

CURRICULUM VITAE

NAME: Louise Mary Burke

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DATE OF BIRTH: May 21, 1959

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

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

PRESENT EMPLOYMENT

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

Other major appointments

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

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

2006 - Consultant dietitian, St Kilda Football Club, Melbourne

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

PREVIOUS EMPLOYMENT

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

EMPLOYMENT HISTORY:**LECTURING**

Major academic appointments:

1998-2001. Adjunct Professor, Faculty of Health and Behavioural Science, Deakin
University, Melbourne. Responsible for post-graduate units in Sports
Nutrition and Graduate Certificate in Sports Nutrition.

1997: Visiting lecturer and Research Fellow, Department of Physiology, University
of Cape Town Medical School, South Africa: 11 month professional
exchange.

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

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

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

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

Regular professional and public lecturing, with professional appointments including:

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

SPORTS NUTRITION CONSULTANCY

Clinical counselling in sports nutrition (1984-1990)

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

Private sports nutrition consultancy (1980-2000)

Major clients include:

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

- 1983-1985: Victorian Amateur Weightlifting Association and Hawthorn Weightlifting Club.
1983-1984: Carlton Football Club, Victorian Football League.
1980-1982: St. Kilda Football Club, Victorian Football League.

CLINICAL DIETETICS

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

RESEARCH GRANTS AS PRINCIPAL RESEARCHER

- 2008 **Pre-cooling strategies and the performance of a cycling time-trial**
Funding: Nestle Australia (\$42,000) Research Program Discretionary Grant (\$15,000)
Collaborative project with Australian Institute of Sport Department of Physiology
- 2007 **The pattern of amino acid delivery on the protein synthetic response to resistance training**
Funding: Nestec Ltd, (\$130,000) and Australian Institute of Sport Research Program Discretionary Grant (\$15,000)
Collaborative project with Dr Kevin Tipton, University of Birmingham, Professor John Hawley, RMIT University
- 2005 **The effects of caffeine supplementation on swimming performance in elite swimmers**
Funding: Australian Institute of Sport Research Program Discretionary Grant (\$10,000)
Collaborative project with AIS Department of Physiology
- 2003-5 **The effects of intake of protein foods on plasma amino acid responses**
Funding: Nestec (Nestle Switzerland) (\$73,000)
Collaborative project with Assoc Professor David Cameron-Smith, Deakin University
- 2003-4 **The effects of carbohydrate intake on performance of a half-marathon**
Funding: Australian Institute of Sport Research Program Discretionary Grant (\$27,000)
Collaborative project with AIS Department of Physiology and Track and Field Program
- 2002 **The effects of addition of amino acids to a sports drink on metabolism and performance of prolonged cycling ("Accelerade" study)**
Funding: Australian Institute of Sport Research Program Discretionary Grant (\$25,000)
Collaborative project with AIS Department of Physiology
- 2002 **The effects of fat adaptation and carbohydrate restoration on metabolism and performance of prolonged cycling (Part 5)**
Funding: Australian Institute of Sport Research Program Collaborative Grant (\$25,000), AIS Research Program Discretionary Grant (\$15,000), Deakin University (\$10,000)
Collaborative project with Professors Mark Hargreaves (Deakin University) and John Hawley, (RMIT University)
- 2001 **The effect of Coca Cola intake late in exercise on metabolism and performance**
Collaborative supervision of honours student Paul Montgomery with Dr

Alan Roberts (University of Canberra)

Funding: Sports Science/Sports Medicine Research Grant, Australian Institute of Sport (\$10,000), University of Canberra (\$10,000) and Nestle Australia (\$5000)

2001

The effect of adaptation to a high fat diet on maximum rate of fat oxidation (fat study part 4)

Collaborative project with Professors John Hawley, (RMIT University) and Mark Hargreaves (Deakin University), Greg Cox and Andrea Braakhuis (Dept of Sports Nutrition) and Megan Anderson (Department of Physiology)

Funding: Nestle Australia (\$40,000)

2000-2001

The effect of individual coding of dietary records on nutritional assessment of athletes

Supervision of Fellowship projects of 2000 Nestle Fellow Kelly Meredith and 2001 Nestle Fellow Andrea Braakhuis

Funding: Sports Science/Sports Medicine Research Grant, Australian Institute of Sport (\$10,000)

2000

The effect of adaptation to a high fat diet on metabolism and performance during prolonged cycling: part 3 – Ultraendurance cycling

Collaborative supervision with Prof John Hawley of honours students Andrew Cameron and Heidi Staudacher (RMIT University)

Funding: Nestle (\$20,000)

1999-2000

Effect of different caffeine intake strategies on metabolism and performance during prolonged cycling

Collaborative project with Dr Dave Martin, Angie Moquin (Dept of Physiology and Applied Nutrition), Prof John Hawley, Clinton Bruce (RMIT University) and Ben Desbrow, Greg Cox (Dept of Sports Nutrition)

Funding: Nestle (\$40,000)

1999-2000

The effect of creatine supplementation on soccer performance in elite female players

Collaborative project with Greg Cox (Sports Nutrition Department) and Doug Tumilty (Department of Physiology and Applied Nutrition)

Funding: Sports Science/Sports Medicine Research Grant, Australian Institute of Sport (\$5,000)

1999:

The effect of adaptation to a high fat diet on metabolism and performance during prolonged cycling: part 2.

Collaborative project with Prof Mark Hargreaves, Prof Greg Collier and Dr David Cameron-Smith (Deakin University), Dr Mark Febbraio and Damien Angus (University of Melbourne), and Prof John Hawley (RMIT University).

Funding: Kelloggs Incorporated (\$28,800)

1998:

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

Collaborative project with Prof Mark Hargreaves (Deakin University), Dr Mark Febbraio and Damien Angus (University of Melbourne), and Dr John Hawley (Visiting Research Fellow).

Funding: Sports Science/Sports Medicine Research Grant, Australian Institute of Sport (\$20,000)

- 1998: **Altered availability of plasma free fatty acids on metabolism and performance of high-intensity cycling**
Collaborative project with Prof John Hawley (Visiting Research Fellow), and Dr Dave Martin (Dept of Physiology and Applied Nutrition)
Funding: Sports Science/Sports Medicine Research Grant, Australian Institute of Sport (\$7000)
- 1997: **The effect of carbohydrate loading on the performance of a stochastic cycling task when carbohydrate is fed during exercise.**
Collaborative project with Prof Timothy Noakes and Dr John Hawley (University of Cape Town).
Funding: Sasko Bokomo (70,000 SAR)
- 1997: **The effect of glycemic index of the pre-exercise meal on performance of prolonged moderate exercise with carbohydrate ingestion.**
Collaborative project with Prof Timothy Noakes and Dr John Hawley (University of Cape Town).
Funding: Potato Producers Organisation of South Africa (38,000 SAR)
- 1996: **The effect of carbohydrate intake on soccer-specific skill and sprint performance in the heat.**
Collaborative project with Gary Slater (Sports Nutrition Department) and Doug Tumilty (Department of Physiology and Applied Nutrition)
Funding: Berrivale Fruit Juices (Isosport Sports drink) (\$20,000)
- 1994-5: **Muscle glycogen synthesis following prolonged exercise: the effect of alcohol intake.**
Collaborative project with Dr Mark Hargreaves (University of Melbourne) and Dr Greg Collier (Deakin University).
Funding: Applied Sports Research Program Grant, National Sports Research Centre (\$15,000)
- 1993: **Muscle glycogen synthesis following prolonged exercise: the effect of co-ingestion of fat and protein with carbohydrate feedings.**
Collaborative project with Dr Mark Hargreaves (University of Melbourne) and Dr Greg Collier (Deakin University).
Funding: Applied Sports Research Program Grant, National Sports Research Centre (\$10,000)
- 1993: **The effect of oral creatine supplementation on sprint performance of elite swimmers.**
Collaborative project with Dr David Pyne (Department of Physiology and Applied Nutrition)

Funding: Sports Science/ Sports Medicine Research Grant, Australian Institute of Sport (\$2,000)

