REGISTERED COMPANY NUMBER: 01962979 (England and Wales)
REGISTERED CHARITY NUMBER: 293854

FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 DECEMBER 2025

FOR

BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE

Xeinadin Audit Limited
Statutory Auditor, Chartered Accountants
Sidings House, Sidings Court
Lakeside
Doncaster
South Yorkshire
DN4 5NU

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

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REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2025

TRUSTEES	Mrs L Wright Dr S Kluzek Dr K Marino (resigned 11.11.25) Dr D A Vishnubala Dr P Wheeler Dr T Leggett Dr J Wong Dr R G Mitchell Dr R J Teare (appointed 11.8.25)
REGISTERED OFFICE	Unit 3 Jetstream Drive Auckley Doncaster DN9 3QS
REGISTERED COMPANY NUMBER	01962979 (England and Wales)
REGISTERED CHARITY NUMBER	293854
AUDITORS	Xeinadin Audit Limited Statutory Auditor, Chartered Accountants Sidings House, Sidings Court Lakeside Doncaster South Yorkshire DN4 5NU

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRATEGIC REPORT

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee and registered in England. The company was established under a Memorandum of Association that established the objects and powers of the charitable company and is governed by its governing document and Articles of Association. In the event of the company being wound up, each member is required to contribute an amount not exceeding £1.

Recruitment and appointment of new trustees

Trustees are appointed for up to 3 years and can be re-elected for a further 3 years, subject to the rules laid down in the Memorandum and Articles of Association.

Organisational structure

The board meet at least four times a year to deal with the business of the Association and is responsible for the governance framework, the strategic direction and policy of the charity. Staff members also attend the meetings but have no voting powers.

All decisions on policy changes, introduction of new policy, business, discussion and agreement of all business of the sub-committees, reporting on business from the Secretary, Treasurer, and Senior Management Team are discussed and agreed at each board meeting. New initiatives, legal requirements and questions raised by Members are all discussed at each meeting. Each meeting's minutes are recorded, circulated to each member and is made available to Members upon request.

Day to day enquiries regarding the operational business are dealt with by the SMT.

Induction and training of new trustees

New incoming trustees are presented with a full induction pack which includes roles and responsibilities of charity trustees and legal requirements. The Chair and SMTare responsible for ensuring a full induction of Trustees takes place, providing information on the structure, future plans, operational policies and any other information seen to be of assistance to the post holder. All documentary changes as signatory to any official documents are put in place by the SMTor secretary at the time of the changeover of trustees.

Risk management

The trustees recognise the importance of Risk Management within the framework of governance and internal control. Risk assessments, including financial and security risks, have been carried out by the trustees. The assessment is reviewed on an ongoing basis, by the SMT and the Treasurer. The outcome of these reviews is then reported to and discussed by the trustees at meetings held throughout the year and the risk management policies are amended as required.

PUBLIC BENEFIT

The trustees have considered this purpose, the aims and objectives of the charity and its current and planned activities against the Charity Commission's general guidance on public benefit. The Trustees are satisfied that the charity's purpose, aims, objectives and activities are fully consistent with charity purposes as defined in the Charities Act 2011.

Trustees' Annual Report 2025

Foreword by Chair of BASEM, Professor Patrick Wheeler

Welcome to BASEM's Annual Report for the period 1st January to 31st December 2025. This report lays out the activities of this charity this year and as a considerable amount of work goes on behind the scenes to keep BASEM going, I would encourage all our members to take a look. There will almost certainly be aspects of BASEM's activities that are new to you. This report compliments the different reports given at the AGM, and the regular updates given directly to members by email and through BASEM Today publications.

Much like I did last year, I will start this report by offering my thanks to various groups of people that have kept BASEM going in this last year. I will start by offering my thanks to the BASEM staff team, who have continued to deliver the activities of BASEM throughout this year admirably despite all the challenges we have encountered along the way. I will thank my fellow BASEM Trustees, both past and current, who provide oversight, guidance and often operational activities to this great organisation. In this year Dr Katie Marino has concluded her term of office and I take this opportunity as Chair to offer my thanks to her for her years of dedication and service. The BASEM Board have been joined by Dr Roland Teare and we welcome him to the Board of Trustees. I will also acknowledge and offer my thanks to all the BASEM members who volunteer in any capacity to help BASEM deliver all that it does. We could not do all the things that we do without you. As always there is a lot to do, and there are always ample opportunities for people to get involved, so if you are interested, please don't wait to be asked ….

In the different sections of this report, we show how BASEM has continued to deliver against it Charitable Objects, we give information about BASEM's finances, how BASEM supports its membership through education and awards, and different partnerships BASEM engages with external partners. BASEM put on a world-leading SEM Conference again in 2025, held in Leeds in November. In this we brought the best UK and international speakers to cover a wide breadth of topics across musculoskeletal medicine, team care, and exercise medicine, at all levels from those just starting out, to a generalist level and to specialist levels. In addition we continue to lead the way in education of our multi-professional workforce across all domains of our speciality. We deliver both Foundation Courses for those just setting out in their careers, to revision courses for those seeking to sit specialist professional examinations. We continue to offer a number of annual awards to support the professional development of our

members as well, covering a wide range of different aspects of development. Information about all of this is laid out in the relevant sections. We can do all of this through the solid financial foundation that we have. BASEM's income is primarily from membership subscriptions and income from the BJSM Journal that we co-own, and financial reserves are actively managed to ensure that income is obtained from monies held in reserves. Financial information is included in the relevant section of this report.

Another key aspect to highlight at the start of this report are the ongoing discussions with the UK Faculty of Sport & Exercise Medicine (FSEM) to create a brand-new College of Sport, Exercise, and Musculoskeletal Medicine (CSEM), bringing together the activities of both BASEM and FSEM into a single organisation. These were discussed at length in the annual reports of the last two years, and in other communications. These activities have continued from the initial outline plans, and the BASEM membership vote in May 2023, with CSEM now having Company Registration through Companies House and as I write this is seeking Charity Registration through the English charity regulator, the Charity Commission, before then seeking secondary registration through the Scottish Charity Regulator (OSCA) as necessary steps to the ultimate formation of the College with the merger of the functions of BASEM and FSEM. This is all being done in guidance with charity and company law and the Trustees continue to receive legal advice throughout this process to ensure this is being done correctly. BASEM members continue to be kept up to date through regular updates, information on our website https://basem.co.uk/proposed-college/ . For most up to date information, readers are directed to this section of the website.

As BASEM Chair, I hope that this report helps highlight the many activities of BASEM during the year, continuing our journey towards College and supporting our present and future members throughout this period.

Prof. Patrick Wheeler
Chair of BASEM

Introduction

British Association of Sport and Exercise Medicine (BASEM) was established in 1952 to promote the study and investigation of all medical aspects of sport. Its founding vision was to become the authoritative body on the medical dimensions of athletics and exercise. Over the decades, BASEM has played a key role in advancing the field of sports and exercise medicine by raising awareness, supporting pioneering research, and leading best practice.

Today, BASEM is a multidisciplinary membership organisation with a global reach. It has a diverse membership of over 1,270 professionals spanning a wide range of disciplines. Many members hold influential positions within sport and exercise medicine (SEM) both in the UK and internationally, and remain actively engaged with BASEM through committees, resource development, and board participation. The organisation benefits from a broad and highly experienced knowledge base.

BASEM also co-owns the British Journal of Sports Medicine, a leading international journal that promotes research and education in sport and exercise medicine. In addition, BASEM is working closely with the Faculty of Sport and Exercise Medicine toward the creation of the College of Sport, Exercise and Musculoskeletal Medicine, which aims to further strengthen the field.

BASEMs Vision

British Association of Sport and Exercise Medicine (BASEM) is the leading multidisciplinary sport and exercise medicine membership organisation in the UK, with a core responsibility to provide leadership, education, and support for its members and the wider healthcare community.

