

Ronald J Maughan

List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/6052760/publications.pdf>

Version: 2024-02-01

133
papers

9,622
citations

46918

47
h-index

38300

95
g-index

137
all docs

137
docs citations

137
times ranked

6588
citing authors

#	ARTICLE	IF	CITATIONS
1	Exercise and Fluid Replacement. <i>Medicine and Science in Sports and Exercise</i> , 2007, 39, 377-390.	0.2	1,397
2	Effects of ambient temperature on the capacity to perform prolonged cycle exercise in man. <i>Medicine and Science in Sports and Exercise</i> , 1997, 29, 1240-1249.	0.2	543
3	IOC consensus statement: dietary supplements and the high-performance athlete. <i>British Journal of Sports Medicine</i> , 2018, 52, 439-455.	3.1	482
4	Current Status of Body Composition Assessment in Sport. <i>Sports Medicine</i> , 2012, 42, 227-249.	3.1	395
5	A simple, rapid method for the determination of glucose, lactate, pyruvate, alanine, 3-hydroxybutyrate and acetoacetate on a single 20- μ l blood sample. <i>Clinica Chimica Acta</i> , 1982, 122, 231-240.	0.5	284
6	Post-exercise rehydration in man: effects of volume consumed and drink sodium content. <i>Medicine and Science in Sports and Exercise</i> , 1996, 28, 1260-1271.	0.2	252
7	How to minimise the health risks to athletes who compete in weight-sensitive sports review and position statement on behalf of the Ad Hoc Research Working Group on Body Composition, Health and Performance, under the auspices of the IOC Medical Commission. <i>British Journal of Sports Medicine</i> , 2013, 47, 1012-1022.	3.1	234
8	Errors in the estimation of hydration status from changes in body mass. <i>Journal of Sports Sciences</i> , 2007, 25, 797-804.	1.0	224
9	Blood antioxidant status and erythrocyte lipid peroxidation following distance running. <i>Archives of Biochemistry and Biophysics</i> , 1990, 282, 78-83.	1.4	220
10	The use of dietary supplements by athletes. <i>Journal of Sports Sciences</i> , 2007, 25, S103-S113.	1.0	214
11	Statement of the Second International Exercise-Associated Hyponatremia Consensus Development Conference, New Zealand, 2007. <i>Clinical Journal of Sport Medicine</i> , 2008, 18, 111-121.	0.9	202
12	Requirements for ethics approvals. <i>Journal of Sports Sciences</i> , 2009, 27, 985-985.	1.0	197
13	Dietary supplements. <i>Journal of Sports Sciences</i> , 2004, 22, 95-113.	1.0	171
14	Delayed-onset muscle damage and lipid peroxidation in man after a downhill run. <i>Muscle and Nerve</i> , 1989, 12, 332-336.	1.0	165
15	Urine osmolality and conductivity as indices of hydration status in athletes in the heat. <i>Medicine and Science in Sports and Exercise</i> , 1998, 30, 1598-1602.	0.2	163
16	Statement of the Third International Exercise-Associated Hyponatremia Consensus Development Conference, Carlsbad, California, 2015. <i>Clinical Journal of Sport Medicine</i> , 2015, 25, 303-320.	0.9	161
17	Milk as an effective post-exercise rehydration drink. <i>British Journal of Nutrition</i> , 2007, 98, 173-180.	1.2	147
18	Influence of relative humidity on prolonged exercise capacity in a warm environment. <i>European Journal of Applied Physiology</i> , 2012, 112, 2313-2321.	1.2	136

