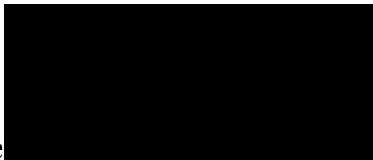


**Committee on Energy and Commerce**  
**U.S. House of Representatives**  
Witness Disclosure Requirement - "Truth in Testimony"  
Required by House Rule XI, Clause 2(g)(5)

<b>1. Your Name:</b> Richard G. McB. Budgett		
<b>2. Your Title:</b> Doctor		
<b>3. The Entity(ies) You are Representing:</b> International Olympic Committee		
<b>4. Are you testifying on behalf of the Federal, or a State or local government entity?</b>	<b>Yes</b>	<b>No</b> X
<b>5. Please list any Federal grants or contracts, or contracts or payments originating with a foreign government, that you or the entity(ies) you represent have received on or after January 1, 2015. Only grants, contracts, or payments related to the subject matter of the hearing must be listed.</b>  N/A		
<b>6. Please attach your curriculum vitae to your completed disclosure form.</b> Enclosed		

Signature



ate: 24 February 2017

**Dr. Richard G. McB. Budgett OBE**

*MA, MBBS, FRCP, FFSEM (UK& Ireland), FISM, DCH, DRCOG, Dip Sports Med*

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**Address 1 (w) International Olympic Committee**

Château de Vidy  
1007 Lausanne  
Switzerland

[REDACTED] [REDACTED]  
[REDACTED] [REDACTED]  
[REDACTED] [REDACTED]

[REDACTED] [REDACTED]  
[REDACTED] [REDACTED]  
[REDACTED] [REDACTED]

[REDACTED] [REDACTED]  
[REDACTED] [REDACTED]  
[REDACTED] [REDACTED]  
[REDACTED] [REDACTED]  
[REDACTED] [REDACTED]

**Speciality:** Sport & Exercise Medicine

**GMC No:** [REDACTED] Specialist register for Sport and Exercise Medicine since January 2011

**Education:**

1980 -1983 Clinical Training at the Middlesex Hospital Medical School

1977 - 1980 Pre-Clinical Training at Selwyn College, Cambridge University

**Examinations:**

1989 Diploma in Sports Medicine (Distinction) funded by scholarship from Smith & Nephew Foundation

1988 MRCGP Member of the Royal College of General Practitioners

- 1987 DRCOG Diploma of the Royal College of Obstetricians and Gynaecologists
- 1986 DCH Diploma in Child Health
- 1983 MA Master of Arts conversion from BA
- 1980 -1983 MBBS (London University) Bachelor of Medicine & Bachelor of Surgery  
Middlesex Hospital University of London
- 1977 - 1980 Pre-clinical training at Selwyn College, Cambridge  
BA Medical Science Tripos Part II Cambridge University

### **Fellowships & Awards :**

- July 2012 Honorary degree: University of Surrey
- May 2011 Honorary Fellowship Royal College of Physicians
- Jan 2011 CESR (Specialist Recognition) in Sport and Exercise Medicine awarded by GMC
- 2009 Fellowship: Queen Mary, University of London (graduation  
Ceremony held in June 2010)
- 2007 Fellow: The Faculty of Sports & Exercise Medicine (UK) *Royal College of Surgeons (Ed) Royal College of Physicians (London)*
- 2003 OBE - Services to sport
- 2003 Fellow: The Faculty of Sports & Exercise Medicine – *Royal College of Physicians of Ireland/Royal College of Surgeons of Ireland*
- 2000 Fellow: The Institute of Sports Medicine

### **Current Posts:**

- Oct. 2012 – present International Olympic Committee Medical and Scientific Director based in Lausanne, Switzerland.**  
*Responsible for: leading the Medical and Scientific Department at the IOC; ensuring that the organizing committees of each edition of the Olympic and Youth Olympic Games (Summer and Winter) deliver excellent medical and doping control services; planning and delivering the IOC's medical and scientific programmes, particularly injury and illness prevention, education, research (at Games and also through specific projects and consensus statements) and the promotion of health legacy from the Games; doping control and the IOC's close links with the World Anti-Doping Agency.*

