

A stylized anatomical graphic of a shoulder joint, rendered in white, light blue, and grey against a dark blue background. The graphic shows the humeral head, glenoid, and surrounding soft tissue structures. The text is centered within the light blue area of the joint.

curriculum vitae  
**dr allan young**  
shoulder surgeon



**Dr Allan Young**  
MBBS MspMed PhD FRACS (Orth)

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AUSTRALIA
-  Phone 61 2 9460 7615 Fax 61 2 9460 6064

- 2008** FRACS  
Fellowship (Orthopaedic)  
Royal Australasian College of Surgeons
- 2005** PhD  
Doctor of Philosophy  
University of Sydney
- 2003** MSpMed  
Masters of Sports Medicine  
University of New South Wales
- 1996** MBBS  
Bachelor of Medicine, Bachelor of Surgery  
University of Queensland

## **Visiting Medical Officer**

North Shore Private Hospital  
Mater Hospital  
St Vincent's Private Hospital  
Dubbo Private Hospital  
Dubbo Base Hospital

## **Director**

Sydney Shoulder Research Institute

## **Fellowship Supervisor**

Sydney Shoulder Research Institute Fellowship  
AOA accredited program NSW 1302

# previous appointments

**2010**      **Senior Lecturer in Orthopaedic Surgery**  
**to**            University of Sydney  
**2014**      Sydney, AUSTRALIA

**2010**      **Orthopaedic Surgeon** (Staff Specialist)  
**to**            Royal North Shore Hospital  
**2014**      Sydney, AUSTRALIA

**2009**      **Postgraduate Fellow in Shoulder Surgery**  
**to**            Supervisor: Dr Gilles Walch  
**2010**      Lyon, FRANCE

**2009**      **Postgraduate Fellow in Shoulder & Elbow Surgery**  
**to**            Supervisors: Prof David Sonnabend &  
**2010**      Dr Jeffery Hughes  
                Royal North Shore Hospital  
                Sydney, AUSTRALIA

**2004**      **Advanced Trainee**  
**to**            Australian Orthopaedic Association  
**2008**      Sydney, AUSTRALIA

# previous appointments

- 2002  
to  
2004**      **Doctor of Philosophy studies**  
Royal North Shore Hospital  
Sydney, AUSTRALIA
- 11-2002  
to  
12-2002**      **Visiting Researcher**  
Jo Miller Orthopaedic Research Laboratories  
Montreal, CANADA
- 2001  
to  
2003**      **Orthopaedic Registrar**  
Balmoral Naval Hospital and  
Royal North Shore Hospital  
Sydney, AUSTRALIA
- 1999  
to  
2001**      **Fleet Medical Officer**  
Royal Australian Navy  
Sydney, AUSTRALIA
- 1997  
to  
1999**      **Resident Medical Officer**  
Royal Brisbane Hospital  
Brisbane, AUSTRALIA

# awards and prizes

- 2008**      **AOA Research Grant**  
Australian Orthopaedic Association  
Research Foundation
- 2006**      **Lucy Falkiner Scholarship Award**  
University of Sydney and  
Columbia University
- 2004**      **Research Scholarship Award**  
Lincoln Research Foundation
- 2004**      **Beryl and Jack Jacobs Postgraduate  
Travel Scholarship Award**  
Royal North Shore Hospital
- 2003**      **Best Paper Prize**  
NSW Scientific Meeting,  
Australian Orthopaedic Association
- 2001**      **Gordon Gordon-Taylor Award**  
Awarded for achieving the highest marks  
RACS Part One Fellowship Examinations  
Royal Australasian College of Surgeons

## Military Awards

<b>2009</b>	ADF Long Service Medal
<b>2007</b>	Australian Defence Medal
<b>2001</b>	Australian Service Medal
<b>1999</b>	Australian Active Service Medal
<b>1999</b>	Interfet Medal (East Timor)

## Military Experience

<b>2012 to</b>	<b>Surgeon Commander</b> (Orthopaedic)
<b>2019</b>	Royal Australian Naval Reserves

<b>1994 to</b>	<b>Commissioned Officer</b>
<b>2019</b>	Royal Australian Navy

<b>Rank</b>	Commander (Retired)
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<b>Postings</b>	HMAS Adelaide	HMAS Kuttabul
	HMAS Brisbane	HMAS Manoora
	HMAS Canberra	HMAS Melbourne
	HMAS Cerberus	HMAS Newcastle
	HMAS Creswell	HMAS Penguin
	HMAS Darwin	HMAS Sydney
	HMAS Kanimbla	HMAS Tobruk



## **Injuries to the Biceps Pulley**

With A. Godenèche, L. Nové-Josserand, S. Audebert,  
B. Toussaint and G. Walch.

