277. Invited Speaker: Swiss Biotech Association Academy Event. Spreading Biology: The bio(technology) of doping and the science of anti-doping. Lausanne, Switzerland, 24<sup>th</sup> September 2009. Title: Medical Researchers and their Requirements.
278. Invited Speaker: Annual Meeting of the American College of Sports Medicine, Seattle, Washington, 29<sup>th</sup> May, 2009. Title: Candidate gene studies of physical fitness in Greek children and adolescents.
279. Invited Speaker: Human Evolution and Adaptation to High-Altitude Hypoxia, NESCent Catalysis Meeting, Raleigh-Durham, March 19<sup>th</sup>-21<sup>st</sup>, 2009.
280. Invited Speaker: Oxford University, Oxford, England, 19<sup>th</sup> January 2009. Title: "White" Men Can't Run: Where is the scientific evidence?
281. Invited Speaker: GuangDong Provincial Institute of Sports Science, GuangZhou, China, 17<sup>th</sup> December 2008. Title: African world class runners: their way of living and training.
282. Invited Speaker: Beijing Sport University, Beijing, China, 16<sup>th</sup> December 2008. Title: "White men can't run: Where is the scientific evidence".
283. Invited Speaker: European College of Sport Science (ECSS), 13<sup>th</sup> Annual Congress, Estoril, Portugal, 9-12<sup>th</sup> July 2008. Title: Energy Balance and Body Composition of Elite Endurance Runners: A Hunter-Gatherer Phenotype.
284. Invited Speaker: Wales Virtual Institute of Sport Health and Exercise Sciences (WISHES), Swansea University, Swansea, England, 4<sup>th</sup> July 2008. Title: "White" Men Can't Run: What is the evidence?
285. Invited Speaker: International Academy of Sports Science and Technology (AISTS, www.aists.org), University of Lausanne, Switzerland, 20<sup>th</sup> June 2008. Title: The East-African Running Phenomenon: Genes or Environment?
286. Invited Speaker: The Second Meeting of Exercise Biochemistry and Physiology. Komotini, Greece, May 17-18. Title: African world class runners: their way of living and training.
287. Invited Speaker: The 6<sup>th</sup> International Conference on Nutrition and Fitness, Athens, Greece, May 15 – 17, 2008. Title: The FTO gene: is it worth getting excited?
288. Speaker: The First Annual Research Conference of the Scottish Universities Sports Related Academic Group (SUSRAG), University of Albertay. April 14, 2008. Title: The makings of the perfect athlete: Lessons from Africa.
289. Invited Speaker: University of Patras Medical School, Greece, 16<sup>th</sup> March 2008. Title: Lactic acid - friend or foe for patients with peripheral vascular disease?
290. Invited Speaker: Symposium on Genes and Physical Performance, Zentrum für Sportwissenschaft und Universitäts-sport der Universität Wien, Austria, 24<sup>th</sup> November 2007. Title: The Sport Gene Chip: Are there ethnic differences?
291. Invited Speaker: Symposium Is Sport the new Slave Trade? A Campaign in relation to Article 1, South Bank University, London, 15<sup>th</sup> October 2007. Title: The Scientific implications of racism, from Europe to Africa and the foundations of articles.
292. Invited Speaker: IAAF Medical and Anti-Doping Commission Meeting, Monaco, 7<sup>th</sup>-8<sup>th</sup> October 2007. Title: Blood parameters: how to deal with ethnicity, altitude and other confounding factors?
293. Invited Speaker: International Academy of Sports Science and Technology (AISTS, www.aists.org), University of Lausanne, Switzerland, 10<sup>th</sup> July 2007. Title: The East-African Running Phenomenon: Genes or Environment?
294. Invited Speaker: Tokyo Metropolitan Institute of Gerontology Genomics for Longevity and Health. 18<sup>th</sup> April 2007. Title: The makings of the perfect athlete.
295. Invited Speaker (symposium organisor): The IAAF/KU Symposium to coincide with the 35<sup>th</sup> edition of the IAAF World Cross Country Championships, Mombasa, Kenya, 19<sup>th</sup>-24<sup>th</sup> March 2007. Title: Nutrition for athletic performance.
296. Invited Panel Member: Participant in the molecular basis of connective tissue and muscle injuries in sport group, International Olympic Committee (IOC), Lausanne, Switzerland, 20<sup>th</sup>-23<sup>rd</sup> February 2007.

