

The British Association of Sport and Exercise Sciences
Annual Report and Financial Statements
2021-2022





The Board Report

The Board is proud to present the British Association of Sport and Exercise Sciences (BASES) annual report (September 2021 to August 2022) and the financial statements for the year ended 31 March 2022. In April 2021, the Board launched the [2021-2025 Strategy](#). This report includes updates on the [five strategic objectives included within the 2021-2025 Strategy](#): 1) Enhance BASES status as the professional standards body for sport and exercise sciences in the UK; 2) Grow BASES reputation as the leading expert body for sport and exercise sciences through strategic partnerships and advocacy; 3) Drive step-change in membership by enhancing our value proposition to sport and exercise science professionals; 4) Establish financial sustainability through new and existing secure and long-term income streams; and 5) Develop our governance model and define our organisational status to support the effective delivery of the BASES mission.

Impact of COVID-19

The last 12 months have continued to be challenging as everyone has adjusted to the ongoing impact of the pandemic, including the 'Plan B' measures put in place by the Government in England in December 2021 following the spread of the Omicron variant. Whilst there has been no face-to-face (in person) delivery within the typical annual portfolio of BASES activity, a significant number of meetings took place and CPD was delivered, all virtually.

Strategic Objective 1 - Enhance BASES status as the professional standards body for sport and exercise sciences in the UK:

Professional Standards

The number of [BASES Accredited Sport and Exercise Scientists](#) has slightly increased from 397 in 2021 to 401 in 2022 (+1%). There are currently 208 [Chartered Scientists](#) (-2.3% on last year), 55 [Certified Exercise Practitioners](#) (-1.8%), 25 members holding [High Performance Sport Accreditation](#) (-10.7%) and 15 [BASES Accredited Physiology Laboratories](#), (same as last year). The [BASES Accredited Consultant Finder](#) assists individuals and organisations in finding sport accredited sport and exercise scientists, for which there are currently more than 290 active individuals. Those BASES Accredited Sport and Exercise Scientists listed in the directory who are also [Health and Care Professions Council \(HCPC\) Registered Sport and Exercise Psychologists](#) is denoted in their specialisms section, a recent addition to the Directory.

This year, the competencies for BASES accreditation were mapped to the new Science Council CSci competencies, after which a full review of the High Performance Sport Accreditation was carried out paying particular attention to the HPSA competencies and the CSci competencies, and ensuring the application and reviewing process was more streamlined. Updates were then made to the HPSA guidance document, the feedback and assessor document and the timeframe flow chart.



The British Association of
Sport and Exercise Sciences
Accredited

Above: Professional members can achieve BASES Accreditation as a result of work in applied sport/ exercise science support, research or pedagogy.

and ensuring the application and reviewing process was more streamlined. Updates were then made to the HPSA guidance document, the feedback and assessor document and the timeframe flow chart.

In May 2022, BASES undertook our Chartered Scientist license review with the Science Council. The Science Council's Registration Authority board approved the Review Panel's recommendation of the continuation of our CSci licence until the next full licence review, which is due in December 2024, subject to the completion of a few actions and submission of the Annual Report.

The [BASES Sport and Exercise Psychology Accreditation Route \(SEPAR\)](#) is a programme of professional development, skill acquisition and supervised practice to ensure that candidates acquire the knowledge, skills, and experience required to be eligible to apply for registration with the (HCPC) as a Practitioner Psychologist. This year, nine candidates were confirmed by the SEPAR Advisory Group (SEPAR AG) as being SEPAR complete and eligible to apply to the HCPC register. This brings to 18 the number of candidates who have 'graduated' through SEPAR since its launch in January 2020. 30 candidates enrolled on SEPAR in August 2021 and 36 enrolled in February 2022. To date there are 47 Reviewers and 56 Supervisors who are active on the [SEPAR Directory](#), a service recently developed for members. In June 2022, 31 candidates registered for and successfully completed the Open University DE200 module (Investigating Psychology 2)

to support the necessary entry requirements onto SEPAR regarding evidencing 'underpinning psychology knowledge'.

This year, following an open tender process, two new core workshops were developed and delivered to SEPAR candidates: 'Practice philosophy' workshop, by Dr Misia Gervis and Aura Goldman, and 'Equity, Diversity, and Inclusivity in Sport and Exercise Psychology' by Dr Paul Gorczynski, Shakiba Moghadam, Cindy Miller Aron and Dr Peter Olusoga.

Significant work was undertaken this year as part of the HCPC performance review process, whereby SEPAR was reviewed as part of the [new Education quality assurance model](#). The purpose of this review is for the HCPC to understand our performance as a provider and consider continued alignment to the HCPC standards for which a significant and comprehensive portfolio was submitted. We expect to hear feedback from the HCPC Education and Training Panel this autumn.

[CEP-UK](#) was established in September 2021 and is the group setting the standards for UK Clinical Exercise Physiologists. They have learnt from international models and collaborations to shape UK exercise healthcare and workforce provision. An [agreement was signed in October 2021](#) whereby BASES would house CEP-UK within our organisational structure. The CEP-UK Advisory Group is now part of BASES Governance structure, with mutually agreed terms of reference, and it reports directly to the BASES' Board.

CEP-UK has enabled registration and accreditation of a new health professional in the UK, Clinical Exercise Physiologists (CEP). Professional registration represents a step-change in:

1. Exercise workforce provision for clinical populations - CEPs regulated by [Registration Council Clinical Physiologists \(RCCP\)](#) in a similar way to statutory regulated health professionals.
2. Standardising the higher education curriculum including practicum experience - RCCP accredited master's degree courses will produce graduates to meet the demand for CEPs in the healthcare system.

CEP-UK developments have aligned with Australian (ESSA), American (ACSM), Canadian (CEPA), South African (Biokinetics UK) regulators and professional bodies to allow global exchange of training and development of CEPs via continued professional development (CPD). These CPD opportunities are available to BASES members. The aim over the next 12 months is advocacy of CEPs in both the public and private healthcare settings and to promote interaction and opportunities with CEP-UK for BASES members.

There are currently 174 BASES members undertaking [Supervised Experience \(SE\)](#), with 29 new members joining the scheme in 2021-2022. There are 204 registered supervisors and 179 registered reviewers supporting the scheme. In February 2022, the Board promoted the [BASES Supervised Experience Candidate Assistance Programme](#), to support members who are on the SE accreditation route who are in temporary financial difficulty, for which there was one application.

The [BASES Undergraduate Endorsement Scheme \(BUES\)](#) awards endorsement to sport and exercise science degree courses that provide undergraduates with the opportunity to develop the knowledge and skills essential to enter into the profession. There are currently 75 endorsed courses (+10.3% versus 2021) at 48 UK higher education institutions, details of which can be found below:

AECC University College, Anglia Ruskin University, Brunel University, Buckinghamshire New University, Coventry University, Edge Hill University, Kingston University, Leeds Beckett University, Leeds Trinity University, Liverpool Hope University, Liverpool John Moores University, Loughborough University, Manchester Metropolitan University, Northumbria University, Plymouth Marjon University, Sheffield Hallam University, Solent University, St Mary's University, Twickenham, Staffordshire University, Swansea University, Teesside University, Ulster University, University of Abertay, University of Bath, University of Bedfordshire, University of Brighton, University of Central Lancashire, University of Chester, University of Chichester, University of Derby, University of East London, University of Gloucestershire, University of Hertfordshire, University of Huddersfield, University of Kent, University of Lincoln, University of Northumbria, University of Portsmouth, University of Salford, University of South Wales, University of Stirling, University of Sunderland, University of Surrey, University of Winchester, University of Wolverhampton, University of Worcester, York St John University.

In January 2022, BASES launched a new [BASES Postgraduate SEPAR Endorsement Scheme \(PSES\)](#), which has been designed to allow registrants to evidence, expediently, the completion of an appropriate M-level qualification for entry onto the Sport and Exercise Psychology Accreditation Route (SEPAR), which covers the relevant knowledge-based HCPC Standards of Proficiencies. This Endorsement Scheme will support future Sport and Exercise Psychologists choose an MSc.





programme that is BASES endorsed, and which will appropriately position them for application to SEPAR upon completion. The following six universities all have M-level Psychology courses that are endorsed by BASES: University of Bolton; University of Derby, Liverpool John Moores University; University of Portsmouth; Setanta College; and St Mary's University Twickenham.

Partnerships and Relationships

The Board has continued to develop and implement a new stakeholder management framework. BASES continues to engage and develop relationships with stakeholders in the UK and abroad. Dr Keith Tolfrey FBASES has represented BASES on the board of the [International Confederation of Sport and Exercise Science Practice \(ICSESP\)](#) for which BASES is a Foundational Full Member. Relationships and developments continued with the American College of Sports Medicine, British Association for Sustainable Sport, British Dietetics Association, British Psychological Society, Clinical Exercise Physiology Association, English Institute of Sport, the English Premier League, Expertise and Skill Acquisition Network, Human Kinetics, International Society for Performance Analysis, MIIND, Newcastle United Football Club, the Nutrition Society, Open University, the Physiological Society, the Professional Footballers' Association, Sport Northern Ireland, [sportsotland Institute of Sport](#), Sporting Edge, Supporting Champions and Yakult.



