

COACHING VISION



Putting the Spotlight and Focus
on Coaching Across England

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



**Interview with top
international coach
Scott Simpson**

**Updates on Coach
Development
and Education**



**Competition and
Talent Programmes
Updates**



COACH NEWSLETTER | AUTUMN 2025 | EDITION 1

Welcome

to the Autumn edition of Coaching Vision

Welcome to the 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

Building the Future of Coaching

For this edition we caught up with Chris Mallender (Head of Workforce), Paul Moseley (Coach Education Programme Manager) & Scott Grace (Coach Development Manager) at England Athletics to explore what's changed since the UK wide coaching review, and what's coming next for coaches across the UK.

What's changed since the coaching review?

The coaching review began in summer 2024 with a comprehensive survey across the coaching workforce.

After reviewing and digesting the findings alongside in-depth feedback from experts within the field of coaching and a detailed analysis of the current coaching landscape, England Athletics collaborated with colleagues across all Home Country Athletics Federations and UK Athletics to agree on 10 key recommendations.

These were published earlier this summer and have helped shape a unified direction for coaching development across the UK.

Please find out more about the 10 Key recommendations [here](#).

Since the review we have recruited Scott Grace as the England Athletics Coach Development Manager; reviewed our current bookings and digital systems and refined the current coaching structures.

Coaches expressed a desire for better communication and more ownership of their development, so we're working to support that without being overly prescriptive. We're also addressing challenges in training and relicensing systems to improve both the user experience and effectiveness.

What are the top priorities for the next 6 to 9 months?

- Updating the Leadership in Running Fitness qualification to ensure content is current and engaging.
- Introducing a new coaching role by enhancing the Coaching Assistant qualification, making it easier and faster for clubs to build coaching capacity.
- Piloting an Advanced Coach qualification in October 2025, an exciting new way of delivering coach education and development for experienced coaches.
- Launching a new 'Find my coaching support' tool to help coaches connect and access support - similar to our current 'Find a Club' or 'Find a Guide' tools.
- Finalising a new learning management system to simplify course booking, record learning and relicensing.



Coach Education & Development Updates

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

Introducing a new coaching role

We're restructuring the current Coaching Assistant qualification into two distinct roles: **Assistant Coach** and **Sessional Coach**.

- **Assistant Coach:** This role will be awarded after completing online modules and knowledge tests, allowing coaches to begin operating in clubs sooner under direct supervision.
- **Sessional coach:** To progress to this role, coaches will complete practical coaching, reflective practice, and risk assessment. Once qualified, they will be able to coach independently – provided they follow prescribed sessions or recognized activity cards.

We hope that these changes will help clubs significantly boost their coaching capacity, increasing the number of athletes they can support at this level and simplify the process for coaches at the entry level, while ensuring safety and quality.

The future of club coach qualifications

We're reimagining the core club qualification to make it more flexible and relevant. Coaches will be able to build their own modular qualification based on core components and personal interests. This approach will allow for a more tailored development journey. But first, we need to enhance our digital platforms to support this new structure.

Updates to Leadership in Running Fitness

Only minor updates are planned for this qualification, these include refreshing video content, tweaking virtual classroom delivery, and refining terminology, etc.

These updates will keep the qualification current and effective, while new digital systems will enhance the overall learning experience.



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

Coach Education & Development Updates

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

New ways for coaches to connect

As mentioned earlier, we are launching a 'Find My Coaching Support' tool that allows coaches to search for mentors, coach developers, technical advisors, and co-coaches in their area.

This initiative aims to foster collaboration and support among coaches, helping them find the right people to support their ongoing development.

We have also introduced this quarterly e-magazine, Coaching Vision, which will feature:

- Interviews with coaches
- Coach development and coach education updates
- Articles on different events and areas of coaching
- Links to helpful resources and websites
- Shout-outs to celebrate coaching achievements and share best practices



How do digital systems fit into all this?

Our current systems are outdated and fragmented, which is why we are replacing them with a unified learning management platform. The new learning management system will centralise training, compliance, and development opportunities into one intuitive platform.

What does this mean for me as a coach?

Coaches will be able to track progress, explore next steps, and be recognised for ongoing learning, whether formal or informal. We're close to selecting a provider and expect to launch this new platform next year. This system will also enhance the relicensing process by recognising self-reflection, mentoring, and informal learning.

Looking Ahead...

From foundational changes to exciting new tools and qualifications, the future of coaching is being built with care, collaboration, and innovation.

Demand for our qualifications is higher than it's been for several years. We're transitioning to a new coaching structure that allows coaches to build on existing qualifications and experience in a more engaging way and offers exciting new opportunities for coaches starting out on their journey.

We are very excited about the next 12 months and beyond and look forward to supporting and connecting more coaches in our great sport.

Club Coach Development Updates

What's going on in your local area



Talk About Series

Last year and earlier this year England Athletics piloted a series of webinars aimed at club level coaches called the Talk About series. The aim of the Talk About sessions is 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 are invited to engage in discussion, ask questions and exchange ideas

In the initial pilots four successful sessions on Endurance and four sessions on Jumps and Combined Events took place.

Later this year and in early 2026 a new series of Talk About webinars will take place with the first Endurance sessions already planned.

Endurance Talk About Sessions

- Using a RAMP Warm up – **8th November 2025 - 10.00am**
- Developing Training Plans – **13th December 2025 - 10.00am**

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

Local Coach Development Activities

Looking to organise a coach development session in your local area?

England Athletics currently have a group of Regional Club Coaching Leads (project-based consultants) working across the country who have successfully delivered a range of coach development sessions for club coaches.

The topics covered have included an introduction to Hurdles, Jumps, Throws and are mainly practical in nature.

These sessions are typically delivered at a local track and bring a cluster of clubs across the region together to share good practice and help coaches develop a wider network of contacts within their area.

If you are interested in finding out more and whether you are able to access some support from a Regional Club Coaching Lead (RCCL), please contact: Scott Grace at sgrace@englandathletics.org



Run Leader Development Updates

What's going on in your local area

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.

At the heart of the LiRF programme is a network of **Run Leader Mentors** — experienced leaders who provide guidance and support across the RunTogether community. We're always looking for enthusiastic individuals to join this mentor network and help ensure our sessions are safe, inclusive, fun, and friendly.

[Become A Run Leader Mentor | RunTogether](#)

We also champion mental wellbeing through our **#Run&Talk initiative**, supported by a dedicated team of **Mental Health Champions**. These volunteers work within clubs and groups to promote positive mental health, challenge stigma, and support members in using running as a tool for wellbeing.

Mental Health Champions also reach out to individuals experiencing poor mental health, encouraging them to start — or return to — running as a positive step toward recovery.

[Running For Mental Health, Anxiety & Depression | RunTogether](#)

As part of our commitment to make running accessible and safe for everyone, we have partnered with **British Blind Sport** to create a **training and licence scheme** for a number of **Guide Runners** for visually impaired runners, we are always seeking new Guide Runners, you do not need to be a qualified Run Leader or Coach to apply for this, all training and guidance is provided.

[Guide Running for Visually Impaired Runners | RunTogether](#)



For more information click below to visit:



An interview with Scott Simpson

International Pole Vault coach, one of Britain's top athletics coaches and coach to Molly Caudery, shares his coaching journey and what he has learnt on the way.

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

How did your coaching journey start?

"I was a pole vaulter myself in the late 90s, early 2000s and fell in love with athletics and the event of pole vault through my own athletic journey. At the same time, I was jumping, I was also studying for a degree in sport and exercise science.

I started off coaching with some young kids at our Academy in Cardiff and then eventually I just kind of married all of those things together and started coaching a university group at Cardiff Met and soon realised that I had a real love for helping people, imparting some of my knowledge and experiences on to others, helping people achieve their goals and ambitions. And yeah, that's how it kind of all started."