- August 2011 – present**      **Consultant in Sport and Exercise Medicine University College Hospital, London**  
*Institute of Sport Exercise and Health*
- Past Posts:**
- June 2006 – December 2013**      **Member UK Sport Therapeutic Use Exemption Committee (TUE)**  
*Responsible for considering all TUE applications submitted to UKAD.*
- Oct. 2009 – December 2013**      **Consultant in Sports & Exercise Medicine, 76 Harley Street, London, W1G 7HH**  
*Seeing patients referred by General Practitioners, physiotherapists, colleagues and patients who may self refer. Recognised for reimbursement as a Sports and Exercise Medicine Specialist by BUPA and PPP.*
- Oct. 2009 – September 2012**      **Consultant Sport and Exercise Medicine Physician British Olympic Medical Institute, based at University College London Hospital, London**  
*Work with physiotherapists, doctors, sport scientists and specialist colleagues at the hospital providing a service for elite Olympic athletes and developing medical services and specialist clinics at the centre. Converted following interview to substantive NHS consultant post at University College London Hospital NHS Trust on 15<sup>th</sup> August 2011.*
- March 2007 – September 2012**      **Chief Medical Officer, London Organising Committee for the Olympic Games based at LOCOG Headquarters Canary Wharf.**  
*Responsible for all medical and Anti-doping services for the 2012 Olympic Games in London and setting up a Polyclinic within the Olympic Village, venue care for spectators and athletes on the field of play, Public Health measures, liaison with emergency services in case of major incident and delivery of an anti-doping programme for both the Olympic and Paralympic Games in 2012.*
- Oct. 1997 – March 2012**      **Consultant in Sports & Exercise Medicine, The Clementine Churchill Hospital, Private Sports Medicine Clinic**  
*Seeing patients who referred by General Practitioners, physiotherapists, colleagues and patients who may self refer. Recognised for reimbursement as a Sports and Exercise Medicine Specialist by BUPA and PPP.*
- Jan 2003 – Dec 2011**      **Sports Physician and Lead Doctor from 1<sup>st</sup> June 2007 English Institute of Sport East Region based at Bisham Abbey National Sports Centre.**  
*Worked within and then led multi-disciplinary team of 4 Doctors, 10 Physiotherapists, Sports Psychologist, Physiologists and Strength and Conditioning Specialists. Responsible for appraisals, organising continuing professional development, liaising with different sports and sports specific support staff, development of medical services at the centre, governance audit and administration. Two days per week.*

**June 1989 –  
October 2009**

**Director of Clinical Services at the Olympic Medical Institute at  
Northwick Park Hospital, Harrow, Middx HA1 3UJ**

*Two days per week - Responsible for a clinical team of three Doctors, Physiotherapist, Nutritionist, Psychologist, Orthotist and Administrative staff.*

- *Ensuring a Gold standard service was delivered to Olympic athletes at the Institute*
- *Weekly NHS Sports Clinic with Orthopaedic Surgeons*
- *Working with the sports scientists and co-ordinating the work of the multi-disciplinary team.*
- *Supervision and teaching of registrars training in S.E.M.*
- **Research:**  
*Unexplained underperformance (overtraining syndrome)  
Direct and Doppler measurements of compartment pressures  
Cardiac evaluation using echocardiogram and ECG of Olympic athletes.*

**Sept. 2006 –  
Dec. 2008**

**Chief Medical Officer Great Britain Heavyweight Men's Rowing Team  
based at Bisham Abbey and Caversham Training Centre**

*Responsible for men's rowing team including prevention of illness and injury and co-ordinating medical management of all athletes*

**May 1994 –  
Feb. 2008**

**Director of Medical Services, British Olympic Association  
& Chief Medical Officer at the Olympic Games**

*Australian Youth Olympic Festival 2007*

*Turin 2006, Athens 2004, Salt Lake City 2002, Sydney 2000, Nagano 1998, Atlanta 1996.*