Above: BASES signed a new partnership agreement with BASIS which will promote co-operation in implementing sustainable development principles and environmental management practices in the sport, exercise, recreation, physical activity and science sectors.

The inaugural [BASES Outreach Project Team](#) was formed in the summer of 2021. Despite the early stages, the Project Team has already hosted a [public webinar](#) on 'sleep health' alongside the 2021 BASES Annual conference programme. The webinar was well received by those in attendance and is still available to watch for free on the [BASES website](#). The Project Team has been discussing plans with other BASES' working groups including the EDI Advisory

Group, the Public and External Affairs Advisory Panel (PEA-AP) and various interest groups. In 2022 and 2023, the Team is hoping to launch an outreach project specifically focused on engaging school students who are studying Sport and PE at GCSE, A-Level and BTEC level. The Project Team is also hoping to work with the BASES Conference Planning Group to embed outreach in future BASES annual and student conferences.

Chaired by Dr Andy Smith FBASES, the PEA-AP has worked together to further the interests of Sport and Exercise Science by, when possible, influencing policy makers and responding to government consultations. To that end, they have worked on i) developing a strategy for the Panel to prioritise its work, ii) responding to consultations issued by the Office for Students, iii) submitting evidence to relevant Parliamentary select committees, iv) identifying opportunities around major sporting events and v) [developing a webpage](#).

The work engaged in by the Panel is complex and, at times, difficult work, the benefits of which will often only accrue in the long term. The approach to this task has been to take a long-term view and to learn and build capacity and capability as the Panel progresses. The Panel are currently 'building the bike as they ride it' meaning that whilst creating systems and processes, they are also energetically engaged with external stakeholders.

The Climate Change Action Team (CCAT), chaired by Dr Andy Smith FBASES, has worked together to promote sustainable and responsible practices in the Sport and Exercise Sciences, to reduce the Association's carbon footprint and greenhouse gas emissions and to disseminate evidence-based education and provide guiding principles to help address climate change. Over the last year the CCAT has worked on i) designing and implementing a climate change action plan, ii) enabling the Association to meet its [Pledge to Net Zero](#), iii) learning from the BASES membership and external experts on how best to make a difference, iv) developing resources, including a [webinar](#) ('Race to reduce our carbon footprint: the role of the Sport and Exercise Scientist') and [webpage](#) and v) exploring ways the BASES' conferences and The Sport and Exercise Scientist can advocate for climate change.

Over the last year the CCAT has taken great care to ensure that its work is relevant, practical, and applied. Next steps include the drafting of several 'how to' publications addressing issues such as how to estimate greenhouse gas emissions in a range of setting, how to set targets to reduce these emissions and how to achieve these targets.

Excellence

We are keen to establish and maintain a register of BASES' members being recognised as experts through invitations to key / major events, panels, presentations, expert groups, etc. Please email any details to enquiries@bases.org.uk

BASES published four new expert statements in 2021-22: [The use of cooling therapies for post exercise recovery](#) produced by Dr Adam Grainger FBASES, Dr James Malone, Dr Joseph T. Costello, Dr Chris M. Bleakley and Dr Robert Allan; [Protein recommendations for athletes: amount, type and timing](#) by Drs Paul Morgan, Sophie Killer, Lindsay Macnaughton, Marlou Dirks, Oliver Witard, Benjamin Wall and Leigh Breen; [Optimizing protein intake recommendations for skeletal muscle mass in older adults to support healthy ageing](#) by Drs Tom Maden-Wilkinson, Leigh Breen, David Church, Marlou Dirks, Paul Morgan, Benjamin Wall and Oliver Witard; [Disability and Creating an Empowering Environment for Disabled People to Flourish](#) by Dr Tabo Huntley, Dr Tori Sprung, Dr Toni Williams, Prof Brett Smith, Lydia Bone and Disability Rights UK.

All BASES expert statements are available to download from the [BASES website](#).

Awards and Grants

The Association awarded a number of awards and grants to its members.

Annual Awards

Prof Tom Reilly Doctoral Dissertation of the Year:

Dr Robert Mann, University of Exeter

BASES Masters Dissertation of the Year:

Gregory Wright, University of Brighton

Prof Edward Winter Early Career Researcher Award:

Dr Oliver Runswick, Kings College London

BASES Undergraduate Dissertation of the Year:

Jessica Hamilton, Durham University

BASES Applied Practitioner Award Winner:

Dr Alan Ruddock FBASES, Sheffield Hallam University

BASES Conference 2021 Awards

Annual Conference Awards

Human Kinetics Student Free Communication Presentation Award:

Victoria Parker, University of Suffolk

Human Kinetics Student Poster Presentation Award:

James Adams, JMA Training

BASES Sport and Exercise Science 5 Slides in 5 Minutes Free Communication Presentation Award:

Assistant Professor Apostolos Theodorou, National and Kapodistrian University of Athens

Cranlea Poster Presentation Award:

Chelsea Moore, Glyndwr University

Sportesse Sport and Exercise Science Free Communication Presentation Award:

Dr Daniel Bailey, Brunel University, London

Routledge Recently Qualified Researcher Free Communication Presentation Award:

Adam Mattiussi, Royal Opera House

Grants

BASES Expert Statement Grant

BASES Expert Statement Grants were awarded to those authors whose expert statements were published (see above, under Excellence). Some author teams produced the statements for free and did not access the grant. Others may consider using some of the funds to attend the annual conference.

BASES International Conference Grant

Dr Kirsty Hicks, Northumbria University





Fellows of the Association

BASES fellowships recognise esteemed professional achievement, skills, knowledge and service to BASES and the sport and exercise science community. The following individuals have been awarded BASES fellowships:

1993	Prof Craig Sharp
1994	Prof Les Burwitz • Prof Lew Hardy • Prof Tom Reilly • Prof Clyde Williams OBE
1997	Prof John Annett • Prof Neil Armstrong • Prof Tudor Hale
1998	Prof Roger Bartlett • Prof Steve Bird • Dr Steve Bull • Prof Ken Fox Prof Don MacLaren • Dr Sarah Rowell • Prof Neil Spurway • Dr Jean Whitehead Prof Edward Winter • Prof Fred Yeadon
1999	Prof Stuart Biddle • Prof Dave Kerwin • Prof Adrian Lees
2000	Prof Jo Doust • Prof Roger Eston • Prof Jim Watkins
2001	Dr Jan Graydon • Prof Adrienne Hardman • Prof Nanette Mutrie MBE Associate Prof Gaynor Parfitt • Prof Peter Terry
2002	Prof Andy Jones • Prof Andy Smith MBE • Prof Adrian Taylor • Dr Sandy Wolfson
2004	Prof Ian Maynard
2008	Prof Tom Mercer • Prof Craig A Williams
2009	Prof Richard Davison • Prof John Saxton • Prof Kevin Thompson
2010	Prof Celia Brackenridge • Prof John Buckley • Prof Dave Collins • Prof Carlton Cooke Dr Jason Gill • Prof Michael Gleeson • Dr Richard Godfrey • Dr Brian Hemmings Dr Costas Karageorghis • Prof Andy Lane • Prof Craig Mahoney • Prof Alison McConnell Prof Marie Murphy • Prof Richard Tong • Dr Ken van Someren • Prof Greg Whyte OBE
2011	Prof Keith George • Dr Nigel Gleeson • Dr Chris Harwood • Dr Tim Holder Dr Zoe Knowles • Dr Kevin Lamb • Prof Lars McNaughton • Prof Joanna Scurr Prof Martin Sellens • Prof Gareth Stratton • Dr Richard Thelwell • Dr Keith Tolfrey Prof Vicky Tolfrey
2012	Prof Michael Duncan • Prof Glyn Howatson • Dr Joanne Hudson • Dr Andrew Miles Dr Michael Price • Dr Roger Ramsbottom • Dr Lee Romer • Dr Aki Salo • Dr Rhys Thatcher
2013	Prof A Mark Williams
2014	Dr Brendan Cropley • Dr Phil Graham-Smith • Dr Stephen Ingham Dr Dominic Micklewright
2015	Prof Susan Backhouse • Prof Bill Baltzopoulos • Dr Gary Brickley • Dr David Broom Prof Graeme Close • Dr Tracey Devonport • Dr Lance Daggart • Dr Emma Ross
2016	Dr Stuart Beattie • Prof Colin Boreham • Dr Peter Brown • Prof Ian Campbell Dr Stewart Cotterill • Dr Claire Hitchings • Prof Louis Passfield • Dr Charles Pedlar Dr Paul Smith • Prof Keith Stokes
2017	Dr Grant Abt • Dr Lisa Board • Dr Val Cox • Dr Kevin Currell Dr Caroline Sunderland • Prof Craig Twist
2018	Dr Barry Drust • Dr Jonathan Katz • Prof Derek M Peters • Dr Garry Tew Prof Dylan Thompson • Dr Matthew Weston
2019	Chris Barnes • Prof Andrew Edwards • Dr Adam Gledhill • Assoc Prof Adam Hawkey • Dr Kiara Lewis • Dr Ailsa Niven
2020	Dr Lindsay Bottoms • Dr Neil Clarke • Prof John Dickinson • Dr Sarah Gilchrist • Dr Adam Grainger • Dr John Iga • Dr Simon Nichols • Dr Alan Ruddock • Dr Christopher Spray
2021	Dr Ibrahim Akubat • Dr Neil Gibson • Dr Denise Hill • Dr Paul Jones • Dr Neil Maxwell • Dr Jonathan Sinclair • Dr Alun Williams
2022	Dr Stephen Atkins • Dr Helen Collins • Dr Jo Corbett • Dr Audrey Duncan Prof Stuart Fairclough • Dr Matthew Green • Prof Florentina Hettinga • Dr Emma Kavanagh

The total number of BASES Fellowships now awarded is 142. Given the expertise and knowledge of the Fellows, BASES would very much welcome their input and assistance in delivering the Operational Plan. Any Fellow who is interested in contributing to the deliverables within the Operational Plan, please contact enquiries@bases.org.uk

Strategic Objective 2 - Grow BASES reputation as the leading expert body for sport and exercise sciences through strategic partnerships and advocacy:

Events



Above: BASES 2021 Conference took place virtually with 244 delegates registering for the event.

