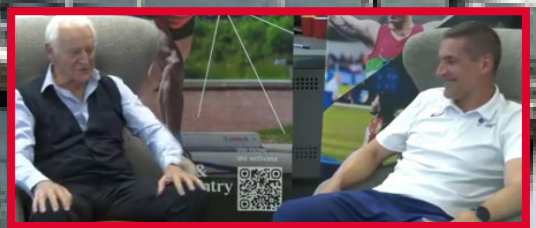
COACHING VISION

ENGLAND ATHLETICS

Putting the Spotlight and Focus on Coaching Across England

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



Fireside chat with Laurent Meuwly and Frank Dick



Updates on Coach Developments and Education



Competition and Talent Programmes Updates

COACH NEWSLETTER | AUTUMN / WINTER | EDITION 4

Welcome

to the autumn / winter edition of Coaching Vision

Welcome to the fourth edition of Coaching Vision. The England Athletics 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 lifeblood of our sport and England Athletics are committed to supporting the ongoing development of our sport and all those who make it so special.

Coaching Vision provides 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.

In this edition we look back at what happened over the summer and what is coming up in the autumn and winter.

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.



What's in this Edition

Page 1	Welcome & Content
Pages 2-5	Coach Education & Development Updates
Page 6	Running Group Development Updates
Pages 7-8	Raising the Awareness of RED-S
Pages 9-10	Fireside Chat with **Laurent Meuwly** & **Frank Dick**
Pages 11-12	Speed Event Updates & Opportunities
Pages 13-14	Endurance Event Updates & Opportunities
Pages 15-16	Jumps and CE Updates & Opportunities
Pages 17-18	Throws Events Updates & Opportunities
Page 19	Para Events Updates & Opportunities
Page 20	Youth Development Updates & Opportunities
Pages 21-22	Talent Programme Updates & Opportunities
Pages 23-24	Coach Education Courses Coming Up
Pages 25-26	Competition Information for Coaches
Page 27	Basic of Coaching High Jump
Page 28	Developing the Right Mindset
Page 29	Recommended Viewing
Page 30	Recommended Reading
Page 31	Useful Websites
Pages 32-34	Celebrating Coaches - Commonwealth Games
Pages 35-37	Time to Celebrate our Amazing Volunteers
Page 38	Coaching Considerations
Page 39	In the Next Edition

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.

Coaching Forward: Building Capacity, Expanding Opportunity and Shaping the Future of Coach Development

As another busy athletics season draws to a close, England Athletics finds itself in a strong position when it comes to coach education and development. Following a summer packed with championship action and significant activity throughout the sport, attention has remained firmly focused on one of the most important areas for the future of athletics:
supporting, developing and growing the coaching workforce.

Over recent months, a number of major developments have been introduced, many of them directly informed by feedback gathered through the coaching review. The result is a programme of work designed to make coaching more accessible, increase workforce capacity within clubs, and provide better development opportunities for coaches at every stage of the pathway.

New Qualifications Delivering Early Success

Perhaps the most significant development has been the introduction of two new qualifications: **Assistant Coach** and **Sessional Coach.** These qualifications were developed in response to clear feedback from coaches and clubs, who highlighted the need for more accessible entry routes into coaching alongside practical solutions to help manage growing club membership and waiting lists.

The early response has been extremely encouraging. Since launching at the end of the summer, more than **170 coaches have completed the Assistant Coach qualification**, while **over 150 coaches have progressed through the Sessional Coach qualification**, either directly or through a bridging route from previous qualifications.

The Assistant Coach qualification provides a flexible starting point for those aged 14 and over, introducing core coaching concepts, movement fundamentals and session support skills while enabling individuals to work under the supervision of a qualified coach.



Click here or press play to watch the interview in full

Meanwhile, the Sessional Coach qualification builds further capability by allowing coaches to independently deliver prescribed activities. With enhanced content covering behaviour management, performance factors and risk management, it represents a significant evolution of previous entry-level coaching offers.

Early feedback from clubs suggests the qualification is already helping to increase coaching capacity, expand session delivery and reduce waiting lists.

The programme continues to evolve, with plans to introduce a fully remote Sessional Coach option, helping remove geographical barriers and making qualification opportunities available to an even wider coaching audience.

