

# COACHING VISION



Putting the Spotlight and Focus  
on Coaching Across England

Interactive Newsletter for Coaches, Run Leaders, Clubs and Volunteers.



Interview with  
Trevor Painter &  
Jenny Meadows



Updates on Coach  
Development and  
Education



Competition and  
Talent Programmes  
Updates

COACH NEWSLETTER | WINTER 2026 | EDITION 2

# Welcome

## to the Winter edition of Coaching Vision

Welcome to the second edition of Coaching Vision. The England Athletics quarterly magazine for Coaches, Run Leaders, Clubs and Volunteers, which provides a one-stop shop for the latest news in coach development and education.

Coaches, leaders and volunteers are the life blood of our sport and England Athletics are committed to supporting the ongoing development of our sport and all those who make it so special. The Coaching Vision magazine will be released once a quarter in Autumn, Winter, Spring and Summer of each year, and will provide readers with the latest news and developments in coaching, competitions, Event Group development and much more.

Each edition will also contain an interview with some of our best known and upcoming coaches, along with celebrating the great work coaches are doing throughout England, through our 'Shout Out' section.

This magazine has been designed to be interactive, and throughout the articles and updates you will find direct links to supporting resources and websites and easy to view videos (with a Wi-Fi connection).

You can also use the built-in shortcut links to go straight to the area of interest with one click.

So, take a look, enjoy the read and let us know what you think.

**Thanks again to all our volunteers for the amazing work you do.**



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# Coach Education & Development Updates

## What's going on and what's coming up in Coach Education & Development

*An exclusive Q&A with Scott Grace, Paul Moseley and Chris Mallender. As the coaching landscape continues to evolve, England Athletics is pushing forward with major developments in coach education, development, digital transformation, and long-term pathways.*

In this edition of the *Coaching Vision* magazine, we sit down with **Scott Grace**, **Paul Moseley**, and **Chris Mallender** to talk through the latest progress, early feedback, and what coaches can expect in 2026.

### **Q: Scott, the first edition of Coaching Vision went out in October. How has the response shaped your plans for the second edition?**

The reaction has honestly exceeded our expectations. The purpose behind *Coaching Vision* was to make coaches more aware of everything happening across coach education and development and to celebrate coaches, highlighting the good practice taking place across the sport. The feedback we've received shows that coaches really value having key updates located in one place.

A few elements stood out as particularly popular. The interview with a high-profile coach was a real highlight, with many coaches saying they enjoyed hearing directly from someone working at the top level.

We also heard strong praise for the **"Shout Out"** feature, providing a space to recognise the hard work and dedication so many coaches put into clubs and athlete development. People appreciated seeing genuine recognition of their contribution.

For Edition 2, we're not just refreshing those features, we are building on them. In response to requests for more practical support around winter training, we're adding a new section focused on seasonal considerations, including athlete safety, training adaptations, and winter competition opportunities.

We're also expanding our coverage of off-track endurance guidance, reflecting on the feedback from endurance coaches about the importance of that discipline at this point in the year.

And of course, we're actively encouraging ongoing feedback. The more we hear from coaches, the more useful and relevant *Coaching Vision* can become.

### **Q: You mentioned the Advanced Coach programme last time. How is the pilot progressing now that you're a few months in?**

We've had some really positive feedback so far. The programme launched in late October with two cohorts of coaches:

- **21 coaches receiving full coach developer support**, meeting at least monthly to work through their portfolios and reflect on practice.
- **9 coaches taking an independent route**, supported by their own mentor or developer but with a lighter touch from us. The structure was designed to give coaches flexibility - and it's clear that this personalised approach is resonating. Many have said they feel more valued and better supported than in any previous qualification process.

They particularly appreciate the space to reflect, the chance to talk through real-world coaching scenarios, and the guidance on building a meaningful portfolio rather than simply ticking boxes.

We have also developed a WhatsApp group for the cohort to help coaches share reading lists, insights, solutions to challenges, and even support each other at events.

That level of peer support is exactly the culture we want to develop.

# Coach Education & Development Updates

## What's going on and what's coming up in Coach Education & Development

The coming months will focus on a structured review. We're gathering feedback on every aspect of the programme - the qualification content, the scheduling, the assessment model, the support process - with the aim of tightening the framework before expanding it. Our ambition is that, by the end of this journey, coaches feel they haven't just gained a qualification, they've grown significantly as practitioners.

Looking ahead, the current cohort will remain supported throughout the competition year. Then we'll review the pilot in full and, if everything aligns, recruit a new cohort for the next Youth Talent Programme cycle, starting in autumn. Longer term, the plan is also to develop an **Advanced Coach qualification for Children and Young People**, which was frequently requested.



[Click here](#) to watch the interview in full

**Q: Chris, technology came out as one of the biggest barriers during the coaching review. What progress has been made on that front?**

A huge amount. When we did the coaching review, digital systems were the area receiving the most negative feedback. Everything from booking courses, completing learning modules, tracking progress, and navigating compliance was described as fragmented, outdated or confusing.

That's why, just before Christmas, we signed a contract with E-Coach, a digital learning management solution already used across several other sports. They specialise in this space, and we're confident they will deliver a modern, intuitive and unified experience for everyone.

Once the system launches in June 2026, coaches will see immediate benefits:

- A single user profile containing qualifications, licence status, and progress.
- Integrated digital licences, replacing the current slow and manual process.
- DBS checks linked directly in the system.
- Streamlined course booking and payment.
- Clear visibility of what you've done - and what you still need to do.

Behind the scenes, a major data project is underway to clean and consolidate coach records. That will take longer, but importantly, it won't delay the system launch. The only knock-on effect is that we're pausing the roll-out of the Find My Coach Support project. However, we've put a solution in place: a new regional coach development offer, delivered through Club Support Managers in collaboration with regional councils and our performance team. This means regions can respond to local needs while staying aligned with broader strategic priorities. In short - it's a massive upgrade, and one that will remove many of the frustrations, coaches have lived with for years.

# Coach Education & Development Updates

## What's going on and what's coming up in Coach Education & Development

**Q: Paul, alongside digital change, you're also redesigning the qualifications framework. What does the new structure look like?**

The priority is creating a clear, logical and supportive pathway for coaches at every stage - and ensuring the system is modern, relevant and aligned with current thinking on athletic development.

### 1. A refreshed entry point: the Assistant qualification (14+)

This level remains accessible, but more purposeful. It includes the four online modules already familiar to many:

- Roles & Responsibilities
- Engagement and Relationships
- Coaching Process
- Fundamental Movement and Technique

After completing these, an Assistant can support activities under direct supervision. We hope this will inspire more young people and volunteers to begin their coaching journey.

### 2. A stronger, more capable Sessional Coach qualification

Currently in naming consultation, this level will allow independent delivery of prescribed activity. To make the qualification robust, we've added significant content:

- Behaviour management
- Performance factors and energy systems
- Risk assessment principles and applied skills
- A practical module focused on delivering prescribed sessions safely and effectively

Sessional Coaches can deliver from a bank of 26 activity cards, or sessions designed by a qualified coach - within clear parameters.

Further information on these areas of development will be added to the England Athletics website and in future editions of Coaching Vision.

### 3. Updated Coach qualifications with elective specialisms

Many of our Coach-level qualifications haven't been updated in years, so we're modernising the content while building in flexibility. Coaches will be able to specialise from a list including:

- Speed
- Jumps
- Throws
- Combined Events (in development)
- Track endurance
- Off-track endurance (integrating running & fitness content)
- Wheelchair racing, recognising its technical distinctiveness

We're also maintaining momentum in para-specific pathways like **frame running** and **seated throws**, ensuring strong alignment between education and development.

### 4. Coaching philosophy

This was a key theme in the coaching review - coaches wanted clarity on what "good coaching" looks like. Using the research, we've developed an example philosophy built around seven core areas. But the real aim is to encourage coaches to create their own: personal, authentic and reflective of their values and behaviours. A philosophy doesn't have to be written - it's about clarity of purpose.



# Club Coach Development Updates

What's going on in your local area



## Talk About Series

Through November 2025 to January 2026, England Athletics has continued to deliver our Talk About sessions for Endurance along with the **National Coaching Children Forum**.

The aim of the Talk About sessions & Forum are for a group of coaches to come together and listen to a short presentation on a particular topic within their event area of interest.

Following the presentation coaches will have a chance to discuss what has been presented and ask questions / share thoughts and ideas.

### The next planned Endurance Talk About Session:

- Multi Jumps – **28 February 2026 - 10.00am**

To register for these sessions please [click here](#)

### The next planned National Coaching Children Forum:

- Monday 20 April 2026 – 6.30pm -  
To register for this session [click here](#)
- Tuesday 21 April 2026 – 6.30pm -  
To register for this session [click here](#)

## Local Coach Development - Future Plans

England Athletics recognises the need to support more local coach development opportunities within the regions.

Through delivering regional-level projects and activities we hope to see greater support for coaches working with clubs, increased local coaching networking opportunities, and coach development events.

Over the summer months, the Club Support Managers (CSM), working closely with Regional Councils, will be developing regional plans, which will include workforce and coach development as a key area.

To help shape these plans, the CSMs will seek to gain local insights (from clubs and coaches) into what the coaching needs are within each specific region and how they can best deliver these.

Your feedback to help shape these plans is very important, and further information on how to share your feedback will be communicated in the near future.



# Run Leader Development Updates

## Lift the Curfew

Last October, England Athletics support the amazing initiative of Let's Lift the Curfew. This initiative was created and spearheaded by Sport England's [This Girl Can](#) campaign and supported by England Athletics.