A central part of BASEM's remit is to support the education and career development of healthcare professionals at all stages, including students, specialists, and those with a general interest in sport and exercise medicine. This support spans several interconnected and overlapping areas, including:

Musculoskeletal Medicine:

BASEM supports the development and delivery of up-to-date management of musculoskeletal conditions and encourages the evaluation of treatment options to deliver most effective care.

Exercise Medicine:

BASEM supports the benefits of physical activity in all populations without discrimination, recognising the importance it plays in health and well-being and its role in both primary and secondary prevention of disease. BASEM supports the WHO Global Action Plan to make significantly more people active by 2030.

Athlete/Team Care:

BASEM supports world-class delivery of care to athletes and teams. BASEM recognises the challenges in the desire to optimise athletic and team performance and fully upholds the requirements for ethical practice and clean sport.

BASEM is committed to leading on issues related to Equity, Diversity and Inclusivity, striving for diverse and inclusive environments within our organisation and the wider SEM community.

BASEM is joint owner of the British Journal of Sports Medicine and the BMJ Open Sport and Exercise Medicine Journal with BMJ Publishing and supports a strong international research agenda to underpin its principles.

BASEM recognises the need for strong National and International partnerships to achieve its vision.

BASEMs Objects

Object	Activity	Object	Activity
To promote exercise as a therapeutic tool	PR campaigns promoting activity and impact on health to public	To support and promote the multi-disciplinary team in Sport and Exercise Medicine	AHP benefits AGM Education BASEM Today Conference BINGs
To support the professional needs of those doctors working in the specialty of Sport and Exercise Medicine and to advise on career structures in Sport and Exercise Medicine;	Member benefits Conference Education USEMS Career opportunities ads	To provide support and education for those healthcare professionals involved in the care of athletes and individuals undertaking, or aspiring to undertake, regular physical activity at all levels	Education Conference
To promote the specialty of Sport and Exercise Medicine and to encourage best standards of clinical practice in the care of the exercising individual	PR campaigns Education Conference BINGs BJSM BASEM Today	To promote the adoption of evidenced-based practice in all areas of Sport and Exercise Medicine	Awards Education Conference BJSM
To support and encourage research in Sport and Exercise Medicine	BJSM Awards	To promote the adoption of exercise and physical activity by all sections of the population for their general wellbeing and in the prevention of illness	PR campaigns BASEM Today
To assist and advise all relevant authorities in adopting policies that will encourage and promote physical activity in schools, the workplace and the home	BJSM PR campaigns	To cooperate with the Faculty of Sport and Exercise Medicine and the Institute of Sport and Exercise Medicine and to collaborate with other associations both nationally and internationally, in furthering the specialty of Sport & Exercise Medicine and the aims of the association.	Collaborative / partnership work Awards

The Financials 2025

BASEM operates as a charitable organisation and a membership body, and its financial position reflects a combination of sponsorship, membership subscriptions, educational activities and journal publications.

During the year, the organisation maintained a strong financial position, with income streams performing well across all areas. Membership subscription income remained robust, reflecting continued engagement and retention within the professional community. In addition, conferences, training, and educational activities made a positive contribution to overall income, supported by consistent demand and effective delivery. BASEMs investment portfolio continues to grow, showing an increase in investment income.

Expenditure remained well controlled throughout the year and aligned with the organisation's strategic objectives. Resources were directed towards delivering high-quality services to members, advancing charitable aims, and maintaining the infrastructure required to support all functions. The balance between investment in member services and charitable activities continued to be carefully managed to ensure efficiency and impact.

As a result, the organisation generated a surplus for the year, strengthening its reserves position. The trustees consider the level of reserves to be appropriate, providing financial resilience and supporting the organisation as it approaches a significant period of transition.

Looking ahead, 2026 will mark an important milestone, as BASEM plans to prepares to dissolve and transition to CSEM. The strong financial position at the end of 2025 places the organisation in a stable and well-prepared position to manage this change effectively. The trustees are focused on ensuring that resources are appropriately managed during this transition, with due regard to the organisation's charitable obligations, its members, and its long-term objectives.

Overall, the trustees are satisfied with the financial performance in 2025 and are confident in the organisation's ability to navigate the forthcoming transition while continuing to deliver value to its members and beneficiaries.

Plans for 2025

During 2025, BASEM built on the foundations laid in the previous years of our strategic plan, with a continued focus on strengthening our offer, supporting members, and preparing the organisation for future structural change.

Our key priorities during 2025 included:

- Deepening and formalising partnerships to enhance career development and learning opportunities.
- Continuing to strengthen BASEM's brand and reputation across the SEM community
- Further reviewing systems and governance arrangements to ensure organisational efficiency and sustainability
- Enhancing and promoting membership benefits to improve retention and growth
- Supporting research, education, and academic excellence within SEM
- Progressing work linked to the planned transition toward a new College of Sport, Exercise and Musculoskeletal Medicine.

Activities to Meet Objects

Awards and Bursaries

Following continued review of our awards programme, BASEM maintained its commitment to supporting research and professional development in 2025. Applications were invited across a range of awards, with decisions reflecting both quality and alignment with BASEM's strategic aims.

In 2025, BASEM partnered with the Dr Vivien Lane Foundation, which provided £9,500.00 in funding to secure additional award places, expanding BASEM's awards and bursaries programme and enabling more members to access support for education, career development, and research.

In line with the approach taken in previous years, BASEM decided not to open the PhD Award in 2025. This award remains under review.

The below table outlines awards offered, totals awarded, and payments made during the year. Due to the duration of some awards, a proportion of funding will be paid in subsequent financial years.

Award	Total Awarded (2025)	Total Paid (2025)
Association Prize for SEM (Conference Award)	£850.00	£0.00
BOSEM Article Processing Charges Award	£6,142.50	£6,142.50
External Training & Development Sponsorship	£7,000.00	£1,821.70
Malcolm Read Scholarship	£1,500.00	£0.00
MSc Bursary in SEM	£5,000.00	£3,000.00
PhD Award	£0.00	£0.00
Research Bursary	£22,400.00	£2,985.10
Tom Donaldson Poster Prize (Conference Award)	£900.00	£0.00
Travelling Fellowship	£5,000.00	£0.00
Undergraduate Elective Award	£2,000.00	£1,991.61

Promotion of Members' Work and BASEM

Branding and Exhibiting

Throughout 2025, BASEM continued to prioritise visibility at key national and international events. Efforts focused on improving how we advertise our offer, continue to grow our membership, and promote SEM through enhanced exhibiting materials and more targeted engagement strategies.

Some key events BASEM attended in 2025 were:

- ISOKINETIC, Madrid – between 2,500 to 3,000 delegates
- USEMS Conference, Leicester – circa 100 delegates

Membership Growth

Membership promotion remained a core focus in 2025, including showcasing members' achievements and emphasising the value of BASEM membership across clinical, academic, and allied health communities.
Membership numbers in 2025 show:

- Total membership growth of **5.92%** compared to the end of 2024
- Number of members at year end: **1270**

A majority of our membership are UK based, with the 10.87% of members residing overseas.
Out of all the categories, Full Membership grew the most in 2025, closely followed by Undergraduate Membership.
Doctor of Medicine continued to be the largest proportion of BASEMs membership at 70%.

BASEM Membership Directory

The BASEM Internal Membership Directory continued to develop as a valuable member benefit in 2025. Members used the platform to connect with peers, seek support, collaborate, and showcase expertise across SEM disciplines. We introduced the 'Attending BASEM 2025 Conference' badge members could add to their profile to encourage and aid networking before, during and after the conference.

