

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 Thomspon 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.

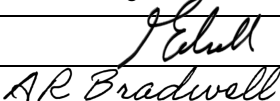
Birmingham Medical Research Expeditionary Society		277893	CC16a
Receipts and payments accounts			
For the period from	6th April 2024	To 5th April 2025	

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		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
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
		Prof. Mark Edsell	3/2/2026
	AR 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

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:

04/04/2026

Name:

DAVID SEELEY

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

FCA

Address:

40 BEAR HILL ALVECHURCH B48 7JX