297. Invited Speaker: The LaSalle Bank Chicago Marathon 2006 World Congress: Science and Medicine of the Marathon Presented by American Road Race Medical Society (ARRMS) and the American College of Sports Medicine (ACSM). Chicago, 18<sup>th</sup>-21<sup>st</sup> October 2006. Title: Genotypes and marathon performance.
298. Invited Speaker: Genetic Technology and Sport: Focus on Genotyping, Genetic Tests and Selection. An Audience with Dr Peter Fricker, Director of the Australian Institute of Sport. Location: UK Sport, London, 29<sup>th</sup> September 2006.
299. Invited Speaker: The London Marathon Medicine Conference, London, 22<sup>nd</sup> April 2006. Title: Why do African marathon runners Excel?
300. Invited Speaker: Joint Annual Scientific Meeting of the Scottish Intensive Care Society & Intensive Care Society of Ireland. Hilton Hydro Dublane, Scotland, 26<sup>th</sup>-27<sup>th</sup> January 2006. Title: Qua subabu gani kindea pesi kabisa wa-Africa (Why do African runners run so fast)?
301. Invited Speaker: International Academy of Sports Science and Technology (AISTS, [www.aists.org](http://www.aists.org)), University of Lausanne, Switzerland, 21<sup>st</sup> September 2005. Title: The Dominance of East-African Athletes in Distance Running: Nature vs Nurture?
302. Invited Speaker: Sportsmedicine Congress, Basel, Switzerland, 10<sup>th</sup> September 2005. Title: The dominance of east Africans in distance running: New data out of Africa!
303. Invited Speaker: Annual Meeting of the American College of Sports Medicine, Nashville, Tennessee, 1<sup>st</sup>-4<sup>th</sup> June, 2005. Title: The dominance of east Africans in distance running: Nature or nurture?
304. Invited Speaker: First SWISS-SKI FORUM, Engelberg, Switzerland, 25-27<sup>th</sup> April 2005. Title: African world class runners: their way of living and training!
305. Invited Speaker: 9<sup>th</sup> State of the Art. Interdisciplinary Review Course on Pulmonary Diseases, Critical Care, Emergency Medicine and Nursing Care. Athens, Greece, 22<sup>nd</sup>-24<sup>th</sup> April, 2005. Title: Chronic adaptations to high altitude in elite east African athletes: An experiment of nature.
306. Research Seminar: Faculty of Medicine, University of Geneva, Switzerland, 22<sup>nd</sup> September 2004. Title: The Dominance of East-African Athletes in Distance Running: Nature vs Nurture?
307. Symposium Organiser: "East African Running: A Cross Discipline Perspective", Glasgow, 15<sup>th</sup> May 2004. 1<sup>st</sup> International Centre for East African Running Science (ICEARS).
308. Keynote Lecture: University of Patras Medical School, Greece, 17<sup>th</sup> April 2004. Title: Creatine Supplementation in moderate to severe COPD.
309. Research Seminar Invitation: Department of Sports Studies, University of Stirling, 25<sup>th</sup> March, 2004. Title: The Dominance of East-African Athletes in Distance Running: Nature vs Nurture?
310. Keynote Lecture: Kenyatta University, Nairobi, Kenya, 11<sup>th</sup> February, 2004. Title: Blood doping as an ergogenic aid and legal alternatives.
311. Research Seminar Invitation: School of Sport and Exercise Sciences, The University of Birmingham, 14<sup>th</sup> January, 2004. Title: Peripheral modulators and indices of "central fatigue" in health and disease.
312. Keynote Lecture: Kenyatta University, Nairobi, Kenya, 22<sup>nd</sup> September, 2003. Title: MtDNA haplotypes and the African endurance athlete: Can matrilineal genetics explain the dominance of black African athletes in international endurance athletics?
313. Divisional Seminar: Institute of Biomedical and Life Sciences, Division of Molecular Genetics, 7<sup>th</sup> March, 2003. Title: Genetic Variation, Physical Activity and Obesity.
314. Keynote Lecture: Kotebe College, Addis Ababa, Ethiopia, 11<sup>th</sup> November, 2002. Title: MtDNA haplotypes and the African endurance athlete: Can matrilineal genetics explain the dominance of black African athletes in international endurance athletics?
315. Symposium: Muscle Energetics during Exercise, Glasgow, United Kingdom (1999).
316. Life Fitness Academy, Scientific Advisory Board Meeting in Orlando, Florida, USA (June 1998).
317. Workshop: Physiological Society Workshop, Cardiovascular and Respiratory Physiology, Aberdeen, United Kingdom (1996).