Education and Careers Resources

Overview

BASEM continued to deliver a strong and varied education portfolio throughout 2025, supporting professionals at every stage of their Sport and Exercise Medicine (SEM) careers. The programme comprised four core courses, including the flagship residential Foundation Course, alongside a suite of online revision courses aligned with Faculty of Sport and Exercise Medicine (FSEM) examinations. Across the year, BASEM education activity engaged 175 delegates, demonstrating sustained national engagement and continued international reach. Participants joined from 11 countries outside the UK, reflecting both the accessibility of our online delivery model and the growing global relevance of BASEM's educational offer.

The Foundation Course remained a key entry point into SEM, providing a comprehensive grounding in exercise medicine, musculoskeletal medicine and team care. Revision courses covering FSEM Part One, Part Two, and the Diplomas in Team Care and Exercise Medicine again attracted strong delegate numbers and consistently positive evaluations, reinforcing BASEM's reputation for high-quality, practitioner-focused education.

Delegate feedback across all courses emphasised the practical relevance of the content, the expertise of the teaching faculty, and the value of interactive, peer-led learning. The education programme remains financially stable and well aligned with the evolving expectations of the SEM community, as BASEM continues to refine and expand its educational provision.

Foundation Course

The Foundation Course continues to be a cornerstone of BASEM's education portfolio, providing an essential introduction to the three core strands of Sport and Exercise Medicine (SEM): exercise medicine, musculoskeletal medicine, and team care. Its three-and-a-half-day residential format remains popular with those beginning their SEM journey, as well as with professionals from related disciplines seeking to develop specialist SEM knowledge.

Held from 1–4 June at Lilleshall National Sports Centre, the 2025 course welcomed 27 delegates, including three international participants from Saudi Arabia and Canada, reflecting its continued reach and growing international appeal. Teaching was delivered by a dedicated faculty comprising four core tutors, a long-standing retired tutor returning on a voluntary basis, and two visiting tutors, providing a rich blend of experience, perspectives and teaching styles.

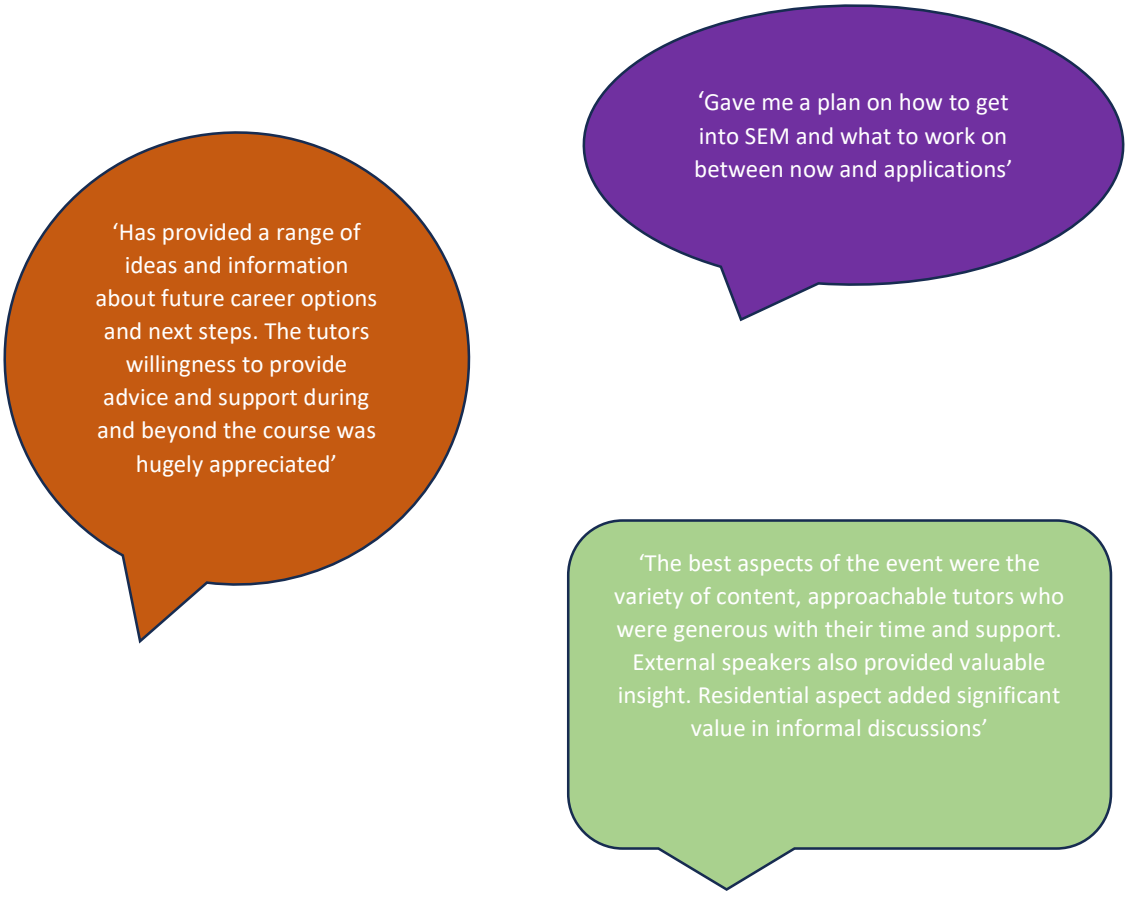
The course remains financially stable, supported by consistent demand year on year. A particular focus during 2025 was on improving communication with early-career members and delegates, with clearer pre-course guidance, smoother onboarding processes, and a more supportive overall participant experience.

The curriculum covers a broad range of SEM fundamentals, including the role of physical activity in health, clinical examination skills, nutrition, common musculoskeletal presentations, and evidence-based treatment approaches. Delegates consistently report that the course

meets expectations and offers strong value for professional development. As in previous years, hands-on practical sessions and opportunities for direct engagement with experienced tutors were among the highest-rated elements.

Feedback was received from 17 respondents, with the course achieving an overall rating of 4 out of 5. Several sessions received particularly strong evaluations, with topics such as Concussion and Exercise Advice for Back Pain again highlighted as especially relevant and impactful.

To support continued engagement and membership growth, non-members attending the course were again offered a discounted rate to join BASEM if they registered within one month of course completion.



Revision Courses

BASEM's online revision courses continue to play a key role in supporting candidates preparing for the Faculty of Sport and Exercise Medicine (FSEM) examinations. Designed for registrars, trainees and clinicians seeking a structured refresher, the courses remain highly accessible to both UK-based and international delegates through their fully virtual delivery model. Engagement across all offerings remained strong throughout 2025, supported by consistent demand and positive delegate feedback.

BASEM Revision Course – Part One Specialty

The Part One Specialty Revision Course was delivered as a single online sitting in 2025, attracting 20 delegates from a wide range of clinical backgrounds. Participants joined from three countries, England, Ireland and Iraq, demonstrating continued international interest in BASEM's revision provision.

Delegates came from primary care, hospital medicine, Sport and Exercise Medicine and allied health professions, with attendees spanning early-career clinicians through to senior practitioners. This diversity again enhanced group discussion and supported a rich and effective peer-learning environment.

Delegate feedback was highly positive, with 11 evaluation responses received. Session ratings were strong across the programme, with topics including Exercise in Special Groups, Children and Medical Conditions in Athletes (including the tired athlete, exercise-induced bronchoconstriction, non-infectious disease and infections) scoring particularly highly overall.

Qualitative feedback highlighted the value of clear, structured content delivery, opportunities to practise exam-style questions, and the usefulness of facilitated breakout discussions in supporting examination preparation.



BASEM Revision Course – Part Two Specialty

The Part Two Specialty Revision Course continued to perform strongly in 2025, with 27 delegates attending from the UK, Australia and Sweden, reflecting both sustained demand and international engagement.

