

Curriculum Vitae: Louise M Burke OAM

WORK ADDRESS: Mary MacKillop Institute for Health Research
Level 5, 215 Spring St, Melbourne 3000
email: louise.burke@acu.edu.au

DATE OF BIRTH: May 21, 1959

MARITAL STATUS Married to Professor John Hawley
Children: Jack Burke Hawley (3/2/2004)

QUALIFICATIONS: 1990: Doctor of Philosophy, Deakin University, Australia
1981: Graduate Diploma of Dietetics, Deakin University
1980: Bachelor of Science (Nutrition), Deakin University
Accredited Practising Dietitian

EMPLOYMENT

July 2020- Chair in Sports Nutrition, Mary MacKillop Institute for Health Research
Australian Catholic University, Melbourne, Australia
Part time appointment in 2014 converted to full time role

1990- Australian Institute of Sport, Canberra, Australia
June 2020 Head of Discipline, Sports Nutrition (1990-2018)
Chief of Nutrition Strategy (2018-June 2020)

OTHER MAJOR APPOINTMENTS

2003- Member, Nutrition Working Group of International Olympic Committee
2005- Director, International Olympic Committee Diploma in Sports Nutrition
2021- Collaborator, Female Athlete Program, Wu Tsai Human Performance Alliance
Innovation Hub, Boston Children's Hospital

MAJOR AWARDS

2000 **Australian Sports Medal**
2007 **Australia Bulletin Smart 100 Award:** Winner in Category: Sport
Distinguished Scholar Award: Sports, Cardiovascular and Wellness Nutritionists, USA
David R Lamb Excellence in Education Award, Gatorade Sports Science Institute
2009 **Medal of the Order of Australia.** (For services to sports nutrition, as a dietitian and through academic, research and administrative roles)
Citation Award: American College of Sports Medicine
2017 **Excellence in Mentoring:** Sports Dietitians Australia 21st anniversary Awards
2021 **Lifetime membership:** Sports Dietitians Australia
2023 **Tom Osbourne Excellence in Sports Nutrition:** Collegiate and Professional Sports Dietitians America
Lifetime membership: Dietitians Australia
Lifetime membership: Professionals in Nutrition and Exercise Science
2024 **Honorary Doctorate:** McMaster University, Hamilton, Canada

SUMMARY OF ACADEMIC METRICS

Peer reviewed publications (PUBMED)	362
H-Index	128 (Google Scholar) https://scholar.google.com/citations?user=dAoAR6sAAAAJ&hl=en 84 (Scopus) https://www.scopus.com/authid/detail.uri?authorId=7102048294
Number of books	23
Number of book chapters	81
Sum of grants received as PI	\$5,327,000
Number of completed doctoral programs	21
Invited (named) Lectures	<ul style="list-style-type: none"> • Vince Higgins Lecture: Australian College of Sports Physicians Annual Meeting, 2005 • Frank Cotton Lecture: Australian Association for Exercise and Sports Science Annual Meeting, 2006 • Danone Chair Lecture: Vrei university, Belgium, University visit, 2010 • Presidents Lecture: American College of Sports Medicine Annual Meeting, 2013 • Gordon Sleivert Lecture: Canadian Sports and Exercise Physiology Annual Meeting, 2015 • Tony Parker Lecture: Exercise and Sports Science Australia Annual Meeting, 2018 • Albert G Hogan Lecture: University of Missouri USA, Annual Lecture series, 2018 • William Refshaughe Lecture, Sports Medicine Australia Annual Meeting, 2018 • Elsworth Buskirk Tutorial Lecture, American College of Sports Medicine Annual Meeting, 2021 • Ismail Jakoet Memorial Lecture, South African Sports Medicine Conference, 2022 • Sandy Skinner Lecture, Melbourne Muscle Group Meeting, 2023 • Presidents Lecture: American College of Sports Medicine Annual Meeting, 2025

EMPLOYMENT HISTORY:

Recent major sporting or industry appointments

2024-	Member of Scientific Council, WNDRHLTH lifespan company
2020-2022	Member, Scientific Advisory Board, Science in Sport (honorarium declined)
2020-	Consultant/mentor Athletics Australia
2014-2015	Member, Gatorade Sports Science Institute Expert Panel (GSSI-XP) [honorarium paid to employer]
2006 -2010	Member, Medical and Anti-Doping Commission, International Association of Athletics Federations
2006 -2008	Consultant dietitian, St Kilda Football Club, Melbourne

Major academic appointments:

2006 -2009	Honorary Chair in Sports Nutrition, Faculty of Health and Behavioural Sciences Deakin University, Melbourne, Australia
2002 – 2005	Visiting Professor of Sports Nutrition (secondment to 50% appointment) Faculty of Health and Behavioural Sciences, Deakin University, Melbourne Responsible for academic leadership, and contribution to teaching, learning and research in undergraduate and post-graduate programs
1994-2003:	Lecturer, Master's degrees in Sports Medicine and Sports Physiotherapy, Australian Institute of Sport and University of Canberra.
1993-2000:	Preparation of Sports Nutrition module for Monash University Medical School Distance Education program (Graduate Diploma of Family Medicine).
1989-2005:	Convenor and lecturer, Sports Nutrition Course for Dietitians, a project of Sports Dietitians Australia (formerly a joint project of Dietitians Association of Australia and Sports Medicine Australia).
1987-1988:	Joint co-ordinator and lecturer, Nutrition Unit, Melbourne College of Advanced Education (now University of Melbourne) Department of Biology.

