



Peter Harrison Centre
for Disability Sport

Staff Profile

John Lenton

Research Assistant – Sport Science
Peter Harrison Centre for Disability Sport, School of Sport and Exercise Sciences, Loughborough University

Contact Details:

Email: J.P.Lenton@lboro.ac.uk

Tel: +44 (0)1509 226396

Fax: +44 (0)1509 226301

Qualifications:

M.Phil. entitled 'Mechanical Efficiency of Push Strategies during Manual Hand-rim Wheelchair Propulsion', from Manchester Metropolitan University in 2008.

BSc (Hons) in Sport and Exercise Science from Manchester Metropolitan University in 2002.

Current Research Interests:

John's research interests include: disability sport, manual wheelchair propulsion and the physiological assessment of wheelchair athletes. John's appointment as a research assistant to the Peter Harrison Centre for Disability Sport will aim to focus upon the development of current and new field-based tests for wheelchair athletes in wheelchair sports such as basketball, rugby and tennis. It is expected that this research will contribute significantly to the validity and reliability of field-based tests by which the performance of athletes can be repeatedly measured.

John's research involves the ongoing collaboration with Professor Lucas van der Woude at Groningen University in the Netherlands. More recently John has accepted an invitation for collaboration with an International Paralympic Committee project – "Towards evidence based classification in Paralympic Athletics – reliability of methods for evaluating sports specific range of movements" led by Dr Sean Tweedy at the University of Queensland, Brisbane, Australia. The project will also involve working alongside Dr Thomas Janssen at the Free University of Amsterdam in the Netherlands.

Previous Research & Experience:

After completing his BSc in Sports Science, John obtained a post graduate M/Phil. studentship under Dr Vicky Tolfrey, researching the mechanical efficiency in manual hand-rim wheelchair propulsion.

During the period of 2001 – 2005 John worked with England Amputee Football on a voluntary basis. John's role involved assisting with coaching practices, the application of sports science support to international players and video capture of training sessions/matches. John attended national training weekends at Lilleshall National Sports Centre and the World Championships, August 2005 in Rio de Janeiro, Brazil.

In January 2007 John was appointed on a two year contract as the Sports Science Physiologist to the GB Wheelchair Tennis squad. John's role provided extensive support to the wheelchair tennis athlete's at tournaments worldwide. His work with wheelchair tennis culminated in him attending the 2008 Paralympic Games in Beijing. John was involved in the preparation camp and applied sports science support throughout the games.

Membership of Professional Bodies/Associations:

John is a professional member of the British Association of Sport and Exercise Sciences (BASES). John is also working towards obtaining sports science accreditation with BASES, submission July 2009.

Publications:

Goosey-Tolfrey, V.L. and Lenton, J.P. (2006). A Comparison Between Intermittent and Constant Wheelchair Propulsion Strategies. *Ergonomics*. 49 (11), 1111-1120.

Lenton, J.P., Fowler, N.E., van der Woude, L.H.V. and Goosey-Tolfrey, V.L. (2008) Efficiency of Wheelchair Propulsion and Effects of Strategy. *International Journal of Sports Medicine*. 29 (5), 384-389.

Lenton, J.P., Fowler, N.E., van der Woude, L.H.V. and Goosey-Tolfrey, V.L. (2008) Wheelchair Propulsion: Effects of Experience and Push Strategy on Efficiency and Perceived Exertion. *Applied Physiology, Nutrition and Metabolism*. 33 (5), 870-879.

Lenton, J.P., Fowler, N.E., van der Woude, L.H.V. and Goosey-Tolfrey, V.L. (2009) Arm Frequency: Wheelchair Propulsion and Efficiency. *International Journal of Sports Medicine*. In press.

Other Interests:

- Disability Sport and the Paralympics
 - Sports Performance
 - Rugby League (St Helens RLFC)
 - Music
 - Theatre
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