



Throws Community Newsletter

January 2025 Edition

England Teams



We recently selected a team of talented young throwers to compete in Vaxjo, Sweden. Congratulations to the athletes, personal coaches and support teams. Thank to the team staff that have worked so hard in the build up to the event and who I'm sure will do a fantastic job whilst out there. For more information about the team - [Team announced for indoor throws in Sweden - England Athletics](#)

England Athletics Talent Programme



England Athletics sponsor, Kukri, have recruited throwers Harriet Court, Alice Howie, and Issy Stamp as Kukri ambassadors for the 2024-25 season. Amy Thompson has been asked to mentor all the ambassadors. For more information: [Kukri Sport announces exciting new Youth Talent Programme Ambassadors - England Athletics](#)

Field Event Focus Group



Thank you to everyone who expressed interest in the Field Event Focus Group. The group will have a strong throws presence. As a group they will work through a process of identifying challenges and solutions for field events across:

- competition
- talent & performance pathway
- club development and grassroots athletic sessions
- schools athletics
- coach education and development

Outcomes from the group will be shared in due course.

Talent Event Leads (TEL)

Last weekend saw close to 150 javelin and discus throwers and their coaches coming together to develop and share at the Javelin and Discus Masterclasses. As well as ample opportunities to throw, there were lot of opportunities to learn about biomechanics, psychology, planning, physical preparation, tactics, injury prevention, gymnastics, and sprinting. In the feedback, 100%

of people said they were somewhat or very likely to recommend the masterclass giving it an average rating of 4.57 out of 5.

If you're interested in any of the following upcoming events or groups please email the TEL(s).

Shot Putt:

Greg Beard gbeard@englandathletics.org

Regional Days

- Leigh 23rd February 2025
- Yeovil 8th March 2025
- Loughborough 16th March 2025

Hammer:

Katie Lambert klambert@englandathletics.org

Regional Days

- StoneX 9th February 2025
- Leigh 23rd February 2025
- Yeovil 8th March 2025
- Loughborough 16th March 2025

Javelin:

Tom Dobbing tdobbing@englandathletics.org

Online Community of practice

Discus:

Mark Chapman markchapman@englandathletics.org

Online Community of practice

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
- **International Jumps and Throws Conference:** All recordings from last year's conference are now freely available on [athletics hub](#).
- **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](#).
- **Psychological insights into coaching practices:** for more information contact tia_anderson2002@outlook.com

Research

- Dr Catherine Wheatley is leading a study aimed to better understand the social, emotional, and psychological impact of sport-related injury among young people and it is being delivered by Podium Analytics and the University of Bath. They are looking to recruit young people aged 16-21, who take part in competitive sport of any kind, and have recently (last 6 months) experienced an injury that has prevented them from training and competing in their main sport for at least 28 consecutive days (or this is expected to be the case). If anyone is interested please contact rob.mann@podiumanalytics.org.
- Prof Trish Jackman is leading a study funded by the World Anti-Doping Agency. The project seeks to learn more about protective factors for doping in athletes, with a specific interest in understanding the role that psychological flexibility might play in helping athletes to respond to stress and the impact of this on attitudes towards doping. They are looking to recruit athletes aged 18+ to complete a 10-15-minute questionnaire online. We are looking for athletes that compete at regional level or above. All

participants will receive an inconvenience allowance consisting of a £10 voucher for completing the full survey. If anyone is interested please contact EDargue@lincoln.ac.uk.

Competition - If there are any competition organisers who have an opportunities 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!

15-16th February

BUCS Indoor Championships

EIS Sheffield

22-23rd February

UKA Indoor Championships

Birmingham

[Microplus UK Athletics Indoor Championships Birmingham 2025 | British Athletics](#)

1st March

UKA Winter Long Throws Championships

Loughborough

[Roster Athletics · UKA/EA Winter Long Throws Championship 2025](#)

2nd March

England Athletics Winter Long Throws Championships

Loughborough

[Roster Athletics · UKA/EA Winter Long Throws Championship 2025](#)

6-9th March

European Athletics Indoor Championships

Omnisport, Apeldoorn, Netherlands

[2025-EUROPEAN-INDOOR-CHAMPIONSHIPS-SELECTION-POLICY-Published-December-2024-1.pdf](#)

8-9th March

England Athletics Junior Para Indoor Championships

EIS Sheffield

[Athlete Information](#)

15-16th March

European Athletics Throwing Cup

Nicosia, Cyprus

[2025-European-Throwing-Cup-Selection-Policy-Final-Published-December-2024.pdf](#)

21-23rd March

World Athletics Indoor Championships

Nanjing, China

[2025-WORLD-INDOOR-CHAMPIONSHIPS-SELECTION-POLICY-Published-December-2024.pdf](#)

23rd March

SGH Throwsfest 1

StoneX Stadium

[Home | SBH Throwsfest 1](#)

29th March

SGH Throwsfest 1

StoneX Stadium

[Home | SBH Throwsfest 2](#)

30th March

Bournemouth AC Spring Open

Bournemouth Athletics Centre

[Roster Athletics · Bournemouth AC Spring Open 2025](#)

3-5th May

BUCS outdoor championship

18th May

Loughborough International

Loughborough

[Competition entries | Sport | Loughborough University \(lboro.ac.uk\)](#)

26th May

BIGish

Chelmsford

[Home | bedfordgames](#)

1st June

Pickering Memorial Throws International

Loughborough

23-29th June

European Team Championships

Madrid, Spain

28-29th June

Welsh Championships (Trial for European U23 Championships)

11-12th July

English School Championships

Birmingham

16-27th July

World Student Games

Rhine-Ruhr, Germany

17-21st July

European U23 Championships

Bergen, Norway

[Microsoft Word - 2025 European U23 Champs Selection Policy v7 DW_Final](#)

19th July

SIAB

TBC

19th July

London Athletics Meet

Olympic Stadium, London

[London Athletics Meet 2025 | British Athletics](#)

25-27th

England Athletics Championships U20/Senior Championships, including U20 /Sen CE and Senior Para Championships

Birmingham

2-3rd August

UKA Outdoor Championships

TBC

7-10th August

European U20 Championships

Tampere, Finland

[Microsoft Word - 2025 European U20 Championships v7 dw](#)

8-10th August

England Athletics Age Group Championships, including Age group CE and Junior Para Championships

Birmingham

16th or 23rd August

U20 International (TBC)

TBC

23rd or 30th August

Manchester International

Manchester

6th September

Jersey International (JIG)

Jersey

TBC

13-21st September

World Athletics Championships

Tokyo, Japan

Vacancies



England Athletics are accepting applications for the following 2 roles

1. [Para Athletics Talent Officer - England Athletics](#)
2. [Commonwealth Games Team Leader - England Athletics](#)

Anti-Doping

2025 Prohibited List: Summary of Changes



The World Anti-Doping Agency (WADA) has recently released the [2025 Prohibited List](#) (the 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 prohibited at all times, 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.

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 link below to register.

- [17th March at 19:30-20:30](#)

And finally...

If you would like to get in touch about anything in this newsletter, or for further support in throws, please email or call me (see below). 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 Ridgeon

Event Group Lead – Throws

Pronouns (he/him)

M.07471027364

E. nridgeon@englandathletics.org

W. englandathletics.org