Coach Education & Development Updates

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

Taking Learning Closer to Coaches

Alongside qualification development, England Athletics is investing heavily in **regional coach development opportunities.**

Across the country, locally designed programmes are beginning to take shape, with activities driven by the needs identified by clubs, coaches and regional stakeholders. Rather than a one-size-fits-all model, regions are tailoring support based on local demand, creating a mix of technical workshops, event-specific development opportunities, online learning and follow-up support.

The approach reflects a growing recognition that coaching development is most effective when it is relevant, accessible and responsive to local needs. Whether the requirement is workforce growth, coach upskilling or event-specific expertise, regional plans are providing a more targeted mechanism for support.

Importantly, these regional activities are increasingly being connected to wider talent pathways. New event-group gatherings and camps are helping create clearer progression opportunities for coaches and athletes alike, strengthening links between local development activity and national programmes.





Modernising Coach Qualifications for the Future

While recent qualification launches represent a major milestone, significant work is already underway on the next phase of coach education reform.

A substantial review of the Athletics Coach and Coaching Running Fitness qualifications has begun, with the aim of modernising content and ensuring qualifications better reflect contemporary coaching practice. England Athletics is working collaboratively with athletic federations and experts from across the UK to shape the future structure and content of these qualifications.

The review presents an opportunity not only to refresh existing content but also to consider new learning areas that reflect the changing nature of coaching. Planned developments include additional elective pathways, with work underway to strengthen provision across areas such as off-track endurance, combined events and wheelchair racing.

This represents one of the most ambitious qualification reviews undertaken in recent years and has the potential to significantly enhance the coaching pathway for the future.

Coach Education & Development Updates

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



Advanced Coach: Programme Gathering Momentum

Further up the pathway, the Advanced Coach pilot continues to make impressive progress. Almost twelve months after welcoming its first cohort, several coaches have now reached the assessment stage, providing valuable insight into how the programme is supporting coach development. Participants have consistently highlighted the impact of coach developers, mentoring support and structured reflection in helping them challenge and evolve their coaching practice.

Learning from the pilot is already shaping future delivery. Additional webinars, resources and support mechanisms have been introduced, while maintaining the personalised, learner-centred approach that has become a defining feature of the programme.

Recruitment has now been completed for a second cohort, with aspirations to build on the success of the pilot before formally establishing the qualification. Looking even further ahead, England Athletics is exploring how an advanced coaching framework could support other coaching environments beyond the talent pathway, including children and young people.

Supporting Coaches Beyond the Classroom

The development of learning resources remains another important area of focus. Work is currently underway to expand resource provision for coaches across multiple levels of the pathway, including annual planning tools, event-group resources and further content linked to technical excellence frameworks.

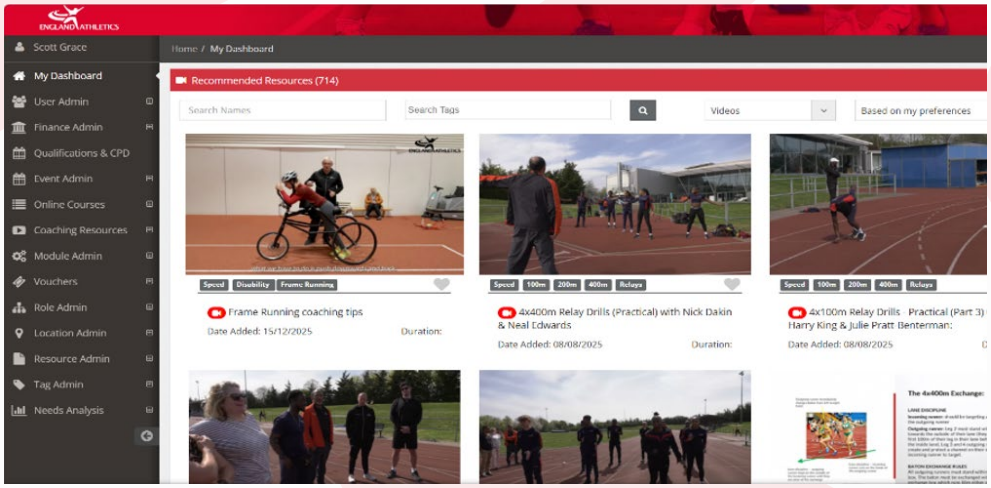
Existing Athletics 365 resources continue to provide practical support for qualified coaches, helping bridge the gap between learning and delivery.