- 1992-1998: **Body weight changes and voluntary fluid intake practices of elite athletes during training and competition.**
Supervision of ongoing research project undertaken by Sports Nutrition Fellows at AIS: Mareeta Grundy (1992), Prue Heeley (1993), Liz Broad (1994), Greg Cox (1995), Gary Slater (1996), Natasha Porter (1997), Michelle Murfet (1998).
Funding: Berrivale Fruit Juices Fellowship (Isosport Sports Drink) (\$35,000 pa)
- 1992: **Muscle glycogen synthesis following prolonged exercise: the effect of timing of carbohydrate feedings.**
Collaborative project with Dr Mark Hargreaves (University of Melbourne) and Dr Greg Collier (Deakin University).
Funding: Applied Sports Research Program Grant, National Sports Research Centre (\$10,000)
- 1990-1: **Muscle glycogen synthesis following prolonged exercise: the effect of the glycemic index of carbohydrate feedings.**
Collaborative project with Dr Mark Hargreaves (University of Melbourne) and Dr Greg Collier (Deakin University).
Funding: Effem Foods, Australia (\$15,000)
- 1987: **Effect of glucose polymer and starch feedings on cycling performance during a simulated 100km time trial**
Collaborative project with Dr John Carlson (Footscray Institute of Technology) and Dr Greg Collier (University of Melbourne).
Funding: Bio-Organics Australia (\$6,000)

PUBLICATIONS

Peer reviewed journals: in press or review

- 73 Winter JA, Cameron-Smith D, Decombaz J, Enslen M, Farnfield, and **Burke LM**. Effect of intake of different dietary protein sources on plasma amino acid profiles. (in review).
- 72 Burke LM. Caffeine and sports performance (in review).
- 71 **Burke LM**, Allanson BA, Laing AK, Cook K, Shi X. Sweat losses and voluntary rehydration during cool weather training in elite basketball players (in press)
- 70 **Burke LM**, Anderson M, Pyne DB. Low dose caffeine intake doesn't enhance sprint performance in elite swimmers (in review)
- 69 Cort M, **Burke LM**, Mujika I. Acute creatine supplementation and simulated Water Polo performance (in review).

Peer reviewed journals: cited in MEDLINE

67. Reilly T, Waterhouse W, **Burke LM**, and Alonso JM. Nutrition for travel. *J Sports Sci* 25: Suppl 1: 125-134, 2007
66. **Burke LM**, Millet G, and Tarnopolsky MA. Nutrition for distance events. *J Sports Sci* 25: Suppl 1: 29-38, 2007
- 65 **Burke L**. Maughan R, Shirreffs S. The 2007 IAAF Consensus conference on Nutrition for Athletics. *J Sports Sci* 25: Suppl 1: 1
- 64 **Burke LM**. Nutrition strategies for the marathon: fuel for training and racing. *Sports Med* 37: 344-347, 2007
- 63 Ebert, TR, Martin DT, Bullock N, Mujika I, Quod MJ, Farthing LA, **Burke LM** and Wither RT. Influence of hydration status on thermoregulation and cycling hill climbing. *Med Sci Sports Exerc.* 39: 323-329, 2007
- 62 Sawka MN, **Burke LM**, Eichner, ER, Maughan RJ, Montain SJ, and Stachenfield NS. American College of Sports Medicine Position stand: Exercise and Fluid replacement. *Med Sci Sports Exerc.* 39: 377-390, 2007
- 61 **Burke LM** and Hawley JA. Fat and carbohydrate for exercise. *Curr Opin Clin Nutr Metab Care* 9: 476-481, 2006
- 60 **Burke LM**, Loucks AB, and Broad NP. Energy and carbohydrate for training and recovery. *J Sports Sci* 24: 675-685, 2006

- 59 Orchard JW, Fricker PA, White SL, **Burke LM** and Healey DJ. The use and misuse of performance-enhancing substances in sport. *Med J Aust* 184: 132-136, 2006
- 58 Stellingwerff T, Spriet LL, Watt MJ, Kimber NE, Hargreaves M, Hawley JA, and **Burke LM**. Decreased PDH activation and glycogenolysis during exercise following fat adaptation with carbohydrate restoration. *Am J Physiol Endocrinol Metab* 290: E380-388, 2006
- 57 **Burke LM** and Kiens B. "Fat adaptation" for athletic performance - the nail in the coffin? *J Appl Physiol*, 100: 7-8, 2006
- 56 **Burke LM**, Wood C, Pyne DB, RD Telford and Saunders PU. Effect of carbohydrate intake on half-marathon performance of well-trained runners. *Int J Sport Nutr Exerc Metab* 15, 2005
- 55 McInerney P, Lessard SJ, **Burke LM**, Coffey VG, Lo Giudice SL, Southgate RJ, and Hawley JA. Failure to repeatedly supercompensate muscle glycogen stores in highly trained men. *Med Sci Sports Exerc* 37: 404-411, 2005
- 54 Arkinstall MJ, Bruce CR, Clark SA, Rickards CC, **Burke LM**, and Hawley JA. Regulation of fuel metabolism by pre-exercise muscle glycogen content and exercise intensity. *J Appl Physiol* 97: 2275-2283, 2004
- 53 **Burke LM**, Kiens B, and Ivy JL. Carbohydrates and fat for training and recovery. *J Sports Sci* 22: 15-30, 2004
- 52 Cameron-Smith D, **Burke LM**, Angus DJ, Tunstall RJ, Cox GR, Bonen A, Hawley JA, and Hargreaves M. A short-term, high-fat diet up-regulates lipid metabolism and gene expression in human skeletal muscle. *Am J Clin Nutr* 77: 313-318, 2003.
- 51 **Burke LM**, Slater G, Broad EM, Haukka J, Modulon S, and Hopkins WG. Eating patterns and meal frequency of elite Australian athletes. *Int J Sport Nutr Exerc Metab* 13: 521-538, 2003
- 50 **Burke LM**, Collier GR, Broad EM, Davis PG, Martin DT, Sanigorski AJ, and Hargreaves M. Effect of alcohol intake on muscle glycogen storage after prolonged exercise. *J Appl Physiol* 95: 983-990, 2003
- 49 Braakhuis AJ, Meredith K, Cox GR, Hopkins WG, and **Burke LM**. Variability in estimation of self-reported dietary intake data from elite athletes resulting from coding by different sports dietitians. *Int J Sport Nutr Exerc Metab* 13: 152-165, 2003.
- 48 Stepto NK, Carey AL, Staudacher HM, Cummings NK, **Burke LM**, and Hawley JA. Effect of short-term fat adaptation on high-intensity training. *Med Sci Sports Exerc* 34: 449-455, 2002
- 47 Minehan MR, Riley MD, and **Burke LM**. Effect of flavor and awareness of kilojoule content of drinks on preference and fluid balance in team sports. *Int J Sport Nutr Exerc Metab* 12: 81-92, 2002

- 46 Martin MK, Martin DT, Collier GR, and **Burke LM**. Voluntary food intake by elite female cyclists during training and racing: effect of daily energy expenditure and body composition. *Int J Sport Nutr Exerc Metab* 12: 249-267, 2002.
- 45 Cox GR, Broad EM, Riley MD, and **Burke LM**. Body mass changes and voluntary fluid intakes of elite level water polo players and swimmers. *J Sci Med Sport* 5: 183-193, 2002
- 44 Cox GR, Mujika I, Tumilty D, and **Burke LM**. Acute creatine supplementation and performance during a field test simulating match play in elite female soccer players. *Int J Sport Nutr Exerc Metab* 12: 33-46, 2002
- 43 Cox GR, Desbrow B, Montgomery PG, Anderson ME, Bruce CR, Macrides TA, Martin DT, Moquin A, Roberts A, Hawley JA, and **Burke LM**. Effect of different protocols of caffeine intake on metabolism and endurance performance. *J Appl Physiol* 93: 990-999, 2002.
- 42 **Burke LM and Hawley JA**. Effects of short-term fat adaptation on metabolism and performance of prolonged exercise. *Med Sci Sports Exerc* 34: 1492-1498, 2002
- 41 **Burke LM**, Hawley JA, Angus DJ, Cox GR, Clark S, Cummings NK, Desbrow B, and Hargreaves M. Adaptations to short-term high-fat diet persist during exercise despite high carbohydrate availability. *Med Sci Sports Exerc* 34: 83-91, 2002
- 40 Staudacher HM, Carey AL, Cummings NK, Hawley JA, and **Burke LM**. Short-term high-fat diet alters substrate utilization during exercise but not glucose tolerance in highly trained athletes. *Int J Sport Nutr Exerc Metab* 11: 273-286, 2001
- 39 Carey AL, Staudacher HM, Cummings NK, Stepto NK, Nikolopoulos V, **Burke LM**, and Hawley JA. Effects of fat adaptation and carbohydrate restoration on prolonged endurance exercise. *J Appl Physiol* 91: 115-122, 2001
- 38 **Burke LM**. Energy needs of athletes. *Can J Appl Physiol* 26: S202-S219, 2001
- 37 **Burke LM**. Nutritional practices of male and female endurance cyclists. *Sports Med* 31: 521-532, 2001
- 36 **Burke LM**. Nutritional needs for exercise in the heat. *Comp Biochem Physiol* 128A: 735-748, 2001
- 35 **Burke LM**, Cox GR, Cummings NK, and Desbrow B. Guidelines for daily CHO intake: do athletes achieve them? *Sports Med* 31: 267-299, 2001
- 34 Baylis A, Cameron-Smith D, and **Burke LM**. Inadvertent doping through supplement use by athletes: assessment and management of the risk in Australia. *Int J Sport Nutr Exerc Metab* 11: 365-383, 2001

