

Geoff Gapes (1949-2024): All at England Athletics are saddened to learn of the passing of former shot put British record holder, Hall of Fame inductee and World Strongest Man, Geoff Gapes. We send our heartfelt condolences to his family and friends. For the full article [click here](#).

England Athletics AGM: The England Athletics Annual General Meeting (AGM) took place on 26 October. To see the outcomes of the meeting [click here](#).

Competition Conference: England Athletics has organised the competition conference to provide competition organiser to network, share best practice & discuss current topic, including but not limited to the age group changes. Date: 14th Dec 2024, Time: 11:00-16:30, Location: Alexander Stadium, [Info link](#) & [Tickets](#)

Talent Programmes:

Congratulations to all the athlete-coach partnerships and their support teams that were selected on to this year's cohorts of the talent programmes.

Senior Performance Programme & Senior Development Programme – [Full list](#)

Shot Put	Discus	Hammer	Javelin
SPP - Scott Lincoln (Paul Wilson) SDP - Serena Vincent (Mike Winch, Judy Oakes & Andrew Vincent) - Nana Gyedu (John Hillier)	SDP - Rhys Allen (Debbie Callaway)	N/A	SDP - Ben East (Luke Angell) - Charlie Evans (Felicity Dawes) - Lauren Farley (Mark Chapman)

Junior Talent Programme – [Full list](#)

Shot Put	Discus	Hammer	Javelin
- Isaac Delaney (Greg Beard)	- Jacob Foord (Brett Morse) - Mikun Adeniran (Debbie Callaway) - Teddy Gannon (Garry Power)	- Jabez Berry (Steve Pearson & John Pearson) - Lily Murray (Gareth Cook)	N/A

Youth Talent Programme (2024-26 cohort) – [Full list](#)

Shot Put	Discus	Hammer	Javelin
- Nehemiah Dick - Isabelle Stamp (Mark Chapman & Anthony Soalla-Bell) - Alani Dumbya (Simon Forster) - Yasmin Baker (Karl Hopper) - Sonny Hatch (John Hillier) - Chuma Anthony-Uzoeto (Jake Norris) - Kit Fleming (Jacob Paul)	- Godwin Mutandwa (Sebastia Wadlow) - Gabrialla Tcheukam (Chris King) - Tilly Farrar (Paul Bingham) - Gabrialla Flory (Brett Morse) - Ashton Quigley (Mark Quigley) - Oliver Gutteridge (Lewis Barnes) - Matilda Wright Dave Bennett)	- James Campbell (Margaret Nichols) - Alice Howie (Matt Evans) - Ella McIntosh (Dave Smith) - Joshua Reibitt John Little) - Jack Burgess (Eric Davison) - Ethan Kendrick (Steve Pearson) - Lilymae Coote (Steve Bode)	- Harriet Court - Henry Watson (Ann Dale) - Charlie Mason (Carolyn Franks) - Fred Savage (Joanna Harding) - Aodhan Henry-Daire (Charles Henry) - Lily Oldale (Joanna Harding) - Daniel Dubras (Catrina Hallden)

Throws Community Newsletter October 2024

- Lewis Burnett-Hockey (Carolyn Franks)	- Louis Nash (Greg Bird)	- Soham Das (Paul Dickenson)	- Ellie Roe (Kevin Dibble)
- Julia Smith (Paul Bingham)	- Alana Thomas (Garry Power)	- Evelyn Bosoko (Paul Weston)	- Zoe Allen (Luke Angell & Ken Holmes)
	- Zara Ogedengbe (Uyai Ikpat)	- Archie Kinneir (Bob Broadbridge)	- Harry Long (Kirsten Mackinson)
	- Adam Churchyard (Karl Lasis & James Lasis)	- Joe Buscombe	- James Briers (Simon Forster)
		- Kata Stoll (Dave McKay)	- Grace Smith
		- Owen Fileman (Elaine Fileman)	- Phoebe Hall (Alex Giles)
		- Freya Davey (Denise Larkins)	- Harriett Wheeler (Dave McKay)

Para Academy – [Full list](#)

Shot Put	Discus	Club	Javelin
- Max Fiore F34 (Bronwin Carter)	- Emily Stewart F38 (Richard Kaufman)	N/A	N/A
- Sam Dyson F40 (Karl Hopper)	- Amir Sarvestani F11		
	- Adam Rutter F44 (Greg Thompson)		

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

Coach finder:

