

BIRMINGHAM MEDICAL RESEARCH EXPEDITIONARY SOCIETY

England & Wales · Charity number 277893

Details

Other names B M R E S

Status Registered

Legal form Other

Registered 1979-07-05

Register [View on the Charity Commission register](#)

Contact

Address The Institute of Clinical Sciences
The Medical School
Birmingham
B15 2TT

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Website www.bmres.co.uk

Activities

Objects: THE PROMOTION AND ADVANCEMENT OF RESEARCH INTO MEDICAL PROBLEMS EXPERIENCED BY MAN IN EXTREME CLIMATIC CONDITIONS INTOY THE DISEASES CAUSED BY SUCH CONDITIONS, AND THE DISSEMINATION OF THE RESULTS OF SUCH RESEARCH FOR THE BENEFIT OF THE PUBLIC.

Activities: Major expeditions studying the renal and cardiovascular responses to acute exposure to high altitude and baseline hypoxia experiments in Birmingham and Coventry

Classification

- **How:** Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£169,496	£148,665	-	-
2024-04-05	£11,372	£26,005	-	-
2023-04-05	£73,189	£73,270	-	-
2022-04-05	£20,136	£25,823	-	-
2021-04-05	£8,267	£15,568	-	-

Trustees

Name	Role	Appointed
Benjamin James Talks		2026-03-10
Dr Kelsey Elizabeth Joyce		2025-12-09
Dr Timothy John Clarke		2026-03-10
Professor Arthur Bradwell		2025-12-09
Professor Mark Edward George Edsell		2025-12-09

BIRMINGHAM MEDICAL RESEARCH EXPEDITIONARY SOCIETY

England & Wales - Charity number 277893

Accounts

BMRES report April 2024/ April 2025

President: Prof Jo Bradwell

Chairman: Prof Chris Imray

Treasurers: Prof Mark Edsell

Secretary: Dr Kelsey Joyce

Committee members

Dr John Delamere, Dr Will Malein, Dr Sarah Clarke, Dr Kyle Pattinson

The year was characterised by an incredibly successful expedition to Everest Base Camp. The expedition was led by Sarah Clarke with Tim Clarke as Medical Officer. Two experimental studies were conducted (led by Kyle Pattinson and Kelsey Joyce) during the expedition with a combined participant recruitment over 300. Studies related to 1) overnight oximetry for the prediction of acute mountain sickness and 2) use of virtual reality to help understand interoception and the development of acute mountain sickness. The Society remains grateful for grants from JABBS, and the professional support given by Amy Cogswell (secretarial and organisation), and Ruth Keighley (accounts). The website remains to be updated regularly by Kelsey Joyce with the useful addition of a shopping trolley.

Finances

A new bank account was set-up and members annual subscription payments were re-directed. The expedition to Everest Base Camp earned grants from The JABBS Foundation and two students were successfully awarded grants to participate in the expedition by the Arthur Thomson Trust.

Expedition

Twenty researchers successfully embarked on an expedition along the Everest Base Camp route in Nepal, recruiting participants and collecting data over a 6-week period. Virtual reality and overnight oximetry experiments warranted the recruitment of over 300 participants combined. Data analysis for both studies remains on going. Preliminary data may be prepared for the BMMS Conference with publications to follow.

Research collaboration

The Society continues to benefit from close relationships with the School of Sport, Exercise and Rehabilitation Science at the University of Birmingham and the Occupational Performance Research Group at the University of Chichester.

BMRES Woodland

The BMRES Woodland remains in good condition and continues to grow healthily.

Publications including abstracts and presentations

Work was done on several reviews and original research papers including that related to oximetry data from Margherita Hut (2023) and Sikkim (2019), and environmental impact of an expedition (Sikkim 2019).

Publications 2024/05

Joyce KE, Byrd T, Wheatley-Guy CM, Shea MG, Parks JK, Schwartz JC, and Johnson BD. Evidence for sustained physiological adaptation between consecutive exercise bouts at simulated altitude. *Physiological Reports*. 2025; 13(7). DOI: 10.148141/phy2.70195.

Joyce KE, Goves JT, Hale B, Ashdown K, and The Birmingham Medical Research Expeditionary Society. Pre-analysis plan for the prediction of acute mountain sickness by pulse oximetry during ascent to Mt Everest Base Camp. *Open Science Framework*. 2024.