- 33 Hawley JA, **Burke LM**, Angus DJ, Fallon KE, Martin DT, and Febbraio MA. Effect of altering substrate availability on metabolism and performance during intense exercise. *Br J Nutr* 84: 829-838, 2000
- 32 Clark VR, Hopkins WG, Hawley JA, and **Burke LM**. Placebo effect of carbohydrate feedings during a 40-km cycling time trial. *Med Sci Sports Exerc* 32: 1642-1647, 2000
- 31 **Burke LM**, Angus DJ, Cox GR, Cummings NK, Febbraio MA, Gawthorn K, Hawley JA, Minehan M, Martin DT, and Hargreaves M. Effect of fat adaptation and carbohydrate restoration on metabolism and performance during prolonged cycling. *J Appl Physiol* 89: 2413-2421, 2000.
- 30 **Burke LM**, Hawley JA, Schabort EJ, St Clair Gibson A, Mujika I, and Noakes TD. Carbohydrate loading failed to improve 100-km cycling performance in a placebo-controlled trial. *J Appl Physiol* 88: 1284-1290, 2000
- 29 **Burke LM**. Searching for the competitive edge. Commonly asked nutrition questions. *Aust Fam Physician* 28: 694-695, 1999
- 28 **Burke LM**. Nutrition for sport. Getting the most out of training. *Aust Fam Physician* 28: 561-567, 1999
- 27 Hopkins WG, Hawley JA, and **Burke LM**. Design and analysis of research on sport performance enhancement. *Med Sci Sports Exerc* 31: 472-485, 1999
- 26 **Burke LM** and Hawley JA. Carbohydrate and exercise. *Curr Opin Clin Nutr Metab Care* 2: 515-520, 1999
- 25 Hitchins S, Martin DT, **Burke L**, Yates K, Fallon K, Hahn A, and Dobson GP. Glycerol hyperhydration improves cycle time trial performance in hot humid conditions. *Eur J Appl Physiol* 80: 494-501, 1999
- 24 Palmer GS, Clancy MC, Hawley JA, Rodger IM, and **Burke LM**. Carbohydrate ingestion immediately before exercise does not improve 20 km time trial performance in well trained cyclists. *Int J Sports Med* 19: 415-418, 1998
- 23 Felder JM, **Burke LM**, Lowdon BJ, Cameron-Smith D, and Collier GR. Nutritional practices of elite female surfers during training and competition. *Int J Sport Nutr* 8: 36-48, 1998
- 22 **Burke LM**, Collier GR, and Hargreaves M. Glycemic index - a new tool in sport nutrition? *Int J Sport Nutr* 8: 401-415, 1998
- 21 **Burke LM**, Claassen A, Hawley JA, and Noakes TD. Carbohydrate intake during prolonged cycling minimizes effect of glycemic index of preexercise meal. *J Appl Physiol* 85: 2220-2226, 1998
- 20 Hawley JA and **Burke LM**. Effect of meal frequency and timing on physical performance. *Br J Nutr* 77: S91-S103, 1997

- 19 **Burke LM.** Fluid balance during team sports. *J Sports Sci* 15: 287-295, 1997
- 18 **Burke LM** and Hawley JA. Fluid balance in team sports: Guidelines for optimal practices. *Sports Med* 24: 38-54, 1997
- 17 **Burke LM.** Nutrition for post-exercise recovery. *Aust J Sci Med Sport* 29: 3-10, 1997.
- 16 **Burke LM,** Pyne DB, and Telford RD. Effect of oral creatine supplementation on single-effort sprint performance in elite swimmers. *Int J Sport Nutr* 6: 222-233, 1996
- 15 **Burke LM,** Collier GR, Davis PG, Fricker PA, Sanigorski AJ, and Hargreaves M. Muscle glycogen storage after prolonged exercise: effect of the frequency of carbohydrate feedings. *Am J Clin Nutr* 64: 115-119, 1996
- 14 Broad EM, **Burke LM,** Cox GR, Heeley P, and Riley M. Body weight changes and voluntary fluid intakes during training and competition sessions in team sports. *Int J Sport Nutr* 6: 307-320, 1996
- 13 **Burke LM,** Collier GR, Beasley SK, Davis PG, Fricker PA, Heeley P, Walder K, and Hargreaves M. Effect of coingestion of fat and protein with carbohydrate feedings on muscle glycogen storage. *J Appl Physiol* 78: 2187-2192, 1995.
- 12 **Burke LM.** Practical issues in nutrition for athletes. *J Sports Sci* 13: S83-S90, 1995.
- 11 Hargreaves M, Costill D, **Burke L,** McConell G, and Febbraio M. Influence of sodium on glucose bioavailability during exercise. *Med Sci Sports Exerc* 26: 365-368, 1994.
- 10 **Burke LM** and Read RSD. Dietary supplements in sport. *Sports Med* 15: 43-56, 1993.
- 9 **Burke LM,** Collier GR, and Hargreaves M. Muscle glycogen storage after prolonged exercise: the effect of the glycemic index of carbohydrate feedings. *J Appl Physiol* 75: 1019-1023, 1993.
- 8 **Burke LM,** Gollan RA, and Read RSD. Dietary intakes and food use of groups of elite Australian male athletes. *Int J Sport Nutr* 1: 378-394, 1991.
- 7 **Burke LM** and Read RSD. Sports nutrition: approaching the nineties. *Sports Med* 8: 80-100, 1989.
- 6 **Burke LM** and Read RSD. A study of dietary patterns of elite Australian football players. *Can J Sport Sci* 13: 15-19, 1988.
- 5 **Burke LM** and Read RSD. A study of carbohydrate loading techniques used by marathon runners. *Can J Sports Sci* 12: 6-10, 1987.
- 4 **Burke LM,** Gollan RA, and Read RSD. Seasonal changes in body composition measurements in Australian Rules Footballers. *Br J Sports Med* 20: 69-71, 1986.

- 3 **Burke LM**, Read RSD, and Gollan RA. Australian Rules Football: an anthropometric study of participants. *Br J Sports Med* 19: 100-103, 1985.
- 2 **Burke LM**. Nutrition for the footballer. *Aust Fam Physician* 13: 625-626, 1984
- 1 **Burke LM**. Successful weight reduction programs. *Aust Fam Physician* 11: 281-282, 284-288, 1982

Books

15. **Burke L.** Practical Sports Nutrition (2007). Illinois, Human Kinetics
14. **Burke L.** and V Deakin, eds. (2006), *Clinical Sports Nutrition*, 3rd edition. Sydney: McGraw Hill.
13. Maughan RJ, **LM. Burke**, EF. Coyle (Eds) (2004). Food, Nutrition and Sports Performance II. Routledge, London.
12. **Burke L**, L Bell, M Cort, G Cox, R Crawford, M Minehan, C Wood (2004). *Survival around the World*. Sydney: FPC Custom Media.
11. Maughan RJ and **LM Burke** (2002). Sports Nutrition: Handbook of Sports Medicine and Science. Massachusetts: Blackwell Science.
 - Translations into Dutch and Greek,
10. **Burke L.**, G Cox, A Braakhuis, R Crawford, and M Minehan. (2001). *Survival from the Fittest*. Sydney: Murdoch Magazines.
9. **Burke L** and V Deakin, eds. (2000), *Clinical Sports Nutrition*, 2nd edition. Sydney: McGraw Hill.
8. **Burke L**, G Cox, N Cummings, B Desbrow, and M Minehan. (1999) *Survival for the Fittest*. Sydney: Murdoch Magazines
7. Hawley J. and **L Burke**. (1998). *Peak Performance: training and nutrition strategies for sport*. Sydney: Allen and Unwin.
6. **Burke L.** (1998). *The Complete South African Guide to Sports Nutrition*. Cape Town: Oxford University Press.
5. Modulon S. and **L Burke**. (1997), *Cooking for Champions: a guide to catering for large quantities of athletes*. Canberra: Australian Sports Commission.
4. **Burke L.** (1995), *The Complete Guide to Food for Sports Performance*, 2nd edition. Sydney: Allen and Unwin.
3. **Burke L.** and V Deakin, eds. (1994), *Clinical Sports Nutrition*, Sydney: McGraw Hill.
2. **Burke L.** (1992, 1995), *The Complete Guide to Food for Sports Performance*, 1st and 2nd editions. Sydney: Allen and Unwin.
1. Farmer P. and **L Burke**. (1986), *Triathlon for the Pre-elite*. Melbourne: Tri-it.

