

Ronald J Maughan

List of Publications by Year in Descending Order

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

125
papers

7,381
citations

42
h-index

84
g-index

137
ext. papers

8,268
ext. citations

4.3
avg, IF

5.97
L-index

#	Paper	IF	Citations
125	"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 , 1-16	4.4	2
124	Combined effects of solar radiation and airflow on endurance exercise capacity in the heat. <i>Physiology and Behavior</i> , 2021 , 229, 113264	3.5	1
123	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	10.6	13
122	Muscle Cramping During Exercise: Causes, Solutions, and Questions Remaining. <i>Sports Medicine</i> , 2019 , 49, 115-124	10.6	17
121	Exposure to high solar radiation reduces self-regulated exercise intensity in the heat outdoors. <i>Physiology and Behavior</i> , 2019 , 199, 191-199	3.5	16
120	IOC consensus statement: dietary supplements and the high-performance athlete. <i>British Journal of Sports Medicine</i> , 2018 , 52, 439-455	10.3	237
119	Air velocity influences thermoregulation and endurance exercise capacity in the heat. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018 , 43, 131-138	3	17
118	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	10.6	32
117	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	4.6	8
116	Energy demands of volleyball 2017 , 1-14		
115	A Catecholamine Precursor Does Not Influence Exercise Performance in Warm Conditions. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 536-42	1.2	2
114	Effects of solar radiation on endurance exercise capacity in a hot environment. <i>European Journal of Applied Physiology</i> , 2016 , 116, 769-79	3.4	36
113	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	10.3	50
112	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, 717-23	7	55
111	Mild hypohydration increases the frequency of driver errors during a prolonged, monotonous driving task. <i>Physiology and Behavior</i> , 2015 , 147, 313-8	3.5	39
110	Exercise Metabolism: Historical Perspective. <i>Cell Metabolism</i> , 2015 , 22, 12-7	24.6	27
109	The IOC Diploma programme in sports physiotherapy. <i>British Journal of Sports Medicine</i> , 2015 , 49, 424-424	6.3	2

108	Statement of the 3rd International Exercise-Associated Hyponatremia Consensus Development Conference, Carlsbad, California, 2015. <i>British Journal of Sports Medicine</i> , 2015 , 49, 1432-46	10.3	64
107	Implications of active lifestyles and environmental factors for water needs and consequences of failure to meet those needs. <i>Nutrition Reviews</i> , 2015 , 73 Suppl 2, 130-40	6.4	12
106	Hydration and outcome in older patients admitted to hospital (The HOOP prospective cohort study). <i>Age and Ageing</i> , 2015 , 44, 943-7	3	71
105	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	3.9	43
104	Statement of the Third International Exercise-Associated Hyponatremia Consensus Development Conference, Carlsbad, California, 2015. <i>Clinical Journal of Sport Medicine</i> , 2015 , 25, 303-20	3.2	132
103	Introduction to the European Hydration Institute's Expert Conference on Human Hydration, Health, and Performance. <i>Nutrition Reviews</i> , 2015 , 73 Suppl 2, 55-6	6.4	1
102	Exercise and sports. <i>World Review of Nutrition and Dietetics</i> , 2015 , 111, 71-5	0.2	
101	Short-term dietary supplementation with fructose accelerates gastric emptying of a fructose but not a glucose solution. <i>Nutrition</i> , 2014 , 30, 1344-8	4.8	9
100	The pathophysiology of fluid and electrolyte balance in the older adult surgical patient. <i>Clinical Nutrition</i> , 2014 , 33, 6-13	5.9	69
99	Evidence-based evaluation of potential benefits and safety of beta-alanine supplementation for military personnel. <i>Nutrition Reviews</i> , 2014 , 72, 217-25	6.4	9
98	Artifacts in plasma volume changes due to hematology analyzer-derived hematocrit. <i>Medicine and Science in Sports and Exercise</i> , 2014 , 46, 52-9	1.2	14
97	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	4.5	23
96	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	4.7	39
95	Combined walking exercise and alkali therapy in patients with CKD4-5 regulates intramuscular free amino acid pools and ubiquitin E3 ligase expression. <i>European Journal of Applied Physiology</i> , 2013 , 113, 2111-24	3.4	12
94	Acute tryptophan depletion does not improve endurance cycling capacity in a warm environment. <i>Amino Acids</i> , 2013 , 44, 983-91	3.5	6
93	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, 1044-53	10.3	72
92	Body composition in sport: interobserver reliability of a novel ultrasound measure of subcutaneous fat tissue. <i>British Journal of Sports Medicine</i> , 2013 , 47, 1036-43	10.3	37
91	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, 1028-35	10.3	57