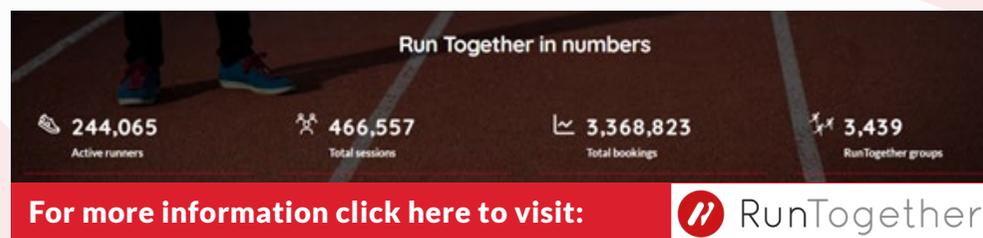
Running since October 2023, the campaign has shone a light on women's experiences and concerns around getting active outdoors during the darker months, while also calling on wider society to recognise its role in making outdoor activity safer for women. Congratulations to everyone who took part in this very important initiative. [FIND OUT MORE HERE](#)

## Start Your Running Journey with RunTogether

Thinking about launching a social running group or adding a new running section to your affiliated club? Join the RunTogether movement - a great way to bring people together through running.

If you're planning to lead regular sessions, you'll need the Leadership in Running Fitness (LiRF) qualification. This online course is tailored for modern learners, offering a fully digital experience supported by the Run Leader App and Runner App to help you every step of the way.

Click [here](#) to learn more about the LiRF qualification.



RunTogether and England Athletics offer a number of courses to help runners and Run Leaders develop their running and group leadership skills.

All our running programmes are certified by UK Athletics, the National Governing Body for Athletics and Running in the United Kingdom.

- [LiRF \(Leadership in Running Fitness\)](#)
- [LiRF to CiRF \(Leader to Coach in Running Fitness\)](#)
- [CiRF \(Coach in Running Fitness\)](#)
- [Sight Loss Awareness and Guide Running workshop](#)
- [Movement Skills / Physical Preparation development](#)
- [Equality and Diversity in Sport](#)
- [Disability Inclusion Training](#)
- [Mental Wellbeing in sport and physical activity](#)
- [Mental Health First Aid](#)

You can also visit the [Athletics Hub Resource Library](#), which contains **over 1000 videos** on all aspects of coach.

Click [here](#) to access this resource library.



# An Interview Trevor Painter and Jenny Meadows

The 'Dream Team' of Trevor and Jenny share their coaching Journeys, what a typical week of training looks like and what they have learnt over the years.

[Click here to watch the interview in full](#)

## How did your coaching journey start?

**Trevor:** A long time ago. So, I mean, going way back to when I was a kid and my dad went mad because we lived on a farm and my granddad and I built a track on one of the horse fields.

So that was kind of where I started. The interest in athletics, constructing things and being organised and stuff like that. But yeah, the real turning point was after quite a bad race in Glasgow. I didn't run a particularly fast race, and on the way home Jen said, "Well, I think you're past it - you should probably just coach me now." I was 29 and thinking, what? I'm past it? Bearing in mind that later in her career she went on until she was about 35.

## If you could give your younger self any advice when starting out as a coach, what would it be?

**Jenny:** I guess not to compare yourself to anyone else. I just think it's really important to be on your own journey and don't look at anyone else, but also to surround yourself with good people. Because I do have to say, you know, Trev has really embraced me and seen qualities in me that he might not have in himself or something that he thought could really support him and the athletes.

**Trevor:** I think two things for me are: one, be yourself - don't try to be anybody else. Two, build a network of support, and same with the ologists, getting a physiologist, physiotherapist, and so on and so on. Building that good team around you to help you on the track.

## What's your secret to coaching successful athletes?

**Trevor:** It's down to winging it, basically. But no, seriously, I'm really proud of the environment we've created around the athletes. I've always tried to have a lot of fun. We're asking the athletes to go into some very dark places in training and to get through some tough sessions, so if we can balance that with a bit of fun, then that's what keeps them coming back. If you create the right environment, then the athletes will want to come back. And if they keep coming back, that's where you then get the kind of progression you need in terms of developing them.

**Jenny:** Success. Now, if we can kind of verbalise what it is about us, if we start not having success, we can look back and ask ourselves is there anything we're not doing.

Words like **connection** come up a lot and that **we celebrate each other's successes**. One of the best stories was this year (2025). Keely was on the sidelines, but she celebrated everybody's successes and that would have killed her inside. You'll have a young athlete go and run a BMC and get a qualification time for the European Juniors, and Keely will be one of the first people on that WhatsApp group to say well done.





### What does a typical coaching week look like for your athletes?

**Trevor:** Yeah, chaos.

**Jenny:** I think you should start with the overview sheet. I mean, honestly (This refers to the detailed planning Trevor does).

There can sometimes be eight different sessions.

**Trevor:** Georgia and Keely were separated by 100th of a second in Tokyo, but on the holding camp they only did one session together, because obviously we individualise.

This time of year (November), it's a lot simpler. We might be doing multiple 400m's off a short recovery and some athletes will be doing 14 (reps), some 12, some 10. Others will be doing two sets of eight (reps), or two sets of four. It depends on the age and stage of the athlete, how long they've been with us, and where they are on the programme.

We probably spend five months of the year on camps. So those are like the very intense days where you're there for all of the sessions - both day and evening. At home, we're not there for the evening sessions; we coach during the day, six days a week. But on camp, you're there every day, twice a day, with little downtime. But yeah, it takes a lot of planning.

### If you hadn't become a coach, what would you be doing?

**Jenny:** Do you know what, if I think all the way back to when you make those decisions, I think I'd probably be an English teacher. I studied English lit at University, so I think I'd have been a teacher.

**Trevor:** I think it would be something to do with working with others, in a supportive role. I find it easy to make friends and to talk to people, so it might have been something like social work or psychology - something along those lines.

### If you could share one piece of wisdom with an aspiring coach, what would it be?

**Jenny:** It's similar to what I said earlier, just to surround yourself with people. I'm quite fortunate that I'm able to ask Trevor questions. I think it's about asking people and learning by watching others.

**Trevor:** I'd say to stay humble and stay curious. You know, we never have it all figured out. We're still learning even though we're having this success, we keep reading, checking out articles, listening to podcasts - because there's always something new you can take from it. It might not be for others, but you can make that choice. But yeah, staying humble is important to me.

### Trevor and Jenny, many thanks from England Athletics and the coaching community for sharing your time and experience.

## Coming next time

In the next Edition we catch up with Paul Wilson, international throws coach, former coach to Scott Lincoln and current coach to 2 x World Champion, Chase Jackson.

# Speed Event Group Updates & Opportunities

## What's going on and what's coming up in Speed Events

### Sprints & Sprint Hurdles Development

Over the last three months, England Athletics and the Bruce Longden Coaching Foundation have run 12 Sprint Hurdles Technical Camps for U15 & U17 hurdlers. These sessions proved to be extremely popular, with 210 registered athletes taking part in London, Chelmsford, Birmingham, Loughborough, Exeter and Plymouth.

### Guide to Hurdles Age Group Change

We have developed a guide to support hurdles coaches to navigate the upcoming age group change on 1 April 2026. This can be viewed and downloaded [HERE](#) from athletics Hub. We also recorded the age group change hurdles camp in Chelmsford, which will be shared soon (details to follow). For more information about the age group change, please visit our website [HERE](#).

### Regional Speed & Hurdles Development Weekend, Birmingham - 28 & 29 March 2026

A two-day programme of workshops and practical delivery for coaches on various areas within speed.

**Day 2 - Age group hurdles change workshop and practical session on how to approach the winter session planning in preparation for the 1 April specification changes.**



## Speed Highlights for this Edition

We would like to congratulate all the athletes and their personal coaches who have been selected for Indoor International teams in 2026, and those who have competed and will be competing in the England Athletics Indoor Champs, British Indoor Champs and all other indoor competitions.

### Hurdles Programme Co-ordinator

Just a reminder, that Julie Pratt-Benterman has been appointed as the new Hurdles Programme Co-ordinator. Julie has already been very busy leading on various hurdles events across England, including support for hurdles age group changes and developing the Guide to Coaching the Hurdles Age Group Change. To contact Julie, please email her at: [jprattbenterman@englandathletics.org](mailto:jprattbenterman@englandathletics.org)

To receive a copy of our monthly Speed Newsletter please register here: [Speed Newsletter](#)

## Meet the Speed Event Lead

Shani Palmer is a former elite athlete, Commonwealth Games medallist and the England Athletics National Event Manager for Speed. Shani has been a Team coach on multiple international teams, including the 2022 Commonwealth Games and 2023 Commonwealth Youth Games.



Since starting her role Shani has helped support and develop many new and exciting support opportunities for Speed coaches, including the Sprints and Hurdle Technical Camps programme (in collaboration with the Bruce Longden Coaching Foundation) and the England Athletics Relays programme.

To contact Shani, please email: [spalmer@englandathletics.org](mailto:spalmer@englandathletics.org)

# Speed Event Group Updates & Opportunities

## Key dates for your diary

### Sprint Hurdles Technical Camp:

Due to popular demand, additional hurdles technical camps are being planned for March 2026. These camps are run in partnership with the Bruce Longden Coaching Foundation.

For further information on these upcoming events, please either see below or look out on the: [England Athletics](#) website and [Bruce Longden Coaching Foundation](#) website.

Date	Event	Location
Saturday 28 March 2026	South West Sprints, Hurdles and Endurance Technical Camp	Exeter
March (date TBC)	Hurdles Technical Camp	Sheffield
March (date TBC)	Hurdles Technical Camp (in conjunction with the Surrey AA)	London

### BLCF Hurdles Fest

We are delighted to announce that the 2026 Bruce Longden Coaching Foundation Hurdles Fest (supported by England Athletics) will be held on **Sunday 31 May** at Chelmsford Sports and Athletics Centre. As 2025 was by far the most successful edition of the Fest, we hope to top that in 2026, with many more personal bests and qualifying performances for the various Championships.