This emphasis on ongoing support reflects a broader shift in philosophy, recognising that coach development extends far beyond gaining a qualification. Effective learning increasingly involves access to resources, networks, mentoring and opportunities for continuous reflection.



Club Coach Development Updates

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



Learning Hub Delayed, But Foundations Strengthened

While there has been significant progress across many areas, England Athletics has also been transparent about challenges encountered along the way.

One of the most notable relates to the planned Learning Hub platform. Originally intended for launch earlier this year, development work encountered significant technical hurdles. Rather than release a platform that did not fully meet expectations, a decision was taken to pause implementation until a higher-quality solution could be achieved.

Although this delay has understandably been disappointing, it reflects a commitment to delivering a system that genuinely improves the experience for coaches rather than creating additional complexity.

In the meantime, several enhancements are being introduced through existing systems. Improvements to licence management, training access, DBS processes and safeguarding pathways are helping streamline the coach experience, while laying foundations for future platform developments.

Looking Ahead

Taken together, the developments of recent months paint a positive picture of progress across coach education and development.

New qualifications are already increasing coaching capacity in clubs. Regional development programmes are expanding support opportunities closer to where coaches operate. Major qualification reviews are laying the groundwork for future learning pathways.
Advanced Coach is generating valuable insight into high-level coach development, while investment in resources and digital improvements continues across the system.

There is still important work ahead. Qualification reforms must continue, digital developments must reach fruition, and local development opportunities need to maintain momentum. Yet the direction of travel is clear: a more accessible, more modern and more connected coach development system that better supports coaches at every stage of their journey.

As England Athletics moves into the autumn and winter season, the focus remains on listening to coaches, responding to feedback and creating the learning opportunities that will help sustain and grow the sport for years to come.



Run Leader Development Updates

Shining a light on 'Let's Lift the Curfew'

England Athletics once again supported the **Let's Lift the Curfew,** the national movement from Sport England's **This Girl Can** that shines a light on the challenges many women face when being active outdoors after dark.

Following the clocks turning back on **Sunday 25 October 2026**, darker evenings are once again affecting how many women choose to get active. Something as simple as heading out for a run, walk or jog can involve extra planning, changing routes, running at different times, or deciding not to go at all because of safety concerns.

As runners, we know the benefits of being active outdoors. Everyone should feel able to enjoy those benefits all year round, without feeling that shorter days and darker evenings limit their opportunities to get out and move. Congratulations and thank you to all the clubs, **RunTogether** groups and running communities who took part.



For more information, click here to visit: RunTogether

UPDATE

We are very pleased to announce that 21,500 women and their allies ran as part of this campaign, showing the significance and importance, it is to keep women safe whilst running in the dark.

Just as a reminder

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



Raising Awareness of RED-S

England Athletics have been very lucky to speak with two runners (Heather Clapham & Kate Maughan) who have been impacted by RED-S and in this article, they share their story.

Kate: Can you explain to anyone reading this article, what is RED-S and why is it important for people to be aware of?

RED-S-stands for **R**elative **E**nergy **D**eficiency in sport, and basically, it's where energy in (into the body) is not sufficient to cover energy out (used by the body). That doesn't just include the sort of run you did that day or whatever sport you did that day, it's to also cover your normal bodily functions as well. What your body needs to sort of to be alive, but essentially that's what it is.
It's an energy mismatch between in and out.

It can have an impact on bone health. It can have an impact on your metabolism. It definitely has a big impact on performance and can obviously cause injuries that go alongside that as well.

You don't have to be underweight. I think there is a perception that if you've got RED-S, you must have lost a tonne of weight and you are dramatically underweight, but that's not true. It's also not just something that affects women; it affects men as well.



Click here to watch the interview in full

Heather, if you're happy, could you share with us your experience of RED-S and how it has impacted on you as an individual?

My experience is that I sort of never got some of what's considered like the severe RED-S category types. I never lost my period. My bone density is absolutely fine. But my body sort of compromised my metabolism. It made me extremely fatigued. At one point I even struggled to walk up the stairs without feeling like I was going to have cardiovascular collapse. It made life pretty difficult for quite a significant period of time.

