

CURRICULUM VITAE

Yannis P. Pitsiladis, MMedSci., PhD, FACSM

Date of Birth: May 21, 1967

Place of Birth: Ararat, Australia

Education: PGCHE (1997), Learning and Teaching
South Bank University, United Kingdom

PhD (1996), Exercise Physiology
Aberdeen University, United Kingdom

MMedSci (1992), Sport and Exercise Science
Sheffield University, United Kingdom

PgDip (1991), Sport and Exercise Science
Loughborough University, United Kingdom

BA Honours (1989), Human Movement Studies
Rhodes University, South Africa

BA (1988), Human Movement Studies
Rhodes University, South Africa

Appointments:

Sept 2013 - present Professor of Sport and Exercise Science
University of Brighton
School of Sport and Service Management
Denton Road
Eastbourne, United Kingdom

February 2009 - present Professor in Exercise Physiology
Department of Medical Physiology
Moi University
Eldoret, Kenya

August 2009 - present Visiting Professor in Exercise Physiology
Department of Medical Physiology
Addis Ababa University
Addis Ababa, Ethiopia

June 2010 - present Visiting Professor in Exercise Physiology
Faculty of Science and Sport
University of Technology (UTECH)
Kingston, Jamaica

Previous Academic Appointments:

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 - August 2005	Lecturer in Exercise Physiology Institute of Biomedical and Life Sciences University of Glasgow Glasgow, United Kingdom
September 1998 - Feb 1999	Senior Lecturer in Exercise Physiology Division of Human and Exercise Science London South Bank University London, United Kingdom
September 1996 - Aug 1998	Lecturer in Exercise Physiology Division of Human and Exercise Science South Bank University London, United Kingdom
October 1993 - Aug 1996	Lecturer in Sports Science Sector of Rural and Recreational Studies Aberdeen College Aberdeen, United Kingdom

Research Interest:

Interactions between genomics, nutrients and the environment in both health and disease with application to treatment interventions in a variety of disorders with particular reference to obesity, diabetes, Alzheimer's, dementia and cancer.

The application of “*omics*” (i.e. genomics, transcriptomics, metabolomics and proteomics) to the detection of drugs in sport with particular reference to recombinant human erythropoietin (rHuEpo) and growth hormone (rHuGH).

Genetic and epigenetic markers of injury and training response with particular reference to “*omics*” (i.e. genomics, transcriptomics, metabolomics, proteomics and the likes) technologies. Including the molecular basis of connective tissue and muscle injuries in sport.

Genomics of performance with particular reference to the world-class athlete.

Research strategies for marginal (i.e. worthwhile) performance gains in the world-class athlete with particular focus on extreme environments (e.g. heat, cold, altitude).

Physiologic, genetic, psychosocial and economic determinants of the phenomenal success of east African distance runners and sprinters of west African ancestry (e.g. Jamaican “sprint factory”).

Research Grants/Awards:

World Anti-Doping Agency (WADA). A systems biology biomarkers approach to the differentiation of recombinant human erythropoietin doping from confounding factors. \$ 256,530. 2014-2016.

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.

The Defense Medical Research and Development Program (DMRDP). An Evidence-Based Approach to Assessing Adverse Events Associated with Dietary Supplement Use in the Military Population. 2013-2016. \$600,000-800,000 per year for 3 years.

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.

World Anti-Doping Agency (WADA). A systems biology biomarker based approach to the detection of microdose recombinant human erythropoietin doping. \$308,364. 2011-2013.

World Anti-Doping Agency (WADA). Metabolomic profiling of recombinant erythropoietin (r-HuEPO) in caucasian and east-African endurance trained athletes. \$268,675. 2011-2013.

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.

Chancellors Fund, University of Glasgow. The application of whole-genome expression combined with metabolomic responses to drug testing in sport. £9,000. 2010-2011.

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.

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.

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.

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.

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.

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.

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.

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.

The Carnegie Trust of Scotland: Could a hypocaloric diet be responsible for the success of Kenyan endurance runners in world athletics? £750.00. 2004.

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.

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.

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.

ME Association: Cardiorespiratory and Muscle Bioenergetic Responses to Exercise in Patients with Chronic Fatigue Syndrome. £21,491.00. 1999-2002.

Eurathlon Programme (European Commission for Sport): The EUREKA Sports Programme. €13,700.00. 1998-1999.

Mars Incorporated: The EUREKA Sports Programme. €5,000.00. 1998-1999.

Life Fitness Academy. Serotonin: A Possible Central Mechanism of Involvement in Physical Activity. \$5,000.00. 1997-1998.