PREVIOUS SPORTS NUTRITION APPOINTMENTS/CONSULTANCIES

Clinical counselling in sports nutrition (1984-1990)

1986-1990:	Prahran Sports Medicine Centre, Melbourne.
1985-1990:	Malvern Sports Medicine Centre, Melbourne.
1987:	Winning Edge Gym, Melbourne.
1984-1986:	Melbourne City Baths Sports Medicine Centre.

Private sports nutrition consultancy

Major clients include:

2020-2023	Joel Embiid, NBA player and 2023 MVP, Philadelphia 76ers
2024-	Kelland O'Brien, WorldTour cyclist, 2024 Paris Olympic Games Gold Medal, Mens Team pursuit
2016-	Michael Matthews, WorldTour cyclist, 2022 stage winner Tour de France, 2025 World Road Cycling Champion Mixed Team Time Trial

2024-	Scientific Advisory Board, WNDRLTH
2020-2021, 2025-	Scientific Advisory Board, Science in Sport
2015-2016	Member, Gatorade Sports Science Institute, XP panel
2011-2013	UFC Australia magazine
2006-2008	St Kilda Football Club
1996-2000:	The Swimmer magazine (Australian Swimming Inc. magazine)
1993-2000:	Australian Coaching Council: collaborative production of Winning Diet for Sport Video series.
1998-2000	Triathlon and Multi-sport magazine
1997:	Mars Incorporated and FIFA: preparation of nutrition slide set in conjunction with 1998 World Cup.
1996-1997:	Australian Golfing Life magazine.
1994:	National Food Authority: preparation of report on sports foods
1993-1997:	Australian Triathlete magazine.
1994:	PowerBar, Australia.
1992-1994:	Kelloggs - spokesperson for Ready Set Go cereal and for Aussie Sport Ready Set Go program in primary schools
1990-1994:	Effem Foods: editorial board for Food for Life Performance Magazine.
1988-1993:	Australian Fitness and Training magazine, now Ultrafit magazine.
1988-1993:	Australian Triathlon Sports Magazine.
1988-1993:	Qantas Melbourne marathon
1990:	Uncle Tobys Pty Ltd.
1989-1990:	Horleys Health Limited, New Zealand.
1989-1990:	Richmond Football Club, Australian Football League.
1988:	Ultimate Sports Club (Home Fitness Videos).
1988:	Essendon Football Club, Victorian Football League.
1987-1988:	Bio-Organics Pty Ltd: Development of Maximum sports drink and RDI multivitamin supplement.
1987:	Australian UBER cup badminton team.
1985-1987:	Australian Runner magazine.
1985-1986:	Geelong Football Club, Victorian Football League.
1986:	Victorian Athletic Association/Australian Sugar Industry (preparation of sports nutrition booklet for Athletics Beyond 2000 program).
1985:	Australia Games, Melbourne.
1983-1985:	Victorian Amateur Weightlifting Association and Hawthorn Weightlifting Club.
1983-1984:	Carlton Football Club, Victorian Football League.
1980-1982:	St. Kilda Football Club, Victorian Football League.

CLINICAL DIETETICS

1989:	St Francis Xavier Cabrini Hospital, Melbourne: (part-time) locum dietitian
1987-1988:	Box Hill Hospital, Melbourne: locum dietitian (part-time).
1985-1987:	St. Andrews Consulting Rooms and Box Hill Medical Gardens (Mr Andrew Jamieson - obesity surgeon) - Clinical dietitian/research assistant
1984:	Epworth Hospital, Melbourne: locum dietitian (Dec).
1984:	Royal Melbourne Hospital, Melbourne: locum dietitian (August-Nov).
1981-1984:	East Bentleigh Community Health Centre, Melbourne Community Health dietitian.