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

"I mean, I think the reality is that on any journey that you go on, you know whether it's coaching or anything else in life, you're going to make mistakes, right? And so, when I look back, I was probably pretty hard on myself early on, which is absolutely part of the journey. I think that kind of ambition to be better and to not make mistakes means you do get upset when you do make them.

I think that's all part of the journey. But at the same time, I would probably just tell myself, to not be too hard on myself, that it's all part of the learning journey as a coach to make these mistakes and grow through that process."

You have had so many great athletes over your career. What's your secret?

"I mean, being honest about it, I think it does look flattering in many ways. I think once you've had some success, you end up increasing your ability to attract good athletes into the squad, right? So, once you've found success, then more and more people just want to come and then it kind of snowballs a little bit.

I really pride myself on forging good relationships with athletes, really getting to understand people, and I've probably taken this philosophy a little bit from Alan Williams, who I would describe as certainly one of my mentors;

"have the person at the heart of everything that you do and then consider the athlete around that and then consider the event and the sport around that."

I've really taken that with me on my journey. People at the heart of what we do, then try and create great athletes and then try and create great pole vaulters."





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

"It's important to note that my programming these days is very individualised to each athlete and considers age, physical robustness, injury history and ability to handle training volume.

Day 1 would be high levels skill and speed-based work, so that would be some pole vaulting at certain times of the year or sprinting and plyometric type work at other times. I keep skill and speed at the front of the hierarchy.

Day 2 would move more into power and a little bit of strength phase that we do some explosive throws and some weightlifting.

Day 3 would be facilitated kind of recovery. So, we do some tempo based running rhythmical type work. We do some low amplitude plyometric work but more for remedial kind of purposes. And then we couple that for the pole vaulters with some gymnastics.

Day 4, we're off or active recovery, depending on the athlete.

Day 5 & Day 6 we then kind of try and repeat that theme but over a 2-day compression (see full video for further details).

Day 7 Day off."

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

"It's hard to look outside of sport because my degree was in sport. I do love sport with everything that I've got if you like. I've had some other jobs in my career where I've been in sports leadership, so I can probably see me being in a that kind of role.

If you want to go a little bit left field, a lot of people have commented that with my kind of personality and my attention to detail and the way that I go about things that I probably missed my calling as a lawyer. So yeah, there have been times where I've considered "should I kind of start all over again and retrain and go down that road?"

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

"Most of my development over the last decade has very much come from the network of people that I've grown to interact with. I have an amazing network of coaches and sports scientists that I can now lean on. And yeah, if I've ever got a problem or if I'm ever kind of at a loose end or even if I'm just trying to search for some new ideas, I will just pick up the phone or jump on a call or go and spend some time with different people and that's how the majority of my growth and learning happens these days.

It's kind of encouraging coaches not to be afraid to reach out to people. Almost everybody out there is an open book and would welcome you in."

Scott, many thanks from England Athletics and the coaching community on sharing your time and experience.

Coming next time



In the next Edition we catch up with Trevor Painter and Jenny Meadows the coaching team behind Keely Hodgkinson, Georgia Hunter Bell, and many others to see what makes this dream team work so well.

Speed Event Group Updates & Opportunities

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

Sprints & Sprint Hurdles Technical Camps

England Athletics has teamed up with the Bruce Longden Coaching Foundation to organise 13 sprints hurdles technical camps, 3 of which will also incorporate sprint specific development training. These 2-hour camps are mainly targeted at U15 & U17 sprint hurdlers and will cover a variety of important hurdling aspects to help the athletes become faster and more effective hurdlers.

This year the November sessions will cover specific training for the hurdle age group changes which are due to come into effect on 1st April 2025. The sessions will include: Foot contact, speed & positioning hurdle clearance time hip mobility & flexibility hurdle drills race modelling & preparation. Personal coaches are encouraged to attend and observe the session **free of charge**.

November session: Age group Change focus session athletes can come and try the new hurdles heights and distances. Personal coaches will be guided through the new set-up and specifications. One session will be recorded and shared on Athletics Hub for those who are not able to attend in person.

For more information on the dates and locations of these sessions please see [page 10](#).

Speed Highlights for this Edition

We would like to congratulate all the athletes and their personal coaches who have made international teams, national, area and county champs this season and those who have been part of the England Athletics Talent programmes. The 2025 season has been a very exciting one and we are looking forward to 2026.

New Hurdles Programme Co-ordinator

We are pleased to announce Julie Pratt-Benterman as the new Hurdles Programme Co-ordinator. Julie will lead on hurdles development across England including support for hurdles age group change. To contact Julie, please email her at 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 former elite athlete, Commonwealth Games medalist 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 opportunities for Speed coaches, including the Sprints and Hurdles 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

Speed Event Group Updates & Opportunities

Key dates for your diary

Sprint Hurdles Technical Camp:

Aimed at U15 and U17 hurdlers. Personal coaches are encouraged to attend and observe the sessions.

Date	Location	Booking
Saturday 22nd November - 10am - 12pm Saturday 6th December - 10am - 12pm	Clemnsford Athletics Track	CLICK HERE
Saturday 22nd November - 10am - 12pm Saturday 6th December - 10am - 12pm	Davd Weir Leisure Centre, Sutton	CLICK HERE
Saturday 6th December - 10am - 12pm	Alexander Stadium, Birmingham	CLICK HERE
Saturday 22nd November - 12:30pm - 2:30pm	Loughborough HiPAC	CLICK HERE

Sprint & Sprint Hurdles Technical Camp:

Aimed at U15 and U17 hsprint hurdlers. Personal coaches are encouraged to attend and observe the sessions.

Date	Location	Booking
Saturday 22nd November - 10am - 12pm Saturday 6th December - 10am - 12pm	Plymouth Athletics Track	CLICK HERE



Endurance Event Group Updates & Opportunities

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

Endurance CPD

With Cross Country season already among us all eyes look ahead to the roads, indoor and outdoor track seasons. To help coaches develop across different endurance events, Hayley has created a webinar series of events, some listed below. As well as a focus on steeplechase and half marathon/marathon. If you are interested in finding out more about Steeplechase or Half Marathon/Marathon development opportunities or CPD opportunities, please contact **Hayley Hemmings**: hhemmings@englandathletics.org

Race Walking

To help coaches interested in working with Race Walking athletes, England Athletics will shortly launch a monthly online development meeting led by Andrew Drake and Tom Bosworth. This meeting will provide coaches with a greater understanding of how to effectively develop race walkers and include discussions on opportunities for competition. If you are interested in finding out more about the Race Walking catch up's, please contact **Hayley Hemmings**: hhemmings@englandathletics.org

Endurance Highlights for this Edition

We would like to congratulate all the athletes and their personal coaches who have made international teams, national, area and county champs this season and those who have been part of the England Athletics Talent programmes. The 2025 season has been a very exciting one and we are looking forward to 2026.

New Off Track Endurance Manager at England Athletics

We are pleased to announce Andrew Heyes the new Off-Track Endurance Manager. Andrew will lead on all Off-Track development across England including Road, Cross Country, Fell, etc.

To contact Andrew, please email: aheyes@englandathletics.org

Meet the Endurance Event Lead

Hayley Hemmings is the England Athletics Event Group Lead in Endurance.

Hayley has been a Team coach on multiple internationals teams, including Team Leader for the 2025 World University Games. Hayley is a former teacher and regular coaches her local group of athletes as a volunteer coach. Since starting her role, Hayley has been driving Endurance development across the country, and in recent months has been the main support for both the Track & Field and Off-Track elements of the event group.