Book Chapters/Contributions

36. **Burke LM.** (2007). Nutrition. In: Secher NH. and Volianitis S. (eds). Handbook of Sports Medicine and Science: Rowing. pp. 103-114. Oxford, Blackwell Science
- 35 **Burke LM.** (2007) 33. Sports Nutrition. In: Mann J and Truswell, A.S. (eds). Essentials of Human Nutrition, 3rd edition. pp 488-501. Oxford, Oxford University Press.
34. **Burke LM,** B Desbrow, and M Minehan, M. (2006). Dietary supplements and nutritional ergogenic aids. In Burke LM and Deakin V. (eds). Clinical Sports Nutrition. 3rd edition. Pp 485-579. Sydney: McGraw-Hill.
33. **Burke LM.** (2006). Nutrition for recovery after competition and training. In Burke. LM and Deakin V. (eds). Clinical Sports Nutrition. 3rd edition. Pp 415-454. Sydney: McGraw-Hill.
32. **Burke LM.** (2006). Preparation for competition. In Burke. LM and Deakin V. (eds). Clinical Sports Nutrition. 3rd edition. Pp 355-384. Sydney: McGraw-Hill.
31. **Burke LM.** (2005). Elite athletes. In. Dunford, M (ed). Sports Nutrition: a practice manual for professionals, 4th edition. pp 283-293. American Dietetic Association, Chicago
30. **Burke LM.** (2003). Sports supplements and sports foods. In: Hargreaves, M and Hawley, J. (eds). Physiological bases of sports performance. pp 183-253. McGraw Hill, Sydney
29. **Burke LM.** (2003). Nutrition for training and competition. In: Hargreaves, M and Hawley, J. (eds). Physiological bases of sports performance. pp 152-182. McGraw Hill, Sydney
28. Jeukendrup AE and **Burke LM.** (2003). Exercise performance. In: Gibney, M. MacDonald, I and Roche, H.M. (eds) Nutrition and Metabolism pp 349-376. Blackwell Science, Oxford.
27. **Burke LM.** (2002). Practical sports nutrition. In: Jeukendrup, A. (ed). High Performance Cycling. pp.183-199. Champaign, Illinois: Human Kinetics .
26. **Burke LM.** (2002) 30. Sports Nutrition. In: Mann, J and Truswell, A.S. (eds). Essentials of Human Nutrition, 2nd edition. pp 541-550. Oxford, Oxford University Press.
25. **Burke LM.** (2000). Nutrition for runners. In: Hawley, JA (ed). Handbook of Sports Medicine and Science: Running. pp. 58-71. Oxford, Blackwell Science
24. **Burke LM** and R Parisotto. (2000). Hematologic disorders, In: ACSMs Resources for Clinical Exercise Physiology: musculoskeletal, neuromuscular, neoplastic, immunologic, and hematological conditions. pp. 233-242. Pennsylvania: Lippincott Williams & Wilkins,
23. **Burke LM,** B Desbrow, and M. Minehan, M. (2000). Dietary supplements and nutritional ergogenic aids. In Burke L.M. and Deakin, V. (eds). Clinical Sports Nutrition. 2nd edition. pp 455-553. Sydney: McGraw-Hill.
22. **Burke LM.** (2000). Nutrition for recovery after competition and training. In Burke. L.M. and Deakin, V. (eds). Clinical Sports Nutrition. 2nd edition. pp 396-427. Sydney: McGraw-Hill.

21. **Burke LM.** (2000). Preparation for competition. In Burke, L.M. and Deakin, V. (eds). Clinical Sports Nutrition. 2nd edition. pp 341-368. Sydney: McGraw-Hill.
20. Maughan RJ and **LM Burke.** (2000). Sports nutrition: an historical perspective. In Burke, L.M. and Deakin, V. (eds). Clinical Sports Nutrition, 2nd edition, pp 1-13. Sydney: McGraw-Hill.
19. **Burke LM** and RJ Maughan (2000). Alcohol in sport. In Maughan R.J. (ed). Encyclopaedia of Sports Medicine. pp 405-416, Oxford: Blackwell Science:
18. **Burke LM.** (2000). Dietary carbohydrates. In Maughan R.J. (ed). Encyclopaedia of Sports Medicine. pp 73-84, Oxford: Blackwell Science.
17. Maughan RJ, **LM Burke** and M. Gleeson. (1999). Sports Nutrition In: Hackney, R. and Wallace A (eds), Sports Medicine Handbook. pp 105-133. London: BMJ Publishing Group.
16. **Burke LM.** (1998). Nutrition for the athlete. In Sherry E. (ed). Oxford Handbook of Sports Medicine. pp 548-586. Oxford University Press.
15. **Burke LM.** and J.A. Hawley. (1997). Nutrition for athletic performance and health. In Fields, K.B. and Fricker, P.A. (eds). Medical Problems in Athletes, pp 349-364. Cambridge, MA: Blackwell Science Inc.
14. Gilchrist P. and **LM Burke.** (1995). Eating disorders. In Bloomfield, J, Fricker, P.A, Fitch, K. (eds). Textbook of Science and Medicine in Sport, 2nd edition, pp 665-673. Sydney: Blackwell Scientific Inc.
13. **Burke LM.** (1995). Nutrition for the female athlete. In Krummel, D. and Kris-Etherton, P. (eds). Nutrition in womens health, pp 263-298. Maryland: Aspen Publishers Inc.
12. **Burke LM.** and M. Hargreaves. (1995). Eating for peak performance. In Zuluaga, M. et al (eds). Textbook of Physiotherapy, pp 707-719. Sydney: Churchill Livingstone
11. Flintoff-King, D. (1995). Instant Vitality. Melbourne: Anne ODonovan. Major contributor (8 chapters).
10. **Burke LM.** and K. Inge. (1994). Protein requirements for training and bulking up. In Burke, L.M. and Deakin, V. (eds). Clinical Sports Nutrition, pp 124-150. Sydney: McGraw Hill.
9. Frail H. and **LM Burke.** (1994). Carbohydrate needs for training. In Burke, L.M. and Deakin, V. (eds). Clinical Sports Nutrition, pp 151-173. Sydney: McGraw Hill.
8. **Burke LM.** (1994). Sports amenorrhoea, osteopenia, stress fractures and calcium. In Burke, L.M. and Deakin, V. (eds). Clinical Sports Nutrition, pp 124-150. Sydney: McGraw Hill.

7. **Burke LM.** and P. Heeley. (1994). Dietary supplements and nutritional ergogenic aids. In Burke, L.M. and Deakin, V. (eds). Clinical Sports Nutrition, pp 200-226. Sydney: McGraw Hill.
6. **Burke LM.** (1994). Food and fluid intake during competition. In Burke, L.M. and Deakin, V. (eds). Clinical Sports Nutrition, pp 333-365. Sydney: McGraw Hill.
5. **Burke LM.** (1994). Sport and body fatness. In Hills, A.P. and Wahlqvist, M.L. (eds). Exercise and obesity, pp 213-227. London: Smith-Gordon.
4. **Burke LM.** (1992). Fuelling your body. In Cedaro, R. Triathlon: into the nineties, pp 130-165. Sydney: Murray Child Publications.
3. **Burke LM.** and R.S.D. Read. (1988). Food use and nutritional practices of elite Australian Olympic weightlifters. In Truswell, A.S. and Wahlqvist, M.L. (eds). Food Habits in Australia, pp. 112-121, Melbourne: Rene Gordon.
2. Wahlqvist, M.L. and J.S. Vobecky. (eds). (1987). Patient Problems in Clinical Nutrition. John London: Libbey and Company. Contributor.
1. Inge, K. and P. Brukner. (eds). (1986). Food for Sport. Melbourne: William Heinemann. Major contributor.