RESEARCH GRANTS AS PRINCIPAL OR CHIEF INVESTIGATOR

- 2025-2028 **Exercise and Nutrition Research Program & Boston Children’s Hospital Wu Tsai Alliance Collaboration: Project 1: Olympic Rowing Training Camp Study; Project 2: Unravelling the energy issues underpinning Low Energy Availability in high performance athletes (AGILITY); Project 3: Female Athlete Research Camp 2.0 (FARC2); Project 4: Investigating iron absorption across the menstrual cycle in athletes.**
Funding: Boston Children’s Hospital Wu Tsai Alliance Collaboration Grant 830K
- 2024-2026 **Unravelling the energy issues underpinning Low Energy Availability in high performance athletes**
Funding: Agility Grant: Wu Tsai Human Performance Alliance Agility Grant: 300K
- 2023 **The effect of electrolyte replacement during rehydration from late afternoon exercise on hydration characteristics and sleep quality**
Funding: Nuun (Nestle) Sports Nutrition: \$45 K;
- 2023 **The effect of periodised low energy availability on hematological adaptations to altitude training and performance (Supernova 7)**
Funding: Wu Tsai Human Performance Alliance Female Athlete Program: \$81K, Australian Catholic University Program Grant to Mary MacKillop Institute for Health Research: \$50 K; Athletics Australia: \$69 K
- 2022 **Female Athlete Research Camp: the effect of menstrual phase and hormonal contraceptive use on themes of health and performance in Female rugby League players**
Funding: Australian Institute of Sport Female Health and Performance Initiative: \$100K; Wu Tsai Human Performance Alliance Female Athlete Program: \$80K, Australian Catholic University Program Grant to Mary MacKillop Institute for Health Research: 40 K
- 2021 **Effects of Mitopure (Urolithin A) on skeletal muscle function, iron regulation and endurance performance**
Funding: Amazentis, Switzerland: \$294K
- 2020 **The effect of ketone ester supplement in conjunction with adaptation to ketogenic diet on metabolism and performance in elite athletes (Comet)**
Funding: Project Grant. Mary MacKillop Institute for Health Research, Australian Catholic University: \$128K
- 2018-2019 **The effect of potato-supported strategies to increase carbohydrate oxidation, race economy and performance during endurance exercise.**
Funding: Alliance of Potato Research and Education (USA): US\$140K
- 2017-2019 **The effect of dietary periodisation strategies on health and performance outcomes in world class endurance athletes**
Funding: 3 year extension of Program Grant (2017000800) from Australian Catholic University Research: 533K continuing Supernova projects

- 2015-2016 **The effect of different dietary strategies on health and performance outcomes of a block of intensified training in world class endurance athletes**
Funding: Project fund from AIS High Performance Sports Research Fund (40K) towards Supernova project
- 2014-2016 **The effect of dietary periodisation strategies on health and performance outcomes in world class endurance athletes**
Funding: 3 year Program Grant (2013000800) from Australian Catholic University Research Funding (480K)
Collaboration between AIS Sports Nutrition and Australian Catholic University, contributing to doctoral programs of Julia Bone (AIS Physique and Fuel Centre) and Kristylen Tomcik (ACU) and Supernova Research activity
- 2013 **Effects of a high calcium pre-event meal on performance, biomarkers of calcium homeostasis and post-exercise appetite in female cyclists**
Funding: Dairy Australia (\$100 K)
AIS Sports Nutrition project contributing to doctoral program of Eric Haakonssen (AIS Physiology and AIS Sports Nutrition co-supervision)
- 2012-2013 **Effect of pantothenic acid on enhancing muscle metabolic function and performance via optimisation of Coenzyme A concentrations**
Funding: Australian Sports Research Program Big Ideas Fund (\$110 K)
AIS Physique and Fuel Centre Collaborative project with Professor Roger Harris (retired, Chichester University UK); Dr Trent Stellingwerff, Canadian Pacific Sports Centre
- 2012-2013 **Effect of dairy-based high-protein, variable-carbohydrate diets and exercise on muscle maintenance and movement**
Funding: Dairy Health and Nutrition Research Consortium (\$520 K)
AIS Physique and Fuel Centre Collaborative project with RMIT University Melbourne (Professor John Hawley, Dr Vernon Coffey), McMaster University Canada (Professor Stuart Phillips)
- 2010-2013 **Optimising exercise and nutrition throughout the Life Cycle**
Study 1. The effect of the daily pattern of dietary protein intake on muscle protein synthesis and whole body net protein balance after exercise
Study 2. The impact of negative energy balance on acute muscle protein synthesis
Funding: ARC Linkage Grant LP100100010: (\$660 K)
AIS Physique and Fuel Centre Collaborative project with RMIT University Melbourne (Professor John Hawley, Dr Vernon Coffey), McMaster University Canada (Professor Stuart Phillips) and Nestle Research Centre Switzerland (Dr Trent Stellingwerff, Dr Dan Moore)
- 2010-2011 **Chronic beta-alanine supplementation and training and race performance of elite Australian swimmers**
Funding: Australian Sports Research Program Olympic Sports Fund, Victoria University, AIS Sports Nutrition (\$21,000)
Collaborative project with Swimming Australia, Victoria University Melbourne (Professor Davis Bishop) and AIS Physiology Discipline. Includes supervision of Doctoral Student, Weiliang Chung