Joyce KE, Campbell CA, Edsell M, Letchford A, Lewis CT, Lucas RAI, Lucas SJE, and Bradwell AR. The environmental impact of a medical field-based research expedition. *High Altitude Medicine & Biology* 2024. doi.org/10.1089/ham.2024.0049 .

Goves JT, Joyce KE, Ashdown K, AR Bradwell, and SJE Lucas. Prediction of acute mountain sickness using pulse oximetry: a systematic review. *Experimental Physiology*. 2024; 1-16. DOI: 10.1113/EP091875

Joyce KE, Ashdown K, Delamere JP, Bradley C, Lewis CT, Letchford A, Malein W, Thomas O, Bradwell AR, and Lucas SJE. Nocturnal pulse oximetry for the detection and prediction of acute mountain sickness: an observational study. *Experimental Physiology*. 2024; 1-13. DOI: 10.1113/EP091691

Publications in process 2024/25

Hand R, Gullick NJ, and Joyce KE. Boost or barrier? Understanding the effects of acetazolamide on exercise capacity at altitude in people over age 50: a systematic review. *Experimental Physiology*. (awaiting decision)

Joyce KE, Cutts L, Ashdown K, Simpkins C, Clarke S, and Lucas SJE. Prediction of acute mountain sickness using overnight pulse oximetry during ascent to 4,554 m. *Journal of Applied Physiology*. (awaiting decision)

Joyce KE*, Lewis CT, Ashdown K, Delamere JP, and Lucas SJE. Urinary excretion of potassium during ascent to altitude. *High Altitude Medicine & Biology*. (accepted with minor revisions)

Walks

Summer walk was held 11-13 July 2024 in the Peak District.

Winter walk was held 31 Jan - 02 Feb 2025 based in Keswick.


Receipts and payments accounts

For the period from	6th April 2024	To	5th April 2025
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Members Subscriptions	4,528	-	-	4,528	6,156
Other income	-	-	-	-	160
Expedition - Margherita	-	-	-	-	3,342
Expedition - Nepal	-	163,210	-	163,210	-
HMRC - Gift Aid	1,758	-	-	1,758	1,714
Sub total (Gross income for AR)	6,286	163,210	-	169,496	11,372
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	6,286	163,210	-	169,496	11,372
A3 Payments					
Misc expenses	500	-	-	500	-
Expedition - Margherita	4,565	-	-	4,565	25,973
Expedition - Nepal	-	143,317	-	143,317	-
Bank Charges	14	-	-	14	32
Independent Examiner	144	-	-	144	-
Website	125	-	-	125	-
Sub total	5,348	143,317	-	148,665	26,005
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,348	143,317	-	148,665	26,005
Net of receipts/(payments)	938	19,893	-	20,831	14,633
A5 Transfers between funds					
A6 Cash funds last year end	8,876	1,620	-	10,496	-
Cash funds this year end	9,814	21,513	-	31,327	14,633

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Balance	9,814	21,513	-
		-	-	-
		-	-	-
	Total cash funds	9,814	21,513	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
	Accuo Limited - Accountancy	Unrestricted	150	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Prof. Mark Edsell	3/2/2026	
	Arthur Bradwell	Arthur Bradwell	04-02-26	



Section A Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Birmingham Medical Research Expeditionary Society

**On accounts for the year
ended**

5 APRIL 2025	Charity no (if any)	277893
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Set out on pages

1-2
(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 05/04/2025

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: **Date:**

Name:

**Relevant professional
qualification(s) or body
(if any):**

FCA

Address:

40 BEAR HILL ALVECHURCH B48 7JX

BIRMINGHAM MEDICAL RESEARCH EXPEDITIONARY SOCIETY

England & Wales - Charity number 277893

Accounts

BMRES report April 2022-March 2023

President: Prof Jo Bradwell

Chairman: Prof Chris Imray

Treasurer: Dr Owen Thomas

Secretary: Dr Alex Wright

Committee members Dr John Delamere, Dr Will Malein, Dr Sam Lucas, Dr Kelsey Joyce, Dr Sarah Clarke, Dr Kim Ashdown, Dr Kyle Pattinson

Meetings were held monthly in person and on zoom.