Other Scientific Journals (non- Pub Med or non-peer reviewed)

50. **Burke LM.** Sports nutrition and Australian football. *Int J Sport Nutr Exerc Metab.* 18:96-8, 2008
- 49 **Burke LM.** The IAAF consensus on nutrition for athletics: updated guidelines. *Int J Sport Nutr Exerc Metab* 17:411-5, 2007
48. **Burke LM,** Noakes T. Fluid guidelines for sport: interview with Professor Tim Noakes. *Int J Sport Nutr Exerc Metab.* 16:644-52, 2006
47. **Burke LM.** Nutrition for the beautiful game. *Int J Sport Nutr Exerc Metab* 16:332-6, 2006
46. **Burke LM,** Pyne DB. Research in sport nutrition: an interview with David Pyne. *Int J Sport Nutr Exerc Metab* 16:122-5, 2006.
45. **Burke LM,** Lundy B. Dietary studies of athletes: an interview with sports dietitian Bronwen Lundy. *Int J Sport Nutr Exerc Metab* 16:226-8, 2006.
44. **Burke LM,** Shirreffs SM. Fluid balance testing for elite team athletes: an interview with Dr. Susan Shirreffs. *Int J Sport Nutr Exerc Metab* 5:323-7, 2005.
43. **Burke LM,** Meyer NL. A call to sports dietitians: interview with Nanna Meyer. *Int J Sport Nutr Exerc Metab* 15:458-60, 2005.

- 42. Burke LM**, Maughan R. Contamination of supplements: an interview with professor Ron Maughan. *Int J Sport Nutr Exerc Metab* 14:493-6, 2004.
- 41. Burke LM**. The IOC consensus on sports nutrition 2003: new guidelines for nutrition for athletes. *Int J Sport Nutr Exerc Metab* 13: 549-552, 2003.
- 40. Burke LM**. Nutrition for open water sailing: an interview with Jeni Pearce, sports dietitian. *Int J Sport Nutr Exerc Metab* 3: 224-49, 2003.
- 39. Burke LM**. An interview with Suzanne Nelson Steen. *Int J Sport Nutr Exerc Metab* 13:117-21, 2003.
- 38. Burke LM**, Steinmuller P, Talbott S, Miles MP. An interview with Patti Steinmuller and Shawn Talbott about online courses in sports nutrition. *Int J Sport Nutr Exerc Metab* 12: 238-45, 2002
- 37. Burke LM**, Beals KA. An interview with Kathie Beals *Int J Sport Nutr Exerc Metab* 12:364-7, 2002
- 36. Burke LM**, O'Connor H, Cox G. Feeding ultra-endurance athletes: an interview with Dr. Helen O'Connor and Gregory Cox. *Int J Sport Nutr Exerc Metab* 12: 490-4, 2002.
- 35. Burke LM**, Minehan M. Developing a sports nutrition website: an interview with Michelle Minehan. Interview by Louise Burke. *Int J Sport Nutr Exerc Metab* 11: 513-5, 2001.
- 34. Burke LM**, Green G. An interview with Dr Gary Green about supplements and doping problems from an NCAA perspective. *Int J Sport Nutr Exerc Metab* 11: 397-400, 2001.
- 33. Burke LM**, Houtkooper L. An interview with Linda Houtkooper *Int J Sport Nutr Exerc Metab* 2001.
- 32. Burke, L.M.** Fat loading for athletic performance Current Therapeutics: September: 23-27, 2001
- 31. Burke L.M.** Fat adaptation and glycogen restoration for prolonged cycling: recent studies from the Australian Institute of Sport. (2001) *Aust J Nutr Diet.* 58 (supp): S23-S27
- 30. Burke, L.M.** (2000). Sports foods – a new market for the food industry? *Food Australia* 52(9): 405-406.
- 29. Burke, L.M.** Nutrition and the athlete. (1998). *Mod Med South Africa* Nov: 34-41
- 28. Burke, L.M.** (1997). Olympic Eating - A Century of Interest and Change. *Nutridate* 8 (4): 1-4.
- 27. Burke, L.M.** (1996). Eating for Sydney 2000 - nutrition and the athlete. *Mod Med Aust.* 39(2): 78-89.

26. **Burke, L.M.** (1996). Atlanta Olympic Nutrition Program. *Sports Coach* 19 (2): 12-13.
25. **Burke, L.M.** and Sando, B. (1996). Staying Cool in Atlanta. *Sports Coach* 19(2): 14.
24. **Burke, L.M.** (1996). Sports Nutrition. Latest thoughts on some carbohydrate issues. *Nutrition Issues and Abstracts*. No 9:1-3.
23. **Burke, L.M.** (1996). Rehydration strategies before and after exercise. *Aust J Nutr Diet* 53 (4: suppl): S22-S26.
22. Rehrer, N.J. and **L.M. Burke.** (1996). Sweat losses during various sports. *Aust J Nutr Diet* 53 (4:suppl): S13-S16, 1996.
21. Hawley, J.A. and **Burke, L.M.** (1995). Nutrition for swimmers. *New Zealand Coach* 4(2): 18-20.
20. **Burke, L.M.** (1995). Food selection and guidance for physically active people. *Asia Pacific J Clin Nutr.* 4 suppl 1: 39-44.
19. **Burke, L.M.** (1995). Fluids and dehydration - staying cool during exercise. *Nutridate* 5(4): 5-7.
18. **Burke, L.M.** (1994). Practical issues related to travel, altitude and environmental conditions. *Coaching Focus* No 25, Spring: 21-22.
17. **Burke, L.M.** and Broad, E.M. (1994). Supplements - can the edge be found in a pill or potion? *Sports Coach* 17(3): 23-26.
16. Heeley, P. and **Burke, LM.** The Sports Drink - The Drink of the 90s? *Sports Coach* 16(4):7-11.
15. **Burke, LM.** Fluid and food intake during training and competition. State of the Art Review, Australian Sports Commission, No 35, 1993.
14. **Burke, LM.** Protein and amino acids needs of the athlete. State of the Art Review, Australian Sports Commission, No 28, 1992.
13. Pyne, D, **LM Burke,** and T. Gathercole. Swimming and Altitude Training: Albuquerque 1990, *Sports Coach* 15(1):40-42, 1992.
12. **Burke, L.M.** Nutrition for sport - preparing for competition. *Nutridate* 3(2): 1-4, 1992.
11. **Burke, L.M.** Amenorrhoea, low bone density and stress fractures in athletes: What is the dietary connection? *Sport Health* 8(4): 44-47, 1990.
10. **Burke, L.M.** Dietary supplements and nutritional ergogenic aids in sport: Part 2 - what supplements are athletes using? *Sport Health* 8(3): 33,40, 1990.

9. **Burke, L.M.** Dietary supplements and nutritional ergogenic aids in sport: Part 1 - how many athletes use supplements? *Sport Health* 8(2): 12,16, 1990.
8. **Burke, L.M.** The festive season: surviving with your nutritional goals intact. *Excel* 6(1): 28-30, 1989.
7. **Burke, L.M.** Dietary intakes of marathon runners. *Excel* 4(2): 14-16, 1987.
6. **Burke, L.M.** and R.S.D. Read. Diet patterns of elite Australian male triathletes. *Phys Sports Med.* 15(2): 140-155, 1987.
5. **Burke, L.M.** and R.S.D. Read. Food to keep marathon men on the run. *Sports Coach* 7(4): 23-26, 1984.
4. Read, R.S.D. and **L.M. Burke**. Carbohydrate loading for increased endurance performance. *Sports Coach* 7(2): 3-6, 1983.
3. Read, R.S.D., **L.M. Burke** and M.L. Wahlqvist, M.L. Food for sport: Does exercise increase nutritional requirements? *Patient Management March*: 45-52, 1983.
2. **Burke, L.M.**, L. Piterman, and R.S.D. Read. Safety and supervision in fun runs. *Aust J Sports Med Ex Sci.* 14(4): 125-128, 1982
1. **Burke, L.M.** Situations of nutritional concern among sportsmen. *J Food Nutr.* 39(3): 130-132, 1982.