Editorial Board Member:

Journal “Medicina dello Sport” of the Italian Federation of Sports Medicine.
International Journal of Sports Science and Coaching.
Sport Wyczynowy (ISSN 0239-4405).

Reviewer (recent examples):

Acta Pharmacologica Sinica
Age and Ageing
American Journal of Physiology – AJP: Regulatory, Integrative and Comparative Physiology
BBSRC
BMC Genetics
British Journal of Sports Medicine
Disease Markers
Drug Testing and Analysis
European Journal of Applied Physiology
European Journal of Clinical Nutrition
European Journal of Epidemiology
Experimental Physiology
Growth Hormone and IGF Research
Human Genetics
International Journal of Obesity
International Journal of Sports Science and Coaching
International Journal of Sports Medicine
International Journal of Sports Nutrition and Exercise Metabolism
Journal of Physiology
Journal of Sports Science
PLoS ONE
Scandinavian Journal of Medicine and Science in Sports
The Leverhulme Trust
Medicine and Science in Sports and Exercise
MRC
Nutrients
Preventive Medicine
The Wellcome Trust

Fellowship, Membership and Professional Bodies:

2015 - present	International Olympic Committee (IOC) Medical and Scientific Commission
2011 - present	BBSRC Expert Committee Pool
2010 - present	International Sports Medicine Federation (FIMS), Executive Committee and Scientific Commission
2009 - 2013	World Anti-Doping Agency (WADA) List Expert Group. The WADA Group in charge of establishing the Prohibited List annually
1997 - present	Fellow of the American College of Sports Medicine (ACSM) (Membership no. 538605)
1995 - present	British Association for Sport and Exercises Sciences (BASES)(Membership no. 95054)
1995 - present	Nutrition Society (Membership no. 00604236)
1993 - present	Physiological Society (Membership no. 109191)

Post-Doctoral/Research Fellows:

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

Post-Graduate Student Supervision:

PhD (awarded)

1. Martin Mooses (PhD). Awarded (2014)
2. Diresibachew Haile (PhD). (Awarded 2014) (Addis Ababa University, Ethiopia) (2013 Bar-Or International Scholar Award of the American College of Sports Medicine)
3. 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)
4. Guan Wang (PhD). (Awarded 2013)
5. Christina Koni (PhD). (Awarded 2013)
6. Thelma Polyviou (PhD). (Awarded 2013)
7. Loukas Beis (PhD). (Awarded 2012)
8. Robert Ojiambo (PhD). (Awarded 2012)
9. Barry Fudge (PhD). Awarded (2009)
10. Chris Easton (PhD). Awarded (2007)
11. Vassiliki Lagou (PhD). Awarded (2007) (Research Award, 14th European Congress on Obesity, Athens, June 1-4, 2005)
12. Robert Scott (PhD). Awarded (2006) (best presentation at Young Physiologists Symposium, Coventry, 25-26th September, 2003)
13. Vincent Onywera (PhD, Kenyatta University, Kenya). Awarded (2006)
14. Christos Vassilopoulos (PhD). Awarded (2005)
15. Marios Hadjicharalambous (PhD). Awarded (2004)
16. Fotini Tsofliou (Phd). Awarded (2004)
17. Liam Kilduff (PhD). Awarded (2003)
18. Evelina Georgiades (PhD). Awarded (2000)

PhD (current)

1. Michael Deason (PhD). (Viva conducted and student addressing examiners' recommendations)
2. Anthony Davis (PhD). (Second year)
3. Charlotte Coombs (PhD). (First year)
4. Kerli Mooses (PhD). (First year) (Young scientist award, Baltic Society of Sport Sciences)
5. Shane Heffernan (PhD). (First year)

MSc/MPhil (awarded)

1. Jacqueline Anne Bretherton (MSc). Awarded (2001)
2. Rachel Reels (MSc). Awarded (2001)
3. Nairn Scobie (MSc). Awarded (2001)
4. Lynsey Dobbie (MSc). Awarded (2001)
5. John Clements (MSc). Awarded (2002)
6. Lisa Parker (MPhil). Awarded (2004)
7. Hannah Budd (MSc). Awarded (2009)
8. Lena Willkomm (MSc.). Awarded (2010)
9. Pantazis Takas (MSc). Awarded (2010)
10. Jerome Durussel (MSc). Awarded (2010)
11. Yaser Abdullah Abbas Ali Mohammad (MSc). Awarded (2011)
12. Maria Chatzi (MSc). Awarded (2011)
13. Ruth Cutthill (MSc). Awarded (2012)
14. Paul Okutoyi (MMedOrthoSurg). Awarded (2013)

MSc/MPhil (current)

Walter Adero (MMedOrthoSurg). (Moi University, Kenya)

PhD Examination:

PhD/MD

Elena Morini (2015), University of Rome "Foro Italico" – IUSM, Rome, Italy, Professor Daniela Caporossi

Ben Alaric Holliss (2014), University of Exeter, Professor Andy Jones.