To contact Hayley, please email: hhemmings@englandathletics.org

Endurance Event Group Updates & Opportunities

Key dates for your diary

Coach and Athlete Training Days for Endurance Events:

England Athletics have arranged a series of training days and webinars to invited coaches and athletes who are aiming to progress onto the Youth and Talent Development Programmes in 2026. Please find below the detail training days and webinars, including dates, locations and events covered. Coaches who are interested in attending to observe and learn from the development activity, please contact Hayley Hemmings at: hhemmings@englandathletics.org

Date	Location	Events Covered
15th & 16th November 2025	Leeds Beckett University	Half Marathon, Marathon and Race Walking
17th November 2025	Online	Understanding the Menstrual Cycle and how it can affect performance
29th November 2025	Nuneaton	Race walking Talent Development
5th January 2025	Online	How to coach a marathon with Liz Yelling
9th February 2025	Online	Transitioning to University
16th March 2025	Online	REDS Fact Vs Fiction Esther Goldsmith
25th April 2025	Hexham	Steeplechase Workshop
Additional development dates for 2026 to be confirmed.		



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

Darren Ritchie, National Event Manager for Jumps and Combined Events recently delivered a session on the topic of Age Group Changes for Combined Events. Within this session Darren explains what the new Combined Events, event structures from 1st April 2026 and the positive changes that have been made to help the long-term development of these events.

Extensive work has been undertaken within the UK by the Combined Events Advisory group and other experts across the four Home Countries to help guide these decisions. Darren has also worked with other countries around the world to understand the systems they have put in place to help deliver successful senior Combined Events athletes at international levels.

Watch the session in full here: [Age Group Changes for Combined Events](#).

Athletics Coach Combined Events Elective

To help coaches interested in working with Combined Events athletes, England Athletics will launch in 2026 the Combined Events elective for coaches completing the Athletics Coach Award. This module will provide coaches with a greater understanding of how to effectively plan a Combined Events programme, including the combination of events within each session, how to build a robust, well-rounded athlete, both physically and mentally and the key role of the coach in pulling this all together. If you are interested in finding out more about the Combined Events elective, please contact Darren Ritchie: dritchie@englandathletics.org

Jumps & CE Highlights for this Edition

We would like to congratulate all the athletes and their personal coaches who have made international teams, national, area and county champs this season and those who have been part of the England Athletics Talent programmes. The 2025 season has been a very exciting one and we are looking forward to 2026.

The summer of 2025 brought some great moments in Combined Events. First came the senior men's Decathlon, when Sammy Ball and Lewis Church broke 8000 points for the first time in Götzis. The season ended with Katarina Johnson-Thompson producing a heroic bronze in the Heptathlon at the World Champs. We now look forward to the indoor season for more great moments.

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 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 and Talent development within in England and the UK.

To contact Darren, please email: dritchie@englandathletics.org



Jumps & Combined Event Group Updates & Opportunities

Key dates for your diary

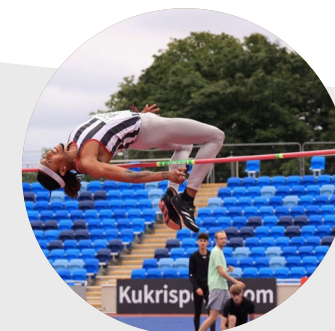
Coach and Athlete Training Days for Jumps and Combined Events:

England Athletics have arranged a series of training days to invited coaches and athletes who are aiming to progress onto the Youth and Talent Development Programmes in 2026. Please find below the detail training days, including dates, locations and events covered. Coaches who are interested in attending to observe and learn from the development activity, please contact:

Darren Ritchie at dritchier@englandathletics.org

Date	Location	Events Covered
Saturday 8th November 2025	Brunel University, Uxbridge	Combined Events, Decathlon
Sunday 9th November 2025	Loughborough University	Combined Events, Heptathlon
Saturday 29th November 2025	Brunel University, Uxbridge	Long Jump, Triple Jump & High Jump
Sunday 30th November 2025	Loughborough University	Long Jump, Triple Jump & High Jump & Pole Vault
Saturday 10th January 2026	Brunel University, Uxbridge	Combined Events, Decathlon
Sunday 11th January 2026	Alexander Stadium, Indoors	Combined Events, Heptathlon

Additional development dates for 2026 to be confirmed.



Throws Event Group Updates & Opportunities

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

All of the throws Talent Event Leads (TELs) are in the process of confirming dates, times, venues, deliverers and content for the pre-YTP (Youth Talent Programme) regional workshops and the National Masterclasses. They are also in the process of organising dates for webinars and virtual community of practice sessions. Once confirmed the pre-YTP workshops will be set up on Athletics Hub for people to book. The focus will be talented U15-U17 athletes and their coaches who are likely to progress onto the talent pathway in the next few years.

Workshops Costs: Athletes will be **£10**, and coaches will be **Free**.

For National Masterclasses: **£50 per day** for athletes or **£80 for two days**. For coaches **£15 per day**.

To find out more, please contact our Talent Event Leads (TELs) at:

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

Throws Highlights for this Edition

We would like to congratulate all the athletes and their personal coaches who have made international teams, national, area and county champs this season and those who have been part of the England Athletics Talent programmes. The 2025 season has been a very exciting one and we are looking forward to 2026.

Launch of the new Women Throws Coach Community Group

Earlier this year England Athletics launched the new Women Throws Coach Community Group. The group will enable participants to connect, share knowledge and inspire the next generation of women in coaching. Find out more [here](#)

To receive a copy of our monthly Throws Newsletter please email: 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.



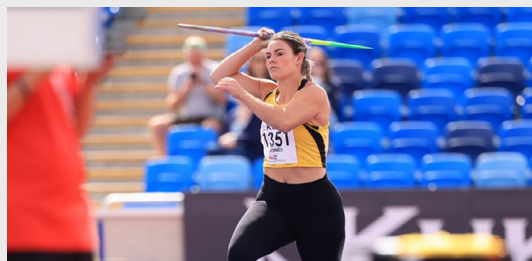
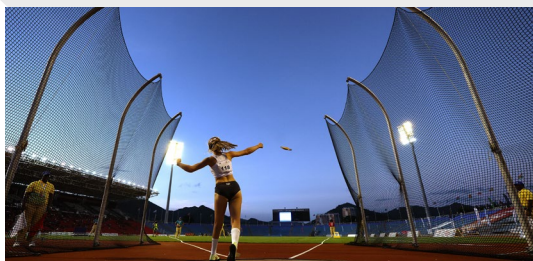
Since starting his role in 2019, Nick has been a major driving force in the development of Throws, the Pickering Memorial International, the Winter throws and Talent development within in England and the UK. On a personal level, Nick supports GB&NI international Hammer Thrower Jake Norris.

To contact Nick, please email: nridgeon@englandathletics.org

Throws Event Group Updates & Opportunities

Key dates for your diary

Date	Events Covered	Location	Location
Wednesday 17 December 2025 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	Book Here
Thursday 26th March 2026 20:00 - 21:00			Book Here
30th November 2025	<i>Other Throws Events Community of Practice Webinar coming soon</i>	Online	Junior-to-Senior Transitions (Jake Norris)
29th March to 1st April 2026	<p>3 Day Junior2Senior – Train like an Elite Hammer Thrower camp.</p> <p>This unique opportunity to train full-time as a hammer thrower.</p> <p>After two years of proven success with distance runners, Junior2Senior is now launching its first-ever intensive training camp for aspiring elite throwers.</p> <p>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.</p>	at Radley School, Oxfordshire	<p>All-inclusive fee: £799, covering accommodation, meals, and specialist support.</p> <p>Instalment plans available.</p> <p>Book at: junior2senior</p>



Para Updates & Opportunities

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

It has been brilliant to see so many para-athletes competing in our National Championships this summer as part of our fully integrated Championship offer. As we go into talent programme selections in September we are in great position where we have more para-athletes achieving standards and challenging for places on the talent programmes than ever before. That is a credit to the coaches who are doing a fantastic job with these athletes' week in week out.

