

Author	Title	Publication/Report and Year Published
Aagaard P, Beyer N, Simonsen EB, Larsson B, Magnusson SP, Kjaer M.	Isokinetic muscle strength and hiking performance in elite sailors.	Scand J Med Sci Sports. 1998;8(3):138-44.
Allen GD, Locke S.	Physiological profiles of elite Australian board sailors.	NZ J Sports Med. 1992;20:2-4.
Allen GD, Locke S.	Training activities, competitive histories and injury profiles of elite boardsailing athletes.	Aust J Med Sci Sports. 1989;21:12-4.
Allen JB, De Jong MR.	Sailing and sports medicine: a literature review.	Br J Sports Med 2006;40:587- 93.
Allen JB.	Sports medicine injuries in the America's Cup 2000.	NZ J Sports Med. 2006;33(2):43-7.
Allen JB.	Sports medicine and sailing.	Phys Med Rehabil Clin N Am. 1999;10:49-65.
Allen JB.	Sports injuries in disabled sailing.	Legg SJ, ed. Human performance in sailing conference proceedings: incorporating the 4th European Conference on Sailing Sports Science and Sports Medicine and the 3rd Australian Sailing Science Conference. Palmerston North, New Zealand: Massey University. 2003:58.
Allen, JB and Alison, B.	Safety in Sailing Research Project. in Perspectives:	The Multidisciplinary Series of Physical Education and Sport Science. Volume 7. p. 45-82. ICSSPE. H&P Druck, Germany. 2007.
Allen, JB:	Sailing.	In Netter's Sports Medicine. Chapter 75. Saunders publication. p. 627-633. 2010.
Bennet G.	Psychological breakdown at sea: hazards of single-handed ocean sailing.	Br J Med Psychol. 1974;47(3):189-210.
Bernardi E, Fontana G, Madaffari A, et al.	Nutritional requirements for an America's Cup crew.	Legg SJ, ed. Human performance in sailing conference proceedings: incorporating the 4th European Conference on Sailing Sports Science and Sports Medicine and the 3rd Australian Sailing Science Conference.



		Palmerston North, New Zealand: Massey University. 2003:31–5.
Bernardi M, Felici F, Marchetti M, Marchettoni P.	Cardiovascular load in off-shore sailing competition.	J Sports Med Phys Fitness. 1990;30:127-31.
Bernardi M, Quattrini FM, Rodio A, Fontana G, Madaffari A, Brugnoli M, Marchetti M.	Physiological characteristics of America's Cup sailors.	J Sports Sci. 2007;25(10):1141-52.
Blackburn M.	Physiological responses to 90 min of simulated dinghy sailing.	J Sports Sci. 1994;12(4):383- 90.
Bojsen-Moller J, Larsson B, Magnusson SP, Aagaard P.	Strength and endurance profiles of elite olympic class sailors.	J Sports Sci. 2007;25(10):1117-28.
Bornhauser M, Rieckert H.	Volume changes in forearm-muscles during static work: a study on training effects with windsurfers of the German olympic team.	Med Sci Res. 1993;21:881-3.
Branth S, Hambraeus L, Westerterp K, Andersson A, Edsgren R, Mustelin M, Nilsson R.	Energy turnover in a sailing crew during offshore racing around the world.	Med Sci Sports Exerc. 1996;28(10):1272-6.
Buchanan M, Cunningham P, Dyson RJ, Hurrion PD.	Electromyographic activity of beating and reaching during simulated boardsailing.	J Sports Sci. 1996;14(2):131- 7.
Castagna O, Brisswalter J, Lacour JR, Vogiatzis I.	Physiological demands of different sailing techniques of the new olympic windsurfing class.	Eur J Appl Physiol. 2008;104(6):1061-7.
Castagna O, Brisswalter J.	Assessment of energy demands in Laser sailing: influences of exercise duration and performance level.	Eur J Appl Physiol. 2007;99(2):95-101.
Castagna O, Vaz Pardal C, Brisswalter J.	The assessment of energy demand in the new olympic windsurf board: Neilpryde RS:X.	Eur J Appl Physiol. 2007;100(2):247-52.
Chamari K, Moussa-Chamari I, Galy O, Chaouachi M, Koubaa D, Hassen CB, Hue O.	Correlation between heart rate and performance during Olympic windsurfing competition.	Eur J Appl Physiol. 2003;89(3-4):387-92.
