Georgie Bruinvels BSc PhD 4 Dunkeld Place, Roman Road, Dorking, RH4 3EU 07917 652179 (mobile) georgie.bruinvels.14@ucl.ac.uk

Education

March 2015 - June 2018 PhD

University College London

Thesis: 'Women's Health in Sport. The prevalence and impact of heavy menstrual bleeding and iron deficiency'. Included running a clinical trial investigating the impact of intravenous iron on exercise and aerobic capacity, fatigue and mood disturbance in iron deficient non-elite exercising women (this involved obtaining NHS ethics).

Oct 2007 - June 2010 University of Bristol Physiological Science BSc (Hons) 2:1; Final year dissertation (1st)

University adjunct positions

July 2024 – Current	University College London
Honorary Associate Professor	
July 2021 – July 2024	University College London
Honorary Senior Research Fellow	
March 2014 – Current	St Mary's University
Honorary Visiting Research Associate	

Employment positions

July 2024 – Current Female Health Consultant US Women's Football Team

Driving the integration of a female-centred environment, working with staff and players at the 2024 Olympics in Paris.

August 2023 – July 2024

Kynisca Innovation Hub

- Director of Female Health and Performance Innovation
 - Driving the creation of a research and education centre to establish trends and patterns in female athlete health data, while also aiming to make education on female health globally accessible.

July 2023 - Current

Chelsea FC Women

Female Health Lead

Working with the team to facilitate an integrated female athlete health approach with the senior team • and across the academy.

July 2023 – Current

Technical Expert

Orreco

Working with the Orreco team to support and innovate with the Female Athlete programme.

Consulting with the England Women's Football team and with individual Olympic athletes.

November 2014 – Current

Director of the Female Athlete Programme and Research Scientist

- Created FitrWoman & FitrCoach- a programme and app used globally, designed to provide women with physiological insights, training and nutritional suggestions based on their menstrual cycle.
- Working as a 'Female Health Lead' with a number of professional teams and individual athletes.

May 2021 - Current

FIFA and UEFA consultant

- Female Health Consultant
 - Working with the Women's Football division to create a global female health programme and to assist with the programming and development of women's football.

March 2020 - Current

Female Athlete Podcast

Co-host of the Female Athlete Podcast

The Female Athlete Podcast was created to educate people, especially women, with knowledge and understanding of the female body through open and honest conversations. Have completed three seasons, receiving full sponsorship for series 2 and 3, and with 100,000 downloads to date.

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 (\notin 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

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.00000000003391.

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.