

**Name:**

Dr. Kelly Marrin

**Post Held:**

Senior Lecturer in Sport & Exercise Physiology

**Contact details:**

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**Qualifications:**

PhD "Relationships between human pineal function and thermoregulation at rest and during exercise"

MSc Sport and Exercise

Post Graduate Certificate in Higher Education Teaching and Learning (Distinction)

Post Graduate Certificate in Further and Adult Education

BSc (Hons) Sport & Exercise Science

**External Networks, Roles and Knowledge Transfer Activity**

Kelly is a British Association of Sport and Exercise Sciences (BASES) re accredited Sport and Exercise Scientist in the discipline of Physiology-Scientific Support and acts as reviewer for candidates undertaking supervised experience. She is also the institutions network representative for BASES. She is an International Scientific Advisory Board member for Serbian Journal of Sports Science and acts as a reviewer for a number of International journals.

**Membership of Professional Bodies**

British Association of Sport and Exercise Sciences

European College of Sports Sciences

American College of Sports Medicine.

**Sports Science Support and Consultancy:**

Ongoing since 2006: Welsh Hockey Union - Physiologist for the Welsh Senior Women's National Hockey squad (2007 onwards), U/21 Women's National squad Physiologist (2006-2007).

2008 & 2009: Great Britain Taekwondo (assisted Physiologist with lab and field testing)

2007-2009: Preston North End Ladies Soccer Team.

2007: Armagh Ladies Gaelic Football Team

2006: Great Britain Rugby League Squad (anthropometric assessments)

2005-2007: Scottish Women's National Water Polo Team

2004-present: Various endurance athletes

2003-2004: Great Britain Men's Dragon Boat Squad

**Research Interests:**

Kelly completed her PhD entitled "Relationships between human pineal function and thermoregulation at rest and during exercise". This reflects her main areas of research including circadian rhythms and thermoregulation. In addition to this, Kelly has conducted a number of projects relating to anthropometric and physiological characteristics of elite water polo players, based on a successful institutional research development funding bid. She has keen interest in applied sports performance with further research relating to the physiological profiling of various athletes, reliability and validity of tests, monitoring of sports performers, fatigue and intermittent team sports.

## Recent Publications & Conferences

### Peer-reviewed Book Chapters

**Marrin, K.**, & Bampouras, T.M. (2007). Anthropometric and physiological characteristics of elite female water polo players. In: *Kinanthropometry X* (Eds: Marfell-Jones, M. & Olds, T.) Oxford, Routledge p.151-163.

### Peer-reviewed Journal Articles

Jones, H., Lewis, N.C.S, Thompson, A., **Marrin, K.**, Green, D & Atkinson, G. (2012) Diurnal variation in vascular function: Role of Sleep. *Chronobiology International*. **29**(3), 271-277

Cobley, J.N. and **Marrin, K.** (2012) Vitamin E supplementation does not alter physiological performance at fixed blood lactate concentrations in trained runners. *Journal of Sports Medicine and Physical Fitness*. **52**(1), 63-70

**Marrin, K.**, Drust, B., Gregson, W., Morris, C. Chester, N. and Atkinson, G (2011) Diurnal variation in the salivary melatonin responses to exercise: relation to exercise-mediated tachycardia. *European Journal of Applied Physiology*. **111** (11), 2707-2714

Bampouras, T.M., & **Marrin, K.** (2010) Reliability of the 30-seconds crossbar jumps water polo test in female players. *Serbian Journal of Sports Sciences*. **4** (2), 61-67

Morris, C., Atkinson, G., Drust, B., **Marrin, K.**, & Gregson, W. (2009) Human core temperature responses during exercise and subsequent recovery: a practically-important interaction between diurnal variation and measurement site. *Chronobiology International*. **26**(3): 560-575

Jones, P., Bampouras, T., & **Marrin, K.** (2009) Physical determinants of change of direction speed. *Journal of Sports Medicine and Physical Fitness*. **49**: 97-104.