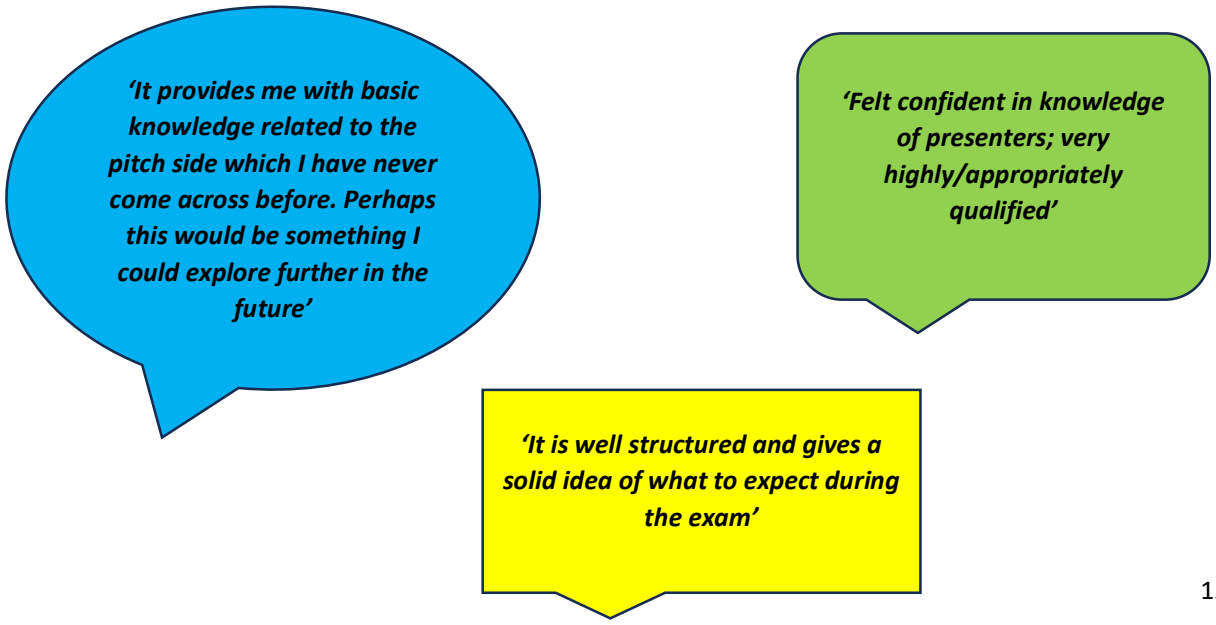
Feedback from 16 respondents indicated consistently high levels of satisfaction across the programme. In particular, the musculoskeletal review sessions on the knee and spine achieved outstanding evaluation scores of 5 out of 5, highlighting the strength and practical relevance of these sessions.

Delegates consistently valued the practical, scenario-based structure of the course and the emphasis on small-group discussion, noting that the applied format closely mirrors the expectations and style of the FSEM Part Two examination, and effectively supports examination preparation.

Diploma Revision Courses – Team Care and Exercise Medicine

The revision courses supporting the FSEM Diploma examinations (Diploma in Team Care and Diploma in Exercise Medicine) continued to develop during 2025 following their successful introduction the previous year. Course content was further refined to remain fully aligned with Faculty requirements, with close collaboration ensuring the inclusion of relevant practice questions and updated topic coverage.

The **Diploma in Team Care Revision Course** welcomed 38 delegates, demonstrating strong uptake. Feedback was received from 25 respondents, with an impressive average rating of 5 out of 5 across the course. Sessions covering Sport-Related Concussion and Specific Athlete Groups, including Older, Retiring and Retired Athletes, received particularly strong evaluations and were highlighted as highly relevant to clinical practice.



The Diploma in Exercise Medicine Revision Course attracted 55 delegates, including nine international participants from Tripoli, Qatar, Saudi Arabia, Indonesia, Trinidad and Tobago, Malaysia and Malta, demonstrating strong global interest in this area of SEM practice.

Based on 30 feedback responses, the course achieved an overall satisfaction score of 4 out of 5. High-scoring sessions included Physical Activity Guidelines and Epidemiology, while interactive breakout workshops, particularly Pregnancy and Post-Partum Exercise, were also rated very positively, reflecting the value placed on applied, clinically relevant content.

'Some very interesting parts that will definitely give me some talking points in the future and the confidence to give out more health advice'

'The interaction between the presenters and attendees was engaging and questions were interesting and answers were clear'

'Motivated me to do all I can to push the importance of exercise to my patient population'

Delegates across both Diploma revision courses represented a broad range of clinical specialties and career seniorities, contributing to a highly interactive and peer-enriched learning environment. Comprehensive course materials and well-established tutor teams ensure that these programmes are well positioned for continued annual delivery and ongoing development.

Partnerships

Faculty of Sport and Exercise Medicine (FSEM)

Work with FSEM continued throughout 2025 as preparations progressed toward the establishment of the College of Sport, Exercise and Musculoskeletal Medicine (CSEM). This included ongoing legal, governance, and communication work to ensure transparency and engagement with both memberships.

Alongside this, BASEM and FSEM worked together various collaborative projects including;

- EDI collaboration
- The Ground Rounds Webinars

Undergraduate Sports and Exercise Medicine Society (USEMS)

BASEM continued to support SEM undergraduates through its partnership with USEMS. This support included conference involvement, educational resources, and promotion of SEM careers, the Undergraduate Elective Award and funding resources such as Canva and Zoom to aid in the promotion and reach of USEMS.

BASEM sponsored the USEMS conference this year, providing financial support along with donating the delegate bags and a prize for their Poster competition.

In 2025 BASEM funded two undergraduate members to complete electives within SEM through the Undergraduate Elective Award in association with USEMS, continuing our support in the development of future SEM professionals.

Australasian College of Sport and Exercise Physicians (ACSEP)

BASEM continues to have a strong relationship with ACSEP. In 2025 BASEM reviewed our contract with ACSEP to give our members access to the SEM Academy, offering high quality online learning resources. This benefit is included in all membership categories and costs BASEM £31.77 per member. BASEM has also funded a number of learning materials developed by BASEM which, when released will also come at no cost to members.

Orthoevidence

BASEM continued to offer Orthoevidence as a member benefit in 2025, supporting evidence-based clinical practice. This benefit is included in all membership categories and costs BASEM £18.49 per member currently using the platform. On average, 26% of users engage with the platform on a monthly basis and 2752 Ace Reports were read over the last year.

Annual Conference

'Forging Ahead celebrating SEM, Past, Present & Future'

Royal Armouries, Leeds - November 2025

Conference Chair: Professor Dane Vishnubala

BASEM delivered another highly successful Annual Conference in November 2025, hosted at the Royal Armouries in Leeds. The two-day event brought together the sport and exercise medicine (SEM) community for a vibrant programme of education, networking, and professional collaboration.

Delegate feedback was overwhelmingly positive, with particular praise for the strength of the programme, high-quality speakers, smooth logistics, and the overall delegate experience. Engagement from sponsors, exhibitors, and speakers was consistently high across both days.

Programme and Educational Content

The 2025 scientific programme covered a broad and engaging range of SEM topics across multiple thematic streams, including Musculoskeletal (MSK), Team Care, Exercise Medicine, Female Athlete Health (FAH), and workshop-based learning.

The keynote sessions were a major highlight of the programme:

- Dr Enda King attracted an audience of 311
- Professor Kirsty Elliott-Sale and Professor Karen Birch engaged 237 attendees
- Dr Charlotte Cowie closed the conference with 151 attendees

High-demand sessions included Head Accelerations, Cardiac Screening, Calf and Hip & Groin MSK, alongside FAH sessions such as the Bra-vo! workshop. All Arthrex workshops were fully booked across both days, reflecting strong appetite for practical, hands-on learning.