Fleur Garton (August, 2013). University of Sydney, Professor Kathryn North.

Solomon Teka Mekonen (February 2011). Andhra University, India.

Shemelis Mekonnen Molla (February 2011). Andhra University, India.

Barbara Vincent (19th November 2009). Katholieke Universiteit Leuven, Professor Martine Thomis.

Paulo da Silva (15th January 2004). The University of Birmingham, Professor David Jones.

External Examination:

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

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):

Dan Rather Reports (“In the running”) – AXS TV, USA, 2012. Producer: Sari Aviv.

A Search For Athlete’s Gene – NHK Japan, 2010. Producer: Masaru Zenke.

Colin Jackson The Making of Me - BBC 1, 2008. Producer: Nigel Walk.

The Storms of War: Military meteorologist, Vladimir Jankovic, reveals how extreme weather decisively shaped some of the greatest battles of the 20th 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:

Invited Speaker: TEDx University of Nicosia, Nicosia, Cyprus. The Future is..., 21st November 2015. Title: TBD

Invited Speaker: 9TH Aims Marathon Symposium 2015, “Doping Threats in Distance Running”, Athens Marathon Start Venue, Municipality of Marathon, November 7th 2015. Title: A holistic anti-doping approach for a fairer future for world-class sport.

Invited Speaker: World Extreme Medicine Conference & Expo, London, UK, 26-29 October 2015. Title: Creating Superhumans – Novel doping strategies and detection

Invited Speaker: International Seminer 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

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.

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.

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”.

Invited Speaker: Fachtag Leistungsphysiologie”, Casino Baumgarten, Vienna, Austria, June 12th 2015. Title: Countdown to the first sub two hour marathon: A clean marathon running project.

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.

Invited Speaker: 5th 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.

Invited Speaker: University of Athens, Athens, 8th May, 2015. Title: Molecular fair play in developing elite athletes.

Invited Speaker: ADLQ 5th Symposium - Global Trends in Antidoping Research Anti-Doping Lab Qatar, Doha, Qatar, 5th-6th May, 2015. Title: A holistic anti-doping approach for a fairer future for world-class sport: The SUB2 Marathon Project.

Invited Speaker: The Department of Sport Science of the University of Innsbruck, Fuerstenweg, Innsbruck, 29th April 2015. Title: Genomics of elite sporting performance: What little we know and necessary advances.

Invited Speaker: Creatine in Health, Sport and Medicine (www.creatineconference2015.com), Hotel Kapuzinerhof, Laufen, Bavaria, Germany, 21-24 April, 2015. Title: The effect of creatine on thermoregulation and physical performance.

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.

Invited Speaker: The Brighton Marathon Medicine Conference, Brighton, 11th April, 2015. Title: THE SUB 2 HOUR PROJECT - Running a marathon in under 2 hours - is it possible?

Invited Speaker: SEGAS/Greek Cross Country Championships, Trikala, Greece, 28th 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].

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.

Invited Speaker: International Sports and Exercise Nutrition Conference (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

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. 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.

Invited Speaker: 4th International Conference on Science and Applied Research "Post-Genome Methods of Analysis in Biology and Laboratory and Clinical Medicine"(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.

Invited Speaker: British Association of Sport and Exercise Medicine (BASEM), Conference theme, “Faster, Higher, Stronger” - 1st October 2014. Title: The Jamaican Sprint Phenomenon: What we know.

Invited Speaker: The German Society of Sports Medicine, Conference theme, “Performance-limiting factors of running”, 12-13th September 2014, Frankfurt, Germany. Title: Possible explanations for the extraordinary performances of east African runners.

Invited Speaker (Plenary session): Fifth International Sports Medicine and Sports Science conference (www.issmc.com) Newcastle, England, 19-21 August 2014. Title: Athletic ability: talent vs training.

Invited Speaker: 2nd Symposium of the Society of Spanish Researchers in the United Kingdom, Harrington Hotel, London, 5th July 2014. Title: How to produce a Spanish Usain Bolt? A Jamaican model for the world.

Invited Speaker: TdF Champions: Born or Trained? World Congress of Cycling Science (www.kent.ac.uk/sportsciences/wcss/Key%20dates.html), 2nd - 3rd 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.

Invited Speaker: 2nd Brazilian Symposium on Genomics and Sports (www.atletas dofuturo2014.com.br), Sao Paolo, Brazil, 7-12 June 2014. Title: Genomics of elite sporting performance: What little we know and necessary advances.