#	ARTICLE	IF	CITATIONS
19	Cold Drink Ingestion Improves Exercise Endurance Capacity in the Heat. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, 1637-1644.	0.2	133
20	Fluid and Electrolyte Intake and Loss in Elite Soccer Players during Training. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2004, 14, 333-346.	1.0	132
21	Development of Individual Hydration Strategies for Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2008, 18, 457-472.	1.0	130
22	Body composition for health and performance: a survey of body composition assessment practice carried out by the Ad Hoc Research Working Group on Body Composition, Health and Performance under the auspices of the IOC Medical Commission. <i>British Journal of Sports Medicine</i> , 2013, 47, 1044-1053.	3.1	109
23	A simple one-step enzymatic fluorometric method for the determination of glycerol in 20 μ l of plasma. <i>Clinica Chimica Acta</i> , 1983, 132, 173-179.	0.5	105
24	The pathophysiology of fluid and electrolyte balance in the older adult surgical patient. <i>Clinical Nutrition</i> , 2014, 33, 6-13.	2.3	103
25	Hydration and outcome in older patients admitted to hospital (The HOOP prospective cohort study). <i>Age and Ageing</i> , 2015, 44, 943-947.	0.7	102
26	Nutrition for power sports: Middle-distance running, track cycling, rowing, canoeing/kayaking, and swimming. <i>Journal of Sports Sciences</i> , 2011, 29, S79-S89.	1.0	88
27	A randomized trial to assess the potential of different beverages to affect hydration status: development of a beverage hydration index. <i>American Journal of Clinical Nutrition</i> , 2016, 103, 717-723.	2.2	87
28	A comparison of the effects of milk and a carbohydrate-electrolyte drink on the restoration of fluid balance and exercise capacity in a hot, humid environment. <i>European Journal of Applied Physiology</i> , 2008, 104, 633-642.	1.2	82
29	Statement of the 3rd International Exercise-Associated Hyponatremia Consensus Development Conference, Carlsbad, California, 2015. <i>British Journal of Sports Medicine</i> , 2015, 49, 1432-1446.	3.1	82
30	Water Balance and Salt Losses in Competitive Football. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2007, 17, 583-594.	1.0	77
31	Postexercise rehydration in man: The effects of osmolality and carbohydrate content of ingested drinks. <i>Nutrition</i> , 2009, 25, 905-913.	1.1	74
32	Subcutaneous fat patterning in athletes: selection of appropriate sites and standardisation of a novel ultrasound measurement technique: ad hoc working group on body composition, health and performance, under the auspices of the IOC Medical Commission. <i>British Journal of Sports Medicine</i> , 2016, 50, 45-54.	3.1	72
33	Effect of intermittent high-intensity exercise on gastric emptying in man. <i>Medicine and Science in Sports and Exercise</i> , 2001, 33, 1270-1278.	0.2	69
34	The effect of acute branched-chain amino acid supplementation on prolonged exercise capacity in a warm environment. <i>European Journal of Applied Physiology</i> , 2004, 93, 306-314.	1.2	69
35	Rehydration with drinks differing in sodium concentration and recovery from moderate exercise-induced hypohydration in man. <i>European Journal of Applied Physiology</i> , 2008, 103, 585-594.	1.2	68
36	Body composition in sport: a comparison of a novel ultrasound imaging technique to measure subcutaneous fat tissue compared with skinfold measurement. <i>British Journal of Sports Medicine</i> , 2013, 47, 1028-1035.	3.1	67