- 2008 **Pre-cooling strategies and the performance of a cycling time-trial**
Funding: Nestle Australia (\$42,000) Research Program Discretionary Grant (\$15,000)
Collaborative project with Australian Institute of Sport Department of Physiology
- 2007 **The pattern of amino acid delivery on the protein synthetic response to resistance training**
Funding: Nestec Ltd, (\$130,000) and Australian Institute of Sport Research Program Discretionary Grant (\$15,000)
Collaborative project with Dr Kevin Tipton, University of Birmingham, Professor John Hawley, RMIT University
- 2005 **The effects of caffeine supplementation on swimming performance in elite swimmers**
Funding: Australian Institute of Sport Research Program Discretionary Grant (\$10,000)
Collaborative project with AIS Department of Physiology
- 2003-5 **The effects of intake of protein foods on plasma amino acid responses**
Funding: Nestec (Nestle Switzerland) (\$73,000)
Collaborative project with Assoc Professor David Cameron-Smith, Deakin University
- 2003-4 **The effects of carbohydrate intake on performance of a half-marathon**
Funding: Australian Institute of Sport Research Program Discretionary Grant (\$27,000)
Collaborative project with AIS Department of Physiology and Track and Field Program
- 2002 **The effects of addition of amino acids to a sports drink on metabolism and performance of prolonged cycling (“Accelerade” study)**
Funding: Australian Institute of Sport Research Program Discretionary Grant (\$25,000)
Collaborative project with AIS Department of Physiology
- 2002 **The effects of fat adaptation and carbohydrate restoration on metabolism and performance of prolonged cycling (Part 5)**
Funding: Australian Institute of Sport Research Program Collaborative Grant (\$25,000), AIS Research Program Discretionary Grant (\$15,000), Deakin University (\$10,000)
Collaborative project with Professors Mark Hargreaves (Deakin University) and John Hawley, (RMIT University)
- 2001 **The effect of Coca Cola intake late in exercise on metabolism and performance**
Collaborative supervision of honours student Paul Montgomery with Dr Alan Roberts (University of Canberra)
Funding: Sports Science/Sports Medicine Research Grant, Australian Institute of Sport (\$10,000), University of Canberra (\$10,000) and Nestle Australia (\$5000)

- 2001 **The effect of adaptation to a high fat diet on maximum rate of fat oxidation (fat study part 4)**
Collaborative project with Professors John Hawley, (RMIT University) and Mark Hargreaves (Deakin University), Greg Cox and Andrea Braakhuis (Dept of Sports Nutrition) and Megan Anderson (Department of Physiology)
Funding: Nestle Australia (\$40,000)
- 2000-2001 **The effect of individual coding of dietary records on nutritional assessment of athletes**
Supervision of Fellowship projects of 2000 Nestle Fellow Kelly Meredith and 2001 Nestle Fellow Andrea Braakhuis
Funding: Sports Science/Sports Medicine Research Grant, Australian Institute of Sport (\$10,000)
- 2000 **The effect of adaptation to a high fat diet on metabolism and performance during prolonged cycling: part 3 – Ultraendurance cycling**
Collaborative supervision with Prof John Hawley of honours students Andrew Cameron and Heidi Staudacher (RMIT University)
Funding: Nestle (\$20,000)
- 1999-2000 **Effect of different caffeine intake strategies on metabolism and performance during prolonged cycling**
Collaborative project with Dr Dave Martin, Angie Moquin (Dept of Physiology and Applied Nutrition), Prof John Hawley, Clinton Bruce (RMIT University) and Ben Desbrow, Greg Cox (Dept of Sports Nutrition)
Funding: Nestle (\$40,000)
- 1999-2000 **The effect of creatine supplementation on soccer performance in elite female players**
Collaborative project with Greg Cox (Sports Nutrition Department) and Doug Tumilty (Department of Physiology and Applied Nutrition)
Funding: Sports Science/Sports Medicine Research Grant, Australian Institute of Sport (\$5,000)
- 1999: **The effect of adaptation to a high fat diet on metabolism and performance during prolonged cycling: part 2.**
Collaborative project with Prof Mark Hargreaves, Prof Greg Collier and Dr David Cameron-Smith (Deakin University), Dr Mark Febbraio and Damien Angus (University of Melbourne), and Prof John Hawley (RMIT University).
Funding: Kelloggs Incorporated (\$28,800)
- 1998: **The effect of adaptation to a high fat diet on metabolism and performance during prolonged cycling: part 1.**

Collaborative project with Prof Mark Hargreaves (Deakin University), Dr Mark Febbraio and Damien Angus (University of Melbourne), and Dr John Hawley (Visiting Research Fellow).
Funding: Sports Science/Sports Medicine Research Grant, Australian Institute of Sport (\$20,000)
- 1998: **Altered availability of plasma free fatty acids on metabolism and performance**

of high-intensity cycling

Collaborative project with Prof John Hawley (Visiting Research Fellow), and Dr Dave Martin (Dept of Physiology and Applied Nutrition)