Like going to work and having brain fog symptoms and I'm a clinical nurse specialist, so I've got to make high level decisions and I can't even remember my own name, let alone make some of these decisions. I had what was a normal BMI and I was eating, so it was not like related to sort of eating disorder issues. I think, it's sort of what Kate kind of suggested is that it's not necessarily about you're losing weight and things like that. It's had a significant impact on my life. I stopped running, I stopped the exercise. Exercise, running was my kind of stress release. So, it's sort of almost taken a coping mechanism away from me as well. It's sort of like impacted kind of every area of my life.

Kate, what about yourself?

As Heather alluded to, they're quite a different experience, I think, for both of us. I'll be totally honest I had probably what you would call some disordered eating patterns. There wasn't an eating disorder, but I had some quite strict rules. I was trying to maintain my weight, and I was doing that quite effectively, but I had rules about what I would eat and also how much I would eat based on how much exercise I'd done. And I think that's how I started to get into trouble very unintentionally, but that is how it started. On paper, I was a healthy BMI. I was at the lower end of the range and it, but I was still on paper, a healthy weight. I lost my periods and I sort of ignored that for a while, which I massively regret. And then I started to notice basically not the sort of levels of fatigue that Heather mentioned, but not feeling great.

I was finding it difficult to recover in between running sessions that I was doing. My performance was getting worse and I fell into that trap of my running is not going as well as it usually is. I better do more running to improve. They said it's just a sort of downward spiral from there. And then it all kind of came to a head. I got a stress fracture in my sacrum.



Heather, what would be your advice for any athlete / runner who's reading this article and thinking that sounds very similar to my experience?

I suppose at the simplest level is do less, eat more.
That would be the major sort of thing for me because I think, similar to Kate's I like noticed this dip in my performance and then was like, oh, I'm not trying hard enough and actually noticing those things is a good sign that your body just actually needs some downtime, that it needs to be fueled properly, that it needs the rest to recover from those things.

And actually, you're more likely to recover quickly if you do those things, rather than actually trying to push through it. And I know there is an element in sort of the running community and things like that. And sometimes, you know, that kind of no pain, no gain.

And sometimes that does pay off in terms of, you know, what we're doing. But I'd say a lot of the time if you notice in those performance declines, if you notice in those little niggles that sometimes don't go away, if you're just feeling a little bit more exhausted, it's probably your body screaming for both some time off and more fuel and noticing those things to start with and giving your body what it needs.

Kate, from a coach, run leader or even parents or partners point of view, what can they do to help somebody who's maybe experiencing elements of RED-s?

I think just being aware of what it is and talking to people.
If you're a coach, a parent or a run leader, just make sure that you are aware of what the sort of signs are (of RED-s).

And don't be afraid to ask questions of people if you're seeing someone where their performance is dipping with no obvious reason, if you see signs potentially of repeated injuries and things like that, I think it's right to take someone to one side and have that conversation with them.

The thing I regret the most is not doing something about it when I knew things weren't right. You don't want to wait until someone's got a stress fracture or some other sort of quite serious injury before you have that conversation with them.

I think it's just about raising awareness and not being afraid to sort of ask some of those questions because then you can put the right support in place.

A lot of people think that RED-S only affects female athlete, female runner. But this is not the case. From your experience, how have you seen that impact on every individual?

The IOC changed the definition of it from the Female Athlete Triad, because I think it's more noticeable in women because of things like your period disappearing, it's much more obvious. But it's a multi-systemic disorder.

It affects bone density, which we all have bone density. It impacts your hormones, your thyroid hormones. So that's one thing that happened to me.

That can happen with men as well. I've known people on a forum on Facebook with men saying that the testosterone is just quite often much lower than you expect.

It can absolutely impact anybody and I think sometimes it's less obvious in men because there aren't those immediate signs.

More information on RED-s can be found on the Athletics Hub resource library or by visiting website such as REDinSport. Always talk to someone if you feel that RED-s may be impacting on you. Stay safe, stay healthy.

Fireside Chat with Frank Dick and Laurent Meuwly

Over the summer Frank Dick (World renowned coach and presenter) met with Laurent Meuwly (Netherlands National Coach for Sprints, Hurdles and Relays and coach to Femke Bol). Below are some extracts from this amazing discussion.

