

Supplementary Evidence: What Really Works in Sports Nutrition?

A lecture by Dr Mark Homer

Senior Lecturer in Exercise Physiology at Buckinghamshire New University

Wednesday 7th October 2026, 6.00pm-7.00pm

(Tea and coffee served from 5.45pm)

Lillingstone Mind and Body Zone, ek robotics Sports Campus, Royal Latin School, MK18 1AX

Nutritional supplements have been used for sports performance for many years – from simple macro nutrient powders and gels, to performance supplements such as sodium bicarbonate and Caffeine. In recent years, the market has become flooded with pre-workout mixes that are full of different substances that claim to improve training, performance, and recovery in numerous ways. Research has investigated the effectiveness of many supplements, with a range of findings that often depend on the age, sex, and competitive level of the participants. With this in mind, sports supplements are a lucrative market and the amateur athlete can spend significant amounts trying to find an edge – influenced by a relentless social media algorithm.

Also, the risk of contamination with WADA prohibited substances is a constant worry for competitive athletes who need to balance convenience, performance gain and risk when considering supplement use. This lecture will discuss some of the popular types of supplement and how/if they work. It will then discuss the risks involved, what to consider when deciding whether to take supplements, and how to combine with a ‘food first’ approach.

Mark is a senior applied sports scientist with over 15 years’ experience in high performance sport, working for the world leading Great Britain Rowing team (GBRT). He provided physiology support in preparation for, and whilst attending multiple international training camps and competitions; including the Beijing, London and Rio de Janeiro Olympic Games. Mark was responsible for the strategic and operational leadership of the GBRT Sports Science & Medicine team, accountable for delivering a world leading service to rowers and coaches in the field. After this, Mark worked with British Swimming in their preparation for the Tokyo Olympic Games, before moving to academia. Mark is now a senior lecturer in Exercise Physiology at Buckinghamshire New University, he is director of the Human Performance Laboratory and continues to work with elite athletes, coaches, and teams including the World Rowing, Oxford University Women’s Boat Race squad, Eton College, and development squad cyclists



Entry to these lectures is free and open to anyone from the local community. For further details, or to book a seat, visit www.royallatin.org/lillingstone-lectures Email Lucy Beckett - lbeckett@royallatin.org with queries, Tel 01280 827306.