*Each Olympic Games involved at least one visit to the Olympic city and pre-Olympic training camp 6 months before the Games. Preparation for the Games included detailed travel advice, immunizations, dental checks, general health and detailed medication checks of athletes and all support staff. At the Games I was responsible for liaising with the organizing committee medical team, care of all athletes and support staff and in particular for supporting the team doctors and my own headquarter staff, doctors and physiotherapists. I oversaw the medical insurance scheme for staff and athletes and provided occupational medical support for the 50 BOA staff.*

**Dec. 1989 –  
Aug. 2007**

**Governing Body Medical Officer to British Bobsleigh Association**

*responsible for co-ordinating all medical care and the anti-doping education programme, travelling with the Team to major championships, World Cup events and Olympic Games in Albertville 1992 and Lillehammer 1994.*

- 01 Aug 1988 –  
01 April 2004**      **Principal and partner in general practice at Crown Street Surgery, 2 Lombard Court, Crown Street Acton London W3 8SA (Ealing PCT)**  
*I was a part time partner in a busy central London general practice for over 14 years and saw a full range of medical and social conditions expected in general practice.*
- July 1990 –  
Dec. 1996**      **Sports Physician, Royal Masonic Hospital, Ravens Court Park, Hammersmith, London W6 0TN**  
*Seeing patients who were referred by General Practitioners, physiotherapists, colleagues and who self referred. Recognised for reimbursement as a Sports and Exercise Medicine Specialist by the main medical insurers BUPA and PPP.*
- Oct 1988 –  
June 1989**      **Student at Queen Mary’s University Royal London Hospital**  
*Studying for a Diploma in Sports Medicine funded by a Scholarship from the Smith & Nephew Foundation; a full time Diploma which involved direct teaching, group learning and many site visits and clinics*
- 1 Aug.1985 –  
1 June 1988**      **GP Training Scheme at Northwick Park Hospital, Watford Road Harrow Middx HA1 3UJ**  
*Total three year GP training post as GP Registrar*
- 1.8.1985 – 31.1.1986  
1.2.1988 – 31.7.1988**      **GP Training Scheme at 114 Edgberry Lane, Edgware Middx HA8**  
*Two six month rotations in general practice.*
- 1 Feb. 1986 –  
31 July 1986**      **Senior House Officer - Accident & Emergency at Northwick Park Hospital, Watford Road Harrow Middx. HA1 3UJ**  
*I was responsible for acute cases in accident and emergency.*
- 1 Aug.1986 –  
31 Jan. 1987**      **Senior House Officer - Community Paediatrics at Northwick Park Hospital, Watford Road Harrow Middx. HA1 3UJ**  
*Duties as a senior house officer.*
- 1 Feb.1987–  
31 June 1987**      **Senior House Officer - Care of the Elderly at Northwick Park Hospital, Watford Road Harrow Middx. HA1 3UJ**  
*Duties as a senior house officer.*
- 1 Aug.1987 –  
31 Jan. 1988**      **Senior House Officer – Obstetrics and Gynaecology at Northwick Park Hospital, Watford Road Harrow Middx. HA1 3UJ**  
*Duties as senior house officer involved.*
- 1 Feb. 1985 –  
31 July 1985**      **Pre-registration “house job” (medical) at Northwick Park Hospital Watford Road Harrow Middx. HA1 3UJ**  
*Duties as pre-registration house officer.*
- 1 Aug. 1984 –  
1 Jan. 1985**      **Pre-registration “house job” – Middlesex Hospital, London W1**  
*Duties as a pre-registration house officer.*

## HONORARY POSTS & APPOINTMENTS:

**Jan 2005 – Present**                      **Member and Chair, through 2011 and 2012, of World Anti-Doping Agency List Committee (now List Expert Group)**  
**Stock Exchange Tower, 800 Place Vitoria (Suite 1700) PO BOX 120**  
**Montreal (Quebec) H4Z1BZ7 Canada**