There is a wealth of information out there which can support coaches to develop skills and expertise to provide the best possible support to para athletes. Coaches looking to upskill in para-athletics should explore the resources on the EA website which we are updating in Autumn 2025. There is also some brilliant, albeit more generic, information on the UK Coaching website as well as through the National Disability Sports Organisations (NDSO's) below:

- UK Coaching (insert link)
- Cerebral Palsy Sport (insert link)
- Limb Power (insert link)
- Dwarf Sports Association (insert link)

We are providing bespoke coach development opportunities for coaches to learn more about **Seated throws** and **Frame Running** this winter as these are two events that have huge, un-tapped, medal potential in the Paralympic Pathway.

Lastly, with a World Para Athletics Championships in New Delhi fast approaching in September, I want to wish all of the athletes, coaches and support staff who are on the team the very best of luck. More than that though, I want to recognize the efforts of the coaches and practitioners who have worked tirelessly with these athletes who will not be travelling to the World Championships on this occasion.

Para Highlights for this Edition

We have added strength to the para team at EA this summer through the appointment of Jake Foster as Para Athletics Talent Officer who will drive talent identification initiatives within para-athletics and connect more para athletes into the club network.

Please do reach out and introduce yourself and we look forward to supporting as many coaches as possible over the coming years jfoster@englandathletics.org

One highlight this past month was the incredible caliber of para-athletes who competed at the Manchester International where equal prize money was awarded for the first time.

Meet the National Para Athletics Manager

Matt is the National Para Athletics Manager and started the role in June 2023. Matt has a strong pedigree in Paralympic sport having held senior roles in Para Athletics, Para Swimming and Boccia over the last 15 years. Matt was Head Coach at the Tokyo Paralympic Games in 2021 for the Swedish Paralympic Committee in the sport of Boccia and is an international coach educator.



Matt was Team Leader for the England wheelchair racing team in Switzerland this summer at the World Para Athletics Grand Prix in Nottwill where we enjoyed 3 days of incredible racing on one of the fastest tracks in the world.

You can reach Matt via email mkendrick@englandathletics.org

Para Updates & Opportunities

Key dates for your diary

Date	Events	Location	Aimed at	Booking
November 2025	Frame Running Coach & Athlete Development Day. Bringing together all existing and new frame running coaches and athletes. New and aspiring frame running coaches welcome	Birmingham	Existing and new coaches & para athletes wanting to learn about Frame Running	jfoster@englandathletics.org
November 2025 - March 2026	Seated Throws Coach Development Programme 3 opportunities to develop knowledge of seated throws including equipment, biomechanics & coaching practice. Led by world renowned seated throws coach Dr Alison O'Riordan.	Lee Valley & Sheffield EIS	Throws coaches (no experience necessary)	jfoster@englandathletics.org
November 2025 - March 2026	Wheelchair Racing Talent Series EA talent camps bringing together our selected England Talent Programme wheelchair racing athletes. Camps are delivered by National Wheelchair Racing Development Coach, Richard Chiassaro, and we are offering the chance for 5 coaches to work with Rich to learn more about wheelchair racing	St Mary's University	Wheelchair racing coaches or new coaches looking to upskill (limited capacity – maximum 5 coaches)	rchiassaro@englandathletics.org (enquire for more information)



Youth Development Updates & Opportunities

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

This summer marked the exciting launch of the funetics Multi Challenge (fMC) — a dynamic new competition format designed to offer age-appropriate activities for children aged 4 to 11.

Throughout the year, we're piloting and testing fMC, and we warmly invite clubs and athletic associations to get involved by hosting an event. This is a key moment to help shape the future of youth athletics.

fMC is all about **fun, teamwork, and personal progress**. It provides regular opportunities for children to compete in a safe, inclusive, and enjoyable environment.

Built on the foundation of **funetics** — our fundamental movement skills programme focusing on running, jumping, and throwing — fMC introduces an exciting competitive pathway for young athletes. We encourage clubs and county associations to make both **funetics** and the **funetics Multi Challenge** a central part of their youth and junior competition programmes.

To help recognise everyone's personal improvements, the new fMC competition format has been linked with the U10 and U12 PB Awards.

[Click here](#) to find out more

Youth Highlights for This Edition

- Funetics Club and Community Activator award aimed at assistant coaches / Leaders (18+) and parents, enables you to deliver funetics in a club environment without the supervision of an Athletics Coach. [Club and Community Activator course launched - England Athletics](#)
- Funetics Multi Challenge – pilot 2025 – launch 2026 the new U12's competition format for Run, Jump, Throw
- Winter 2025 – Sportshall Athletics Winter Indoor Competitions U11 / U13 / U15 County League Programme

For more information visit: [Sportshall Athletics](#)

Supporting Information for Youth Coaches

National Coaching Children Forum (online)

These sessions are shaped by you, specifically the conversations that those who coach children are wanting to have. Breakout rooms will be created to enable your conversations and networks to expand in the directions you are wanting.

The next dates for these forums are

- Monday 24th November 2025 – 6:30pm to 8:00pm
To register please click [here](#) or
- Tuesday 25th November 2025 – 6:30pm to 8:00pm
To register please click [here](#)

Talent Pathway Updates & Opportunities

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

The England Athletics Talent Pathway aims to support the England Athletics philosophy of talent development by providing athletes with consistent, high-quality support through dedicated training environments known as England Athletics Talent Hubs.

The athletes for the 2025 to 2026 Talent Pathway programmes have now been selected, and congratulations to all these athletes and their coaches. For more information, please see England Athletics webpages below:

- [Talented Athlete and Coach Pathway - England Athletics](#)
- [Youth Talent Programme - England Athletics](#)
- [Talent Development Programme - England Athletics](#)
- [Performance Programme - England Athletics](#)

While the main focus of the programme is supporting talented athletes each initiative is also designed to provide comprehensive support to both the athlete and their personal coach from the Youth Talent Programme (YTP). Each camp includes mentoring workshops, and practical sessions for coaches, and every Talent Hub is committed to offering tailored support across service areas, including coach mentoring where appropriate.

Talent Highlights for This Edition

2025 to 2027 Cohort Dates for YTP Camps

- 25/26 October: Two-day induction camp
- Sunday 14 December
- 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

To support those coaches with athletes on the Youth Talent Programme (YTP), England Athletics will be piloting a new Advanced Coach (Talent) Award. England Athletics recently recruited a cohort of coaches to pilot this award through an application process, linked with the Youth Talent Programme.

The calibre of applicants for the pilot was excellent, and we are really pleased to say we have recruited just over 20 coaches to be part of this initial award. Over the next 12 months these coaches will receive Coach Developer support to help them work through the various elements of the award.

On completion of the pilot, England Athletics plan to roll out the Advanced Coach Award further. Look out in future editions of Coaching Vision for more information.