Funding: Sports Science/Sports Medicine Research Grant, Australian Institute of Sport (\$7000)

- 1997: **The effect of carbohydrate loading on the performance of a stochastic cycling task when carbohydrate is fed during exercise.**
Collaborative project with Prof Timothy Noakes and Dr John Hawley (University of Cape Town).
Funding: Sasko Bokomo (70,000 SAR)
- 1997: **The effect of glycemic index of the pre-exercise meal on performance of prolonged moderate exercise with carbohydrate ingestion.**
Collaborative project with Prof Timothy Noakes and Dr John Hawley (University of Cape Town).
Funding: Potato Producers Organisation of South Africa (38,000 SAR)
- 1996: **The effect of carbohydrate intake on soccer-specific skill and sprint performance in the heat.**
Collaborative project with Gary Slater (Sports Nutrition Department) and Doug Tumilty (Department of Physiology and Applied Nutrition)
Funding: Berrivale Fruit Juices (Isosport Sports drink) (\$20,000)
- 1994-5: **Muscle glycogen synthesis following prolonged exercise: the effect of alcohol intake.**
Collaborative project with Dr Mark Hargreaves (University of Melbourne) and Dr Greg Collier (Deakin University).
Funding: Applied Sports Research Program Grant, National Sports Research Centre (\$15,000)
- 1993: **Muscle glycogen synthesis following prolonged exercise: the effect of co-ingestion of fat and protein with carbohydrate feedings.**
Collaborative project with Dr Mark Hargreaves (University of Melbourne) and Dr Greg Collier (Deakin University).
Funding: Applied Sports Research Program Grant, National Sports Research Centre (\$10,000)
- 1993: **The effect of oral creatine supplementation on sprint performance of elite swimmers.**
Collaborative project with Dr David Pyne (Department of Physiology and Applied Nutrition)
Funding: Sports Science/ Sports Medicine Research Grant, Australian Institute of Sport (\$2,000)
- 1992-1998: **Body weight changes and voluntary fluid intake practices of elite athletes during training and competition.**
Supervision of ongoing research project undertaken by Sports Nutrition Fellows at AIS: Mareeta Grundy (1992), Prue Heeley (1993), Liz Broad (1994), Greg Cox (1995), Gary Slater (1996), Natasha Porter (1997), Michelle Murfet (1998).

Funding: Berrivale Fruit Juices Fellowship (Isosport Sports Drink) (\$35,000 pa)

- 1992: **Muscle glycogen synthesis following prolonged exercise: the effect of timing of carbohydrate feedings.**
Collaborative project with Dr Mark Hargreaves (University of Melbourne) and Dr Greg Collier (Deakin University).
Funding: Applied Sports Research Program Grant, National Sports Research Centre (\$10,000)
- 1990-1: **Muscle glycogen synthesis following prolonged exercise: the effect of the glycemic index of carbohydrate feedings.**
Collaborative project with Dr Mark Hargreaves (University of Melbourne) and Dr Greg Collier (Deakin University).
Funding: Effem Foods, Australia (\$15,000)
- 1987: **Effect of glucose polymer and starch feedings on cycling performance during a simulated 100km time trial**
Collaborative project with Dr John Carlson (Footscray Institute of Technology) and Dr Greg Collier (University of Melbourne).
Funding: Bio-Organics Australia (\$6,000)

SUPERVISION OF DOCTORAL PROGRAMS

Completed programs

- 2025** Ella Smith (Australian Catholic University, Victoria)
Megan Kuiman (Australian Catholic University, Victoria)
Carissa Gardiner (Australian Catholic University)
Will Jardine (Deakin University, Victoria)
- 2024** Nikita Fensham (Australian Catholic University, Victoria)
- 2023** Margot Rogers (University of Canberra)
- 2022** Bronwen Lundy (Australian Catholic University, Victoria)
- 2020** Rebekah Alcock (Australian Catholic University, Victoria)
Ida Heikura (Australian Catholic University, Victoria)
- 2017** Julia Bone (Australian Catholic University, Victoria)
Jill Leckey (Australian Catholic University, Victoria)
Reid Reale (University of the Sunshine Coast, Queensland)
- 2016** Evelyn Parr (Australian Catholic University, Victoria)
Kristylen Tomcik (Australian Catholic University, Victoria)
- 2014** Eric Haakonssen (University of Queensland)
Matt Hoon (University of Sydney, New South Wales)
Jose Areta (RMIT University)
- 2013** Alisa Nana (RMIT University, Victoria)
Megan Ross (Edith Cowan University, Western Australia)
- 2011** Amelia Carr (University of Western Australia)
Greg Cox (Deakin University, Victoria)

