**GARY BRICKLEY Ph.D., MSc., FBASES**

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Date of Birth: 08 Aug 1965

**EDUCATION AND TRAINING**

BASES

2015 Awarded a Fellowship of BASES

University of Brighton HEA Fellowship in Higher Education

2014

University of Brighton MSc in Cardiology:

(2001 – 2003) Modules in acute cardiology, continuing coronary care and diabetes. Thesis on *‘Homocysteine and physical fitness’*.

University of Brighton Ph.D. in Exercise Physiology:

(1994 – 1999) Thesis on *‘The physiological and metabolic responses to continuous and intermittent exercise using the critical power concept’*.

Queensland University Ph.D final experimental research project:

of Technology and The metabolic responses to intermittent exercise

University of Queensland (muscle biopsy study)

(May 1998 – Feb 1999)

University of Brighton BSc (Honours) in Sports Science:

(1991 / 1994) Upper Second Class (2:1). Dissertation on *‘The effect of oxygen supply on repeated sprint performance’*.

Dalhousie University, BSc semester exchange programme:

Canada (1992 / 1993) Modules in neuromuscular physiology, exercise referral and biomechanics.

Royal Navy Engineering Apprenticeship

(1982-1991) HNC in Electronic Engineering

**WORK EXPERIENCE**

**Senior Lecturer in Exercise Physiology, University of Brighton**

**(Feb 2000 – Present Day)**

* Leading BSc modules on Exercise & health, Nutrition, Exercise physiology (performance, prescription and training)
* Lecturing on MSc courses in Cardiology and Sport & exercise sciences

**Consultant for Cardiac Research**

**(2003 – Present Day)**

* Responsible for developing research proposals within the local hospital cardiology department
* Current projects: examining functional capacity in different pacing modes with heart failure patients; AV node ablation and exercise stress testing in cardiac patients

**Consultant Exercise Physiologist, British Triathlon Association**

**(2002 – Present Day)**

* Video analyses for swimming, laboratory-based exercise testing and exercise prescription; advice on nutrition and ergogenic aids
* Liaising with regional triathlon coaches, performance managers and directors; giving presentations to coaches and athletes

**Consultant Exercise Physiologist and Coach, Great Britain cycling**

**(1998 – Present Day)**

* Coach and conditioning consultant for the GB Paralympic cycling team, including preparation for the Paralympics in Sydney 2000, Athens 2004 and Beijing 2008.
* Athlete monitoring, exercise testing and advice on nutrition and training
* Close consultation with the performance director, athletes, coaches and support staff as part of an interdisciplinary team
* Coached cyclists to numerous World Records, ten Paralympic Golds and two Silver; currently coach three World Champions.

**University of Oslo (sabbatical), Norway**

**(Aug 2004 – Feb 2005):**

* Worked in the *‘Institute of Experimental Medical Research’* and the *‘Centre for Heart Failure Research’*
* Completed an animal science course, learnt invasive techniques and examined muscle metabolism following heart failure

**Exercise Physiologist, Great Britain cycling**

**(Feb 1999 – Feb 2000)**

* Worked with the GB cycling team (road, track, paralympian, MTB) as part of the World Class Performance Plan
* Responsible for laboratory assessment of elite athletes and venopuncture; feedback to management and performance director
* Developed a nutrition specialist interest group with coaches, managers and sports medicine doctors
* Data presentation at team and international conferences

**Laboratory Tutor (BSc Biomechanics), Queensland University of Technology**

**(Oct 1998 – Feb 1999)**

* Responsible for all aspects of practical tutoring on the level 2 biomechanics course

**Lecturer and Laboratory Demonstrator**

**(Sept 1997 – May 1998)**

* Leading modules: applied sport & exercise sciences, exercise testing and prescription; rewriting module outlines and assessment criteria
* Responsible for all exercise physiology practical work including exercise testing, applied physiology and environmental physiology; facilitated development of students through practical instruction

