



## Science and Medicine

The 2023 WADA Prohibited List

Wednesday 12 October 13:00

The last webinar in the Clean Sport Connect series, which is sponsored by the British Association of Sport and Exercise Sciences (BASES), will examine the 2023 WADA Prohibited List.

## Speaker bio



### Dr Lex Mauger

Director of Research and Innovation in the School of Sport and Exercise Sciences (SSES) University of Kent

Dr Lex Mauger is a Reader in Exercise Physiology and Director of Research and Innovation in the School of Sport and Exercise Sciences (SSES) at the University of Kent. Lex has over 15 years of experience in designing, conducting, and disseminating basic and applied research on human physical and cognitive performance in both laboratory and field-based settings and has published over 75 research papers relating to human performance. His main field of research explores how the naturally occurring pain experienced during intense exercise (exercise-induced pain) contributes to fatigue and impairs endurance performance. Lex has recently led a WADA funded research study looking at whether tramadol confers a performance enhancing effect in cycling, which won the British Association of Sport and Exercise Medicine's Podium Prize Presentation in May 2022.



### Dr Irene Mazzoni

Associate Director, Prohibited List  
World Anti-Doping Agency (WADA)

Dr Irene Mazzoni is the Associate Director, Prohibited List, at the Department of Science & Medicine at WADA. She joined WADA in 2005, initially as Manager of the Prohibited List and Research, bringing together her passion for sports and science.

Irene holds Licentiate degrees in Chemistry and in Biological Analysis from the University of Buenos Aires in her native Argentina and obtained a Ph.D. in Neuroscience from University of Montreal in her adopted country, Canada. Before joining WADA, Irene worked in clinical endocrinology for several years, and following her Ph.D., her research in academia and biotechnology centered mainly in factors affecting brain cells and in diagnostic assay development.



### Ellen Gregson

Science Manager  
UK Anti-Doping

Ellen is the UK's Athlete Passport Management Unit Manager which includes provision of timely target testing recommendations and managing the review of atypical Passports. As UKAD's Science Manager, she reviews the physiological demands of individual sports to influence risk categorisation and co-ordinates the UKAD feedback to the annual Prohibited List consultation process. Ellen also provides advice on complex supplement related enquiries and supports other teams in the organisation on science related matters.



### Dr Ibrahim Akubat FBASES

BASES Division Chair – Sport and Performance  
Senior Lecturer in Exercise Physiology & Sports  
Science, Newman University

Ibrahim joined Newman University, Birmingham in 2012 where he currently leads the Sport and Exercise programme and also leads consultancy activities in the Human Performance Laboratory at Newman. He completed his PhD at the University of Hull where he examined the dose-response relationships between training, fitness and fatigue in soccer players. He has since gone on to supervise PhD's in different sports on the same topic and regularly runs CPD workshops for high performance teams. He continues to provide performance support to a range of athletes both amateur and professional. He is also an active researcher in the area of sports performance with many publications including original research articles and contributions to books on physical preparation and monitoring of athletes.