Frank: It's a huge privilege to welcome a personal friend, and colleague, also a member of the World Athletics Coaches Commission and in my opinion, probably the greatest track and field coach in the world at this time. Laurent Meuwly

Tell me a few of the athletes that you are working with?
What qualities do you think make a good coach?

Laurent: I'm coaching relay athletes and from 100 metre to now, since this season, 800 metre flat or hurdles. Mostly Dutch athletes because, I'm now the national coach for these events in the Netherlands. These athletes include Lieke Klaver, Nadine Viser, Tamir Burnett and Liemarvin Bonevacia. I am also coaching athletes from other countries in Europe, like Attila Molnar (Hungary)– 400m, Lurdes Gloria Manuel (Czech) - 400 metre and Torrie Lewis (Australia – 100m).

Now with a lot of athletes having success, I get quite a few requests every year, (saying) Can I join your group? Can I train with you?

Of course, I want to look at the balance of the group. I want to make sure that everyone inside this group is looking in the same direction, with the same goals and can live well together. The social aspect is very important because sometimes you get to have two athletes who are direct competitors on the track like (Lieke) Klaver and Lurdes Gloria Manuel, they were first and third indoor World indoor championship this winter.

They train together every day, so you also need to make sure that this is going to be a good fit. And those initial discussions with athletes are very important to feel what they really want, to feel what they are ready to do for it, to present them your plan and to be really open about what it means to be, three months away in camp during the year to live far from your country. So, all these kinds of discussions are very important because then you ask a lot from the athletes and they need to feel good because if you want them to develop and perform, they need to.



Click here or press play to watch the interview in full

Could you sum up your philosophy in a sentence or two sentences?

For me, track and field or athletics is an individual sport that's in my opinion should be practiced as a team. When I say a team, it's not only the athletes, but it's also the coaching staff, it's the medical staff, it's the science team, the nutritionist or the experts around. I really trust that having competition in training, having people who are at their top when you are maybe a bit in difficulty, you get an injury and so on, that helps you get over it.

And I think if you question my athletes, that's also what they like about the group, and all the social aspects around it, because it's a tough sport.

Also, sometimes 'we' (coaches) keep all our secrets and how we're doing it, but that's definitely not my philosophy.



How do you manage emotions?

I think what we are experiencing now here at Europeans, for example, on 100 metres, the women had three races (heats, semi-finals and final) on Monday, then competition was over, then the men (the same) on Tuesday. In the preparation that I'm doing with the athletes, this is the biggest part.

How much not (just) physical investment you are going to put into a heat or semi-final, but how are you going to build up your mental focus? How much is the cost of every round to be still having the right energy for the final and to put yourself in the in the right mindset and state in the final?

When competing three times in one day, it is very important to consider how you are focusing more as you move towards the final. An athlete cannot be focused in the same way for all three rounds or do the same warm up three times. It's not possible and it's not necessary. So, you have to put the strategy in place. How is how my warm-up is going to look for the heat, how it's going to look for the semi-final and for the final and the same for the mental part, how I'm going to deal with this?

In Tokyo 100m heats for women, we were not going back to and from the stadium (from the hotel) because you had to take a bus and drive for 20 minutes. So, we stayed so the athletes could stay with the physio and the coach underground and prepare for the most important race of the year for them. Also, this kind of situation can go everywhere if as the coach you start to speak about too many technical points or if you didn't discuss, **OK, if your semi was not so great, but you are still in the final, how are you going to manage? How long are you going to think about this semi-final?** Or do you just think, OK, that's over. I mean, now it's a different race.

Frank: (Advice to a coach)
As a coach you only need to know three things, know what you know, know what you don't know and know somebody who does.

For 7 years I have had the chance to work with a team of experts around me, because before, it was quite the one-man show. Obviously, I was having discussions and contacting people who could help me where I had questions, but they were not around all the time. And now I'm in a very nice environment where I walk 50 metres, I'm in the nutritionist office, I have the science team. But I still want to be in charge and to control what is going back to the athletes and what we are doing with the information you said. We have a lot of data nowadays, but we have to be careful how to use them, when to use them and what needs to reach the athletes what does not. But definitely now, it's very helpful to have people sometimes just to confront your ideas.

