Publications & Media

**Books**

* *Primate Change - how the world we've made is remaking us* (Octopus, Hachette, Sept. 20th, 2018) - ISBN: 9781788400220, 360 pages - 115,000 words. Also published in US, Canada and Australia. Translated and published in Japan, Finland, Italy, France, Portugal, Brazil, Slovenian, Korean, and Mandarin. Also read by me as an audiobook on Audible.

* + - * 1. 'A work of remarkable scope' - *Guardian*
        2. ‘Persuasive… an excellent evaluation of our bodily shortcomings’. *Financial Times*
        3. Nature and nurture commingle to fascinating effect in this study of how the environment humans have so thoroughly altered is altering us physiologically. *Nature (from the week’s best science picks)*
        4. *‘*Entertaining and thought provoking’. *Literary Review*
        5. Best Books of 2018: Science *- Financial Times*
        6. Best Books of 2018: Science *- The Mail*
* *Footnotes: How Running Makes us Human.* (Ebury, Penguin RH, 2016) - ISBN: 0091960193, 352 pages - 120,000 words. (US edition, published by St Martin’s Press, 2017 - ISBN: 978-1250127242) - also translated in Ukraine and in China. Available as an audiobook on Audible
  + - * 1. ‘a wonderfully subtle and ambitious book.’ *Guardian*
        2. 'Accessible and thought-provoking’. *The Washington Post*
        3. *‘*invites comparison to novelist Haruki Murakami’ *Washington Post on Sunday*
        4. '*Footnotes* is a blazing achievement. It burns with restless energy as Cregan-Reid, alive, alert, wholly and gloriously present, sets out his manifesto.' Katharine Norbury *Caught by the River*
        5. ‘few before have done it so artfully or completely… reveals Cregan-Reid’s passion for his subject, but also his deftness as a nature writer.’ *Literary Review*
        6. ‘The best of the bunch … with a scholar’s attention to detail, to precedent, and to culture. It is a page-turner, and a delight’. *Outdoor Fitness*
        7. ‘Delightful…an entertaining combination of personal narrative and rich literary episodes.’ *Times Literary Supplement*
        8. A brilliant, broad-ranging and beautiful book. (Rob Cowen - author of *Common Ground*)
        9. ‘a book in which the striding energy of the prose matches its subject.’ (Iain Sinclair)
        10. ‘Insightful and intoxicating. Vybarr Cregan-Reid's book makes you take your shoes off and run through a world of ideas about nature.’ (Lynne Truss)
* *Discovering* Gilgamesh*: Geology, Narrative and the Historical Sublime in Victorian Culture*. (Manchester: Manchester University Press, 2013) ISBN: 9780719090516, 200 pages - 92,000 words.
* Edition - Netta Syrett. *Nobody's Fault: a novel & The Sheltering Tree: a memoir* (London: Pickering Chatto, 2010) ISBN: 9781851966424, pp. 281 (7,000 word introduction, editing, chronology, endnotes)

**Essays, Journalism & Interviews**

(**c.** is for published circulation figures - **a.**, denotes either audience numbers or page-hits)