Coach Education Course Autumn - Winter 2025/26

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:** 25-10-2025 09:00 - 17:00
- **Session 2:** 26-10-2025 09:00 - 17:00
- **Session 3:** 29-10-2025 18:30 - 20:30 (Online)
- **Assessment:** 18-01-2026 08:00 - 16:00

o Speed / Endurance / Jumps & Throws

Venue: Castle Sports Centre, Taunton, TA1 5AU

Course Code: AC00124

Last Booking Date: 03-10-2025

Course Dates:

- **Session 1:** 01-11-2025 09:00 - 17:00
- **Session 2:** 02-11-2025 09:00 - 17:00
- **Session 3:** 03-11-2025 18:30 - 20:30 (Online)
- **Assessment:** 01-03-2026 08:00 - 16:00

o Speed / Endurance / Jumps & Throws

Venue: Wyvern College, Eastleigh, SO50 7AN

Course Code: AC00114

Last Booking Date: 31-10-2025

Course Dates:

- **Session 1:** 08-11-2025 09:00 - 17:00
- **Session 2:** 09-11-2025 09:00 - 17:00
- **Session 3:** 12-11-2025 18:30 - 20:30 (Online)
- **Assessment:** 22-03-2026 08:00 - 16:00

o Speed / Endurance / Jumps & Throws

Venue: Sunnydale Leisure Centre, County Durham, DL4 2EP,

Course Code: AC00121

Last Booking Date: 07-11-2025

Athletics Coach

Course Dates:

- **Session 1:** 15-11-2025 09:00 - 17:00
- **Session 2:** 16-11-2025 09:00 - 17:00
- **Session 3:** 19-11-2025 18:30 - 20:30 (Online)
- **Assessment:** 22-03-2026 08:00 - 16:00

o Speed / Endurance / Jumps & Throws

Venue: Shobnall Leisure Complex, Burton-on-Trent, DE14 2BB

Course Code: AC00125

Last Booking Date: 14-11-2025

Course Dates:

- **Session 1:** 22-11-2025 09:00 - 17:00
- **Session 2:** 23-11-2025 09:00 - 17:00
- **Session 3:** 26-11-2025 18:00 - 20:00 (Online)

Venue: St Cyres School (Wales) Organised by Welsh Athletics.

Course Code: WAAC25.3

Last Booking Date: 21-11-2025

Course Dates:

- **Session 1:** 07-12-2025 08:00 - 16:00
- **Session 2:** 14-12-2025 08:00 - 16:00
- **Session 3:** 17-12-2025 18:30 - 20:30 (Online)
- **Assessment:** 08-03-2026 08:00 - 16:00

o Speed / Endurance / Jumps & Throws

Venue: Skyliner Sports Centre, Rougham Tower Ave, Bury St Edmunds, IP32 7QB

Course Code: AC00115

Last Booking Date: 05-12-2025

Athletics Coach

Dates:

- **Session 1:** 13-12-2025 09:00 - 17:00
- **Session 2:** 14-12-2025 09:00 - 17:00
- **Session 3:** 16-12-2025 18:30 - 20:30 (Online)
- **Assessment:** 14-03-2026 08:00 - 16:00

o Speed / Endurance / Jumps & Throws

Venue: Harrow School Sports Club, Garlands Lane, Harrow on the Hill, Middlesex, HA1 3GF

Course Code: AC00122

Last Booking Date: 12-12-2025

Dates:

- **Session 1:** 13-12-2025 09:00 - 17:00
- **Session 2:** 14-12-2025 09:00 - 17:00
- **Session 3:** 15-12-2025 18:30 - 20:30 (Online)
- **Assessment:** 11-04-2026 08:00 - 16:00

o Speed / Endurance / Jumps & Throws

Venue: Manchester Regional Arena (Formerly Sport City) Ethiad Campus, Gate 13, Greater Manchester M11 3FF

Course Code: AC00127

Last Booking Date: 12-12-2025

Athlete to Coach Course

Dates:

- **Session 1:** 20-10-2025 09:00 - 17:00
- **Session 2:** 21-10-2025 09:00 - 17:00
- **Session 3:** 22-10-2025 09:00 - 17:00
- **Session 4:** 23-10-2025 18:30 - 20:30 (Online)
- **Session 5:** 11-12-2025 09:00 - 17:00

Venue: Manchester Regional Arena (Formerly Sport City) Ethiad Campus, Gate 13, Rowsley Street Manchester Greater Manchester, M11 3FF

Course Code: EAA2C10

Last Booking Date: 13-10-2025

Coach Education Course Autumn - Winter 2025/26

Planned Courses coming up

Athletics Coach

Dates:

- **Session 1:** 10-01-2026 09:00 - 17:00
- **Session 2:** 17-01-2026 09:00 - 17:00
- **Session 3:** 21-01-2026 18:30 - 20:30 (Online)
- **Assessment:** 18-04-2026 08:00 - 16:00

o Speed / Endurance / Jumps & Throws

Venue: Cleeve School, Two Hedges Road, Bishop's Cleeve, Gloucestershire, GL52 8AE

Course Code: AC00123

Last Booking Date: 09-01-2026

Dates:

- **Session 1:** 25-01-2026 09:00 - 17:00
- **Session 2:** 01-02-2026 09:00 - 17:00
- **Session 3:** TBC
- **Assessment:** TBC

o Speed / Endurance / Jumps & Throws

Venue: Erdington Academy, Kingsbury Rd, Erdington, Birmingham, B24 8RE

Course Code: AC00129

Last Booking Date: 23-01-2026

Dates:

- **Session 1:** 24-01-2026 09:00 - 17:00
- **Session 2:** 25-01-2026 09:00 - 17:00
- **Session 3:** TBC
- **Assessment:** 26-04-2026 09:00 - 17:00

o Speed / Endurance / Jumps & Throws

Venue: David Weir Leisure Centre, Middleton Rd, Carshalton, SM5 1SL

Course Code: AC00126

Last Booking Date: 23-01-2026

Coach in Running Fitness (CiRF)

Dates:

- **Session 1:** 04-10-2025 09:00 - 17:00
- **Session 2:** 05-10-2025 09:00 - 17:00
- **Session 3:** 09-10-2025 18:30 - 20:30 (Online)
- **Session 4:** 01-11-2025 10:00 - 17:00 (Online)
- **Session 5:** 31-01-2026 09:00 - 17:00

Venue: Sunnysdale Leisure Centre, Shildon, County Durham, DL4 2EP

Course Code: CIRF0169

Last Booking Date: 01-10-2025

Dates:

- **Session 1:** 25-10-2025 09:00 - 17:00
- **Session 2:** 26-10-2025 09:00 - 17:00
- **Session 3:** 28-10-2025 18:30 - 20:30 (Online)
- **Session 4:** 07-12-2025 09:00 - 17:00
- **Session 5:** 29-03-2026 09:00 - 17:00

Venue: St Cyres School

Course Code: WACiRF25.3

Last Booking Date: 25-10-2025

Dates:

- **Session 1:** 01-11-2025 09:00 - 17:00
- **Session 2:** 02-11-2025 09:00 - 17:00
- **Session 3:** 04-11-2025 18:30 - 20:30 (Online)
- **Session 4:** 06-12-2025 10:00 - 17:00 (Online)
- **Session 5:** 01-03-2026 09:00 - 17:00

Venue: Tunbridge Wells Sports Centre, Tunbridge Wells, TN4 9TX

Course Code: CIRF0170

Last Booking Date: 29-10-2025

Coach in Running Fitness (CiRF)

Dates:

- **Session 1:** 01-11-2025 09:00 - 17:00
- **Session 2:** 02-11-2025 09:00 - 17:00
- **Session 3:** 04-11-2025 18:30 - 20:30 (Online)
- **Session 4:** 30-11-2025 10:00 - 17:00 (Online)
- **Session 5:** 22-02-2026 09:00 - 17:00

Venue: Dixons Fazakerley Academy, Sherwood's Lane, Liverpool, L10 1LB

Course Code: CIRF0172

Last Booking Date: 29-10-2025

Dates:

- **Session 1:** 22-11-2025 09:00 - 17:00
- **Session 2:** 23-11-2025 09:00 - 17:00
- **Session 3:** 27-11-2025 18:30 - 20:30 (Online)
- **Session 4:** 04-01-2026 10:00 - 17:00 (Online)
- **Session 5:** 29-03-2026 09:00 - 17:00

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

Course Code: CIRF0171

Last Booking Date: 19-11-2025

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

Competition Information for Coaches

Autumn - Winter 2025/26

To find out the latest information on major athletics competitions taking place in 2025 to 2026 please visit the England Athletics website: [Click 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.