Date	Event	Location
Sunday 31 May 2026	Chelmsford Sports & Athletics Centre	<a href="#">Click Here</a>



# Endurance Event Group Updates & Opportunities

## What's going on and what's coming up in Endurance Events

The turn of the year has brought freezing temperatures and, as so often, the country grinds to a halt, but this is far from the case in Endurance running. As some athletes jet off to seek warmer training bases, those who stay in the UK will be battling it out over cross-country, preparing for spring marathons, or turning to the compact and hectic racing of the indoors (sorry, short track...). Things are not slowing down for the England Athletics team either.

### Trail Home Countries International

In April, we will see the introduction of a new representative opportunity for England in the form of the Trail Home Countries International. This is one of the fastest growing areas in the sport and we are keen to support this development further. In developing our policy, we've been driven by a philosophy of broadening the opportunity out to those who are considering a transition into Trail and Mountain running and, as such, are seeking to select a team that will be highly competitive but also further develop the pool of athletes competing on the trails.

### Event Spotlight Series

This quarter sees the return/introduction of the Event Spotlight series. First up in March is our focus on Race Walking with Tom Bosworth and Dr Andi Drake. We are keen to develop the Event Spotlight offering to shine the light on other areas of athletics, from on-track endurance to trail and mountain, so keep an eye out for further announcements and dates.

### National Endurance Weekends

Working with our Technical Event Lead in the marathon, Jo Wilkinson, we are also looking forward to revamping our National Endurance Weekends with a more distinct identity around championship marathon running. We are also developing weekend events around other off-track disciplines, with dates and programmes to be announced in due course.

## Off-Track Endurance Lead – Andy Heyes

Starting in October 2025, Andrew joins England Athletics with a background in sport integrity research, holding a PhD in sport psychology. Andrew is a GB international distance runner over track, cross-country, road, and ultra. In addition, he has volunteered in numerous roles at his local club and is a former Chair of the UKA Athletes Commission. He is excited to take on the road remit of off-track athletics and is looking forward to working with the community to develop the sport.



To contact Andrew, please email: [ahey@englandathletics.org](mailto:ahey@englandathletics.org)

## On-Track Endurance Lead – Hayley Hemmings

Hayley has been a Team coach on multiple international teams, including Team Leader for the 2025 World University Games. Hayley is a former teacher and regularly coaches her local group athletes as a volunteer coach. Since starting her role as the On-Track Endurance Lead, Hayley has been a driving force behind many endurance development projects across the country.



To contact Hayley, please email: [hhemmings@englandathletics.org](mailto:hhemmings@englandathletics.org)

# Endurance Event Group Updates & Opportunities

## Endurance Highlights for this Edition

The end of the calendar year saw the **European XC Championships** return to Portugal, with six medals for GB and a phenomenal gold for Innes Fitzgerald - her third consecutive individual title. As always, congratulations to all athletes and coaches selected to represent international teams, and those competing at national, area, and county level championships.

The GB & NI team showed resilience at the **World Cross Country Championships** in Florida, securing top-10 team finishes in the senior men's (9th) and women's (7th) races, plus 7th place in the mixed relay. Standout performances included David Mullarkey's 26th place, the best British men's result since 2010, and strong team efforts across all age groups despite extreme heat.

A huge congratulations to our **English marathon runners** over the past few months. There have been so many fantastic performances, to highlight just a few: Alex Yee (2:06:37, 2nd UK all time), Philip Sesemann (2:07:10, 5th UK all time), and Jonny Mellor (2:08:43, 10th UK all time). And on the women's side, Abbie Donnelly (2:24:11, 7th all time) and Jessica Warner-Judd (2:24:45, 10th all time).

Finally, good luck to those competing at the Age Group Championships this February.



## Key dates for your diary

### Coach Development Events for Endurance Coaches:

Please find below the details for upcoming training days and webinars, including dates, locations and, events covered. Any coaches interested in attending these development activities, please contact either: Hayley Hemmings at: [hhemmings@englandathletics.org](mailto:hhemmings@englandathletics.org) or Andy Heyes at: [aheyas@englandathletics.org](mailto:aheyas@englandathletics.org)

Date	Location	Areas Covered
9 February 2026	Online	Transitioning to University
11 March 2026	Online	Event Spotlight Race Walking
16 March 2026	Online	REDS Fact Vs Fiction Esther Goldsmith
25 April 2026	Hexham	Steeplechase Workshop

# Jumps & Combined Event Group Updates & Opportunities

## What's going on and what's coming up in Jumps and Combined Events

### Age Group Changes for Combined Events

After the successful partnership with Swedish Athletics for this team trip last year, England Athletics will be sending a team to compete against the best Swedish combined event athletes at their national championships on the 7 and 8 February. With the England Athletics Championships acting as the trial event, the selected team has shown fantastic form, finishing in the top positions in their age group. We have a great mix of debut athletes and experienced seniors, all hoping to continue their positive start to the indoor season. Congratulations to the following athletes, coaches, and clubs on the selection.

- **Senior women:** Jo Rowland (Doncaster AC), Neve Davenport (Trafford AC, Jessica Taylor-Jemmett), Bryony Bovell (Harrow AC, Ashley Bryant)
- **Senior men:** Lewis Church (Tonbridge AC, David Hull), Conrad Winter (City of Norwich AC), Stephen Simmons (Tonbridge AC, David Hull)
- **U20 women:** Isla Pain (Cheltenham and County Harriers, Paul Harrison), Isabelle Knight (Rugby and Northampton AC, James Wright), Ella Thomas (Tonbridge AC, Mark Ormerod)
- **U20 men:** Arthur Reilly (City of Sheffield AC, Brendan Reilly), Samuel Newton (Tonbridge AC), Ryan McCaffery (Sale Harriers Manchester, Alex Wort)

### Air Loughborough 2026 - Walshy Memorial Meet

Get ready to take flight at Air Loughborough, Loughborough's premier pole vault-only competition, returning bigger and better than ever on **Sunday 8 March 2026**. This year's event will feature two side-by-side runways, hosting a full day of high-flying action with multiple pools for all levels - a first for Air Loughborough! The highlight of the day will be the **Elite Competition at 4PM**, a **World Athletics Challenger** event showcasing the **top 16 vaulters** from across Europe. Back by popular demand, the men and women will team up and compete together, pushing the limits of performance and atmosphere alike. Entries are now open on Roster. Click [HERE](#) to enter.

## Jumps & CE Highlights for this Edition

We would like to congratulate all the athletes and their personal coaches who took part in the recent England Athletics Indoor Combined Events Champs, and those competing at the England Athletics Indoor Age Group champs.

We also would like to congratulate those athletes who have been selected for England teams in this indoor season, including those who competed at the Reykjavik Games (click [here](#) for more info) and those who are competing in the Combined Events at the Swedish Champs.

See **above** for more information.

**To receive a copy of our monthly Jumps & Combined Events Newsletter, please register here:** [Jumps & CE Newsletter](#)

## Meet the Jumps and CE Event Lead

Darren Ritchie is former elite Long Jumper and the England Athletics National Event Manager for for Jumps and Combined Events.

Darren has been a Team Leader and Team Coach on multiple GB&NI and England teams from U18s to senior level and led the very successful GB&NI U20 team at the 2025 European Junior Champs.

Since starting his role Darren has been a major driving force in the development of Jumps and Combined Events and Talent development within England and the UK.

To contact Darren, please email: [dritchier@englandathletics.org](mailto:dritchier@englandathletics.org)



# Jumps & Combined Event Group Updates & Opportunities

## Key dates for your diary

### Coach and Athlete Training Days for Jumps and Combined Events:

England Athletics has arranged a series of training days for invited coaches and athletes who are aiming to progress onto the Youth and Talent Development Programmes in 2026. Coaches who are interested in attending to observe and learn from the development activity, please contact

Darren Ritchie at [dritchier@englandathletics.org](mailto:dritchier@englandathletics.org)

Date	Location	Events Covered
21 February 2026	Brunel University	Long Jump, Triple Jump and High Jump
22 February 2026	Loughborough University	Long Jump, Triple Jump, High Jump and Pole Vault
29 March 2026	Loughborough University	Combined Events, Heptathlon & Decathlon

### BLCF Hurdles Fest

A training and development experience for pole vaulters and coaches! Hosted by the Welsh Pole Vault Association and featuring world-class high-performance coach Herbert Czingon, this immersive event blends expert talks, practical sessions, and hands-on training designed to elevate technical skills and confidence. Participants will enjoy biomechanical insights, demonstrations, raised runway opportunities, and a dedicated Q&A to deepen their understanding of pole vault performance. Whether you're an athlete striving to improve or a coach looking to enhance your toolkit, this exciting day promises growth, inspiration, and invaluable connections in the pole vault community. Don't miss out - register now to secure your place!

Date	Location	Events Covered
Saturday 11 April 2026	National Indoor Athletics Centre, Cardiff, Wales	For more information visit: <a href="#">WPVA Development Day</a>



# Throws Event Group Updates & Opportunities

## What's going on and what's coming up in Throws Events

### Masterclasses

On the weekend of 16 -18 January 2026, England Athletics hosted Thomas Rohler for a series of masterclasses. Thomas is the 2016 Olympics men's Javelin Gold medallist and has a personal best of 93.90m. Thomas delivered a series of practical and classroom sessions for athletes and coaches from around the UK, with over 100 athletes and over 30 coaches in attendance to listen and learn from this amazing athlete. Videos from this masterclass series will be shared in the near future on Athletics Hub.

### Seated Throws Videos

England Athletics has been filming a collection of short videos to help coaches wishing to support athletes with seated throws. These videos include supporting information on how to set up a throwing frame / seated throw safely. Click [here](#) to view these videos.