In *Disorders of the Proximal Biceps Tendon: Evaluation and Treatment Monograph*.

S.S. Hassan and A.D. Mazzocca (Editors). American Academy of Orthopaedic Surgeons. ISBN: 978-0892039708

## **Open Bony Augmentation of Glenoid Bone Loss – The Latarjet and Variants – Surgical Technique**

With G. Walch.

In *Shoulder Instability: A Comprehensive Approach*. Romeo and Provencher (Editors). Saunders, Elsevier. ISBN: 978-1-4377-0922-3

## **Rotator Cuff Repair: Open Technique for Partial-Thickness or Small or Medium Full-Thickness Tears**

With D.H. Sonnabend.

In *Operative Techniques: Shoulder and Elbow Surgery*. D. H. Lee and R. Neviaser (Editors). Saunders, Elsevier. ISBN: 9781416032786

## **Long-term results of a flatback polyethylene glenoid component in primary osteoarthritis – A multicentre study**

With G. Walch, F.Gohlke, L. Phillipe, L. Favard L and P. Boileau.

In *Shoulder Concepts 2010 - The Glenoid*.

Sauramps Medical, Montpellier. ISBN: 978-2-84023-676-4

## **Results of the convex back cemented keeled glenoid component in primary osteoarthritis**

With G. Walch, B. Melis, D. Gazielly, M. Loew and P. Boileau.

In *Shoulder Concepts 2010 - The Glenoid*. Sauramps Medical, Montpellier. ISBN: 978-2-84023-676-4

## **Long-term outcomes with the reverse shoulder prosthesis: 10 to 15 years of follow-up**

With L. Favard, G. Alami, C. Dezaly and V. Falaise.

In *Shoulder Concepts 2010 - The Glenoid*.

Sauramps Medical, Montpellier. ISBN: 978-2-84023-676-4.

## **Pattern of loosening of polyethylene keeled glenoid components in primary osteoarthritis**

With G. Walch and P. Boileau.

In *Shoulder Concepts 2010 - The Glenoid*.

Sauramps Medical, Montpellier. ISBN: 978-2-84023-676-4.

## **Optimising Screw Trajectory in the Bristow-Latarjet Procedure: A Simple Technique to Improve the Alpha Angle**

RLE Tang, SP Mackenzie, D Cuzmar Grimalt, AA Young, R Niu, OJ Mattern and B Cass

*Journal of Orthopedic Surgery and Techniques*, 2022;5(2): 487-493.

## **Subacromial osteochondroma and rotator cuff tear in a young adult with multiple osteochondromas**

M Spasojevic, SP Mackenzie, AA Young and B Cass

*JSES Reviews, Reports, and Techniques*, 2022 Feb;2(1):92-95

## **The effect of single-dose, preoperative intravenous tranexamic acid on early postoperative pain scores after rotator cuff repair: a double-blind, randomized controlled trial**

SP Mackenzie, M Spasojevic, M Smith, O Mattern, RP Piggott, SS Patel, N Bedaiwy, B Cass and A Young

*Journal of Shoulder and Elbow Surgery*, 2022 Jul;31(7):1399-1408

## **Implication of bone morphology in degenerative rotator cuff lesions: a prospective comparative study between Greater Tuberosity Angle and Critical Shoulder Angle**

G Cunningham, C Coor, MM Smith, AA Young, B Cass and BK Moor.

*Orthopaedics & Traumatology: Surgery & Research*, 2022 Apr;108(2):103046

## **Wrist mounted accelerometers provide objective evidence of disease and recovery in patients with frozen shoulder**

SP Mackenzie, M McLean, M Spasojevic, R Niu, LM Kruse, J Gwynne, AA Young and B Cass

*JSES International*, 2022 Jan;6(1):III-III5

\*for the most up to date listings visit

<https://www.ssri.net.au/publications-dr-allan-young/>

## **A Single Dose of Tranexamic Acid Reduces Blood Loss After Reverse and Anatomic Shoulder Arthroplasty: A Randomized Control Trial**

G Cunningham, J Hughes, B Borner, O Mattern, M Taha, MM Smith, AA Young and B Cass.

