

I am honoured to have received a Student Travel Bursary which allowed me to attend the BSPR Annual Scientific Meeting in the beautiful Oxford and present my poster during the lunch time sessions. Being a master's student and not having been to a scientific conference before, I was nervous and unsure what to expect! I had a great time meeting people with the same interest for proteomics in cancer research and especially enjoyed discussing my research with such a knowledgeable audience. I received very helpful feedback and was able to take this back to improve my project, with suggestions probing different experiments I had not thought of myself. Importantly for me, I also gained a lot of confidence in talking about my research.

The talks were diverse and interesting, covering a variety of ways in which proteomics can be used in science today. I found the talks under 'toward P5 medicine' the most interesting with all the speakers (Manuel Mayr, Rosie Maher, and Melissa Grant) emphasising how important proteomics can be in the identification of disease progression and therefore specialization of treatment plans. For example, Melissa Grant used proteomics to identify new biomarkers that can aid the diagnosis of periodontitis, allowing doctors to distinguish disease severity and decide which treatments are most appropriate. I also really enjoyed the talks in which new methods were described, especially Melanie Bailey who has used ion beam imaging to analyse proteomes of live cells using nanocapillary sampling whilst maintaining geometric position. It's astonishing to see what techniques are being developed and how they are being used today. Watching such confident and interesting speakers really solidified my interest in the field and even spurred me on to apply for PhD's in proteomics.

Thank you to the British Society for Proteomic Research for organising such a great event and allowing the progression for early career scientists such as myself. And thank you to the speakers and other poster presenters for taking the time to share their research with us.