318. Organising Committee: “Biochemistry of Exercise”. Ninth International Conference, Aberdeen, United Kingdom (1994).

**Publication (Book Editors only):**

1. **Pitsiladis YP**, J Bale, C Sharp, T Noakes (Editors) East African Running – Towards a Cross-Disciplinary Perspective. Published in December 2006 (Routledge Taylor & Francis Group plc.). ISBN-10: 0415377889 ISBN-13: 978-0415377881
2. Editor(s): Rabin, O. (Montreal, QC) **Pitsiladis, Y.** (Eastbourne) Acute Topics in Anti-Doping. Published 2017. ISBN: 978-3-318-06043-0 e-ISBN: 978-3-318-06044-7 DOI: 10.1159/isbn.978-3-318-06044-7

**Publications (Articles in Journals, Books and other Academic Publications):**

1. Maughan RJ, SDR Galloway, **Y Pitsiladis**, SM Shirreffs, JB Leiper. Thermoregulation and fluid balance as possible limiting factors in prolonged exercise in humans. In: The Physiology and Pathophysiology of Exercise Tolerance. Steinacker J and SA Ward (Eds). Plenum Pub. Co., 1996, pp. 103-112.
2. **Pitsiladis YP**, C Duignan, RJ Maughan (1996) The effects of alterations in dietary carbohydrate intake on running performance during a 10km treadmill time trial. British Journal of Sports Medicine 30: 1-6.
3. Gleeson M, PL Greenhaff, JB Leiper, DJ Marlin, RJ Maughan, **Y Pitsiladis** (1996) Dehydration, rehydration and exercise in the heat. Insider 4(2): 1-6.
4. **Pitsiladis YP**, RJ Maughan (1999) The effects of alterations in dietary carbohydrate intake on the performance of high intensity exercise in trained individuals. European Journal of Applied Physiology 79: 433-442.
5. **Pitsiladis YP**, RJ Maughan (1999) The effects of exercise and diet manipulation on the capacity to perform prolonged exercise in the heat and in the cold in trained humans. Journal of Physiology (London) 517(Pt 3): 919-930.
6. **Pitsiladis YP**, I Smith, RJ Maughan (1999) The effects of altered fat and carbohydrate availability on the capacity to perform prolonged cycling exercise in trained humans. Medicine & Science in Sports & Exercise 31(11): 1570-1579.
7. Leiper JB, **Y Pitsiladis**, RJ Maughan (2001) Comparison of water turnover rates in men undertaking prolonged cycling exercise and sedentary men. International Journal of Sports Medicine. 22: 181-185.
8. Kilduff LP, P Vidakovic, G Cooney, R Twycross-Lewis, P Amuna, M Parker, L Paul, **YP Pitsiladis** (2002) Effects of Creatine on Isometric Bench-Press Performance in Resistance-trained Humans. Medicine & Science in Sports & Exercise 34(7):1176-83.
9. **Pitsiladis YP**, AT Strachan, I Davidson, RJ Maughan (2002) Hyperprolactinaemia during prolonged exercise in the heat: evidence for a centrally-mediated component of fatigue. Experimental Physiology 87(2): 215-26.
10. Georgiades E, WMH Behan, **Y Pitsiladis**, A Chaudhuri, L Kilduff, J Wilson, EE Mackie, SA Ward (2002) Cardiovascular Function and Exercise Intolerance in Chronic Fatigue Syndrome. Proceedings of Clinical and Scientific Meeting: The Medical Practitioners' Challenge. Published by Alison Hunter Memorial Foundation. pp163-169.
11. Georgiades E, JJ Reilly, E Stathopoulou, AM Livingston, **YP Pitsiladis** (2003) BMI distribution changes in adolescent British girls. Archives of disease in childhood 88 (11): 978-9.
12. Kilduff LP, **YP Pitsiladis**, L Tasker, J Attwood, P Hyslop, A Dailly, I Dickson, S Grant (2003) Effects of creatine on body composition and strength gains during four weeks of resistance-training in previously non-resistance-trained humans. International Journal of Sports Nutrition 13(4): 504-520.

13. Parker L, JJ Reilly, C Slater, JCK Wells, **Y Pitsiladis** (2003) Validity of six field and laboratory methods for measurement of body composition in 10-14 year old boys. Obesity Research 11(7): 852-858.