*Journal of Shoulder and Elbow Surgery*, 2021 Jan;30:1553-1560

## **Accuracy of arthroscopic fluid pump systems in shoulder surgery: a comparison of 3 different pump systems**

ME Taha, K Schneider, MM Smith, G Cunningham, AA Young and B Cass

*Journal of Shoulder and Elbow Surgery*, 2020 Dec;29(12):2626-2631.

## **A biomechanical comparison of different suture materials used for arthroscopic shoulder procedures**

ME Taha, E Clarke, D O'Briain, MM Smith, G Cunningham, B Cass and AA Young

*Arthroscopy*, 2020 Mar; 36(3):708-713.

## **Healing of partial-thickness rotator cuff tears following arthroscopic augmentation with a highly-porous collagen implant: a 5-year clinical and MRI follow-up**

DJ Bokor, DH Sonnabend, L Deady, B Cass, AA Young, CL Van Kampen and SP Arnoczky

*Muscles, Ligaments and Tendons Journal*, 2019 Jul;9(3):338-347.

## **Comparative analysis of two glenoid version measurement methods in variable axial slices on 3D-reconstructed CT scans**

G Cunningham, J Freebody, MM Smith, ME Taha, AA Young, B Cass and B Giuffre

*Journal of Shoulder and Elbow Surgery*, 2018 Oct;27(10):1809-1815.

## **Early Sling Discontinuation Following Rotator Cuff Repair**

L Kruse, T Falconer, SJ Dimmick, JC Balestro, G Cunningham, B Cass and AA Young

*Techniques in Shoulder & Elbow Surgery*, 2018 Sep;19(3):106-110.

## **The greater tuberosity angle: a new predictor for rotator cuff tears**

G Cunningham, M Smith, AA Young and B Cass

*Journal of Shoulder and Elbow Surgery*, 2018 Aug;27(8):1415-1421.

## **Clinical outcomes and safety of distal biceps repairs using a modified entry point**

M Baba, J Leon, M Symes, O Dorrestijn, AA Young and B Cass

*ANZ Journal of Surgery*, 2016, August (3). doi:10.1111/ans.13684.

## **Evidence of healing of partial-thickness rotator cuff tears following arthroscopic augmentation with a collagen implant:**

### **a 2-year MRI follow-up**

DJ Bokor, DH Sonnabend, L Deady, B Cass, AA Young,

CL Van Kampen and SP Arnoczky

*Muscles, Ligaments and Tendons Journal* 2016;6(1):16-25.

## **Improving medial footprint coverage in double row cuff repair using Fibretape**

AA Young, B Cass, R Appleyard, J Cadman, M Baba and

O Dorrestijn

*Techniques in Shoulder & Elbow Surgery*, 2015 Sep;16(3):74-78.

## **Preliminary investigation of a biological augmentation of rotator cuff repairs using a collagen implant: A 2-year MRI follow-up**

DJ Bokor, DH Sonnabend, L Deady, B Cass, AA Young,

CL Van Kampen and SP Arnoczky

*Muscles, Ligaments and Tendons Journal*, 2015;5(3):144-150.

## **Coracoid graft dimensions after harvesting for the open Latarjet procedure**

AA Young, M Baba, L Neyton, A Godeneche and G Walch

*Journal of Shoulder and Elbow Surgery*, 2013 Apr; 22(4):485-8.

## **Open Latarjet: tried, tested and true**

O Mattern, AA Young and G Walch

*Annals of Joint* , 2017 November.

## **Altered stress induced by partial transection of the infraspinatus tendon leads to perlecan (HSPG2) accumulation in an ovine model of tendinopathy**

J Melrose, MM Smith, SM Smith, V Ravi, AA Young, AJ Dart, DH Sonnabend and CB Little

*Tissue and Cell*, 2013 Jan;45(12):77-82.

## **Low rate of Propionibacterium acnes in arthritic shoulders undergoing primary total shoulder replacement surgery using a strict specimen collection technique**

CB Maccioni, AB Woodbridge, JC Balestro, MC Figtree, BJ Hudson, B Cass and AA Young

*Journal of Shoulder and Elbow Surgery*, 2015 Aug; 24(8).

