

Internationals:

- **Manchester International**
 - o Congratulations to the throwers selected, their coaches and support teams. For the full team [click here](#).
 - Shot: Makayla Joseph
 - Seated Shot: Max Fiore (Bronwin Carter)
 - Ambulant Shot: Amy Thompson (Dave Brown) and Fabio Zamparelli (Greg Beard)
 - Discus: Zara Obamakinwa (Mark Chapman)
 - Ambulant Discus: Rachel Leck (Catarina Hallden) and Daniel Greaves (Zane Duquemin)
 - Hammer: Craig Murch (Matt Spicer)
 - Javelin: Fenton Bishop-Timings (Kevin Murch)
- **Home Countries U20 International**
 - o Congratulations to the throwers selected, their coaches and support teams. For the full team [click here](#).
 - Shot: Alastair Brown (Geoff Tyler) & Jay Cook (Paul Harrison)
 - Ambulant Shot & discus: Amy Thompson (Dave Brown)
 - Discus: Nubia Evans-Sheilds (Mark Chapman) & Lily Martin (Kat Woodcock)
 - Javelin: Dulcie Yelling (Bob Willows) & Beth Moodie (Dave Bennett)
- **SIAB**
 - o Congratulations to all the throwers selected to represent England at SIAB. There were some fantastic performances including a put of 18.53m by Lawson Capes (Lewis Capes) which is =12th on the UK all-time list. An outstanding achievement as a first year. For full results [click here](#).
- **European U18 Championships**
 - o Congratulations to Louis Tutcher (Matt Spicer) who came 8th.
- **World U20 Championships**
 - o Congratulations to Ayesha Jones (Janina Pownall) & Cleo Agyepong (John Hillier) on their selection. For the full GB&NI team [click here](#).
- **Paris Olympic Games**
 - o Congratulations to Scott Lincoln (Paul Wilson) and Lawrence Okoye (Zane Duquemin) who represented GB&NI with such pride coming 21st and 24th respectively.
- **Paris Paralympic Games**
 - o Congratulations to Daniel Pembroke (John Trower), Anna Nicholson (Richard Kaufman) & Dan Greaves (Zane Duquemin). For the full GB&NI team [click here](#).

Nationals:

- **English Schools**
 - o Congratulations to all the throwers selected to represent their counties at English School Championships. For full results [click here](#).
 - o There were some great performances with championship best performances for:
 - Jasmine NKoso (Anthony Mayhew) from London in the Junior Girls shot put with a put of 13.84m.
 - Lucy Bull (Bryan Clinton) from Gloucestershire in the Junior Girls javelin with a throw of 43.52m
 - Isabelle Stamp (Mark Chapman) from London in the Intermediate Girls with a put of 16.04m
- **England U20 and Senior combined events and track and field champs (incorporating U23) & Senior Para Championships (U20 and over)**
 - o It was a fantastic championship which saw throwers get 22 personal bests, 21 season bests, 1 championship record by Charlotte Payne (Paul Dickenson) in the U23 women's hammer and 1 world record by Sabrina Fortune (Ryan Spencer-Jones) in the F20 shot putt. For full results [click here](#).
- **England Age Group combined events and track and field champs & Junior Para Championships (U11-U19)**
 - o It was a brilliant championship which saw 46 personal bests and 3 seasons best. For full results [click her](#).
 - o Feedback on the England Athletics Championships by [clicking here and completing a survey](#)

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](#).

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

Coaching Awards

- This year we are making the Regional Volunteer Awards interactive, giving you the chance to decide who your winners are! For the Club of the Year and Community Project of the Year there will be an online live vote where you will be able to read a little bit about each of the nominees and make your decision. For more information and to vote please [click here](#).
- Nominate your coach today to give them a shining opportunity to join UK Coaching for a night of recognition, celebration, and inspiration. To nominate someone or for more information [click here](#).

Education & Development

- **South West Coach Development Programme:** we are still recruiting local coaches on to the programme. If you're interested and want more information please contact Mark Bradford who is leading the project on mabradford@hotmail.co.uk.
- **Hammer Festival:** Matt Spicer has organised a hammer festival in Yate taking place on Sunday 20th October 10:00-16:00 with a great line up of coaches. If you're interested, please contact matt on mattspicer69@hotmail.com
- **England Athletics Masterclasses:** Shot Putt 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](#).
- **European Athletics Coaching Summit Series:** There will be a shot-put conference in Tallinn, Estonia 8-11th November featuring Joe and Ashley Kovacs. For information and bookings for this and all of the other opportunities [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!

Date	Event	Location	Info
17 August	Home Countries U20 International	Thames Valley Athletics Centre	U20 Home Countries International - England Athletics

24 th August	Manchester International	Manchester	Manchester International - England Athletics
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 gather 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.