Essays & Journalism

* Four episodes of Series 1& 2 were re-worked in 2021 to be broadcast as a standalone series, this aired from August-September 2021 to an audience of about 100 million per episode. Each episode was broadcast ten times each week to catch all the time zones across the 200 countries.
* Series 2 for the *BBC’s World Service,* 3 x 30min programmes for which I am both writer and presenter. Audience figures of 76 million per episode. Transmission dates were 26th Feb 2020, 4th March, 11th March. … - The series was pick of the week in *The Sunday Times, The Sunday Telegraph, The Mail* and *Radio Times*.
* Series 1 for the *BBC’s World Service,* 3 x 30min programmes for which I am both writer and presenter. The commissioner reports audience figures of 76 million per episode. Transmission dates were 14th/21st/28th May 2019. The series was pick of the day in *The Times*, and pick of the week by Gillian Reynolds in *The Sunday Times*, as well as *The Observer*, *The Mail* and the *Radio Times.* The programme generated sufficient interest that I was invited onto the audience-selected feedback show *Over to You,* with a listenership of about 25 million.
* At the end of 2019 the programme was commissioned for a second series to be fast tracked for airing in early 2020 in the same slot garnering approx. 76 million per episode.
* 27 May 2019 - *Guardian Opinion* - ‘For the Sake of our Health, We Need to Kick the Indoor Habit’
* Apr 2019 -essay - ‘Our Love Affair with the Chair - a Symbol for the Anthropocene’ *The Anthropocene Magazine,* pp. 27-9.
* 12 Mar 2019 - *British Council* essay - ‘What is the Web Doing to our Bodies?’ (reprint of Barbican essay on 9 Jan 2019)
* ‘Exercise Alone Won’t Save Us - an Alternative History of Exercise*. The Guardian Long Read* - 3rd Jan 2019, (c. 137k online page hits 1.3 million)
* 9 Jan 2019 - Special commission from *The Barbican* (in partnership with the Royal Society and the British Council) to write an essay on technology and the human body for their *Life Rewired* season of exhibitions in 2019, to be turned into an A3 artwork for the Barbican visitors to take away with them*.* The Barbican has 3 million visitors a year.
* ‘Modern life gives children nearly everything they need, except daylight’, *The Conversation,* 12th Nov 2018. (Syndicated to the *Metro* - 1.5 million, and *The Independent*)
* 29 November 2018 *-* ‘What You Don’t Know — But Really Should — About Sitting All Day’ - *Thrive Global -* (the wisdom and well-being arm of the *Huffington Post*) - <https://thriveglobal.com/stories/sitting-all-day-health-sedentary-behavior/>
* ‘Why do hunter-gatherers live nearly as long as we do but with only limited access to healthcare?’, *The Conversation,* 31 Oct 2018
* ‘Anthropocene: why the chair should be the symbol for our sedentary age’, *The Conversation,* 26 Oct 2018 (syndicated to *BBC World*, *The Independent* and the *World Economic Forum*)
* ‘Allergies: the Scourge of Modern Life’ (2000 words) *The Observer (New Review)*, 21 Oct 2018 (c. 176k, online readers 500k) - shared on social media over 8,000 times and syndicated across the globe
* ‘The Anthropocene Era is Killing Us’ (1200 words) *The Daily Beast*, 15 October 2018 (c. 1 million)
* ‘Power Plants’ (approx. 800 words) *The Sunday Times*, 14 October 2018 (c. 750k)
* Article on perspiration (approx. 800 words) featured in Chas Newkey-Burden’s No1 bestseller *Running: Cheaper Than Therapy* (London: Bloomsbury, 2017) ISBN: 1472948831, pp. 33-5.
* 'My Desert Island Book’ *The Sunday Herald* 7 March 2017
* ‘Whispers from the Forest’ BBC *Countryfile* 23 March 2017 (<http://tinyurl.com/n8r3vtm>), also syndicated by Apple.
* ‘The Treadmill is 200 this year - high time it got a makeover’ *The Guardian*. January 10, 2017 (audience 80,000)
* ‘A Healing Walk in the Woods’ *The Sunday Telegraph* in ‘Living’ - (c. 418,000) 8 Jan 2017
* ‘Taking up Running? Here’s what you need to know to make it to February’ *The Conversation, January 6, 2017* and *Daily Mail* (16k) also in *Newsweek, Yahoo! News, Huffington Post South Africa, Eurosport* and at least another 50 news outlets. Also translated into French on *The* [conversation.fr](http://conversation.fr)where it was republished in [slate.fr](http://slate.fr) and Ouest-France. (Total confirmed reads over 70,000.)
* “Think Kent” video on YouTube - ‘Five Reasons you Should Go for a Run Today’ (a. 2k)