## **Graft Osteolysis and Recurrent Instability Following The Latarjet Procedure Performed With Diaspora Screw Fixation**

JC Balestro, A Young, C Maccioni and G Walch

*Journal of Shoulder and Elbow Surgery*, 2015 May; 24(5):711-8.

## **Results of anatomic nonconstrained prosthesis in primary osteoarthritis with biconcave glenoid**

G Walch, C Moraga, AA Young and J Castellanos-Rosas

*Journal of Shoulder and Elbow Surgery*, 2012 Nov; (21):1526-1533.

## **Three-dimensional measurement method of arthritic glenoid cavity morphology: feasibility and reproducibility**

G Moineau, C Levigne, P Boileau, A Young, G Walch; French Society for Shoulder & Elbow (SOFEC)

*Orthopaedics & Traumatology: Surgery & Research*, 2012 Oct;98(6 Suppl):S139-45. Epub 2012 Sep 7.

## **Surgical treatment of anterior instability in rugby union players: clinical and radiographic results of the Latarjet-Patte procedure with minimum 5-year follow-up**

L Neyton, AA Young, B Dawidziak, E Visona, JP Hager, Y Fournier and G Walch

*Journal of Shoulder and Elbow Surgery*, 2012 Dec;21(12);1721-7.

## **Secondary Rotator Cuff Dysfunction Following Total Shoulder Arthroplasty for Primary Glenohumeral Osteoarthritis: Results of a Multicenter Study with More Than Five Years of Follow-up**

AA Young, G Walch, G Pape, F Gohlke and L Favard

*Journal of Bone and Joint Surgery - American*, 2012 Apr 18;94(8):685-93.

## **Bilateral anatomic total shoulder arthroplasty versus reverse shoulder arthroplasty**

V Latif, P Denard, AA Young, JP Liotard and G Walch

*Orthopedics*, 2012 Apr; 35(4): e479-85. doi: 10.3928/01477447-20120327-25.

## **Treatment of proximal humeral nonunions with a locked plate and an intramedullary strut autograft**

AA Young, B Cass and G Smith

*Techniques in Orthopaedics*, 2014 Mar;29(1):39-42.

## **Patterns of loosening of polyethylene keeled glenoid components after shoulder arthroplasty for primary osteoarthritis: results of a multicenter study with more than five years of follow-up**

G Walch, AA Young, P Boileau, D Gazielly, M Loew and D Mole

*Journal of Bone and Joint Surgery - American*, 2012 Jan; 94(2): 145-150.

## **Mechanical Destabilization Induced by Controlled Annual Incision of the Intervertebral Disc Dysregulates Metalloproteinase Expression and Induces Disc Degeneration**

J Melrose, C Shu, C Young, R Ho, MM Smith, AA Young, SS Smith, B Gooden, A Dart, J Podadera, RC Appleyard and CB Little

*Spine*, 2012, Jan 1;37(1):18-25.

## **Early results of reverse shoulder arthroplasty in patients with rheumatoid arthritis**

AA Young, MM Smith, G Bacle, C Moraga and G Walch

*Journal of Bone and Joint Surgery - American*, 2011 Oct 19;83(20):1915-23.

## **Three-dimensional assessment of the dimensions of the osteoarthritic glenoid**

G Walch, M Mesiha, TB Edwards, C Lévigne, G Moineau and A Young  
*Bone and Joint*, 2013 Oct;95-B(10):1377-82.

## **The Latarjet-Patte procedure for recurrent anterior shoulder instability in contact athletes**

M Joshi, AA Young, J-C Balestro and G Walch  
*Clinics in Sports Medicine*, 2013 Oct;32(4):731-9.

## **Analyse IRM de la cicatrisation tendineuse du supraspinatus après réparation arthroscopique en double rangée: à propos de 107 cas [MRI analysis of tendon healing of the supraspinatus after arthroscopic double row repair: about 107 cases]**

M-B Hardy, A Godenèche, L Neyton, Y Carillon, J Cléchet and A Young  
*Revue de Chirurgie Orthopédique et Traumatologique [Journal of Orthopedic and Traumatology Surgery]*, November, 2011; 97(7): S259-260.

