LIVERPOOL JOHN MOORES UNIVERSITY

LJMU Research Online

Wilson, G, Martin, D, Morton, JP and Close, GL

Male Flat Jockeys Do Not Display Deteriorations in Bone Density or Resting Metabolic Rate in Accordance With Race Riding Experience: Implications for RED-S.

http://researchonline.ljmu.ac.uk/id/eprint/8386/

Article

Citation (please note it is advisable to refer to the publisher's version if you intend to cite from this work)

Wilson, G, Martin, D, Morton, JP and Close, GL (2018) Male Flat Jockeys Do Not Display Deteriorations in Bone Density or Resting Metabolic Rate in Accordance With Race Riding Experience: Implications for RED-S. International Journal of Sport Nutrition and Exercise Metabolism. ISSN

LJMU has developed **LJMU Research Online** for users to access the research output of the University more effectively. Copyright © and Moral Rights for the papers on this site are retained by the individual authors and/or other copyright owners. Users may download and/or print one copy of any article(s) in LJMU Research Online to facilitate their private study or for non-commercial research. You may not engage in further distribution of the material or use it for any profit-making activities or any commercial gain.

The version presented here may differ from the published version or from the version of the record. Please see the repository URL above for details on accessing the published version and note that access may require a subscription.

For more information please contact researchonline@ljmu.ac.uk

http://researchonline.ljmu.ac.uk/

Table 1. Comparison of age, race riding experience, anthropometric characteristics and hydration status (urine osmolality, UO) between apprentice and senior jockeys. Data are presented as means ± SD (range). * denotes significant difference, P<0.05.

	GROUP		
	Apprentices (n=17)	**Senior (n=14)**	**T-test**
Age (years)	19 ± 2 (17 to 24)	32 ± 7 (21 to 49)	*P=0.01
Years race riding	3 ± 2 (1 to 8)	16 ± 7 (5 to 33)	*P=0.01
Height (cm)	170 ± 5 (162 to 177)	166 ± 5 (156 to 176)	*P=0.04
Body Mass (kg)	56.2 ± 2 (46.6 to 60.4)	56.4 ± 3 (51.2 to 62.9)	P=0.83
Body fat (%)	13.7 ± 2.6 (7.6 to 18.5)	12.5 ± 1.9 (9 to 15.5)	P=0.14
Fat Mass (kg)	7.5 ± 1.7 (3.9 to 10.4)	6.8 ± 1.4 (4.9 to 10)	P=0.22
Fat Free Mass (kg)	46.4 ± 2 (44 to 51.3)	45.7 ± 3.1 (40.8 to 51.8)	P=0.48
UO ($mOsmol.L^{-1}$)	816 ± 219 (200 to 1080)	704 ± 310 (200 to 1090)	P=0.31