*This involves three meetings a year in Montreal which last from one to 2 full days. The List Expert Group is responsible for assessing the opinions and evidence submitted by stake holders and presenting scientific recommendations to the World Anti Doping Agency (WADA) on changes to the List to come into force on the 1<sup>st</sup> January each year, This Committee is enormously important to all those working in elite sports. I was Chair in 2011 and 2012, which meant I attended the Health, Medical and Research Committee (HMR) and present the recommendations of the List Expert Group. Preparation involves a large amount of reading, and knowledge and understanding of all aspects of anti doping.*

## PAST HONORARY POSTS & APPOINTMENTS:

**July 2000 – 2014**                      **Examiner for the Intercollegiate Academic Board of Sports & Exercise Medicine now The Faculty of Sport & Exercise Medicine – The Royal College of Surgeons of Edinburgh 6 Hills Square Edinburgh Scotland EH8 9DR**

*As a trained examiner I was part of the team that assess candidates for a Diploma in Sports and Exercise Medicine from the Faculty*

**2001 – 2014**                      **American College of Sports Medicine**  
*Member of ACSM.*

**May 2004 – December 2013**                      **Member of UKAD Therapeutic Exemption Committee (TUE)**  
*As a member of the TUE Committee I was responsible for assessing TUE applications submitted to UKAD (previously UK Sport).*

**Aug 1994 – December 2012**                      **Member of Council of the Royal Society of Medicine Sports & Exercise Medicine Section – 1 Wimpole Street London W1**

*The Council meets at least 4 times a year. The main role is to decide on academic content of future meetings. There is also a financial and administrative role.*

**Sept 1992 –  
Sept 2012**

**Chairman of British Rowing Medical Committee –  
6 Lower Mall Hammersmith W6**

████████████████████  
*When I took over as Chairman of the Committee I changed its role from organising cover of Regattas to setting medical and anti doping policies for British Rowing. We met twice a year and were responsible for all aspects of rowing which impact on the health of the rowing community. Through the Committee I produced policy documents on epilepsy, pregnancy, sudden death, infection and the standards for medical cover at Regattas. There was close co-operation and interaction with the Water Safety Committee and the Executive of the British Rowing.*

**March 2007 –  
August 2012**

**Member of IOC Medical Commission (Games Group)**

*The IOC is responsible for both summer and winter Olympic Games. As Chief Medical Officer for London in 2012 I was an automatic member of the Commission. The role of the Games Group is governance of medical provision and anti doping at the Olympic Games. I have learnt a great deal about provision of medical services at a large multi sport event from the highly experienced members of the Commission. I attended Beijing in 2008 and Vancouver Olympic and Paralympic Games in February and March 2010 in my capacity as a member of the IOC MC in preparation for leading medical provision in London in 2012.*

**July 2002 –  
May 2012**

**International Bobsleigh Federation Medical Committee Member  
Secretary General via Piranesi 44b 1-120137 Milano Italy**

████████████████████  
*This Committee meets once a year to decide on changes needed to the rules of bobsleigh for safety, general medical provision and anti doping.*

**Oct 2008 –  
Nov 2011**

**Chairman of British Association of Sport and Exercise Medicine  
Executive Committee, BASEM Central Office, Suite 1c Hutton  
Business Centre, Bentley Road, Doncaster DN5 9QP**

████████████████████  
████████████████████  
*After serving 3 years on the Executive Committee I was elected as Chairman of the Association on the 1<sup>st</sup> October 2008  
BASEM is the membership organisation for UK doctors in Sport and Exercise Medicine and its main role is in education. I also had non-editorial responsibility for the highly successful British Journal of Sports Medicine (BJSM) which BASEM co-own with the British Medical Journal.*

**March 2007 –  
November 2011**

**Member to the Council of the Faculty of Sports & Exercise Medicine  
(FSEM) The Royal College of Surgeons of Edinburgh 6 Hills Square  
Edinburgh Scotland EH8 9DR**

████████████████████  
*I was one of the first 3 doctors to be elected to the Faculty and have been closely involved in the development of the specialty working with my fellow elected members and representatives from other Royal Colleges in order to develop both training and careers in Sport and Exercise Medicine.*



