

Internationals:

- **World Indoors:** Congratulations to Scott Lincoln (Paul Wilson) on throwing 20.36m and coming 10th and to Amelia Campbell (Zane Duquemin) on throwing 17.21m and coming 13th. For more information [click here](#).
- **European Throwing Cup:** Congratulations to all the athletes selected, their personal coaches and support teams. A special mention must go to Serena Vincent (Mike Winch) who will be competing in her senior GB&NI debut. For more information about the team [click here](#). To follow along with the action [click here](#).
- **UKA international selection policies**
 - o [European Senior Championships](#)
 - o [Olympic Games](#)
 - o [Paralympic Games](#)
 - o [World Para Championships](#)
 - o [European U18 Championships](#)
 - o [World U20 Championships & other pathway internationals \(Loughborough, Mannheim\)](#)
- **EA international selection policies**
 - o Loughborough International 19th May (policy TBC)
 - o Pickering Memorial Throws International 27th May. [Policy](#) & [expressions of interest](#).
 - o Nottwil 2024 World Para Athletic Grand Prix 6–9th June. [Policy](#)
 - o Paris 2024 WPA Grand Prix – Handisport Open Paris 13–15th June. [Policy](#)
 - o Manchester International 24th August (policy TBC).
 - o U20 International August (policy TBC)

Indoor Nationals

BUCS Indoors: Congratulations to the three champions from Loughborough University men's champion Zac Davies throwing a personal best of 16.24m ([Men's shot results](#)), men's ambulant champion Adam Rutter (F44) (Greg Thompson) ([Men's ambulant results](#)) & women's ambulant champion Lydia Church (F12) (Mark Edwards)– ([Women's ambulant results](#)). Congratulations also to Brunel's women's champion Jess Hopkins (Garry Power) throwing a seasons best of 14.54m - [Women's shot results](#).

Age Group Changes Webinars: Please click the links below to register.

- [25th March – Athlete & Parents](#)
- [26th March - Coaches](#)
- [27th March – Club officers, competition providers & officials](#)

Personal Best Foundation

Your chance to win one of 40 money-can't-buy sporting prizes including VIP tickets and a 2-night stay for the Roma European Athletics Championships! 🎁 Simply enter the Sporting Chance Prize Draw for £10 before 12noon on 15th March 2024 for a chance to win. 100% of donations to Personal Best Foundation. Enter now <https://bit.ly/3uHosP7>

Education & Development

- **Coaches:** for information about upcoming courses and to book your place please [click here](#).
- **Officials:** for information about upcoming courses and to book your place please [click here](#).
- **Clean Athletics:** for the latest information about clean athletics and to book your place on a clean athletics awareness course please [click here](#).

Competitions:

Thank you to all of the coaches and competition organiser that got in touch following the last newsletter. I have added some additional opportunities. If there are any competition organisers who will have an opportunity for throwers to qualify for GB&NI Teams (i.e. World Athletics registered, Level 2 & U18 implements), please get in touch so we can promote these, as athletes and coaches are desperate to find opportunities!

Throws Community Newsletter March 2024

Date	Event	Location	Info
9-10 March	England Junior Para championships (ambulant aged 11 to 19)	Sheffield	Enter online (closes 25 Feb) More info Buy tickets
9-10 March	European Throwing Cup	Leiria, Portugal	To follow along with the action click here .
9 March	University of Birmingham Winter Throws and distance meet	Birmingham	UoB Winter Throws (opentrack.run)
30 March	YOAC Spring Open Day1 - Inc SW Sapphire League	Yeovil	Roster Athletics · YOAC Spring Open Day1 - Inc SW Sapphire League
30 March	LICC Throwsfest	StoneX Stadium	LICC Throwsfest (opentrack.run)
1 April	YOAC Spring Open Day 2 - Inc SW Sapphire League	Yeovil	Roster Athletics · YOAC Spring Open Day2 - Inc SW Sapphire League
7 April	LICC Throwsfest	StoneX Stadium	LICC Throwsfest (opentrack.run)
20 April	Loughborough Open 1	Loughborough	Competition entries Sport Loughborough University (lboro.ac.uk)
27 April	University of Birmingham Track and Field Series	Birmingham	UoB Track & Field Series (opentrack.run)
15 May	University of Birmingham Track and Field Series	Birmingham	UoB Track & Field Series (opentrack.run)
17-25 May	World Para Athletics Championships	Kobe, Japan	World Para Championships
19 May	Loughborough International	Loughborough	
27 May	Pickering Memorial throws International	Loughborough	Policy & expressions of interest.
29 May	Loughborough Open 2	Loughborough	Competition entries Sport Loughborough University (lboro.ac.uk)
5 June	University of Birmingham Track and Field Series	Birmingham	UoB Track & Field Series (opentrack.run)
7-12 June	European Athletics Championships	Rome, Italy	European Senior Championships
19 June	Loughborough Open 3	Loughborough	Competition entries Sport Loughborough University (lboro.ac.uk)
22-23 June	Mannheim International Junior Gala	Mannheim, Germany	World U20 Championships & other pathway internationals (Loughborough, Mannheim)
10 July	Loughborough EAP	Loughborough	Loughborough – LEAP (UK) – EAP Circuit (eap-circuit.eu)
18-21 July (corrected from previous newsletter)	European Athletics U18 Championships	Banska Bystrica, Slovakia	European U18 Championships

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19-21 July	<ul style="list-style-type: none"> • England U20 and Senior combined events and track and field champs (incorporating U23) • Senior Para Championships (U20 and over) 		
20 July	London Diamond League	London	Home (diamondleague.com)
26-28 July	<ul style="list-style-type: none"> • England Age Group combined events and track and field champs • Junior Para Championships (U11-U19) 		
1-11 August	The Olympic Games	Paris, France	Olympic Games
24 August	England Athletics International		
26-31 August	World Athletics U20 Championships	Lima, Peru	World U20 Championships & other pathway internationals (Loughborough, Mannheim)
28 August	8 September – The Paralympic Games	Paris, France	Paralympic Games
30-31 August	UK School Games	Loughborough	School Games website

Throws Surgeries

To help to get the views of the throws community and for us to share our strategic priority development areas we would like to invite you all to a series of online throws surgeries. Please note I have changed the meetings to zoom now rather than MS Teams. Please click the links below to register.

- [18th March \(19:30-20:30\)](#)
- [24th June \(19:30-20:30\)](#)
- [30th September \(19:30-20:30\)](#)
- [16th December \(19:30-20:30\)](#)

If you would like to get in touch about anything in this newsletter, or for further support in the area of Throws, please email or call. If you would like to promote a throws competition, training or development opportunity through future throws newsletters, please send the name, date, venue and web address or key contact details and we will promote it. Finally, thank you all so much for the hard work you put into this sport and event group.

All the best, Nick.