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Research Interests

My research interests currently reside in six areas: 1) Chronobiology and sleep science 2) Factors influencing athletic performance 3) Human performance evaluation 4) Weight regulation and weight category Sports 5) Environmental Physiology 6) Training methodology.

Employment

Professor

Department of Physical Education & Sport Sciences
Faculty of Education & Health Sciences
28 Apr 1993 → present

Professor

Health Research Institute
Ireland
28 Apr 1993 → present

Professor

Sports and Human Performance Research Centre
28 Apr 1993 → present

Research outputs

“There's no quick fix!” Factors influencing rapid weight loss practices in Irish horseracing and the potential scope for change

O'Neill, D., Warrington, G., King, L., Pugh, J., McGoldrick, A., O'Connor, S. & Cullen, S. J., Jun 2025, In: SSM - Qualitative Research in Health. 7, 100520.

A Silent Injury - Breast Pain And Injury Among Female Rugby Union Players

Bibby, K., Comyns, T. M., Cahalan, R., Warrington, G. D., Purtill, H. & Kenny, I. C., Oct 2024, In: Medicine and Science in Sports and Exercise. 56, 10, p. 267-267 1 p.

Measurement of energy availability in highly trained male endurance athletes and examination of its associations with bone health and endocrine function

McGuire, A., Warrington, G., Walsh, A., Byrne, T. & Doyle, L., Oct 2024, In: European Journal of Nutrition. 63, 7, p. 2655-2665 11 p.

Elite athletes' and support staffs' experiences and perceptions of long-haul travel, and the self-management strategies they use

Rossiter, A., Comyns, T. M., Sherwin, I., Nevill, A. M. & Warrington, G. D., Apr 2024, In: International Journal of Sports Science and Coaching. 19, 2, p. 698-709 12 p.

The behavioural determinants of weight-making in weight-category sports: A narrative review

Noonan-Holohan, S., Cullen, S. J., Dunne, A., Warrington, G., Fitzpatrick, P., Pugh, J., McGoldrick, A. & Losty, C., Feb 2024, In: Performance Enhancement and Health. 12, 1, 100273.

Coaches of youth field sports as delivery agents of injury prevention programmes: how are we training the trainers? A scoping review

Guilfoyle, L., Kenny, I. C., O'Sullivan, K., Campbell, M. J., Warrington, G. D., Glynn, L. G. & Comyns, T., 12 Jan 2024, In: British Journal of Sports Medicine. 58, 3, p. 144-154 11 p.

Dual career in the workplace: co-creation of a conceptual framework by employers and employee-sportspersons incorporating corporate social responsibility and brand alignment

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Sleep & Nutrition for Athletes. The Nutrition Society, Scottish Section Conference 2024

Doherty, R., Madigan, S., Warrington, G. & Ellis, J., 2024, (Accepted/In press) In: Proceedings of the Nutrition Society.

The impact of long haul travel on the sleep of elite athletes

Doherty, R., Madigan, S. M., Nevill, A., Warrington, G. & Ellis, J. G., Nov 2023, In: Neurobiology of Sleep and Circadian Rhythms. 15, 100102.

Characteristics Of Injury In Rugby Union On Artificial And Natural Playing Surfaces

Kenny, I. C., Billingham, T., Dolan, P., Cahalan, R., Warrington, G. D., Yeomans, C., Glynn, L. G., Campbell, M. J., Lyons, M., Harrison, A. J., Purtill, H., Mulvihill, J. J. & Comyns, T. M., Sep 2023, In: Medicine and Science in Sports and Exercise. 55, 9, p. 76-76 1 p.

Characteristics Of Training Injuries In School-boy Rugby Union In Ireland

Warrington, G. D., Kenny, I. C., Leahy, T., Cahalan, R., Campbell, M. J., Lyons, M., Harrison, A. J., Purthill, H. & Comyns, T. M., Sep 2023, In: Medicine and Science in Sports and Exercise. 55, 9, p. 80-80 1 p.