- Oct 2006 – June 2009**                    **Member of Specialist Advisory Committee (SAC) in Sports & Exercise Medicine - The Royal College of Surgeons of Edinburgh 6 Hills Square Edinburgh Scotland EH8 9DR**  
 [REDACTED] [REDACTED]  
*For 3 years I worked with the SAC to develop training in Sports and Exercise Medicine.*
- Oct 2006 – June 2009**                    **Chair London Specialist Training Committee (STC) for Sports & Exercise Medicine - London Deanery Stewart House 32 Russell Square London WC1 5DN**  
 [REDACTED]  
*I was elected as Chair of the London STC at its formation in 2006. I worked with the London Deanery to develop 16 training posts in London. The first registrars qualified from the training scheme in London in August 2009.*
- 2002 – 2003 Section**                    **Chair of Royal Society of Medicine Sports & Exercise Medicine**
- 2006 – 2008**                    **Member BASEM Executive**
- 2004 – 2005**                    **President of Royal Society of Medicine Sports & Exercise Medicine Section**
- 1995 – 1996**                    **Member of British Medical Association’s Sports & Medicine Steering Group**
- 1994 – 2001**                    **Board Member and acting Chair of the National Sport Medicine Institute at St Bartholomew’s Hospital**  
*The NSMI was responsible for developing Sport and Exercise Medicine through the 1990’s focusing on education and training.*
- 1998 – 2002**                    **External Examiner for University of Oxford**  
*I was external examiner for a student presenting a DPhil at Oxford University examining the student with Lindy Castell from the Cellular Nutrition Research Group.*

**PRESENTATIONS:**

Numerous lectures and seminars to sport medicine doctors, athletes and support staff on medical services and doping control at the Olympic Games, prevention of sports injuries and illness, Unexplained Underperformance (Overtraining) Syndrome and Sport and Exercise Medicine. Frequent presentations at international conferences and at University courses in the UK and Switzerland.

## **RESEARCH:**

Reviewer for British Journal of Sports Medicine, International Journal of Sports Medicine and the Lancet. Research and publications on unexplained underperformance in athletes and a wide variety of topics in Sport and Exercise Medicine.

## **PUBLICATIONS:**

The protection of clean athletes through the IOC research fund

Budgett R, Engebretsen L

*Br J Sports Med* 2015 49: 2 originally published online November 18, 2014

Imaging services at the Paralympic Games London 2012: analysis of demand and distribution of workload.

Bethapudi S, Campbell RS, Budgett R, et al.

*Br J Sports Med.* 2015 Jan;49(1):20-24

The regulations about eligibility for women with hyperandrogenism to compete in women's category are well founded. A rebuttal to the conclusions by Healy et al.

Ritzén M, Ljungqvist A, Budgett R et al

*Clin Endocrinol (Oxf).* 2014 Jun 23

Time for change: a roadmap to guide the implementation of the World Anti-Doping Code 2015.

Dvorak J, Budgett R, Zorzoli M et al

*Br J Sports Med.* 2014 May;48(10):801-6

Drawing the map to implement the 2015 World Anti-Doping Code

Dvorak J, Budgett R, Saugy M, Vernec A.

*Br J Sports Med.* 2014 May;48(10):800

The IOC consensus statement: beyond the Female Athlete Triad--Relative Energy Deficiency in Sport (RED-S).

Mountjoy M, Budgett R, Ljungqvist A et al

*Br J Sports Med.* 2014 Apr;48(7):491-7

Imaging of plantar fascia and Achilles injuries undertaken at the London 2012 Olympics

Elias DA, Budgett R, O'Connor P et al

*Skeletal Radiol.* 2013 Dec;42(12):1645-55

Prevention and management of noncommunicable disease: the IOC Consensus Statement, Lausanne 2013.

Matheson GO, Budgett R, Ljungqvist A et al

*Clin J Sport Med.* 2013 Nov;23(6):419-29.

Oral health and impact on performance of athletes participating in the London 2012 Olympic Games: a cross-sectional study.

Needleman I, Budgett, Clough T et al

*Br J Sports Med.* 2013 Nov;47(16):1054-8.

The IOC Diploma programme in sports medicine.

Maughan RJ, Engebretsen L, Soligard T, Budgett R.