**Royal Navy**

**(1982-1991)**

* Electronics technician leaving in the rank of Chief Petty Officer; managing teams and equipment
* Adopted leadership in physical training and coaching in various sports

##### **Coaching accolades**

# I have coached Paralympic cyclists to 5 Paralympic Games. More recently coaching Dame Sarah Storey (3 Gold Rio; 4 Gold London; 2 Gold Beijing), Darren Kenny (1 silver 1 bronze London; 4 gold, 1 silver Beijing) and David Stone (silver and Bronze at Rio, 1 Gold 1 Bronze London; 2 golds Beijing) to success at the Rio, London and Beijing Paralympics. All of my riders have been coached to world records in their respectable disciplines. I have also coached swimming, water polo and triathlon. Currently coaching swimming, triathlon and cycling to International Para-athletes, juniors and adults age group athletes

# Awarded University of Brighton Alumnus of the Year in 2015 for services to the University and to Paralympic Sport

# Grants awarded

2020 SASKAWA Japan Foundation grant to present work to Universities in Japan prior to the 2020 Paralympics.

2018 Newton Fund award for Brazil study

2016 Newton Fund award for collaborative work with Brazilian triathletes based in University Santa Catarina, Florianopolis

2015 Santander International Travel Grant – to present work at Olympic conference and research links with Brazil

2012 Santander International Travel Grant – to deliver research in Brazil and present work related to London Paralympics

2011 BASES international travel grant – to present at the Australian Conference of Sports Medicine and Science in Perth Australia

2011 Santander International Travel Grant – to present to Chinese schools and Universities on the Olympics and Paralympics

# 2009-10 UK Sport Talent Advisory Service – Initial phase 1 of a project (approx £10,000) to disseminate scientific information across a range of sports for talent scientists and coaches.

# 2005 – Part of a team grant for Interreg grant for €700,000 to create links with University of Lille. Grant included writing a proposal for Ph.D. students to study critical power concept and develop links in exercise and health between England and France.

# 2003 - Regional grant for £10,000 for a project evaluating physical fitness in cystic fibrosis children with Dr Paul Seddon, consultant paediatrician.

# Research and scholarship

I have supervised and marked over 200 honours projects. 4 PhD’s to completion

**External examiner for 13 Ph.D.’s ,3 MPhil.,** 2 external MSc’s; on oxygen kinetics during rowing, endurance parameters of swimming, dietary supplementation, isokinetic exercise in pre-adolescents, blood pressure and exercise, muscle contractile properties and exercise intensity, nitrate supplementation, sodium phosphate supplementation, saddle position in cycling.

**PhD completions**

## Marina Garcia Hortal (2018) Functional and metabolomics changes during a detraining period following low-load resistance training with and without blood flow restriction

## Jet van Zalen (2018) Combining cardiopulmonary exercise testing and exercise echocardiography: Understanding the relationship between cardiac contractile function and exercise tolerance

## Will Abbott (2018) Monitoring and prescription of GPS training load in elite academy soccer athletes

Louisa Beale (2010) High intensity intermittent exercise training in chronic heart failure patients

Richard Mackenzie (2009) Glucose metabolism in type 2 diabetics following hypoxia and exercise

Kerry McGawley (2010) The application of the critical power construct to endurance exercise

I have presented work at a number of international conferences as an invited speaker and participant.

Editorial board for Journal of Science and Medicine in Sport 2012 to present

Editorial board for European Journal of Sport Sciences Jan 2015 to present

Reviewer for Journal of Sport Sciences, Med Sci. Exerc. Sports, Sports Medicine, Scandinavian Journal of Medicine and Science in Sports and Exercise, Eur. J Appl. Physiol., Int J Sports Med. , and others

External validator for BSc (Hons) Coaching Science at Anglia University – June 2006; BSc (Hons) Judo Science May 2010; University of Canterbury July 2011; Cycling Science Anglia Ruskin University 2013

External examiner Plymouth University BSc Foundation degree, November 2006-2010

External examiner Oxford Brookes University BSc (Hons) Sport, Exercise and Nutrition Sept 2008 to 2012

External Examiner Canterbury Christ Church 2012- 2016

External Examiner Salford University 2018- present

External advisor University of Westminster 2015

##### **Academic leadership**

Course leader MSc Sport and Exercise Science 2007 until August 2011

Dissertation leader – 2002-2006

Module leader on 4 physiology and nutrition modules

Sit on course, school, area and examinations board.