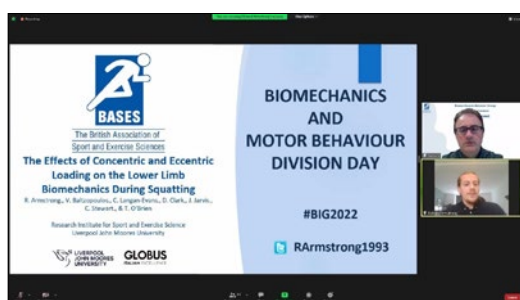
Due to COVID-19, the BASES 2021 Conference took place virtually on 16-18 November 2021. 244 delegates registered for the conference. Prof Shona Halson (Australian Catholic University) opened the conference with a keynote on Sleep and the elite athlete. Prof Wendy Hardeman

(University of East Anglia) closed the conference with a keynote on Understanding and changing physical activity behaviour: Insights from behavioural science. Several parallel invited symposia took place alongside poster viewing (for which 102 abstracts were submitted this year), and networking via the hub. Recordings of all sessions were available to delegates for a couple of months after the event. The conference concluded with the recognition of those members winning awards. 85% of attendees rated the conference programme content as 'Excellent' or 'Very Good'. 92% of attendees rated the event as 'Excellent' or 'Very Good'.

The BASES Annual Conference 2022 will be held at the King Power Stadium, Leicester on 15 to 16 November 2022. The BASES Conference Planning Group has worked hard on the topics and programme, details of which can be found [here](#). To register for the annual conference, please click [here](#).

The Local Organising Committee made the tough decision to cancel the 2022 Student Conference due to an insufficient number of delegates who had registered by the event deadline. The event was to have taken place at the University of Huddersfield over 26 to 27 April 2022, however it was decided that it would not be possible to deliver a conference to the high standards that the Organising Committee would expect and that to go ahead with low numbers would be unfair to the delegates attending. The Organising Committee had worked incredibly hard over the last 12+ months and had established an excellent line up of speakers. The [BASES Student Conference 2023](#) will be held at Anglia Ruskin University.

BASES hosted the [18th Heads of Department \(HoD\) Forum](#), virtually, on Tuesday 15 March 2022. The event provided an excellent day of information and insights for those with leadership roles within sport and exercise sciences academia, looking at teaching and learning strategies post the pandemic. There were several presentations and discussions throughout the event. 68 delegates registered for the event, representing 35 UK institutions. HoD Advisory Group Chair, Prof Lars McNaughton FBASES, said, "The Forum was another great success, which has built on previous years' practice, to enable the sharing of a wide variety of good practice and discussion around key themes."



Above: BASES 2022 Biomechanics and Motor Behaviour Division Day was held virtually on 25 May 2022.

BASES ran 15 workshops online, all linked with the Supervised Experience and SEPAR programmes, attended by a total of 215 delegates. BASES hosted nine webinars, with a combined 500 delegates registering and a total of 282 attending. Those webinars that took place this year had a total of 179 hits.

Five Division Days were delivered virtually with 581 delegates registered and 394 live attendees: The theme for the [Sport and Performance Day](#), on 15 February 2022, was '[Tokyo 2020: Delivering high performance in](#)





the middle of a world pandemic'; the **Psychology Day** took place 18 May 2022; the theme for the **Biomechanics and Motor Behaviour Day**, on 25 May 2022, was 'BIG steps forward', the **Physical Activity for Health Day** took place 21 June 2022 and the theme for the **Physiology and Nutrition Day**, on 6 July 2022 was 'Current Practice and Future Direction.' Feedback from all Division Days was positive and satisfaction rates across all five events ranged from 4.1 to 4.3 out of five.

The BASES **CPD Endorsement Scheme**, introduced in 2017, continues to gain momentum, enabling BASES to offer a wider range of CPD opportunities to members. A total of 28 courses and workshops have been endorsed since the inception of the scheme, including three new endorsements and one re-endorsement this year. Training providers successfully obtaining endorsement include: The Altitude Centre, the Athlete Development project, Catapult Sports Ltd, the Centre for Integrative Sports Nutrition, the Football Exchange/Liverpool John Moores University, Heart of Midlothian FC, HIIT Science Inc, the Integrative Sports Nutrition, Mental Coach Zachery Ltd, Owens Recovery Science, the Physiological Society, the University of Stirling, Speedworks, York St John University and Yakult.

Membership

Despite the pandemic and the current cost of living crisis, the Association has marginally increased its membership over the last year. The average total membership for the period (September 2021 - August 2022) was 2,731 compared to 2,725 in the previous year (September 2020 - August 2021), representing year-over-year growth of 0.2%. Membership growth has been driven by an increase in both the number of professional members (+0.45%), ending the year at 1,341, and the number of graduate members (+36.6%), ending the year at 239, the latter of which was the highest total in over a decade. (Following discussions within the BASES Stakeholder Committee and the Student Advisory Group (SAG), the Board considered extending the graduate membership qualifying period to offer an improved student / graduate offering and to assist our members. At its meeting on 15 November 2021, the **Board agreed** to extend the qualifying period for graduate membership from one year to three years). There have been reductions in other membership categories over this period: affiliate members (-9.7%), overseas membership (-16.6%), and student members (-26%).

BASES continues to grow its social media presence. As of August 2022, BASES has 2,605 Instagram followers (+15% versus August 2021), 8524 LinkedIn members (+14%), 32,601 Twitter followers (+2.5%) and 5,847 Facebook likes (+0.7%). In addition, BASES has 3,191 followers across the respective five Division Twitter accounts, making a total Twitter reach of 35,792 followers.



Above: The Guide to Careers in Sport and Exercise Science was updated and launched in September 2022.

Publications

This year has been a period of developing and refining some of the changes made to *The Sport and Exercise Scientist* following the change of Editor. A specific change has been the introduction of the EDI feature, with this now being a regular feature in the publication. Across the year, there has been a good mixture of articles covering all the disciplines from a variety of authors. Unfortunately, despite attempts to encourage more membership engagement through contributions to the *Letters to the Editor* section through the £25 discount for all published letters, the publication receives very few letters. Two considerations for the next year are whether to take TSES digital and to consider the introduction of a specific social media presence for TSES.

The **BASES Career Guide: A Guide to Careers in Sport and Exercise Science** was updated and launched in August 2022. The 58-page Guide includes a wealth of guidance and information about choosing courses at school and college, choosing undergraduate and postgraduate courses, career opportunities and how to get ahead,

and how to pursue popular career paths and occupations. For the 2020 version, the hits and downloads of the full guide in the member-only website was 761, and hits and downloads of the non-member version was 9,889.

The Taylor & Francis Group publishes the *Journal of Sports Sciences* (JSS) in affiliation with BASES. The JSS published 260 articles and received almost 1.2 million downloads in 2021. The Journal's Impact Factor and CiteScore have both risen: the Impact Factor to 3.943, placing it 27 out of 87 journals in the Sport Sciences JCR category; and the CiteScore to 6, placing it 20 out of 218 in the Physical Therapy, Sports Therapy and Rehabilitation category, and 33 out of 284 Orthopedics and Sports Medicine category. The Journal's metrics tab can be viewed [here](#).

