



SPORTS
DOCTORS
NETWORK
Player first!

LONDON SPORTS MEDICINE SUMMIT

THE SCIENCE BEHIND OPTIMUM PERFORMANCE

The Royal Institution

Friday, October 9th, 2026

8:15am – 9:00am
ATTENDEES REGISTRATION

9:05am – 9:20am
INTRODUCTION
Ana Blanquart
Prof. James Calder & Dr Allen Sills

PANEL 1 (9:20AM – 10:20AM) **NEW TECHNOLOGIES TRANSFORMING SPORTS MEDICINE**

9:20am
NEW TECHNOLOGIES TRANSFORMING SPORTS MEDICINE

TOPICS

- Immersive technologies in elite sport
- Advances in diagnostics – AI, imaging and wearable technology
- Interactive technologies and athlete communication, engagement and rehabilitation

HOST

- Prof. James Calder 

PANELISTS

- Lewis Smithingham – NVIDIA 
 - Laura Gilbert – Tony Blair Institute 
 - Dr Niko Mihic – Real Madrid 
 - James Haskell – Former England Rugby player and DJ
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10:20am – 10:30am
ADDRESS BY HRH PRINCESS ANNE

10:30am – 11:00am
COFFEE BREAK / VISIT OF SPONSORS

PANEL 2 (11:00AM – 12:15PM)

WOMEN'S HEALTH IN SPORT

11:00am

WOMEN'S HEALTH IN SPORT

TOPICS

- The athlete's perspective
- Hormonal health and performance
- Pelvic health
- Bone health, RED-S and injury prevention
- SRV testing
- Translating knowledge to grassroots sport

HOST

- Charlotte Cowie – British Olympic Association



PANELISTS

- Dr Cinzia Zehnder – FC Bayern Munich
- Dr Kate Hutchings – UK Sports Institute
- Prof. Kirsty Elliott – Manchester Metropolitan University
- Gráinne Donnelly – University of Ulster



12:15pm – 1:15pm

LUNCH

PANEL 3 (1:15PM – 2:00PM)

CUTTING EDGE NUTRITION & DIAGNOSTICS

1:15pm

CUTTING EDGE OPTIMISATION OF NUTRITION & DIAGNOSTIC SUPPORT

TOPICS

- Precision nutrition and metabolic profiling
- Nutrition to support recovery, sleep and performance
- Peptides: evidence vs hype
- The role of AI and continuous monitoring in athlete nutrition

HOST

- Dr David Porter

PANELISTS

- Nikolina Lauc – Glycanage 
- Efren Kamen – Columbia University 
- Rachel Clarkson – The DNA Dietitian 
- Andreas Kasper – Newcastle FC 

PANEL 4 (2:00PM – 3:00PM)

CUTTING EDGE THERAPEUTICS, NUTRITION AND DIAGNOSTICS

2:00pm

TRAUMATIC BRAIN INJURY (TBI) IN SPORT

TOPICS

- Blood and saliva biomarkers
- Specific issues of TBI in women
- Coachable prevention of TBI in football
- Acute management and return to play
- Long-term brain health, neuroprotection and research frontiers

HOST

- Dr Allen Sills 

PANELISTS

- Dr Florent Aziri 
 - Prof. James R Mitchell  UNIVERSITY OF BIRMINGHAM
 - Dr Ian Varley  Nottingham Trent University
 - Matt Adams 
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3:00pm – 3:15pm

TEA BREAK/ VISIT OF SPONSORS

PANEL 5 (3:15PM – 4:00PM)

REHABILITATION AND RETURN TO PERFORMANCE

3:15pm

REHABILITATION AND RETURN TO PERFORMANCE

TOPICS

- Technology-assisted rehabilitation
- Sleep as a rehabilitation tool
- The future of return to play monitoring

HOST

- Ana Blanquart

PANELISTS

- Dr Stefano Mazzoni 
- Dr Alen Juginovic 
- Enda King 
- Dr Pieter D'Hooghe 

4:00pm – 4:45pm

MUSCLE & BONE STRESS INJURIES

TOPICS

- Picking the winners in hamstring injuries – radiology, non-operative Rx and surgery
- ACL injuries in Athletes – State of art techniques in ACL reconstruction
- Coaching and prevention of stress fractures

HOST

- Dr Jo Larkin 

PANELISTS

- Dr Chris Wilson 
- Dr Kris Jones 
- Prof Andy Williams 
- Dr Peter Alway 

PANEL 6 (4:45PM – 5:00PM)

CLOSING REMARKS

4:45pm – 5:00pm

CLOSING REMARKS

by Ana Blanquart



TEAMS REPRESENTED



FIFA



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