



Throws Community Newsletter

June 2025 Edition

Celebrating Geoff Capes Exhibition



As part of the Pickering Memorial International 25 we organised a Celebrating Geoff Capes Exhibition in partnership with the Athletics Museum. The photos, quotes and artefacts in the exhibition went down a treat with everyone that visited. We also had various people adding their own fond memories of Geoff to the collection. A personal favourite was the granite stone Geoff picked out of the river Dee to throw in the Highland Games. An article and video have now been uploaded onto the Athletics museum. [To check it out click here.](#)



The Pickering Memorial International had 1 national record, 4 championship selection standards, 12 personal bests, 7 seasons best and 17 meeting records. We had 64 athletes from across England, Wales, Scotland, Ireland, Sweden, Italy, Switzerland, and Kuwait. With the sale of raffle and spectator tickets we are able to raise £789, also a personal best for this competition. The money raised will be split between the Personal Best Foundation and Ron Pickering Memorial Fund with each receiving £394.50. An article has been uploaded onto the England Athletics website – [Click here to check it out.](#)

Stand Out Performances

Shot

- Amy Thompson (F41) PB of 8.52m at Pickering Memorial International
- Emilia Adese PB of 15.70m at the Southern Championships.
- Scott Lincoln won Kladno with a SB of 21.09m
- Lydia Church (F12) opens up her season with 12.67m, just 3cm below her best

Discus

- Moyo Stumpfenhusen PB of 62.36m at Pickering Memorial International to go 6th in the world, 4th in Europe and 1st all time English U17.
- Lawrence Okoye put on a strong captains performance at European team champs with a best of 65.83m for 3rd.

Hammer

- Anna Purchase 71.77m in Frankish to achieve the UKAs standard for the World Championship standard. She backed this up with 71.41m at the European Team Champs for 3rd.
- Jabez Berry PB of 74.74m and the win in Mannheim in his first international for GB & NI

Javelin

- Ben East wins the Welsh Championships with a PB of 76.20m to go 9th in Europe as a U20

England and GB & NI International Opportunities

Selection Announcements

World Para Champs - [find out more here](#)

- F13 Javelin - Daniel Pembroke (John Trower)

Mannheim Junior International - [find out more here](#)

- Jabez Berry (Steve Pearson)
- Ayesha Jones (Tom Dobbing)

World Student Games Selection - [find out more here](#)

- Discus - Nick Wedderman (Mike Martin)
- Hammer - Shaun Kerry (Dave Smith) & Harry Ricketts (Jake Norris)

European Team Champs - [find out more here](#)

- Shot - Scott Lincoln (Dale Stevenson) & Serena Vincent (Mike Winch & Andrew Vincent)
- Discus - Lawrence Okoye (Zane Duquemin) & Zara Obamakinwa (Mark Chapman)
- Hammer - Jake Norris (Paul Dickenson) & Anna Purchase (Mo Saatara)
- Javelin - Daniel Bainbridge (Tom Dobbing) & Bekah Walton

European U23 Championships - [find out more here](#)

- Shot - Piers Cameron (Kyle Stringer)
- Discus - Zara Obamakinwa (Mark Chapman)
- Javelin - Lizzy Korczak (Ray Robinson & Bob Willows)

Selection Policies

- European U20 Championship GB & NI selection policy, team coaches and throws representatives in selection Mark Chapman and Alison Grey - [2025 Selection Policies | UK Athletics](#)
- World Championship GB & NI selection policy, team coach TBC, throws representatives in the selection meeting John Trower & Ryan Spencer-Jones - [2025 Selection Policies | UK Athletics](#)
- World Para Championship GB & NI selection policy, team coach TBC, throws representatives in the selection meeting TBC - [2025 Selection Policies | UK Athletics](#)
- Glasgow 2026 Commonwealth Games Team England selection policy - [England-Athletics-Commonwealth-Games-2026-Selection-Policy_120525b.pdf](#). The Commonwealth Games Federation have announced the Para Athletics Qualification System will consist of two methods of qualification for the 2026 Glasgow Commonwealth Games. Direct Qualification – World Para Athletics Commonwealth

Rankings (ranking period is between 1 January 2025 to 23:59 on 31 March 2026). Bipartite Invitation. England Athletics will recommend to Commonwealth Games England that it accepts each invitation allocated to an English athlete.
[Download Para Selection Policy \(PDF 290kB\)](#)[Download Qualification system information \(PDF 160kB\)](#)

England Talent Pathway

Youth Talent Programme - [find out more here](#)

1st July - Applications open

1st September - Applications close

24-26 cohort dates

- 12th October
- 13th December
- 21st March

25-27 cohort dates

- 25 & 26th October
- 14th December
- 22nd March

Talent Development & Senior Performance Programmes - [find out more here](#)

SOON - Applications open

15th September - Applications close

England Athletics Women's Throws Coaching Community Group



Katie Lambert is starting a community of practice focused on supporting female throws coaches. The group will enable participants to connect, share knowledge and inspire the next generation of women in coaching. Throws has traditionally been seen as a male-dominated coaching environment which presents systemic barriers to female coaches - including gender bias, lack of support, and limited confidence. Female role models and mentors are vital for encouraging women into coaching. Creating woman-led support networks can combat isolation, build confidence, and promote career development.

The group will aim to achieve the following:

- Create a sense of community and relatedness between female throws coaches
- Act as a stepping stone into the community of practice of each throws event
- Create a support network for female throws coaches going through challenging situations
- Create a space for female coaches to share coaching practice and learn from each other
- Instil confidence and self-efficacy into female coaches to allow them to reach their full potential and take every opportunity given to them.
- Inspire other women to get into coaching

For more information and to apply [click here](#).