Key Dates for the Cross-Country & Road Season

- ECCA National Cross Country Relays - 1st November 2025
- UKA cross country championships – 22nd November 2025
- Area cross country championships – 24th January 2026 at various venues
- ECCA National Cross Country Championships 2026 - 21st February 2026
- UK CAU cross country championships – 7th March 2026
- Masters' BMAF half marathon championships - TBC
- English Schools' AA cross country championships – 14th March 2026
- Masters' BMAF cross country championships - TBC
- Area 12 and 6 stage road relays – 28th March 2026
- ERRA National 12 and 6 stage road relays - 11th April 2026



Key Dates for the Indoor Season

- England senior and U20 indoor combined events championships – 17th & 18th January 2026
- England senior para indoor championships – 17th January 2026
- Area senior combined events championships – 13th & 14th December 25 (South)
- Masters' BMAF indoor pentathlon – TBC
- England age group (U15-U20) open indoor championships – 7th & 8th February 2026
- Area U15 & U17 indoor championships – either 10th & 11th Jan or 31st Jan/ 1st Feb 2026 (TBC)
- Area U20 & senior indoor championships – either 10th & 11th Jan or 31st Jan/ 1st Feb 2026 (TBC)
- UKA indoor championships – 14th & 15th February 2026
- Masters' BMAF indoor championships – 21st 22nd February 2026
- England age group indoor combined events championships - 7th & 8th March 2026
- England Junior (aged 11-19) para championships: ambulant – 7th March 2026



Competition Information for Coaches

Autumn - Winter 2025/26

International Competitions and Selection Information

England Athletics sends teams to a variety of competitions and works 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 inclusion in international competition and some emphasis will be placed on the Under 23 age group.

Cross Country Teams: Our policy is to support English athletes who are demonstrating an upward performance trajectory by providing opportunities to gain international cross-country experience, both within the UK and overseas.

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

The Commonwealth Games provides 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 in 2026, following the huge success of Birmingham 2022.

England Athletics and Commonwealth Games England are pleased to announce the Athletics and Para Athletics Selection Policies for the 2026 Glasgow Commonwealth Games are now live. These policies detail the criteria England Athletics will use to nominate athletes to Commonwealth Games England for ratification.

England Athletics will be holding a series of webinars in the build up to the Games for any interest party.

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



Back to Basics - Coaching Long Jump

A basic introduction to Long Jump for new coaches

The aim of the long jump is to take-off from behind a set point and to jump as far as possible.

The event can be broken down into four distinct areas:

- The **Approach (run up)**: Athletes should look to practise a consistent, fast approach, achieving and maintaining optimum speed before the take-off.
- The **Take-off**: Use a powerful take-off (extending at the hip, knee and ankle), aiming for maximum vertical lift and maintaining forward speed.
- The **Flight**: Once airborne, the athlete strives for a position that will allow an efficient landing, staying tall and thin in the air.
- The **Landing**: Athletes should use a controlled landing with the legs forwards and bending at the knee on landing.

When starting out

For beginners and developing athletes, there is often too much focus on either the accuracy on the take-off board or the distance jumped. Whilst these are both essential parts of the Long Jump event and key for competition, they can sometimes distract athletes from developing the fundamentals of the jumping technique.

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

[Click here to view the video](#)



Long Jump Layouts

ATHLETICS 365

Introduction

Here are two examples of how coaches may wish to set up their sessions for long jump. The aim of these layouts is to maximise an athlete's involvement and learning opportunities through increased opportunities and practice. Wherever possible coaches should try to avoid one line of 30 athletes waiting to take a turn in the long jump and consider how using adapted activities and layouts can maximise involvement. Within this resource you will find a series of activities which can help you provide creative and engaging Long Jump sessions.

Standing/Short Approach Long Jump Layout

If the pit and the surrounding area is safe to do so, you could jump into the side of the pit. This will depend on the width of the pit and if it's safe to do so (i.e. run-up and take-off surface are safe).

- Always ensure the pit is well dug, clear of any obstacles and in good condition.
- Set out 3 - 4 jumping lanes as shown in the image below.
- Athletes should only jump from a short approach (3-4 steps) or standing position.
- Encourage athletes to walk out the other side of the pit and then join the back of their group to jump again.
- Try to limit the number of athletes per mat or jumping lane to 4, so as to allow for a greater number of jumps.

Standard Long Jump Layout

This approach for many coaches will be seen as the traditional way of coaching the long jump. While there are many benefits of using this approach to coaching long jump, coaches must ensure that all athletes are active as often as possible in a session. Coaches could consider:

- Breaking the group into smaller groups and using other athletics events to keep the athletes active, such as:
- Sprints activities to work on their run-up
- Skipping and jumping activities to work on their take-off, or
- A completely different athletics event for their all-round development of the sport.

Recommendations for Beginner Jumpers

- Use a **short approach** initially to help increase the number of jumps and focus more on take-off technique. When the athlete becomes consistent and confident, increase the run-up distance.
- In practice, encourage athletes initially to focus on the take-off technique and efficiency, rather than board accuracy.
 - o Introduce a **take-off zone (roughly 1 metre wide)**.
- Encourage athletes to **look forwards** and not at a take-off board / zone. Using a take-off zone can help this.
- Athletes should **increase in speed** as they approach the take-off board/ zone and not slow down.
 - o Encourage athletes to practice running through the pit with a small pop-up jump to understand how to increase speed for take-off.
- Encourage athletes to drive their 'free' knee forwards and up and extend off their take-off leg.
- In the take-off and flight phase of the jump, the athlete should try to maintain a tall upright posture.
- Ensure the landing is soft and controlled with the athlete's knees bending and their body move forwards or to the side.

An introduction to Mentoring

What is Mentoring

Mentoring is not a new term or activity. Some consider it to originate in Greek mythology: “Mentor” being a trusted advisor or friend’ (Galvin, 2004). In order to support coaches in forming collaborative mentoring relationships, there is a need to establish an appropriate working definition of mentoring for use in a sports coaching environment.

Mentoring is used in many fields (e.g. nursing, education, business and sport), and although many agree on its value, mentoring in coaching, as in other areas, seems to lack a clear definition (Bloom et al., 1998).

There are many definitions of mentoring. Some examples are given below:

A formal, or ‘formalised informal’, process whereby a coach is actively engaged in being guided towards acquiring new knowledge, feedback, ideas or advice by a more knowledgeable and experienced person who has both sporting and mentoring credibility and who has been selected by the coach to help meet their identified coach development needs. InVEST, 2007

A mentor is a more experienced individual willing to share their knowledge with someone less experienced in a relationship of mutual trust. A mixture of parent and peer, the mentor’s primary function is to be the transitional figure in an individual’s development. Clutterbuck, 1991

Behind every successful person, there is one elementary truth; somewhere, somehow, someone cared about their growth and development. This person was their mentor. Kaye, 1997



The Role of the Mentor

Mentors can adopt many different roles and styles. The mentoring role can range from guiding someone through a new experience to being there for them to turn to for advice. As a mentor, you may assist with building confidence, developing knowledge and skills, challenging and questioning, and signposting to other learning materials, resources and methods of support.

The mentor’s role will be different for each coach, and the style developed may depend on their learning stage in addition to your own preferences. As a mentor, you are there to facilitate the process by which the mentee uses information, skills and knowledge to develop their current practice.