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.

Invited Speaker: ESAN, Sheffield, England, 30th April – 1st May 2014. Title: Why nature prevails over nurture in the making of the elite athlete.

Invited Speaker: The London Marathon Medicine Conference, London, 12th April, 2014. Title: WHAT MAKES EAST AFRICAN DISTANCE RUNNERS SO SUCCESSFUL?

Invited Speaker: The Brighton Marathon Medicine Conference, Brighton, 5th April, 2014. Title: WHAT MAKES EAST AFRICAN DISTANCE RUNNERS SO SUCCESSFUL?

Invited Speaker: The Aspire TID Conference, Identifying Champions, Doha, Qatar, 2-3 April, 2014. Title: The use of genetics profiling for identifying sporting talent.

Invited Speaker: University of Swansea, Wales, March 21st 2014. Title: Physiologic, genetic, and psychosocial determinants of the phenomenal success of African athletes: Nurture and Nature.

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.

Invited Speaker: National Institute of Health and Nutrition, Tokyo, Japan, February 20th, 2014. Title: Physiologic, genetic, and psychosocial determinants of the phenomenal success of African athletes: Nurture or Nature?

Invited Speaker: Symposium: The Limits of Human Performance, University of the West of Scotland. Ayrshire, Scotland, 13th 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.

Invited Speaker: Dutch Olympic committee NOC*NSF on 27th November 2013. Title: Novel Approaches to Talent Id.

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.

Invited Speaker: European Endurance Conference, Nottingham, England, Saturday 9th November 2013. Title: The Application of sport science to training practice (keynote) & Lactate: Friend or Foe? (workshop).

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 (25th) & White Men Can't Run: Does the evidence stack up (26th)?

Invited Speaker: Beachy Head Marathon, Eastbourne, England, October 18th 2013. Title: Can European athletes run like East African athletes?

Invited Speaker: Performance and training event. European University of Madrid, Madrid, Spain, October 4th 2013. Titles: 1) What we can learn from the world's best endurance athletes; 2) The Jamaican Sprint Phenomenon: What we know.

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.

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?

Invited Speaker: Swiss Biotech Association and Swiss Re, Human enhancement, Rüslikon, Zürich, Switzerland 3rd July 2013. Title: Nutritional practices of the best endurance athletes in the world.

Invited Speaker: International Sports Medicine Federation (FIMS) Team Physician Instructor Course, Santorini, Greece 30th June 2013. Title: Genomics of sporting performance.

Invited Speaker: Satellite to European College of Sport Science (ECSS), 18th Annual Congress, Barcelona, Spain, 26th-29th 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.

Invited Speaker: Exercise is Medicine, Cardiff University, Cardiff, Wales, 15th June 2013. Title: Born to Run and Sweat: An evolutionary perspective.

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 5-6th June 2013. Title: Genetic Signatures: Application to EPO detection.

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.

Invited Speaker: The Rugby Football Union (RFU), Rugby talent symposium based on the National Institutes of Health (NIH) consensus, 17-19th May 2013. Title: Talent ID in Rugby.

Invited Speaker: World Cross Country Trials, England Athletics Symposium, Birmingham, England. March 9-19, 2013. Title: Lactate: Friend or foe?

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?

Invited Speaker: Kingston University, London, 14th January 2013. Title: The genetics of the world class athlete: What we know.

Invited Speaker: Human Race exhibition (<http://www.humanrace.org.uk/>), Govanhill Baths Glasgow, 16th January 2013. Title: Why black athletes dominate certain sports: Nature and nurture?

Invited Speaker: University of Zaragoza, Zaragoza, Spain, 14th December 2012. Title: Physical activity and health: An evolutionary perspective.

Invited Speaker: Second Scottish Genetics Research Network meeting, Southern General Hospital, Glasgow, 7th December 2012. Title: The science, the pseudoscience and the ethics of current genetic prediction in sport.

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, 21st-23rd November 2012. Title: Can European athletes run like East African athletes?

Invited Speaker: Sysmex Symposium, Whittlebury, Towcester, Northamptonshire, UK, 1st November 2012. Title: Doping in the Olympics: past, present and future.

Invited Speaker: Surgeons’ Hall Museum, The Royal College of Surgeons of Edinburgh, Edinburgh, 30th October 2012. Title: Why black athletes dominate certain sports and we’re not afraid to talk about it?

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.

Invited Speaker: XXXII World Congress of Sports Medicine, Roma, Italy, 27th – 30th September 2012. Title: Prevention of sports related injuries in athletes by genetic-screening: Facts and Fiction.