Strategic Objective 3 - Drive step-change in membership by enhancing our value proposition to sport and exercise science professionals:

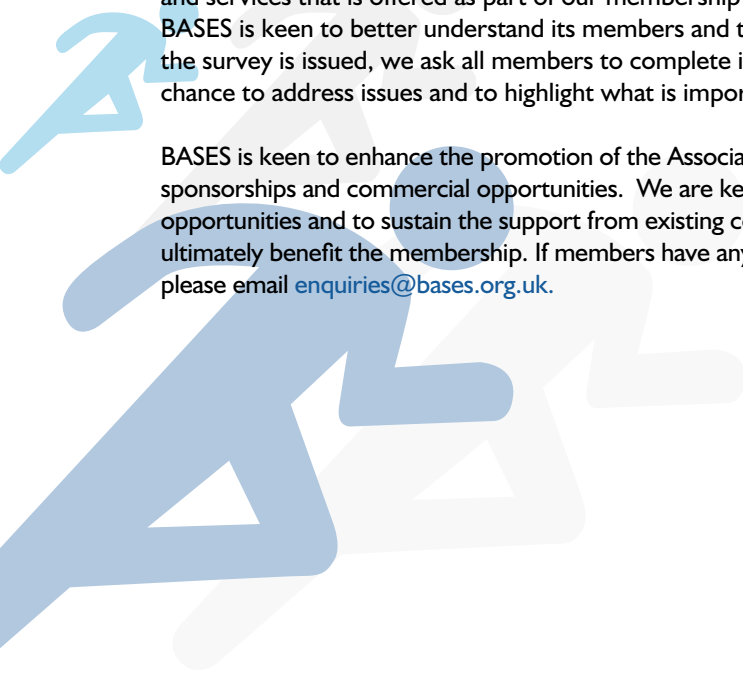
To help enhance the value proposition of membership to professionals working in academia and applied contexts, a consultant was commissioned to undertake a thorough market research to gain insight about drivers, barriers and retainers to BASES membership, for both recruitment and retention. Research has also started regarding student membership attrition and how BASES can better support students. Once completed, a report will be prepared for the Board with recommendations shared with the membership.

Significant work has taken place, and continues, regarding the Royal Charter Status project. Members supported the Special Resolution at the 2021 AGM and a letter of intent to seek to petition for a Royal Charter of incorporation for BASES was submitted to the Privy Council in July 2022. Members will be updated and engaged as and when the early discussions continue.

As part of the new governance structure, a Student Advisory Group (SAG) was established in May 2021. Chaired by Fran Collings, the SAG reports to the Stakeholder Committee. In its first full year of having both Undergraduate and Postgraduate Reps for all five Divisions on the Group, nine members contributed to four meetings to help to drive forward the work of the SAG. In December 2021, the Group developed and sent out a survey to the student members, using the results to guide their subsequent actions. A member of the SAG presented at Anglia Ruskin University *futures festival*; two resources were added to the [student member hub](#) with others in production; and a twitter account was set up for student members. The focus of the SAG was the 2022 Student Conference and attendance there to engage with the student delegates. Unfortunately, the Student Conference was cancelled, and their plans will be deferred to next year's event at ARU Cambridge.

The next BASES membership satisfaction survey, seeking views from members on the products and services that is offered as part of our membership packages, will be issued in Winter 2022. BASES is keen to better understand its members and to hear what is important to them. When the survey is issued, we ask all members to complete it, as responses to this survey will provide a chance to address issues and to highlight what is important to members.

BASES is keen to enhance the promotion of the Association through obtaining corporate sponsorships and commercial opportunities. We are keen to attract new commercial opportunities and to sustain the support from existing commercial opportunities, which would ultimately benefit the membership. If members have any contacts that could help in this area, please email enquiries@bases.org.uk.





Strategic Objective 4 - Establish financial sustainability through new and existing secure and long-term income streams:

Finance

BASES reported a surplus of £33,337 for the year ended 31 March 2022, driven by an increase in general income and a reduction in general expenditure over the previous year. The Board regularly monitors its Risk Register and continues to consider contingencies and mitigating action if income streams are impacted.

BASES is a not-for-profit organisation; as such, it operates on the basis that it is not seeking to make a profit over the long-term and reserves should be re-invested to support the activities of the Association. Total reserves on 31 March 2022 were £385,896, which is above the 'Reserves Policy' of at least £116,000, which was approved by the Board on 16 February 2022.

Income and Expenditure Account for the Year Ended 31 March 2022

	2021	2020
	£	£
Income	359,479	297,538
Expenditure	<u>101,014</u>	<u>84,451</u>
Gross surplus	258,465	213,087
Office expenses	<u>226,712</u>	<u>200,106</u>
	31,753	12,981
Other operating income	<u>-</u>	<u>350</u>
Operating surplus	31,753	13,331
Interest receivable and similar income	<u>1,955</u>	<u>525</u>
Surplus before taxation	33,708	13,856
Tax on surplus / (deficit)	371	100
Surplus for the financial year	33,337	13,756

Please refer to the end of the Annual Report for the unaudited Financial Statements for the year ended 31 March 2022.

Strategic Objective 5 - Develop our governance model and define our organisational status to support the effective delivery of the BASES mission:

Good governance:

A full review and evaluation of the structure, roles and responsibilities of the standing committees and advisory groups was undertaken. Following open recruitment, several vacancies were filled. The Governance Structure and Terms of Reference document can be found [here](#).

The Board agreed to share an overview of each Board meeting, and overviews of the 2022 Board meetings can be found on the [Governance page](#) of the website, within the 'Board meeting updates' section.

Composition: Board, Standing Committees and Advisory Groups / Panels

Board

Prof Zoe Knowles FBASES (Chair) • Dr Ibrahim Akubat FBASES • Dr Lindsay Bottoms FBASES
Dr Adam Gledhill FBASES • Greg Koral • Satvinder Kaur Leach • Dr Kiara Lewis FBASES
Dr Andrew Mitchell • James Tugwell • Susan Went • Ian Wilson (Executive Director).

BASES Operations Team

Jane Bairstow (0.6) • Angus Boyle (0.6) • Jane Gillott • Emma Forsyth • Lisa Phillips (0.6)
Sue Watson (0.8) • Ian Wilson.

This year, Angus Boyle has supported MarComms work during Emma Forsyth's maternity leave and Andy Peart was employed in May 2022 to cover Sue Watson's maternity leave.

Standing Committees:

Division of Biomechanics and Motor Behaviour

Dr Andrew Mitchell (Chair) • Shayma Syeda Ahmed • Dr Athanassios Bissas
Dr Theodoros Bampouras • Francesca Collings • Dr Romanda Dillon; Rachel Mason.

Division of Physical Activity for Health

Dr Kiara Lewis FBASES (Chair) • Dr Miranda Armstrong • Dr Daniel Bailey
Mastveer Ghatahora • Dr Anna Myers • Sofie Power.

Division of Physiology and Nutrition

Dr Lindsey Bottoms FBASES (Chair) • Dr Pradeep Chahar • Annabelle Davis • Dr Andy Galbraith
Dr Alan Ruddock FBASES • Greg Townson.

Division of Psychology

Dr Adam Gledhill FBASES (Chair) • Ishq Abraham • Dr Denise Hill FBASES
Assoc Prof Dr Mustafa Sarkar • Dr Richard Sille • Richard Simpson.

Division of Sport and Performance

Dr Ibrahim Akubat FBASES (Chair) • Dr Ross Cloak • Dr Adam Grainger FBASES
Dr James Malone • Laura Needham • Hayley Noble • Joshua Wass.

Finance and Risk Committee

Greg Koral (Chair) • Dr Lee Taylor • James Tugwell • Ian Wilson.

Governance Committee

Susan Went (Chair) • Dr Ibrahim Akubat FBASES • Dr Kotryna Fraser.

Human Resources • Appointments and Remuneration Committee

Prof Zoe Knowles FBASES (Chair) • Dr Ibrahim Akubat FBASES • Greg Koral • Susan Went.

Learning and Development Committee

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Professional Standards Committee

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Stakeholder Committee

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Prof Lars McNaughton FBASES • Ian Wilson.





Advisory Groups / Panels: * BASES operational staff

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Dr Ian Sadler • Prof John Saxton FBASES • Lisa Phillips* • Dr Matthew Wright.

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Dr Anastasiya Khomutova • Prof Andy Lane FBASES • Prof Lars McNaughton FBASES.

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Dr John Fernandes • Dr Izzy Moore • Thirsha de Silva • Dr Tori Sprung
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HE Endorsement Scheme Advisory Group

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Dr Kiara Lewis FBASES • Dr Robert McCunn
Dr Shaun McLaren • Dr Mayur Ranchordas
Dr Claire Rossato • Gavin Thomas.

Members who are interested in applying for any vacancies within the respective groups, please email enquiries@bases.org.uk.

Above: The Climate Change Action Team is one of the many Standing Committees, Advisory Groups and Special Interest Groups that has driven forward the work of the Association this last year.



Policy review

Significant work took place this year by colleagues within the Governance Committee and the Integrity Advisory Group to review several key policies and documents, including the BASES Disciplinary policy, Code of Conduct, Equal Opportunities policy, Safeguarding and Welfare policy, Appeals process, Whistleblowing policy, and Social Media guidance. In November 2022, members received details about the updated documents, which are on the BASES website and can be viewed [here](#) (within the “BASES Policies” section).

