

Seated Throws Project:

- **Coach Development:** At England Athletics, we are passionate about giving athletes the opportunity to represent their country and over the last two Paralympic cycles we have seen a decline in the number of seated throwers representing Great Britain and Northern Ireland. To combat this, we're introducing the free Seated Throws Coach Development Programme to develop coaches across the country to deliver seated throws sessions and enable athletes to train and compete within the different seated disciplines. Applications will be open until 23 June 2024. [Apply here](#)
- **Come and try it day:** Do you have a significant lower limb mobility limitation as a result of cerebral palsy, spina bifida, spinal injury, limb length difference, amputation or other muscular impairment? * This free seated throw workshop is for you! This is an opportunity to come and try the various seated throwing disciplines (shot put, discus, javelin and club) within the Paralympic Pathway and receive some high-level coaching. [Register here](#).

*Athletes may use a wheelchair, walking frame or crutches for everyday mobility.

Internationals:

- **European Championships**
 - o Congratulations to all the English throwers that represented GB & NI at the Championships.
 - Scott Lincoln (Paul Wilson) 4th in Shot Put
 - Lawrence Okoye (Zane Duquemin) 8th in Discus
 - Jake Norris (Paul Dickenson) 10th in Hammer
 - Anna Purchase (Mo Saatara) 8th in Hammer
 - Charlotte Payne (Paul Dickenson) 14th in Hammer
- **European U18 Championships**
 - o Congratulations to Louis Tutcher who was selected in the hammer, his coach Matt Spicer and his club Yate AC. We wish him the best of luck for the championship! For more information about the full team [click here](#).
- **Paris Para Grand Prix**
 - o Congratulations to Emily Stewart, her coach Richard Kaufman and her club Gateshead Harriers & AC. She performed well as part of the England Team throwing 26.93m which is her furthest throws for a couple of years. For more information about the England team [click here](#).
 - o Also, at the competition Anna Nicholson (Richard Kaufman) threw a huge lifetime best of 9.47m. For more information about the athletes from UKA that attended the competition [click here](#).
- **Mannheim**
 - o Congratulations to Cleo Agyepong who was selected in the shot, her coach John Hillier and her club Blackheath and Bromley. She performed well winning the U20 women's shot with a throw of 15.35m which is just short of her personal best. For more information [click here](#).
- **Paris Olympic Games**
 - o The two English athletes selected in the throws were Scott Lincoln (Paul Wilson) in Shot Put & Lawrence Okoye (Zane Duquemin) in Discus. Congratulations and best of luck to all the athletes selected. For more information about the [click here](#).
- **Paris Paralympic Games**
 - o The one English athlete selected in the throws so far was Daniel Penbroke (John Trower). Congratulations and best of luck to all the athletes selected. For more information about the [click here](#).
- **[UKA international selection policies](#)**
 - o [World U20 Championships & other pathway internationals \(Loughborough, Mannheim\)](#)
- **[EA international selection policies](#)**
 - o [Manchester International 24th August](#)
 - [Guest entries expression of interest form](#)
 - o [U20 International August 17th August](#)
 - [Guest entries expression of interest form](#)

Nationals:

- **UK Championships**
 - o Scott Lincon (Paul Wilson) won the men's shot with Amelia Campbell (Zane Duquemin) claiming gold in the women's event in what were tricky conditions. Discus was won by Chuk Osammor (James Taylor) and Divine Oladipo (John Hillier). Jake Norris (Paul Dickenson) won the men's hammer with a stadium record of 76.03m and Anna Purchase (Mo Saatara) won her first British title. Bekah Walton and Ben East (Luke Angell) claimed gold in the javelin.
 - o For information about all of the events and the full results [click here](#)
- **NCAA**
 - o Kenny Ikeji 2nd in the men's hammer with a season's best of 77.12m
 - o Tara Simpson-Sullivan 2nd in the women's hammer with a personal best of 69.94m

Talent Programmes:

- **Youth Talent Programme (YTP)**
 - o We are accepting applications for the 2024-26 cohort. The deadline for the applications is 9.00am on September 2nd 2024. For more information about the YTP [click here](#). Apply [here](#).
- **Junior Talent Programme (JTP), Senior Programme & Para-Athletics Academy**
 - o Athletes and coach partnerships will be invited to join the programmes following the selection meetings in September. For information about these programmes [click here](#).

Age Group Changes

- England Athletics General Meeting saw the two special resolutions fail to gain sufficient support to be carried forward. As a result, England Athletics will continue to work with all stakeholders towards implementing the agreed rule changes in 2026, as it is currently doing, in the best interests of young people and their participation in the sport. For more information [click here](#).

Talent Event Lead (TEL) Team:

- Shot Putt: Greg Beard gbeard@englandathletics.org
- Discus: Mark Chapman markchapman@englandathletics.org
- Hammer: Katie Lambert klambert@englandathletics.org
- Javelin: Tom Dobbing tdobbing@englandathletics.org

Education & Development

- **England Athletics Masterclasses:** Shot Put with Paolo Dal Soglio and Hammer with Joanna Fiodorow Sunday 3rd November at Loughborough University HIPAC. Once open, booking for athletes and coaches will be via athletics hub and spaces will be limited.
- **International Jumps and Throws Conference:** All recordings from last year's conference are now freely available on [athletics hub](#).
- **UK Coaching Focus Programme:** this programme is for coaches working in or aspiring to work in the performance pathway within the UK. For more information and to apply [click here](#).
- **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:

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 July 2024

Date	Event	Location	Info
10 July	Loughborough EAP	Loughborough	Loughborough – LEAP (UK) – EAP Circuit (eap-circuit.eu)
18-21 July	European Athletics U18 Championships	Banska Bystrica, Slovakia	European U18 Championships
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) 	Alexander Stadium, Birmingham	Roster Athletics · England Athletics Senior & U20 Championships. Incorporating the Senior Para Championships, U23 Championships & CAU Championships
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	<ul style="list-style-type: none"> England Age Group combined events and track and field champs Junior Para Championships (U11-U19) 	Alexander Stadium, Birmingham	Roster Athletics · England Athletics U15/U17 Championships. Incorporating the Junior Para Championships, Senior/U20 Combined Event Championships & UK Athletics Combined Event Championships
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.

- [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 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.