The Effects of High-Repetition Strength Training on Performance in Competitive Endurance Athletes: A Systematic Review and Meta-Analysis

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Barriers and Facilitators to Help-Seeking for Mental Health Difficulties Among Professional Jockeys in Ireland

King, L., Cullen, S., McArdle, J., McGoldrick, A., Pugh, J., Warrington, G. & Losty, C., Jun 2023, In: Journal of Clinical Sport Psychology. 17, 2, p. 189-209 21 p.

Prevalence of low energy availability and associations with seasonal changes in salivary hormones and IgA in elite male Gaelic footballers

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Doherty, R., Madigan, S., Nevill, A., Warrington, G. & Ellis, J. G., May 2023, In: Nutrients. 15, 10, 2274.

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Injury Trends for School Rugby Union in Ireland: The Need for Position-specific Injury-prevention Programs

Leahy, T. M., Kenny, I. C., Campbell, M. J., Warrington, G. D., Purtill, H., Cahalan, R., Comyns, T. M., Harrison, A. J., Lyons, M., Glynn, L. G. & O'Sullivan, K., 1 Jan 2023, In: Sports Health. 15, 1, p. 131-141 11 p.

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McGuire, A., Warrington, G. & Doyle, L., 2023, In: Science and Medicine in Football. 7, 1, p. 1-7 7 p.

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Dunne, A., O'Neill, C., Warrington, G., Rackard, G. & Cullen, S. J., Dec 2022, In: *Sport Sciences for Health*. 18, 4, p. 1263-1272 10 p.

Effects of Long-Haul Travel on Recovery and Performance in Elite Athletes: A Systematic Review

Rossiter, A., Warrington, G. D. & Comyns, T. M., 1 Nov 2022, In: *Journal of Strength and Conditioning Research*. 36, 11, p. 3234-3245 12 p.

Physical Preparation Strategies of Professional Jockeys

Kiely, M., Warrington, G., McGoldrick, A. & Cullen, S., 1 Nov 2022, In: *Journal of Strength and Conditioning Research*. 36, 11, p. 3184-3189 6 p.

The Association Between Training Load Indices and Injuries in Elite Soccer Players

Tiernan, C., Comyns, T., Lyons, M., Nevill, A. M. & Warrington, G., 1 Nov 2022, In: *Journal of Strength and Conditioning Research*. 36, 11, p. 3143-3150 8 p.

Effect of long-haul transmeridian travel on recovery and performance in international level swimmers

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Development of an Online Multilingual Educational Programme for Parents of Dual-Career Athletes: A Participatory Design

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Injury Trends in Irish Amateur Rugby: An Epidemiological Comparison of Men and Women

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Collective conceptualization of parental support of dual career athletes: The EMPATIA framework

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Mental health difficulties among professional jockeys: A narrative review

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The sleep and recovery practices of athletes

Doherty, R., Madigan, S. M., Nevill, A., Warrington, G. & Ellis, J. G., Apr 2021, In: Nutrients. 13, 4, 1330.

Parents about parenting dual career athletes: A systematic literature review.

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Understanding the educational needs of parenting athletes involved in sport and education: The parents' view

Gjaka, M., Tessitore, A., Blondel, L., Bozzano, E., Burlot, F., Debois, N., Delon, D., Figueiredo, A., Foerster, J., Gonçalves, C., Guidotti, F., Pesce, C., Pišl, A., Rheinisch, E., Rolo, A., Ryan, G., Templett, A., Varga, K., Warrington, G. & Capranica, L. & 2 others, MacDonncha, C. & Doupona, M., Jan 2021, In: PLoS ONE. 16, 1 January, e0243354.

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Epidemiology of Shoulder Injuries in Schoolboy Rugby Union in Ireland

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Injuries outside of horseracing: is it time to focus on injury prevention of jockeys outside of races?

O'Connor, S., Warrington, G., O'Brien, S., McDermott, E., McGoldrick, A., Pugh, J. & Cullen, S. J., 2021, In: Physician and Sportsmedicine. 49, 1, p. 45-50 6 p.

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Physical and lifestyle factors influencing bone density in jockeys: A comprehensive update of the bone density status of Irish jockeys: A comprehensive update of the bone density status of Irish jockeys

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The Epidemiology of Shoulder Injuries in Irish Schoolboy Rugby Union

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Focus of attention for diagnostic testing of the force-velocity curve

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