Since its initial inception, members of the BASES Integrity Advisory Group (IAG), chaired by Dr Emma Kavanagh FBases, have contributed to the Group’s direction. Key highlights over this period have included the review and development of the BASES Safeguarding Welfare in Sport and Exercise Sciences workshop and pre-reading, an introduction to integrity in the sport and exercise sciences submitted to TSES, an application for an expert statement on Integrity, and the review of a number of BASES core policies. The work of the Group will continue to evolve and aims to provide a strategic directive and influence over matters of integrity across the BASES’ member network. Future projects include:

- Identifying areas of existing or potential threat(s) to the profession of sport and exercise science and enhance education surrounding matters of integrity
- driving forward the ethical behaviours and culture of the Association centred around an understanding of the Duty to Care as practitioners
- identifying and acting upon themes and trends to uphold the integrity of BASES and its community
- providing advice, recommendations and guidance to BASES members surrounding matters of integrity.

Over time, the IAG aims to raise awareness and provide guidance and recommendations on matters of integrity as well as to demonstrate integrity in practice through its work.

Equity, Diversity and Inclusion

Chaired by Dr Kotryna Fraser, the [EDI Advisory Group](#)’s efforts to showcase the diverse range of BASES members came live as the *Role Models*’ initiative launched in December 2021. We continued celebrating our members as part of the Diversity Calendar (e.g., [national inclusion week](#) in November, [international women’s day](#) in March, [deaf awareness week](#) in May and [Pride month](#) in June) and engaging the BASES community in the EDI-related conversation and start challenging the status quo together. For example, we organized an [online panel discussion](#) in February that comprised para-athletes and practitioners working with this space. The panel provided valuable lived experiences and advice on the unique challenges and microaggressions para-athletes deal with including the use of language. The EDI AG members, in collaboration with guest contributors, have been discussing various topics as part of the regular TSES section (e.g., collecting demographic data or highlighting the role sport plays for the refugee communities). We have started to capture diversity data at the point of becoming a member and renewing membership, to better understand our members. The AG continued working on creating more equitable opportunities for the underserved and the new *Mentoring Scheme* is being finalised

before its launch in 2023. The Group supported the BASES’ submission for the UK Research Innovation EDI strategy consultation. Finally, the EDI AG has been collaborating with other BASES Committees and AGs to advise on EDI-related matters during the Annual Conference, Outreach Projects, SEPAR, etc.



Above: BASES took part in several campaigns throughout the year, including supporting International Women’s Day in March.

Values, Commitment and Behaviours

There was a deliverable to establish a Task and Finish Group to review the organisational values. An open invitation was issued to members to work with BASES and Dr Kate Russell worked with the Executive Director to advance this. A draft proposal was prepared and shared with the membership. This included an overview statement for our Values and Behaviours, then listed five new values, commitments and behaviours, plus what success may look like if those value and behaviours were 'lived'. Feedback from the membership helped to shape a proposal to the Board for consideration, for which updates will be shared with the membership.

An overview of the focus and achievements of the Divisions:

The Division of Biomechanics and Motor Behaviour, Dr Andrew Mitchell, Chair

We had some new members join the Division Committee this year, so we now have a really dynamic team of seven, each of whom brings different experiences, expertise and skills sets. The Committee meets regularly and is working on a number of exciting events for the coming year.

Looking back at this last year, it is good to see some very exciting and well received events taking place. The Division hosted the 2022 BIG Division Day entitled "BIG Steps Forward" on 25 May 2022. We had over 200 individuals register from across the UK, Europe and abroad with a peak of 111 in one session at one time and we are delighted with how it went. (More detail can be found in the [Biomechanics SIG section](#) of this annual review).

We hosted the following webinars this year and were really pleased with the dynamic international presenters who led the events:

- "Lower limb asymmetry during sprinting in soccer players and the implications for hamstring injury" presented by Dr Shayne Vial from the Queensland Academy of Sport (27 September 2021).
- "Sport and Exercise Science & Technology Innovation: how to become a more impactful professional" presented D Kristoff de Mey from Ghent University-Victoris and STRN (22 June 2022).

On behalf of DBMB, Dr Andrew Mitchell and Dr Romanda Dillon will be giving a presentation at the North American Congress of Biomechanics (NACOB) 2022 on Reducing the Attainment Gap for students within Biomechanics/Sport & Exercise Science (20 August 2022).

The Division of Physical Activity for Health, Dr Kiara Lewis FBASES, Chair

Over the year, former Division Chair, Prof Dave Broom FBASES, worked on CEP-UK related activity, supporting marketing- and communication-related information. Dr Daniel Bailey, Deputy Chair, took forward proposals from the Division for [invited symposium speakers](#) at this year's annual conference, for which Profs Seb Chastin and Amanda Daley have been invited. Membership Rep, Dr Miranda Armstrong published the Member Newsletters in March and July 2022. CPD Rep, Dr Anna Myers arranged a [webinar](#) ("Exercise rehabilitation in a virtual world: from vision to applied practice") in March 2022. In July 2022, members of the CEP-UK Advisory Group delivered a [webinar](#) on "What is a Clinical Exercise Physiologist and CEP- UK?". Former Division Student Rep, Jordan Bell, created a student infographic, which is available on the [website](#). The Physical Activity for Health Division Day took place virtually on 21 June, with keynotes provided by Prof Rob Copeland and Dr Anna Lowe. There were 46 attendees; 93% rated their enjoyment of the day at 5* or 4*. In June 2022, Sofie Power was appointed [incoming Postgrad Student Rep](#), joining Mastveer Ghatahora, the current Undergraduate Student Rep.





The Division of Physiology and Nutrition, Dr Lindsay Bottoms FBASES, Chair

A key activity relating to the Division was the publication of the new edition of the [BASES Physiology Testing Guidelines](#) for both the 'Sport' and 'Clinical' volumes. As highlighted in last year's report, this was a huge undertaking by the Editorial team (Prof Richard Davison FBASES, Dr Paul Smith FBASES, Prof James Hopker, Prof Florentina Hettinga FBASES, Dr Gary Tew FBASES, and Dr Mike Price FBASES) and it is great to see it finally published and on the shelves.

Dr Andy Galbraith (Deputy Chair) played a leading role in organising the Division Day held virtually in July and all presentations have been recorded and are available on the [Division's website](#). We had an award for best postgraduate and undergraduate student presentations, with excellent presentations by all. There is also feedback from a recent division survey available [too](#).

Dr Alan Ruddock FBASES (CPD Rep) is constantly on the lookout for members to deliver webinars and workshops and therefore welcomes any volunteers!

We have started a new Twitter handle for the Division @Bases_PhysNut where we are sharing activities from the Division. In addition, we have updated the [BASES website](#) to reflect what we are doing. We have some interesting physiology and nutrition talks coming up at the [2022 annual conference](#), and we are planning to organise some informal coffee mornings.

The Division of Psychology, Dr Adam Gledhill FBASES, Chair

The Division of Psychology had a productive year. The [SEPAR programme](#) continues to thrive under the stewardship of Dr Rob Morris. The [BASES Postgraduate SEPAR Endorsement Scheme \(PSES\)](#) is now up and running following diligent work from Dr Denise Hill primarily, with the first of the endorsed courses having now gone through the pilot process and gained endorsement. The applications for endorsement will fall in the same cycle as the [BASES Undergraduate Endorsement Scheme](#).

The [Free-to-Members event](#) that took place in May 2022 was extremely well attended, with a significant number of delegates registering for the event. The Free to Members event was acknowledged for having the feel of an international conference once again, with delegates also reflecting that the online nature of the event increased accessibility. In addition to the quality of talks, the event was also applauded for the diversity of speakers which represented well the diverse nature of the [BASES membership](#) – and the wider sport and exercise psychology community.

Looking ahead, we will continue the “bedding in” of PSES as a priority to meet the needs of the community. Further, we will look to review our collaborative relationship with [AASP](#). This will include the design of collaborative events and reviewing whether [JASP](#) is the most appropriate journal option for [BASES Members](#). We will also look to develop further international partnerships, either through arrangement with [FEPSAC](#) or [ISSP](#). Finally, the next Free to Members Event is pencilled in for May 2023 and will be online.

The Sport and Performance Division, Dr Ibrahim Akubat FBASES, Chair

In a year where we have come out of the restrictions related to the pandemic, challenges remain. A range of views remain regarding what degree we go back to the way things were and/or benefit from development made in the online space. As we transitioned, it was difficult to assess the level of interest in face-to-face events. Some excellent online events were put together. [The Sport and Performance Division Day](#) this year featured an excellent insight into what it took to effectively support TEAM GB at the delayed Tokyo Olympics and featured a range of speakers. In March, we hosted, for the first time, a workshop in partnership with the Professional Footballers' Association (PFA) and the Premier League focusing on the fasting footballer. Behind the scenes, work continues to develop stronger relationships with external partners such as the PFA and Premier League and also the UK Strength and Conditioning Association (UKSCA) and International Society of Performance Analysis in Sport (ISPAS).

Within the organisation, our committee members sit on various Advisory Groups (e.g., Conference Planning Group) and as a result we have been able to grease the pathways from member opinions to structural change and bring some coherence to aspects related to our Division. Part of this is down to the consistency of the current team who are all extending their commitments past their initial terms to help with continuity. Work also continues re some wider issues impacting practitioners, especially those in applied practice, and we hope to update members about these over the next year.