Overall, the programme was very well received. Delegate feedback identified the following opportunities for future development:

- Earlier programme finalisation to support delegate planning
- Continued investment in high-demand topics, particularly FAH and MSK
- Review of formats or positioning for under-attended sessions, such as Paralympic

Delegates and Reach

The conference welcomed 291 delegates, representing a broad, multidisciplinary SEM audience. Attendance further extended beyond registered delegates to include speakers, exhibitors, stream chairs, volunteers, and VIP participants.

Sponsors, speakers, and exhibitors reported strong engagement throughout the event, with many indicating intentions to return in 2026 or increase their level of involvement.

Academic Contributions - Abstracts

The BASEM conference in 2025 continued to provide a strong academic platform, including poster presentations, podium sessions, and recognition of excellence in research.

In 2025 we received a total of 115 abstracts submitted to present at our conference. Please see below the breakdown of what this translated to for BASEMs 2026 conference:

Award	Total Submissions	Eligible Submissions	Invited to Present	Presented	Declined Invite	Failed to Present
The Association Prize for SEM (post-grads)	95	91	54 – 4 Podium, 50 Posters	40 – 3 Podium, 37 Posters	13	1
Tom Donaldson Poster Prize (undergrads)	20	17	15 – all posters	12 – all posters	3	0

Authors presenting their work brough in £18,274.20 in ticket sales on 2-day conference tickets alone. Several also bought Conference Dinner tickets as well.

Positive feedback included:

"Thank you again for all your organisation and coordination of the conference and especially the awards process … Separately, I was hugely impressed with the quality and depth of research presented by BASEM members. It is great credit to the Association and, going forwards, the College." Abstract Author

Research Bursary

This year we had 5 authors present their work that BASEM had funded through our annual Research Bursary Award. These were warmly received by the audience despite small numbers. The research presented included:

- Exploring chronic pain patients' experiences of practicing Tai Chi
- Health Outcomes of Female Military Veterans in Scotland
- Injury Trends in Sixes Lacrosse
- Longitudinal investigation of the range of adaptive responses of the female hormone network in exercising women
- The SPORT-EMPOWER Project

Networking and Social Events

Dedicated networking time, integrated with the exhibition space, was highly valued by delegates and industry partners alike. The Conference Dinner was extremely well received, with excellent attendance and very positive feedback on the venue, atmosphere, and overall experience.

The evening programme combined award presentations with entertainment, contributing to a memorable and engaging social highlight of the conference.

Accreditation and CPD

The conference was CPD accredited by the Faculty of Sport and Exercise Medicine. CPD certificates were issued to all delegates following the event.

Industry Engagement

Sponsor and exhibitor participation was strong, with numerous partners commenting positively on the quality of delegate interactions and event organisation. Many confirmed their intention to return in 2026, with several expressing interest in higher-tier sponsorship opportunities for the London conference.

Sponsors in particular praised:

- High levels of footfall
- Strong networking opportunities
- Excellent logistical support
- The professionalism and friendliness of the BASEM and Pemberley teams

Videography, Media and Communications

A dedicated videography and podcast suite operated throughout both days, capturing interviews with speakers and representatives from partner organisations. Extensive photography and video coverage documented sessions, workshops, networking, and the conference dinner.

The communications strategy delivered strong engagement across social media, email campaigns, partner channels, and BJSM/BASEM publications. Opportunities for 2026 include earlier promotional activity and increased speaker contribution to conference promotion and engagement.

Feedback and Impact

Feedback from delegates, speakers, sponsors, and the wider delivery team was overwhelmingly positive. Consistent themes included praise for:

- High-quality organisation
- Smooth logistical delivery
- Excellent and relevant programme content
- Friendly, professional staff
- The energy and vibrancy of the event atmosphere

As with all BASEM conferences, the ultimate measure of success lies in its impact on clinical practice and professional development. Delegates reported that the programme inspired new approaches to athlete care, stimulated research interest, and supported the translation of evidence into day-to-day clinical application, continuing BASEM's core commitment to educational excellence.

'The best aspect of the conference was the wide variety of talks and the topic streams running through the event'

'It's been a fantastic event for us this year. We've never done the mobile van in this format before making the mobile van work has been brilliant. We've had so many clients and only wish that we could have been there for the two days. We definitely want to be involved next year.' Arthrex

'I would like to express my sincere appreciation for an outstanding conference. It was truly one of the best I have attended—the scientific sessions, organisation, hospitality, and attention to detail were exceptional. The food, venue arrangements, and overall coordination were perfect. My heartfelt thanks and congratulations to you and all the organizing members for delivering such a remarkable event'

'Thank you for organising such a great conference – very smooth logistics, a great venue and programme and a fabulous dinner – the Alastair Brownlee Q&A was superb'

Publications and Communications

British Journal of Sport and Exercise Medicine (BJSM) and BMJ Open Sport and Exercise Medicine (BOSEM)

British Journal of Sport and Exercise Medicine (BJSM)

- In 2025, BJSM sustained large-scale global reach, engaging 2.5M active users and delivering 3.12M article page views.
- BJSMs Impact Factor also increased and the journal maintaining no.1 ranking.
- Social media audience grew to 415K followers (+4.3% YOY), delivering 11.3M impressions, 455K engagements, and 190K link clicks across platforms, with LinkedIn emerging as the fastest growing channel, up 20.5% in 2025.
- Submissions volume remained high, with 1,817 submissions in 2025, and international, led by China, the USA, the UK and Australia, confirming BJSM's continued global relevance.
- Editorial selectivity stayed strong, with acceptance rates held at ~10–15% overall and ~8–10% for original research.

BMJ Open Sport and Exercise Medicine (BOSEM)

- In 2025, BOSEM sustained solid global usage in a disrupted discoverability environment, engaging 433K active users and delivering ~660K page views, a strong performance given ongoing AI-driven zero-click search impacts.
- Depth of engagement improved despite lower overall traffic, with content page views increasing 1.5% year-on-year.
- Research achieved meaningful public and policy visibility, with 751 Altmetric mentions in 2025 and a flagship article on lowering tackle height in Scottish community rugby achieving an Altmetric score of 1,143 and coverage in 152+ news outlets.
- Submissions grew strongly, reaching ~408 original research submissions in 2025 and confirming BOSEM's role as an accessible, high-quality open-access venue.
- Editorial positioning balanced openness with quality, with acceptance rates stabilising at ~28% overall.

Member Newsletter (BASEM Today)

BASEM Today

BASEM Today remained a key communication channel throughout 2025, highlighting member work, organisational updates, and developments in SEM. Four editions were published covering:

- Celebrating 50 years of BASEMs Residential Course
- Paediatric Sports Medicine (Guest Edited by Prof Nat Padhiar)
- Celebrating Women's Rugby (Guest Edited by Dr Karen Jones)
- 21 Years of Pure Sports Medicine (Guest Edited by Claire Small)

E-Circular

The monthly e-circular continued to deliver concise updates on BASEM activity. Throughout 2025, BASEM continued to develop the e-circular to improve readability and create a more visual overview of key points.

Meetings, Votes, and Ad-hoc Updates

Throughout 2025, there were extensive discussions regarding the development of the College of Sport, Exercise and Musculoskeletal Medicine. In April 2025, the British Association of Sport and Exercise Medicine and the Faculty of Sport and Exercise Medicine implemented a Data Sharing Agreement to support its planning and development.

Following a comprehensive consultation process led by the College Steering Group—and with overwhelming support from members of both organisations—the official name was confirmed as the College of Sport, Exercise and Musculoskeletal Medicine (CSEM).

In August 2025, the inaugural Board of Trustees for CSEM was elected, marking a significant milestone in the establishment of the College.