Beginner coaches may need to observe a skilled coach in their sport. This could be you, the mentor, or a more experienced coach at their club. As a role model, your mentee will model their behaviour on yours and/or that of the coach(es) they are working with so both will need to display best coaching practice.

As an observer, your role is to observe the mentee coaching in their club environment or wherever the coaching takes place and to consider how to assist the coach’s progression to the next stage through guidance and support.

Where you are working with a more **advanced coach** who has developed a certain level of competence and proficiency, this is an opportune time to challenge their thinking and become the facilitator for development through questioning as opposed to guiding and advising. In order for this to be successful, you will need to have created a strong

In early **2026** England Athletics will launch it’s new **‘Find My Coaching Support’** search engine and we are looking for coaches interested in fulfilling the role as a mentor or in other supporting capacities.

Recommended Viewing

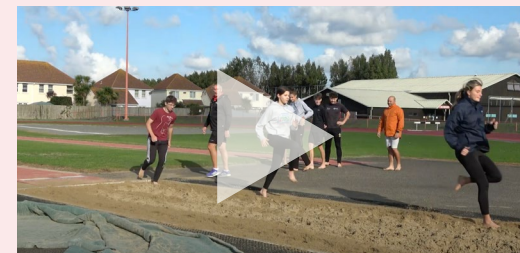
Below are some suggested videos to watch from the extensive video library on:



Jumps with Darren Ritchie Warm Up Drills – Video Series

In this series of videos, Darren Ritchie (England Athletics Lead for Jumps and Combined Events) takes a group through a series of drills and exercises designed to prepare the athletes for a jumping session.

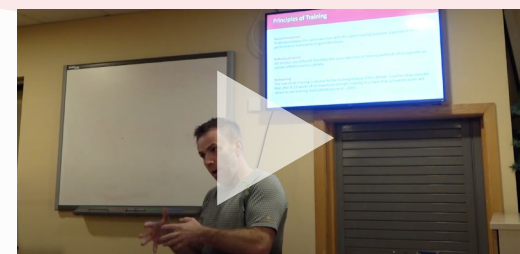
Darren provides explanation and commentary throughout the video to support both the athletes and the viewers understanding of each exercise.



Click [here](#) to view the video

Planning & Preparation for Throws with Rob Thickpenny – Video Series

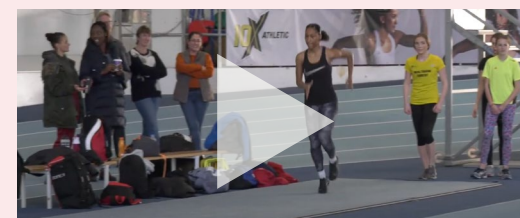
In this series of videos, Rob Thickpenny, Strength and Conditioning expert and former England Athletics National Coach Mentor talks about the importance of structuring your training programme to help get the best from your athletes. Whilst the focus for this session was on throws, there is some great generic principles you can apply to any event group when planning for the season ahead.



Click [here](#) to view the video

Coaching Session - Hurdles - Warm Up and Drills with Brian Hopkins

For many years, Brian Hopkins has produced some the Uks finest young hurdlers. Brian regularly runs hurdles development days for young aspiring hurdlers alongside his weekly coaching group. In this short video series Brian takes us through his warm-up routine and drills when helping athletes prepare for the hurdle session ahead.



Click [here](#) to view the video

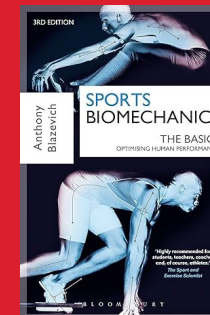
If you would like to watch more videos to support your coach development, please visit: www.athleticshub.co.uk

Recommended Reading

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

Sports Biomechanics - The Basics by Anthony Blazeovich

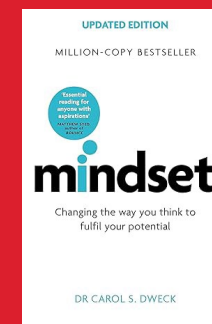
Nowhere is this ability more pronounced than in sporting performance, the ideal area for studying the mechanics of a human - our biomechanics. But all too often the study of sports biomechanics can become bogged down in pure mathematics, tables and graphs that bear little resemblance to what you see on the field of play. In the bestselling book Sports Biomechanics, Professor Anthony Blazeovich answers real-world questions using easily accessible language and fully updated, clear and concise diagrams. Each chapter is devoted to a single area of the subject and details scientific underpinnings of sports performance; this edition features a new chapter on human gait (walking and running) as well as new information on the latest topics in sport biomechanics. An absolutely essential resource for any student, athlete or fitness professional involved in the field of sports biomechanics.



Mindset by Carol Dweck

World-renowned Stanford University psychologist Carol Dweck, in decades of research on achievement and success, has discovered a truly groundbreaking idea-the power of our mindset.

Dweck explains why it is not just our abilities and talent that bring us success-but whether we approach them with a fixed or growth mindset. She makes clear why praising intelligence and ability does not foster self-esteem and lead to accomplishment but may actually jeopardize success. With the right mindset, we can motivate our kids and help them to raise their grades, as well as reach our own goals-personal and professional. Dweck reveals what all great parents, teachers, CEOs, and athletes already know: how a simple idea about the brain can create a love of learning and a resilience that is the basis of great accomplishment in every area.



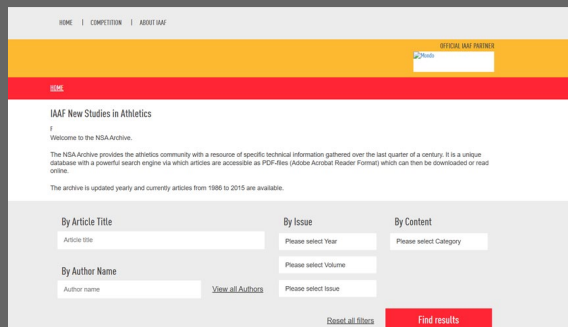
Strength and Conditioning for Sport: A Practical Guide for Coaches by Clive Brewer

Challenging old ideas and suggesting new answers to old problems for coaches and athletes alike this book is littered with comprehensive explanatory photos and will allow coaches to learn the basic principles of strength and conditioning theory, use theory in practical applications to find out why different training programmes can produce different results. Coaches are constantly challenged to devise new methods of improving performance in their athletes. One important method of raising performance at all levels of sport is by increasing the fitness of the athletes involved. On a very basic level, fitness deals with specific strength, speed, power and endurance capabilities. This book lays out the basic principles underlying strength and conditioning theory as well as detailed information on how to use the theory in practical applications.



Useful Websites

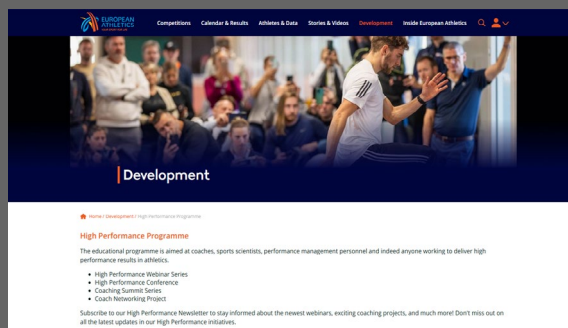
Below are some suggested websites which may be of interest to coaches and leaders



New Studies Athletics (NSA) – Archives - www.worldathletics.org/nsa

Did you know you could access a whole library of coaching and athletics articles from the World Athletics publication 'New Studies Athletics,' for FREE?