## **Reverse Shoulder Arthroplasty**

C Smithers, AA Young and G Walch  
*Current Reviews in Musculoskeletal Medicine*, 2011, June: 4(2).

## **Results of a convex-back cemented keeled glenoid component in primary osteoarthritis: multicenter study with a follow-up greater than 5 years**

G Walch, AA Young, B Melis, D Gazielly, M Loew and P Boileau  
*Journal of Shoulder and Elbow Surgery*, 2011 April;20:385-394

## **Open Latarjet procedure for management of bone loss in anterior instability of the glenohumeral joint**

AA Young, R Maia, J Berhout and G Walch  
*Journal of Shoulder and Elbow Surgery*, 2011 Mar:S61-9.



## **A multicentre study of the long-term results of using a flat-back polyethylene glenoid component in shoulder replacement for primary osteoarthritis**

AA Young, G Walch, P Boileau, L Favard, F Gohlke, M Loew and D Mole  
*Journal of Bone and Joint Surgery - British*, February 1, 2011; 93-B(2): 210 - 216.

## **Glenoid tricortical iliac crest structural bone graft enhanced with resorbable cement for the treatment of aseptic glenoid loosening**

AA Young, L Neyton, D Molony, P Boileau and G Walch  
*Techniques in Shoulder and Elbow Surgery*, 2011; 12(1): 12-17.

## **Fixation of the glenoid component in total shoulder arthroplasty: what is 'modern cementing technique'?**

AA Young and G Walch  
*Journal of Shoulder and Elbow Surgery*, 2010 Dec;19(8):1129-36.

## **Latarjet-Bristow procedure performed with bioabsorbable screws – computed tomography evidence of healing**

AA Young, R Maia, C Moraga, V Latif, J-P Liotard and G Walch  
*Techniques in Shoulder and Elbow Surgery*, 2010; 11(3):85-89.

## **Histological Evaluation of Rotator Cuff Repair in a Primate Model**

DH Sonnabend, R Howlett and AA Young  
*Journal of Bone and Joint Surgery – British*, 2010, 92(4): 586-94.

## **Dysregulation of metalloproteinase expression in a mechanical destabilization model of intervertebral disc degeneration in sheep**

J Melrose, C Shu, C Young, R Ho, MM Smith, AA Young, SS Smith, B Gooden, A Dart, J Podadera, RC Appleyard and CB Little  
*Trans Orthop Res Soc*, 2010; 35:1460

## **Comparative anatomy of the rotator cuff**

DH Sonnabend and AA Young.  
*Journal of Bone and Joint Surgery – British*, 2009, Vol 91B, 12, 1632-37.

## **Locked Intra-medullary Nailing for Treatment of Displaced Proximal Humerus Fractures**

AA Young and JS Hughes

*Orthopedic Clinics of North America*, 2008, October; 417-428.

## **Synovial pathology in an ovine model of osteoarthritis: effect of intraarticular hyaluronan (Hyalgan)**

MA Cake, MM Smith, AA Young, S Smith, P Ghosh and R Read

*Clinical and Experimental Rheumatology*. 2008 Jul-Aug; 26(4):561-7.

## **Modulation of aggrecan and ADAMTS expression in ovine tendinopathy induced by altered strain**

MM Smith, G Sakurai, SM Smith, AA Young, J Melrose, C Stewart, RC

Appleyard, J Peterson, M Gillies, A Dart, DH Sonnabend and CB Little

*Arthritis Rheum*. 2008 Apr;58(4):1055-66.

## **Biglycan and fibromodulin fragmentation correlates with temporal and spatial annular remodelling in experimentally injured ovine intervertebral discs**

J Melrose, SM Smith, ES Fuller, AA Young, PJ Roughley, A Dart and CB Little

*European Spine Journal*, 2007 Dec;16(12):2193-205.

## **Dynamic biomechanics correlate with histopathology in human tibial cartilage: a preliminary study**

AA Young, RC Appleyard, MM Smith, J Melrose and CB Little

*Clinical Orthopaedics and Related Research*, 2007 Sep; 462:212-20.

## **Proteoglycan 4 down regulation in a sheep meniscectomy model of early osteoarthritis**

AA Young, S McLennan, MM Smith, SM Smith, MA Cake, R Read, J Melrose, DH Sonnabend, CR Flannery and CB Little

*Arthritis Research and Therapy*, 2006, 8(2), R41-6.