* 15-minute interview on Irish radio Life.FM (c. 39k)
* ‘Pages for the Ages’, front page essay in *Literary Review*, Sept 2016, iss. 446, (1.7k) - (c. 45,000)
* ‘Five Ways to Reboot Your Brain’ *The Conversation, July 28, 2016*, *The Conversation,* 20 July 2016 and *I Fucking Love Science* (7k). *The Sunday Independent* (South Africa 40k). The article also ran on the World Economic Forum (<http://bit.ly/2bwzOfC>)
* ‘Our success as a species is 5% inspiration and 95% perspiration - From perspiration to world domination – the extraordinary science of sweat.’ *The Conversation,* 20 July 2016 (5k), *Daily Mail online*, (12k) then syndicated to print in the I *Newspaper* on July 21, 2016 (circ. 300,000), as well as BioTechin.asia ([www.bit.ly/2aSP2Zy](http://www.bit.ly/2aSP2Zy)). This piece generated a couple of reporting articles (like <http://bit.ly/2aRoSUi>). An Albanian News channel made a short film explaining the piece (*Top TV News* <https://youtu.be/pe-dLzZw4gY>).
* ‘Running makes you smarter - Here’s How’ *The Conversation,* and translated into Spanish for *La Conversación,* and into French (10k) and syndicated on to numerous outlets. 26 June 2016, (*Conversation* *15k*), *I Fucking Love Science (80k)* *The New Zealand Herald, (30k),* and also on [stuff.nz](http://stuff.nz)*. -* it was also featured on the *World Economic Forum* in their 'Brain research/ global Health' pages (an additional 30k, here).The French version was syndicated to the French versions of [slate.fr](http://slate.fr)and[mashable.fr](http://mashable.fr)*.* The piece spawned a great deal of commentary (approx 1,000 comments on the IFLScience Facebook page) and it spawned threads in other places and forums such as - <http://bit.ly/2aF46gl>). The piece also generated other journalism that reported and commented on it. The French news magazine *Le Point,* (c.420k*)*, wrote a piece about my article and created a film presenting it’s key ideas on their website (<http://bit.ly/2aRYNXh>) which was shared from their site at least 10,000 times, and to nearly 600k Twitter followers. The popular French culture magazine *Les Inrockuptibles* (‘The Untouchables’ - the French *NME*, - circ. 60k) published ‘Pourquoi le running va vous rendre plus intelligent’ on 11th July and was shared there a thousand times (suggesting a readership of about 40,000). *The Debrief* also wrote a piece ‘Grab Your Trainers’ on the 5th July, where my research was the feature but other research was also discussed. The piece also resulted in 10 minute interview about my work on national Irish radio on (*Newstalk,* July 12, 2016 - c. 400,000 - [www.bit.ly/29KDUi2](http://www.bit.ly/29KDUi2)).
* 'How to Reap the Rewards of Running in Nature' - ‘Pause’ column piece in *The Big Issue,* 26 June 2016 (c. 300,000)
* 'Treading on my Dreams' *The I Newspaper* and online 7 June 2016. Double page-spread 1500 words. (c. 300,000, additional up to 60k online)
* *Wanderlust* *travel magazine* - 'the world's top five runs’ and brief interview, July 2016, (c. 86,000)
* ‘Running Numbers Continue to Rise, Here’s Why’, *The Conversation* & syndicated to multiple outlets across five continents *- 26* May 2016 Also syndicated to *The Washington Post,* and then to, *The New Zealand Herald, The Independent*, *Newsflash Nigeria*, *ENews Channel Africa*, *PostEverything, Pittsburgh Post, The Open University Open Learn* as ‘Why Do We Keep Running?’ *(2*0,000 page hits at The Conversation alone)
* ‘5 Runs’ feature article on [penguin.com](http://penguin.com) - https://www.penguin.co.uk/articles/on-writing/on-writing/2016/may/the-top-five-spring-runs-from-the-author-of-footnotes/
* ‘The Octopus and the Windmill' - review of Richard Askwith’s *Today We Die a Little* & Duncan Hamilton’s *For the Glory’* in *Literary Review*, May 2016, iss. 442, (1.1k) - (c. 45,000)
* ‘Run, Writer, Run’, front page essay in *Literary Review*, Feb 2016, iss. 439, (1.7k) - (c. 45,000)
* *BBC Radio 4 Open Book,* essay *The Literature of Running -* (a. 1 million) - <http://www.bbc.co.uk/programmes/b06gtn4x>
* 'How to be a runner', *The Telegraph*, Apr. 2015. (1.5k) - (c. 500,000)
* ‘The Top Five Reasons to Keep Going’, *The Guardian,* 16 Jan. 2014 (1k) - 100,000 page hits on the first day. Facebook shared over 5,000 times in first 24 hours, (cf. previous article shared 106).
* 'The Horizons of History Retreated’ *The Telegraph*, 21 Sept. 2013. (1.5k) - (c. 500,000)