- **Shot Put:** Greg Beard [gbeard@englandathletics.org](mailto:gbeard@englandathletics.org)
- **Discus:** Mark Chapman [markchapman@englandathletics.org](mailto:markchapman@englandathletics.org)
- **Hammer:** Katie Lambert [klambert@englandathletics.org](mailto:klambert@englandathletics.org)
- **Javelin:** Tom Dobbing [tdobbing@englandathletics.org](mailto:tdobbing@englandathletics.org)

## Throws Highlights for this Edition

### 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 aim is to create a more gradual progression towards the open/U20 world para-athletics implement weights. To find out more, [click here](#).

- **England Athletics North & Midlands Winter Long Throws Championships** - 7-8 February - Leigh Sport Village
- **England Athletics South Winter Long Throws Championships** - 14-15 February - Lee Valley Athletics Centre
- **EA/UKA Winter Long Throws Championships** will take place on Saturday 28 February & Sunday 1 March at Loughborough University.

To receive a copy of our monthly Throws Newsletter please email: [nridgeon@englandathletics.org](mailto:nridgeon@englandathletics.org)

## Meet the Throw Event Lead

Nick is the England Athletics National Throws Manager. Nick has been a Team coach on multiple GB&NI and England internationals, including the 2022 Commonwealth Games, 2025 European U23 Champs and the 2025 World Para Athletics Champs.



Since starting his role in 2019, Nick has been a major driving force in the development of Throws, the Pickering Memorial International, the Winter throws and Talent development within in England and the UK. On a personal level, Nick supports GB&NI international Hammer Thrower Jake Norris.

To contact Nick, please email: [nridgeon@englandathletics.org](mailto:nridgeon@englandathletics.org)

# Throws Event Group Updates & Opportunities

## Key dates for your diary

Date	Events Covered	Location	Location
<b>Thursday 26 March 2026</b> 20:00-21:00	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.	Online	<a href="#">Book Here</a>
<b>29 March to 1st April 2026</b>	<b>3 Day Junior2Senior – Train like an Elite Hammer Thrower camp.</b> This unique opportunity offers athletes the chance 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 programme of technical sessions, speed development, S&C, nutrition, psychology, and injury prevention.	At Radley School, Oxfordshire	All-inclusive fee: <b>£799</b> , covering accommodation, meals, and specialist support.  Instalment plans available.  Book at: <a href="#">junior2senior</a>
<b>31 May 2026</b>	<b>Pickering Memorial International Throws</b> The UK's best and most inclusive pathway throws competition. We are proud to be supporting the Ron Pickering Memorial Fund and Personal Best Foundation as our Official Charity Partners.	TBC	Further information will be promoted on the England Athletics website closer the competition.



# Para Updates & Opportunities

## What's going on and what's coming up in Para Athletics

We have had a busy start to this year with a Wheelchair Racing talent camp at our Talent Hub at St Mary's University. The camp saw wheelchair racers from across our talent pathway train together under the guidance of our National Wheelchair Racing Development Coach, Richard Chiassarro. The series also saw our two new England Athletics x RGK Wheelchairs ambassadors get fitted for their new racing chairs, which are being provided free of charge as part of the partnership.

The Indoor Senior Para Championships held in Sheffield saw a good number of early seasons PBs from across event groups, which is a positive indication of the work the athletes have done over winter so far. It was great to see youth athletes, in particular, performing well at a National Championships, some of whom qualified for the first time. With Indoor Junior Para Championships coming up on the 7 March, we are excited to see more great performances from all the athletes.

On the **5 February** we are taking a small para team to the World Para Athletics Grand Prix in Dubai with a focus on Commonwealth Games qualification. The window for para-athletes to register performances that place them inside the top 7 in the Commonwealth and secure an invite for Glasgow closes on the **31 March**, so this will be a key opportunity.

### Para Highlights for this Edition

The RGK Wheelchair racing partnership is showing great progress as we reduce barriers to talented racers accessing equipment that should see their performance accelerate over the coming seasons. We will shortly be selecting a team for the WPA Grand Prix in Notwill, so look out for the selection policy for that team.

Lastly, we are working closely with ParalympicsGB to identify the next generation of talented para-athletes. Get in touch to find out more: [jfoster@englandathletics.org](mailto:jfoster@englandathletics.org)



### Key Dates for the Diary

Date	Event	Location	Aimed At	Booking
<b>November 2025 - March 2026</b>	<b>Seated Throws Coach Development Programme</b> Three opportunities to develop knowledge of seated throws, including equipment, biomechanics and coaching practice. Led by world renowned seated throws coach Dr Alison O'Riordan.	Lee Valley & Sheffield EIS	Throws coaches (no experience necessary)	<a href="mailto:jfoster@englandathletics.org">jfoster@englandathletics.org</a>
<b>November 2025 - March 2026</b>	<b>Wheelchair Racing Talent Series</b> England Athletics talent camps bringing together our selected England Talent Programme wheelchair racing athletes. Camps are delivered by National Wheelchair Racing Development Coach, Richard Chiassarro, and we are offering the chance for five coaches to work with Rich to learn more about wheelchair racing.	St Mary's University	St Mary's University	<a href="mailto:rchiassarro@englandathletics.org">rchiassarro@englandathletics.org</a> (enquire for more information)

# Para Updates & Interview with Jake Foster

## Para Talent Officer and Wheelchair Racing (WCR) Coach at the Weir Archer Academy

### Q: How did you get started in Coaching WCR

I started coaching wheelchair racing when I realised I was a pretty mediocre athlete I was training with my nan and my athletics coach, Dave Lucas, at Kingston. Between the ages of 13 and 16, I was running 400 metres and gradually realised I wasn't quick enough or physically built enough to be doing this to an elite level, but my brain tends to tick for performance pretty well.

My Nan (Jenny Archer, who has coached David Weir since before I was born) said at training one day, "do you fancy giving coaching a go?" and I thought, yeah, absolutely I do. She gave me a piece of paper with the session on and said, "go and do that." That was a pretty informal start to my life as a coach, delivering a session to one of the most decorated Paralympians we've got in this country.

### What advice would you give to anyone wishing to get into coaching WCR

The biggest thing for me is just do it. Everyone in wheelchair racing who I've ever met has had a very similar story. My Nan, Roger Harkins, Paul Moseley, and everyone else who I speak to. We've all had the same journey.

Most of us were already coaching in some capacity when someone in a chair came up and said, "Do you reckon you could coach me?" The response is usually, "I don't really know anything about wheelchair racing," and the athlete says, "That's fine - we'll figure it out together."

My advice is to just get stuck in. If you want to educate yourself, the wheelchair racing community is great and very giving with information. You can learn a lot by talking to athletes and talking to other coaches.

### Tell us about your role as the Para Talent Officer

Its a role that is still growing, as it was only introduced last year. I work alongside Matt Kendrick, who's the National Para Manager and we collaborate on almost everything. My role tends to lean predominantly towards talent identification.

About 50 -60% of my role is being at events, identifying new talent and getting to know the athletes already within the pathway.

A big part of that is making sure that their journey in athletics is as positive as it can be, and everyone feels like they've got an arm around their shoulder when they need it.

One of our major areas of focus at the minute is Seated Throws, working alongside Nick Ridgeon (England Athletics Throws Lead). We're aiming to grow the Seated Throws base in this country. There are a lot of people who are eligible to get involved in Seated Throws and we're missing out on a lot of medals at the top end. It all starts at the grass roots level.



[Click here](#) to watch the interview in full

# Youth Development Updates & Opportunities

## What's going on and what's coming up in Youth Development



### funetics Multi Challenge (fMC) – Rolling out in the Summer of 2026

A dynamic new competition format designed to offer age-appropriate activities for U10s and U12s. fMC is all about **fun, teamwork, and personal progress**. It provides regular opportunities for children to compete in a safe, inclusive, and enjoyable environment.

The competition format provides children with the opportunity to experience a mixture of events in either a triathlon or quadrathlon format.

We warmly invite clubs and athletic associations to get involved by hosting an event.

To find out more about the fMC, please visit: [funetics multi challenge - England Athletics](#)

### PB Awards New Age Group Tables – New Tables Coming Soon

In preparation for the New age groups, which commence on the 1 April 2026, England Athletics will be updating the PB Awards to include the new age groups.

Rather than remove or replace the current PB Awards for younger age groups (U13 – U17), England Athletics will instead add the new age groups in addition, providing PB Awards for every year from U13 through to U18 years, and of course, U20 and Seniors.

We have also added a new set of tables for U10s and U12s linked to the funetics Multi Challenge. To find out more about the PB Awards, please visit: [PB Awards - England Athletics](#)



### 2026 School Games National Finals - 3- 6 September 2026

England Athletics are delighted to hear of the return of the School Games National Finals (formerly known as the UK School Games) in 2026. The School Games National Finals provide young people with a great multi-sports Games experience and a chance to compete against the best in the UK.

The School Games have a rich history in athletics, having seen a number of world-class athletes pass through its competitions, including Paralympic superstars Jonnie Peacock and Hannah Cockcroft, as well as Olympians Katarina Johnson-Thompson and Dina Asher-Smith. There is every chance you could be seeing the next rising star this summer. Further information on the School Games National Finals will be released soon on the England Athletics website, so please look out for this. In the meantime, please click [here](#) to see the highlights from the 2024 Games.

# Talent Pathway Updates & Opportunities

## What's going on and what's coming up on the Talent Pathway

### Looking back at the induction camps for the 2025 - 2026 Youth Talent Programme (YTP) Cohort

In October 2025, hundreds of athletes, coaches and parents gathered for the YTP Induction Camps. The induction camps bring together all of the new YTP cohort into two large groups at both Birmingham and Loughborough Universities.

All 220 athletes follow an induction process to allow them to get the most from the programme over the course of the following two years, as well as setting the culture, expectations and benefits of the YTP. The overnight stay mimics the same expectations and rules that athletes would adhere to as part of an England or GB and NI team at a major championship.