90	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, 1012-22	10.3	170
89	Quality assurance issues in the use of dietary supplements, with special reference to protein supplements. <i>Journal of Nutrition</i> , 2013 , 143, 1843S-1847S	4.1	46
88	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, 363-73	4.4	28
87	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, 267-75	4.4	24
86	Achieving optimum sports performance during Ramadan: some practical recommendations. <i>Journal of Sports Sciences</i> , 2012 , 30 Suppl 1, S109-17	3.6	12
85	Current status of body composition assessment in sport: review and position statement on behalf of the ad hoc research working group on body composition health and performance, under the auspices of the I.O.C. Medical Commission. <i>Sports Medicine</i> , 2012 , 42, 227-49	10.6	279
84	The implications of Ramadan fasting for human health and well-being. <i>Journal of Sports Sciences</i> , 2012 , 30 Suppl 1, S9-19	3.6	45
83	Influence of relative humidity on prolonged exercise capacity in a warm environment. <i>European Journal of Applied Physiology</i> , 2012 , 112, 2313-21	3.4	98
82	Effect of dilute CHO beverages on performance in cool and warm environments. <i>Medicine and Science in Sports and Exercise</i> , 2012 , 44, 336-43	1.2	10
81	Investigating the associations between hydration and exercise performance: methodology and limitations. <i>Nutrition Reviews</i> , 2012 , 70 Suppl 2, S128-31	6.4	11
80	Hydration, morbidity, and mortality in vulnerable populations. <i>Nutrition Reviews</i> , 2012 , 70 Suppl 2, S152-6.4	3.8	38
79	Nutrition for sports performance: issues and opportunities. <i>Proceedings of the Nutrition Society</i> , 2012 , 71, 112-9	2.9	34
78	Practical nutritional recommendations for the athlete. <i>Nestle Nutrition Institute Workshop Series</i> , 2011 , 69, 131-49	1.9	19
77	Nutrition for power sports: middle-distance running, track cycling, rowing, canoeing/kayaking, and swimming. <i>Journal of Sports Sciences</i> , 2011 , 29 Suppl 1, S79-89	3.6	67
76	The effects of repeated ingestion of high and low glucose-electrolyte solutions on gastric emptying and blood 2H ₂ O concentration after an overnight fast. <i>British Journal of Nutrition</i> , 2011 , 106, 1732-9	3.6	9
75	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, 385-97	4.4	12
74	Hydration status and the diuretic action of a small dose of alcohol. <i>Alcohol and Alcoholism</i> , 2010 , 45, 366-73	3.7	37
73	Effect of exercise and heat-induced hypohydration on brain volume. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 2197-204	1.2	24