Programs in progress

Jay Chan (Australian Catholic University, Victoria)
Aimee Morabito (Australian Catholic University, Victoria)
Alicia Walker (Australian Catholic University)
Miriam Smith (Australian Catholic University)
Nicholas Berlin (Australian Catholic University)
Olivia Thomas (Australian Catholic University)
Kyle Dunlop (Australian Catholic University)
Rebekka Frazer (University of the Sunshine Coast)
Caitlin Attwell (University of Western Australia)

PUBLICATIONS

- 362 Whitfield J, Egan B, Del Coso J, Derave W, Saunders B, **Burke LM**. UCI Sports Nutrition Project: Considerations and Applications for the Use of Sports Foods and Supplements to Improve Performance in Cycling. *Int J Sport Nutr Exerc Metab*. 2025 Dec 31:1-28. doi: 10.1123/ijsnem.2025-0111. **Epub ahead of print.**
- 361 Whitfield J, Mujika I, **Burke LM**. UCI Sports Nutrition Project: Nutrition for the Emerging Cycling Disciplines of Esports and Gravel. *Int J Sport Nutr Exerc Metab*. 2026 Jan 12:1-11. doi: 10.1123/ijsnem.2025-0189. **Epub ahead of print.**
- 360 Gonzalez JT, Helleputte S, van Erp T, Green D, Podlogar T, Derave W, Jeukendrup A, **Burke LM**. Nutritionally Relevant Technological Advancements in Professional Cycling. *Int J Sport Nutr Exerc Metab*. 2025 Sep 10:1-13. doi: 10.1123/ijsnem.2025-0048. **Epub ahead of print.**
- 359 DeJong Lempke AF, Ackerman KE, Stellingwerff T, **Burke LM**, Baggish AL, d'Hemecourt PA, Dyer S, Troyanos C, Saville GH, Adelzadeh K, Holtzman B, Hackney AC, Whitney KE. Training Volume and Training Frequency Changes Associated with Boston Marathon Race Performance. *Sports Med*. 2025. doi: 10.1007/s40279-025-02304-4. **Epub ahead of print.**
- 358 Sherwin G, Flood TR, Burden RJ, **Burke LM**, Field A, Kuikman MA, McKay AKA, Smith ES, Elliott-Sale KJ. An audit and quality assessment of the methods used to determine menstrual cycle phases in studies assessing athletic performance in elite female athletes. *J Sports Sci*. 2026, 44(4):401-416. doi: 10.1080/02640414.2025.2583013.
- 357 Smith ES, Elliott-Sale KJ, Stellingwerff T, Harris R, Ackerman KE, McKay AKA, **Burke LM**. Resources to Guide Researchers in the Pursuit of High-Quality Sport Science Research in Women. *Int J Sport Nutr Exerc Metab*. 2025, 36(1):42-51. doi: 10.1123/ijsnem.2025-0136. Erratum in: *Int J Sport Nutr Exerc Metab*. 2026 doi: 10.1123/ijsnem.2025-0269. PMID: 41297531.
- 356 Wardenaar FC, Aussieker T, Dolan E, Fernández-Campos C, Kavouras SA, Ormsbee MJ, Rawson ES, Saunders B, Schott KD, Sekiguchi Y, **Burke LM**. Summary of the 2025 Professionals in Nutrition for Exercise and Sport "10 Questions/10 Experts" Session-Can Everyday Foods Replace Some Ergogenic Supplements and Commercially Available Sports Foods? *Int J Sport Nutr Exerc Metab*. 2025, ;36(1):52-61.
- 355 **Burke LM**, Merrell L, Heikura IA, Civil R, Sharma AP, Leckey JJ, McKay AKA. Caffeine enhances performance regardless of fueling strategy; however, high carbohydrate availability is associated with improved training speeds compared with ketogenic diet. *Br J Nutr*. 2025, 134(7):578-588. doi: 10.1017/S0007114525105084.
- 354 Pearson MA, Weakley JJS, McKay AKA, Russell S, Leota J, Johnston RD, Minahan C, Harris R, **Burke LM**, Halson SL. Menstrual Cycle Symptoms, But Not Oestrogen or Progesterone Concentrations, Are Associated With Sleep in Female Athletes. *Eur J Sport Sci*. 2025, 25(10):e70038. doi: 10.1002/ejsc.70038.
- 353 Vicente-Salar N, Crespo Celda M, Pluim BM, Fernández-Fernández J, Stroia K, Ellenbecker T, Sanz D, Del Coso J, Moreno-Pérez V, Hainline B, López-Samanes Á, LaRoche J, Parker-Simmons S, van Reijen M, Reid M, Duffield R, Girard O, Love P, Broad E, Halson S, Ruiz-