Volunteers

BASEM continued to be strongly supported by volunteers across committees, working groups, and communications. While no new groups were formed in 2025, BASEM continues to utilise, develop and support all its very valued volunteers and continues to look at ways more members can get involved. Examples of some of BASEMs volunteer groups are the Conference Committee, Awards Committee and BASEM Today Editorial Team. BASEM Trustees and members have also had the opportunity to represent BASEM at a number of external events, promoting the organisation and its offer

Governance

British Association of Sport and Exercise Medicine (BASEM) is a charitable company governed by its memorandum and articles of association (M&As), which guide key processes such as the appointment of new trustees. Throughout the year, BASEM Trustees and staff have met regularly, maintaining a strong focus on transparency, good governance, and strategic alignment.

In August 2025, BASEM welcomed Dr Roland Teare as a new trustee, and in November 2025, the organisation said goodbye to Dr Katie Marino.

A key area of focus has been collaborative work with the Faculty of Sport and Exercise Medicine (FSEM) toward the formation of the College of Sport, Exercise and Musculoskeletal Medicine (CSEM). A dedicated steering group, comprising representatives from both organisations, has been established to oversee and guide this process. Ongoing engagement with legal and HR teams continues to ensure that a thorough and robust process is followed.

Development

During 2025, the trustees took the strategic decision to focus organisational efforts on the transition from the current charity structure to the establishment of a new college, the College of Sport, Exercise and Musculoskeletal Medicine (CSEM), into which the organisation will dissolve in 2026.

As a result, there has been no material development activity undertaken within the existing charity during the year. All strategic, operational, and developmental resources have been directed towards the planning, governance, and implementation of the new college structure. This has included work on legal formation, governance arrangements, membership framework, and the development of a sustainable model to support the future activities of CSEM.

The trustees consider this approach to be in the best long-term interests of the organisation's members and beneficiaries. The transition to CSEM is intended to provide a strengthened platform for advancing the field of sport and exercise medicine, enhancing professional standards, and expanding educational and member services.

Throughout this period, the charity has continued to meet its ongoing obligations and maintain services at an appropriate level; however, no new programmes or initiatives have been developed under the existing structure.

Looking ahead, the trustees' focus remains on ensuring a smooth and effective transition to CSEM in 2026, with appropriate transfer of activities, assets, and responsibilities. This will mark the conclusion of the charity in its current form and the beginning of a new phase under the college structure.

Member Support

Member support remained a priority through continued investment in partnerships, systems, and educational resources. BASEM openly welcomes any feedback on how we can further improve our support to members and the speciality.

Staff Development

In 2025, the BASEM staff team continued to develop through collaborative working and shared organisational goals. BASEM has invested in its small staff team, through funding CPD opportunities, such as role specific short courses.

In addition, during a busy period, BASEM brought on a temporary administrator to help elevate additional workload and ensure staff maintained a good working balance.

Our Team Values

- **Collaboration:** We work together, supporting each other and sharing knowledge to achieve collective success.
- **Respect:** We value diversity and treat everyone with fairness, dignity, and understanding.
- **Integrity:** We act with honesty, accountability, and transparency in all areas of our work.
- **Innovation:** We encourage creativity, adaptability, and continuous improvement.
- **Excellence:** We strive for the highest standards, taking pride in the quality and impact of what we do.
- **Wellbeing:** We prioritise a supportive environment where our team feel safe, respected, and able to thrive.
-

Future Plans

As BASEM moves forward, 2025 represented a year of preparation and transition. Priorities moving into 2026 include:

- **Finalising work associated with the creation of the new College of Sport, Exercise and Musculoskeletal Medicine**
- **Maintaining strong strategic partnerships**
- **Deepening member engagement**
- **Continuing to promote the value and impact of SEM**

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year. Under that law, the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).

Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

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

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

AUDITORS

The auditors, Xeinadin Audit Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on Sep 14, 2026 and signed on the board's behalf by:

P Wheeler
P Wheeler (Sep 14, 2026 08:41:56 GMT+1)

Dr P Wheeler - Trustee

Opinion

We have audited the financial statements of BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE (the 'charitable company') for the year ended 31 December 2025 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2025 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

Aside from the impact of the matters disclosed in the emphasis of matter paragraph, we have nothing to report in respect of the following information in the annual report, in relation to which the ISAs (UK) require us to report to you whether we have anything material to add or draw attention to:

- the disclosures in the annual report that describe the principal risks and explain how they are being managed or mitigated;
- the directors' confirmation in the annual report that they have carried out a robust assessment of the principal risks facing the company, including those that would threaten its business model, future performance, solvency or liquidity;
- the directors' statement in the financial statements about whether the directors considered it appropriate to adopt the going concern basis of accounting in preparing the financial statements and the directors' identification of any material uncertainties to the company's ability to continue to do so over a period of at least twelve months from the date of approval of the financial statements;
- the directors' explanation in the annual report as to how they have assessed the prospects of the company, over what period they have done so and why they consider that period to be appropriate, and their statement as to whether they have a reasonable expectation that the company will be able to continue in operation and meet its liabilities as they fall due over the period of their assessment, including any related disclosures drawing attention to any necessary qualifications or assumptions.

Emphasis of matter

We draw attention to Note 1 to the financial statements which explains that the directors intend to strike off the company and therefore do not consider it to be appropriate to adopt the going concern basis of accounting in preparing the financial statements. Accordingly the financial statements have been prepared on a basis other than going concern as described in Note 1.

Our opinion is not modified in this respect of this matter.

Other information
The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006
In our opinion, based on the work undertaken in the course of the audit:
- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception
In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:
- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees
As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Based on our understanding of the company, we identified that the principal risks of non-compliance with laws and regulations related to charities commission and corporation tax legislation and we considered the extent to which non-compliance might have a material effect on the financial statements. As part of this assessment we considered both quantitative and qualitative factors. We also considered those laws and regulations that have a direct impact on the preparation on the financial statements, such as the Companies Act 2006 and FRS 102.

We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements which included the risk of management override of controls. We determined that the principal risks were related to posting inappropriate journal entries, omitting, advancing or delaying recognition of events and transactions that have occurred during or after the reporting period, and potential management bias in the determination of accounting estimates or judgements to manipulate results.

Audit procedures performed by the engagement team include:

- Enquiring of and obtaining written representation from management in relation to known or suspected instances of non-compliance with laws and regulations and fraud;
- Evaluation of management's controls designed to prevent and detect irregularities;
- Identifying and, where relevant, testing journal entries posted by senior management or with unusual combinations;
- Assessing and evaluating the business rationale of significant transactions outside the normal course of business;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Incorporating elements of unpredictability into the nature, timing and/or extent of audit procedures performed.

There are inherent limitations in the audit procedures described above and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we would become aware of it. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentation, or through collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

A Cribb
A Cribb (Sep 14, 2026 13:26:11 GMT+1)

Andrew Cribb FCA (Senior Statutory Auditor)
for and on behalf of Xeinadin Audit Limited
Statutory Auditor, Chartered Accountants
Sidings House, Sidings Court
Lakeside
Doncaster
South Yorkshire
DN4 5NU

Date: Sep 14, 2026

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31 DECEMBER 2025

	Notes	Unrestricted funds £	Restricted fund £	**2025 Total funds £**	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	**-**	**9,500**	**9,500**	-
Charitable activities	5				
Memberships		**174,772**	**-**	**174,772**	185,054
Courses		**47,623**	**-**	**47,623**	57,050
Conferences		**123,427**	**-**	**123,427**	114,456
Journal income		**674,805**	**-**	**674,805**	646,145
Other trading activities	3	**73,150**	**-**	**73,150**	64,006
Investment income	4	**69,329**	**-**	**69,329**	17,795
Total		**1,163,106**	**9,500**	**1,172,606**	1,084,506
EXPENDITURE ON					
Charitable activities	6				
Memberships		**283,113**	**-**	**283,113**	267,394
Courses		**172,759**	**-**	**172,759**	219,425
Conferences		**404,368**	**-**	**404,368**	320,149
Journal income		**121,084**	**-**	**121,084**	127,806
Awards		**101,553**	**4,322**	**105,875**	99,886
Total		**1,082,877**	**4,322**	**1,087,199**	1,034,660
NET INCOME		**80,229**	**5,178**	**85,407**	49,846
RECONCILIATION OF FUNDS					
Total funds brought forward		**3,010,694**	**4,115**	**3,014,809**	2,964,963
TOTAL FUNDS CARRIED FORWARD		**3,090,923**	**9,293**	**3,100,216**	3,014,809

