

Jeni Pearce MNZM 2015

Performance Nutrition Lead High Performance Sport New Zealand
Sport Lead Performance Nutritionist for Athletics NZ and Canoe Racing NZ
High Performance Sport New Zealand (HPSNZ),
Auckland, New Zealand

Dip HSc (Otago, NZ)
Dip Sec Tech (Auckland)
MS (Iowa, USA)
Registered Dietitian (NZ)
SMA Sports Dietitian (Aust)
Sports Medicine NZ, Fellow
IOC Diploma in Sports Nutrition
NZ Nutrition Foundation, Life membership

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Current Employment:

Performance Nutrition Lead, High Performance Sport New Zealand,
Lead Performance Nutritionist Athletics NZ & Canoe Racing NZ

Recent Past Employment:

EIS Head of Performance Nutrition Lead (until Dec 2012)
EIS British Olympic Medical Institute (BOMI) Intensive Rehabilitation Nutritionist
EIS Lead Consultant Performance Nutritionist McLaren Formula 1 Racing

Past Employment and Positons:

EIS Central Performance Nutrition Lead (April 2009- August 2011),
England Cricket Lead Performance Nutritionist (April 2009-August 2011)
EIS Southern Performance Nutrition Lead (Jan 2007 – April 2009)
UK Athletics Performance Nutritionist (Sept 2007 – April 2009)
Chairperson NZ Nutrition Foundation
Board member NZ Nutrition Foundation
Executive Officer Agencies for Nutrition Action
Self-employed (22 years) in New Zealand (Consultant Health & Sports Dietitian &
Nutritionist),
Author 12 books (Eat to Compete series, Eat to compete for Young athletes),
Senior University Lecturer,
Radio Co Host, Television and Documentary Presenter
Committee Member Sports Medicine New Zealand until 2007

Summary:

Jeni Pearce, one of New Zealand's leading health and sports dietitian's and nutritionist's, author, university and public lecturer, returned to New Zealand to lead the Sports Performance Nutrition team for High Performance Sport New Zealand in 2013. She leads a team of fulltime sport specific senior performance nutritionists and performance nutrition contractors and directly supports Athletics New Zealand and Canoe Racing NZ as Sport Lead performance nutritionist with a committed focus to the Rio and Japan Olympic Games, Commonwealth Games, Winter Olympics and World Championships.

After many highly successful years in private practice (Hamilton and Auckland) in 2007 she moved to England, to join the English Institute of Sport (EIS) to provide full time professional performance nutrition services. Here she has worked with variety of sports including the England Cricket team (successfully defending the ASHES), England women's rugby, professional soccer teams, UK Athletics, GB Hockey, Adaptive rowing (Paralympic event) and Formula One motor racing, and was both the central and southern regional Performance Nutrition Lead for the EIS. Pearce was the Head of Performance Nutrition at the English Institute Sport (EIS) and the Performance Nutritionist for the British Olympic Medical Institute Intensive Rehabilitation Unit from Feb 2010 until Dec 2012.

She was the Sports Dietitian and Performance Nutritionist for the British Olympic Team for the Beijing Olympics in 2008 and the British Olympic Association TeamGB holding camp Nutrition Advisor for the 2012 London Olympics. During her time in the UK she also worked closely with many of the Home Country Nation Institutes (Scotland, Northern Ireland and Wales) Sports Nutritionist. In 2013 she was contracted to provide consultant services to the nutrition team at the Singapore Sports Institute. During her time in The UK sheas Chair of Sport Dietitians UK and was actively involved in the Sport & Exercise Nutrition Register (SENr). In 2014 Jeni was the first Recovery Manager on site for the New Zealand Team at the Glasgow Commonwealth Games.

Her UK role involved the technical support of 15 staff covering 30+ Olympic, Paralympic and professional sports and working with elite coaches, elite athletes, sports science and sports medicine support staff to prepare athletes for world class competition and the Olympic Games. In 2010 Jeni was a participant at the International Olympic Committee (IOC) medical commission consensus meeting for Sports Nutrition as one of 28 specialist attending the three day meeting at the IOC headquarters in Switzerland. Currently, in New Zealand, she is leading 12 Performance Nutritionist based throughout the 6 national training centres and the development of HPSNZ Performance Nutrition service.

One of the world's leading health and sports dietitians and nutritionists Pearce is well known in New Zealand for her books, public lecturers, articles, and private clinics as well as her extensive experience as a Consultant, Health and Sports Dietitian, Author, Senior University Lecturer, Radio Co-Host and TV Presenter. Having worked with many New Zealand national and international individuals and teams her expertise has been sought by New Zealand's Olympic and Commonwealth Games Teams, America Cup Yachting Challenges, Whitbread Around the World yachting crews, the BT Global Challenge Yacht Race, the first Trans-Atlantic Rowing Race, the Warriors, New Zealand Rugby League, New Zealand Rugby 7's and New Zealand Shooting.

Twice the winner of the Watties Education Award (NZ Guild of Food Writers) Pearce has published extensively with publications including peer reviewed research, public articles and is the author of 12 books. In 2011 she co-authored the chapter in sports nutrition and gut health for the British Nutrition Society textbook, and recently contributed to articles for the series on supplements in the British Journal of Sports Medicine which was revised, expanded and published in 2015 (Nutritional Supplements in Sport, Exercise and Health). She has co-authored the chapter on Gut Health and the Athlete in the highly regarded Clinical Sports Nutrition due for publication in 2015.

Currently Pearce is the President of the international organisation PINES (Professional in Nutrition and Exercise for Sport) and was until recently the Co-chair of the American College of Sports Medicine (ACSM) special interest group in nutrition. She was awarded a Member of the New Zealand of Merit in the 2015 Queens Birthday Honours.

Jeni remains committed to the continued development of Sports Nutrition as a recognised career path and to providing opportunities for the growth in the knowledge and participation in this exciting and dynamic field.