

Andrew Renfree



Senior Lecturer and Course Leader (Sport & Exercise Science) and Course Leader for MSc Applied Sport Science

Institute of Sports & Exercise Science

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Qualifications

PGCert Learning & Teaching in Higher Education

MSc Sport Science

BSc Sport Science with Biology

Teaching & Research

Professional Interests

Exercise physiology

Training for Sport

Interdisciplinary sports science

Research Interests

Integrative exercise physiology

Pacing in sport

Acid-base and sport performance

Psychophysiological regulation of muscular work

Professional Bodies

European College of Sport Sciences

Higher Education Academy

Publications

Renfree, A., Martin, L., Richards, A. and St Clair Gibson, A. (in press) All for one and one for all! Disparity between overall crew and individual rowers pacing strategies during rowing. *International Journal of Sports Physiology and Performance* 7 (4)

Renfree A, West J, Corbett M, Rhoden C, St Clair Gibson a. (2012) Complex interplay between the determinants of pacing and performance during 20km cycle time trials, *International Journal of Sports Physiology and Performance*

Thomas, G., **Renfree, A.** (2010) The effect of secret clock manipulation on 10km cycle time trial performance, *International Journal of Arts and Sciences*, 3(9), 193-202

Renfree, A., West, J., Corbett, M., Rhoden, C. (2009) Individualised RPE responses during a self-paced cycle time trial, *Sports Science Review*, 18(3), 7-26

Renfree, A (2007) The time course for changes in plasma [H+] following sodium bicarbonate ingestion, International Journal of Sports Physiology and Performance, (2) 323-326

Conference presentations

Renfree A, West J., Corbett M., Rhoden C. (2011) Greater peripheral force production capabilities and not greater central drive explain superior cycle time trial performance, paper presented at ECSS conference, Liverpool UK

Renfree, A., West, J., Corbett, M., Rhoden, C. (2010) Determinants of the 'endspurt' in self paced endurance exercise, paper presented at International Journal of the Arts and Sciences, Bad Hofgastein, Austria.

Rhoden, C., West, J., **Renfree, A.**, Corbett, M. (2010) Cup half empty? Positivity, negativity and goal expectations in sports performance: a pre- and within exercise analysis, paper presented at International Journal of the Arts and Sciences, Bad Hofgastein, Austria.

West, J., Rhoden, C., Corbett, M., **Renfree, A** (2010) Where's my head at? Motivational differences in cycle time trial performance, paper presented at International Journal of the Arts and Sciences, Bad Hofgastein, Austria.

Renfree, A., Thomas, G. (2010) The Effect Of Secret Clock Manipulation On 10km Cycle Time Trial Performance, paper presented at International Journal of the Arts and Sciences, Bad Hofgastein, Austria.

Renfree, A. (2009) The effect of NaHCO₃ ingestion on power output during exercise at a constant level of perceived exertion, paper presented at ECSS annual conference, Oslo, Norway.

Renfree, A., Gurney, T., Non-linear increase in RPE during constant load exercise to volitional exhaustion, paper presented at ECSS annual conference, Oslo, Norway.

Renfree, A (2007) Performance and ventilatory responses to incremental cycle exercise following NaHCO₃ ingestion, Paper presented at BASES conference, Bath, UK.

Magazine articles

Renfree, A. (2010) Your body can talk, Athletics weekly 65(43)

Renfree, A. (2010) Uncomplicating endurance training. Athletics Weekly 65 (47)

External Responsibilities

External Examiner at Buckingham Chilterns University

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