CONFERENCE PRESENTATIONS

Invited Papers at Major Scientific Congresses

- 2008 **Nutrition for Swimming**
Sports Nutrition Conference, Indianapolis, USA
- 2008 **Nutrition for Recovery**
Swiss Forum for Sports Nutrition, Zurich, Switzerland
- 2007 **Caffeine and sports performance**
Canadian Society for Exercise Physiology Annual Meeting, London Ontario, Canada
- 2007 **Supplements and doping – minimising the risk**
Co-presentation with Dr Samantha Stear,
Sports Medicine Australia Annual Conference, Adelaide, Australia
- 2007 **Nutrition for Distance events**
IAAF consensus on Nutrition for Athletics, Monaco
- 2007 **Keynote: Alcohol and Athletic Performance**
Cricket Australia Sports Science Sports Medicine Conference, Brisbane, Australia
- 2007 **Keynote: Sports dietetics: research and practice at the cutting edge**
23rd Annual Symposium of Sports, Cardiovascular and Wellness Nutritionists, Austin, Texas, USA
- 2006 **The AIS Sports Supplement Program**
Latest strategies in Anti-Doping. IAAF and WADA joint conference, Lausanne, Switzerland
- 2006 **The AIS Sports Supplement Program**
Australian Association for Musculoskeletal Health annual conference, Canberra
- 2006 **Nutrition strategies for the marathon**
2006 World Congress on the Science and Medicine of the Marathon, Chicago, USA
- 2006 **Latest nutritional strategies for peak performance**
Frank Cotton Lecture, Exercise and Sports Science 2006: From Research to Practice. Joint conference of the Australian Association for Exercise and Sports Science and Sports Dietitians Australia, Sydney, Australia
- 2005 **Fat adaptation strategies for endurance sports**
Nutrition Society Australia, Annual Conference, Melbourne, Australia

- 2005 **Supplements in Sport; The Australian Institute of Sport model**
Vince Higgins Lecture, Australasian College of Sports Physician Annual Conference, Gold Coast, Australia
- 2005 **Energy and macronutrient needs for training and recovery**
FIFA and F-Marc consensus on Nutrition for Football, Zurich, Switzerland
- 2005 **Fat adaptation strategies for ultra-endurance sports**
Exercise, muscle and metabolism 03, Melbourne, Australia
- 2003 **Recovery of muscle glycogen after exercise**
Update on supplements in sport
4th International congress on sports nutrition, Rio de Janeiro, Brazil
- 2003 **Carbohydrates and fat training and recovery**
IOC Consensus on Sports Nutrition, Lausanne, Switzerland.
- 2002 **Nutrition keynote: Effects of fat adaptation on metabolism and athletic performance**
Sports Medicine and Sports Science New Zealand Annual Conference, Christchurch, New Zealand.
Glycemic Index and Sport
Sports Medicine and Sports Science New Zealand Annual Conference, Christchurch, New Zealand.
A model for managing supplements for athletes: the AIS Sports Supplement Program
Sports Medicine and Sports Science New Zealand Annual Conference, Christchurch, New Zealand.
- 2001 **Carbohydrates for refuelling before and after exercise**
Evolving Evidence and Continuing Controversies in Carbohydrate Nutrition, University of British Columbia, Vancouver, Canada
- 2001 **Nutrition support to maximise recovery after training and to maximise adaptation: Meeting energy requirements**
First International Scientific Congress on Nutrition and Athletic Performance, Edmonton, Canada
- 2001 **The Role of fat adaptation strategies in endurance and ultra-Endurance performance**
Australian Conference of Science and Medicine in Sport, Perth, Western Australia
- 2001 **Carbohydrates for refuelling before and after exercise**
Evolving Evidence and Continuing Controversies in Carbohydrate Nutrition, University of British Columbia, Vancouver, Canada
- 2001 **Nutrition support to maximise recovery after training and to maximise adaptation: Meeting energy requirements**

- First International Scientific Congress on Nutrition and Athletic Performance, Edmonton, Canada
- 2001 **The role of fat adaptation strategies in endurance and ultra-Endurance performance**
Australian Conference of Science and Medicine in Sport, Perth, Western Australia
- 2000 **Nutritional needs in the heat**
International Conference on Physiological and Cognitive Performance in Extreme Environments, Canberra, Australia
- 1999 **Supplements to enhance sports performance: where's the evidence**
5th IOC World Congress, Sydney, Australia
- 1999 **Dietary preparation of Australian athletes**
10th World Congress of Food Science and Technology, Sydney, Australia
- 1999 **1. Glycemic index: a new tool in sports nutrition?**
2. Nutrition for post-exercise recovery
International Sports Nutrition Conference, Taipei, Taiwan
- 1999 **A Nutrition education package for soccer**
4th World Congress of Science and Football, Sydney, Australia
- 1998 **Food for Olympians**
Dietitians Association of Australia, 17th National Conference, Sydney, Australia.
- 1998 **Sport Nutrition Research: Where are we going in the 21st Century?**
XXVI FIMS World Congress of Sports Medicine, Orlando, Florida.
- 1997 **Effective Nutritional Support Programs for Olympic Athletes**
1997 International Sport Nutrition Conference, Williamsburg, Virginia.
- 1997 **Nutrition Programs at the Australian Institute of Sport (Keynote Presentation)**
1997 International Sport Nutrition Conference, Williamsburg, Virginia
- 1997 **1. Alcohol and sport.**
2. Glycemic Index and Sports Performance.
7th Biannual Congress of South African Sports Medicine Association, Sun City, South Africa.
- 1996 **Periodicity of eating and exercise performance. Joint paper with Dr John Hawley.**
International workshop, Periodicity of Eating and Human Health, in conjunction with American Association of Dietitians and European Federation of Associations of Dietitians, Paris, France.

- 1996 **Eating in the Atlanta Olympic Village.**
Sports Medicine Australia, Annual Scientific Congress, Sydney, Australia.
- 1996 **Fluid balance during team sports.**
Fatigue During Competitive Sport Conference. Sports Science Institute of South Africa, Cape Town, South Africa.
- 1996 **Nutrition for post-exercise recovery.**
11th International Congress of Dietetics, Manila, Philippines.
- 1995 **1. Keynote presentation: Nutrition - the cutting edge.**
2. Nutritional preparation for intermittent versus endurance sports.
3. Weight loss in athletes - issues and guidelines.
South African Sports Medicine Association 6th Congress, Durban, South Africa.
- 1995 **Practical issues in nutrition for athletes.**
Current Issues on Nutrition in Athletics International Scientific Consensus Conference, International Amateur Athletics Federation, Monaco.
- 1994 **Fluid needs in Hot and Cold Environments - practical issue (Joint lecture with Dr Bob Murray).**
Gatorade Nutritional Ergogenic Aids Conference, Chicago.
- 1994 **Food selection guide for physically active people.**
International Symposium on Nutrition and Fitness, Institute of Nutrition and Food Hygiene, and Chinese Academy of Preventative Medicine, Beijing, China.
- 1993 **Myths and facts in sports nutrition practice.**
Workshop on Nutrition for Sport, ILSI South-East Asian Branch Conference on Nutrition for Sports Performance, Singapore.
- 1993 **Amino acids - food or supplements?**
Australian Sports Medicine Federation, 29th Annual Scientific Conference, Melbourne.
- 1993 **Dietary recommendations for the athlete in training.**
Exercise, Metabolism and Nutrition, 9th Biennial conference, Cumberland College of Health Science, University of Sydney.
- 1993 **Sport and fitness.**
Appropriate Technology in Body Composition. IUNS Satellite meeting, Melbourne.
- 1992 **Dietary factors in Sports Performance.**
IOCCC (International Office of Cocoa, Chocolate and Sugar Confectionery) General Assembly, Sydney, Australia.

- 1991 **Nutrition for recovery.**
Australian Sports Medicine Federation, 27th National Annual Scientific Conference, Canberra, Australia.
- 1991 **Nutrition for training and competition.**
National Strength and Conditioning Association, Brisbane, Australia.
- 1991 **Dietary intakes and nutrition practices of elite athletes.**
Nutrition Society of Australia, 16th Annual Conference, Canberra, Australia.
- 1990 **Dietary supplements and nutritional ergogenic aids in sport.**
Dietitians Association of Australia, 9th National Conference, Melbourne, Australia.
- 1990 **Dietary supplements and nutritional ergogenic aids in sport.**
Australian Sports Medicine Federation, 26th National Annual Scientific Conference, Alice Springs, Australia.
- 1989 **1. Sports nutrition for the 1990s (Keynote paper).**
2. Dealing with athletes and iron.
3. Dietary demands of children in sport.
New Zealand Federation of Sports Medicine Annual Conference, Wellington, New Zealand.
- 1985 **Iron deficiency in sport.**
Challenge 85, Royal Australian College of General Practitioners, Scientific Congress, Melbourne, Australia.
- 1983 **Nutrition and Sports.**
Australian Association for Adolescent Health, Third National Conference, Melbourne, Australia.

