

England Teams:

- We will be taking a team to Reykjavik Games (27th January). The policy and expressions of interest will be release soon.
- We will be taking a team to Växjö, Sweden (1st February). For the policy and expressions of interest [click here](#).

Talent Event Lead (TEL) Team:

- Shot Putt: Greg Beard gbeard@englandathletics.org
 - o **Regional Days**
 - Leigh 23rd February 2025
 - Yeovil 8th March 2025
 - Loughborough 16th March 2025
- Hammer: Katie Lambert klambert@englandathletics.org
 - o **Regional Days**
 - StoneX 9th February 2025
 - Leigh 23rd February 2025
 - Yeovil 8th March 2025
 - Loughborough 16th March 2025
- Javelin: Tom Dobbing tdobbing@englandathletics.org
 - o **Talent Development Javelin Masterclass:**
 - o Target audience: Javelin throwers who are 14 and over and are already on the talent programmes or are hoping to progress onto them in the next few years. Javelin coaches working with club and talent level athletes hoping to support athletes on to talent programmes and national and international championships.
 - o Date: 25-26th January 2025.
 - o Venue: Loughborough University
 - o Content:
 - Saturday – movement skills, ball throwing, technical throwing practical, running mechanics practical, gymnastics for javelin & mastering competition
 - Sunday – Injury prevention, physical preparation, talent pathway overview, medicine ball practical, planning and communication (athletes) & sports psychology (coaches)
 - [Athletes \(2 days\)](#) - £80
 - [Athletes \(Sat\)](#) - £50
 - [Athletes \(Sun\)](#) - £50
 - [Coaches \(2 days\)](#) - £30
 - [Coaches \(Sat\)](#) - £15
 - [Coaches \(Sun\)](#) - £15
- Discus: Mark Chapman markchapman@englandathletics.org
- **Talent Development Discus Masterclass:**
 - o Target audience: Discus throwers who are 14 and over and are already on the talent programmes or are hoping to progress onto them in the next few years. Discus coaches working with club and talent level athletes hoping to support athletes on to talent programmes and national and international championships.
 - o Date: 25-26th January 2025.
 - o Venue: Loughborough University
 - o Content:
 - Saturday – physical preparation, technical throwing practical & overview of the technical excellence framework
 - Sunday – Injury prevention, throwing technical review, goal setting and planning & sports psychology
 - o Booking (Taking on the feedback from the hammer and shot put masterclasses we have opened up the bookings to single days as well as the full weekend)
 - [Athletes \(2 days\)](#) - £80

Throws Community Newsletter December 2024

- [Athletes \(Sat\)](#) - £50
- [Athletes \(Sun\)](#) - £50
- [Coaches \(2 days\)](#) - £30
- [Coaches \(Sat\)](#) - £15
- [Coaches \(Sun\)](#) - £15

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

Anti-Doping: The World Anti-Doping Agency (WADA) has recently released the [2025 prohibited list](#), which details the substances and methods that are banned within sport. Broken down into several categories, the list identifies which substances and methods are always prohibited, in-competition only, and within specific sports. Following an extensive consultation period by WADA, the 2025 List was published on 25 September 2024. This gives athletes and support personnel sufficient time to make themselves aware of the changes, review any medications they use, and apply for a Therapeutic Use Exemption (TUE) if required before the updated List comes into effect on 1 January 2025.

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
- **International Jumps and Throws Conference:** All recordings from last year’s conference are now freely available on [athletics hub](#).
- **European Athletics:** The Youth Coach Webinar series has being released and can be accessed via the [E-Learning platform](#). The webinars and tutors are as follows:
 - o “Practical Ideas for Coaching the Young Developing Athlete” - Scott Grace, England Athletics National Technical Lead for Youth Development.
 - o “Mental Health in Young Athletes” - Holly Bradshaw, Olympic pole vault bronze medallist, Great Britain
 - o “A strong athletic foundation - developing the talented athlete for the future” - Robbert-Jan Jansen, Dutch Athletics Federation Olympic coach
 - o “Talk to win: Effective communication with teen athletes” - Katrin Heyers, Psychologist and Multi Events coach, Dusseldorf
 - o “Youth Strength Training Considerations for The Developing Athlete” - Adam Crook, Scottish Institute of Sport
- **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
18-19 th January	England Athletics Senior Para Indoor Championship	EIS Sheffield	https://meets.rosterathletics.com/public/competitions/details/about?id=25844
18-19 th January	Loughborough Indoor Open	Loughborough	Competition entries Sport Loughborough University (lboro.ac.uk)
27 th January	Reykjavik Games	Reykjavik, Iceland	

1 st February	Växjö International	Växjö, Sweden	Selection-Policy-Vaxjo-International-2025-v1.pdf
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	Roster Athletics · England Athletics U15/U17/U20 Indoor Championships 2025
15-16 th February	BUCS Indoor Championships	EIS Sheffield	BUCS Athletics: Indoor Championships 2024-25 (Part of BUCS Nationals)
22-23 rd February	UKA Indoor Championships	Utilita Arena, Birmingham	Athlete Information – UK Athletics Indoor Championships Birmingham 2025 British Athletics
1 st March	UKA Winter Long Throws Championships	Loughborough	Roster Athletics · UKA/EA Winter Long Throws Championship 2025
2 nd March	England Athletics Winter Long Throws Championships	Loughborough	Roster Athletics · UKA/EA Winter Long Throws Championship 2025
6-9 th March	European Athletics Indoor Championships	Omnisport, Apeldoorn, Netherlands	2025-EUROPEAN-INDOOR-CHAMPIONSHIPS-SELECTION-POLICY-Published-December-2024.pdf
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	2025-WORLD-INDOOR-CHAMPIONSHIPS-SELECTION-POLICY-Published-December-2024.pdf
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	Chelmsford	Home bedfordgames
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	TBC	
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	
23 rd or 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.

- [17th March at 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.

Merry Christmas and all the best for 2025, Nick.