Link tutor for local cardiology clinic

Visiting lecturer for MSc. Sport and Exercise Science, MSc. midwifery, MSc Diabetes course.

# Teaching performance and leadership

I currently lecture on the following modules;

Physiology of Exercise, Health and nutrition, Physiology of Training and Performance, Fundamental Physiology, Applied and Integrated Studies, Nutrition for Physical Activity, Sports Nutrition, OAA and swimming for teaching and coaching.

**Practical teaching experience**

I have taught on a range of practical sports at University level including swimming, team sports, athletics, surfing, windsurfing and lifesaving.

I am a qualified swimming and water polo coach.

I am an Internationally respected coach in disability cycling currently coaching cycling, triathlon and swimming

# Professional organisations

I am a fully accredited and Fellow of BASES Sport and exercise Physiologist (Scientific Support and research). I have completed BASES supervisor and reviewer workshops and can therefore supervise and review candidates for accreditation

I am laboratory director for the University of Brighton Labs, reaccredited in 2018

## Member of British Association of Sport and Exercise Science

International delegate at International Paralympic Committee meeting in Sydney 2000

Member of the Board of trustees Eastbourne Leisure Trust 2014- ongoing

**Additional research work**

**Scanning for Gold 2012**

***Scanning for Gold Project*** *2010* **–** A joint project between the medical school and the sport and exercise science department- from internal Olympic legacy funds. The project has involved MRI scanning elite athletes with 2012 potential and presenting the information at the Brighton Fringe festival as well as selecting key anatomical features of elite weightlifters, triathletes and cyclists.

Leading ongoing research with Eastbourne District General Hospital Cardiology department – Heart failure, pacing and exercise.

Laboratory techniques – Queensland, Australia 1998-1999- Flurometry, Spectroscopy, development of muscle assays for glycogen, lactate, ATP, PCr, ADP. Muscle biopsy procedure in humans.

Research assistant (Nuffield Trust) 1994 – Summer project comparison of different ergometers

**PUBLICATIONS**

Willmott, A., Sayers, B. and **Brickley, G**. (2020) The physiological and perceptual responses of stand-up paddle board exercise in a laboratory- and field-setting, in press., *European Journal of Sport Science*

van Zalen.J.,  Badiani, S., Hart, L.M., Marshall, A.J., Beale, L., **Brickley, G.,** Bhattacharyya, S., Patel, N.R., Lloyd, G.W. (2019) The importance of contractile reserve in predicting exercise tolerance in asymptomatic patients with severe aortic stenosis

*Echo Research and Practise*. 6:3 43-52

Abbott, W, **Brickley, G**, Mills, S., Smeeton N.J. (2018) Individualizing acceleration in English Premier League academy soccer players *The Journal of Strength and Conditioning Research accepted for publication*

Abbott, W, **Brickley, G** and Smeeton N.J. (2018) An individual approach to monitoring locomotive training load in English Premier League academy soccer players. *International Journal of Sports Science & Coaching*

Abbott, W, **Brickley, G** and Smeeton N.J. (2018) Positional differences in GPS outputs and perceived exertion during soccer training games and competition *The Journal of Strength and Conditioning Research*

Abbott, W, **Brickley, G** and Smeeton N.J. (2018) Physical demands of playing position within English Premier League academy soccer. *Journal of Human Sport and Exercise* 13(2), 1-13.

