

Sporting Background

- Selected to compete for Great Britain and England in cross country running and road running.
- Played for Scotland in the U19 Lacrosse World Championships, Ontario, Canada in 2007
- Played for Surrey, the South of England and England U19s in Lacrosse

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

Brown N, Martin D, Waldron M, **Bruinvels G**, Farrant L, Fairchild R. Nutritional practices to manage menstrual cycle related symptoms: a systematic review. *Nutrition Research Reviews*. 2023:1-24.

Baranauskas MN, Freemans JA, Carter SJ, Blodgett JM, Pedlar CR, **Bruinvels G**. Amenorrhea and oligomenorrhea risk related to exercise training volume and intensity: Findings from 3705 participants recruited via the STRAVA™ exercise application. *J Sci Med Sport*. 2023 Aug;26(8):405-409.

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>

Brown N, Williams R, **Bruinvels G**, Piasecki J and Forrest LJ (2022) Teachers' Perceptions and Experiences of Menstrual Cycle Education and Support in UK Schools. *Front. Glob. Womens Health* 3:827365. doi: 10.3389/fgwh.2022.827365

Hicks KM, Hackney AC, Dooley M, **Bruinvels G**. Testing the female athlete. In: *Sport and Exercise Physiology Testing Guidelines*. Volume 1 – Sport Testing. 2nd ed. 2022. DOI: 10.4324/9781003045281-65

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>

Clarke A, Govus A, **Bruinvels G**, Julian R, Inge P, Pedlar C. Hormonal contraceptive use in football codes in Australia. 2021 *Front. Sports Act. Living* | doi: 10.3389/fspor.2021.634866 In press

Bruinvels G, Lewis NA, Blagrove R, Scott D, Simpson RJ, Baggish A, et al. COVID-19 - Considerations for the female athlete. 2021. *Front. Sports Act. Living*. doi: 10.3389/fspor.2021.606799 In press

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

Blagrove RC, **Bruinvels G**, Pedlar CR. Variations in Strength-Related Measures During the Menstrual Cycle in Eumenorrheic Women: A Systematic Review and Meta-Analysis. *J Sci Med Sport*. 2020

Bruinvels, G. Women's health in sport: The prevalence and impact of heavy menstrual bleeding and iron deficiency [Thesis]. London; University College London; 2018

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