The notes form part of these financial statements

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

BALANCE SHEET
31 DECEMBER 2025

	Notes	Unrestricted funds £	Restricted fund £	**2025 Total funds £**	2024 Total funds £
FIXED ASSETS					
Tangible assets	13	**166,984**	**-**	**166,984**	173,254
Investment property	14	**206,000**	**-**	**206,000**	206,000
		372,984	**-**	**372,984**	379,254
CURRENT ASSETS					
Debtors	15	**712,904**	**-**	**712,904**	593,633
Investments	16	**606,196**	**9,293**	**615,489**	-
Cash at bank		**1,704,454**	**-**	**1,704,454**	2,283,350
		3,023,554	**9,293**	**3,032,847**	2,876,983
CREDITORS					
Amounts falling due within one year	17	**(305,615)**	**-**	**(305,615)**	(241,428)
NET CURRENT ASSETS		**2,717,939**	**9,293**	**2,727,232**	2,635,555
TOTAL ASSETS LESS CURRENT LIABILITIES		**3,090,923**	**9,293**	**3,100,216**	3,014,809
NET ASSETS		**3,090,923**	**9,293**	**3,100,216**	3,014,809
FUNDS	20				
Unrestricted funds:					
Designated fund				**136,767**	270,000
Unrestricted fund				**2,909,053**	2,672,441
Awards fund				**45,103**	68,253
				3,090,923	3,010,694
Restricted funds:					
Restricted funds				**9,293**	4,115
TOTAL FUNDS				**3,100,216**	3,014,809

The financial statements were approved by the Board of Trustees and authorised for issue on Sep 14, 2026 and were signed on its behalf by:

P Wheeler
P Wheeler (Sep 14, 2026 08:41:56 GMT+1)

P Wheeler - Trustee

The notes form part of these financial statements

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2025

	Notes	**2025** **£**	2024 £
Cash flows from operating activities			
Cash generated from operations	1	**(28,838)**	167,703
Finance costs paid		**(8,645)**	(7,617)
Net cash (used in)/provided by operating activities		**(37,483)**	160,086
Cash flows from investing activities			
Fixed term cash deposits		**(615,489)**	-
Purchase of tangible fixed assets		**-**	(1,112)
Interest received		**57,341**	5,807
Net cash (used in)/provided by investing activities		**(558,148)**	4,695
Change in cash and cash equivalents in the reporting period		**(595,631)**	164,781
Cash and cash equivalents at the beginning of the reporting period	2	**2,283,350**	2,118,569
Cash and cash equivalents at the end of the reporting period	2	**1,687,719**	2,283,350

The notes form part of these financial statements

NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2025

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2025	2024
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	**85,407**	49,846
Adjustments for:		
Depreciation charges	**6,270**	5,941
Interest received	**(57,341)**	(5,807)
Finance costs	**8,645**	7,617
Increase in debtors	**(119,271)**	(61,137)
Increase in creditors	**47,452**	171,243
Net cash (used in)/provided by operations	**(28,838)**	167,703

2. ANALYSIS OF CASH AND CASH EQUIVALENTS

	2025	2024
	£	£
Notice deposits (less than 3 months)	**1,704,454**	2,283,350
Overdrafts included in bank loans and overdrafts falling due within one year	**(16,735)**	-
Total cash and cash equivalents	**1,687,719**	2,283,350

3. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.1.25	Cash flow	**At 31.12.25**
	£	£	**£**
Net cash			
Cash at bank	**2,283,350**	**(578,896)**	**1,704,454**
Less: Deposits treated as liquid resources	**(1,156,636)**	**1,156,636**	**(1,696,874)**
	1,126,714	**577,740**	**7,580**
Bank overdrafts	**-**	**(16,735)**	**(16,735)**
	1,126,714	**561,005**	**(9,155)**
Liquid resources			
Deposits included in cash	**1,156,636**	**(1,156,636)**	**1,696,874**
Current asset investments	**-**	**615,489**	**615,489**
	1,156,636	**(541,147)**	**2,312,363**
Total	**2,283,350**	**19,858**	**2,303,208**

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Alternative basis
One aspect to highlight at the start of this report are the ongoing discussions with the UK Faculty of Sport & Exercise Medicine (FSEM) to create a brand-new College of Sport, Exercise, and Musculoskeletal Medicine, bringing together the activities of both BASEM and FSEM into a single organisation.

At the reporting date, the new entity (CSEM) is registered and the Directors expect the process of transferring the company's assets and existing memberships to the new entitity, to be completed during 2026.

The directors intend to strike off the Company within 12 months and have concluded that it is not appropriate to prepare the financial statements on a going concern basis. The Financial Statements have been prepared on a break-up basis, with assets and liabilities stated at their recoverable amounts.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.

In accordance with the Charities SORP (FRS 102), the general volunteer time is not recognised, refer to the trustees report for more information about their contribution.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under the activity that aggregate all cost related to the activity. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Awards offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Governance costs
Governance costs include costs of the preparation and audit of statutory accounts, remuneration to trustees for services not related to duties of being a trustee, costs of trustee meetings and the cost of any legal advice to trustees on governance or constitutional matters.

Allocation and apportionment of costs
Administration costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs and administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity and are allocated to activity cost categories on a basis consistent with the use of resources.

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1. ACCOUNTING POLICIES - continued

Allocation and apportionment of costs
Irrecoverable VAT is charged as a cost against the activity for which the expenditure is incurred.

Website development
Website development is written off over three years, which is the period considered the site will provide economic benefit.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Long leasehold	-	2% on cost
Fixtures and fittings	-	20% on cost
Computer equipment	-	25% on cost

Investment property
Investment property is shown at most recent valuation. Any aggregate surplus or deficit arising from changes in fair value is recognised in the Statement of Financial Activities.

Taxation
The charity is exempt from corporation tax on income and gains falling within Part 11 of the Corporation Tax Act 2010, to the extent that these are applied to its charitable purposes.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Designated funds are unrestricted funds set aside by the directors for specific future purposes or projects.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each material fund is included in the notes to the financial statements.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Current asset investments
Current asset investments comprise of cash deposits placed on fixed-term or notice account and are held at cost.

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2. DONATIONS AND LEGACIES

	2025	2024
	£	£
Grants	**9,500**	-

3. OTHER TRADING ACTIVITIES

	2025	2024
	£	£
Sponsorship	**73,150**	64,006

4. INVESTMENT INCOME

	2025	2024
	£	£
Rents received	**11,988**	11,988
Deposit account interest	**57,341**	5,807
	69,329	17,795

5. INCOME FROM CHARITABLE ACTIVITIES

		2025	2024
	Activity	**£**	£
Member subscriptions	Memberships	**174,772**	185,054
Course fees	Courses	**47,623**	57,050
Congress income	Conferences	**123,427**	114,456
Journal publication & other services	Journal income	**674,805**	646,145
		1,020,627	1,002,705

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 7)	Totals
	£	£	£
Memberships	**66,895**	**216,218**	**283,113**
Courses	**30,190**	**142,569**	**172,759**
Conferences	**302,763**	**101,605**	**404,368**
Journal income	**120,820**	**264**	**121,084**
Awards	**29,365**	**76,510**	**105,875**
	550,033	**537,166**	**1,087,199**

continued...