van Zalen, J., Sugihara, C., Sulke, N., Patel, N., Brickley, G., Beale, L., Lloyd, G. (2017). Pitfalls in the interpretation of cardiopulmonary exercise testing data. *The British Journal of Cardiology.* 24, 98-99

# Van Zalen, J., Patel, NR., Podd, SJ., Raju, P., Mcintosh, R., Brickley, G., Beale, L., Sturridge, LP., Lloyd, GWL. (2015) Prognostic importance of tissue velocity imaging during exercise echocardiography in patients with systolic heart failure

Echo Res Pract vol. 2 no. 1 19-27

Bliss, A and **Brickley, G**. (2014) A physiological performance profile of a world record holder maters race walker. Int. J Sports Sci and Coaching, vol 9(6), 1417-1423

Beale, L., McIntosh, R, Raju, P . , Lloyd G., **Brickley, G** (2013) A Comparison of High Intensity Interval Training with Circuit Training in a Short-Term Cardiac Rehabilitation Programme for Patients with Chronic Heart Failure Int J Phys Med Rehabil 1:6

McIntosh R. A., Silberbauer, J, Veasey, R, Raju P, Sharma, V, Sothinathan G, Kelly S, Beale L, **Brickley G**, Sulke N and Lloyd G. W.(2013)Tissue Doppler Derived Contractile Reserve is a Simple and Strong Predictor of Cardiopulmonary Exercise Performance across a range of Cardiac diseases Echocardiology, 30(5), 527-533

Mackenzie R, Maxwell N, Castle P, Elliott B, **Brickley G**, Watt P [Intermittent exercise with and without hypoxia improves insulin sensitivity in individuals with type 2 diabetes](http://www.ncbi.nlm.nih.gov/pubmed/22278428) J Clin Endocrinol Metab. 2012 Apr;97(4):E546-55.

Mackenzie R, Maxwell N, Elliott B, Brickley G, & Watt P (2012) (Journal of endocrinology, in review) [The effect of hypoxia and work intensity on insulin resistance in type 2 diabetes.](http://www.ncbi.nlm.nih.gov/pubmed/21994967) J Clin Endocrinol Metab. 2012 Jan;97(1):155-62

Mackenzie R, Maxwell N, Castle P, **Brickley G,** & Watt P. (2011) Acute Hypoxia and exercise Improves Insulin Sensitivity (SI2\*) in Individuals with Type 2 Diabetes. Diabetes Metabolism Res & Rev 27(1) 94-101

**Brickley, G** and Gregson H (2011) A case study of a Paralympic Cerebral Palsy Cyclist using torque analysis. International Journal of Sport Science and Coaching 6(2), 269-272

Bliss A and **Brickley G.** (2011) The effect of relative age on physical and physiological performance characteristics in youth footballers. Journal of Sports Medicine and Physical Fitness 51(4):571-5

Beale L., Silberbauer J., Lloyd G., Carter H., Doust J., **Brickley G.** (2011) Limitations to high intensity exercise prescription in chronic heart failure. European Journal of Cardiovascular nursing , 10(3) 167-173

Beale L., Silberbauer J., Lloyd G., Carter H., Doust J., **Brickley G.** (2010) Exercise heart rate guidelines overestimate recommended intensity for chronic heart failure patients British Journal of Cardiology, 17, 133-137

Dekerle J.*,* **Brickley G.,** Alberty M., Pelayo P. (2010) Characterising the slope of the distance–time relationship in swimming Journal of Science and Medicine in Sport 13(3), 365-370

Silberbauer J., Veasey R.A., Mullan P, **Brickley G**., Beale L., Dholakia H., Carr-White G, Sulke N., Lloyd G.W. (2008)Defining Exercise Synchrony in Fit Young Adults: A Tissue Doppler StudyJournal of the American Society of Echocardiography   
July 2008 Vol. 21, Issue 7, Pages 808-812

**Brickley, G.,** Dekerle, J., Hammond, AJ., Pringle, J. and Carter, H. (2007) Assessment of maximal aerobic power and critical power in a single 90-s isokinetic all-out cycling test. Int J Sports Med, 28: 414-419.