Papers accepted at Scientific Congresses

- 2007 **Symposium 1: Assessing energy balance in athletes**
- Methods of assessing energy intakes in athletes:
Symposium 2: IAAF Consensus on Nutrition for Athletics
- Guidelines for Distance Events
American College of Sports Medicine, 54th Annual Meeting, new Orleans, Louisiana
- 2006 **Symposium 1: Nutrition strategies to promote adaptations to training.**
Training harder – carbohydrate and fluid strategies to enhance the ability to train
Symposium 2 : FIFA/F-MARC Consensus on Nutrition for Football.
Guidelines for macronutrients
American College of Sports Medicine, 53rd Annual Meeting, Denver,

Colorado

- 2005 **Symposium: Nutrition for ultra-endurance sports**
- **Fat adaptation strategies for ultra-endurance sports**
American College of Sports Medicine, 52nd Annual Meeting, Nashville, Tennessee.
- 2004 **Voluntary fluid intake practices of athletes**
The IOC Consensus on Sports Nutrition
- **Practical implications for the athlete.**
American College of Sports Medicine, 51st Annual Meeting, Indianapolis Indiana.
- 2001 **Symposium: limits to fat oxidation by skeletal muscle during exercise**
- **Fat adaptation strategies: effect on the metabolism and performance of highly trained athletes:**
- The effects of fat adaptation on metabolism and performance during ultra-endurance cycling.**
- Effect of different caffeine intake protocols on metabolism and performance of prolonged cycling.**
American College of Sports Medicine, 48th Annual Meeting, Baltimore, Maryland.
- 2000 **Metabolic changes following fat adaptation persist during prolonged cycling despite CHO availability**
Mini Symposium: Nutritional strategies for post-exercise recovery - Post-exercise restoration of muscle glycogen content
American College of Sports Medicine, 47th Annual Meeting, Indianapolis, Indiana.
- 1999 **Fat adaptation with carbohydrate recovery promotes metabolic adaptations during prolonged cycling**
American College of Sports Medicine, 46th Annual Meeting, Seattle, Washington.
- 1998 **No effect of Glycemic Index of Pre-Exercise Meals with Carbohydrate Intake During Exercise**
Mini-Symposium: Enhancement of Sports Performance: Can scientists Detect It?
- **Evaluating Claims of Performance Enhancement**
American College of Sports Medicine, 45th Annual Meeting, Orlando, Florida.
- 1998 **The effect of carbohydrate loading on performance of prolonged stochastic exercise**
Australian Conference of Science and Medicine in Sport, Adelaide

- 1996 **Effect of alcohol intake on muscle glycogen storage following prolonged exercise.**
American College of Sports Medicine, 43rd Annual Congress, Cincinnati, Ohio.
- 1996 **Effect of alcohol intake on muscle glycogen storage following prolonged exercise.**
Sports Medicine Australia, Australian Conference of Science and Medicine in Sport, Canberra, Australia.
- 1995 **Creatine does not improve acute swimming performance in elite swimmers.**
Sports Medicine Australia, Annual Scientific Congress, Hobart, Australia.
- 1994 **Muscle glycogen storage following prolonged exercise: effect of the addition of fat and protein to carbohydrate feedings.**
American College of Sports Medicine, 41st Annual Congress, Indianapolis, Indiana.
- 1994 **Muscle glycogen storage following prolonged exercise: effect of the addition of fat and protein to carbohydrate feedings.**
Sports Medicine Australia, Annual Scientific Congress, Brisbane, Australia.
- 1993 **Muscle glycogen storage following prolonged exercise: effect of the frequency of carbohydrate feedings.**
American College of Sports Medicine, 40th Annual Congress, Seattle, Washington.
- 1993 **Muscle glycogen storage following prolonged exercise: effect of carbohydrate feedings.**
Australian Sports Medicine Federation, Annual Scientific Congress, Melbourne.
- 1992 **Muscle glycogen storage following prolonged exercise: effect of the glycemic index of carbohydrate feedings.**
American College of Sports Medicine, 39th Annual Congress, Dallas, Texas.
- 1992 **Muscle glycogen storage following prolonged exercise: effect of the glycemic index of carbohydrate feedings.**
Australian Sports Medicine Federation, Annual Conference, Perth, Australia.
Commendation: Young Investigators Award: Basic Science.
- 1987 **Long term consequences of gastroplasty on body mass, eating habits and nutrient intake.**
Nutrition Society of Australia, Twelfth Annual Conference, Melbourne, Australia.
- 1986 **Dietary practices of elite Australian Olympic weightlifters.**
XXII FIMS World Congress of Sports Medicine, Brisbane, Australia.

- 1985 **Dietary practices of elite Australian male triathletes.**
Australian Sports Medicine Federation, National Conference, Ballarat, Australia.
- 1984 **Food use for carbohydrate loading.**
Australian Sports Medicine Federation, Annual Conference, Perth, Australia.
- 1983 **Use of dietary supplements by football players.**
Nutrition Society of Australia, Eighth Annual Conference, Brisbane, Australia.
- 1982 **Nutrition for optimum sports performance.**
Australian Sports Medicine Federation International Conference, "Medical and Scientific Aspects of Elitism in Sport", Gold Coast, Australia.
- 1982 **Study of body composition in a group of athletes.**
Australian Sports Medicine Federation International Conference, "Medical and Scientific Aspects of Elitism in Sport", Gold Coast, Australia.
- 1982 **Observations of protein and energy intake in Australia Rules Footballers.**
Nutrition Society of Australia, Seventh Annual Conference, Canberra, Australia.

Poster Presentations

- 2008 **Hydration practices of elite male team athletes during training sessions**
American College of Sports Medicine, 55th Annual Congress, Indianapolis, IN, USA.
- 2006 **Low dose caffeine intake does not enhance swimming performance**
American College of Sports Medicine, 53rd Annual Congress, Denver, CO USA.
- 2003 **Addition of amino acid to carbohydrate drink does not enhance performance of prolonged cycling**
American College of Sports Medicine, 50th Annual Congress, San Francisco, California, USA.
- 2002 **Effect of adaptation to a high fat diet on substrate utilization at different exercise intensities**
American College of Sports Medicine, 49th Annual Congress, St Louis, Missouri, USA.
- 1997 **Effects of carbohydrate ingestion on performance of soccer specific skills.**
American College of Sports Medicine, 44th Annual Congress, Denver, USA.
- 1994 **Oral creatine supplementation does not improve sprint performance of**

elite swimmers.

American College of Sports Medicine, 41st Annual Congress, Minneapolis, USA.

1991

Alcohol use in a team sport: Australian Rules Football Players.

First World Congress on Sports Nutrition, Barcelona, Spain. 1991

What do athletes actually eat? A survey of dietary intake and food use amongst groups of elite Australian male athletes.

First World Congress on Sports Nutrition, Barcelona, Spain.

1987

Alcohol use by elite Australian Rules Football players.

Nutrition Society of Australia, Twelfth Annual Conference, Melbourne, Australia.

1981

Body composition of an elite group of sportsmen.

Nutrition Society of Australia, Sixth Annual Conference, Sydney, Australia.

Other Major Invited Lectures

2000

The Ergogenic Edge

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

2000

High fat diets for endurance athletes

Sports Coach 2000 Convention. Canberra, Australia

2000

Fat loading – the next magic bullet?

"The carbohydrate advantage" Kellogg Nutrition Symposium, Sydney.

1999

Practical aspects of advising competitive sports people on suitable diets

Food for Sport: exercise for everybody. Symposium 1999. University of Sydney, Australia

1999

Dietary effects on exercise metabolism and performance

Exercise Metabolism and Nutrition, Deakin University, Australia

1999

Sporting foods: the special needs of athletes

1st Annual Smart Foods forum: University of Wollongong, Australia

1998

Sports nutrition course for dietitians

Sports Science Institute of South Africa, Cape Town, South Africa

1998

Nutritional analysis software: the Australian perspective

Sports Coach 98, Melbourne, Australia

1998

Carbohydrate Foods, the GI and physical performance.