Invited Speaker: TAQA Bratani Limited, Aberdeen, 12th September 2012. Title: Born to sweat.

Invited Speaker: Jamaica Association of Sports Medicine Conference, Kingston, Jamaica, 9th September 2012. Title: The genetics of the world class sprinter: What we know.

Invited Speaker: Your contribution to physical activity and health. Shaping the future for an active Ayrshire. University of the West of Scotland. Ayrshire, Scotland, 29th August 2012. Title: Physical activity recommendations to combat obesity: An evolutionary perspective.

Invited Speaker: International Pre Olympic Congress – ICSEMIS Conference, Glasgow, 18th – 23rd 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.

Invited Speaker: International Pre Olympic Congress – ICSEMIS Conference, Glasgow, 18th – 23rd July 2012. Session: Gene doping in sport. Title: “Omics” approaches to doping detection with particular reference to rHuEpo.

Invited Speaker: The Rugby Players’ Association, RFU, 16th – 17th July 2012. Session: Genome profiling in elite sport.

Invited Speaker: Bishop and LeFanu Memorial Lecture, CILIP Health Libraries Group Conference, Glasgow Science Centre, 13th 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.

Invited Speaker: 1st Brazilian Symposium on Genomics and Sports (www.sbge2012.com.br), Sao Paulo, Brazil, 27th – 29th June 2012. Title: Genomics of the world-class athlete.

Invited Speaker: Annual Meeting of the American College of Sports Medicine, San Francisco, USA, 30th May-2nd June 2012. Featured Special Event: The talent myth and the 10,000 hour rule.

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.

Invited Speaker: Educational Symposium, Independent Doctors Federation Education Trust, London, England, 26th April 2012. Featured Special Event: Genetics for Clinicians. Title: Genetics of the world class athlete - what we know and likely pitfalls.

Invited Speaker: Edinburgh International Science Festival 2012, Edinburgh, 3rd April, 2012. Featured Special Event: How far, how fast, how high. Title: Genetics of the world class athlete - what we know and likely pitfalls.

Invited Speaker: 15th International Conference in Physical Education and Sport. Thessaloniki, Greece, 30th March-1st April. Genomics of the World class athlete.

Invited Speaker: Cyprus Sport Organisation (Κυπριακού Οργανισμού Αθλητισμού, KOA), 12th November 2011. Title: Childhood obesity: Lessons from the Idefics Study.

Invited Speaker: The EFSMA European Congress of Sports Medicine, Salzburg, 26th-29th October 2011. Title: Genomics of the World class athlete.

Invited Speaker: Evidence 2011 (www.evidence2011.com), British Medical Journal and Oxford University Centre for Evidence Based Medicine, Novotel London West, Hammersmith, London, 25th-26th October 2011. Title: Doping in sport: the evidence for performance enhancement in Olympic and Paralympic athletes.

Invited Speaker: Japanese Institute of Sports Sciences, Tokyo, Japan, 22nd September 2011. Title: The east African distance running phenomenon: Case of systematic doping or false positives?

Invited Speaker: Japanese College of Sports Medicine, Yamaguchi, Japan, 16th – 18rd September 2011. Title: Performance associated polymorphisms (PAPS) in world-class athletes.

Invited Speaker: National Institute for Health Development, Tallinn, Estonia, 6th – 9th September 2011. Title: Performance associated polymorphisms (PAPS) in world-class athletes.

Invited Speaker: Coaches Conference, Bergen, Norway, 2nd – 3rd September 2011. Title: The two-hour Marathon: By who, where, when and how?

Invited Speaker: Inaugural Scientific Conference, Faculty of Science and Sport, University of Technology (UTECH), Kingston, Jamaica, 8th – 9th June 2011. Title: Genetic technology and sport: Focus on genotyping, genetic tests and selection.

Invited Speaker: Annual Meeting of the American College of Sports Medicine, Denver, USA, 4th June 2011. Title: Ethiopian and Kenyan Distance Runners: What Makes Them So Good?

Invited Speaker: Annual Meeting of the American College of Sports Medicine, Denver, USA, 4th June 2011. Featured Science Session for the genetics subgroup, Evidence for the Importance of Genomics in Exercise.

Invited Speaker: University of Cambridge Metabolic Research Laboratories, Institute of Metabolic Science, Addenbrooke's Hospital, Cambridge, England, 27th May 2011. Title: The Makings of the World-Class Athlete: Necessary Advances in Exercise Genomics and Likely Pitfalls.

Invited Speaker: The Football Association, 17th May 2011. Performance analysis and doping.