Talent Event Leads (TEL)

No formal activity is currently planned as the regional athlete and coach sessions and the masterclass series has finished. We have started planning for activity over the autumn, winter and spring and will be in touch soon about dates, venues and activities.

The coaching communities of practice will continue to meet online so if you would like to get involved please reach out to the TEL(s) who leads the event(s) you are interested in.

Shot Put:

Greg Beard gbeard@englandathletics.org

Hammer:

Katie Lambert klambert@englandathletics.org

Javelin:

Tom Dobbing tdobbing@englandathletics.org

Discus:

Mark Chapman markchapman@englandathletics.org

Education & Development

- **European Athletics Summit Series** - [Coaching Summit Series | European Athletics](#)
- **International Hammer Conference**- Venue: Eaubonne (Paris Suburbs), France.
Dates: 13 – 15 November 2025. Contact person: Thierry Moyse
(Thierry.moyse@athle.fr)
- **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. There are currently places left on the course scheduled for 09:30-13:30 5th and 6th July 2025. To register click this link - https://www.athleticshub.co.uk/login?s_id=c5a04c7743652c7f7be9ae05f00a0e1f
- **Nutrition Through the Life Stages of the Athlete: Ages and Stages**: October 9th 9am-4pm Location - Sport Ireland conference centre. For more information and to book please [click here](#).

- **European Athletics Coaches Association** - IRAC 2025 Conference save the date - 7-9th November - for more information [click here](#).
- **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](#).
- **UK Coaching Elevate Programme:** UK Coaching have launched the "Elevate Programme". It's designed to support and empower talented female coaches to develop skills, broaden perspectives, and build a strong network within the talent pathway. The programme aims to 1) Provide opportunities for coaches to connect and build their network of support 2) Provide opportunities to share experiences and broaden coaching perspectives 3) Develop knowledge, skills, and behaviours for coaching in a talent pathway. Applications close on the 11th July. To find out more and apply [click here](#)

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!

11-12th July

English School Championships

Birmingham

[Track & Field Championships – English Schools' Athletic Association](#)

16-27th July

World Student Games

Rhine-Ruhr, Germany

[BUCS Athletics - FISU Summer World University Games 2025](#)

17-21st July

European U23 Championships

Bergen, Norway

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

19th July

SIAB

[Internationals – English Schools' Athletic Association](#)

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. Entries Standards: [Download Standards information](#). Para entry standards: [Download Para Standards \(women\)](#) & [Download Para Standards \(men\)](#) Entries open: 2 June 2025 on [Roster](#). Tickets: Early bird spectator tickets will go on sale on the 9 June, follow us on [Eventbrite](#) to make sure you are notified when tickets are released. Para athletes: At this Para Championships only athletes aged 19 or under are permitted to enter and they must have a classification. Age group changes: The age group changes will come into place in April 2026.

2-3rd August

UKA Outdoor Championships

Birmingham

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

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. Entry standards: [Download here](#). Entries open: 9 June on [Roster](#). Tickets: Early bird tickets will go on sale on the 9 June, follow us on [Eventbrite](#) to make sure you are notified when tickets are released.

30th August

Manchester International

Manchester

[Manchester International is BACK for 2025! - England Athletics](#)

Events: Women's & Men's Shot Put F55/56/57 F33, F34 & Women's and Men's Hammer

13-21st September

World Athletics Championships

Tokyo, Japan

[2025-WORLD-CHAMPIONSHIPS-SELECTION-POLICY-updated-April-2025.pdf](#)

World Para Athletics Championships

New Delhi, India

[New Delhi 2025 World Para Athletics Championships](#)

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.

Train Like an Elite Hammer Thrower – Exclusive 3-Day Camp with Junior2Senior



Join Junior2Senior from 29th March to 1st April at Radley School, Oxfordshire for a unique opportunity to train full-time as a hammer thrower. After two years of proven success with distance runners, Junior2Senior is now launching its first-ever intensive training camp for aspiring elite throwers. The fully residential camp includes expert coaching from Jake Norris (World Junior Champion, UK No.1) and Bayley Campbell (World Junior finalist), alongside a packed program of technical sessions, speed development, S&C, nutrition, psychology, and injury prevention.

All-inclusive fee: £799, covering accommodation, meals, and specialist support. Instalment plans available. Book at: <https://www.junior2senior.org/book-2-1>

Melanoma Fund



The Melanoma Fund are asking people to complete a survey to help help improve strategies to raise awareness and protection strategies. To complete the form [click here](#)

Brydon Duncan's Film "Breaking Circles"

BREAKING THE CIRCLE

Date: Monday, 21st July

Location: Langley Park School for Boys, BR3 3BP

Bar Opens: 6:15pm

Screening Starts: 7:15pm

Dress Code:

Smart casual to business casual. Please come dressed in a way that feels comfortable yet respectful of the occasion. Smart jeans and a jumper are perfectly fine — or feel free to dress it up with a suit, it is up to you!



Breaking The Circle is a powerful and deeply personal exploration of mental health, breaking the silence around a subject often left in the dark. At just 20 years old, Brydon Duncan courageously shares his own journey, offering a raw and honest account of struggle, survival, and hope. With support from family, friends, and unexpected allies, Brydon sets out to challenge the stigma, confront rising suicide rates, and inspire change—one conversation at a time. [For information click here](#)

Throws Surgeries

Thank you to everyone that attended the last surgery. In it we spoke about EA strategy updated, talent pathway reform, international team & local, regional and nation athlete and coach delivery plans

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.

- [Tuesday 23rd Sep at 20:00-21:00](#)
- [Wednesday 17th Dec 20:00-21:00](#)
- [Thursday 26th Mar 20:00-21:00](#)

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

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