14. Georgiades E, WMH Behan, A Jackson, D McCready, L Kilduff, M Hadjicharalambous, EE Mackie, SA Ward, **YP Pitsiladis** (2003). Chronic fatigue syndrome: A central fatigue disorder? Clinical Science 105(2):213-8.
15. Scott RA, E Georgiades, RH Wilson, WH Goodwin, B Wolde, **YP Pitsiladis** (2003) Demographic characteristics of elite Ethiopian endurance runners. Medicine & Science in Sports & Exercise 35(10):1727-1732.
16. Tsofliou F, **YP Pitsiladis**, D Malkova, AM Wallace, MEJ Lean (2003) Moderate physical activity permits coupling between serum leptin and appetite-satiety measures in obese women. International Journal of Obesity 27(11): 1332-339.
17. Kilduff LP, JP Fuld, JA Neder, **YP Pitsiladis**, R Carter, R Stevenson, SA Ward (2003) Clinical relevance of inter-method differences in fat-free mass estimation in chronic obstructive pulmonary disease. Respiration 70(6): 585-93.
18. Kilduff LP, E Georgiades, RH Minnion, M Mitchell, D Kingsmore, M Hadjicharlambous, **YP Pitsiladis** (2004) The effects of creatine supplementation on cardiovascular, metabolic and thermoregulatory responses during exercise in the heat in endurance-trained humans. International Journal of Sports Nutrition 14: 446-463.
19. Onywera VO, FK Kiplamai, PJ Tuitoek, MK Boit, **YP Pitsiladis** (2004) Food and macronutrient intake of elite Kenyan distance runners. International Journal of Sports Nutrition 14: 709-719.
20. **Pitsiladis YP** (2004). Preface Symposium on 'East African Running: A Cross Discipline Perspective'. Equine and Comparative Exercise Physiology 1(4): 247.
21. Scott R, C Moran, RH Wilson, WH Goodwin, **YP Pitsiladis** (2004) Genetic influence on East African running success. Equine and Comparative Exercise Physiology 1(4): 273-280.
22. **Pitsiladis YP**, VO Onywera, E Georgiades, W O'Connell, MK Boit (2004) The dominance of Kenyans in distance running. Equine and Comparative Exercise Physiology 1(4): 285-291.
23. Moran CN, R Scott, SM Adams, SJ Warrington, MA Jobling, RH Wilson, WH Goodwin, E Georgiades, B Wolde, **YP Pitsiladis** (2004) Y Chromosome Haplogroups of Elite Ethiopian Endurance Runners. Human Genetics 115(6): 492-7.
24. Scott RA, RH Wilson, WH Goodwin, C Moran, E Georgiades, B Wolde, **YP Pitsiladis** (2005) Mitochondrial DNA Lineages of Elite Ethiopian Athletes. Comp Biochem Physiol A Mol Integr Physiol 140(3): 497-503.
25. Fuld JP, LP Kilduff, JA Neder, **YP Pitsiladis**, MEJ Lean, SA Ward, MM Cotton (2005) Creatine Supplementation during Pulmonary Rehabilitation in Chronic Obstructive Pulmonary Disease. Thorax 60(7):531-537.
26. Scott R, CN Moran, RH Wilson, VO Onywera, M Boit, WH Goodwin, P Gohlke, H Montgomery, **YP Pitsiladis** (2005). No association between Angiotensin Converting Enzyme (ACE) gene variation and endurance athlete status in Kenyans. Comp Biochem Physiol A Mol Integr Physiol 141(2):169-175 [**one of the top 10 cited papers in 2006 in CBP A**]
27. Moran CN, C Vassilopoulos, A Tsiokanos, AZ Jamurtas, RH Wilson, **YP Pitsiladis** (2005). Effects of interaction between ACE polymorphisms and lifestyle on obesity-related phenotypes in adolescent Greeks. Obesity Research 13(9): 1499-1504.
28. Maraki M, F Tsofliou, **YP Pitsiladis**, D Malkova, N Mutrie, S Higgins (2005). Acute effects of a single exercise class on appetite, energy intake and mood. Is there a time of day effect? Appetite 45(3):272-278.
29. **Pitsiladis YP**, Scott R (2005). The makings of the perfect athlete. The Lancet 366: S16-S17.
