

Annie Lambeth-Mansell



Senior Lecturer (Sport & Exercise Science), HND Co-ordinator

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Qualifications

MSc Sports Nutrition (University of Aberdeen)
BSc Sports Science and Psychology (1st). University of Worcester
BASES Accredited Sports Scientist
SEDA

Teaching & Research

Professional Interests

Sports Nutrition
Academic Integrity
Athlete consultation

Research Interests

Physiology of Mountain Biking
Nutritional Aspects of sports performance
Pacing in endurance activities

Professional Bodies

BASES

Publications

Martin, L., **Lambeth-Mansell, A.**, Beretta-Azevedo, L., Holmes, L.A., Wright, R. and St Clair Gibson, A. (in press) Even between-lap pacing despite high within-lap variation during mountain biking. *International Journal of Sports Physiology and Performance* 7 (4)

Azevedo, L.B., **Lambeth-Mansell, A.**, Martin, L., Wright, R.L. and Holmes, L.A. (2008). Reliability of nondifferential GPS on measurement of distance and elevation on cross-country mountain bike race. Conference proceedings British Association of Sport & Exercise Science (BASES), Brunel.

L.Martin, R.Wright, **A.Lambeth**, L.Holmes and L.Azevedo (2007). Relationship between heart rate recovery and hill climbing performance in cross-country mountain biking. Conference proceedings British Association of Sport & Exercise Science (BASES), Bath

Lambeth, A., Martin, L., Azevedo, L., Holmes, L. and Wright, R (2007). The physiological determinants of performance and exercise intensity of cross country mountain bike racing. Conference proceedings European College of Sports Science (ECSS), Finland.

Martin, L., **Lambeth, A** and Scott, D. (2006). Nutritional Practices of National Female Soccer Players: Analysis and Recommendations. *Journal of Sports Science and Medicine*: 5, 130-137.

Lambeth, A. and Braddock, L. (2005). Nutritional Information and Guidelines for Soccer Players. Birmingham City FC academy brochure.

Lambeth, A. (1998). The effect of manipulating carbohydrate intake prior to running a 5km time trial. BASES Student Conference Abstract.

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