The main activity of the year was preparing for an expedition of 18 participants to the Annapurna region of Nepal for an ambitious trek including four high altitude passes. Studies were planned to include continuous oximetry and further assessments of acetazolamide in a placebo-controlled trial with crossover. A cognitive study was developed to include both Lake Louise scores and an acetazolamide questionnaire. The expedition was thwarted by 8cms of torrential rain over three days and by respiratory infections. Research was not possible. Subsequently seven members managed to complete the Annapurna circuit over the Thorong La (the high point at 5416m reached in the first BMRES expedition) in a clockwise direction and others explored Tilicho Lake (the world's highest lake at 4919m). The seriousness of the weather was emphasised by reports of about 50 deaths in the Annapurna region as a result of the storm. It is hoped that some of the research plans could be completed subsequently in the Alps.

Walks in the Lake District. The summer walk was based on New Dungeon Ghyll and was used to trial the use of Nonin sensors for continuous oximetry. The winter walk was based on Patterdale.

Publications included the Rush and Rest data in New Zealand Journal of Sports Science, environmental studies and two books (Grand Annapurna Traverse and the 3rd edition of BMRES publications)

The 2,600 trees planted in the BMRES wood were reported to be well established with only 3% mortality during the summer drought.

The Society was pleased to note the successful completion of a tough 48-day trans-Antarctic expedition by Chris Imray (Inspire 22).

BMRES remains grateful for the secretarial support given by Amy Cogswell, the technical support given by Amy and Kelsey Joyce and the help towards the accounts given by Ruth Keighley. The website has been updated by Kelsey.



Birmingham Medical Research Expeditionary Society 277893

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Receipts and payments accounts

For the period from 6th April 2022 To 5th April 2023

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Members Subscriptions	7,356	-	-	7,356	5,806
Other income	192	-	-	192	170
Conference Registration fees	-	-	-	-	3,910
Expedition Annapurna - The JABBS Foundation	-	44,979	-	44,979	-
Expedition Annapurna - Arthur Thomson Trust	-	7,896	-	7,896	-
Expedition Annapurna - Members	-	9,650	-	9,650	-
Expedition Margherita	500	-	-	500	-
Woodland offset	-	-	-	-	10,250
Sub total (Gross income for AR)	8,048	62,525	-	70,573	20,136
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	8,048	62,525	-	70,573	20,136
A3 Payments					
Misc expenses	50	-	-	50	374
Publication Fees	-	-	-	-	2,901
Conference Expenses	-	-	-	-	4,084
Expedition- Annapurna	-	73,189	-	73,189	5,674
Woodland carbon offset	-	-	-	-	12,610
Bank Charges	31	-	-	31	180
	-	-	-	-	-
	-	-	-	-	-
Sub total	81	73,189	-	73,270	25,823
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	81	73,189	-	73,270	25,823
Net of receipts/(payments)	7,967	10,664	-	2,697	5,687
A5 Transfers between funds	10,664	10,664	-	-	-
A6 Cash funds last year end	26,206	1,620	-	27,826	-
Cash funds this year end	23,509	1,620	-	25,129	5,687

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Balance	23,509	1,620	-
		-	-	-
		-	-	-
	Total cash funds	23,509	1,620	-
	(agree balances with receipts and payments account(s))			

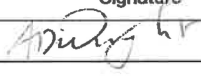
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
	Accuo Limited - Accountancy	Unrestricted	150	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	A.D. WRIGHT	12 Dec 2023



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Birmingham Medical Research Expeditionary Society

**On accounts for the year
ended**

5 April 2023

**Charity no
(if any)**

277893

Set out on pages

1-2

(remember to include the page numbers of additional sheets)

**Respective
responsibilities of
trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

The charity's trustees consider that an audit is not required for this year under section 144 of the Act and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the applicable Directions given by the Charity Commission (under section 145(5)(b) of the Act, and
- to state whether particular matters have come to my attention

**Basis of independent
examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**Independent
examiner's statement**

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Charities Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

14 DECEMBER
2023

Name:

DAVID SEELEY

**Relevant professional
qualification(s) or body
(if any):**

FCA

Address:

ACCUO ACCOUNTING LTD, 40 BEAR HILL, ALVECHURCH B48 7JX