



# CHRISTOPHER MAWHINNEY

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## EDUCATION

### **Liverpool John Moores University (U.K.), PhD: 2009 – 2016 (P/Time)**

- Research Thesis: The influence of cold-water immersion on limb blood flow and thermoregulatory responses to exercise

### **Liverpool John Moores University (U.K.), MSc Sports Physiology: 2005 – 2008 (P/Time)**

- Research Thesis The effects of cold-water immersion on indices of muscle damage following prolonged intermittent exercise

### **Edge Hill University (U.K.), BSc. Sports Science: 2001 – 2004 (BSc 2:1, Hons)**

- Research Thesis: The effects of sodium bicarbonate on intermittent lab based performance

## EMPLOYMENT

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### **2018-PRESENT - MAHIDOL UNIVERSITY (THAILAND)**

Lecturer/Researcher: Duties include supervising and teaching postgraduate sports and exercise science students and undertaking research in collaboration with other members of staff, institutions and national level sports teams.

### **2017 – 2018 - LIVERPOOL JOHN MOORES UNIVERSITY (U.K.)**

Post-doctoral researcher: Research data collection based at Turku PET Centre (Finland). The effects of different degrees of cold-water immersion, applied under resting and exercise conditions, on muscle perfusion using [15O]H<sub>2</sub>O PET-CT.

### **2017 – 2018 - LIVERPOOL JOHN MOORES UNIVERSITY (U.K.)**

Fitness Instructor/Coach: Duties included undertaking member inductions, preparing individualized client programmes and class routines, technique demonstration, nutritional advice, fitness assessments, equipment maintenance, exercise class coaching.

### **2006– 2011 - EDGE HILL UNIVERSITY: (U.K.)**

Associate Tutor: Prepared and taught physiology lectures, seminars, laboratory sessions and marked assignments.

## PUBLICATIONS

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**Chris Mawhinney**, Iikka Heinonen, David A. Low, Chunlei Han, Helen Jones, Kari K. KallioKoski, Anna Kirjavainen, Jukka Kempainen, Valter Di Salvo, Matthew Weston, Tim Cable, Warren Gregson. Changes in quadriceps femoris muscle perfusion following different degrees. *Journal of Applied Physiology* 2020;128:1392-1401

Allan R, Sharples AP, Cocks M, Drust B, Dutton J, Dugdale HF, **Mawhinney C**, Clucas, A, Hawkins W, Morton JP, Gregson W. (2019). Low pre-exercise muscle glycogen availability offsets the effect of post-exercise cold water immersion in augmenting PGC-1 gene expression. *Physiol Rep*, 7(11), e14082. doi:10.14814/phy2.14082

**Mawhinney C**, Allan R. Muscle cooling: too much of a good thing? *J Physiol*. 2018 Jan 11. doi: 10.1113/JP275695 [Epub ahead of print].

**Mawhinney C**, Low DA, Jones H, Green DJ, Costello JT, Gregson W. (2017). Cold-Water Mediates Greater Reductions in Limb Blood Flow than Whole Body Cryotherapy. *Med Sci Sports Exerc*, 49(6):1252-1260. doi:10.1249/MSS.0000000000001223

**Mawhinney C**, Jones H, Low DA, Green DJ, Howatson G, Gregson W. (2017). Influence of cold-water immersion on limb blood flow after resistance exercise. *European Journal of Sports Science*, 17(5), 519-525. doi: 10.1080/17461391.2017.1279222

Allan R, **Mawhinney C**. (2016). Is the ice bath finally melting? CWI is no greater than active recovery upon local and systemic inflammatory cellular stress in humans. *J Physiol*. Dec 19. doi: 10.1113/JP273796. [Epub ahead of print]

Joo CH, Allan R, Drust B, Close GL, Jeong TS, Bartlett JD, **Mawhinney C**, Louhelainen J, Morton JP, Gregson W. (2016) Passive and post-exercise cold water immersion augments PGC-1α and VEGF expression in human skeletal muscle. *Eur J App Physiol*. 116(11), 2315-2326. doi:10.1007/s00421-016-3480-1

**Mawhinney C**, Jones H, Joo CH, Low DA, Green DJ, Gregson W. (2013). Influence of cold-water immersion on limb and cutaneous blood flow after exercise. *Med Sci Sports Exerc*, 45(12), 2277-2285. doi:10.1249/MSS.0b013e31829d8e2e

## CONFERENCES

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International Conference in Sport & Exercise Science (ICESES). The Road to Tokyo 2020, June 26-28th, 2019, Bangkok, Thailand (Symposium)

ACSM 59th Annual Meeting & 4th World Congress on Exercise is Medicine, May 29th- June 2, 2012, Moscone West, San Francisco, California, USA (Poster presentation)

## PROFESSIONAL TRAINING

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Australian Strength and Conditioning Association (ASCA) Level 1 (2020)

Cardiovascular Ultrasound Summer School, 2009 (Research Institute for Sport & Exercise Sciences)

One-year strength and conditioning internship, 2010 (School of Sport & Exercise Sciences)

# AWARDS

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European Journal of Sports Science (EJSS), Best Paper Award 2017 (3rd place)

# REFERENCES

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ASPIRE Academy  
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