An overview of the focus and achievements of the BASES Special Interest Groups

BASES Special Interest Groups (SIGs) provide an active forum for networking, discussion, activities, knowledge sharing and debate among BASES members who share an interest in an identified area. Details of the SIGs can be found [here](#).

The Biomechanics Interest Group (BIG), Dr Andrew Mitchell, Convenor

At the start of 2022, this SIG moved into the leadership of the Division of Biomechanics & Motor Behaviour. The Division hosted the 2022 BIG Division Day on 25 May 2022. Entitled “BIG Steps Forward.” There were over 200 individuals registered from across the UK, Europe and abroad with a peak of 111 in one session at one time, and as a division we are delighted with how it went. The online event included the following:

- Two dynamic keynotes:
 - a) Optimising swimming performance through biomechanics and technology: Experiences from supporting elite GB swimmers from Professor Carl Payton & colleagues (MMU & British Swimming)
 - b) The interplay between biomechanics and technologies in supporting coaching and performance from Dr Kyle Wasserberger (Driveline Baseball)
- Two engaging industry focussed sessions:
 - a) Biomechanics for Sport & Beyond from Dr Franky Mulloy (University of Lincoln)
 - b) Equality, diversity and inclusion in sport from Dr Ralph Appleby and Lauren Kamperman (Talented Athlete Scholarship Scheme)
- 10 oral presentations from academics
- Two oral presentations from students who had abstracts accepted to the cancelled 2022 Student BASES Conference in Huddersfield
- Workshops on:
 - a) Gait analysis in and out of the laboratory setting from Dr Rachel Koldenhoven Rolfe (Texas State University)
 - b) Building your brand from Dr Stuart McErlain-Naylor (Loughborough University)
- Links to recordings of all sessions are available on the [BASES member webpage](#), in addition to a [pdf BIG Steps Forward abstract booklet](#).

The Team was delighted with both the attendance and the feedback on the event and would like to extend our thanks to all presenters and participants. Plans for BIG 23 are well underway!

The Clean Sport Interest Group (CSIG), Prof Sue Backhouse FBASES, Convenor

The CSIG has continued to support the [partnership between BASES and UK Anti-Doping \(UKAD\)](#). Following a review of the existing agreement, a new Memorandum of Understanding was formally announced in June 2022. This agreement sets out collaborative actions between UKAD and BASES to enable the sport and exercise science community to uphold the integrity of sport and protect the welfare of the athletes. Over the last 12 months, regular UKAD updates have been shared. For example, actively promoting UKAD’s free online education courses via their Clean Sport Hub. Findings of collaborative research projects involving members of the CSIG and UKAD have also been disseminated. In June, Members of the CSIG led the 3rd Clean Sport Insight Forum (CSIF), which was hosted by UKAD at the University of Birmingham. The CSIF was part of RESPECT-P, a multi-agency project co-funded by the Erasmus+ Programme of the European Union. The project spans six European countries and brings together academics, athletes, athlete support personnel and sports administrators to raise the voice of para-athletes and athlete support personnel to directly inform research, policy and practice (www.cleansportalliance.org).





The Clinical Exercise Science and Practice Interest Group, Dr Ellen Dawson, Convenor

Since the last update in 2021, the [Clinical Exercise Physiology UK](#) (CEP-UK) group has announced that Clinical Exercise Physiologists are now eligible for professional registration. They have also published a curriculum framework for MSc in Clinical Exercise Physiology with newly accredited MSc degrees, due to hopefully role out in 2021-2022. Under this guidance MSc in Clinical Exercise Physiology will be accredited by the Registration Council for Clinical Physiologists (RCCP)/Academy for Healthcare Science (AHCS). Discussions are ongoing to between CEP-UK and BASES about alignment of ideas and development of sub-groups.

The COVID-19 SIG, Dr Andy Smith MBE FBASES, Convenor

In September 2021, members of the COVID-19 SIG took part in a debate at the annual BASES conference on whether the lessons from the Pandemic had been learned. Following the debate, in the Winter of 2021, Drs Andy Smith FBASES, Rita de Oliveira, Mark Faghy, Mark Ross and Neil Maxwell FBASES wrote the BASES' [Position Stand on the Ongoing Pandemic](#). In the Stand, and as communicated to the membership, it was noted that the SIG would become 'dormant'. That is, it would remain part of the structure of BASES and from time to time will run special projects and be ready to 'step up' if needed. All the resources produced by the SIG remain available on the [BASES website](#), under 'Reading' and 'Resources'. Drawing on these resources, the Public and External Affairs Advisory Panel will attempt to submit evidence to the [UK Public Inquiry on COVID-19](#), which the Government has recently established.

The Education and Teaching (E&T) SIG, Dr Joanne Hudson FBASES, Convenor

This year, we focused on three areas: initiating work on agreed strategic priorities; responding to Office for Students (OfS) Consultations, and the RAISES project. The strategic priorities represent long-term projects that we hope E&T SIG Members will become involved in as they develop. They focus on: Degree Standards Calibration; Pedagogic Accreditation; Pedagogic Research; Connecting the Teaching Community, and Dissemination and Sharing of Practice. With Dr Andy Smith FBASES, we co-authored BASES' responses to the OfS consultations on the [Experimental Proceed Measure](#) and on [Quality and Standards](#). Dr Matthew Timmis leads our OfS work and presented his analysis of the Experimental Proceed Measure at the 2022 HoDs Forum. RAISES (Raising Aspirations in Sport and Exercise Sciences), led by Mark Smith, focuses on approaches to graduate employability in BUES programmes. Phase one will survey institutions on their use of authentic experiences and how graduate skills, real-life experiences and challenge-based learning are embedded within the curriculum. The project aims to develop a framework and guidance for future BUES applications and HEI delivery. New members who joined the group are Patrick Bray, (PG Rep; University of Chichester), Kelly Marrin (Edge Hill University), Becky Murphy (LJMU), Sarah Powell (Lancaster University), and Mark Smith (University of Lincoln).

The Molecular Exercise Physiology (MEP) SIG, Dr Georgina Stebbings, Convenor

For the past 12 months, collaborations previously established by members of the BASES Molecular Exercise Physiology (MEP) Special Interest Group (SIG) and wider research groups in the UK, Europe and South America have been consolidated, leading to several peer-reviewed journal articles and successful funding applications. Members of the SIG, including members of the steering group, contributed to the BASES Annual Conference by presenting invited presentations and chairing symposium sessions related to MEP. Two members of the SIG steering group have also been invited to contribute to a newly formed BASES task and finish group on sex and gender ID, which is a timely call for action to provide direction for BASES members (and the wider sport and exercise science community) on the use and application of these terms/categories in sports science research, applied practice and education.

The Occupational Performance SIG, Nicky Armstrong, Convenor

An application for the BASES Occupational Performance Special Interest Group (OPSIG) was approved by the BASES Board in March 2022. The OPSIG aims to promote evidence-based practice amongst those undertaking research and/or scientific support with occupational groups in physically demanding job roles. At the first steering group meeting held in May 2022, the group agreed on three core objectives to (i) cohere the scientific community (ii) support training and development of practitioners and (iii) enhance the scientific evidence base. The group are currently planning activities to support these objectives which will include a publication in TSES to increase the profile of the SIG, a CPD event which brings together those working across the

community and a repository which includes experts statements covering work with occupational groups. The next steering group meeting will be held in September 2022.

Performance Analysis SIG, Donald Barron, Convenor

We are very excited that the Performance Analysis SIG was approved by BASES' Board in June 2022. In the short-term, we will be meeting with our Steering Group members and wider membership group to identify key roles and responsibilities within the group and the activities we will organise to meet our key strategic aims and objectives.

These plans will all be geared towards achieving our mission of providing leadership on the creation and maintenance of a sustainable performance analysis pathway that supports practitioners' continual personal and professional development, the advancement of knowledge and evidence-based practice within sport and exercise sciences and the creation of a collaborative, inclusive and diverse community for performance analysts to share best practice and support networks.

The Sport, Exercise and Health Analytics SIG, Prof Tony Myers, Convenor

Members of the Sport, Exercise and Health Analytics Special Interest Group actively contributed to the SIG's overall aims to provide direction, advice and resources for researchers, reviewers, editors, practitioners, students, and those involved in teaching data analysis methods. Members attended the SIG's latest meeting on 15 July 2022, via Teams to discuss:

- i. Updates on our academic-industry collaboration aimed at improving graduate data analysis skills and industrial performance.
- ii. The idea that we should encourage our discipline to report confidence intervals or credible intervals rather than point estimates.
- iii. Standardised effects and if the labels such as small, medium, and large are useful or misleading?
- iv. How we establish what a meaningful effect looks like in different contexts?