#	ARTICLE	IF	CITATIONS
37	Creatine Supplementation and Exercise Performance. <i>International Journal of Sport Nutrition</i> , 1995, 5, 94-101.	1.6	66
38	The implications of Ramadan fasting for human health and well-being. <i>Journal of Sports Sciences</i> , 2012, 30, S9-S19.	1.0	64
39	Physique and performance for track and field events. <i>Journal of Sports Sciences</i> , 2007, 25, S49-S60.	1.0	61
40	Quality Assurance Issues in the Use of Dietary Supplements, with Special Reference to Protein Supplements. <i>Journal of Nutrition</i> , 2013, 143, 1843S-1847S.	1.3	60
41	The influence of serial feeding of drinks at different temperatures on thermoregulatory responses during cycling. <i>Journal of Sports Sciences</i> , 2008, 26, 583-590.	1.0	56
42	Mild hypohydration increases the frequency of driver errors during a prolonged, monotonous driving task. <i>Physiology and Behavior</i> , 2015, 147, 313-318.	1.0	52
43	The Governor has a sweet tooth – Mouth sensing of nutrients to enhance sports performance. <i>European Journal of Sport Science</i> , 2015, 15, 29-40.	1.4	51
44	Dietary intake and body composition of football players during the holy month of Ramadan. <i>Journal of Sports Sciences</i> , 2008, 26, S29-S38.	1.0	50
45	Hydration Status and the Diuretic Action of a Small Dose of Alcohol. <i>Alcohol and Alcoholism</i> , 2010, 45, 366-373.	0.9	50
46	Nutrition for sports performance: issues and opportunities. <i>Proceedings of the Nutrition Society</i> , 2012, 71, 112-119.	0.4	50
47	The Effect of Intermittent High-Intensity Running on Gastric Emptying of Fluids in Man. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, 240-247.	0.2	49
48	Alteration of subjective feelings in football players undertaking their usual training and match schedule during the Ramadan fast. <i>Journal of Sports Sciences</i> , 2008, 26, S55-S69.	1.0	49
49	Effects of solar radiation on endurance exercise capacity in a hot environment. <i>European Journal of Applied Physiology</i> , 2016, 116, 769-779.	1.2	49
50	Hydration, morbidity, and mortality in vulnerable populations. <i>Nutrition Reviews</i> , 2012, 70, S152-S155.	2.6	48
51	Gastric emptying and fluid availability after ingestion of glucose and soy protein hydrolysate solutions in man. <i>Experimental Physiology</i> , 2004, 89, 101-108.	0.9	47
52	Effect of Ramadan fasting on some biochemical and haematological parameters in Tunisian youth soccer players undertaking their usual training and competition schedule. <i>Journal of Sports Sciences</i> , 2008, 26, S39-S46.	1.0	47
53	Limitations to Fluid Replacement During Exercise. <i>Applied Physiology, Nutrition, and Metabolism</i> , 1999, 24, 173-187.	1.7	45
54	Exercise in the Heat. <i>Medicine and Science in Sports and Exercise</i> , 2006, 38, 2118-2124.	0.2	42

#	ARTICLE	IF	CITATIONS
55	Water and salt balance in young male football players in training during the holy month of Ramadan. <i>Journal of Sports Sciences</i> , 2008, 26, S47-S54.	1.0	42
56	Body composition in sport: interobserver reliability of a novel ultrasound measure of subcutaneous fat tissue. <i>British Journal of Sports Medicine</i> , 2013, 47, 1036-1043.	3.1	42
57	Muscle Cramping During Exercise: Causes, Solutions, and Questions Remaining. <i>Sports Medicine</i> , 2019, 49, 115-124.	3.1	41
58	Heat and Cold. <i>Sports Medicine</i> , 2007, 37, 396-399.	3.1	40
59	Metabolic profiling of human saliva before and after induced physiological stress by ultra-high performance liquid chromatography-ion mobility-mass spectrometry. <i>Metabolomics</i> , 2013, 9, 1192-1201.	1.4	40
60	The effects of substrate and fluid provision on thermoregulatory and metabolic responses to prolonged exercise in a hot environment. <i>Journal of Sports Sciences</i> , 2000, 18, 339-351.	1.0	38
61	Considerations in the Use of Body Mass Change to Estimate Change in Hydration Status During a 161-kilometer Ultramarathon Running Competition. <i>Sports Medicine</i> , 2018, 48, 243-250.	3.1	38
62	Plasma high density lipoprotein subfractions in subjects with different coronary risk indices as assessed by plasma lipoprotein concentrations. <i>Atherosclerosis</i> , 1988, 70, 165-169.	0.4	36
63	Tyrosine Supplementation Does Not Influence the Capacity to Perform Prolonged Exercise in a Warm Environment. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2012, 22, 363-373.	1.0	36
64	Exercise Metabolism: Historical Perspective. <i>Cell Metabolism</i> , 2015, 22, 12-17.	7.2	36
65	Gastric emptying of a carbohydrate-electrolyte drink during a soccer match. <i>Medicine and Science in Sports and Exercise</i> , 2001, 33, 1932-1938.	0.2	34
66	Water and Salt Balance of Well-Trained Swimmers in Training. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2009, 19, 598-606.	1.0	34
67	Effect of Resistance Training During Ramadan on Body Composition and Markers of Renal Function, Metabolism, Inflammation, and Immunity in Recreational Bodybuilders. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2012, 22, 267-275.	1.0	33
68	Increased fat availability enhances the capacity of trained individuals to perform prolonged exercise. <i>Medicine and Science in Sports and Exercise</i> , 1999, 31, 1570.	0.2	33
69	Effect of fed- versus fasted state resistance training during Ramadan on body composition and selected metabolic parameters in bodybuilders. <i>Journal of the International Society of Sports Nutrition</i> , 2013, 10, 23.	1.7	32
70	Exercise-induced muscle damage: effects of light exercise on damaged muscle. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1992, 64, 350-353.	1.2	31
71	Nutrition and hydration concerns of the female football player. <i>British Journal of Sports Medicine</i> , 2007, 41, i60-i63.	3.1	29
72	Postexercise rehydration in man: the effects of carbohydrate content and osmolality of drinks ingested ad libitum. <i>Applied Physiology, Nutrition and Metabolism</i> , 2009, 34, 785-793.	0.9	29