**Brickley, G.,** Green, S. Jenkins , D.J. McEinery, M. Wishart, C. Doust , J. D. and. Williams, C. A. (2007)Muscle metabolism during constant and alternating intensity exercise around critical power Int J Sports Med. 28:300-305

Folland, JP., Stern, R. and **Brickley, G.** (2007)Sodium phosphate improves laboratory time-trial performance in trained cyclists. Journal of science and medicine in sport. In press.

Dekerle, J., **Brickley G.,** Hammond AJP., Pringle JSM. and Carter H.

(2006) Validity of the 2-parameter model in estimating the anaerobic work capacity Eur J. Appl. Physiol, 96(3):257-64.

Dekerle, J. Hammond, A. **Brickley, G.** and Carter, H. (2006) Reproducibility of variables derived from a 90s all-out effort isokinetic cycling test, Journal of Sports Medicine and Physical Fitness. 46(3):388-94

Carter,H. Dekerle, J. **Brickley, G**. and. Williams C.A. (2005)Physiological responses to 90 s all out isokinetic sprint cycling in boys and men. Journal of Sports Science and Medicine, 4, 437-445

Carter, H. Grice, Y. Dekerle, J. **Brickley, G.** Hammond, A.J.P.H. and Pringle, J.S.M. (2005) The effect of prior exercise above and below Critical Power on subsequent exercise to exhaustion at Critical Power, Med Sci Sports Exerc. 37(5);775-781

**Brickley, G.,** Williams C., Doust, J. (2002) Physiological responses to exercise at critical power. European Journal of Applied Physiology 88, 146-151

**PUBLISHED ABSTRACTS**

**Brickley, G.** (2015) Influence of sodium bicarbonate ingestion on variable duration repeated sprint performance in hypoxia and normoxia, J. Science in Med. and Sports

**Brickley G** Hodkinson, R., Hortal M (2014)Critical power but not repeated sprint performance is reduced in normobaric hypoxia, Jnl Sci Med Sports

Hodkinson, R., **Brickley G.** (2013) The effect of beta alanine supplementation on repeated bouts of high intensity exercise performance in both normoxic and hypoxic conditions.

Leckie, T., Eddens, L., **Brickley G**. (2013) The effect of dietary nitrate supplementation on cycling and running performance and submaximal oxygen uptake in well‐trained triathletes. EJSS, proceedings from Barcelona conference.

**Brickley, G**. Gregson H. (2009) A case study of torque production in a cerebral palsy paralympic cyclist. Journal of science in medicine in sport. Conference abstracts.

Pringle J, Hunt J, Dekerle J, **Brickley G** (2009) Critical Speed, Anaerobic Distance Capacity And Swimming Performance After Prior Heavy And Severe Exercise: Medicine & Science in Sports & Exercise 41 (5), 10

McIntosh RA, Silberbauer JC, Beale L, **Brickley G**, Veasey R, Hong P, Patel N, Furniss S, Sulke N, Lloyd G. (2009) Does exercise systolic tissue velocity predict exercise ability compared to other resting systolic and diastolic parameters? An analysis across various populations. JACC;53(10):A195

**Nesi, X; Hellard P; Dekerle J; Djamila A; Brickley G; Houel N; Hausswirth C (2007) Venitalatory responses analysis in short vs long interval training sessions in elite marathon swimmers, ECSS conference.**

**Beale, LM, Silberbauer J, Lloyd G, Watt P, Brickley G** (2007)Comparison of Peak VO2 in Heart Failure Patients During a Standard Ramp Test (RAMP) and a Maximum Short-term Exercise Capacity Test (SHORT) FASEB;21:lb501