Cook K.	United States Coast guard: Marine safety assesment.	http://www.uscgboating.org/sta tistics/accident_stats.htm (accessed February 17, 2010).
Cunningham P, Hale T.	Physiological responses of elite Laser sailors to 30 minutes of simulated upwind sailing.	J Sport Sci. 2007;25(10):1109- 16.
De Vito G, Di Filippo L, Felici F, Marchetti M.	Hiking mechanics in Laser athletes.	Med Sci Res. 1993;21(23):859-60.
De Vito G, Di Filippo L, Rodio A, Felici F, Madaffari A	Is the Olympic board sailor an endurance athlete?	Int J Sports Med. 1997;18(4):281-4.
Dyson RJ, Buchanan M, Farrington TA, Hurrion PD.	Electromyographic activity during windsurfing on water.	J Sports Sci. 1996;14(2):125- 30.



Gallozzi C, Fanton F, De	The energetic cost of sailing.	Med Sci Res. 1993;21:851-3.
Angelis M, Dal Monte A.		·
Gentile DA, Auerbach PS.	The sun and water sports.	Clin Sports Med. 1987;6(3):669-84.
Guével A, Maïsetti O, Prou E, Dubois JJ, Marini JF.	Heart rate and blood lactate response during competitive Olympic boardsailing.	J Sports Sci. 1999;17(2):135- 41.
Hadała M, Barrios C	Sports injuries in an America's Cup yachting crew: A 4-year epidemiological study covering the 2007 challenge.	J Sports Sci. 2009;27(7):711- 7.
Hadala M, Barrios C.	Different strategies for sports injury prevention in an America's Cup yachting crew.	Med Sci Sports Exerc. 2009;41(8):1587-96.
Hadala M, Cebolla A, Baños R, Barrios C.	Mood profile of an America's Cup team: Relationship with muscle damage and injuries.	Med Sci Sports Exerc. 2009 [Epub ahead of print]
Howland J, Rohsenow DJ, Cote J, Gomez B, Mangione TW, Laramie AK.	Effects of low-dose alcohol exposure on simulated merchant ship piloting by maritime cadets.	Accid Anal Prev. 2001;33(2):257-65.
Larsson B, Beyer N, Bay P, Biønd L, Aagaard P, Kjaer M.	Exercise performance in elite male and female sailors.	Int J Sports Med. 1996;17:504-8.
Legg S, Mackie H, Smith P.	Temporal patterns of activity in Olympic dinghy racing.	J Sports Med Phys Fitness. 1999;38:315-20.
Legg SJ, Mackie HW, Slyfield DA.	Changes in physical characteristics and performance of elite sailors following introduction of a sport science program prior to the 1996 Olympic games.	Appl Human Sci. 1999;18(6):211-7.
Legg SJ, Mackie HW.	Change in knowledge and reported use of sport science by elite New Zealand Olympic class sailors.	J Physiol Anthropol Appl Human Sci. 2000;19(2):83-92.
Legg SJ, Miller AB, Slyfield D, Smith P, Gilberd C, Wilcox H, Tate C.	Physical performance of elite New Zealand Olympic class sailors.	J Sport Med Phys Fit. 1997;37(1):41-9.
Legg SJ, Smith P, Slyfield D, Miller A, Wilcox H, Gilberd C.	Knowledge and reported use of sport science by elite New Zealand Olympic sailors.	J Sport Med Phys Fit. 1997;37(3):213-7.
Locke S, Allen GD.	Etiology of low back pain in elite board sailors.	Med Sci Sports Exerc. 1992;24(9):964-6.
Loquet H, Guilbert J, Jacquesson JM, Mibled G.	Etude electromyographique sur simulateur de la practique de la planche a voile.	LARC Medical. 1984;4(5):306- 12.
Mackie HW, Legg SJ	Development of Knowledge and Reported Use of Sport Science by Elite New Zealand Olympic Class Sailors.	Appl Human Sci. 1999;18(4):125-33.
Mackie HW, Legg SJ.	Preliminary assessment of force demands in laser racing.	J Sci Med Sport. 1999;2(1):78- 85.
