CV: Helen Hanstock
Born: 1989
Sex: female
Nationality: Swedish/British
RG: https://www.researchgate.net/profile/Helen-Hanstock
Mid Sweden University: https://www.miun.se/en/personnel/helenhanstock/

BACKGROUND
My research focuses on respiratory health and biomarker discovery in athletic populations. I specialise in combining cutting-edge omics technologies with exercise and respiratory physiology to advance understanding of training adaptation, health preservation, respiratory infections and asthma in endurance athletes, particularly winter sports populations.

CURRENT AND PREVIOUS POSITIONS
2015-present: Senior Lecturer in Sports Science, Department of Health Sciences, Mid Sweden University, Östersund.

- Associate professorship awarded spring 2023. Head of subject for sports science 2023-present; Director of studies 2021-2022.
- Parental leave January-August 2023.
- PhD supervision: Hannes Kock (Mid Sweden University, 2022-present); Essi Ahokas (University of Jyväskylä, 2020-present); Linda Ek (Umeå University, 2022-present).

2012-2016: PhD Student, Sport, Health & Exercise Sciences, Bangor University.

- Thesis Title: Tear Secretory IgA: A non-invasive biomarker of mucosal immune competence.
- Supervisor: Prof Neil Walsh.
- Defended February 2016.

2008-2011 BA (Hons) Physiological Sciences, University of Oxford (Magdalen College).

- Dissertation: Does correction of iron deficiency alter physiological responses to hypoxia in humans? (Robbins Lab, supervised by Dr. Nick Talbot)
- Extended Essay: What is the role of cold, dry air in the pathogenesis of exercise-induced bronchoconstriction, and what are the implications for elite athletes with this condition?
- Final Honours School specialisms: Myocardial, Vascular & Respiratory Biology, Neuroscience.

ACADEMIC CAREER SUMMARY
Original peer-reviewed articles: 25
Review/consensus articles: 3
Published abstracts: 22
h–index = 10
Invited conference presentations: 5
Personal merits (prizes/stipendia): 3
Editorial: Associate Editor, European Journal of Sports Science
Reviewer roles: Web of Science
Grant capture: >3.4 million SEK as lead/co-lead applicant; additionally >6 million SEK as co-applicant/collaborator/supervisor.

KEY PUBLICATIONS

Sporri, J. , McGawley, K. , Alhammoud, M. , Bahr, R. , Dios, C. , Engebretsen, L. , Gilgien, M. , Gouttebarge, V. & **et al.** (2025). Snow sports-specific extension of the IOC consensus statement : methods for recording and reporting epidemiological data on injury and illness in sports. *British Journal of Sports Medicine,* vol. 59: 1, ss. 8-23.

Karlsson, Ø., Govus, A. D., McGawley, K., & **Hanstock, H. G.** (2024). Metabolic Phenotyping from Whole-Blood Responses to a Standardized Exercise Test May Discriminate for Physiological, Performance, and Illness Outcomes: A Pilot Study in Highly-Trained Cross-Country Skiers. *Sports Medicine – Open.* vol. 10: 1

Ahokas, E. K., **Hanstock, H. G.**, Löfberg, I., Nyman, M., Wenning, P., Kyröläinen, H., ... & Ihalainen, J. K. (2023). Nocturnal Heart Rate Variability in Women Discordant for Hormonal Contraceptive Use. *Medicine and Science in Sports and Exercise*.

Gavrielatos, A., Ratkevica, I., Stenfors, N., **Hanstock, H.G** (2022). Influence of exercise duration on respiratory function and systemic immunity among healthy, endurance-trained participants exercising in sub-zero conditions. *Respiratory Research*, 23(1):121.

Blakeson, M. C. , Jerome, S. P. , Walsh, N. P. , Schagatay, E. & **Hanstock, H.** G. (2022). Illness Incidence, Psychological Characteristics, and Sleep in Dogsled Drivers During the Iditarod Trail Sled Dog Race. *Wilderness & environmental medicine*, vol. 33: 1, ss. 92-96.

Hanstock, H.G., Edwards, J.P., and Walsh, N.P. (2019). Tear Lactoferrin and Lysozyme as Clinically Relevant Biomarkers of Mucosal Immune Competence. Frontiers in Immunology 10, 1–11.

Hanstock, H., Govus, A., Stenqvist, T.B., Melin, A., Sylta, Ø., and Torstveit, M.K. (2019). Influence of immune and nutritional biomarkers on illness risk during interval training. International Journal of Sports Physiology and Performance. Nov 21;1-8. doi: 10.1123/ijspp.2018-0527.

Sjöström, R., Söderström, L., Klockmo, C., Patrician, A., Sandström, T., Björklund, G., **Hanstock, H.** and Stenfors, N. (2019). Qualitative identification and characterisation of self-reported symptoms arising in humans during experimental exposure to cold air. Int. J. Circumpolar Health 78. doi:10.1080/22423982.2019.1583528.

Hanstock, H.G., Edwards, J.P., Roberts, R. and Walsh, N.P (2018). High heart rate reactors display greater decreases in tear SIgA concentration following a novel acute stressor. Biological Psychology 133: 85-88.

Hanstock, H.G., et al (2016). Tear fluid SIgA as a non-invasive biomarker of mucosal immunity and common cold risk. Medicine and Science in Sports and Exercise 48(3): 569-577.

Diment, B.C., Fortes, M.B., Edwards, J.P., **Hanstock, H.G.**, Ward, M.D.., ... & Walsh, N. P. (2015). Exercise Intensity and Duration Effects on in vivo immunity. Medicine and Science in Sports and Exercise 47(7):1390-1398