Silberbauer J; Beale L; **Brickley G**; Dholakia H; Mullan P; Taggu W; Pate NR; Sulke N; Lloyd G W (2006) The Usefulness of Exercise Stress Tissue Velocities in Predicting Cardiopulmonary Performance in Cardiac Patients and Healthy Individuals. Circulation.;114:II\_612

Dekerle J, Pelayo P, Sidney B, **Brickley G** (2006) Challenges of using critical swimming velocity; from scientists to coaches In J.P. Vilas-Boas, F. Alves, A. Marques (eds.), Book of Abstracts of the Xth International Symposium Biomechanics

Dekerle J, **Brickley G**, Sidney M, Pelayo P. (2006) Application of the critical power concept in swimming In J.P. Vilas-Boas, F. Alves, A. Marques (eds.), Book of Abstracts of the Xth International Symposium Biomechanics

**Brickley, G.** Mackenzie RW, Adams, A., Lenton, J. Seddon, P. (2006) Increased carbondioxide expiration in recovery from maximal exercise in children with cystic fibrosis. American thoracic Society, San Diego, USA.

Adams, A. Mackenzie, R. Lenton, J. **Brickley, G.,** Seddon, P. (2006). Physical activity and fitness in children with cystic fibrosis. Journal of Cystic Fibrosis. 5 (Sup. 1): S80-362.

## Mullan, P ; Silberbauer, J ; Lloyd, G ; Carr-White, G ; **Brickley, G**. (2005) Does ventricular synchrony change with exercise in healthy men? **J Physiol 565P,** PC19

### Silberbauer J, Mullan P, Carr-White G, **Brickley G**, Lloyd G W (2005) Does ventricular synchrony change during maximal aerobic exercise in healthy male subjects? 12th World congress in heart disease, Vancouver Canada

Mullan, P. Silberbauer, J. Lloyd, G.Sulke, N. and **Brickley, G.**(2005) Does ventricular synchrony change during maximal aerobic exercise in healthy male subjects? European Society of Cardiology, Sweden

Munkvik**,** M., Strømme, T.A., **Brickley, G.** Birkeland, J.A.,

Sjaastad, I., Lunde, P.K., Sejersted, O.M. (2005) Dynamic properties of slow twitch skeletal muscle from rats with congestive heart failure (CHF) Institute for Experimental Medical Research and Center for Heart Failure Research, University of Oslo, Ullevål University Hospital, N-0407 Oslo, Norway, Biophysical Society Proceedings

**Brickley, G**. , Carter, H. Dekerle J. and Clark, S. (2004) Physiological responses to exercise at critical swimming velocity. European College of Sport Sciences Annual Congress 2004

Carter, H. Grice, Y. Dekerle, J. **Brickley, G**. Hammond, A.J.P.H. and Pringle, J.S.M. (2004)The effect of prior exercise above and below Critical Power on subsequent exercise to exhaustion at Critical PowerEuropean Congress of Sports Science Proceedings, France

**Brickley, G.,** Burnley, M. and Mullan, P. (2002) A ninety second sprint cycling performance elicits the same peak oxygen uptake as a ramp test. European Congress of Sports Science Proceedings, Volume 1, Athens 2002.

**Brickley, G**. and Sheldon S (2001) Sodium bicarbonate ingestion does not influence repeated sprint performance. Canadian Journal of Applied Physiology, S248

Folland J.P., Stern R. and **Brickley, G.** (2001) Phosphate Loading can increase laboratory 10 mile cycling performance in trained cyclists. Canadian Journal of Applied Physiology, S252

**Brickley, G**.; Jenkins, D.J.; Green, S.; Williams,C.; Wishart,C.; McEinery,M.and Doust,J.(2000)Metabolic responses to intermittent exercise using the critical power concept. Journal of Sports Sciences**.** Vol 18(7),526-527

**Brickley G**. (2000) Exercise and thermal stress. Considerations for training in the heat. Fit Pro, London.

**Brickley, G**; Williams C.; Doust, J. and Carter H. (1998) Responses to intermittent exercise following 6 weeks of training. Proceedings of International conference of exercise scienceGriffith University, Gold Coast Australia, July 1998

**Brickley, G** and Doust, J(1997)Protocol for the estimation of critical power concept and the relationship between anaerobic work capacity and VO2 drift.Journal of Sports Sciences**.** Vol 15(1),39

**Brickley, G** and Doust, J. (1997). Physiological responses to thirty minutes of intermittent and continuous exercise at a fixed ratio of critical power Proceedings of 2nd European Conference of Sports Sciences**.** Copenhagen August 1997.