**Interviews & other media**

* (forthcoming) Autumn 2023 *Body Electric* for National Public Radio in the US - first episode of a  six-part series about human’s relationship with technology. Recorded and edited, due to air in Autumn (a. NPR has a global audience)
* 1 Dec 2022 Contributions of to a series of four films made as part of a TFL/NHS/Health and Safety Executive partnership on employee health. Available on [thesounddoctor.org](http://thesounddoctor.org)
* ‘NPR Wisconsin’ The Morning Show: the Ideas Network (a. 20k)
* 6 Apr 2022 - ITV - *ITV Tonight* - interview and organisation for ‘The Pain in Your Back’ (a. 3m.)
* 12 Jan 2022 - BBC2 - *Inside the Factory* - interview in S6E05 ‘Chairs’ (a. 2m.) Repeated in 2023.
* 6 Nov 2020 - Times Radio - Gloria de Piero - 10 minute interview (a. 15k)
* 20th July 2020 - Marathon Talk Podcast - 30 minute interview with Martin Yelling (a. 30k)
* 15th Mar 2020 - BBC Radio 4 - *Pick of the Week* selected ‘Changing World, Changing Bodies’Series 2 (a. 1 million)
* 13th Mar 2020 - BBC Radio 4 - *You & Yours* - section about ‘Sleep’ from ‘Changing World, Changing Bodies’Series 2 (a. 1 million)
* 6th Mar 2020 - BBC Radio 4 - *You & Yours* - Interview about *Primate Change* and subject of longevity (a. 1 million)
* 26th Feb 2020 - BBC World Service - ‘Changing World, Changing Bodies’Series 2 (a. 97 million)
* 31st Jan 2020 - BBC Radio Coventry - ‘Why has the human brain decreased in size in the last 10,000 years?’ Short interview answering audience query (a. 64k)
* 30th May 2019 - BBC World Service - *Over to You,* audience-requested interview about the making of ‘Changing Worlds, Changing Bodies.’ (a. 25 million)
* 23rd April 2019 - BBC Three Counties Radio - interview about middle-age performance in Marathons
* 12th April 2019- Life FM - standalone interview
* 8th April 2019 - Day One Podcast - standalone interview
* 8th Feb 2019 - ITV ‘Tonight’ - interview about my book and research into the history of movement. Aired peak time with 3 million audience
* 28 Mar 2019 BBC Ulster - interview on *Good Morning* about sedentary life and work
* 25th January 2019 - BBC Sounds - podcast - *Live Wires: Is modern life bad for our bodies?*
* 10-minute interview about *Primate Change* on national Irish radio on (*Newstalk, 7 January 2019)*
* Mar 2019 Interview by Dr Euan Lawson of Lancaster Med School for *Blokeology Podcast* - https://www.blokeology.io/?s=vybarr
* 27 Dec 2018 Interview on ‘NPR Wisconsin’ The Morning Show: the Ideas Network (a. 20k)
* 23 Dec 2018 Interview on ‘Domingo Espetacular’ on *RecordTV* (Brazil national TV - a. 3 million)
* Guest Editor and lead interviewee on *BBC 5Live*. One-hour interview, with additional guests on ‘Afternoon Edition’ 23 Oct 2018 (1.33 million listeners)
* 13 Mar 2018 Ten minute interview on CBC ‘The Current’ - about the ‘magic’ exercise pill ‘518 going forward for FDA approval
* *Two interviews for* [LesMills.com](http://LesMills.com) *- “several million readers” I reckon about 80k - 26 Feb 2018* <https://www.lesmills.com/knowledge/newsfeed/sweat-is-a-good-thing/> *- 19 Feb 2018* <https://www.lesmills.com/knowledge/fitness-research/running-evolution/>
* *Featured in pieces* in *Men’s Health* and *Smithsonian Magazine*
* Subject of interview in *European Review* January 2018
* 60 minute Interview ’Newstalk’ hour long interview on ‘Talking Books’, (Sunday the 18th of Feb, 2018 from 8pm to 9pm. (a. 400,000)
* 40 Minute Interview *Leonard Lopate Show* WNYC NPR radio in New York , August 18, 2017 (a. 1.7 million) - <http://bit.ly/2B9BJBP>
* 40 minute video interview ‘Marathon Training Academy' podcast (a. 30,000) - <http://bit.ly/2z3dCTW>
* Quoted in ‘Warm sand, grassy earth ... but should you run barefoot?’ *The Irish Times*, August 14, 2017
* Interview BBC Radio Scotland 20 min interview ’Out for the Weekend’ 28th July 2017 (a. 957,000) - <http://bbc.in/2Aw8xG3>
* Interview 30 minutes on *RunRun Live Podcast* 15th July 2017 episode 4-369 (a. 4,000) - <http://apple.co/2AxnmYO>
* Interview in *National Geographic* ‘We have Evolved to Run - but we’re doing it all wrong’, 30th July, also syndicated to Apple News (c. 350,000) - <http://bit.ly/2C4Id2O>
* Interview in *Psychology Today* July/August 2017 (c. 275,000) - <http://bit.ly/2AN4ths>
* ’Preview of upcoming titles in the US’ *Publishers Weekly* 13 March 2017
* 10 minute interview on Canadian national radio CBC Radio One, 20 Feb 2017 - 'The Current' (a. 2.1 million), repeated 17th April, (<http://bit.ly/2lQocrn>) (a. 2.1 million).
* Principal Interviewee for *Epoch Times (Sweden)* ‘Kristina Paltén sprang två dygn på ett löpband’ - February 18, 2017 - https://tinyurl.com/zk2kxn4
* Principal interviewee for *New Statesman* ‘Forget Fitness - I run because it keeps me sane' - 2 Feb 2017 print and online - <https://t.co/d25QXajtCK> (c. 33,395)
* Principal interviewee for *Washington Post* 'A machine once considered to be punishment is now a $1.4 billion dollar industry' - 31 January 2017, <http://tinyurl.com/hx4qcsx> (c. 474,767) Also appeared in *The Irish Times, Sydney Morning Herald, Brisbane Times, Evrensel* (Turkey).
* BBC Radio 3 "Free Thinking" 11 Jan 2017 - 45 minute discussion programme, one of four panellists (<http://bbc.in/2BdKhIm>) (a. 200,000)
* *Sky News - ‘Morning Stories - What would you do if I told you…’* 26 May 16 - (a. 1 million)
* *BBC Radio 4 -* interview on *You and Yours*, Running, Technology and Consumerism, 20th April 2016 *-* (a. 3.3 million) *-* <http://www.bbc.co.uk/programmes/p03rw51l>