#	ARTICLE	IF	CITATIONS
73	Exercise Capacity in the Heat is Greater in the Morning than in the Evening in Man. <i>Medicine and Science in Sports and Exercise</i> , 2009, 41, 174-180.	0.2	29
74	Effect of Exercise and Heat-Induced Hypohydration on Brain Volume. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 2197-2204.	0.2	29
75	Acute effects of ingesting glucose solutions on blood and plasma volume. <i>British Journal of Nutrition</i> , 2009, 101, 1503.	1.2	28
76	Effects of milk ingestion on prolonged exercise capacity in young, healthy men. <i>Nutrition</i> , 2008, 24, 340-347.	1.1	27
77	Urinary Nandrolone Metabolite Detection after Ingestion of a Nandrolone Precursor. <i>Medicine and Science in Sports and Exercise</i> , 2009, 41, 766-772.	0.2	27
78	Air velocity influences thermoregulation and endurance exercise capacity in the heat. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018, 43, 131-138.	0.9	27
79	The acute effect of prolonged walking and dietary changes on plasma lipoprotein concentrations and high-density lipoprotein subfractions. <i>Metabolism: Clinical and Experimental</i> , 1988, 37, 535-541.	1.5	26
80	Effects of Four Weeks L-Carnitine L-tartrate Ingestion on Substrate Utilization during Prolonged Exercise. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2005, 15, 665-679.	1.0	26
81	Practical Nutritional Recommendations for the Athlete. <i>Nestle Nutrition Institute Workshop Series</i> , 2011, 69, 131-150.	1.5	26
82	The hormonal response to a d-fenfluramine challenge in trained and sedentary men. <i>Medicine and Science in Sports and Exercise</i> , 1999, 31, 547-553.	0.2	26
83	“Food First but Not Always Food Only” Recommendations for Using Dietary Supplements in Sport. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2022, 32, 371-386.	1.0	26
84	Carbohydrate, Protein, and Fat Metabolism during Exercise after Oral Carnitine Supplementation in Humans. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2008, 18, 567-584.	1.0	24
85	The need for a novel approach to measure body composition: is ultrasound an answer?. <i>British Journal of Sports Medicine</i> , 2013, 47, 1001-1002.	3.1	24
86	Implications of active lifestyles and environmental factors for water needs and consequences of failure to meet those needs. <i>Nutrition Reviews</i> , 2015, 73, 130-140.	2.6	23
87	Exposure to high solar radiation reduces self-regulated exercise intensity in the heat outdoors. <i>Physiology and Behavior</i> , 2019, 199, 191-199.	1.0	23
88	Relative Body Weight and Standardised Brightness-Mode Ultrasound Measurement of Subcutaneous Fat in Athletes: An International Multicentre Reliability Study, Under the Auspices of the IOC Medical Commission. <i>Sports Medicine</i> , 2020, 50, 597-614.	3.1	23
89	PASSCLAIM - Physical performance and fitness. <i>European Journal of Nutrition</i> , 2003, 42, 1-1.	1.8	22
90	Serotonin _{2C} Receptor Blockade and Thermoregulation during Exercise in the Heat. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, 389-394.	0.2	21