Doust, J and **Brickley, G.** (1996). Variation in the economy of running at given speed between different treadmills. Journal of Sports Sciences.

**BOOK CHAPTERS**

**Brickley, G.** (2015) *Integrating and applying knowledge of sport science – ‘ Pulling it all together’: A case study of British Cycling* in Wallis, J and Lambert, J. (eds.) Becoming a Sports Coach. P 139-152, Routledge, London

**Brickley, G.** (2012) Preparing for a multiple gold medal challenge- A case study of a Paracyclist. Applied Sports Science and Medicine: Case Studies from Practice’ Human Kinetics (Published in Lane et al 2014)

**Brickley, G.** (2013) Disability/ Paracycling cycling: The science of success, Routledge. (published in Hopker and Jobson 2013)

Sub-editor **Brickley G**. et al (2000). Endurance, sprint and strength conditioning, Training Level 2 Club Coach British Cycling Federation , Leeds

# INVITED SPEAKER

Swimming the English Channel, University of Santa Catarina, Brazil 2017

Applying research to coaching. INSEP , Paris February 2016

Fuelling for Performance at Glaxo Smith Kline April 2015

Brickley G with Darren Kenny OBE (2012) Physiology of Elite Paralympic Performance, Physiological Society, University of Brighton

Brickley G (2012) British Association of Sport and Exercise Science Student conference Keynote Lecture.

Brickley, G. (2011). Smart talk lecture on Paralympics to British Embassy in Beijing, China

Brickley, G. (2010) Current research in Chelsea School, University Ambassadors meeting, University of Brighton

Brickley G. (2010) Preparing for the Beijing Games. University of Kent, Cycling symposium

Brickley G. (2009) Recovery strategies. British Paralympic Association conference, Loughborough

Brickley G. (2008) Beijing Gold. Sport and business in the community. University of Brighton.

Brickley G and Williams CA. (2007) Critical power in health and disease. University of Brighton Interreg symposium March 2007

Jones, A.J. and Brickley, G. (2004) Critical power: Deriving meaning from the models, European Congress on Sports Science

Australian conference of sport and exercise science – April 2004

Optimising conditioning and performance in athletes with cerebral palsy

British Paralympic Association – Cerebral Palsy Sports Science Support. Loughborough March 2003

Science in Sport exhibition Manchester Feb 2000, Speaking on ‘Cycling ergometry with Elite Cyclists’

Tapering for the Paralympics, Gold Coast, Australia, April 2000

University of Glamorgan ‘British success in the Olympics’ 2000

**CURRENT RESEARCH INTERESTS**

* Exercise cardiology
* Physical activity in special populations
* Exercise prescription and testing
* Intermittent exercise and team sports
* Ergogenic aids and nutrition
* Training theory
* Critical power concept

**GENERAL INTERESTS**

I enjoy open water swimming and I am a member of the British Long Distance Swimming Association. In August 2016 I swam the English Channel solo in a time of 11 hour 47 minutes current British over 50 record holder. In July 2010, I swam the English channel as part of a 3 man team in 11 hours and 21 min, raising £1,000 for the Sussex Air Ambulance. In 2011 I completed a 24 hour swimming challenge swimming 1 mile every hour for 24 hours, in 2015 I swam the 26.4km Lake Zurich in 8 hour 21 min coming 2nd in the World Masters category. I also enjoy surfing, spearfishing and stand up paddle boarding.