**Articles & Essays (single-authored, peer reviewed)**

* ‘One Book, Thirty-Six Years’, essay in *Literary Review*, September 2021
* ‘Ecologies of Labour –the Anthropocene body as a body of work’, Victorian Ecology, *19: Interdisciplinary Studies in the Long Nineteenth Century*, issue 26, 2018. E-ISSN:1755-1560
* ‘Modes of Silence in Forster’s ‘Inferior’ Fiction‘ *English Literature in Transition, 1880-1920*. (56.4) July 2013, ISBN: 9780944318451, pp. 445-461.
* ‘Running Wilde: Landscape, the Body, and the History of the Treadmill’ in *Critical Survey*, (24.3) Winter, 2012, ISSN:0011-1570, pp. 73-91.
* 'Paradigms of Remembrance from Scrooge to Isabel' in *Facing the Past, Facing the Future* (Istanbul: Bachesehir University Press, 2011), ISBN: 9786055461102, pp. 68-91.
* ‘The *Gilgamesh* Controversy: The Ancient Epic and Late-Victorian Geology’ in *Journal of Victorian Culture*, (14.2) 2009, ISSN:1355-5502, pp. 224 - 237.
* ‘Mr Smith and Dr Suess: Originary Narrative and the Late-Victorians.’ in *The Victorians and the Ancient World: Archaeology and Classicism in Nineteenth-Century Culture.* Ed. Richard Pearson (Cambridge Scholars Press), 2007. ISBN:9781847180445, pp. 109-24.

• ‘Macaulay and the Historical Sublime; or, Forgetting the Past and the Future.’ *Nineteenth-Century Prose*, (33.2) 2006.

• ‘Bodies, Boundaries and Queer Waters: Drowning and Prosopopœia in Later Dickens’ – in “Dickens and Sex” edition of *Critical Survey*, (17.2) Summer, 2005.