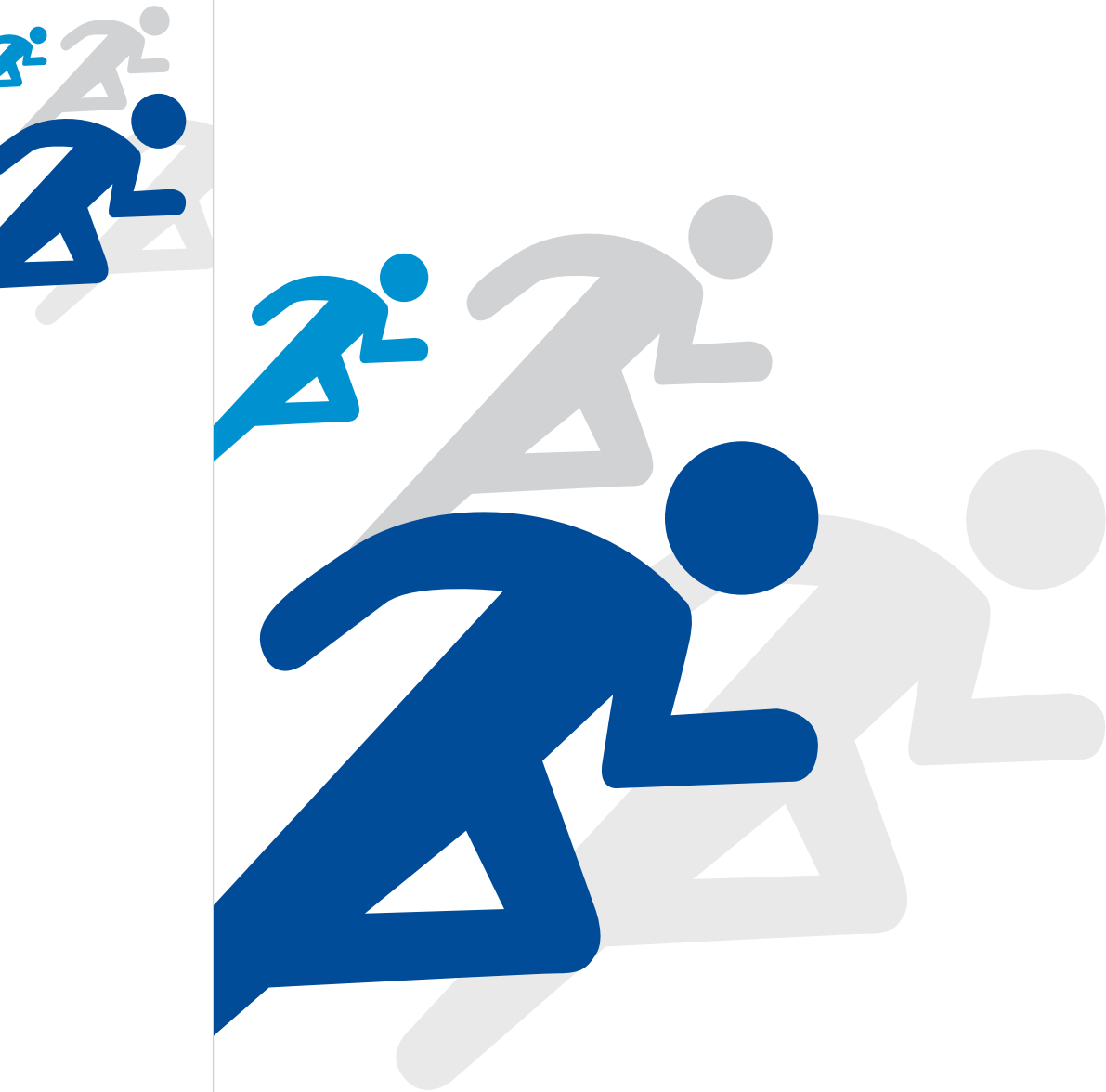
To date, 51 individuals from 35 institutions have taken part in the initial stage of our academic-industry collaboration, with data collection ongoing. There was consensus at the end of our discussion that point estimates (means, beta values, r values etc.) and effect sizes should be reported with confidence or credible intervals and importantly the implications of the full interval — lowest as well as highest values — discussed. Where it makes sense to do so, effect sizes should be translated into something that is tangible for public and practitioners, such as a common language effect size or Number Needed to Treat (NNT). Finally, the group felt that the goals of the analysis — exploring, confirming, predicting etc., — should be reported and justified in relation to the population of interest, which should be clearly defined. If in the study's context, it is possible to define what a meaningful effect is — based on performance, known health outcomes, or concepts such as numbers needed to treat — this should be made explicit, justified, and discussed.

There is one other SIG: [The Paediatric Exercise Science \(PES\) SIG](#), convened by Prof Craig Williams FBASES, whose update was not available at the time of publication.



Above: The work of the various Special Interest Groups has advanced this last year





Acknowledgements

The success of BASES relies heavily on members engaging and volunteering in activities. As such, the Board wholeheartedly thanks those individuals who have contributed their time, energy, and expertise to the Association over the past year.

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The British Association of Sport and Exercise Sciences

Report of the Directors and Unaudited Financial Statements of the Year Ended 31 March 2022

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www.bases.org.uk



Report of the Directors for the year ended 31 March 2022

The directors present their report with the financial statements of the company for the year ended 31 March 2022.

Principal activity

The principal activity of the company in the year under review was that of promoting evidence-based practice and research in sport and exercise sciences through conferences, workshops and publications.

Directors

The directors shown below have held office during the whole of the period from 1 April 2021 to the date of this report.

Prof Z Knowles FBASES (Chair-Elect then Chair) • Ms S Went • Mr I Wilson (Executive Director)
Mrs S K Leach • Mr G D Koral • Mr J O Tugwell • Dr A Gledhill FBASES
Dr I Akubat FBASES • Dr A C S Mitchell

Other changes in directors holding office are as follows:

Dr M Price FBASES resigned 16 November 2021
Prof R Tong FBASES (Chair) resigned 16 November 2021
Prof D Broom FBASES resigned 16 November 2021
Dr L M Bottoms FBASES appointed 16 November 2021
Dr K A Lewis FBASES appointed 16 November 2021

Company objectives

The objects of the company are the promotion of research in sport and exercise sciences, the encouragement of evidence-based practice in sport and exercise sciences, the distribution of knowledge in sport and exercise sciences, the development and maintenance of high professional standards for those involved in sport and exercise sciences and the representation of the interests of sport and exercise sciences both nationally and internationally and the company is a 'not for profit' organisation.

Statement of directors' responsibilities

The directors are responsible for preparing the financial statements in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to give a true and fair view of the state of affairs of the company and of the income and expenditure of the company for that period. In preparing these financial statements, the directors are required to

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The British Association of Sport and Exercise Sciences

Report of the Directors for the Year Ended 31 March 2021

This report has been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies

On behalf of the Board:



Prof Z Knowles - Director

29 July 2022





Income and Expenditure Account for the year ended 31 March 2022

		2021	2020
	Notes	£	£
Income	3	359,479	297,538
Expenditure		<u>101,014</u>	<u>84,451</u>
Gross surplus		258,465	213,087
Office expenses		<u>226,712</u>	<u>200,106</u>
		31,753	12,981
Other operating income		<u>-</u>	<u>350</u>
Operating surplus		31,753	13,331
Interest receivable and similar income		<u>1,955</u>	<u>525</u>
Surplus before taxation		33,708	13,856
Tax on surplus / (deficit)		<u>371</u>	<u>100</u>
Surplus/(Deficit) for the financial year		<u><u>33,337</u></u>	<u><u>13,756</u></u>

Balance Sheet at 31 March 2022 and 31 March 2021

	Notes	2022		2021	
		£	£	£	£
Fixed assets					
Tangible assets	5		1,237		1,116
Current assets					
Debtors	6	46,356		79,674	
Cash at bank and in hand		<u>575,112</u>		<u>451,040</u>	
		621,468		530,714	
Creditors					
Amounts falling due within one year	7	<u>236,809</u>		<u>179,271</u>	
Net current assets		<u>384,659</u>		<u>351,443</u>	
Total assets less current liabilities		<u>385,896</u>		<u>352,559</u>	
Reserves					
Income and expenditure account		<u>385,896</u>		<u>352,559</u>	
		<u>385,896</u>		<u>352,559</u>	

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board of Directors and authorised for issue on 29 July 2022 and were signed on its behalf by:



Prof Z Knowles - Director





Statement of Changes in Equity for the year ended 31 March 2022

	Retained earnings	Total equity
	£	£
Balance at 1 April 2020	338,803	338,803
Changes in equity		
Total comprehensive income	<u>13,756</u>	<u>13,756</u>
Balance at 31 March 2021	<u>352,559</u>	<u>352,559</u>
Changes in equity		
Total comprehensive income	<u>33,337</u>	<u>33,337</u>
Balance at 31 March 2022	<u><u>385,896</u></u>	<u><u>385,896</u></u>

Notes to the Financial Statements for the year ended 31 March 2022

1. Statutory information

The British Association of Sport and Exercise Sciences is a private company, limited by guarantee, registered in England and Wales. The company's registered number and registered office address are as below:

Registered Number: 05385834

Registered Office: Rooms G07 & G08 Fairfax Hall, Leeds Beckett University
Headingley Campus, Headingley, Leeds, West Yorkshire LS6 3QS

2. Accounting policies

Basis of preparing the financial statements

These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in UK and Republic of Ireland" and the Companies Act 2006 as applicable to companies subject to the small companies regime. The disclosure requirements of section 1A of FRS 102 have been applied other than where additional disclosure is required to show a true and fair view.

