



# Throws Community Newsletter

July 2025 Edition

## Stand Out Performances



### Shot

- Alani Dumbuya won the England Athletics U20 championships with a PB and standard of 14.93m securing her place on the GB & NI European U20 team

### Discus

- Moyo Stumpenhuisen SIAB Championship Best Performance of 61.48m
- Jacob Foord won the England Athletics U20 championships securing his place on the GB & NI European U20 team.

- Mikun Adeniran came 2nd at the England Athletics U20 championships with a distance over the standard.

### **Hammer**

- Jabez Berry won the England Athletics U20 championships securing his place on the GB & NI European U20 team
- Jack Paget threw 71.70m in Derby to achieve the commonwealth games standard
- Taylor Campbell threw 71.64m in Derby to achieve the commonwealth games standard

### **Javelin**

- Harriet Court backed up her pb performance of 52.68m at the English schools to win the England Athletics U20 championships securing her place on the GB & NI European U20 team
- Bekah Walton won a World Athletics silver level meet in Poland with a stadium record of 59.15m

### **Major Championship Announcements**

- [European U20 Championships](#)
  - Congratulations to Alani Dumbuya (Simon Forster), Harriet Court (Mark Roberson), Jacob Foord (Brett Morse), Mikun Adeniran (Debbie Callaway) and Jabez Berry (Steve Pearson).

### **Major Competition Results**

- [European Team Championships](#)
  - Serena Vincent (Mike Winch and Andrew Vincent) 7th
  - Zara Obamakinwa (Mark Chapman) 14th
  - Anna Purchase (Mo Saatara) 3rd
  - Bekah Walton 4th
  - Scott Lincoln (Dale Stevenson) 4th
  - Lawrence Okoye (Zane Duquemin) 3rd
  - Jake Norris 13th
  - Daniel Bainbridge (Tom Dobbing) 7th
- [European U23 Championships](#)
  - Lizzy Korczak (Ray Robinson) 7th in the final
  - Piers Cameron (Kyle Stringer) 12th in the final

- Zara Obamakinwa (Mark Chapman) NM in qualification
- [World Student Games](#)
  - Harry Ricketts (Jake Norris) 16th in qualification
  - Shaun Kerry (Dave Smith) 13th in qualification
  - Nick Wedderman (Mike Martin) 20th in qualification
- [England Athletics Senior/U20 championships](#) - feedback form which goes to the event management team to improve the experience for athletes, coaches and spectators [complete it here](#)
- [English Schools](#)
- [SIAB](#)

## England and GB & NI International Opportunities

### Selection Policies

- 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 Programme** - [find out more here](#)

[Applications open](#)

15th September - Applications close

**Senior Performance Programmes** - [find out more here](#)

[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)

All of the TELs are in the process of confirming dates, times, venues, deliverers and content for the pre-YTP regional workshops and the National Masterclasses. They are also in the process of organising dates for webinars and virtual community of practice sessions.

Once confirmed the pre-YTP workshops will be set up on athletics hub for people to book. Athletes will be £10 and coaches will be free. The focus will be talented U15-U17 athletes and their coaches who are likely to progress onto the talent pathway in the next few years.

### Shot Put:

Greg Beard [gbeard@englandathletics.org](mailto:gbeard@englandathletics.org)

### Hammer:

Katie Lambert

Community of Practice Webinar registration

- [Planning](#) (Josh Ricketts)
- [Technical Models](#) (Dave Smith)
- [Junior-to-Senior Transitions](#) (Jake Norris)

### Javelin:

Tom Dobbing [tdobbing@englandathletics.org](mailto:tdobbing@englandathletics.org)

## Discus:

Mark Chapman [markchapman@englandathletics.org](mailto: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](mailto: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](mailto: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](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!

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](#)

27th September - 5th October

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.

I have been asked to team coach at the World Para Athletics Championships and will be away for the session originally scheduled for Tuesday 23rd Sep. I have changed the date to the week before (16th Sep)

- [Tuesday 16th 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

*Pronouns (he/him)*

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