





Sep & Oct Throws Community
Newsletter

Stand Out Performances

Shot

- Anna Nicholson 3rd World Para Championships
- Lydia Church 3rd World Para Championships
- Amy Thompson 7th World Para Championships
- Scott Lincoln 8th World Championships

Discus

- Dan Greaves 3rd World Para Championships
- Lawrence Okoye 15th in qualifying World Championships
- Kendrick Olomenemen U15 British record of 58.66m

Hammer

- Anna Purchase 18th at World Championships
- Jake Norris 25th at World Championships

Javelin

- Dan Pembroke 1st World Para 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 \(PDF 160kB\)](#)
 - Athletes over the standard in the 2025 season (since the opening date of 1st May) and their current commonwealth ranking (accurate at the time of writing)
 - Shot Put - Scott Lincoln (5th)
 - Discus - Lawrence Okoye (3rd) & Zara Obamakinwa (11th)

- Hammer - Jake Norris (3rd), Taylor Campbell (8th), Craig Murch (9th), Jack Paget (10th), Anna Purchase (2nd) & Charlotte Payne (9th)
- Javelin - Bekah Walton (9th)

England Talent Pathway

Selections to the talent programmes have been announced

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

24-26 cohort dates

- 13th December
- 21st March

25-27 cohort dates

- 14th December
- 22nd March

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

- Mikun Adeniran (Debbie Callaway - Basingstoke & Mid Hants AC)
- Rhys Allen (Debbie Callaway - Thames Valley Harriers)
- Jabez Berry (Steve Pearson - Halesowen) - Loughborough Talent Hub
- Ben East (John Trower - Team Kennet) - Loughborough Talent Hub
- Jacob Foord (Brett Morse - Taunton)
- Sophie Hamilton (John Trower - Harrow AC) - Loughborough Talent Hub
- Ayesha Jones (Tom Dobbing - Marshall Milton Keynes) - St Mary's Talent Hub
- Wyatt Larkins (Jamie Bath - Harrow AC)

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

- Scott Lincoln (Dale Stevenson - City of York AC) - Leeds Talent Hub
- Lawrence Okoye (Zane Duquemin - Croydon) - Loughborough Talent Hub
- Bekah Walton (Blackheath & Bromley) - Loughborough Talent Hub

Para Athletics Academy - [find out more here](#)

- Joshua Bain (F37 - Kevin Bain - Leamington)

- Sam Dyson (F42 - Karl Hopper - Wigan & District)
- Max Fiore (F34 - Bronwin Carter - City of Portsmouth)
- Michael Nichols (F57 - Alison O'Riordan - Enfield & Haringey)
- Adam Rutter (F44 - Greg Thompson - Windsor Slough Eton & Hounslow)
- Emily Stewart (F38 - Richard Kaufman - Gateshead Harriers)

UKA Futures & Para Futures Academy - find out more here

- Michael Allison (Windsor, Slough, Eton & Hounslow)
- Zara Obamakinwa (Mark Chapman - Blackheath & Bromley)
- Elizabeth Korczak (Bob Willows - Brighton & Hove)
- Piers Cameron (Kyle Stringer - Birchfield)
- Amy Thompson (F41 - Mark Edwards - Liverpool Harriers)
- Rachel Leck (F38 - Catarina Hallden - Jersey)

England Athletics Updates



Women's Throws Coach Community

We are delighted to share that the Women's Throws Coach Group, supported by the [Female Coaching Network](#), has now launched. Welcoming coaches from across each of the throws and multi-events, this new network will enable participants to connect, share knowledge and inspire the next generation of women in coaching. To find out more [click here](#).

Seated Throws Development Day

Every qualified throws coach is insured to coach seated throws. We want to ensure every throws coach is competent and confident to do so. As part of this we have organised a development day which is open to new and existing coaches to sign up to learn more about Seated Throws (10am-5pm). Its also open to new and existing seated throwers who can sign up for an afternoon (3-5pm) of coaching and training as a group. The session will take place at Lee Valley on 9th November. To book and find out more [click here](#).

Local Throws Coach Development

On Sunday 14th September Katie Lambert facilitated a development day for club throws coaches from the West Midlands. The day included a SWOT analysis and a discussion around the key areas the coaches and clubs needed support. We are organising follow-up practical days that meet the needs of the group.

On Saturday 18th October Garry Power facilitated a throws practical day for coaches from the South East. We had 8 coaches attend and all left with a better understanding of the technical excellence frameworks, planning and physical preparation of club throwers. We plan on following this up with another session in November for London based club throws coaches.

On Saturday 25th October Rob Earle and Simon Mennell facilitated a development day for the club coaches in the east region. 12 coaches attended. May of the coaches supported by this programme have built the confidence to start accessing the regional coach and athlete training days organised. Hopefully they will start progressing club throwers onto the talent pathway in the years to come.

If a number of club coaches in your local area would like to get involved with a similar project please email me on nridgeon@englandathletics.org.

Age Group Implement Weights for Para Throws

We have proposed recommended implement weights for U12, U14, U16, and U18 para throwers across all throwing events and classifications, for use by competition organisers. The hope is to create a more gradual progression towards the open/U20 world para athletics implement weights. To find out more [click here](#).