*Br J Sports Med.* 2013 Sep;47(13):812

Elbow injuries at the London 2012 Summer Olympic Games: demographics and pictorial imaging review.

Bethapudi S, Engebretsen L, Budgett et al.  
AJR Am J Roentgenol. 2013 Sep;201(3):535-49

Imaging at London 2012 summer Olympic Games: analysis of demand and distribution of workload.

Bethapudi S, Budgett R, Engebretsen L, O'Connor P.  
Br J Sports Med. 2013 Sep;47(13):850-6

Healthcare challenges at an Olympic Games.

Br J Sports Med. 2013 May;47(7):401

Sports injuries and illnesses during the London Summer Olympic Games 2012

Engebretsen L, Budgett, Renström PA et al  
Br J Sports Med. 2013 May;47(7):407-14

The London 2012 Summer Olympic Games: an analysis of usage of the Olympic Village 'Polyclinic' by competing athletes.

Vanhegan IS, Budgett R, Haddad FS et al  
Br J Sports Med. 2013 May;47(7):415-9

Sport and the Heart. Editorial- Dialogues in Cardiovascular Medicine Vol 17 No1 2012

Fasting and sports: a summary statement of the IOC workshop.

Maughan RJ, Budgett R, Burke LM et al  
Br J Sports Med. 2012 Jun;46(7):457

Rowing Injuries. Chapter in Sports Medicine Oxford University Press p.502-505 2011

Countdown to the London 2012 Olympic and Paralympic Games.

BASEM Today Issue 15 Winter 2010 p. 14-15.

The effects of the 5-HT<sub>2C</sub> agonist m-chlorophenylpiperazine on elite athletes with unexplained underperformance syndrome (overtraining)

Budgett R, Hiscock N, Castell LM et al  
Br J Sports Med. 2010 Mar;44(4):280-3

From Henley Royal Regatta to the Olympics 2012.

BASEM Today Issue 14 Autumn 2009 p.5.

Bradykinin receptor gene variant and human physical performance

Williams AG, Budgett R, Montgomery HE et al  
J Appl Physiol 2004 Mar;96(3):938-42

On Your Marks, Get Set, Go!

Surgeons News April 2009 Vol.8 – issue 2 ISSN 1750-7995 p.62-63

The early management of muscle strains in the elite athlete: best practice in a world with a limited evidence basis.

Orchard JW, Budgett R, Glasgow P et al  
Br J Sports Med. 2008 Mar;42(3):158-9

2012 Olympic Games – London.

The Faculty of Sport and Exercise Medicine (UK) Newsletter, Autumn 2007 No 1 p. 9.

Sports Medicine. Chapter in Handbook of Sports Medicine and Science – Rowing.

124-140 Edited by Niels H. Secher; Stefanos Volianitis. Wiley 2007

Olympic Winter Games, Torino.

BASEM Today Issue 8 Summer 2006

Spontaneous atrial fibrillation in a freestyle skier.

Whyte G, Budgett R, McKenna WJ et al

Br J Sports Med. 2004 Apr;38(2):230-2.

Exercise induced neurally mediated syncope in an elite rower: a treatment dilemma.

Whyte G, Budgett R, Sharma S et al

Br J Sports Med. 2004 Feb;38(1):84-5

Delivering an exercise Prescription for Patients with Chronic Fatigue. In Physical Activity for Patients – An Exercise Prescription

Royal College of Physicians edited by Archie Young and Mark Harries. Published 2001 p 113-118

Effect of Low-Dose Temazepam on Physiological Variables and performance Tests Following Westerly Flight Across Five Time Zones. T.Reilly; G. Atkinson; R.Budgett.

Int. J. Sports Med. 2001 Apr, 22(3):166-74.

Redefining the overtraining syndrome as the unexplained underperformance syndrome

Budgett R, Newsholme E, Lehmann M et al

Br J Sports Med. 2000 Feb;34(1):67-8. Review

Use of melatonin in recovery from jet-lag following an eastward flight across 10 time-zones.

