



Throws Community Newsletter

February 2025 Edition

Serena and Scott Selected for Apeldoorn



Serena Vincent (Mike Winch & Andrew Vincent) and Scott Lincoln (Paul Wilson) were both selected to represent Great Britain and Northern Ireland at the European Senior Indoor Championships. For the full article please click the following link - [GB & NI TEAM SELECTED FOR THE EUROPEAN INDOOR CHAMPIONSHIPS 2025 | British Athletics](#)

Växjö International



Congratulations to the team that travelled out to Sweden. There were some fantastic performances and a huge amount of learning. For the full article please click the following link - [Impressive performances from England team at Växjö indoor throws - England Athletics](#)

Winter Long Throws Championship



This weekend throwers from across the country will come together for the inaugural UKA/England Athletics Winter Long Throws Championships. There will be lots of talent on show in Loughborough across all three throwing disciplines.

- [View the start lists](#) and results as they happen on the [Roster Athletics](#) platform and app.
- [Get your tickets](#) online and come along to support the athletes.
- This is a pilot event, so we welcome your feedback from athletes, coaches, officials and spectators to continue developing this event to be the best it can be for future athletes. [Give your feedback](#).

For the full article please click the following link - [Winter Long Throws Championships 2025: preview - England Athletics](#)

Disability/Para Competition Opportunity

A message from Matthew Viner (matthew.viner@gmail.com)

Avon Track & Field League

As you may know I am chair of Avon Track & Field league. Whilst this is primarily a friendly local club competition, we are committed to developing the para/disability competitive opportunities and invite guests from outside the league clubs to join club members to compete in the following events:

- Seated throws - Shot Put, Javelin, Discus, Club
- Ambulant throws - Shot Put, Javelin, Discus

Please note, not all events are scheduled at every match.

The dates for these meetings are:

18th May @ Yate Outdoor Sports Complex

29th Jun @ Yate Outdoor Sports Complex

17th Aug @ Yate Outdoor Sports Complex

14th Sep @ Yate Outdoor Sports Complex

To help plan the timetables for each meeting it would be helpful if you could let me know if you are interested in attending and which events you are interested in. I am aware that some of these dates may clash with other events you or the athletes you coach may be planning to attend.

Yate AC & Avon Masters Open

Whilst this is a primarily a 'masters open', there a few para/disability events and I am working with the organisers to accept entries from both senior and masters para/disability athletes. This open meeting will be held on Sunday 8th June at Yate Outdoor Sports Complex and the offering is similar to the Avon Track & Field League. Do let me know if this is something of interest to you and I will put you in contact with the competition organisers.

Talent Event Leads (TEL)

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

- Loughborough 16th March 2025

Hammer:

Katie Lambert klambert@englandathletics.org

Regional Days

- Loughborough 16th March 2025

Javelin:

Tom Dobbing tdobbing@englandathletics.org

Online Community of practice

Discus:

Mark Chapman markchapman@englandathletics.org

Online Community of practice

Volunteer for Team England

Play your part for Team England!

Ever wondered what it takes to power Team England to greatness? This is your chance to be a part of the team that creates the ultimate performance environment for our athletes. Join our 'Team behind the Team' for the Glasgow 2026 Commonwealth Games.

Whether you're into operations, communications, have medical expertise, or you're skilled in rolling out the VIP carpet for our special guests, there's a spot for you.

We're all about breaking barriers to make sport more inclusive for everyone, and especially those from minority ethnic backgrounds and people with disabilities. So if you feel like you're underrepresented, we can't wait to see your application, let's change the game together!

For more information click here the following link - [Volunteering for Team England](#)

Coach Finder

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

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

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!

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](#)

30th March

PANVAC Throws Match

<https://meets.rosterathletics.com/public/competitions/details/about?id=26140>

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

Birmingham

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

[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