Invited Speaker: Annual professional rugby conference (RFU), Rugby House, Whitton Road, Twickenham Stadium, London, England, 14th April 2011. Title: The genetics of the world class athlete: what we know and likely pitfalls.

Invited Speaker: Human enhancement – biotechnology in sports, Oslo, Norway, 16th March 2011. Title: Gene variants and performance in sports.

Invited Speaker: University of Stirling, Stirling, Scotland, 14th March 2011. Title: Genetic Factors Contributing to the Success of the World-Class Athlete.

Invited Speaker: The First Transhuman Games: Inspired by 2012 and supported by RCUK, The Centre for Contemporary Arts (CCA), Glasgow, 24th January 2011. Featured Session. Title: London 2012: The First Transhuman Games? No!!

Invited Speaker: The Great Ethiopian Run – International 10K, Addis Ababa, 22nd November 2010. Title: The two-hour Marathon: By a Kenyan or Ethiopian, where, when and how?

Invited Speaker: Sysmex Symposium, Whittlebury, Towcester, Northamptonshire, UK, 18th November 2010. Title: The east African distance running phenomenon: Case of systematic doping or false positives?

Invited Speaker: Child Health in Europe. The Idefics Study: Towards a better understanding of Obesity. Zaragoza, Spain, 8-9th November 2010. Title: Physical activity versus cardiorespiratory fitness as risk factors for obesity and related metabolic disorders.

Invited Speaker: Integrated Laboratory of Biology and Biochemistry of Movement, Department of Health Sciences, University of Rome "Foro Italico" – IUSM, Rome, Italy, 11th and 12th 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?

Invited Speaker: Faculty of Kinesiology and Rehabilitation Sciences, Katholieke Universiteit Leuven, Department of Biomedical Kinesiology, Research Centre for Exercise and Health, Leuven, Belgium, 19th November 2009. Title: Why black athletes dominate certain sports and we're not afraid to talk about it?

Invited Speaker: University of Brighton, Chelsea School, Eastbourne, 23rd October 2009. Title: Why black athletes dominate certain sports and we're not afraid to talk about it?

Invited Speaker: Swiss Biotech Association Academy Event. Spreading Biology: The bio(technology) of doping and the science of anti-doping. Lausanne, Switzerland, 24th September 2009. Title: Medical Researchers and their Requirements.

Invited Speaker: Annual Meeting of the American College of Sports Medicine, Seattle, Washington, 29th May, 2009. Title: Candidate gene studies of physical fitness in Greek children and adolescents.

Invited Speaker: Human Evolution and Adaptation to High-Altitude Hypoxia, NESCent Catalysis Meeting, Raleigh-Durham, March 19th-21st, 2009.

Invited Speaker: Oxford University, Oxford, England, 19th January 2009. Title: “White” Men Can’t Run: Where is the scientific evidence?

Invited Speaker: GuangDong Provincial Institute of Sports Science, GuangZhou, China, 17th December 2008. Title: African world class runners: their way of living and training.

Invited Speaker: Beijing Sport University, Beijing, China, 16th December 2008. Title: “White men can’t run: Where is the scientific evidence”.

Invited Speaker: European College of Sport Science (ECSS), 13th Annual Congress, Estoril, Portugal, 9-12th July 2008. Title: Energy Balance and Body Composition of Elite Endurance Runners: A Hunter-Gatherer Phenotype.

Invited Speaker: Wales Virtual Institute of Sport Health and Exercise Sciences (WISHES), Swansea University, Swansea, England, 4th July 2008. Title: “White” Men Can’t Run: What is the evidence?

Invited Speaker: International Academy of Sports Science and Technology (AISTS, www.aists.org), University of Lausanne, Switzerland, 20th June 2008. Title: The East-African Running Phenomenon: Genes or Environment?

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.

Invited Speaker: The 6th International Conference on Nutrition and Fitness, Athens, Greece, May 15 – 17, 2008. Title: The FTO gene: is it worth getting excited?

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.

Invited Speaker: University of Patras Medical School, Greece, 16th March 2008. Title: Lactic acid - friend or foe for patients with peripheral vascular disease?

Invited Speaker: Symposium on Genes and Physical Performance, Zentrum für Sportwissenschaft und Universitätssport der Universität Wien, Austria, 24th November 2007. Title: The Sport Gene Chip: Are there ethnic differences?

Invited Speaker: Symposium Is Sport the new Slave Trade? A Campaign in relation to Article, South Bank University, London, 15th October 2007. Title: The Scientific implications of racism, from Europe to Africa and the foundations of articles.

Invited Speaker: IAAF Medical and Anti-Doping Commission Meeting, Monaco, 7th-8th October 2007. Title: Blood parameters: how to deal with ethnicity, altitude and other confounding factors?