- Cotorro A, Sanz-Quinto S, Ruiz-Cotorro Á Jr, Sánchez Pay A, **Burke LM**. International Tennis Federation (ITF), Women's Tennis Association (WTA), and Association of Tennis Professionals (ATP) Expert Group Statement on Nutrition in High-Performance Tennis. Current Evidence to Inform Practical Recommendations and Guide Future Research. *Int J Sport Nutr Exerc Metab*. 2025, 35(6):557-594. doi: 10.1123/ijsnem.2025-0001.
- 352 Whitfield J, McKay AKA, Tee N, McCormick R, Morabito A, Karagounis LG, Fouassier AM, D'Amico D, Singh A, **Burke LM**, Hawley JA. Evaluating the Impact of Urolithin A Supplementation on Running Performance, Recovery, and Mitochondrial Biomarkers in Highly Trained Male Distance Runners. *Sports Med*. 2025, 55(12):3183-3200. doi: 10.1007/s40279-025-02292-5.
- 351 McGrath MD, Brown NAT, Radcliffe CR, McKay AKA, Bull J, Harris R, Minahan C, Ackerman KE, **Burke LM**, Coltman CE. Do fluctuations in oestradiol and progesterone across the menstrual cycle affect mechanical stiffness in female athletes? *J Sci Med Sport*. 2025, 28(11):916-927. doi: 10.1016/j.jsams.2025.06.010.
- 350 Brisbane BR, Mara JK, McKay AKA, **Burke LM**, McCormick R, Harris R, Minahan C, Ackerman KE, Coltman CE. How Do Fluctuations in Endogenous Sex Hormones Affect Breast Pain in Female Athletes? *Scand J Med Sci Sports*. 2025, ;35(7):e70101. doi: 10.1111/sms.70101.
- 349 Smith ES, Kuikman M, Rusell S, Gardiner CL, Halson SL, Stellingwerff T, Harris R, McKay AKA, **Burke LM**. Twenty-Four-Hour Low Energy Availability Induced by Diet or Exercise Exhibits Divergent Influences on Sleep and Recovery Indices among Female and Male Cyclists. *Med Sci Sports Exerc*. 2025, 57(11):2564-2576. doi: 10.1249/MSS.0000000000003783.
- 348 Smith ES, McKay AKA, Ackerman KE, Elliott-Sale KJ, Stellingwerff T, Harris R, **Burke LM**. Female Athletes Report Positive Experiences as Research Participants. *Int J Sport Nutr Exerc Metab*. 2025, 7;35(5):433-443. doi: 10.1123/ijsnem.2024-0182.
- 347 Mountjoy ML, Ackerman KE, Bailey DM, **Burke LM**, Constantini N, Hackney AC, Heikura IA, Melin AK, Pensgaard AM, Stellingwerff T, Sundgot-Borgen J, Torstveit MK, Uhrenholdt-Jacobsen A, Verhagen E, Budgett R, Engebretsen L, Erdener U. Yes: Relative Energy Deficiency in Sport (REDs) Does Exist! *Sports Med*. 2025, 55(8):2045-2049. doi: 10.1007/s40279-025-02219-0.
- 346 Stellingwerff T, **Burke LM**, Caldwell HG, Gathercole RJ, McNeil CJ, Napier C, Purcell SA, Boegman S, Johnson E, Hoar SD, Coates AM, Bennett EV, McKay AKA, Heikura IA, Joyner MJ, Burr JF. Integrative Field-Based Health and Performance Research: A Narrative Review on Experimental Methods and Logistics to Conduct Competition and Training Camp Studies in Athletes. *Sports Med*. 2025, 55(6):1377-1403. doi: 10.1007/s40279-025-02227-0.
- 345 Jardine WT, Condo D, Aisbett B, Ross ML, **Burke LM**, Durkalec-Michalski K, Abbott G, Périard JD, Carr AJ. The Addition of Glycerol and Sodium Chloride to a Hyperhydration Protocol Does Not Improve Half-Marathon Time-Trial Performance in Trained Runners in Warm Conditions. *Int J Sports Physiol Perform*. 2025, 20(6):770-778. doi: 10.1123/ijsp.2024-0268.

- 344 Smith MJ, Hoffman NJ, Jose AJS, Burke LM, Opar DA Nutritional Interventions to Attenuate Quadriceps Muscle Deficits following Anterior Cruciate Ligament Injury and Reconstruction. *Sports Med.* 2025, 55(3):569-596 doi: 10.1007/s40279-025-02174-w.
- 343 Kuikman MA, McKay AK, Brown H, Townsend N, McCormick R, Morabito A, Pichshev N, Slater G, **Burke LM**. Barriers and enablers to measuring resting metabolic rate in the high-performance sporting system: A qualitative exploratory study. *J Sports Sci.* 2025 43(3):280-288. doi: 10.1080/02640414.2025.2453342.
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- Dietitians Australia (DA).
- Accredited Practising Dietitian
- Life Member, Professionals in Nutrition and Exercise Science
- Member, European College of Sports Science