• ‘Drowning in Early Dickens’ - in *Textual Practice*, (19.1) Feb. 2005.

• ‘Water Defences: The Arts of Swimming in Nineteenth-Century Culture’ in *Critical Survey*, (16.3) Winter, 2004.

• ‘Only Connected: Forster, Writing and Bloomsbury 1910-1914’ Issue 24, *The Charleston Magazine*. (Autumn/Winter 2001).

Promotion of Research - Events, Talks & Conferences

10 July 2023 - How Running Makes us Human - lecture/workshop at University of Adventure – Love Trails Festival, Gower Peninsula (a. 100)

10 July 2023 - The Alchemy of Running - Talk at The Bookshop – Love Trails Festival, Gower Peninsula (a. 20)

8 July 2023 - Footnotes - reading at The Campfire – Love Trails Festival, Gower Peninsula (a. 32)

8th April 2022 Arts and Humanities Public Engagement / Impact Workshop: Working with Media and the Public – University of Kent (a. 20?)

21st Mar 2022 - ‘Entrepreneurialism and Cross-Sector Modelling’ presentation and panel discussion arranged by Cultural Leadership Exchange Initiative (Goldsmiths, London and Australian Institute of Dramatic Art (a. 30)

20th Nov 2021 - ‘The Working Body and the Body at Work’ Feet, Fascia, and Function Summit - Evolution 101, Regent’s University London - keynote and conference round-up (a. 81)

28th Oct 2021 - ‘Soft Fascination and Sustainable Environments’ Institute of Creative and Cultural Entrepreneurship, Goldsmiths University (a. 25)

14th July 2021 - ‘In Conversation - the new different and building change’ - Sustainable Enterprise London Festival 2021 (a. 22)

25th Jun 2021 - ‘In Conversation with Richard Dawkins - Books do Furnish a Life’ - Felixstowe Literature Festival (a. 150)

24th Jun 2021 - ‘Work for Tomorrow - Innovating for an ageing Workforce’ - Innovation Resource Center HR & International Longevity Centre (a. 48)

3rd December 2020 - ‘How can we plan a better future for all generations?’ 6th Annual Future of Ageing Conference 2020 - International Longevity Centre (a. 200)

10th Oct 2020 - ‘Environmental Psychology’ World Mental Health Day LoveTrails Festival (a. 85)

15th July 2020 - ‘Sustainability, resilience & wellbeing’, Sustainable Enterprise Festival - Goldsmiths University (a. 45)

24th Jun 2020 - ‘The future of the modern office: human health, creativity and productivity’, *Lincoln Community* Conference - Digital Breakfast (a. 20)

13th February 2020 - TEDx ‘How Modern Life is Written all Over Your Face’ (a.1,030) TEDx went held at the Assembly Halls Theatre in Royal Tunbridge Wells. (Online audience 6k)

13th November 2019 - plenary to *The Natural History Consortium Communication 2019* (a collaboration between Avon Wildlife Trust, Bath and Northeast Somerset Council, BBC Natural History Unit, Defra, Forestry Commission, National Trust, University of Bath, University of Bristol,, Wildfowl and Wetlands Trust, and Woodland Trust)

29th Oct 2019 - lecture to Education professionals at Canterbury Christchurch University (a.35)

25th Oct 2019 Keynote at the annual symposium for the South East Faculty of Clinical Educators - a gathering of Scottish General Practitioners, surgeons, teachers and educators (<https://www.sefce.net/en-gb/>) (a.150)

17th Oct 2019 The Writer’s Room Guest Lecture, School of Arts, University of Warwick (a. 26)

12th Sept. 2019 after dinner event at Phoenix Leaders, Nicosia, Cyprus - organised through the London Speaker Bureau. Audience consisted of ambassadors and business leaders (a. 40)

10th Sept 2019 The Institution of Environmental Sciences, webinar and podcast (a. 40)

7th July 2019 Timber Festival, Derbyshire. (a. 40)

6th July 2019 ‘Anthropocene: the point of no return - panel discussion Bradford Literary Festival (a. 80)

5th July 2019 ‘Primate Change - Lunch bites session Bradford Literary Festival (a. 30)

29th June 2019 ‘Primate Change’ Felixstowe Literary Festival (a. 50)