Invited Speaker: International Academy of Sports Science and Technology (AISTS, www.aists.org), University of Lausanne, Switzerland, 10th July 2007. Title: The East-African Running Phenomenon: Genes or Environment?

Invited Speaker: Tokyo Metropolitan Institute of Gerontology Genomics for Longevity and Health. 18th April 2007. Title: The makings of the perfect athlete.

Invited Speaker (symposium organiser): The IAAF/KU Symposium to coincide with the 35th edition of the IAAF World Cross Country Championships, Mombasa, Kenya, 19th-24th March 2007. Title: Nutrition for athletic performance.

Invited Panel Member: Participant in the molecular basis of connective tissue and muscle injuries in sport group, International Olympic Committee (IOC), Lausanne, Switzerland, 20th-23rd February 2007.

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, 18th-21st October 2006. Title: Genotypes and marathon performance.

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, 29th September 2006.

Invited Speaker: The London Marathon Medicine Conference, London, 22nd April 2006. Title: Why do African marathon runners Excel?

Invited Speaker: Joint Annual Scientific Meeting of the Scottish Intensive Care Society & Intensive Care Society of Ireland. Hilton Hydro Dublane, Scotland, 26th-27th January 2006. Title: Qua subabu gani kindea pesi kabisa wa-Africa (Why do African runners run so fast)?

Invited Speaker: International Academy of Sports Science and Technology (AISTS, www.aists.org), University of Lausanne, Switzerland, 21st September 2005. Title: The Dominance of East-African Athletes in Distance Running: Nature vs Nurture?

Invited Speaker: Sportsmedicine Congress, Basel, Switzerland, 10th September 2005. Title: The dominance of east Africans in distance running: New data out of Africa!

Invited Speaker: Annual Meeting of the American College of Sports Medicine, Nashville, Tennessee, 1st-4th June, 2005. Title: The dominance of east Africans in distance running: Nature or nurture?

Invited Speaker: First SWISS-SKI FORUM, Engelberg, Switzerland, 25-27th April 2005. Title: African world class runners: their way of living and training!

Invited Speaker: 9th State of the Art. Interdisciplinary Review Course on Pulmonary Diseases, Critical Care, Emergency Medicine and Nursing Care. Athens, Greece, 22nd-24th April, 2005. Title: Chronic adaptations to high altitude in elite east African athletes: An experiment of nature.

Research Seminar: Faculty of Medicine, University of Geneva, Switzerland, 22nd September 2004. Title: The Dominance of East-African Athletes in Distance Running: Nature vs Nurture?

Symposium Organiser: "East African Running: A Cross Discipline Perspective", Glasgow, 15th May 2004. 1st International Centre for East African Running Science (ICEARS).

Keynote Lecture: University of Patras Medical School, Greece, 17th April 2004. Title: Creatine Supplementation in moderate to severe COPD.

Research Seminar: Department of Sports Studies, University of Stirling, 25th March, 2004. Title: The Dominance of East-African Athletes in Distance Running: Nature vs Nurture?

Keynote Lecture: Kenyatta University, Nairobi, Kenya, 11th February, 2004. Title: Blood doping as an ergogenic aid and legal alternatives.

Research Seminar: School of Sport and Exercise Sciences, The University of Birmingham, 14th January, 2004. Title: Peripheral modulators and indices of "central fatigue" in health and disease.

Keynote Lecture: Kenyatta University, Nairobi, Kenya, 22nd September, 2003. Title: MtDNA haplotypes and the African endurance athlete: Can matrilineal genetics explain the dominance of black African athletes in international endurance athletics?

Divisional Seminar: Institute of Biomedical and Life Sciences, Division of Molecular Genetics, 7th March, 2003. Title: Genetic Variation, Physical Activity and Obesity.

Keynote Lecture: Kotebe College, Addis Ababa, Ethiopia, 11th November, 2002. Title: MtDNA haplotypes and the African endurance athlete: Can matrilineal genetics explain the dominance of black African athletes in international endurance athletics?

Symposium: Muscle Energetics during Exercise, Glasgow, United Kingdom (1999).

Life Fitness Academy, Scientific Advisory Board Meeting in Orlando, Florida, USA (June 1998).

Physiological Society Workshop, Cardiovascular and Respiratory Physiology, Aberdeen, United Kingdom (1996).