TEAM TRAVEL - INTERNATIONAL COMPETITION

- | | |
|------|---|
| 2021 | Dietetic Support
Athletics Australia, Australian Olympic Team
2020 Olympic Games, Tokyo, Japan |
| 2012 | Team dietitian
Australian Olympic Team
2012 Olympic Games, London, United Kingdom |
| 2010 | Team dietitian
Australian Cycling Team
2010 UCI World Road Cycling Championships, Geelong, Australia |
| 2008 | Team dietitian
Australian Olympic Team
2008 Olympic Games, Beijing, China |
| 2006 | Team dietitian
Australian Swimming Team
2006 Commonwealth Games, Melbourne, Australia |
| 2005 | Team dietitian
Australian Swimming Team
2005 World Swimming Championships, Montreal, Canada |
| 2004 | Team dietitian
Australian Olympic Team
2004 Olympic Games, Athens, Greece |
| 2003 | Team dietitian
Australian Swimming Team
10 th World Swimming Championships, Barcelona, Spain |
| 2002 | Team dietitian
Australian Swimming Team |

- 2002 Pan Pacific Championships, Yokohama, Japan
- 2002 Team dietitian
Australian Swimming Team
2002 Commonwealth Games, Manchester, England
- 2002 Team dietitian
Australian Swimming Team
7th World Short Course Swimming Championships, Moscow, Russia
- 2001 Team dietitian
Australian Swimming Team
9th World Swimming Championships, Fukuoka, Japan
- 2000 Team dietitian
Australian Olympic Team
2000 Olympic Games, Sydney, Australia
- 2000 Team dietitian
Australian National Swimming Team
5th World Short Course Swimming Championships. Athens, Greece
- 1999 Team dietitian
Australian National Swimming Team
1999 Pan Pacific Championships, Sydney, Australia
- 1999 Team dietitian
Australian National Swimming Team
4th World Short Course Swimming Championships, Hong Kong
- 1998 Team dietitian
Australian National Swimming Team
1998 Commonwealth Games, Kuala Lumpur, Malaysia.
- 1998 Team dietitian
Australian National Swimming Team
8th World Swimming Championships, Perth.
- 1997 Team dietitian
Australian National Swimming Team
Pan Pacific Swimming Championships, Fukuoka, Japan and training camp, Singapore.
- 1997 Team dietitian
Australian National Swimming Team
3rd World Course Swimming Championships, Goteburg, Sweden.
- 1996 Team dietitian, Medical Headquarters
Australian Olympic Team,
1996 Olympic Games, Atlanta, USA.

- 1995 Team dietitian,
Australian National Swimming Team
Pan-Pacific Swimming Championships, Atlanta.
- 1995 Team dietitian,
Australian National Swimming Team
2nd World Short Course Swimming Championships, Rio de Janeiro, Brazil.
- 1994 Team dietitian,
Australian National Swimming Team
Commonwealth Games, Victoria, Canada and
7th World Swimming Championships, Rome.
- 1994 Team dietitian,
Australian Institute of Sport Swimming Team
Altitude training camp, Font Romeu, France.
- 1993 Team dietitian,
Australian National Swimming Team
1st World Short Course Swimming Championships, Mallorca, Spain.
- 1993 Assistant team manager and team dietitian,
Australian National Swimming Team
Pan Pacific Games (Kobe, Japan) and training camp (Singapore).
- 1992 Team dietitian,
1992 Australian Swimming Team,
Pre-Olympic Assembly (Sydney and Frankfurt, Germany).
- 1991 Team dietitian,
Australian Swimming Team,
Pan Pacific Games (Edmonton, Canada) and Barcelona pre-Olympic training camp.
- 1991 Manager and Team dietitian,
Australian Institute of Sport, breaststroke swimming team
USA trip (LA Invitational Meet, and Flagstaff/Albuquerque altitude training camps).
- 1990 Manager and Team dietitian,
Australian Institute of Sport womens swimming team USA trip (Santa Clara International
Meet and Albuquerque training camp).
- 1990 Manager,
Australian Triathlon Team
Commonwealth Games, Auckland, New Zealand.

ELITE SPORTS PARTICIPATION

Triathlon: International representation at ultra-endurance triathlon events

- 1988 Bud Light Ironman Triathlon World Championship, Hawaii.
- 1988 Nutrimetrics Great Lakes Ironman Triathlon, Forster-Tuncurry, Australia.
- 1987 Bud Light Ironman Triathlon World Championship, Hawaii.
- 1987 Double Brown Ironman Triathlon Championship, Auckland, New Zealand.
- 1986 Bud Light Ironman Triathlon World Championship, Hawaii.
Member of Australian Team - second place in International Team Cup Competition.
- 1986 Lake Biwa Japan Ironman, Japan. Member of Australian Team
- 1985 Bud Light Ironman Triathlon World Championship, Hawaii. Member of Australian Team - second place in International Team Cup Competition.