



Feb-26 Throws Community Newsletter

Welcome to the England Athletics Throws Community Newsletter, February 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.

February Highlights



England Team in Vaxjo, Sweden. Read about it [here](#).

Regional Winter Long throws. Read about it [here](#).

England Athletics national indoor championship. Read about it [here](#).

England Team in Dubai, UAE. Article coming soon.

Shot Put

- Piers Cameron (Kyle Stringer) - British U23 record & Commonwealth games consideration standard
- Alani Dumbuya (Simon Forster) - World U20 Championship consideration standard
- Emilia Adese (Phil Hartnett) - British indoor U18 record & European U18 Championship consideration standard
- Jasmine Nkoso (Anthony Soalla-Bell) - European U18 Championship consideration standard
- Amy Thompson (Mark Edwards) - British indoor record
- Anna Nicholson (Richard Kaufman) - British indoor record
- Michael "Taz" Nichols (Alison O'Riordan) - Seasons best of 10.73m which lifts him to 4th in the Commonwealth (2-per nation)

Discus

- Moyo Stumpfenhusen (Gary Herrington) - British indoor U18 record & European U18 Championship consideration standard

Hammer

- Tara Simpson-Sullivan - Commonwealth games consideration standard

Javelin

- Ned Scott (Bronwin Carter)- British indoor U18 record & European U18 Championship consideration standard
- Lucy Bull (Carolyn Frank) - British indoor U18 record & European U18 Championship consideration standard

England Athletics Updates



Track & Field Rater

TFR is a simple, anonymous online feedback form that provides a “one stop shop” for rating track & field facilities and equipment. The data that YOU provide will help us to ensure that UK Track & Field facilities are safe and well maintained. Find out more - [Track & Field Rater \(TFR\)](#)

Athlete Panel

England Athletics is recruiting four new members to join the [Athlete Panel](#). The Panel is an influential group established in 2024 to ensure the athlete voice sits at the heart of decision-making across the sport. 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](#).

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](#).
- Loughborough International (17 May) -- this competition will be open to U23/Senior shot, discus, hammer and javelin throwers. Policy TBC.
- Hallesche Werfertage (Halle, Germany 16 & 17 May) - this competition will be open to U18 & u20 shot, discus, hammer and javelin throwers on the youth talent programme. Policy TBC.
- Pickering Memorial Competition (Loughborough 31st May) - this competition will be open to U18, u20 & u23 shot, para-shot, discus, para-discus, hammer, javelin & para-javelin throwers. Policy TBC.

Talent Event Leads (TEL)



Regional Throws Training Days have now concluded for 2025/2026 and have been a great success! To read more about it [click here](#).

Javelin:

Tom Dobbing - tdobbing@englandathletics.org

Hammer:

Katie Lambert - klambert@englandathletics.org

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 30th March 2026 6.30-7.30pm)** - 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!

- 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](#)
- Birmingham Talent Hub Winter throws and para-athletics meet - 14 March - Birmingham - <https://data.opentrack.run/en-gb/x/2026/GBR/uobwinterthrows/>
- 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 - [BUCS Athletics: Outdoor Championships 2025-26](#)
- Loughborough International - 17th May - Loughborough
- BIGish - 25th May - Bedford - [Home | bedfordgames](#)
- Pickering Memorial International - 31st May - Loughborough - [Pickering Memorial International - England Athletics](#)
- UKA Outdoor Championships - 20-21st June - Alexander Stadium, Birmingham - [Novuna UK Athletics Championships Birmingham 2026 | British Athletics](#)
- Welsh Athletics Senior & U18 Championships - 27-28 June - Cardiff - [Current Competitions](#)
- England Athletics U20 & Senior Championships - 3-5th July - Bedford - [2026 Championships - England Athletics](#)
- 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>

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

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