#	ARTICLE	IF	CITATIONS
91	Achieving optimum sports performance during Ramadan: Some practical recommendations. <i>Journal of Sports Sciences</i> , 2012, 30, S109-S117.	1.0	21
92	Exogenous carbohydrate oxidation from drinks ingested during prolonged exercise in a cold environment in humans. <i>Journal of Applied Physiology</i> , 2001, 91, 654-660.	1.2	20
93	The F-MARC study on Ramadan and football: Research design, population, and environmental conditions. <i>Journal of Sports Sciences</i> , 2008, 26, S7-S13.	1.0	19
94	IOC Consensus Conference on Nutrition in Sport, 25-27 October 2010, International Olympic Committee, Lausanne, Switzerland. <i>Journal of Sports Sciences</i> , 2011, 29, S1-S1.	1.0	18
95	Effects of Exercise Intensity and Altered Substrate Availability on Cardiovascular and Metabolic Responses to Exercise After Oral Carnitine Supplementation in Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2011, 21, 385-397.	1.0	18
96	Combined walking exercise and alkali therapy in patients with CKD4 regulates intramuscular free amino acid pools and ubiquitin E3 ligase expression. <i>European Journal of Applied Physiology</i> , 2013, 113, 2111-2124.	1.2	18
97	Artifacts in Plasma Volume Changes due to Hematology Analyzer-Derived Hematocrit. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 52-59.	0.2	17
98	A simple enzymatic fluorimetric method for the determination of branched-chain l-amino acids in microlitre volumes of plasma. <i>Clinica Chimica Acta</i> , 1987, 166, 163-169.	0.5	15
99	The effects of repeated ingestion of high and low glucose-electrolyte solutions on gastric emptying and blood H^{+} concentration after an overnight fast. <i>British Journal of Nutrition</i> , 2011, 106, 1732-1739.	1.2	15
100	Exercise in the heat: Strategies to minimize the adverse effects on performance. <i>Journal of Sports Sciences</i> , 1995, 13, S55-S62.	1.0	14
101	Investigating the associations between hydration and exercise performance: methodology and limitations. <i>Nutrition Reviews</i> , 2012, 70, S128-S131.	2.6	14
102	Effect of Dilute CHO Beverages on Performance in Cool and Warm Environments. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 336-343.	0.2	13
103	Evidence-based evaluation of potential benefits and safety of beta-alanine supplementation for military personnel. <i>Nutrition Reviews</i> , 2014, 72, 217-225.	2.6	13
104	Food and Fluid Intake During Exercise. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2001, 26, S71-S78.	1.7	11
105	Comparison of Water Turnover Rates in Young Swimmers in Training and Age-Matched Non-Training Individuals. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2004, 14, 347-357.	1.0	11
106	Hematological Status of Male Runners in Relation to the Extent of Physical Training. <i>International Journal of Sport Nutrition</i> , 1992, 2, 366-375.	1.6	10
107	Exercise in the Heat: Limitations to Performance and the Impact of Fluid Replacement Strategies. Introduction to the Symposium. <i>Applied Physiology, Nutrition, and Metabolism</i> , 1999, 24, 149-151.	1.7	10
108	Short-term dietary supplementation with fructose accelerates gastric emptying of a fructose but not a glucose solution. <i>Nutrition</i> , 2014, 30, 1344-1348.	1.1	10

