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Citation:

Gledhill, A (2022) Editorial: Welcome to TSES Autumn '22. The Sport and Exercise Scientist. ISSN 1754-3452

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Document Version:

Article (Accepted Version)

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First published in The Sport and Exercise Scientist, issue 73, Autumn 2022. Published by the British Association of Sport and Exercise Sciences - [www.bases.org.uk](http://www.bases.org.uk)

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Welcome to TSES Autumn '22!

Dr Adam Gledhill FBASES introduces issue 73 of The Sport and Exercise Scientist

At the time of writing, I sit here with a great deal of pride at some of the marvellous sporting achievements we've witnessed since issue 72 of The Sport and Exercise Scientist (TSES). No doubt many of us will have sat and watched eagerly as the Lionesses did England proud by ending a 56-year wait for a major, senior football trophy when they won the 2022 European Championships final with their hard-fought victory over Germany. As a researcher and practitioner within women's and girls' football now for more years than I'm starting to care to remember (!), it was particularly pleasing for me to see this achievement from the England women's team. From Alessia Russo's back-heel goal against Sweden, to Ella Toone's calm finish against Germany, to the clear sense of togetherness that the players shared throughout the tournament, I'm sure there many, many favourite moments that people will have of the tournament, and these will likely live long in the memory.

Equally, we should be extremely proud of the Commonwealth Games in Birmingham. The games were a roaring success in many respects. Of course, the natural focus for many will be on the medal tallies and success of each of the nations, and how each team can build on those successes. As with great memories of the Lionesses, I've no doubt that many of our community will have their favourite memories from Birmingham 2022. I know some of my personal favourites from the games are Rosemary Lenton providing us all with a timely reminder that longevity of hard work and determination are central to success after winning a gold medal at 72 years of age, and Adam Peaty winning the men's 50m breaststroke gold medal after his long unbeaten run in the 100m distance was ended. And it gives me real pride in our BASES community to know that many of our friends and colleagues throughout the community may well be involved with those future successes, as well as having played central roles in the support and success of athletes and teams over the summer.

However, the summer of sport could also be viewed as having successes way beyond trophies and medals won. We have sporting stories of athletes from so many backgrounds who have become role models for people who had never considered taking part in that sport before. We have sports that have historically struggled to gain attention that have now been setting record crowd attendances and have been showcased in front of live and TV audiences. We have athletes, teams, sports, and forms of sports, that now have a platform from which they can progress. Hopefully, that can only be a good thing moving forwards and will hopefully give us the opportunity to celebrate many more successes moving forwards.

This theme of celebration and providing a platform for is something that you will hopefully see evident through this 73<sup>rd</sup> issue of TSES. In terms of celebration, it gives me great pleasure to highlight and congratulate some of our contributors within this issue. First, congratulations to Dr Owen Tomlinson who was the recipient of the 2022 BASES International Conference Grant. As part of this, Owen was invited to write an article for TSES, and I hope that his article on interpreting (and misclassifying) fitness will be of great interest to you all. Second, I would also like to congratulate Dr Robert Mann, who was the recipient of the 2022 Professor Tom Reilly Doctoral Dissertation Award. As part of this award, Robert was invited to submit an article to TSES, and I hope you enjoy reading Robert's work on health and wellbeing in adolescent distance runners as much as I have. A final celebration and congratulations from me go to Shakiba Oftadeh-Moghadam. One of the pleasantly difficult jobs that I have as Editor is awarding the Editor's Choice for each issue. This issue, I've chosen Shakiba's excellent EDI feature article discussing refugee

communities, how sport can support refugees and recommendations for the sport and exercise science community. The word that always kept coming back to mind whilst reading Shakiba's article was "powerful". Shakiba's passionate writing about the topic and clear recommendations applicable across research, teaching and applied practice will hopefully be equally well-received by you all throughout our BASES community. For all these articles, as well as any others within this issue, I would be delighted to receive letters to the editor that discuss and debate any of the points raised throughout these excellent contributions.

In closing, I would like to thank all the contributors to this issue of TSES. With articles ranging from creating an empowering environment for disabled people to flourish, to clean sport, to sustaining physical activity behaviour change, to youth and adolescent sport, to the impact of REF 2021, through to international travel in professional sport, this is another issue of TSES with a little something for everyone!

I hope you enjoy the read!

Adam