

Selected Other

- Sitting on the USOPC Relatively Energy Deficiency in Sport Advisory Committee.
- Sitting on the UK Government taskforce for female athlete health education.
- A member of a number of cross institutional research groups looking into menstrual health education in schools, cognition and reaction time across the menstrual cycle and patterns of menstrual cycle.
- A commendation from the Dean of the Faculty of Medical and Veterinary Sciences, University of Bristol.
- Rated number 37 in the Telegraph Women's Sport 'Women of the Year 2019' campaign.
- Partnership with Adidas to launch the PE(ROID) lesson plan aimed at teachers of 10-year olds globally
- Podcasts and/or media with brands/companies including BBC, Nike, ITV, Sky Sports, The Telegraph, The New York Times, British Journal of Sports Science, The Huffington Post, The Guardian, Forbes.

Selected grant funding

2023: FIFA research scholarship entitled - Physiological and neurocognitive mediators of injury risk in female footballers (\$25,000)

2022-2025: Irish Research Council – funding for PhD programme focusing on menstrual cycle symptom management and nutrition based at the Letterkenny Institute of Technology (€107,000)

2021-2025: Irish Research Council - funding for PhD programme focusing sleep in female athletes based at the Letterkenny Institute of Technology (€96,000)

2020-2023: ERASMUS+ SPORT 2020: Identifying novel injury risk factors in women's soccer and educating grassroots soccer clubs on how to effectively manage them (€60,000): a collaboration between Liverpool John Moores University (Lead), St Mary's University, and two other European Universities

2020-21: Specialized, Pretty Athletic and the Physiological Society for the Female Athlete Podcast (£10,000+)

2019: STRAVA small grant to undertake female athlete survey. (PI – Dr Charles Pedlar; £10,000)

2016: Pharmacosmos – grant for PhD study trial. (PI – Mr Toby Richards; £10,000)

2015: SCA-Libresse-Bodyform – grant focused on the heavy bleeding in athletes. (PI – Dr Charles Pedlar; £55,000)

Selected publications

Bruinvels G, Hackney AC & Pedlar CR. Menstrual Cycle: The Importance of Both the Phases and the Transitions Between Phases on Training and Performance. *Sports Med* (2022). <https://doi.org/10.1007/s40279-022-01691-2>

Bruinvels G, Goldsmith E, Blagrove RC, et al. Prevalence and frequency of menstrual cycle symptoms are associated with women's availability to train and compete: a study of 6812 exercising women recruited using the Strava exercise app. *BJSM Published Online First*: 20 October 2020. doi:10.1136/bjsports-2020-102792

Bruinvels G, Burden RJ, McGregor AJ, et al. Sport, exercise and the menstrual cycle: where is the research? *Brit J Sport Med*. 2017;51(6):487

de Paula Oliveira T, **Bruinvels G**, Pedlar CR. et al. Modelling menstrual cycle length in athletes using state-space models. *Sci Rep* 11, 16972 (2021). <https://doi.org/10.1038/s41598-021-95960-1>

Barlow A, Blodgett JM, Williams S, et al. Injury Incidence, Severity and Type across the Menstrual Cycle in Female Footballers: A Prospective Three Season Cohort Study. *Med Sci Sports Exerc*. 2024 Jan 12. doi: 10.1249/MSS.0000000000003391.

Oester C, Norris D, Scott D, et al.. Inconsistencies in the perceived impact of the menstrual cycle on sport performance and in the prevalence of menstrual cycle symptoms: A scoping review of the literature. *J Sci Med Sport*. 2024 Mar 5:S1440-2440(24)00077-X. doi: 10.1016/j.jsams.2024.02.012. Epub ahead of print. PMID: 38508888.

McNulty, Kelly L., Bernadette C. Taim, Jessica A. Freemas, et al.. "Research Across the Female Life Cycle: Reframing the Narrative for Health and Performance in Athletic Females and Showcasing Solutions to Drive Advancements in Research and Translation", *Women in Sport and Physical Activity Journal* 32, 1 (2024), wspaj.2024-0064

Brown N, Martin D, Waldron M, et al. Nutritional practices to manage menstrual cycle related symptoms: a systematic review. *Nutrition Research Reviews*. 2023:1-24.

Supervisory roles

PhD students: completed: 1, current: 6. MSc students: completed: 2.