Bampouras, T.M., & **Marrin, K.** (2009) Comparison of two anaerobic water polo specific tests to the Wingate test. *Journal of Strength and Conditioning Research*. **23** (1): 336 - 340

**Marrin, K.**, & Bampouras, T.M. (2008). Anthropometric and physiological changes of elite female water polo players during a training year. *Serbian Journal of Sports Sciences*. **2** (3). 75-83.

### Peer-reviewed Abstracts

**Marrin, K.**, Drust B., Gregson, W., and Atkinson, G. (2012). A meta-analysis of the hypothermic properties of exogenous melatonin in humans. *Medicine and Science in Sports and Exercise*, 44 5 (supplement 2012 ACSM Annual Meeting abstracts).

**Marrin, K.**, Drust, B., Gregson, W., Morris, C., Chester, N., Atkinson, G. (2010). Positive relationship between endogenous melatonin and core temperature responses to exercise, *Medicine and Science in Sports and Exercise*, 42 5 (supplement 2010 ACSM Annual Meeting abstracts), S80.

Clansey, A., Jones, P., **Marrin, K.**, & Bampouras, T.M. (2007). Changes in knee extensor strength 8 and 24 hours after 2 types of endurance exercise. *Journal of Sports Science*,

Bampouras, T.M., & Marrin, K. (2006). Validity and reliability of a commonly used water polo test: a pilot study. *Portuguese Journal of Sport Sciences*, 6, 72-73

**Marrin, K.**, & Pout, M.J. (2005). Anthropometric and physiological characteristics of elite male dragon boat paddlers. *Journal of Sports Science*, 23, 1204

Bampouras, T.M., Lees, E., & **Marrin, K.** (2005). Phase analysis of a karate side thrust kick: differences between novices and experts. *Exercise and Society: Journal of Sports Science*, 39, 207.

Bampouras, T.M., Robinson, M., & **Marrin, K.** (2005). Phase comparison of the track and grab swimming start in novices. *Exercise and Society: Journal of Sports Science*, 39, 205-206.

### Conference Proceedings

**Marrin, K.**, Drust, B., Gregson, W., Lewis, N.C., Thompson, A., Chester, N., & Atkinson, G. (2011). Diurnal variation in melatonin responses to exercise: A sleep controlled study. Presented at the *16th European College of Sports Science Congress*, Liverpool, UK.

Thompson, A., Jones, H., Chester, N., Lewis, N.C., **Marrin, K.**, & Atkinson, G. (2011). Unique effects of intermittent exercise and time of day on recovery blood pressure 'kinetics'. Presented at the *16th European College of Sports Science Congress*, Liverpool, UK.

Lewis, N.C.S, Ainslie, P., Jones, H., Thompson, A., **Marrin, K.**, & Atkinson, G. (2011). Cerebrovascular responses following head up tilt are well-maintained following intermittent exercise. Presented at the *16th European College of Sports Science Congress*, Liverpool, UK.

**Marrin, K.**, Drust, B., Gregson, W., Morris, C., Chester, N., & Atkinson, G. (2009). Melatonin responses to exercise are moderated by time of day. To be presented at the *14th European College of Sports Science Congress*, Oslo, Norway.

Gregson, W., Morris, C., Drust, B., **Marrin, K.**, & Atkinson, G. (2008). Human core temperature responses during exercise and subsequent recovery: the interaction between measurement site and time of day. Presented at the *13th European College of Sport Sciences Congress*, Estoril, Portugal.

**Marrin, K.**, & Bampouras, T.M. (2006). Physiological characteristics of elite female water polo players: changes from preparatory to competitive phase of training. Presented at the *11th European College of Sport Sciences Congress*, Lausanne, Switzerland, July 5<sup>th</sup> 2006.

Bampouras, T.M., & **Marrin, K.** (2006). Correlation of the multistage swimming shuttle test to an incremental maximum oxygen uptake protocol in female water polo players. Presented at the *14th International Congress of Physical education and Sport*, Komotini, Greece, May 19<sup>th</sup> 2006.

**Marrin, K.**, & Bampouras, T.M. (2006). Anthropometric and physiological characteristics of elite female water polo players. Presented at the *13th Commonwealth International Sport Conference*, Melbourne, Australia, March 9<sup>th</sup> 2006.