Sessions are based around a number of key areas for the weekend, from the technical and tactical development of the athlete, strength and conditioning, Clean Sport, nutrition and sport psychology sessions amongst others. Alongside this, both personal coaches and parents also have a schedule for the weekend, which aims to allow them to gain the most benefit from the YTP. The various sessions are tailored to meet the needs of the coach and parents so that they both extend their knowledge and can also support the athlete through the two-year journey of the Youth Talent Programme

For more information on the Talent Pathway and programmes [click here](#)



## Talent Highlights for This Edition

### 2025 to 2027 Cohort Dates for YTP Camps

- Sunday 22 March

### YTP Camp locations

- **Loughborough:** Sprints & Hurdles, Endurance, Throws, **All pole vault** at this location, Horizontal jumps, Combined events, and Wheelchair racing.
- **Birmingham:** Sprints & Hurdles, Endurance, Horizontal Jumps. **All high jump** at this location.
- **Leeds:** Speed and Hurdles, Endurance
- **St Marys:** Endurance.

For more information [click here](#)

## Supporting Information for Talent Coaches

Last October England Athletics launched the pilot of a new Advanced Coach (Talent) Award to support those coaches with athletes on the Youth Talent Programme (YTP) For this pilot, England Athletics recruited 21 Coaches to receive full Coach Developer support and a further 9 to use an independent route.

Over the past few months these coaches have been working their way through the Award Portfolio support by their Coach Developers, and we have seen some great sharing of experience and learning.

On completion of the pilot, England Athletics plans to roll out the Advanced Coach Award further.



# Coach Education Course Winter-Autumn 2026

## Planned Courses coming up

For more information on current Coach Education Course, please visit the England Athletics website: [Click here](#)

To check availability or to book a place on any of the below courses please visit: [Athletics Hub](#)

### Athletics Coach

#### Course Dates:

- **Session 1:** 14-02-2026 09:00 - 17:00
- **Session 2:** 15-02-2026 09:00 - 17:00
- **Session 3:** 24-02-2026 18:30 - 20:30 (Online)
- **Assessment:** 09-05-2026 09:00 - 17:00

o Speed / Endurance / Jumps & Throws

**Venue:** Tornead School, Cranley Road, Guildford, GU1 2JD

**Course Code:** AC00139

**Last Booking Date:** 13-02-2026

#### Course Dates:

- **Session 1:** 15-02-2026 09:00 - 17:00
- **Session 2:** 22-02-2026 09:00 - 17:00
- **Session 3:** 25-02-2026 18:30 - 20:30 (Online)
- **Assessment:** 17-05-2026 09:00 - 17:00

o Speed / Endurance / Jumps & Throws

**Venue:** Cambridge Regional College Sportx Hall, Kings Hedges Road, Cambridge, CB4 2QT

**Course Code:** AC00128

**Last Booking Date:** 13-02-2026

#### Course Dates:

- **Session 1:** 11-04-2026 09:00 - 17:00
- **Session 2:** 12-04-2026 09:00 - 17:00
- **Session 3:** 15-04-2026 18:30 - 20:30 (Online)
- **Assessment:** 12-07-2026 09:00 - 17:00

o Speed / Endurance / Jumps & Throws

**Venue:** Chelmsford Sport & Athletics Centre, Salerno Way, Chelmsford, Essex, CM1 2EH

**Course Code:** AC00134

**Last Booking Date:** 10-04-2026

### Athletics Coach

#### Course Dates:

- **Session 1:** 02-05-2026 09:00 - 17:00
- **Session 2:** 03-05-2026 09:00 - 17:00
- **Session 3:** 05-05-2026 18:30 - 20:30 (Online)
- **Assessment:** 05-07-2026 09:00 - 17:00

o Speed / Endurance / Jumps & Throws

**Venue:** Wyvern College, Botley Road, Eastleigh, Hampshire, SO50 7AN

**Course Code:** AC00135

**Last Booking Date:** 30-04-2026

#### Course Dates:

- **Session 1:** 09-05-2026 09:00 - 17:00
- **Session 2:** 10-05-2026 09:00 - 17:00
- **Session 3:** 12-05-2026 18:30 - 20:30 (Online)
- **Assessment:** TBC

o Speed / Endurance / Jumps & Throws

**Venue:** English Institute of Sport, Coleridge Road, Sheffield, South Yorkshire, S9 5DA

**Course Code:** AC0136

**Last Booking Date:** 08-05-2026

#### Course Dates:

- **Session 1:** 23-05-2026 09:00 - 17:00
- **Session 2:** 24-05-2026 09:00 - 17:00
- **Session 3:** 26-05-2026 18:30 - 20:30 (Online)
- **Assessment:** 06-09-2026 09:00 - 17:00

o Speed / Endurance / Jumps & Throws

**Venue:** Castle Sports Centre, Taunton, Somerset, TA1 5AU

**Course Code:** AC00137

**Last Booking Date:** 22-05-2026

### Athletics Coach

#### Course Dates:

- **Session 1:** 23-05-2026 09:00 - 17:00
- **Session 2:** 24-05-2026 09:00 - 17:00
- **Session 3:** 27-05-2026 18:30 - 20:30 (Online)
- **Assessment:** 12-09-2026 09:00 - 17:00

o Speed / Endurance / Jumps & Throws

**Venue:** Julie Rose Stadium, Willesborough Road, Kent, TN24 9QX

**Course Code:** AC00138

**Last Booking Date:** 22-05-2026

#### Course Dates:

- **Session 1:** 30-05-2026 09:00 - 17:00
- **Session 2:** 31-05-2026 09:00 - 17:00
- **Session 3:** 03-06-2026 18:30 - 20:30 (Online)
- **Assessment:** 28-11-2026 09:00 - 17:00

o Speed / Endurance / Jumps & Throws

**Venue:** Coleg Cambia, Wales

**Course Code:** WAAC26.1

**Last Booking Date:** 28-05-2026

#### Course Dates:

- **Session 1:** 13-06-2026 09:00 - 17:00
- **Session 2:** 14-06-2026 09:00 - 17:00
- **Session 3:** 17-06-2026 18:30 - 20:30 (Online)
- **Assessment:** 03-10-2026 09:00 - 17:00

o Speed / Endurance / Jumps & Throws

**Venue:** Costello Stadium, Anlaby Park Road North, Hull, HU4 6XQ

**Course Code:** AC00130

**Last Booking Date:** 12-06-2026

# Coach Education Course Winter-Autumn 2026

## Planned Courses coming up

### Coaching Assistant (Online & Practical) & Athletics Coach

#### Course Dates:

- Session 1: 23-02-2026 09:00 - 17:00
- Session 2: 24-02-2026 09:00 - 17:00
- Session 3: 25-02-2026 09:00 - 17:00
- Session 4: 03-03-2026 09:00 - 17:00

#### ● Assessment: TBC

- Speed / Endurance / Jumps & Throws

Venue: Gateshead College Academy for Sport, Neilson Road, Gateshead, NE10 0EF

Course Code: CAAC016

Last Booking Date: 20-02-2026

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#### Course Dates:

- Session 1: 07-04-2026 09:00 - 17:00
- Session 2: 28-04-2026 09:00 - 17:00
- Session 3: 09-04-2026 09:00 - 17:00
- Session 4: 14-04-2026 09:00 - 17:00

#### ● Assessment: TBC

- Speed / Endurance / Jumps & Throws

Venue: Lee Valley Athletics Centre, 61 Meridan Way, Edmonton, London, N9 0AR

Course Code: CAAC017

Last Booking Date: 03-04-2026

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### Coach in Running Fitness (CiRF)

#### Dates:

- Session 1: 14-02-2026 09:00 - 17:00
- Session 2: 15-02-2026 09:00 - 17:00
- Session 3: 17-02-2026 18:30 - 20:30 (Online)
- Session 4: 28-03-2026 10:00 - 17:00 (Online)
- Session 5: 07-06-2026 09:00 - 17:00 (Online)

Venue: Sir Ben Ainslie Sports Centre, Truro, Cornwall

Course Code: CIRF0179

Last Booking Date: 11-02-2026

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#### Dates:

- Session 1: 11-04-2026 09:00 - 17:00
- Session 2: 12-04-2026 09:00 - 17:00
- Session 3: 15-04-2026 18:30 - 20:30 (Online)
- Session 4: 10-05-2026 10:00 - 17:00 (Online)
- Session 5: 02-08-2026 09:00 - 17:00

Venue: Balcarras Sports Centre

Course Code: CIR0180

Last Booking Date: 08-04-2026

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#### Dates:

- Session 1: 18-04-2026 09:00 - 17:00
- Session 2: 19-04-2026 09:00 - 17:00
- Session 3: 29-04-2026 18:30 - 20:30 (Online)
- Session 4: 23-05-2026 10:00 - 17:00 (Online)
- Session 5: 09-08-2026 09:00 - 17:00

Venue: Archbishop Ilsey School, Acocks Green, Birmingham, B27 7XY

Course Code: CIRF0182

Last Booking Date: 15-04-2026

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Please note course information may change from the details published. For the latest information please visit: [Athletics Hub](#)

# Competition Information for Coaches

## Winter - Sprint 2026

To find out the latest information on major athletics competitions taking place in 2026 please visit the England Athletics website: [Here](#)

**UK Athletics Fixture finder:** [Click here](#)

If you are looking for any upcoming fixtures, why not try the UK Athletics 'Find a Fixture' search engine.