72	Influence of delivery mode on the urinary excretion of nandrolone metabolites. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 754-61	1.2	5
71	Legal ergogenic aids?. <i>Current Sports Medicine Reports</i> , 2009 , 8, 165-6	1.9	1
70	Postexercise rehydration in man: the effects of osmolality and carbohydrate content of ingested drinks. <i>Nutrition</i> , 2009 , 25, 905-13	4.8	55
69	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, 785-93	3	24
68	Urinary nandrolone metabolite detection after ingestion of a nandrolone precursor. <i>Medicine and Science in Sports and Exercise</i> , 2009 , 41, 766-72	1.2	20
67	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, 174-80	1.2	18
66	Acute effects of ingesting glucose solutions on blood and plasma volume. <i>British Journal of Nutrition</i> , 2009 , 101, 1503-8	3.6	21
65	Water and salt balance of well-trained swimmers in training. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2009 , 19, 598-606	4.4	26
64	Effects of milk ingestion on prolonged exercise capacity in young, healthy men. <i>Nutrition</i> , 2008 , 24, 340-7.8	4.8	16
63	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 Suppl 3, S47-54	3.6	34
62	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 Suppl 3, S55-69	3.6	42
61	The F-MARC study on Ramadan and football: research design, population, and environmental conditions. <i>Journal of Sports Sciences</i> , 2008 , 26 Suppl 3, S7-13	3.6	14
60	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 Suppl 3, S39-46	3.6	31
59	The influence of serial feeding of drinks at different temperatures on thermoregulatory responses during cycling. <i>Journal of Sports Sciences</i> , 2008 , 26, 583-90	3.6	42
58	Dietary intake and body composition of football players during the holy month of Ramadan. <i>Journal of Sports Sciences</i> , 2008 , 26 Suppl 3, S29-38	3.6	39
57	Development of individual hydration strategies for athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2008 , 18, 457-72	4.4	103
56	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, 567-84	4.4	18
55	Cold drink ingestion improves exercise endurance capacity in the heat. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, 1637-44	1.2	106

54	Statement of the Second International Exercise-Associated Hyponatremia Consensus Development Conference, New Zealand, 2007. <i>Clinical Journal of Sport Medicine</i> , 2008 , 18, 111-21	3.2	167
53	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, 585-94	3.4	56
52	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, 633-42	3.4	68
51	The use of dietary supplements by athletes. <i>Journal of Sports Sciences</i> , 2007 , 25 Suppl 1, S103-13	3.6	166
50	Physique and performance for track and field events. <i>Journal of Sports Sciences</i> , 2007 , 25 Suppl 1, S49-60	3.6	44
49	Errors in the estimation of hydration status from changes in body mass. <i>Journal of Sports Sciences</i> , 2007 , 25, 797-804	3.6	181
48	Milk as an effective post-exercise rehydration drink. <i>British Journal of Nutrition</i> , 2007 , 98, 173-80	3.6	110
47	Nutrition and hydration concerns of the female football player. <i>British Journal of Sports Medicine</i> , 2007 , 41 Suppl 1, i60-3	10.3	20
46	Water balance and salt losses in competitive football. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2007 , 17, 583-94	4.4	61
45	American College of Sports Medicine position stand. Exercise and fluid replacement. <i>Medicine and Science in Sports and Exercise</i> , 2007 , 39, 377-90	1.2	1130
44	Heat and cold : what does the environment do to the marathon runner?. <i>Sports Medicine</i> , 2007 , 37, 396-9	10.6	28
43	Exercise in the heat: effect of fluid ingestion on blood-brain barrier permeability. <i>Medicine and Science in Sports and Exercise</i> , 2006 , 38, 2118-24	1.2	36
42	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, 240-7	1.2	40
41	Serotonin _{2C} receptor blockade and thermoregulation during exercise in the heat. <i>Medicine and Science in Sports and Exercise</i> , 2005 , 37, 389-94	1.2	18
40	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, 665-79	4.4	22
39	A spurious correlation. <i>Journal of Applied Physiology</i> , 2004 , 97, 792-3; author reply 793	3.7	4
38	Gastric emptying and fluid availability after ingestion of glucose and soy protein hydrolysate solutions in man. <i>Experimental Physiology</i> , 2004 , 89, 101-8	2.4	38
37	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, 306-14	3.4	61

