SPORTS DOCTORS NETWORK

Player first!



LONDON SPORTS MEDICINE SUMMIT

THE SCIENCE BEHIND OPTIMUM PERFORMANCE

The Royal Institution

Friday, October 9th, 2026

8:10am – 8:50am

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 Imperial College London

PANELISTS

- Lewis Smithingham - NVIDIA
- Laura Gilbert - Tony Blair Institute
- Dr Niko Mihic – Real Madrid
- James Haskell - Former England Rugby player and DJ

Welcome Address by

HRH THE PRINCESS ROYAL

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
- SRY testing
- Translating knowledge to grassroots sport

HOST

- Charlotte Cowie – British Olympic Association

PANELISTS

- Dr Kate Hutchings – UK Sports Institute
- Prof. Kirsty Elliott – Manchester Metropolitan University
- Gráinne Donnelly – University of Ulster
- Andy Hudson – Head of Performance Support

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 Opus

PANELISTS

- Nikolina Lauc – Glycanage
- Prof Efrem Kamen – Columbia University ARQ
- Rachel Clarkson– The DNA Dietitian THE DNA DIETITIAN HARLEY STREET
- Andreas Kasper – Newcastle FC

PANEL 4 (2:00PM – 3:00PM)

TRAUMATIC BRAIN INJURY (TBI) IN SPORT

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
- Dr Ian Varley
- Matt Adams

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

- Dr Pieter D'Hooghe

PANELISTS

- Dr Stefano Mazzoni
- Dr Alen Juginovic HARVARD MEDICAL SCHOOL
- Enda King UNIVERSITY OF LEEDS
- Dr Cinzia Zehnder

PANEL 6 (4:00PM – 5:00PM)

MUSCLE & BONE STRESS INJURIES

4:00pm – 4:55pm

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 MacKenzie Herzog
- Prof Andy Williams
- Dr Peter Alway

4:55pm – 5:00pm

CLOSING REMARKS

by Ana Blanquart

TEAMS REPRESENTED

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