#	ARTICLE	IF	CITATIONS
109	A Pilot Study Investigating the Influence of Glucagon-Like Peptide-1 Receptor Single Nucleotide Polymorphisms on Gastric Emptying Rate in Caucasian Men. <i>Frontiers in Physiology</i> , 2018, 9, 1331.	1.3	10
110	A simple enzymatic fluorimetric method for the determination of triglycerides in 10 μ l of serum. <i>Clinica Chimica Acta</i> , 1986, 156, 97-103.	0.5	9
111	A spurious correlation. <i>Journal of Applied Physiology</i> , 2004, 97, 792-793.	1.2	8
112	Combined effects of solar radiation and airflow on endurance exercise capacity in the heat. <i>Physiology and Behavior</i> , 2021, 229, 113264.	1.0	8
113	Effect of Bicarbonate or Base Precursor on Water and Solute Absorption from a Glucose-Electrolyte Solution in the Human Jejunum. <i>Digestion</i> , 1988, 41, 39-45.	1.2	7
114	Acute tryptophan depletion does not improve endurance cycling capacity in a warm environment. <i>Amino Acids</i> , 2013, 44, 983-991.	1.2	7
115	Influence of Delivery Mode on the Urinary Excretion of Nandrolone Metabolites. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 754-761.	0.2	6
116	Whole Blood and Red Cell ATP Content in Patients With Peripheral Vascular Disease: The Effect of Cigarette Smoking and Oxpentifylline. <i>Angiology</i> , 1984, 35, 628-632.	0.8	4
117	Legal Ergogenic Aids?. <i>Current Sports Medicine Reports</i> , 2009, 8, 165-166.	0.5	3
118	Ramadan and football. <i>Journal of Sports Sciences</i> , 2012, 30, S1-S1.	1.0	3
119	The IOC Diploma programme in sports medicine. <i>British Journal of Sports Medicine</i> , 2013, 47, 812-812.	3.1	3
120	Introduction to the European Hydration Institute's Expert Conference on Human Hydration, Health, and Performance. <i>Nutrition Reviews</i> , 2015, 73, 55-56.	2.6	2
121	The IOC Diploma programme in sports physiotherapy. <i>British Journal of Sports Medicine</i> , 2015, 49, 424-424.	3.1	2
122	A Catecholamine Precursor Does Not Influence Exercise Performance in Warm Conditions. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 536-542.	0.2	2
123	Fatigue as a limitation to performance. <i>Experimental Physiology</i> , 2021, 106, 2291-2293.	0.9	2
124	Competing in the Ramadan fasted state: for spirituality, health and performance. <i>British Journal of Sports Medicine</i> , 2022, 56, 1001-1002.	3.1	2
125	Changes in plasma lecithin: cholesterol acyltransferase activity during aerobic exercise. <i>Biochemical Society Transactions</i> , 1986, 14, 1094-1095.	1.6	1
126	Drink Temperature And Thermoregulatory Responses During Prolonged Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, S28.	0.2	1

#	ARTICLE	IF	CITATIONS
127	Changes in the relative proportions of creatine kinase-MM isoforms following eccentric exercise. Biochemical Society Transactions, 1987, 15, 1178-1179.	1.6	0
128	Effect of different levels of exercise training on plasma high-density lipoprotein subfractions. Biochemical Society Transactions, 1990, 18, 331-331.	1.6	0
129	HDL Cholesterol concentrations in healthy volunteers. Biochemical Society Transactions, 1994, 22, 437S-437S.	1.6	0
130	Muscle protein release following down hill walking. Biochemical Society Transactions, 1996, 24, 318S-318S.	1.6	0
131	Sports nutrition: what is it?. Nutrition, 2001, 17, 270.	1.1	0
132	Expanding Our Publication Schedule. International Journal of Sport Nutrition and Exercise Metabolism, 2004, 14, 1.	1.0	0
133	Exercise and Sports. World Review of Nutrition and Dietetics, 2014, 111, 71-75.	0.1	0