28th May - Keynote - TESLA Ergonomics 2.0 (a. forthcoming) TESLA Safety Week: ‘Find-It, Fix-It & Ergonomics Lecture the senior members of the Tesla EHS team in Asia-Pacific and the United States to VP level. (a. 80)

6th May 2019 Chiddingstone Castle Literary Festival, Kent, (a. 80)

29th April Chipping Norton Literary Festival (a. 15)

29th Mar 2019 Aye, Write! Glasgow, literary festival (a. 35)

23rd January 2019 - addressing the senior members of the Tesla EHS team in Asia-Pacific and the United States to VP level. (a. 40)

28th November & 9th December 2018 ‘Shady Characters and Sun Worshipers’ public lecture given in four different versions at the *Science Museum* as part of their ‘Science Museum Lates’. The first two lectures were sold out (about 100 people in each). One lecture was live-translated into British Sign Language. The latter two lectures were specifically geared towards groups with different needs that found it difficult to operate in large crowds. These events are called Science Museum ‘Night Owls’ and invite those with conditions like ASD, ADHD, or social anxiety to participate.

18th Nov 2018 Looe Literary Festival, Looe (a. 30)

17th Nov 2018 Keynote ‘Evolution 101’ - Natural History Museum, London (a.120)

8th Nov 2018 ‘Dangerous Movements’, *RunRunRun Biennale 2018* co-organiser with artist Dr Kai Syng-Tan (KCL) 8 November 2018 organised with University of Kent Paris School of Arts and Culture.

25th Oct 2018 ‘Sustainability & Creating Creativity’, talk at the Institute of Creative and Cultural Entrepreneurship Goldsmiths (a. 50)

11th Oct 2018 ‘Primate Change’, Isle of Wight Literary Festival (a. 60)

July 2017 ‘Nurtured Through Nature’ Bradford Literary Festival (a. 30)

June 2017 - The Art of Running, Royal College of Art, Kensington

Apr 2017 Chipping Norton Literary Festival (a. 40)

Mar 2017 Aye Write Literary Festival, Glasgow (a. 35)

Mar 2017 Words by the Water Literary Festival, Keswick (a. 12)

14 Dec 2016 Public lecture University of Hertfordshire (a. 26)

7th Dec Waterstones (with Lauren Elkin), Canterbury (a. 13)

27th Nov 2016 Hay-on-Wye Winter Festival, interviewed by Oliver Balch (a. 120) 3rd bestselling book of the festival

26th Nov 2016 University of Kent Alumni event (a. 35)

19th Nov 2016 Folkestone Literary Festival (35)

17th Nov 2016 - The Institute of Creative & Cultural Entrepreneurship Salon (invited talk) reading and talk about resilience and developing good writing habits (a. 18)

14th Oct 2016 - Poetry in Motion, with Lauren Elkin Waterstones, Greenwich (a. 10)

8th July 2016 Hardy Society Biennial Conference - book launch and professionalisation session for PGs also a Waterstones event. (a. 40)

8th June Shakespeare & Co. standalone event being interviewed by Lauren Elkin about *Footnotes* (a. 65) talk sold out with overflow audience listening to audio feed

31st May Creative Writing Readings Series Launch and interview with Amy Sackville and Anna Mrowiec about *Footnotes* (a. 45)

19th May 16 - Running Wilde: outdoor exercise & the peculiar history of the treadmill - Centre for Nineteenth-Century Studies, Birkbeck Arts Week - School of Arts (a. 22)

14th Mar 16 ‘1851, The Tipping Point: hanging, choking and shopping’, Creative Writing Open Seminar, Kent (a. 30)

11th Mar 2016 ‘Sole Music: Fluid Transactions between the body and the environment’ Institute of English Studies, Birkbeck (a. 18)

9th Feb 2016 ‘No-one left behind: developing student self-awareness, confidence and engagement’ talk to experienced staff on re-engaging with teaching methodology UELT (a. 4)

26th Nov 15 ‘Creativity, Movement and Urban Space’ - Institute for Cultural and Creative Entrepreneurship, Goldsmiths (a. 10)

28th Oct 15 ‘Inspiring Creativity’ - Institute for Cultural and Creative Entrepreneurship Salon talk to MA students, Goldsmiths (a. 15)

