

Internationals:

- **European Throwing Cup:** A huge congratulations to Scott Lincoln (Paul Wilson) who lead the team as captain and managed a sensational second place. Well done to the rest of the team who were able to performance very well in what were extremely challenging weather conditions. To read the report [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 Manchester International 24th August (policy TBC).
 - o U20 International August (policy TBC)
- **Team Staff**
 - o To express your interest to work with the England teams please complete the expressions of interest by Monday 8th April - [EOI](#)

National Championships:

- **NCAA:** Congratulations to Kenny Ikeji who won the weight throw with 24.32m.

Bronwin Carter:

The brilliant Dr Bronwin Carter BEM recently received the British Empire Medal. Bron's athletics career spans over 40 years and includes coaching 8 internationals and the F40 European shout put record. For more information on this great achievement click [here](#).

Age Group Changes:

Thank you to those that were able to attend the national webinars. Following on from them England Athletics have arranged several regional forums to hear the views of the wider athletics community. Book on to your closest regional forum by clicking [here](#).

Education & Development

- **Breaking barriers:** Gender equality training programme. For more information or to get involved [click here](#)
- **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!

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Date	Event	Location	Info
7 April	LICC Throwsfest	StoneX Stadium	LICC Throwsfest (opentrack.run)
14 April	Birchfield Harriers Senior Open Meeting 2024	Alexander Stadium, Birmingham	UK Entry4Sports office@entry4sports.com
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)
8 May	Vault Manchester – including Hammer	Manchester Regional Arena, Manchester	Vault Manchester Summer Series 1 Inc Hammer Tickets, Wed, May 8, 2024 at 5:00 PM Eventbrite
8 May	Birchfield Harriers Senior Open Meeting 2024	Alexander Stadium, Birmingham	UK Entry4Sports office@entry4sports.com
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)
12 June	Birchfield Harriers Senior Open Meeting 2024	Alexander Stadium, Birmingham	UK Entry4Sports office@entry4sports.com
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 June	Birchfield Harriers Senior Open Meeting 2024	Alexander Stadium, Birmingham	UK Entry4Sports office@entry4sports.com
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
19-21 July	• England U20 and Senior combined events and track and field champs		

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	(incorporating U23) • Senior Para Championships (U20 and over)		
20 July	London Diamond League	London	Home (diamondleague.com)
24 July	Birchfield Harriers Senior Open Meeting 2024	Alexander Stadium, Birmingham	UK Entry4Sports office@entry4sports.com
26-28 July	• 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	Policy

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.

- [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.