



What makes a good competition entry?

Welcome to a guide to help you prepare your entry for submission to The MPS Foundation and Dental Protection Ireland Medical and Dental Research Competition

Advice on how to prepare a good entry for the competition.

The following is some advice to help you make the best possible application for The Ireland Medical and Dental Research Competition. This advice is based on recommendations from the developers of the competition, the criteria and guidance set out for the competition.

Who can enter the competition?

This is a research competition is open to all registered medical and dental healthcare professionals in Ireland. Entrants must submit research that has been completed within a year of the competition submission date. You may submit an entry based on a research project undertaken as an individual or an entry based on collaborative efforts involving a team of medical and dental healthcare professionals.

Understand the challenge, categories, criteria, and guidance given.

Before starting work on your entry, visit our website and the competition portal to familiarise yourself with the year's competition focus, categories for submission, criteria for assessment and guidance provided. Consider carefully if your research project aligns with the focus and which of the categories your entry would best fit into.

Allow sufficient time to prepare your competition entry.

The open date for entry submission is 15th Oct 2026, and the closing date is 2nd April 2027. However, the work that will provide the content of your entry may start much earlier. Allow yourself sufficient time to scope out and plan your work. Seek help, support and mentorship at an early stage, to give yourself the best opportunity of submitting a thoughtful and well-considered competition entry. Remember to build in some time contingency because to be fair to everyone, we do not accept late entries submitted after the closing date and time.

Obtain informed consent.

If any aspect of your competition entry will include patient related detail, seeking the patient(s) consent to include this information, prior to undertaking any examination, special test (including photographs) or treatment, is essential. All patient information used must be redacted and anonymised. We cannot accept entries that have not addressed these crucial points. Visit our website for guidance on obtaining consent and redacting patients' information for competition entries.

Write an engaging narrative.

Write a coherent and compelling narrative. An easy-to-understand writing style is key to engaging the reader, in this case, those who will be judging your competition entry. Wherever possible, use language that can be understood by a non-professional to compose your competition entry. This is not because non-professionals will be judging the competition, but it demonstrates that you have a good grasp of your research and are able to communicate it in a manner that can be understood by all. Being able to communicate to a wide-ranging audience is an important skill to hone as a budding researcher.

Ensure all the essential components are present in your entry.

Your competition entry will be judged against criteria defined for the category into which you are submitting. The rubric that the judges will be using for scoring the entries are available on the competition portal. Make sure you understand and are familiar with them.

In general, a good research competition entry will include the following:

Entry Summary: A clear and succinct narrative of your project which is easy to read and understand.

Title: A title that is clear, concise, specific and descriptive.

Background: This should explain the rationale for undertaking the research project submitted for the competition. It would be expected that your rationale is grounded in the literature that is relevant to your research question.

Aims and Objectives: These should be clearly stated and relevant to your research question.

Methodology: This should be appropriate for the research project question(s) and design.

Results: Make sure you apply the right statistical tests for your data analyses. The results should be organised and presented clearly. The use of appropriate tables, diagrams and photographs could help you explain your results more effectively.

Discussion: Your discussion should show that you have a good understanding of your project and its limitations, the findings, how they relate to the literature and the implications. You should include any suggestions for future research that you may have identified through your research.

Conclusion(s): Your conclusion(s) should reflect the original aims and objectives of your research, supported by the findings.

Overall appearance: Within the rules of the competition, make your competition entry stand out. Make sure it:

- Is clearly presented.
- Is easy to read and understand.
- Has a logical flow of information.
- Is free from spelling mistakes and grammatical errors.

The impact of your research

Consider the outcomes of your research project. A good competition entry would include an explanation of how your findings fit within the context of the literature and potential next steps which may include, for example, how you hope to share your findings and how you perceive that the findings could make a difference.

Peer and mentor review

Asking others, especially your peers, supervisors, and other mentors to read your competition entry can be valuable, especially if you ask them to read through the lens of the competition criteria. Their understanding and genuine feedback of your competition entry could be an indication of what others may think. Their responses could help you to clarify and strengthen your entry.

The final checks

Before you submit your competition entry, re-review all the criteria for the category you are interested in and make sure the required criteria are addressed within your entry. It is also a good idea to proof-read your entry, prior to submission, to check spelling, punctuation and correct use of language.

Please note, we can only consider entry submissions made through the official competition portal.

If you need clarification

If you need any clarification or further information, please contact The MPS Foundation at info@thempsfoundation.org with the subject line: Ireland Medical and Dental Research Competition.