Renewal of partnership with Sporthall Athletics

England Athletics is pleased to announce the renewal of its long-standing strategic partnership with Sportshall Athletics. [Sportshall Athletics](#) emphasises the importance of team competition, fair play and that taking part and trying your hardest is more important than winning. This renewed partnership reflects a shared commitment from both organisations to champion the vital role that running, jumping and throwing play in supporting the physical and mental health of children and young people across England. To find out more [click here](#).

Regional Awards

Congratulations to all of those nominated, the runners up and the winners. I just wanted to highlight a few people who are doing excellent work for throws and para-throws.

- [East - Becky Wilburn \(Cambridge & Coleridge AC\)](#)
- [East Mids - Marjolein Templeton \(Retford AC\)](#)
- [South East - Bronwin Carter](#)
- [Mark Ellis \(Jarrow & Hebburn AC\)](#)

Competition Conference

This free, in-person conference is the perfect opportunity for competition organisers to learn, connect and share good practice. The day will include guest speakers from across the sport, sharing expertise and their own experience of running successful, athlete-first competition. To register and 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

Regional Days

- Leigh – 7th December ([athlete booking](#) £10 / [coach booking](#) £0) - Mike Martin
- Loughborough – 7th December ([athlete booking](#) £10 / [coach booking](#) £0) - Emeka Udechuku
- Lee Valley – 7th December ([athlete booking](#) £10 / [coach booking](#) £0) - Julie Rider & Rob Thickpenny

Masterclass

- Being planned for early 2026 but the details are TBC

Discus

Mark Chapman - markchapman@englandathletics.org

Regional days

- Woking - 16th November ([athlete booking](#) £10 / [coach booking](#) £0) - Martin McBriar & Bill Bingham
- Leigh - 30th November ([athlete booking](#) £10 / [coach booking](#) £0) - Alan Toward
- Loughborough - 7th December ([athlete booking](#) £10 / [coach booking](#) £0) - Kat Woodcock

Masterclass

- Being planned for early 2026 but the details are TBC

Hammer:

Katie Lambert - klambert@englandathletics.org

Community of practice webinar registration

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

Regional Days

- Lee Valley – 7th December ([athlete booking](#) £10 / [coach booking](#) £0) - Katie Lambert, Jamie Bath & Bayley Campbell
- Leigh – 11th January ([athlete booking](#) £10 / [coach booking](#) £0) - Katie Lambert & Eddie Jeans
- Birmingham – 1st February ([athlete booking](#) £10 / [coach booking](#) £0) - Katie Lambert & TBC
- Loughborough – 15th February ([athlete booking](#) £10 / [coach booking](#) £0) - Katie Lambert & Tom Head

Masterclass with Paddy McGrath – 31st Oct – 2nd Nov

- Athlete Sat £50
- Athlete Sun £50
- Athlete Both £80
- Coach Sat £15
- [Coach Sun](#) £15
- Coach Both £30

Javelin:

Tom Dobbing - tdobbing@englandathletics.org

The Regional Days have been organised in partnership with the UK Javelin Association. For more information about the UKJA [click here](#).

- Bury St. Edmonds – 1st November ([athlete booking](#) £10 / [coach booking](#) £0) - Mike McNeill
- Leigh – 15th November ([athlete booking](#) £10 / [coach booking](#) £0) - Simon Forster
- Portsmouth – 23rd November ([athlete booking](#) £10 / [coach booking](#) £0) - Mark Bradford
- Nottingham – 23rd November ([athlete booking](#) £10 / [coach booking](#) £0) - Scott Knighton

Masterclass

- Being planned for early 2026 but the details are TBC

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)
- **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](#).

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!

- England Athletics Senior Para Championships - 17-18th January - EIS Sheffield
- Loughborough Throws and Jumps Challenger - 23rd January - Loughborough
- England Athletics Age Group Championships - 7-8th February - EIS Sheffield
- UKA Indoor Championships - 14-15th February - TBC
- BUCS Indoor Championships - 14-15th February - EIS Sheffield

- Keely Klassic - 22nd February - Utilita Arena, Birmingham
- North & Midlands Winter Long Throws Championships - TBC - TBC
- South Winter Long Throws Championships - TBC - TBC
- EA/UKA Winter Long Throws Championships - 28th February & 1st March - Loughborough
- England Athletics Junior Para Championships - 7-8th March - EIS Sheffield
- European Throwing Cup - 14-15th March - GPS Stadium, Nicosia, Cyprus
- World Indoor Championships - 20-22nd March - Torun, Poland
- BUCS Outdoor Championships - 2-4th May - TBC
- Loughborough International - 17th May - Loughborough
- BIGish - 25th May - Bedford
- Pickering Memorial International - 31st May - Loughborough
- UKA Outdoor Championships - 20-21st June - TBC
- England Athletics U20 & Senior Championships - 3-5th July - Alexander Stadium, Birmingham
- English Schools Championship - 10-11th July - Alexander Stadium, Birmingham
- European U18 Championships - 16-19th July - Rieti, Italy
- London Diamond League - 18th July - London Stadium
- Commonwealth Games - 23rd July - 1st August - Glasgow
- England Athletics Age Group Championships - 25-26th July - Alexander Stadium, Birmingham
- World U20 Championships - 4-8th August - Eugene, USA
- European Championships - 10-16th August - Alexander Stadium, Birmingham
- UK School Games - 3-5th September - Loughborough
- World Athletics Ultimate Championships - 11-13th September - Budapest, Hungary

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)

- [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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