### A selection of key dates for the Cross-Country & Road Season

- ECCA National Cross Country Championships - 21 February 2026
- UK CAU cross country championships - 7 March 2026
- English Schools' AA cross country championships - 14 March 2026
- Masters' BMAF cross country championships - 21 March 2026
- Area 12 and 6 stage road relays - 28 March 2026
- ERRA National 12 and 6 stage road relays - 11 April 2026



### A selection of key dates for the Indoor Season

- UKA indoor championships - 14 & 15 February 2026
- BUCS indoor championships - 14 & 15 February 2026
- Masters' BMAF indoor championships - 21 & 22 February 2026
- England age group indoor combined events championships - 7 & 8 March 2026
- England Junior (aged 11-19) para championships: ambulant - 7 March 2026



### A selection of major competition dates for the Summer

- BUCS track and field championships - 2 - 4 May 2026
- Loughborough International - 17 May 2026
- UKA track and field championships - 20 & 21 June 2026
- England U20, Senior and Senior para track and field and combined events championships (incorporating U23, CAU and BUCS)s - 3, 4 & 5 July 2026
- English Schools' AA track and field championships - 10 & 11 July 2026
- England Athletics U18 and U16 track and field championships - 25 & 26 July 2026
- England U18 and U16 combined events championships - 22 & 23 August 2026
- England Athletics Relay Championships - 30 August 2026



# Competition Information for Coaches

Winter - Spring 2026

## International Competitions and Selection Information

Several England Athletics teams have competed abroad in late 2025 and early 2026 in Indoor, Road, Cross Country, Hill and Fell, and Mountain running. Many congratulations to all selected for these teams.

Over the year, England Athletics will look to send teams to a variety of competitions and work with other associations in England to provide competitive opportunities for athletes, including:

- **Track & Field Teams:** The aim of selections for these teams will be to enable the best athletes in England to compete internationally. Developing athletes of any age will be considered for international inclusion in competition, and some emphasis will be placed on the Under-23 age group. In May 2026, we will see one of the major competition openers of the year, in the Loughborough International.
- **Cross Country Teams:** Our policy is to support English athletes in their ongoing development who are on an upward trajectory by offering opportunities and experience competing for England in international cross-country competition, either in the UK or abroad.
- **Other England Teams includes Road, Mountain, Race Walking, and Masters.**

To find out the latest opportunities and the selection criteria for teams, please visit the England Athletics website: [Click here](#)



## Commonwealth Games Updates

Later this year, the Commonwealth Games will provide an amazing opportunity for English athletes to compete at the highest level for their country, and we are pleased to see the Games return to the UK following the huge success of Birmingham 2022.

Last year, the Athletics and Para Athletics Selection Policies for the 2026 Glasgow Commonwealth Games were launched, and the latest versions of these can be found [here](#). These policies detail the criteria England Athletics will use to nominate athletes to Commonwealth Games England for ratification.

Over the coming months, England Athletics will hold a series of webinars providing more information about the selection meetings and current Games information. Further information on dates and timings for these webinars can be found via the link below.

For the latest information on the Games, including the selection policies and webinar dates, [click here](#).



# Back to Basics - Coaching Shot Put

## A basic introduction to Shot Put for new coaches

The aim of the shot put is to throw (put) an object as far as possible, using a push throw / putting action. The traditional implement used is a shot put, but novice athletes can also use other equipment such as beanbags.

The shot put can be delivered either using a standing throw, commonly used by novice athletes and those newer to the event, or a moving throw, which can be performed either using the **Glide** or **Rotational** technique.

The event technique can be broken down into the following areas:

- The **Grip**: Athletes should hold the shot put, with shot resting on fingers and not palm (dirty fingers, clean palms). The shot is then placed under the chin at the side of the neck, with elbow high.
- The **Preparation**: This will slightly differ depending on the technique used. For a **standing throw**, the athlete should turn the shoulders away from the direction of the throw in preparation and set themselves up in the 'power position' (see Video below).
- The **Movement**: Focus on turning the body to face the direction of the throw, shifting the body weight from the back leg to the front leg.
- The **Delivery & Release**: Push the throwing arm long and high, extending at the elbow, then the wrist, flicking with the fingers to finish.
- The **Recovery**: Ensure athletes recover with balance and stability after releasing the implement.

ATHLETICS 365

### Coaching Cues: Standing Shot Put

Stance – Power Position (Chin, Knee, Toe)	Movement – Transfer of Body Weight	Delivery & Release
		
<ul style="list-style-type: none"> <li><input type="checkbox"/> Left toes are in line with the heel of the right foot</li> <li><input type="checkbox"/> Both legs are bent (the left slightly) with weight on the ball of the right foot</li> <li><input type="checkbox"/> Turn shoulders away from the direction of throw</li> <li><input type="checkbox"/> The chin, right knee and right toes should be in line with each other, creating a Chin, Knee, Toe (Power Position)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Keeps the throwing elbow high throughout the movement</li> <li><input type="checkbox"/> Pushes off the back leg</li> <li><input type="checkbox"/> Transfer body weight from the right leg to the left leg</li> <li><input type="checkbox"/> Moves from Low to High</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Keeps the left arm high in the delivery phase</li> <li><input type="checkbox"/> Pushes the right arm long and high</li> <li><input type="checkbox"/> Extends at the elbow, then wrist</li> <li><input type="checkbox"/> Flicks with the fingers to finish</li> </ul>
<p><b>Common Technical Faults</b></p> <ol style="list-style-type: none"> <li>1. Elbow is low throughout the throw</li> <li>2. Hips are too far back in the 'Power Position'</li> <li>3. Unable to push their right hip forwards</li> <li>4. The Shot Put comes out too low /high</li> <li>5. The Shot Put comes out the back of the hand</li> </ol>	<p><b>Potential Corrections</b></p> <p>Place the shot into the neck and just under the chin, keeping the elbow high. Once in the Power Position ask the athlete to tuck their hips underneath their body. Make sure the feet are positioned correctly, with the right heel in line with the left toes (for a right-handed thrower). This will stop the athlete blocking the movement of the right hip.</p> <p>Encourage the athlete to keep the elbow high and push towards a target at roughly a 45° angle. Keep the elbow high and the shot resting on the fingers and not the palm. Extend the arm and flick through the wrist and fingers at the end of the throw.</p>	

## Recommendations for Beginner Throwers

- Use a **standing throw** initially to help the athlete understand the **correct grip, stance** and **movement** before introducing the **Glide** or **Rotation** across the circle.
- This approach will also allow for more practice throws, allowing the athlete to slow down or isolate the movements, and can help with safety in bigger groups.
- Use a lighter implement, which allows for technical development and for the athlete to throw a suitable distance (8 metres plus).
- Practice movement drills (glide and/or rotation) without the shot to help develop movement awareness across the circle before progressing to movement with an implement.
- Focus on learning to move the legs first, before extending the arm when throwing. Use the coaching cue, 'legs before arms'.
- Help athletes understand that the angle and speed of release will have a big impact on how far the shot goes. The shot should be **released fast** and at roughly a **45-degree angle**.

For warm ups, technical drills, and supporting information please visit [Athletics Hub](#) or use the [Athletics 365 App](#) to find out more.



# Different Coaching Styles

We all use different Coaching Styles from time to time, but what styles are there and which methods work best?

## Autocratic – Coaching Style:

The title may well give this one away. In this style, the coach very much makes all the decisions and instructs the athletes what to do. Whilst this approach may seem the easiest option in certain situations, it does not promote the athlete's self-learning, reflection, and ownership of their own development, which can impact on long-term progress.

**When you may use this approach:** If safety is a priority, such as when working with inexperienced throwers, or a decision needs to be made quickly, then this approach may be suitable.

## Democratic – Coaching Style:

This approach to coaching can very much be seen as the opposite of an Autocratic coaching style. Using this style, the coach will seek input and feedback from the athletes and look to develop a collaborative culture to help athletes get the most from the coaching environment. This approach can help with both motivation (especially intrinsic) and helping the athletes feel valued.

**When you may use this approach:** This is a good approach to use generally and really helps with the philosophy of being athlete-centred.

**When maybe not to use this approach:** If you need a quick decision or safety is of concern, this approach may not work as effectively.

## Holistic – Coaching Style:

A more commonly used coaching style nowadays is Holistic Coaching. Holistic Coaching is when the coach considers all aspects of the person's wellbeing they are coaching. This would include integrating aspects of the person's physical, mental, and emotional wellbeing into their training. This approach allows the coach to look beyond the athlete and at the person as a whole. The attitude of 'Person First, Athlete Second' can be seen as far more athlete-centred in nature.

**When you may use this approach:** Similar to the democratic coaching style, whenever possible. The biggest challenge of this approach is that it requires the coach / leader to understand the athlete they support in more detail, but long term, allows for a truly athlete-centred approach.

## Laissez-Faire – Coaching Style:

The Laissez-Faire coaching style is aimed mainly at highly experienced athletes and is when the coach allows the athlete to make their own decisions and manage their own training with limited involvement. This approach does help promote independence, ownership and self-motivation, but can lead to a lack of direction and accountability, making the athlete feel unsupported.

**When you may use this approach:** This may be an approach a coach uses very infrequently, and when they want the athlete to develop more independence from them. Promoting independence from the coach at times can help if the athlete is at a competition or session when the coach is not present.

**Conclusion:** Using coaching styles correctly can make a major positive impact on the athletes you coach and how they learn and develop. *Remember, one style does not fit every athlete or every situation*, and a mixed approach may be best.

Studies have shown that using a **Democratic** or **Holistic** coaching style can help with intrinsic motivation, self-worth, and collaborative working. This is a great approach when coaching young people, as it helps them know that they have a voice and say in how they train and develop. An **Autocratic** approach, may for some, feel natural and how someone should coach or teach, but this approach can lead to athlete dependency and limit personal development.

