



sports

Dear Colleagues,

We are pleased to announce the winners of the *Sports* 2020 Best Paper Awards. All papers published in 2018 in *Sports* were considered for the awards. After a thorough evaluation of the originality and significance of the papers, citations, and downloads, the three winning papers have been selected.

2020 BEST PAPER AWARD WINNERS

First Award Winner: (CHF 300 + one free publication)

The Three-Month Effects of a Ketogenic Diet on Body Composition, Blood Parameters, and Performance Metrics in CrossFit Trainees: A Pilot Study (10.3390/sports6010001)

By Wesley C. Kephart, Coree D. Pledge, Paul A. Roberson, Petey W. Mumford, Matthew A. Romero, Christopher B. Mobley, Jeffrey S. Martin, Kaelin C. Young, Ryan P. Lowery, Jacob M. Wilson, Kevin W. Huggins and Michael D. Roberts.

Second Award Winners: (CHF 200 + one free publication)

High-Intensity Functional Training (HIFT): Definition and Research Implications for Improved Fitness (10.3390/sports6030076)

By Yuri Feito, Katie M. Heinrich, Scotty J. Butcher and Walker S. Carlos Poston.

Cancer and Exercise: Warburg Hypothesis, Tumour Metabolism and High-Intensity Anaerobic Exercise (10.3390/sports6010010)

By Peter Hofmann.

Please join us in congratulating the winners of *Sports* 2020 Best Paper Awards. We would also like to take this opportunity to thank all of our authors for their continued support of *Sports*.

Kind regards,
Sports Editorial Office



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