Edwards BJ, Reilly T, Budgett R et al

Ergonomics. 2000 Oct;43(10):1501-13.

Intensive training during a twin pregnancy. A case report.

Davies B, Bailey DM, Budgett R, Sanderson DC, Griffin D.

Int J Sports Med. 1999 Aug;20(6):415-8

Human Angiotensin I-Converting Enzyme Gene and Endurance Performance. S. Myerson;

H.Hemingway; R.Budgett; H.Montgomery et al

J. Appl. Physiol. 87(4):1313-1316, 1999

Intensive training during a twin pregnancy. A case report.

Davies B, Bailey DM, Budgett R, Sanderson DC, Griffin D.

Int J Sports Med. 1999 Aug;20(6):415-8

Melatonin: a position statement of the British Olympic Association.

Reilly T, Maughan R, Budgett R.

Br J Sports Med. 1998 Jun;32(2):99-100

Fatigue and underperformance in athletes: the overtraining syndrome.

Br J Sports Med. 1998 Jun;32(2):107-10. Review.

Endurance training during a twin pregnancy in a marathon runner.

Bailey DM, Davies B, Budgett R et al

Lancet. 1998 Apr 18;351(9110):1182

Recovery from infectious mononucleosis after altitude training in an elite middle distance runner  
Bailey DM, Davies B, Budgett R, Gandy G.  
Br J Sports Med. 1997 Jun;31(2):153-4

Lessons learnt at the 1996 Atlanta Olympic Games.  
Budgett R, Harries M, Aldridge J et al  
Br J Sports Med. 1997 Mar;31(1):76

Drugs in Sport: How to Play it Safe.  
International Sports Medicine and Soft Tissue Trauma. Issue 1 1996 4-6.

The role of the British Olympic Association  
Br J Sports Med. 1996 Jun;30(2):80-1

Maximal voluntary quadriceps strength patterns in Olympic overtrained athletes.  
Koutedakis Y, Sharp NC, Budgett R et al  
Med Sci Sports Exerc. 1995 Apr;27(4):566-72

The Overtraining Syndrome  
Coaching Focus; No 28 Spring 1995

Patients can safely exercise for 30 minutes, three times a week.  
GP Medicine October 21, 1994.

ABC of sports medicine. The overtraining syndrome.  
BMJ. 1994 Aug 13;309(6952):465-8. Review

Plasma amino acid concentrations in the overtraining syndrome: possible effects on the immune system.  
Parry-Billings M, Budgett R, Koutedakis Y et al  
Med Sci Sports Exerc 1992 Dec;24(12):1353-8

Plasma Aminoacid Concentrations & Lymphocyte Proliferation in Overtrained Athletes.  
Proceedings of 2<sup>nd</sup> IOC World Congress in Sports Sciences, Barcelona. 26-31 October 1991. Award for best short presentation.

Metabolic Consequence of Extreme Training Loads: with reference to the Overtrained Athlete. M.  
Parry-Billings; R.Budgett; J.Koutedakis et al  
Regional meeting IUPS, Prague 1991 – Abstract.

The Post-Viral Fatigue Syndrome in Athletes. R. Jenkins and J. Mowbray (Eds.)  
Chapter in Post-Viral Fatigue Syndrome (ME) 345-362, 1991. Wiley & Sons

Rest in underperforming elite competitors  
Koutedakis Y, Budgett R, Faulmann L.  
Br J Sports Med. 1990 Dec;24(4):248-52

Overtraining syndrome  
Br J Sports Med. 1990 Dec;24(4):231-6. Review.

Illness & Injury in International Oarsmen.  
Budgett R., Fuller G.N.  
Clinical Sports Medicine. 1. 57-61, 1989

**The Overtraining Syndrome/Staleness.**

Proceedings of the First IOC World Congress on Sports Science. 28 Oct-3 Nov 1989. Colorado Springs

**The road to success in international rowing**

Br J Sports Med. 1989 Mar;23(1):49-50

**Study of middle ear disease using tympanometry in general practice.**

Reves R, Budgett R, Haines A et al

Br Med J (Clin Res Ed). 1985 Jun 29;290(6486):1953-6