7. SUPPORT COSTS

	Administration	Governance costs	Totals
	£	£	£
Memberships	**213,374**	**2,844**	**216,218**
Courses	**137,425**	**5,144**	**142,569**
Conferences	**98,566**	**3,039**	**101,605**
Journal income	**264**	**-**	**264**
Awards	**73,667**	**2,843**	**76,510**
	523,296	**13,870**	**537,166**

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2025	2024
	£	£
Auditors' remuneration	**9,350**	9,600
Depreciation - owned assets	**6,270**	5,941
Hire of plant and machinery	**1,108**	1,519

9. TRUSTEES' REMUNERATION AND BENEFITS

	2025	2024
	£	£
Trustees' fees	**2,300**	2,223

The following remuneration was paid to Charity's trustees, for services towards providing the Company's charitable aims:

	2025	2024
	£	£
Dr J Wong	**600**	-
Mrs Lucy Wright	**300**	-
Dr Dane Vishnubala	**1,400**	2,223

The board have given regard to the Charity Commission's guidance and consider the payments to be in the best interest and reasonable for the services provided.

No remuneration was paid to the trustees during the financial year or previous financial year, for their duties as a trustee.

Trustees' expenses

	2025	2024
	£	£
Trustees' expenses	**196**	3,102

10. STAFF COSTS

	2025	2024
	£	£
Wages and salaries	**194,628**	240,213
Social security costs	**12,389**	17,602
Other pension costs	**11,970**	14,644
	218,987	272,459

The average monthly number of employees during the year was as follows:

	2025	2024
Administration & management	**5**	5

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2025	2024
Less than £60,000	**5**	5

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted fund	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Charitable activities			
Memberships	185,054	-	185,054
Courses	57,050	-	57,050
Conferences	114,456	-	114,456
Journal income	646,145	-	646,145
Other trading activities	64,006	-	64,006
Investment income	17,795	-	17,795
Total	1,084,506	-	1,084,506
EXPENDITURE ON			
Charitable activities			
Memberships	267,394	-	267,394
Courses	219,425	-	219,425
Conferences	320,149	-	320,149
Journal income	127,806	-	127,806
Awards	99,886	-	99,886
Total	1,034,660	-	1,034,660
NET INCOME	49,846	-	49,846
RECONCILIATION OF FUNDS			
Total funds brought forward	2,960,848	4,115	2,964,963

continued...

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted fund £	Total funds £
TOTAL FUNDS CARRIED FORWARD	3,010,694	4,115	3,014,809

12. INTANGIBLE FIXED ASSETS

	Website £
COST	
At 1 January 2025 and 31 December 2025	**44,141**
AMORTISATION	
At 1 January 2025 and 31 December 2025	**44,141**
NET BOOK VALUE	
At 31 December 2025	**-**
At 31 December 2024	-

13. TANGIBLE FIXED ASSETS

	Long leasehold £	Fixtures and fittings £	Computer equipment £	Totals £
COST				
At 1 January 2025 and 31 December 2025	**230,712**	**11,156**	**45,600**	**287,468**
DEPRECIATION				
At 1 January 2025	**63,966**	**11,156**	**39,092**	**114,214**
Charge for year	**4,614**	**-**	**1,656**	**6,270**
At 31 December 2025	**68,580**	**11,156**	**40,748**	**120,484**
NET BOOK VALUE				
At 31 December 2025	**162,132**	**-**	**4,852**	**166,984**
At 31 December 2024	166,746	-	6,508	173,254

continued...

14. INVESTMENT PROPERTY

	£
FAIR VALUE	
At 1 January 2025 and 31 December 2025	**206,000**
NET BOOK VALUE	
At 31 December 2025	**206,000**
At 31 December 2024	206,000

Fair value at 31 December 2025 is represented by:

	£
Valuation in 2023	**41,912**
Cost	**164,088**
	206,000

15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade debtors	**556,266**	557,066
Prepayments	**156,638**	36,567
	712,904	593,633

16. CURRENT ASSET INVESTMENTS

	2025	2024
	£	£
Other	**615,489**	-

At the balance sheet date, the charity held £1.697m (2024: £1.161m) as cash equivalents on deposit, requiring less than 90 days notice.

The charity held £615k as current asset investments, cash on deposit. A balance of £447k requiring 95 days notice and a balance of £168k requiring 125 days notice.

The trustees consider the deposits low-risk and liquid, the income generated to be used to support the charity's long term objectives.

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Bank loans and overdrafts (see note 18)	**16,735**	-
Trade creditors	**260,779**	176,372
Social security and other taxes	**4,809**	4,785
VAT	**3,353**	30,614
Other creditors	**1,481**	14,297
Pension	**2,538**	-
Accruals and deferred income	**15,920**	15,360
	305,615	241,428

18. LOANS

An analysis of the maturity of loans is given below:

	2025	2024
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	**16,735**	-

19. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2025	2024
	£	£
Within one year	**1,783**	1,783
Between one and five years	**1,461**	3,244
	3,244	5,027

20. MOVEMENT IN FUNDS

	At 1.1.25	Net movement in funds	Transfers between funds	At 31.12.25
	£	£	£	£
Unrestricted funds				
Designated fund	**270,000**	**(143,932)**	**10,699**	**136,767**
Unrestricted fund	**2,672,441**	**247,311**	**(10,699)**	**2,909,053**
Awards fund	**68,253**	**(23,150)**	**-**	**45,103**
	3,010,694	**80,229**	**-**	**3,090,923**
Restricted funds				
Restricted funds	**4,115**	**5,178**	**-**	**9,293**
TOTAL FUNDS	**3,014,809**	**85,407**	**-**	**3,100,216**

continued...

20. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Designated fund	**-**	**(143,932)**	**(143,932)**
Unrestricted fund	**1,163,106**	**(915,795)**	**247,311**
Awards fund	**-**	**(23,150)**	**(23,150)**
	1,163,106	**(1,082,877)**	**80,229**
Restricted funds			
Restricted funds	**9,500**	**(4,322)**	**5,178**
TOTAL FUNDS	**1,172,606**	**(1,087,199)**	**85,407**

Comparatives for movement in funds

	At 1.1.24 £	Net movement in funds £	Transfers between funds £	At 31.12.24 £
Unrestricted funds				
Designated fund	130,000	-	140,000	270,000
Unrestricted fund	2,745,533	91,599	(164,691)	2,672,441
Awards fund	85,315	(41,753)	24,691	68,253
	2,960,848	49,846	-	3,010,694
Restricted funds				
Restricted funds	4,115	-	-	4,115
TOTAL FUNDS	2,964,963	49,846	-	3,014,809

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted fund	1,084,506	(992,907)	91,599
Awards fund	-	(41,753)	(41,753)
	1,084,506	(1,034,660)	49,846
TOTAL FUNDS	1,084,506	(1,034,660)	49,846

continued...

21. EMPLOYEE BENEFIT OBLIGATIONS

The organisation operates a defined contribution pension scheme.

	2025	2024
	£	£
The costs of the scheme to the charity for the year	**11,970**	14,644
The amount of any contributions outstanding at the year end	**2,538**	-
The amount of any contributions prepaid at the year end	**-**	-

22. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2025.

23. DESIGNATED FUNDS

Designated funds contains income from unrestricted charitable activities.

These funds have been designated to assist the charity in improving its ability to carry out its charitable aims. Such amounts have not been included in deferred income as they hold no performance-related or other conditions that may limit recognition.

The designated funds are for the following purposes and expected to be expensed in the 12 months following the balance sheet date:

To create a new research training course for members to improve their skills and provide them with greater opportunities.
BASEM's contribution to maintain members' fees.
Provision for legal services in respect of potential collaboration and establishment of College of SEM.

24. AWARDS FUNDS

Awards funds contains income from unrestricted charitable activities. Such amounts have not been included in deferred income as they hold no performance-related or other conditions that may limit recognition.

These funds have been designated for Members' research awards and contracted bursaries, to promote the speciality of sport and exercise medicine.