The financial statements have been prepared under the historical cost convention.

Turnover

Membership fees are recognised in the income and expenditure account over the period of membership.

All other income is recognised as it is earned and the company has obtained the right to the consideration.

Tangible Fixed Assets

Tangible fixed assets are stated at purchase cost together with any incidental expenses of acquisition, net of depreciation and any provision for impairment.

Depreciation is provided on all tangible assets at rates calculated to write off the cost less estimated residual value of each asset on a straight line basis over its expected useful life.

Fixtures and fittings - 10% on cost
Computer equipment - 10% and 50% on cost

Residual value represents the estimated amount which would currently be obtained from disposal of an asset after deducting estimated costs of disposal, if the asset were already at an age and in the condition expected at the end of its estimated useful life.

The need for any fixed asset impairment write down is assessed by comparison of the carrying value of the assets against the higher of realisable value and value in use.

The gain or loss arising on the disposal of an asset is determined on the difference between the sale proceeds and the carrying value of the asset, and is recognised in the profit and loss account.





Notes to the Financial Statements - continued for the year ended 31 March 2022

2. Accounting policies (continued)

Financial Instruments

Financial assets and financial liabilities are recognised when the company becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities.

All financial assets and liabilities are initially measured at transaction price (including transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

The following assets and liabilities are classified as basic financial instruments - trade debtors, other debtors, cash and bank balances, trade creditors and other creditors.

Trade debtors, other debtors, cash and bank balances, trade creditors and other creditors are measured at the amortised cost equivalent to the undiscounted amount of cash or other consideration expected to be paid or received.

Taxation

As the company's activities are undertaken not with a view to realising a profit but to advance the promotion of research into sports sciences and the other objectives set out in the Directors' Report, HMRC have agreed that only the company's other income is subject to corporation tax.

Pension costs and other post-retirement benefits

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to profit or loss in the period to which they relate.

Impairment of assets

Assets are assessed for indicators of impairment at each balance sheet date. If there is objective evidence of impairment, an impairment loss is recognised in profit and loss as described below.

Non financial assets

An asset is impaired when there is objective evidence that, as a result of one or more events that occurred after initial recognition, the estimated recoverable value of the asset has been reduced. The recoverable amount of an asset is the higher of its fair value less costs to sell and its value in use.

Financial assets

For financial assets carried at cost less impairment, the impairment loss is the difference between the asset's carrying amount and the best estimate of the amount that would be received for the asset if it were sold at the reporting date.

Where indicators exist for a decrease in impairment loss, and the decrease can be related objectively to an event occurring after the impairment was recognised, the prior impairment loss is tested to determine reversal. An impairment loss is reversed on an individual impaired financial asset to the extent that the revised recoverable value does not lead to a revised carrying amount higher than the carrying value had the impairment loss not been recognised.

Notes to the Financial Statements for the year ended 31 March 2022

3. Income

The company's income is mainly derived from membership fees. This income is recognised in the income and expenditure account so as to match the costs as and when they are incurred.

Membership fees	2022	2021	2020
	£	£	£
Deferred income b/fwd	88,145	74,877	65,726
Receipts in the year	181,424	183,219	171,910
Deferred income c/fwd	(92,571)	(88,145)	(74,877)
Income per accounts	<u>176,998</u>	<u>169,951</u>	<u>162,759</u>

4. Employees and Directors

The average number of employees during the year was 6 (2021 - 6).

5. Tangible fixed assets

	Fixtures, fittings and computer equipment
	£
Cost	
At 1 April 2021	28,198
Additions	890
At 31 March 2022	<u>29,088</u>
Depreciation	
At 1 April 2021	27,082
charge for year	769
At 31 March 2022	<u>27,851</u>
Net book value	
At 31 March 2022	<u>1,237</u>
At 31 March 2021	<u>1,116</u>

6. Debtors: amounts falling due within one year

	2022	2021
	£	£
Trade debtors	27,104	25,480
Other debtors	300	-
Prepayments and accrued income	18,952	54,194
	<u>46,356</u>	<u>79,674</u>





Notes to the Financial Statements continued for the year ended 31 March 2022

7. Creditors: amounts falling due within one year

	2022	2020
	£	£
Trade creditors	10,657	3,274
Tax	371	100
Social security and other taxes	7,365	9,375
Other creditors	6,484	5,878
Accruals and deferred income	211,932	160,644
Total	<u>236,809</u>	<u>179,271</u>

8. Capital

The Company is limited by guarantee and has no share capital. The liability of the members in the event of a winding up is limited to £1 per member.

Chartered Accountants' Report to the Board of Directors on the Unaudited Financial Statements of The British Association of Sport and Exercise Sciences

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of The British Association of Sport and Exercise Sciences for the year ended 31 March 2022 which comprise the Income and Expenditure Account, Balance Sheet, Statement of Changes in Equity and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales (ICAEW), we are subject to its ethical and other professional requirements which are detailed within the ICAEW's regulations and guidance at <http://www.icaew.com/en/membership/regulations-standards-and-guidance>. This report is made solely to the Board of Directors of The British Association of Sport and Exercise Sciences, as a body, in accordance with our terms of engagement. Our work has been undertaken solely to prepare for your approval the financial statements of The British Association of Sport and Exercise Sciences and state those matters that we have agreed to state to the Board of Directors of The British Association of Sport and Exercise Sciences, as a body, in this report in accordance with ICAEW Technical Release 07/16AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than The British Association of Sport and Exercise Sciences and its Board of Directors, as a body, for our work or for this report.

It is your duty to ensure that The British Association of Sport and Exercise Sciences has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and profit of The British Association of Sport and Exercise Sciences. You consider that The British Association of Sport and Exercise Sciences is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the financial statements of The British Association of Sport and Exercise Sciences. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory financial statements.

Kirk Newsholme,
Chartered Accountants,
4315 Park Approach,
Thorpe Park,
Leeds,
West Yorkshire,
LS15 8GB.

1 August 2022

This page does not form part of the statutory financial statements





Detailed Income and Expenditure Account for the year ended 31 March 2022

	2022		2021	
	£	£	£	£
Income				
Membership	176,998		169,951	
Job Advertising	14,067		9,159	
The Sport and Exercise Scientist	12,280		6,382	
Workshops	3,012		2,118	
Conferences	19,393		-	
Course Finder	1,534		746	
BASES Undergraduate Endorsement Scheme	14,065		11,532	
Accreditation	11,750		12,900	
Supervised Experience	11,425		22,810	
<i>Journal of Sports Sciences</i>	10,000		12,000	
Publications and Other	860		543	
Chartered Scientist - Administration Fee	2,966		2,730	
Division Income	200		-	
Other Advertising	-		5,740	
Annual Awards	1,000		-	
SEPAR	76,759		39,757	
HoD Forum - Sponsorship	1,850		1,000	
Certified Exercise Practitioner	320		170	
Consultancy Fees	1,000		-	
		359,479		297,538
Expenditure				
The Sport and Exercise Scientist	26,297		23,007	
Workshops	-		100	
Conferences	13,951		-	
BASES Undergraduate Endorsement Scheme	1,100		1,000	
Accreditation	4,629		6,120	
Supervised Experience	6,388		7,590	
Consultancy	1,960		2,000	
Conference Grants	92		-	
Expert Statement Grants	3,197		(700)	
Awards	1,790		425	
Public Relations and Marketing	1,321		3,827	
Division Expenditure	-		100	
SEPAR	40,104		38,006	
Other Advertising	-		2,976	
Supervised Experience				
Candidate Assistance Programme	185		-	
		101,014		84,451
Gross surplus		258,465		213,087
Other income				
Sundry Receipts	-		350	
Deposit Account Interest	1,955		525	
		1,955		875
		260,420		213,962

This page does not form part of the statutory financial statements

Detailed Income and Expenditure Account for the year ended 31 March 2022

	2022		2021	
	£	£	£	£
Offices expenses				
Rent and Utilities	3,285		3,650	
Directors' Salaries	43,807		42,383	
Directors' Social Security	4,825		4,636	
Directors' Pensions	2,628		2,543	
Salaries and National Insurance	113,770		99,142	
Pensions	7,191		6,520	
Telephone and Internet	539		1,934	
Printing, Postage and Stationery	1,275		869	
Computer Support and Maintenance	14,683		7,550	
Insurance	630		423	
Sundry Expenses	922		558	
Subscriptions	4,064		4,146	
Training and Development	750		-	
Legal, Professional and Accountancy	18,455		12,085	
Website Development	287		60	
Bad Debts	(4,752)		4,746	
Irrecoverable VAT	6,979		2,925	
		219,338		194,170
		41,082		19,792
Finance costs				
Bank Charges and Interest	6,605		5,546	
		34,477		14,246
Depreciation				
Fixtures and Fittings	34		34	
Computer Software and Equipment	735		356	
		769		390
Net surplus		33,708		13,856

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