## **Changes in expression and immunolocalisation of proteoglycan 4/lubricin in cartilage in an ovine model of early osteoarthritis**

AA Young, S McLennan, MM Smith, SM Smith, MA Cake, R Read, J Melrose, DH Sonnabend, CR Flannery and CB Little  
*Trans Orthop Res Soc*, 2006; 1386.

## **Glycosaminoglycan content of knee cartilage following PCL rupture demonstrated by delayed Gadolinium Enhanced MRI of Cartilage (dGEMRIC): A Case Report**

AA Young, P Stanwell, JA Rohrsheim, DA Parker, B Giuffre and AM Ellis  
*Journal of Bone and Joint Surgery - American*, 2005, Dec, 87(12): 2763-7.

## **Metabolism of small leucine-rich proteoglycans in an ovine model of osteoarthritis**

AA Young, MM Smith, SM Smith, D Burkhardt, M Cake, J Melrose, R Read, P Ghosh, DH Sonnabend and CB Little  
*Trans Orthop Res Soc*, 2005; 1055.

## **Regional assessment of articular cartilage gene expression and small proteoglycan metabolism in an animal model of osteoarthritis**

AA Young, MM Smith, SM Smith, MA Cake, P Ghosh, R Read, J Melrose, DH Sonnabend, PJ Roughley and CB Little  
*Arthritis Research and Therapy*, 2005, 7, R852-861.

## **Articular cartilage gene expression in experimental osteoarthritis**

AA Young, MM Smith, SM Smith, M Cake, R Read and DH Sonnabend  
*Journal of Bone and Joint Surgery - British*, 2005;87B:303.

## **In situ topographical assessment of osteoarthritic human knee articular cartilage using a dynamic indentation probe**

AA Young, MM Smith, SM Smith, RC Appleyard, AM Ellis, M Coolican, P Ghosh and DH Sonnabend  
*Trans Orthop Res Soc*, 2004; 923.

In March of 2012, Dr Young founded Sydney Shoulder Research Institute [SSRI] with fellow Orthopaedic Surgeon, Dr Benjamin Cass.

SSRI is dedicated to undertaking research that will translate into real patient outcomes and innovations in the field of orthopaedic surgery. SSRI focuses on only a select number of projects at any given time to maximise the quality of research.

Each year, SSRI appoints two Fellows to undertake independent and collaborative research projects while developing their surgical, clinical and teaching skills under the expert guidance of Dr Young, Dr Cass and their esteemed colleagues Dr Jeffery Hughes, Dr Terence Moopanar and Emeritus Prof David Sonnabend AM.

Visit [ssri.net.au](http://ssri.net.au) for more information.



# surgeons trained by Dr Young

Year	Name	Home country
2012	Dr Michael Leonard	Ireland
2012	Dr Stephen Gwilym	England
2012	Dr Murali Reddy	New Zealand
2013	Dr Cristobal Maccioni Romero	Chile
2013	Dr Jean-Christian Balestro	France
2014	Dr Mohammed Baba	Australia (Sydney)
2014	Dr Oscar Dorrestijn	The Netherlands
2015	Dr Travis Falconer	Australia (Perth)
2015	Dr Gregory Cunningham	Switzerland
2015	Dr Lisa Kruse	United States of America
2016	Dr David O'Briain	Ireland
2017	Dr Mohy Taha	Switzerland
2017	Dr Owen Mattern	Australia (Melbourne)
2017	Dr Rui Niu	Australia (Sydney)
2018	Dr Diego Cuzmar Grimalt	Chile
2018	Dr Simon Donald	Australia (Sydney)
2018	Dr Haren Nandapalan	Australia (Sydney)
2018	Dr Terence Moopanan	Australia (Sydney)
2019	Dr Andreeanne Marmen	Canada
2019	Dr Michael Riediger	Canada
2020	Dr Najla Bedawi	Saudi Arabia
2021	Dr Milos Spasojevic	Switzerland
2021	Dr Samuel Mackenzie	Scotland
2021	Dr Robert Piggott	Ireland
2022	Dr Rebecca Tang	Australia (Melbourne)
2022	Dr Thomas Clifton	Australia (Perth)
2022	Dr Adil Ahmed	United States of America



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