- UKA have launched a coach finder to help athletes link in with a throws coach in their local area - [Find A Coach \(myathletics.uk\)](https://myathletics.uk)

Education & Development

- **Event Group Throws Qualification:** The Event Group Throws qualification is the next step in the coaching pathway for athletics coaches specialising in Throws. What is involved? Firstly, book and complete Event Group Throws Self-Paced Online Modules. [Link to book](#). Prerequisites: Athletics Coach Throws, Athletics Coach Throws Plus or Level 2 Throws. Secondly, book and complete the Event Group Throws Integrations Day. For more information, please contact jameshind@englandathletics.org
- **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.
- **England Athletics Masterclasses:** Shot Put with Paolo Dal Soglio and Hammer with Joanna Fiodorow Sunday 3rd November at Loughborough University HIPAC.
 - o Shot put booking
 - Athletes - https://www.athleticshub.co.uk/login?s_id=417508238e2a0c78e358b931fa1d17ab
 - Coaches - https://www.athleticshub.co.uk/login?s_id=2518196c017f4552e1d6c0645b84f9be
 - o Hammer booking –
 - Athletes - https://www.athleticshub.co.uk/login?s_id=552d99fcea5edc6d4992c0e7eb168b0
 - Coaches - https://www.athleticshub.co.uk/login?s_id=e1d9e7b5480ea6b0d0cc3a4f4cfc0305f
- **International Jumps and Throws Conference:** All recordings from last year's conference are now freely available on [athletics hub](https://athletics.hub).

Throws Community Newsletter October 2024

- **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](#).
- **International festival of athletic coaching (IFAC) conference:** There are various packages available, including an online ticket so you can watch from the comfort of your own home. For more information [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), please get in touch so we can promote these, as athletes and coaches are desperate to find opportunities!

Date	Event	Location	Info
7-8 th December	Loughborough Indoor Open	Loughborough	Competition entries Sport Loughborough University (lboro.ac.uk)
18-19 th January	England Athletics Senior Para Indoor Championship	EIS Sheffield	
18-19 th January	Loughborough Indoor Open	Loughborough	Competition entries Sport Loughborough University (lboro.ac.uk)
1-2 nd February	Loughborough Indoor Open	Loughborough	Competition entries Sport Loughborough University (lboro.ac.uk)
8-9 th February	England Athletics Age Group Indoor Championships	EIS Sheffield	
15-16 th February	BUCS Indoor Championships	EIS Sheffield	
22-23 rd February	UKA Indoor Championships	Birmingham	
1 st March	UKA Winter Long Throws Championships	Loughborough	
2 nd March	England Athletics Winter Long Throws Championships	Loughborough	
6-9 th March	European Athletics Indoor Championships	Omnisport, Apeldoorn, Netherlands	
8-9 th March	England Athletics Junior Para Indoor Championships	EIS Sheffield	
15-16 th March	European Athletics Throwing Cup	Nicosia, Cyprus	
16 th March	England Athletics International (TBC)	EIS Sheffield	
21-23 rd March	World Athletics Indoor Championships	Nanjing, China	
3-5 th May	BUCS outdoor championship		
18 th May	Loughborough International	Loughborough	Competition entries Sport Loughborough University (lboro.ac.uk)
26 th May	BIGish	TBC	
1 st June	Pickering Memorial Throws International	Loughborough	
23-29 th June	European Team Championships	Madrid, Spain	
28-29 th June	Welsh Championships		Trial for European U23 Championships
11-12 th July	English School Championships	Birmingham	
16-27 th July	World Student Games	Rhine-Ruhr, Germany	
17-21 st July	European U23 Championships	Bergen, Norway	

19 th July	SIAB	TBC	
19 th July	London Athletics Meet	Olympic Stadium, London	
25-27 th	England Athletics Championships U20/Senior Championships, including U20 /Sen CE and Senior Para Championships	Birmingham	
2-3 rd August	UKA Outdoor Championships	Birmingham	
7-10 th August	European U20 Championships	Tampere, Finland	
8-10 th August	England Athletics Age Group Championships, including Age group CE and Junior Para Championships	Birmingham	
16 th or 23 rd August	U20 International (TBC)	TBC	
30 th August	Manchester International	Manchester	
6 th September	Jersey International (JIG)	Jersey	Events TBC
13-21 st September	World Athletics Championships	Tokyo, Japan	

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 click the links below to register.

- [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.