Mackie HW, Sanders R, Legg	The physical demands of Olympic yacht	J Sci Med Sport.



SJ.	racing.	1999;2(4):375-88.
Mackie HW.	Useful biomechanics for sailing – development of technique analysis Protocol for Europe and Laser Sailors.	Legg SJ, ed. Human performance in sailing conference proceedings: incorporating the 4th European Conference on Sailing Sports Science and Sports Medicine and the 3rd Australian Sailing Science Conference. Palmerston North, New Zealand: Massey University. 2003:71–5.
Maisetti O, Guével A, Iachkine P, Legros P, Briswalter J.	Sustained hiking position in dinghy sailing. Theoretical aspects and methodological considerations for muscle fatigue assessment.	Sci Sport. 2002;17:234-246
Marchetti M, Figura F, Ricci B.	Biomechanics of two fundamental sailing postures.	J Sports Med Phys Fitness. 1980;20(3):325-32.
Mc Loughlin E, Hale T, Harrison JHH, Keen PA.	The effects of dietary manipulation on physiological responses to a 30 minute sailing task.	Med Sci Res. 1993;21:869-70.
McCormick DP, Davis AL.	Injuries in sailboard enthusiasts.	Br J Sports Med. 1988;22(3):95–7.
Meehan C, Hogan HA.	A Comparative Analysis of Recreational Boating Policies: "Quick Phase-In" Education vs. Other Education Policies.	http://www.uscgboating.org/sta tistics/pfd.htm (accessed February 17, 2010).
Moehrle M.	Outdoor sports and skin cancer.	Clin Dermatol. 2008;26(1):12-5.
Molloy J, Neville VJ, Wood I, Speedy D.	Posterior interosseous nerve entrapment.	NZ J Sports Med. 2005;33(2):48-51.
Moraes J, Nery C, Fontel E et al.	Multidisciplinary assessment of the Brazilian Olympic sailing team.	Legg SJ, ed. Human performance in sailing conference proceedings: incorporating the 4th European Conference on Sailing Sports Science and Sports Medicine and the 3rd Australian Sailing Science Conference. Palmerston North, New Zealand: Massey University. 2003:92–5.
Nathanson AT, Fischer EG, Mello MJ, Baird J.	Injury and illness at the Newport- Bermuda race 1998-2006.	Wilderness Environ Med. 2008;19(2):129-32.
Nathanson AT, Reinert SE.	Windsurfing injuries: results of a paper and internet-based survey.	Wilderness Environ Med. 1999;10:218-25.
Neville V, Calefato J, Pérez- Encinas C, Rodilla-Sala E,	America's Cup yacht racing: race analysis and physical characteristics of	J Sports Sci 2009; 27(9): 915- 923.



Rada-Ruiz S, Dorochenko P, Folland JP.	the athletes.	
Neville V, Folland J.	The epidemiology and etiology of injuries in sailing.	Sports Med. 2009;39(2):129- 45.
Neville V, Gant N, Folland JP.	Thermoregulatory demands of elite professional America's Cup yacht racing.	Scand J Med Sci Sports. 2009 Jun 23. [Epub ahead of print]
Neville V, Gant N, Folland JP.	Thermoregulatory demands of elite professional America's Cup yacht racing.	Scand J Med Sci Sports. 2009 Jun 23. [Epub ahead of print]
Neville V, Gleeson M, Folland JP.	Salivary IgA can help to predict upper respiratory infections in athletes.	Med Sci Sport Exerc. 2008;40(5)Suppl15:578.
Neville V, Gleeson M, Folland JP.	Salivary IgA as a risk factor for upper respiratory illness in elite professional athletes.	Med Sci Sports Exerc. 2008;40(7):1228-36.
Neville V, Molloy J, Wood I, Speedy D.	The pain of PIN. Forearm injuries in the America's Cup.	Legg SJ, ed. Human performance in sailing conference proceedings: incorporating the 4th European Conference on Sailing Sports Science and Sports Medicine and the 3rd Australian Sailing Science Conference. Palmerston North, New Zealand: Massey University. 2003:65–6.
Neville V, Pain MT Folland JP.	Elite America's Cup sailors are among the most powerful upper body trained athletes.	Med Sci Sport Exerc. 2009;41(5):Suppl1:224.