2nd Sept 15 / 8 Sept 15 *Footnotes - Running Experiences* - public engagement events funded by the Arts Council which I lead brought together artists, sports and exercise scientists and runners to share research and stories and to experiment with narrative-forms of movement - 2 Sept (Amersham Arms, New Cross, London) - 8 Sept The Minories Art Centre Colchester. (a. 60+)

19th Jun 15 Key: 'Coleridge's Fingers' Environments: Landscapes and the Mind, Goldsmiths, June 2015 (a. 79)

11th May 15 ‘The Soft Machine: the technologies we carry with us’ - Running Dialogues, The Roxy London, public engagement event supported by the ESRC and the Arts Council (a. 30)

23rd Apr 15 Guest speaker: ‘The Science of Running’ - Harvard Science Festival, Boston (a. 50+)

3rd Sep 14 ‘Sustainable Careers’ - British Association of Victorian Studies: Victorian Sustainability, University of Kent (a. 40)

28th Jul 14 ‘The Hardy Runner’ - Thomas Hardy Society Bicentenary Conference, Dorchester (a. 65)

10-11th April, 2014, Keynote: *Literature and Physical Culture*, International Centre for Sports History and Culture, De Montfort University. (a. 60+)

25th June 2014, Sport, Exercise, Neither? - Run! Run! Run! Version 1 - Slade College of Art

24-5th November 2012 Writer's Block and the Politics of Silence in Forster's 'Minor' Fiction’ - *Maurice* Centenary Conference, University of St Andrews.

10-12th December 2010, Forster and Writer's Block?' - The December 1910 Centenary Conference, University of Glasgow.

1st April 2011 Keynote: speaker at the *Future\s* postgraduate conference - University of Kent.

2nd May 2011 In Conversation Q&A with Tjinder Singh’ - *Global Youth Cultures Conference - The Centre for Colonial and Postcolonial Research*. University of Kent.

24th October 2010 The politics of the Late-Victorian Novel’ - Facing the Past Facing the Future: History, Memory, Literature Conference May 7-8-9, 2009 Bahcesehir, Istanbul.

2nd May, 2008 ‘Nineteenth-Century Epic: a Symposium’ The Cambridge Victorian Studies Group, Newnham College, Cambridge.

10th Mar 2008 ‘The Sense of an Ending.’ The Dickens Fellowship.

6th Feb 2008 ‘Victorian Water Photography’, School of English Research Seminar, University of Kent

Sep 2006 ‘The Politics of Late Victorian Narrative.’ School of English Research Seminar, University of Kent.

Sep 2006 ‘Capturing Time: Painting, Photography and the Victorian Problem of Representing a Past Without Narrative.’ British Association for Victorian Studies, University of Liverpool.

8th May 2006 ‘Drowned Worlds.’ Leeds Centre for Victorian Studies. Trinity & All Saints.

30th Mar 2006 ‘Gilgamesh, Geology and Modernity.’ Interdisciplinary Nineteenth Century Studies Conference, Rutgers New Jersey.

9th Nov 2006 ‘Gilgamesh, Atlantis and the Politics of Late-Victorian Narrative.’ English Graduate Colloquium. University of Sussex.

5-7th Sept 2005 ‘Discovering Gilgamesh: George Smith and Late-Victorian Geology.’ The Victorians in the Long View, British Association for Victorian Studies, University of Gloucestershire.

2nd Mar 2005 ‘Discovering Gilgamesh: George Smith and Late-Victorian Geology.’ London Victorian and Edwardian Popular Literature and Culture Research Seminar, Institute of English Studies.

20th Mar 2004 ‘Drowning in Later Dickens – Escaping Water and the Victorians’ Dickens and Sex, Institute of English Studies.

26th Apr 2003 ‘Queer Waters’ Victorian Sexualities, University College Worcester.

Mar 2003 ‘Swimming in Nineteenth-Century Culture’ The Intellectual History Seminar, Sussex University.

Feb 2003 ‘Queer Waters; or, Drowning in Early Dickens’ The English Graduate Colloquium, Sussex University.

5-7th Sept 2002 ‘The Iconography of the Deluge’ Idealisms and Materialisms British Association for Victorian Studies, University of Hull.

10-12 Nov 2001 ‘‘And What’s the Pond…?’ Water and the Romantics.’ Isle of Thorns Conference, University of Sussex.