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

Publication (Book Editor):

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

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 McCreedy, 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 Hadjicharalambous, **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.
 31. Moran CN, C Vassilopoulos, A Tsiokanos, AZ Jamurtas, M Bailey, H Montgomery, RH Wilson, **YP Pitsiladis** (2006). The association of the ACE I/D polymorphism with physical, physiological and skill parameters in adolescents. European Journal of Human Genetics 14(3): 332-339.
 32. Onywera VO, RA Scott, MK Boit, **YP Pitsiladis** (2006) Demographic characteristics of elite Kenyan runners. Journal of Sport Science 24(4): 415-422.
 33. Hadjicharalambous M, E Georgiades, LP Kilduff, AP Turner, F Tsofliou, **YP Pitsiladis** (2006) Influence of caffeine on perception of effort, metabolism and exercise performance following a high fat meal. Journal of Sport Science 24(8): 875-887.
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 36. Scott RA, **YP Pitsiladis** (2006). Genetics and the success of east African distance runners. International Sport Med Journal 7(3): 172-186.
 37. Moran CN, N Yang, MES Bailey, A Tsiokanos, A Jamurtas, D MacAthur, K North, **YP Pitsiladis**, RH Wilson (2007). Association analysis of the ACTN3 R577X polymorphism and performance phenotypes in Adolescent Greeks. European Journal of Human Genetics 15(1): 88-93.
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39. Fudge BW, J Wilson, C Easton, L Irwin, J Clark, O Haddow, B Kayser, **YP Pitsiladis** (2007). Estimation of Oxygen Uptake during Fast Running Using Accelerometry and Heart Rate. Medicine & Science in Sports & Exercise 39(1): 192-198.
40. Easton C, BW Fudge, **YP Pitsiladis** (2007). Rectal, telemetry pill and tympanic membrane thermometry during exercise heat stress. Journal of Thermal Biology 32: 78-86.
41. Easton C, S Turner, **YP Pitsiladis** (2007). Combined creatine and glycerol hyperhydration and physiological responses during exercise in the heat in endurance-trained humans. International Journal of Sports Nutrition 17: 70-91.
42. Scott RA, **YP Pitsiladis** (2007). Genotypes and Distance Running: Clues from Africa. Sports Medicine 37(4-5): 1-4.
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45. SL Turner, C Easton, J Wilson, DS Byrne, PN Rogers, LP Kilduff, DB Kingsmore, **Pitsiladis YP** (2008). Responses to treadmill and cycle exercise in males with peripheral arterial disease. Journal of Vascular Surgery 47(1): 123-130.
46. Ljungqvist, A, M Schweltnus, 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.
47. Lagou V, RA Scott, Y Manios, TL Joshua Chen, G Wang, E Grammatikaki, C Kortsalioudaki, T Liarigkovinos, G Moschonis, E. Roma-Giannikou, **YP Pitsiladis** (2008). Impact of peroxisome proliferator-activated receptor α and δ on adiposity in preschoolers. Obesity 16(4): 913-918.
48. Fudge BW, C Easton, D Kingsmore, FK Kiplamai, VO Onywera, KR Westerterp, B Kayser, TD Noakes, **YP Pitsiladis** (2008). Elite Kenyan endurance runners remain well hydrated day-to-day despite low ad libitum fluid intake. Medicine & Science in Sports & Exercise 40(6): 1173-1181.
49. Kourlaba G, **YP Pitsiladis**, V Lagou, E Grammatikaki, CN Moran, K Kondaki, E Roma-Giannikou, Yannis Manios (2008). Interaction effects between total energy and macronutrient intakes and angiotensin-converting enzyme 1 (ACE) I/D polymorphism on adiposity-related phenotypes in toddlers and preschoolers: the Growth, Exercise and Nutrition Epidemiological Study in preSchoolers (GENESIS). British Journal of Nutrition 100(6):1333-40. Erratum in: Br J Nutr. 2009 Mar;101(5):774.
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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55. Robert A. Scott, Rachael Irving, Laura Irwin, Errol Morrison, Vilma Charlton, Krista Austin, Dawn Tladi, Samuel A. Headley, Fred W. Kolkhorst, Nan Yang, Kathryn North, **Yannis P. Pitsiladis**. (2010). *ACTN3* and ACE genotypes in elite Jamaican and US sprinters. Medicine & Science in Sports & Exercise 42(1):107-12.
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.

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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 γ 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 7;7(1): 22
61. Robert A. Scott, Mark Bailey, Colin Moran, Richard Wilson, Noriyuki Fuku, Masashi Tanaka, Thanasis Tsiokanos, Athanasios Jamurtas, Evangelia Grammatikaki, George Moschonis, Yannis Manios, **Yannis P. Pitsiladis**. (2010) *FTO* genotype and adiposity in children: physical activity levels influence the effect of the risk genotype. European Journal of Human Genetics 18(12): 1339-1243.
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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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