Neville V, Pain MT Folland JP.	Optimising arm-crank configurations: testing the most powerful upper-body athletes in sport.	British Association of Sports and Exercise Sciences Annual Conference Proceedings 2009.
Neville V, Pain MT, Folland JP.	Aerobic power and peak power of elite America's Cup sailors.	Eur J Appl Physiol. 2009;106(1):149-57.
Neville V, Pain MT, Kantor J, Folland JP.	Influence of crank length and crank-axle height on standing arm-crank (grinding) power.	Med Sci Sports Exerc. 2010;42(2):381-7.
Neville V, Zaher N, Pain MTG, Folland JP.	Lower limb influence on standing arm- cranking (grinding).	Int J Sports Med. 2009;30(10):713-8.
Neville V.	Sailing injuries.	Cain D, Harmer P, Schiff M eds. Epidemiology of Injuries in Olympic Sports In: The Encyclopedia of Sports Medicine, IOC Medical Commission and International Federation of Sports Medicine.



		2009:191-203.
Neville V.	Salivary IgA response to exercise.	Rippe J ed. <i>Encyclopedia of Lifestyle Medicine & Health</i> . 2009[currently in print]
Neville V.	Sports science behind the oldest trophy in sports.	Book of Proceedings of the 6th European Sports Medicine Congress. Antalya, Turkey, 2009.
Neville V.	The America's Cup is not just about the boat: the sports science behind the America's Cup athlete.	The Sport and Exercise Scientist. 2008;15:26-27.
Neville VJ, Molloy J, Brooks JHM, Speedy DB, Atkinson G.	Epidemiology of injuries and illnesses in America's Cup yacht racing.	Br J Sports Med. 2006;40(4):304–12.
Newton F.	Dinghy sailing.	Practitioner. 1989;233:1032-5.
Nilson R.	Whitbread round the world race. Medical readiness on board during the world's most difficult sailing.	Nord Med. 1994;109(1):28-31. [Article in Swedish]
Patel MK, Abbot RJ, Marshall WJ.	Spinal cord injury during windsurfing.	Paraplegia. 1985;24:191-93
Pearce J.	Just add water, sports nutrition in practice for offshore distance rowing and yachting events and related sports.	Proceedings of the Australian Conference of Science and Medicine in Sport: Sports Medicine and Science at the Extremes. Melbourne, Australia. 2002: 37.
Pearson SN, Hume PA, Cronin JB, Slyfield D.	Strength and power determinants of grinding performance in America's Cup sailors.	J Strength Cond Res. 2009;23(6):1883-9.
Plyley MJ, Davis GM, Shephard RJ.	Body profile of Olympic-class sailors.	Physician Sports Med. 1985;13:152-67.
Price C, Spalding T, McKenzie C., Farquharson-Rober M.	Patterns of illness and injury encountered in amateur ocean yacht racing: an analysis of the British Telecom Round the World Yacht Race 1996-97.	Br J Sports Med. 2002;36:475-62.
Putnam CA.	A mathematical model of hiking positions in a sailing dinghy.	Med Sci Sports. 1979;11(3):288-92.
Reimers S.	The BBC internet study: general methodology.	Arch Sex Behav. 2007;36:147-61.
Saury J, Durand M.	Practical knowledge in expert coaches: on-site study of coaching in sailing.	Res Q Exerc Sport. 1988;69(3):254-66.
Schaefer O.	Injuries in dinghy-sailing – An analysis of accidents among beginners.	Sportverletz Sportschaden. 2000;14:25-30. [Article in German]
Schönle C, Rieckert H.	Cardiovascular reactions during exhausting isometric exercise while windsurfing on a simulator or at sea.	Int J Sports Med. 1983;4:260- 4.



Shephard RJ.	Biology and medicine of sailing. An update.	Sports Med. 1997;23(6):350-6.
Shoveller JA, Lovato CY.	Measuring self-reported sunburns: challenges and recommendations.	Chronic Dis Can. 2001;22(3-4):83-98.
Slater G, Tan B.	Body mass changes and nutrient intake of dinghy sailors while racing.	J Sports Sci. 2007;25(10):1129-35.
So R, Chan K, Appel R, Yuan Y.	Aerobic and muscle characteristics of elite windsurfers.	NZ J Sports Med. 1961;30(3):74-9.