*Maybe reflect on how you coach and what you could do to help your athletes more. Good luck with your coaching.*



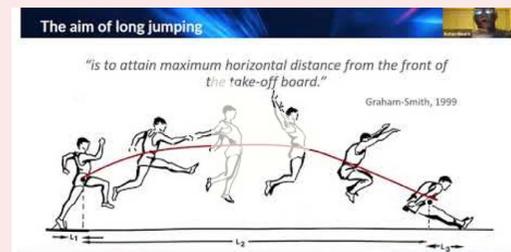
# Recommended Viewing

Below are some suggested videos to watch from the extensive video library on:



## Coaching Para-Athletes - An Introduction to Long Jump Technique Fundamentals with Aston Moore

In this series of videos, one of England's greatest ever coaches, Aston Moore, presents the technical fundamentals of long jump technique, with a particular focus on working with Para-athletes. This webinar is great viewing for any coach wishing to have a better understanding of the long jump fundamentals, regardless of the level and ability of the athletes you work with.



[Click here to view the video](#)

## Endurance Warm Up and Drills with Kyle Bennett & Dr Matt Long

Kyle Bennett (Loughborough University Head of Endurance) and Dr Matt Long (author of the England Athletics Youth Endurance resource) take a group of athletes and coaches through a series of warm-up and technical drills for endurance. Filmed at the 2022 Youth Development Conference, Kyle and Matt deliver a series of progressive drills, providing the relevant coaching cues for each movement and answering a series of questions from attendees.



[Click here to view the video](#)

## Coaching Session - Javelin warm up drills with Steve Backley

England's finest ever male javelin thrower and British record holder, Steve Backley, takes a group of athletes through a series of javelin warm up drills, whilst explaining the coaching principles to those in attendance. Filmed at the 2023 European Athletics Jumps and Throws Conference, Steve shares his vast experience and the key drills to help support the development of javelin throwers.



[Click here to view the video](#)

If you would like to watch more videos to support your coach development, please visit: [www.athleticshub.co.uk](http://www.athleticshub.co.uk)

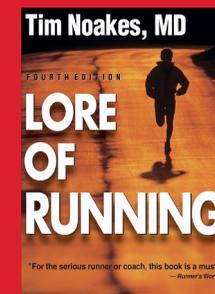
# Recommended Reading

In this edition we have selected three well known books, used by coaches to help their ongoing development

## Lore of Running by Tim Noakes

Lore of Running gives you incomparable detail on physiology, training, racing, injuries, world-class athletes, and races. Author Tim Noakes blends the expertise of a physician and research scientist with the passion of a dedicated runner to answer the most pressing questions for those who are serious about the sport: · How your body systems respond to training, the effects of different training methods, how to detect and avoid overtraining, and genetic versus trainable potential · How to train for the 10K up through ultramarathon with detailed programs from Noakes and several leading running experts · How to prevent and treat injuries, increase your strength and flexibility, and use proper nutrition for weight control and maximum performance. Lore of Running is not only the biggest and best running publication on the planet. It's the one book every runner should own.

*Description and image from Amazon UK. The book is available from other retailers.*

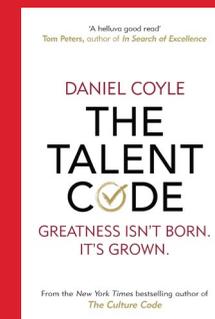


## The Talent Code by Dan Coyle

**'Talent. You've either got it or you haven't.' Not true, actually.**

In The Talent Code, award-winning journalist Daniel Coyle draws on cutting-edge research to reveal that, far from being some abstract mystical power fixed at birth, ability really can be created and nurtured. In the process, he considers talent at work in venues as diverse as a music school in Dallas and a tennis academy near Moscow to demonstrate how the wiring of our brains can be transformed by the way we approach particular tasks. He explains what is really going on when apparently unremarkable people suddenly make a major leap forward. He reveals why some teaching methods are so much more effective than others. Above all, he shows how all of us can achieve our full potential if we set about training our brains in the right way.

*Description and image from Amazon UK. The book is available from other retailers.*



## High-Powered Plyometrics (Third Edition) by James Radcliffe

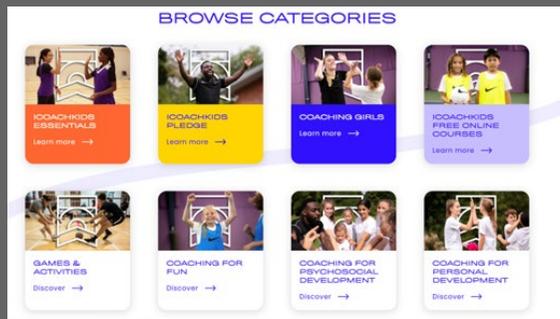
Cultivate strength, power, and speed for better athletic performance! High-Powered Plyometrics. James Radcliffe-head strength and conditioning coach at University of Oregon-applies over 50 years of research and experience to create a hands-on guide that explores the principles of high-intensity plyometric training, power assessments, and the development of long- and short-term conditioning programs. You'll find detailed photo sequences, step-by-step instructions and coaching cues, and intensity guidelines to ensure correct technique for 84 exercises that increase power in the core, upper body, and lower body. The third edition has been expanded to include over 90 preparatory exercises for power activation within a warm-up. You will also have access to seven sample programs tailored to specific sports, including track and field.

*Description and image from Amazon UK. The book is available from other retailers.*



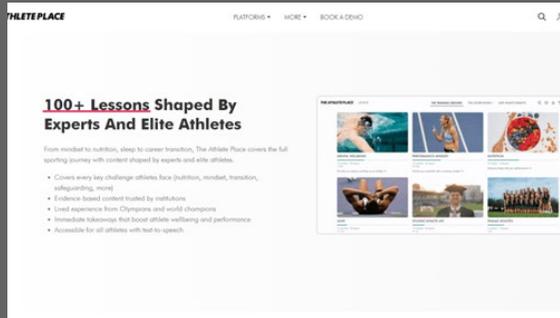
# Useful Websites

Below are some suggested websites which may be of interest to coaches and leaders



## I Coach Kids - [www.ICOACHKIDS.org](http://www.ICOACHKIDS.org)

ICOACHKIDS is a non-profit global movement. Our mission is to help kids get the most out of sport. The online platform gives youth sport coaches the knowledge and tools to share and learn from one another, so they can give kids the best playing environment and motivation to stay in sport longer. Kids who move, can move the world. With a large library of online training, workshops, conferences, and resources to help coaches working with children in sport, I Coach Kids is a great platform to visit for ideas and support. A resource library of ideas: [ICK Activity Videos](#)



## The Athlete Place - [www.theathleteplace.com](http://www.theathleteplace.com)

The Athlete Place is the ultimate guidance platform and resource for aspiring athletes across ALL sports and abilities. Designed to simplify your sporting journey, it will unlock your potential through 100+ performance, lifestyle, and wellbeing-related topics with the help of top industry experts, elite athletes, and world-leading research.

The Athlete Place is made up of three platforms:

- The Athlete Place: Junior
- The Athlete Place: Senior (Athletes 18+)
- The Athlete Place: Parents



## Youth Sports Trust - [www.youthsporttrust.org](http://www.youthsporttrust.org)

The Youth Sport Trust is the UK's leading children's charity for improving the education and development of every child through play and sport. The Youth Sport Trust equips educators and empowers young people to create a future where every child enjoys the life-changing benefits of play and sport. **This is done by:**

- Running inclusive and innovative [programmes](#)
- Providing [practical tools and resources](#)
- Bringing together communities of educators

# Coaching Considerations

Throughout the year, coaches and leaders should consider how they can ensure they provide a safe and supportive coaching environment. In this edition, we look at what are some of the safety considerations for this time of year.



## Considerations for Indoor Training

- **Environment:** When using indoor facilities, make sure you undertake a risk assessment to ensure the area is suitable for the activities you are about to deliver. Is there a safe run-off area which avoids collisions with walls? Is the surface suitable for the activities? Have you marked out the zones? etc.
- **Equipment:** You may need to use adapted equipment to ensure safety, such as soft mats for landing, or using soft throwing equipment like beanbags or foam javelins, etc.
- **Experience:** Consider what adaptations you may need to make to the warm-up, main session, or cool down to ensure everyone is involved and has a positive experience. Work with other coaches to ensure you use the space effectively and that everyone is aware of the risks to stay safe.

## Considerations for Outdoor Training

- **Environment:** At this time of year, additional considerations may be necessary for weather conditions, training surfaces (due to issues like grit and ice, etc.), and limited light in the evenings. Coaches and leaders should review the weather conditions to ensure that it is suitable for the athletes to train in safely, and that the training area being used has suitable lighting.
- **Equipment:** Depending on the weather conditions and lighting, some equipment may not be safe to use at this time of year. Coaches should undertake a risk assessment before each session.
- **Experience:** Athletes should come appropriately dressed for the time of year and, if necessary, have additional clothes to change into after the session, due to rain. Consider how you can adapt the session to ensure the athletes stay active and warm in cold weather.



## Considerations for Off-Track

- **Environment:** Whenever possible, try to ensure running routes are undertaken in a well-lit, safe area. Greater consideration should be taken when close to busy roads, especially when crossing.
- **Equipment:** For anyone undertaking off-track running, we would strongly advise easily visible and warm layers, which may include High-Viz vest/tops and torches. Coaches / leaders should also carry with them a first aid kit and phone in case of emergencies.
- **Experience:** This time of year can see an increase in new runners, or people wanting to run socially during longer nights. Also, due to the reduced light, some people may wish to run with others for safety and socialising. Coaches and leaders should take these points into consideration when planning their activities.

# The Amazing Coaches Working in our Sport

A review of the coaching awards in 2025



## Sharon Morris – 2025 TAFI Awards Coach of the Year

Many congratulations to Sharon Morris, winner of the inaugural TAFI (Track and Field Inclusion) Awards, Coach of the Year. Sharon has had such an amazing impact on all levels of our sport, coaching athletes from grassroots to elite level and being the friendly, supportive face to so many of our international athletes. Sharon is a sprints coach at Birchfield Harriers and has helped many athletes to GB level over the years. Many congratulations on this well-deserved award, Sharon. Watch Sharon post award interview [here](#).

