



Throws Community Newsletter

Aug 2025 Edition

Stand Out Performances

Shot

- Johnny Jones - massive pb of 16.54m to win the U15s at EA age group championships
- Scott Lincoln - 220.77m for a championship best performance at the UK championships

Discus

- Lawrence Okoye - 65.939m for a championship best performance at the UK championships
- Moyo Stumpenhusen- 61.12m for a U17 boys championship best performance at the EA age group championships

Hammer

- Anna Purchase - 72.96m for a championship best performance at the UK championships
- Jake Norris - 76.06m at the Ron Bowden Memorial Competition
- Taylor Campbell - SB of 72.50m at the Ron Bowden Memorial Competition
- Craig Murch - hits the Commonwealth Games standard with 71.74m at the Birmingham NAL
- Charlotte Payne - back over 70m with 70.03m at the Birmingham NAL

Javelin

- Michael Allison - PB and 11m SB of 78.48m at the UK championships

- Ben East - PB of 77.40m at the UK championships
- Daniel Bainbridge - PB of 76.86m at the UK championships
- Daniel Pembroke - SB in last competition before world paras of 70.06m at the SAL in Bracknell
- Hugo Bucher - 69.70m for a U15 boys championship best performance at the EA age group championships

Major Championship Announcements

- [World Championships](#)
 - Shot Put - Scott Lincoln (Dale Stephenson)
 - Discus - Lawrence Okoye (Zane Duquemin)
 - Hammer - Jake Norris
 - Hammer - Anna Purchase (Mo Saatara)
- [World Para Championships](#)
 - F41 Shot Put - Amy Thompson (Mark Edwards) - Senior international debutant
 - F12 Shot Put - Lydia Church (Mark Edwards)
 - F35 Shot Put - Anna Nicholson (Richard Kaufman)
 - F44 Discus - Daniel Greaves (Zane Duquemin)
 - F13 Javelin - Daniel Pembroke (John Trower)

Major Competition Results

- [European U20 Championships](#)
 - Alani Dumbuya (Simon Forster) - 13.65m in qualifying
 - Harriet Court (Mark Roberson) - 52.05m for 6th in the final
 - Jacob Foord (Brett Morse) - 51.34m for 11th in the final
 - Mikun Adeniran (Debbie Callaway) - 50.19m in qualifying
 - Jabez Berry (Steve Pearson) - 73.99m for 4th in qualifying
- [Leiria International](#)
 - Jack Paget (John Pearson) - 70.33m in his first England International
- [Manchester International](#)

- [British Championships](#)
- [England Athletics Age Group Championships](#)

England and GB & NI International Opportunities

Selection Policies

- 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 September - Applications close - 73 throws applications

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](#)

9am on Monday 15th September - Applications close

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

[Applications open](#)

9am on Monday 15th September - Applications close

England Athletics Updates



Age Group Changes Webinars

Ahead of the [age group changes](#) coming into effect next April, England Athletics is hosting a series of online drop-in sessions over the coming months, to allow those within the sport to get any remaining questions answered, or queries clarified. Two new dates for these sessions have been added in for 9 September 2025 and 8 October 2025. To find out more [click here](#).

Grants for competitions

As part of our ongoing commitment to delivering an inclusive and sustainable competition pathway, we are pleased to introduce a new funding model designed to better support the evolving needs of affiliated competition and event providers in England, particularly with the upcoming age group changes on 1 April 2026. To find out more and apply [click here](#).

Successful Funetics Multi-Event Challenge Pilot

England Athletics recently held one of the pilot events for an exciting new competition format, funetics multi-challenge, which aims to encourage more regular, age-appropriate opportunities for primary school aged children to compete in athletics. More than 130 children participated in the competition, hosted by Athletics Norfolk and held at the University of East Anglia, with 14 clubs and associations represented. Initial feedback from athletes and parents was that the new format worked well and that there is increasing demand for fun competition from primary aged children, many of whom are already competing regularly in other sports. To find out more [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

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

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

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>

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

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