30. Fudge BW, KR Westerterp, FK Kiplamai, VO Onywera, MK Boit, B Kayser, **YP Pitsiladis** (2006). Evidence of negative energy balance using doubly labelled water in elite Kenyan runners prior to competition. British Journal of Nutrition 95: 59-66.
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32. Onywera VO, RA Scott, MK Boit, **YP Pitsiladis** (2006) Demographic characteristics of elite Kenyan runners. Journal of Sport Science 24(4): 415-422.
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  46. Ljungqvist, A, M Schwelunus, N Bachl, M Collins, J Cook, K Khan K, N Maffulli, **Y Pitsiladis**, G Riley, Golspink G, D Venter, EW Derman, L Engebretsen, P Volpi (2008). IOC Consensus statement: Molecular Basis of Connective Tissue and Muscle Injuries in Sport. Clinical Sports Medicine 27: 231-239.
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50. Hadjicharalambous M, Kilduff L, **YP Pitsiladis** (2008). Brain serotonin and dopamine modulators, perceptual responses and endurance performance during exercise in the heat following creatine supplementation. Journal of the International Society of Sports Nutrition 5: 14.
51. Robert A. Scott, **YP Pitsiladis** (2008). "White" men can't run: Where is the scientific evidence? The Sport and Exercise Scientist 18: 16-17.
52. Robert A. Scott, Noriyuki Fuku, Vincent O. Onywera, Mike Boit, Richard H. Wilson, Masashi Tanaka, William Goodwin, **YP Pitsiladis** (2009). Mitochondrial haplogroups associated with elite Kenyan athlete status. Medicine & Science in Sports & Exercise 41(1): 123-128.
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56. Daniel E. Lieberman, William A. Werbel, Adam I. Daoud, Madhusudhan Venkadesan, Susan D'Andrea, Robert Ojiambo Mang'Eni, **Yannis Pitsiladis**. (2010) Foot strike patterns and collision forces in habitually barefoot versus shod runners. Nature 463(7280): 531-535.
57. Richard H Wilson, Colin N Moran, John J Cole, **Yannis P Pitsiladis**, Mark E. S. Bailey. (2010) Evolutionary history of the ADRB2 gene in humans. American Journal of Human Genetics 86(3): 490-493.
58. George VZ Dedoussis, Mary Yannakoulia, Nicholas J Timpson, Yannis Manios, Stavroula Kanoni, Robert A Scott, Constantina Papoutsakis, Panos Deloukas, **Yannis P Pitsiladis**, George Davey-Smith, Joel N Hirschhorn, Helen N Lyon. (2011) Does a short breastfeeding period protect from *FTO*-induced adiposity in children? International Journal of Pediatric Obesity 6(2-2): e326-e335
59. An age-dependent diet-modified effect of the PPAR $\gamma$  Pro12Ala polymorphism in children. Dedoussis GV, Manios Y, Kourlaba G, Kanoni S, Lagou V, Butler J, Papoutsakis C, Scott RA, Yannakoulia M, **Pitsiladis YP**, Hirschhorn JN, Lyon HN. (2011) Metabolism 60(4): 467-473
60. Marios Hadjicharalambous, Liam P Kilduff, **Yannis P Pitsiladis**. Brain serotonergic and dopaminergic modulators, perceptual responses and exercise performance following caffeine co-ingested with a high fat meal in trained humans. (2010) Journal of the International Society of Sports Nutrition 27;7(1): 22
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  63. **Y. Pitsiladis** (Invited contributor). Ethnic differences in sports performance. The encyclopaedia of sports medicine. "Genetic and Molecular Aspects of Sport Performance". Edited by Claude Bouchard and Eric Hoffman. John Wiley and Sons Ltd. Published in 2010. ISBN 978 14443 3447
  64. **Yannis P Pitsiladis**, Rachael Irving, Vilma Charlton, Robert Scott (Invited contributors). 'White' Men Can't Run: Where is the Scientific Evidence? The Anthropology of Sport and Human Movement: A Biocultural Perspective. Edited by Robert R. Sands and Linda R. Sands. Lexington Books. Published in 2010. ISBN 978 0 7391 2939
  65. Eri Mikami, Noriyuki Fuku, Hideyuki Takahashi, Nao Ohiwa, Robert A. Scott, Yutaka Nishigaki, **Yannis P. Pitsiladis**, Mitsuru Higuchi, Takashi Kawahara, Masashi Tanaka. (2011) Mitochondrial Haplogroups Associated with Elite Japanese Athlete Status. British Journal of Sports Medicine 45(15):1179-83.
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