



# Dec-25 Throws Community Newsletter

Welcome to the England Athletics Throws Community Newsletter, December 2025 edition. The aim of the newsletter is to provide the throws community with updates on competition, training or development opportunity.

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.

If there is anyone you know who would like to receive the newsletter, please ask them to register by clicking [HERE](#). If you are all ready on the mailing list you do not need to complete the form.

## England Athletics Updates

### **Dubai WPA (para) Grand Prix**

The Dubai WPA (Para) Grand Prix - taking place from 10 to 13 February 2026 - is the first Grand Prix event on the World Para Athletics calendar, and a great opportunity for athletes to post season opening performances ahead of a busy year of championships. This will be the first time England have sent a team to this Grand Prix, and for the selected athletes, it will be an opportunity to try and achieve qualification for next year's Commonwealth Games. For more information, please [click here](#).

Congratulations to Michael Nicholls (Dr Alison O'Riordan).

### **England Athletics Annual Report**

England Athletics is pleased to share its Annual Report 2025. As we reflect on the past twelve months, this report highlights the collective achievements of our athletes, clubs, volunteers, and partners who continue to help us drive the sport forward. To find out more [click here](#).

### **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](#).

### **Young Athlete Grant Scheme**

The AAA has a fund which is able to support English athletes under the age of 24 who are in full time education and active in athletics. Applicants should not be receiving other funding and must be eligible to compete for England.

Registered charity Athletics for the Young offer financial help to young athletes and aim to spread their money widely to as many as possible, so athletes receiving help elsewhere will not usually be granted an award. The charity are particularly interested in helping genuine hardship cases for promising young athletes. Over recent years, it has been the policy of the Charity to award small grants of the order of £100 to £400. It is possible to apply for funds for costs including equipment and travel.

Applications close 22 February 2026. To find out more [click here](#).

## 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 \(PDF 160kB\)](#)
- Växjö International 2026 - This competition is open to male and female U18, U20 and U23 athletes in Shot Put, Discus and Javelin (no U23 men's javelin). To be considered for selection please express interest by completing the [MS Form](#). For more information please [click here](#).
- European Throwing Cup - this competition is open to u23 and senior shot, discus, hammer and javelin throwers. For more information [click here](#).

## Talent Event Leads (TEL)

### Education & Development

#### Shot Put:

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

#### Masterclass

- We are in discussion with Dale Stevenson, coach to Scott Lincoln and Matt Denny about a masterclass in the summer of 2026.

#### Discus

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

#### Regional days

- Winchester - 11th January 2026 ([athlete booking £10](#) / [coach booking £0](#)) - Kat Woodcock, Bill Bingham and Martin McBriar

#### Masterclass

- We are in discussion with Dale Stevenson, coach to Scott Lincoln and Matt Denny about a masterclass in the summer of 2026.

#### Hammer:

Katie Lambert - [klambert@englandathletics.org](mailto:klambert@englandathletics.org)

#### Regional Training Days

- Leigh – 11th January ([athlete booking £10](#) / [coach booking £0](#)) - Katie Lambert & Eddie Jeans
- Birmingham – 1st February ([athlete booking £10](#) / [coach booking £0](#)) - Katie Lambert & Tom Head

#### Javelin:

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

#### Regional Training Days

- 24th January - Nottingham - Scott Knighton (book via the [UKJA website](#))

#### Community of practice webinar registration

On the 15th Dec 25 - World Javelin Conference (WJC) feedback session - on Teams, 2000-2200 - email Tom Dobbing to be included - WJC will have the following presenters Keshorn Walcott (world

champ) & coach Klaus Baronietz; Tom Pukstys; Tapio Korjus (1988 Oly Champ) plus multiple injury prevention and Biomechanics presentations - session will be kept at a fairly high level.

## Masterclass

Thomas Rohler masterclass for 17-18th January 2026

- [U20 and up athlete booking Sat\(£60\)](#)
- [U14-U18 athlete booking Sun \(£60\)](#)
- [Coach booking Sat \(£20\)](#)
- [Coach booking Sun \(£20\)](#)
- [Coach booking Both \(£40\)](#)
- **England Athletics Webinars: Relative Energy Deficiency in Sport - Fact vs Fiction- Esther Goldsmith (Monday 16th March 2026.30-7.30pm)** - This webinar will dispel common myths about REDs and provide practical strategies to help athletes avoid chronic low energy availability or manage symptoms associated with it. [Sign up here](#)
- **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))
- **European Athletics Coaches Association Conference** - 10-11th January 2026 in Ghent, Belgium. 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](#)
- [England Athletics Age Group Championships - 7-8th February - EIS Sheffield](#)
- [UKA Indoor Championships - 14-15th February - Utilita Arena, Birmingham](#)

- [BUCS Indoor Championships - 14-15th February - EIS Sheffield](#)
- Keely Klassic - 22nd February - Utilita Arena, Birmingham
- England Athletics North & Midlands Winter Long Throws Championships - 7-8th February - Leigh Sport Village
- England Athletics South Winter Long Throws Championships - 14-15th February - Lee Valley Athletics Centre
- 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
- The Hampshire Colleges and University Open Championships - 15th April - Winchester - focus is U18 and U20 javelin and discus - for more information and to register contact Martin McBriar ([throws@wadac.org.uk](mailto:throws@wadac.org.uk))
- 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.

The next one is scheduled for for Thursday 26th March. Please click the link below to register.

- [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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