"Food, Nutrition and Performance" Kellogg Nutrition Symposium, Sydney.

- 1997 **Glycemic index and sports performance.**
Recent Advances in Sports Nutrition - a joint seminar program of Gatorade Sports Science Institute, Deakin University and the University of Sydney, Melbourne and Sydney.
- 1996 **1. Nutrition for recovery.**
2. Competition nutrition.
Network Focus 96 Fitness Industry Conference, Sydney.
- 1996 **Fluid needs during soccer.**
Soccer symposium, University of Western Cape, Cape Town, South Africa.
- 1995 **1. Nutrition for recovery.**
2. Supplements in sport.
Network Focus 95 Fitness Industry Conference, Melbourne.
- 1995 **Basic nutritional guidelines for the athlete.**
Sports Medicine Symposium, University of Durban-Westville, Durban, South Africa.
- 1995 **Gatorade Sports Nutrition Course.**
Hong Kong Association of Sports Medicine and Sports Science and Hong Kong Coaching Committee, Hong Kong Sports Institute.
- 1994 **Practical applications of glycemic index - sports nutrition.**
Dietitians Association of Australia Glycemic Index Workshop, Melbourne.
- 1993 **Food to Pin a Medal On.**
Food for Sports Training symposium (Nutrition Society of Australia), Adelaide.
- 1993 **Nutrition for elite athletes.**
Nutrition for Sports Performance symposium (Australian Sports Medicine Federation Albury-Wodonga Sub-branch), Albury.
- 1993 **Nutrition for recovery.**
Sports Performance seminar (Australian Sports Medicine Federation, Bathurst Sub-branch), Bathurst.
- 1992 **High carbohydrate eating for athletes.**
Food for Life Performance seminar - Olympic Awareness Symposium Lecture series with Professor Ron Maughan and Dr Mark Hargreaves Sydney, Melbourne.
- 1992 **Nutrition for sport.**
Eating to Win seminar (Australian Sports Medicine Federation and Australian Institute of Sport), Brisbane, Australia.
- 1992 Nutrition for Sports Performance seminar (Australian Sports Medicine

Federation, Bathurst Sub-branch), Bathurst.

1992

Nutrition

The Triathlon Seminar, University of Queensland. Brisbane.

1991

High carbohydrate eating for athletes.

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

1991

1. Dietetic counselling - hyperlipidemia, diabetes, food allergy.

2. Common Eating Disorders.

3. Nutrition and Sport.

Monash University Faculty of Medicine, 4th Annual Post Graduate Refresher Course, Noosa, Australia.

1991

Nutrition and the elite athlete on tour.

Care of the High Performance Athlete. ASMF Sports Medicine Workshop, Canberra.

1991

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

1990

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

1990

The Role of Nutrition in Physical Performance.

Nutrition Society of Australia Public Lecture, Perth, Australia.

1989

1. Iron status of athletes.

2. Nutrition for optimum sports performance.

New Zealand Lecture tour (Beef and Lamb Marketing Bureau). Series of public and professional lectures given in Auckland, Wellington, Dunedin and Christchurch.

1989

Dietary preparations for the Olympic Games.

Sports Medicine Observations from the Seoul Olympics,
Australian Sports Medicine Federation, Barwon Branch Symposium,
Geelong, Australia.

1989

The role of nutrition in preparation for sport.

Nutrition - The Winning Edge, Dietitians Association of Australia, Newcastle Sub-branch Symposium, Newcastle, Australia.

1984

Diet for endurance.

Western Australian Tour (Dept. of Youth, Sport and Recreation). Public seminars Perth, Bunbury.

EDITORIAL BOARD POSITIONS

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

REGULAR REVIEWER STATUS

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

MEMBERSHIP OF PROFESSIONAL ASSOCIATIONS

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

AWARDS

2007

- Australia Bulletin Smart 100 Award: Winner in Category: Sport
- Distinguished Scholar Award: SCAN (Sports, Cardiovascular and Wellness Nutritionists, USA)
- David R Lamb Excellence in Education Award, Gatorade Sports Science Institute

2000

- Australian Sports Medal

1993

- National Service Award: Dietitians Association Australia

LANGUAGES: English, French

TEAM TRAVEL - INTERNATIONAL COMPETITION

- 2008 Team dietitian
Australian Olympic Team
2008 Olympic Games, Beijing, China
- 2006 Team dietitian
Australian Swimming Team
2006 Commonwealth Games, Melbourne, Australia
- 2005 Team dietitian
Australian Swimming Team
2005 World Swimming Championships, Montreal, Canada
- 2004 Team dietitian
Australian Olympic Team
2004 Olympic Games, Athens, Greece
- 2003 Team dietitian
Australian Swimming Team
10th World Swimming Championships, Barcelona, Spain
- 2002 Team dietitian
Australian Swimming Team
2002 Pan Pacific Championships, Yokohama, Japan
- 2002 Team dietitian
Australian Swimming Team
2002 Commonwealth Games, Manchester, England
- 2002 Team dietitian
Australian Swimming Team
7th World Short Course Swimming Championships, Moscow, Russia
- 2001 Team dietitian
Australian Swimming Team
9th World Swimming Championships, Fukuoka, Japan
- 2000 Team dietitian
Australian Olympic Team
2000 Olympic Games, Sydney, Australia
- 2000 Team dietitian
Australian National Swimming Team
5th World Short Course Swimming Championships. Athens, Greece
- 1999 Team dietitian
Australian National Swimming Team
1999 Pan Pacific Championships, Sydney, Australia

- 1999 Team dietitian
Australian National Swimming Team
4th World Short Course Swimming Championships, Hong Kong
- 1998 Team dietitian
Australian National Swimming Team
1998 Commonwealth Games, Kuala Lumpur, Malaysia.
- 1998 Team dietitian
Australian National Swimming Team
8th World Swimming Championships, Perth.
- 1997 Team dietitian
Australian National Swimming Team
Pan Pacific Swimming Championships, Fukuoka, Japan and training camp, Singapore.
- 1997 Team dietitian
Australian National Swimming Team
3rd World Course Swimming Championships, Goteburg, Sweden.
- 1996 Team dietitian, Medical Headquarters
Australian Olympic Team,
1996 Olympic Games, Atlanta, USA.
- 1995 Team dietitian,
Australian National Swimming Team
Pan-Pacific Swimming Championships, Atlanta.
- 1995 Team dietitian,
Australian National Swimming Team
2nd World Short Course Swimming Championships, Rio de Janeiro, Brazil.
- 1994 Team dietitian,
Australian National Swimming Team
Commonwealth Games, Victoria, Canada and
7th World Swimming Championships, Rome.
- 1994 Team dietitian,
Australian Institute of Sport Swimming Team
Altitude training camp, Font Romeu, France.
- 1993 Team dietitian,
Australian National Swimming Team
1st World Short Course Swimming Championships, Mallorca, Spain.
- 1993 Assistant team manager and team dietitian,
Australian National Swimming Team
Pan Pacific Games (Kobe, Japan) and training camp (Singapore).

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

- 1991 Team dietitian,
Australian Swimming Team,
Pan Pacific Games (Edmonton, Canada) and Barcelona pre-Olympic training camp.
- 1991 Manager and Team dietitian,
Australian Institute of Sport, breaststroke swimming team
USA trip (LA Invitational Meet, and Flagstaff/Albuquerque altitude training camps).
- 1990 Manager and Team dietitian,
Australian Institute of Sport womens swimming team USA trip (Santa Clara
International Meet and Albuquerque training camp).
- 1990 Manager,
Australian Triathlon Team
Commonwealth Games, Auckland, New Zealand.

ELITE SPORTS PARTICIPATION

- Triathlon: International representation at ultra-endurance triathlon events
- 1988 Bud Light Ironman Triathlon World Championship, Hawaii.
- 1988 Nutrimerics Great Lakes Ironman Triathlon, Forster-Tuncurry, Australia.
- 1987 Bud Light Ironman Triathlon World Championship, Hawaii.
- 1987 Double Brown Ironman Triathlon Championship, Auckland, New Zealand.
- 1986 Bud Light Ironman Triathlon World Championship, Hawaii.
Member of Australian Team - second place in International Team Cup Competition.
- 1986 Lake Biwa Japan Ironman, Japan.
- 1985 Bud Light Ironman Triathlon World Championship, Hawaii. Member of Australian Team - second place in International Team Cup Competition.