36	Dietary supplements. <i>Journal of Sports Sciences</i> , 2004 , 22, 95-113	3.6	145
35	Fluid and electrolyte intake and loss in elite soccer players during training. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2004 , 14, 333-46	4.4	105
34	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, 347-57	4.4	4
33	PASSCLAIM - Physical performance and fitness. <i>European Journal of Nutrition</i> , 2003 , 42 Suppl 1, 150-95	5.2	12
32	Effect of intermittent high-intensity exercise on gastric emptying in man. <i>Medicine and Science in Sports and Exercise</i> , 2001 , 33, 1270-8	1.2	52
31	Sports nutrition: what is it?. <i>Nutrition</i> , 2001 , 17, 270	4.8	
30	Gastric emptying of a carbohydrate-electrolyte drink during a soccer match. <i>Medicine and Science in Sports and Exercise</i> , 2001 , 33, 1932-8	1.2	26
29	Food and fluid intake during exercise. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2001 , 26 Suppl, S71-8		7
28	Exogenous carbohydrate oxidation from drinks ingested during prolonged exercise in a cold environment in humans. <i>Journal of Applied Physiology</i> , 2001 , 91, 654-60	3.7	17
27	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, 339-51	3.6	28
26	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, 149-51		7
25	Limitations to fluid replacement during exercise. <i>Applied Physiology, Nutrition, and Metabolism</i> , 1999 , 24, 173-87		34
24	The hormonal response to a d-fenfluramine challenge in trained and sedentary men. <i>Medicine and Science in Sports and Exercise</i> , 1999 , 31, 547-53	1.2	8
23	Increased fat availability enhances the capacity of trained individuals to perform prolonged exercise. <i>Medicine and Science in Sports and Exercise</i> , 1999 , 31, 1570-9	1.2	26
22	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, 1598-602	1.2	135
21	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, 1240-9	1.2	444
20	Muscle protein release following down hill walking. <i>Biochemical Society Transactions</i> , 1996 , 24, 318S	5.1	
19	Post-exercise rehydration in man: effects of volume consumed and drink sodium content. <i>Medicine and Science in Sports and Exercise</i> , 1996 , 28, 1260-71	1.2	208

18	Exercise in the heat: strategies to minimize the adverse effects on performance. <i>Journal of Sports Sciences</i> , 1995 , 13 Spec No, S55-62	3.6	9
17	Creatine supplementation and exercise performance. <i>International Journal of Sport Nutrition</i> , 1995 , 5, 94-101		52
16	HDL cholesterol concentrations in healthy volunteers. <i>Biochemical Society Transactions</i> , 1994 , 22, 437S	5.1	
15	Hematological status of male runners in relation to the extent of physical training. <i>International Journal of Sport Nutrition</i> , 1992 , 2, 366-75		8
14	Exercise-induced muscle damage: effects of light exercise on damaged muscle. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1992 , 64, 350-3		28
13	Effect of different levels of exercise training on plasma high-density lipoprotein subfractions. <i>Biochemical Society Transactions</i> , 1990 , 18, 331	5.1	
12	Blood antioxidant status and erythrocyte lipid peroxidation following distance running. <i>Archives of Biochemistry and Biophysics</i> , 1990 , 282, 78-83	4.1	196
11	Delayed-onset muscle damage and lipid peroxidation in man after a downhill run. <i>Muscle and Nerve</i> , 1989 , 12, 332-6	3.4	149
10	Plasma high density lipoprotein subfractions in subjects with different coronary risk indices as assessed by plasma lipoprotein concentrations. <i>Atherosclerosis</i> , 1988 , 70, 165-9	3.1	33
9	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, 535-41	12.7	25
8	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	3.6	7
7	Changes in the relative proportions of creatine kinase-MM isoforms following eccentric exercise. <i>Biochemical Society Transactions</i> , 1987 , 15, 1178-1179	5.1	
6	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, 163-9	6.2	15
5	Changes in plasma lecithin: cholesterol acyltransferase activity during aerobic exercise. <i>Biochemical Society Transactions</i> , 1986 , 14, 1094-1095	5.1	1
4	A simple enzymatic fluorimetric method for the determination of triglycerides in 10 microliters of serum. <i>Clinica Chimica Acta</i> , 1986 , 156, 97-103	6.2	9
3	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, 628-32	2.1	4
2	A simple one-step enzymatic fluorometric method for the determination of glycerol in 20 microliters of plasma. <i>Clinica Chimica Acta</i> , 1983 , 132, 173-9	6.2	98
1	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, 231-40	6.2	265