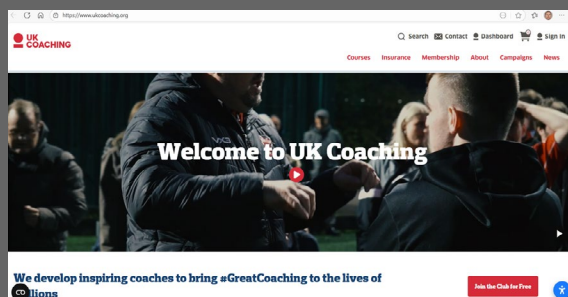
The NSA Archive provides the athletics community with a resource of specific technical information gathered over the last quarter of a century. It is a unique database with a powerful search engine via which articles are accessible as PDF-files which can then be downloaded or read online. The archive is updated yearly and currently articles from 1986 to 2015 are available.



European Athletics – Coaching Information <https://www.european-athletics.com/home/development>

European Athletics provide a wide variety of Coach Development opportunities including international Coaching Summits, High Performance Webinars and Conferences and online learning.

Whilst some areas are mainly aimed at Talent and Performance coaches, there is also useful information for those coaches working with young developing athletes.



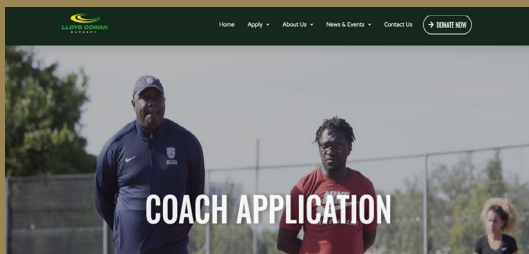
UK Coaching - <https://www.ukcoaching.org>

Close to home, we take a look at UK Coaching and how they support coaches. UK Coaching provide extensive support to coaches from all sports through webinars, workshops, online learning, qualifications and much more.

For any coach or leader looking to further develop their general understanding coaching and leading activities, the UK Coaching website provides a great starting point to find out more.

The Amazing Charities Supporting our Sport

In this edition we take a look at three amazing charities helping, athletes, coaches, clubs, schools and the community get the most from our sport.

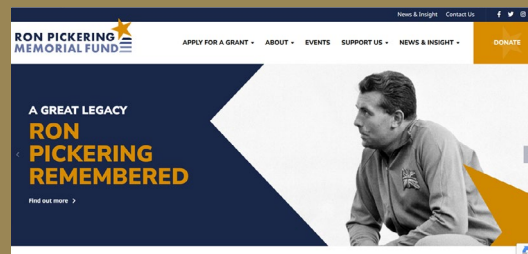


Lloyd Cowan Bursary www.lloydcowanbursary.org.uk

Lloyd Cowan believed that no one with sporting potential should be hindered by a lack of support. The Bursary is committed to upholding this ethos by providing annual grants to qualified coaches and unfunded athletes aged 16-23 facing financial barriers while pursuing developmental opportunities in athletics.

"This Bursary recognises, encourages, and supports athletes and coaches who aspire to become better versions of themselves through athletics".

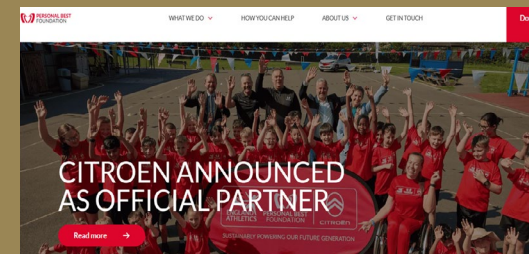
Christine Ohuruogu
400m Olympic Champion



Ron Pickering Memorial Fund www.RPMF.org.uk

Helping young British athletes fulfil their potential.

The Ron Pickering Memorial Fund made its first annual grant in 1992 and was founded by Jean Pickering and her children Kim and Shaun following the untimely death of husband and father Ron in 1991. The RPMF has since granted several thousand small but individually significant awards for young British athletes, totalling over £2.5 million.



Personal Best Foundation www.personalbestfoundation.org.uk

Helping disadvantaged children and young people achieve their personal best on the track, at school and in life. Our programmes open the door to opportunities and put a world of possibilities at the feet of the most disadvantaged children and young people in England.

We bring together our athletics community and community organisations to engage, inspire and help children and young people achieve more than they thought possible through the power of athletics and in life.

Shout out to our coaches and leaders

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

We caught up with some of the athletes at the 2025 England Athletics Senior & U20 Championships (inc Para) and asked them about the impact of their coach.

Click on the athletes images to hear their thoughts.



Ozioma Nlrwedum
F55 Seated Throws

"My coach **Alison O'Riordon** is important to me. Every session I come away learning something new."



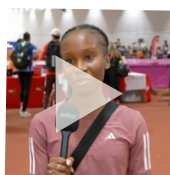
Kira Jones
Combined Events Athlete

"My coach is **Lisa Norton**. She's probably the most important person to me, for my athletics journey."



Dillon Millard
Steeplechase Athlete

"I couldn't be here (without him) and have so much love and support for **Dave (Lee)**. He's been an amazing coach."



Hannah Bell
100m Athlete

"He's like a second dad, has your best interests and is always in your corner. Shout out to **Paul Miller** and he's doing his thing."



Finley Hutchinson
800m Athlete

"Shout out to **Dean Miller**, coach at the Uni of Birmingham. He's a legend and probably responsible for a lot of my success as a runner."

Click on
the athletes
images to
hear their
thoughts.



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](#).

What's Happening/Happened in Your Area

Sharing best practice delivered through clubs and regions

South East Region: An introduction to Hurdles

When: 20th September 2025 10.00am to 1.00pm

Where: Stoke Mandeville Stadium, Aylesbury

David Millett, Regional Club Coach Lead for the South East and London delivered an introduction to hurdles to athletes and coaches from the Vale of Aylesbury Athletics club and surrounding areas. This session provided coaches with practical warm up and technical drills for beginners and developing hurdlers, along with supporting coaches practice applying these skills.

A recording of this session will be added to Athletics Hub in the near future.



Jumps and Throws Coach and Athlete Development Sessions

When & Where: Saturday 20th September 2025 – Doncaster Athletics Club 10:30am - 3:30pm

When & Where: Saturday 18th October 2025 – Moorways Stadium, Derby 10:30am - 3:30pm

Two very successful Coach and Athlete development days took place in the East Midland and Yorkshire & Humberside regions, delivered by the Regional Club Coaching Lead and Club Support Manager. These sessions helped support:

- Newly qualified Athletics Coaches to help embed their learning from their Coach Education courses.
- Interested Coach Assistants and Athletics Coaches (qualified in other disciplines) to gain a greater understanding of these events and how to become qualified in the Jumps and Throws disciplines.
- Beginning to develop a support network of coaches with a shared interest, by bringing coaches together at a local level.



South East Region: First Steps into High Jump

When: Thursday 30th October 2025 - 10.00am to 1.00pm

Where: Stantonbury Campus, Milton Keynes. MK14 6DT

A workshop designed for coaches and athletes to gain insights in how to:

- Develop the necessary movement patterns for high jump.
- Help athletes build confidence, safely, and feel in control.
- Utilise modified equipment and customised cues to facilitate learning.

For more details or to register contact: David Millett at dmillett@englandathletics.org



In the Next Edition

Look out for the next edition of **Coaching Vision** in **December 2025** when we will:

- Catch up with Jenny Meadows and Trevor Painter and discuss their 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 Shot Put' and 'Using various coaching styles to help your athletes'.
- Take a look ahead to the 2026 Indoor competition season.
- Look back at and celebrate the 2025 England Athletics Regional and National Coaching and Leaders Awards.
- And much, much more.



Future Editions

The Coaching Vision Magazine been designed to help provide coaches and leader 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](#)

