

The BMSS-BSPR Super Meeting took place at the University of Warwick, UK, from the 4th to the 6th of September 2024. The conference gathered leading experts, researchers, and professionals from the fields of mass spectrometry and proteomics, creating a collaborative environment to discuss cutting-edge technologies, methodologies, and applications.

I had the privilege of presenting a talk on *Advances in Peptide and Protein Identification by LAP-MALDI MS and MS/MS Analysis*. This experience allowed me to share my latest findings with an audience of peers and industry experts, receiving valuable, constructive feedback and engaging in insightful discussions—both during the Q&A session and at networking events that followed. The opportunity to present not only raised the visibility of my work and established my expertise in the field but also helped refine my research and contribute to my thesis. Additionally, presenting at the conference enhanced my public speaking skills and boosted my confidence in communicating my research to a broader audience.

Over the three days, a diverse and fascinating range of topics were covered in both poster sessions and oral presentations. I particularly enjoyed the Multiomics session and Native MS and Proteomics session, which directly aligned with my research interests and provided valuable insights into further applications for our novel methodology. These sessions also offered ideas on how to further develop my current area of research. The talk by Elisabete Pires on unwrapping malformation biomarkers in an Egyptian foetus Mummy using multi-omics particularly resonated with aspects of my own work.

Observing such confident and passionate speakers was both inspiring and energising, deepening my commitment to the field. It was remarkable to witness the numerous technological advancements and their impressive applications, which enriched my understanding of new methodologies and theoretical developments.

Moreover, the conference provided excellent networking opportunities. I connected with both early-career researchers and established professionals, paving the way for future research opportunities, collaborations, and interdisciplinary projects. Conversations with industry representatives also offered valuable insights into current challenges and innovations in mass spectrometry technologies.

Overall, attending and presenting at the BMSS-BSPR 2024 conference was an incredibly rewarding experience. It allowed me not only to disseminate my research to a specialised audience but also to gain new knowledge, build important professional relationships as well as new friendships, and explore future directions for my work in mass spectrometry and proteomics. This experience will significantly enhance the quality and impact of my work. The conference brought together people from around the world with shared interests and goals, and I feel proud to be part of this community. It was the perfect combination of learning and networking.

I would like to extend my sincere thanks to BSPR for helping make this experience possible by awarding me a student conference bursary. It was an excellent opportunity for my development as an independent researcher within the mass spectrometry community.

Kind regards,

Lily Adair, PhD Researcher

A handwritten signature in black ink, appearing to read 'Lily Adair', with a stylized flourish at the end.