## The TAFI Awards

Brought to life by the founders, Joel Campbell and Michael Facey, to pay homage to the many different people that contribute to the Track and Field landscape, TAFi shines a light on those whose love for the sport ultimately sustains it. While it wouldn't be what it is without the superstar athletes, TAFi will also celebrate and award the multitude of people that enable Track and Field to be the internationally recognised sport that it is.



## Alex Wilson – UK Coaching, Young Coach of the Year

Two young athletics coaches were shortlisted for the [2025 UK Coaching Young Coach of the Year](#) award (Alex Wilson and Dylan Lockyer), with Alex being announced as the final winner of this prestigious prize.

Alex creates inclusive, athlete-led environments where children feel safe, heard, and empowered. As an athletics coach, he supports development across all ability levels. His flexible coaching style adapts to individual needs, balancing fun and focus to build confidence and motivation – especially impactful for neurodivergent and disabled athletes.

Alex prioritises physical and mental wellbeing, tailoring intensity, and communication to suit each child. His openness about his own ADHD builds trust and authenticity. Whether supporting high performance or social participation, Alex's approach nurtures a lifelong love of activity through patience, intuition, and respect. Runner-up to this award was Dylan Lockyer. Showing an exceptional level of maturity for such a young coach, Dylan's athletics participants have noted his respectful listening and responsive coaching style, which fosters trust and inclusion. Sessions are dynamic and co-designed, blending drills, games, and challenges tailored to individual goals and group feedback, with a level of variety that keeps energy levels high. It's great to see the future of coaching looking so bright with these two coaches. To read more about their journey click [here](#).



# The Amazing Coaches Working in our Sport

A look back at the National and Regional Coach of the Year awards for 2025

## Fran Blackett - 2025 England Athletics Coach of the Year

Many congratulations to Fran Blackett, winner of the 2025 Coach of the Year award at the England Athletics Volunteer Awards. Fran has transformed Durham Fell Runners by making fell running accessible and welcoming to women. She took her coaching qualifications and started the ball rolling. Through her leadership, female membership has soared, with regular women's sessions, navigation coaching, and a supportive, inclusive atmosphere.

**Fran said:** "During a long run, I wondered about setting up a women's only night and that's now grown into the most incredible women's community." Fran's dedication goes beyond coaching - she inspires confidence, encourages new leaders, and fosters a sense of community. Her passion, expertise, and encouragement have empowered many to take on new challenges, both on and off the fells. Fran's impact is clear: she's created a thriving, balanced club where everyone feels they belong.

Fran's ethos is: *"See it to do it, is such a huge thing, so we can be the face of that."*

[Read our case study on Fran](#)

[Read more about Fran](#)



## Other notable awards

### Bursary Awards

- Dave Sunderland Coaching Bursary Award: **Gavin Pavey**
- Lloyd Cowan Bursary Award: **Anita Richardson**

### Away from the England Athletics Volunteer Awards Evening

- British Athletics Supporters Clubs - Coach of the Year Award: **Aston Moore**

Whilst we have shone the light on some amazing volunteer coaches, we know that many more have been recognised across the country for club, county and other prestigious coaching awards and services to our sport.

Many congratulations to anyone who has won an award in 2025 and a thank you to every single one of you who give up your precious time to help the thousands of athletes, runners, and participants in our great sport. You are all making such a difference in helping people grow and develop, both within and beyond our sport. THANK YOU.



## Regional Coach of the Year Winners 2025

Find out more about the Regional Award winners by clicking on their names and watching some special messages from those who support them.

- **North-East:** [Fran Blackett](#)
- **Yorkshire & Humberside:** [Kevin Dessoy](#)
- **North-West:** [Victor Oyesola](#)
- **West Midlands (Joint Awards):** [Camilla Stewart & Everton Caines](#)
- **East Midlands:** [Marjolein Templeton](#)
- **East:** [Dave Robinson](#)
- **London:** [Matthew Sandknop-Haas](#)
- **South-East:** [Paula Williams](#)
- **South-West:** [Jaime Ingleby](#)

# Shout out to our coaches and leaders

Let's hear it for our amazing coaches, leaders and volunteers making a difference

Thanks for everyone who sent in their 'Shout Out's'  
Click on the athlete's images to hear their thought.



### Sam Goodchild

Cornwall Endurance Athlete  
"A big thanks to a lot of coaches who have helped me in my life. Thanks a lot guys"



### Ben East

Javelin Athlete

"He's my mentor, not just in the physical, but the mental side of training. It's really awesome. I've been working with John (Trower) for about 2 years now."



### Isla Pain

Combined Events Athlete

"None of my competitions or performance would be possible without everyone who has helped me along the way."



### Simon Mennell

Coach

**Nominated by: Lynne Wouldham**  
"Simon is a local legend. His commitment to each and every individual in the club is outstanding. He never takes credit for his hard work."

### See even more Shout Outs at the recent Javelin Masterclass:

- Lucy Bull gives a Shout Out to coach **Carolyn Franks**.
- Charlotte Pabari gives a Shout Out to coach **Bron Carter**.
- Owen Boon gives a Shout out to Coach **Ann Dale**.
- Tiree Kasperczuk gives a Shout Out for coach **Mark Bradford**.



### Paul Russell

CIRF at Dorset Doddlers

This is a great video of Paul Russell showing members of Dorset Doddlers the importance of good hip position. We love the creativity Paul!



### Future Shout Outs

If you would like to give a Shout Out about a coach within your club or that you work with, let us know by completing the form [here](#). For more 'Shout Out' see [here](#).

# Final Thoughts

*Are you aware of Anti-Doping Rules and the support and education available?*

## Clean Athletics

As a coach, leader, or any other support personnel, it is important that you and the athletes you support are aware of the latest information on anti-doping and adhere to these rules.

England Athletics is working with UK Anti-Doping (UKAD) and UK Athletics to provide up-to-date information and education for all England Athletics members. Our aim is to ensure all registered athletes and support personnel have access to the latest information on clean sport, are aware of their responsibilities, agree to and adhere to UKA anti-doping rules.

Coaches and other support personnel, athletes, and parents/guardians can find extensive support information on the:

- England Athletics website in the [Clean Athletics](#) section, and
- UK Anti-Doping (UKAD) website - [Homepage | UK Anti Doping](#).

## The Importance of Education and Support

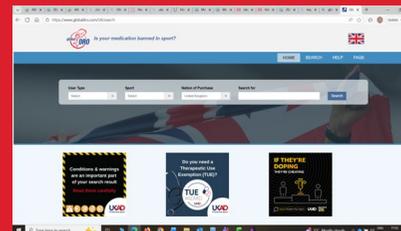
For some, anti-doping may be seen as only relevant to elite or senior athletes, but these rules apply to every athlete at every level. Many people also may not be aware (whether that be coaches, parents, or athletes themselves), that under the [anti-doping rules](#), the athlete is responsible for any prohibited substance they use, attempt to use or that is found in their system, even if they had no intention to cheat.

If we (as coaches, leaders, and support personnel) can help educate athletes as early as possible and the athletes themselves take the responsibility to fully understand this key area, we have a greater chance to ensure everyone enjoys a healthy, competitive, and clean sporting experience.

A key message for every athlete is: It is your body and your responsibility for whatever is found in it, so ensure you are aware of what you are taking at all times, and is it safe to do so.

# Helpful Websites:

Below are a few helpful websites for athletes, coaches, leaders, parents, and other support personnel.



**Global DRO:** provides athletes and support personnel with information about the prohibited status of specific medications based on the current World Anti-Doping Agency (WADA) Prohibited List.

Whenever an athlete is taking any form of medication, they should use the Global DRO platform to search if the medication is safe to take. Please note, Global DRO does not contain information on, or apply to, any dietary supplements.

- For more info visit: [Global DRO - Home](#)

**Informed Sport** is a global testing and certification programme for sports and nutritional supplements. Supplement products are tested by LGC's world-class anti-doping laboratory for contamination against a broad range of banned substances in sport.

Any athlete currently using, or considering using, nutritional supplements should use the Informed Sport website to check whether these products have been batch tested. It is important to note there is no 100% guarantee even on batch tested products.

- For more info visit: [Informed Sport](#)
- Please also read: [UKA's Supplements Position Statement](#)

**REMEMBER - 'YOUR BODY, YOUR RESPONSIBILITY'.**



# In the Next Edition

Look out for the next edition of Coaching Vision in Spring 2026 when we will:

- Catch up with Paul Wilson and discuss his coaching journey.
- Find out what's currently happening in coach development and coach education in England.
- Find out the latest news across the various athletics events.
- Put a spotlight on the 'Basics of coaching Hurdles' and 'The importance of communication when working with athletes'.
- Look ahead to the 2026 Outdoor competition season.
- Look forwards to the 2026 Commonwealth Games and European Champs.
- More 'Shout Outs' for the great coaches and leaders in our sport.
- And much, much more.
- All current and future editions of Coaching Vision will be located [here](#), so don't worry if you have missed an edition.

# Future Editions

The Coaching Vision Magazine has been designed to help provide coaches and leaders with the latest information on coach education, development, and what's happening in the wider sport.

Please let us know what you liked about the first edition of Coaching Vision and what you would like to see included in future editions. [Click here](#) to share your feedback.

# Coaching Voice

We want to hear from you, the coaches and leaders of our amazing sport. Let us know how we can support you in the areas of education and development. [Click here](#) to share your feedback.

Remember to also use the '[Shout Out](#)' and '[What's Happening in Your Area](#)' links to share with us all the great news that is taking place across the country.

For more useful information on the England Athletics website for coaches and leaders please visit:

- [Coaches & Officials Section](#)
- [Coaching Courses](#)
- [Coach Development & Training](#)
- [Children and young people](#)
- [Competitions and Events](#)

