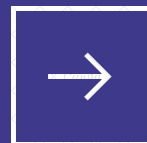


míde postgraduate research (PGR) newsletter #1: insights, updates, & opportunities

January 1st
to
August 20th



míde

www.mideresearch.com



2025



papers published:

- **Caro, C.V.**, Trow, S., Bell, Z. *et al.* The Translation of Policy to Person: **A Qualitative Analysis of Elite Athletes' Perceptions of Pregnancy in the United Kingdom.** (2025). *Sports Medicine*, 55, 1293–1306 (2025). <https://doi.org/10.1007/s40279-025-02191-9>
- **Corrigan, J.**, O'Keeffe, S., Whyte, E., O'Connor, S. (2025). **Exploring the perspectives of adolescent Ladies Gaelic Football players towards injury prevention: a qualitative study.** *Annals of Medicine*, 57 (1):2526708. <https://doi.org/10.1080/07853890.2025.2526708>
- **McColgan, A.**, Bradley, J., McKenna, O., Byrne, A., Twomey, L., Gaul, D., & Martin, D. (2024). **Investigating successful kickout performance in senior inter-county Ladies Gaelic Football.** *International Journal of Performance Analysis in Sport*, 25(3), 405–418. <https://doi.org/10.1080/24748668.2024.2416738>
- **McManus, L.**, Faria, V. S., Scriney, M., & Egan, B. (2025). **Less than 4% of participants in studies of carbohydrate-based fuelling strategies for soccer performance have been female: results from an audit of her representation.** *Science & medicine in football*, 1–12. <https://doi.org/10.1080/24733938.2025.2501809>
- **Meyler, C.**, Liston, K., & Lane, A. (2024). **A review of research on mergers of male and female national sporting organisations (NSOs).** *Managing Sport and Leisure*, 1–15. <https://doi.org/10.1080/23750472.2024.2444461>



conference presentations:

- **Anya Higgins: Small Scale study looking at Postgraduate Female Students of Sport Management.** European Association of Sport Management Conference, Budapest, Hungary (September 2025)
- **Conor Meyler: Presentation on male allyship and advocacy.** Oral Presentation. Stronger Together Sport Ireland Conference, Dublin, Ireland (May 2025)
- **Conor Meyler: Mergers between male and female sporting organisations.** Oral Presentation. British Society of Sports History Conference, Belfast, UK (August 2025)
- **Eline de Jager: Heart Rate Variability Across Menstrual Cycle Phases and Reproductive Life Stages Measured by Wearables: A Systematic Review.** Poster Presentation. International Sport & Exercise Conference, Waterford, Ireland (May 2025)
- **Glynis Gardiner: Evaluating the Effectiveness of the Gaelic4Mothers&Others Programme in Ireland: A Thematic Analysis.** Oral Presentation. Physical Education, Physical Activity and Youth Sport (PEPAYS) Ireland Forum, University College Cork (UCC), Ireland (June 2025).
- **John Corrigan: Establishing Injury Prevention Programme Guidelines for Ladies Gaelic Football Using the Delphi Method.** Poster Presentation. International Sport & Exercise Conference, Waterford, Ireland (May 2025)



conference presentations:

- **Killian Bibby: How to Develop And Assess An Education Intervention On Female Breast Health In Rugby Union: A study protocol.** Oral Presentation. International Sport & Exercise Conference, Waterford, Ireland (May 2025)
- **Laura McManus & Brendan Egan: Fuelling the female athlete: Studies on iron status and carbohydrate-based fuelling strategies.** Oral Presentation. All-Island Research Conference on Women and Girls in Sport, Exercise, Physical Activity and Health, Westmeath, Ireland (January 2025)
- **Laura McManus: Does increasing lean red meat intake improve iron status in iron-deficient physically-active females?** Oral Presentation. International Sport & Exercise Conference, Waterford, Ireland (May 2025)
- **Sarah Dillon: Exploring Teenage Girls' Preferences and Perspectives towards Physical Activity and Dance.** Oral Presentation. International Sport & Exercise Conference, Waterford, Ireland (May 2025)



outreach/media:

- **Catherine Caro:** RCSI Women's Health Research Group featured on The Irish Times media page: <https://www.irishtimes.com/business/work/2025/06/19/health-takes-a-back-seat-when-working-and-raising-young-children-we-just-get-on-with-it/>
- **Glynis Gardiner:** Delivery of a research spotlight on the topic of 'Gaelic4Mothers&Others' at the Festival of Football and Wellbeing. RTÉ Interview: <https://www.rte.ie/news/munster/2025/0726/1525522-expert-calls-for-more-investment-for-women-in-sport/>
- **John Corrigan:** Delivery of an 'Injury Prevention for Referees' webinar as part of the LGFA Match Officials Webinar Series (February 2025)

early mentorship programme:

Launching soon, this programme will match early-career researchers with experienced mentors to support the development of their academic, leadership, and networking skills.

Learn more/sign up: <https://forms.office.com/e/TxstsWcUvR>.

Deadline: 30th September 2025



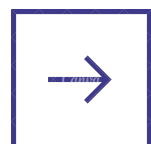
upcoming míde PGR webinar



Wednesday 8th October
10–11 am
Online event

Guest Speaker: Dr Brendan Egan (DCU)

Research snapshots: Conor Meyler (TUS), Eline de Jager (UCD), Laura McManus (DCU)



Click to register for event

https://dcu-ie.zoom.us/meeting/register/shQEg5r3SVC_LleaxLfQ0Q



upcoming events (Ireland):

FSEM 21st Annual Scientific Conference: 'Public Health & Injury Challenges – A Translational Sports & Exercise Approach'. Location: Royal College of Surgeons, Dublin. Date: 19th September 2025

HPX Nutrition Conference: 'Nutrition Through the Life Stages of the Athlete: Ages and Stages'. Location: National Sports Campus, Dublin. Date: 9th October 2025

WFATT 13th World Congress: 'Elevating and Uniting Sport Medicine'. Location: Glenroyal Hotel & Leisure Club, Maynooth, Kildare. Date: 16th–18th October 2025



upcoming events (abroad):

RAISE Global Women's Sport Conference. Location: Mary Ward House, London, UK.
Date: 17th–18th September 2025

BASEM Annual Conference: 'Celebrating SEM, Past, Present & Future'. Location:
Royal Armouries, Leeds, UK. Date: 18th–19th November 2025

International Sport & Exercise Nutrition Conference. Location: Manchester
Metropolitan University, Manchester, UK. Date: 15th–17th December 2025. Abstract
Deadline: 8th November 2025



stay in contact/get involved:



Aoife McColgan
D22127695@mytudublin.ie



Conor Melyer
A00301925@student.tus.ie



Glynis Gardiner
124106425@umail.ucc.ie



Laura McManus
laura.mcmanus23@mail.dcu.ie



Sarah Dillon
A00283850@student.tus.ie