Spalding T, Malinen T, Tomson M, Goertzen M, Sinclair R, Allen JB.	Analysis of medical problems during the 2001-2002 Volvo ocean race.	NZ J Sports Med. 2006;33(2):38-42.
Spurway NC, Burns R.	Comparison of dynamic and static fitness-training programmes for dinghy sailors- and some questions concerning the physiology of hiking.	Med Sci Res. 1993;21:865-7
Spurway NC.	Editorial: they that go down to the sea in small boats, that take their leisure on great waters.	Med Sci Res. 1993;21:845-6.
Spurway NC.	The physiological challenge of hiking.	Legg SJ, Mackie H, Cochrane D eds. Human Performance in Sailing. Conference Proceedings, incorporating the 4th European Conference on Sailing Sports Science and Sports Medicine and the 3rd Australian Sailing Science Conference. Auckland, New Zealand. 2003:1–18.
Stieglitz O.	Fatigue and serum potassium in high performance sailors.	Med Sci Res. 1993;21(23):855-8.
Tan B, Aziz AR, Spurway NC, Toh C, Mackie H, Wei X, Wong J, Fuss FK, Chuan TK.	Indicators of maximal hiking performance in Laser sailors.	Eur J Appl Physiol. 2006;9(2):169-76.
Tan B, Aziz AR, Spurway NC, Toh C, Mackie H, Xie W, Wong J, Fuss FK, Teh KC.	Indicators of maximal hiking performance in Laser sailors.	Eur J Appl Physiol. 2006;98(2):169-76.
Tan B, Sunarja F.	Body mass changes and nutrient intake of Optimist class sailors on a race day.	J Sports Sci. 2007;25(10):1137-40.
Tan B.	Chapters on: Sailing fitness, Sailing nutrition, Practical sailing psychology, Essential sports medicine for sailors.	Tan B ed. <i>The Complete</i> Introduction to Laser Racing. Singapore Sports Council, Singapore 2000.
Ullis K, Anno K.	Injuries of competitive board sailors.	Phys Sports Med. 1984;12:86- 93.
Van Gheluwe B, Huybrechts P, Deporte E.	Electromyographic evaluation of arm and torso muscles for different postures in windsurfing.	J Appl Biomech. 1988;4(2):156-65.



Vangelakoudi A, Vogiatzis I, Geladas N.	Anaerobic capacity, isometric endurance and performance, and Laser sailing performance.	J Sports Sci. 2007;25(10):1095-100.
Vogiatzis I, De Vito G, Rodio A, Madaffari A, Marchetti M.	The physiological demands of sail pumping in Olympic level windsurfers.	Eur J Appl Phys. 2002;86:450- 4.
Vogiatzis I, Roach NK, Trowbridge EA.	Cardiovascular, muscular and blood lactate responses during dinghy hiking.	Med Sci Res. 1993;21(23): 861-3.
Vogiatzis I, Spurway NC, Jennett S, Wilson J, Sinclair J.	Changes in ventilation related to changes in electromyograph activity during repetitive bouts of isometric exercise in simulated sailing.	Eur J Appl Physiol O. 1996;72(3):195-203.
Vogiatzis I, Spurway NC, Wilson J, Boreham C.	Assessment of aerobic and anaerobic demands of dinghy sailing at different wind velocities.	J Sport Med Phys Fitness. 1995;35(2):103-7.
Vogiatzis I, Tzineris D, Athanasopoulos D, Georgiadou O, Geladas N.	Quadriceps oxygenation during isometric exercise in sailing.	Int J Sports Med. 2008;29(1):11-5.
Walls J, Bertrand L, Gale T, Saunders N.	Assessment of upwind dinghy sailing performance using a virtual reality dinghy sailing simulator.	J Sci Med Sport. 1998;1(2):61-72.
Wilson S.	Influence of the international Classification of Functioning, Disability and Health on paralympic sports classification.	J Rehabil Med. 2009;41(13):1104.
Wilson SF, Vardy PH.	Analysis of functional sailing classification system	Int Council Sport Sci Phys Educ Bull. 2005;45.
Wright G, Clarke J, Niinimaa V, Shepard RJ.	Some reactions to a dry-land training programme for dinghy sailors.	Br J Sports Med. 1976;10(1):4–10.