



Jan-26 Throws Community Newsletter

Welcome to the England Athletics Throws Community Newsletter, January 2026 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.

January Highlights

Shot Put

- Harry Beard (Greg Beard) indoor PB of 16.72m whilst representing England in the Reykjavik international Games
- Sophie McKinna (Greg Beard) is back in action after some time away from the sport and threw 16.87m also at the Reykjavik international Games
- Serena Vincent (Mike Winch & Andrew Vincent) started her indoor season off in Portugal throwing 17.16m for third at the competition.
- Piers Cameron (Kyle Stringer) putted a indoor PB of 19.07m and is currently ranked 10th in the NCAA.
- Amy Thompson (F41) (Mark Edwards) indoor PB of 8.23m to win the England Athletics Indoor Para Nationals
- Anna Nicholson (F35) (Richard Kaufman) putted her best ever season opener and indoor PB of 9.24m to come 2nd at the England Athletics Indoor Para Nationals
- Taz Nichol (F57) (Alison O'Riordan) putted his best ever season opener of 10.93m.

England Athletics Updates

Reykjavik International Games

AA small team of athletes represented England at the Reykjavík Games this weekend; strong performances from all athletes resulted in medals and indoor PBs. Harry Beard (Greg Beard) was been selected to represent England in the U18 shot put and threw and indoor PB of 16.72m. For more information [click here](#).

Vaxjo International Competition

A strong team of 15 throwers have been selected to represent their country against athletes from Sweden, Iceland and Norway. The selected young squad have immense potential, and this trip to Sweden provides a vital opportunity for them to test themselves against high-level European competition. The England team is made up of athletes aiming for a spot in the European U18 and U20 World Championships. For more information [click here](#).

Ron Pickering Memorial Fund

The Ron Pickering Memorial fund have announced they have given athletes grants worth £40,000. Congratulation to all of the throwers and para throwers that have received support. For more information and to support the fund [click here](#).

Lloyd Cowan Bursary

Lloyd Cowan Bursary has launched the Sophie Hahn Para Athlete Fund, a new initiative that champions para-athletes and expands access to the sport. The fund marks the fifth anniversary of Lloyd Cowan MBE's death and celebrates a legacy rooted in belief, opportunity and community. The Fund will open for applications on Friday 16th January 2026 and close on Monday 16th February. Lloyd Cowan Bursary looks forward to the impact this fund will bring to the next generation of para-athletes. For more information about the bursary and to apply [click here](#).

Sport England

The government is proposing to remove Sport England as a statutory consultee on planning applications. This change could have serious consequences for the protection of playing fields (including seasonal grass running tracks on school sites) and community sports facilities (including track & field facilities) – the very spaces that make our sport accessible to everyone. (Both EA and UKA have formally opposed the Government's proposals). The Sport & Recreation Alliance has launched a petition urging the government to keep Sport England's vital role in the planning process. I strongly encourage you to add your name and show your support. Every signature counts in making sure that our collective voices are heard. (Please feel free to share the petition link with others). You can [sign the petition 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](#).

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 \(PDF 160kB\)](#)
- European Throwing Cup - this competition is open to u23 and senior shot, discus, hammer and javelin throwers. The team coaches will be Alison Grey, Mark Chapman and John Pearson. For more information [click here](#)
- World Indoor Championships - this competition is open senior shot putters. The team coaches are TBC. For more information [click here](#)
- European Championships - this competition is open to senior shot, discus, hammer and javelin throwers. The team coaches are TBC. For more information [click here](#).
- European U18 Championships - this competition is open to u18 shot, discus, hammer and javelin throwers. The throws team coaches will be Katie Lambert and Tom Dobbing. For more information [click here](#).

- World U20 Championships - this competition is open to u20 shot, discus, hammer and javelin throwers. The throws team coaches will be Alison Grey & Mark Chapman. For more information [click here](#).

Talent Event Leads (TEL)



This weekend is the final regional coach and athlete training day of the 2025-26 programme. We will then review the delivery ahead of 2026-27. If you have attended a regional day please let us know what you thought by [completing this survey](#).

Javelin:

Tom Dobbing - tdobbing@englandathletics.org

The Thomas Rohler Masterclass was a resounding success with over 100 athletes and 40 coaches taking part. To read more about the event [click here](#).

Hammer:

Katie Lambert - klambert@englandathletics.org

Regional Training Days

- Birmingham – 1st February ([athlete booking](#) £10 / [coach booking](#) £0) - Katie Lambert & Tom Head

Shot Put:

Greg Beard 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

Masterclass

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Other Development Opportunities

- **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 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 North & Midlands Winter Long Throws Championships - 7-8th February - Leigh Sport Village - [Roster Athletics · England Athletics North and Midlands Winter Long Throws Championships 2026](#)
- [UKA Indoor Championships - 14-15th February - Utilita Arena, Birmingham](#)
- [BUCS Indoor Championships - 14-15th February - EIS Sheffield](#)
- England Athletics South Winter Long Throws Championships - 14-15th February - Lee Valley Athletics Centre - [Home | England Athletics South Regional Winter Long Throws Championships 2026](#)
- EA/UKA Winter Long Throws Championships - 28th February & 1st March - Loughborough - [Roster Athletics · UKA/EA Winter Long Throws Championship 2026](#)
- [England Athletics Junior Para Championships - 7-8th March - EIS Sheffield](#)
- European Throwing Cup - 14-15th March - GPS Stadium, Nicosia, Cyprus - [2026-European-Throwing-Cup-Selection-Policy-15122025.pdf](#)
- World Indoor Championships - 20-22nd March - Torun, Poland - [2026-World-Indoor-Championships-Selection-Policy-12122025-3.pdf](#)
- The London Hammer School Open - 4th April - Lee Valley Athletics Centre - for more information [click here](#)
- Dickenson Classic Open Hammer Meeting 2026 - 11th April - Thames Valley Athletics Centre - jakethomasnorris3@gmail.com
- 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)
- PANVAC Throws Sunday 2026 - Open Meeting - 28th April - [Roster Athletics · PANVAC Throws Sunday 2026 - Open Meeting](#)
- 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



world anti-doping agency

2026 Prohibited List: Summary of Changes

The World Anti-Doping Agency (WADA) has recently released the [2026 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.

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>

Research Opportunities



A group of academics are looking into the tapering practices of throwing athletes. To get involved and for more information [click here](#).

Throws Surgeries

Thank you to everyone that attended the last surgery.

The next one is scheduled 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

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