It's maybe not even to get something new, but to check that you're going the right direction to challenge yourself. I think as a coach, to be a very, very good and successful coach, it is important to be able to find the people who are going to challenge you in your comfort zone and ask the difficult questions.

Coming next time

In the next Edition we catch up with another top coach who will share their coaching journey to date and their advice for developing coaches.

Speed Event Group Updates & Opportunities

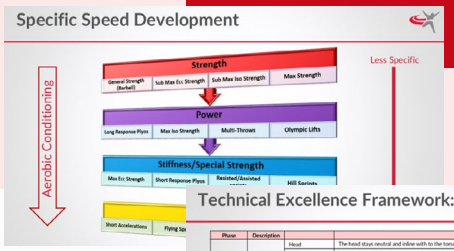
What's going on and what's coming up in Speed Events

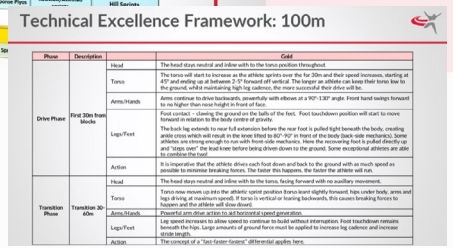
Speed Technical Excellence Framework and Playbook on Athletics Hub
For any coaches supporting athletes on the Youth Talent Programme (YTP) or aspiring to do so, and who are wishing to understand more about the Speed Technical Excellence Framework (TEF), we would encourage you to visit the Athletics Hub resource library, where you can download a copy of this and the Speed Playbook.
This excellent document sets out the:

- Athlete Profiling.
- Key components & areas of Athlete Development.
- Fundamental principles of Speed Development.
- Physical Preparation for Speed.
- The Technical Excellence Frameworks for 100m, 200m and 400m.
- The Technical Excellence Frameworks for 100m / 110m Hurdles and 400m Hurdles.
- The Technical Excellence Frameworks for Relays.
- The Physical Excellence Framework and Physical Preparation Curriculum.

This resource is a great complementary resource to the sessions delivered as part of the Youth Talent Programme or for any coach wishing to understand more about how to support speed development.







Speed Highlights for this Edition

We would like to congratulate all the athletes and their personal coaches who were selected for international teams in 2026, and those who also competed in the England Athletics Champs, British Athletics Champs and all other competitions this past season.

Hurdles Programme Co-ordinator
Just a reminder, that Julie Pratt-Benterman has been appointed as the Hurdles Programme Co-ordinator. Julie has been busy leading on various hurdles events across England, including support for hurdles age group changes. 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 2026 & 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

Speed Event Group Updates & Opportunities

Key dates for your diary

Camp	Lead Coach	Date	Venue	Time	Booking Link
Sprint Hurdles Technical Camps	Julie Pratt-Benteman	Saturday 21 November	Chelmsford	10:00 to 12:00	Register Here
	Damien Greaves	Saturday 21 November	Sutcliffe Park	13:30 to 15:30	
	Paul Gripton	Saturday 21 November	Loughborough	12:30 to 14:30	
	Neal Edwards	Saturday 21 November	Plymouth	12:30 to 14:30	
	Julie Pratt-Benterman	Saturday 5 December	Chelmsford	10:00 to 12:00	
	Neal Edwards	Saturday 5 December	Exeter	10:00 to 12:00	
	Lorna Boothe & Pippa Earley	Sunday 13 December	Sutcliffe Park	13:30 to 15:30	
	Neal Edwards		Exeter		
Long Hurdles Technical Camps	Nick Dakin	28 November 2026	Birmingham	12:30 - 14:30	Register Here
	Richard Hunter	12 December 2026	Monkton Stadium, Jarrow	10:30 - 12:30	

These two-hour camps are mainly targeted, but not limited to, U14 and U16 sprint hurdlers, and cover important aspects of hurdles technique, including moving up an age group (new hurdle heights & distances), thus enabling athletes to become more efficient hurdlers. The sessions are structured to assist athletes as they continue to develop. Personal coaches are encouraged to attend and observe, and they will have the opportunity to ask the lead coach questions after each session.







Endurance Event Group Updates & Opportunities

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

Coaches Corner Endurance 2026
Endurance coaching has never been broader, with athletes competing across track, cross country, road, mountain, trail and ultra disciplines. The Endurance Event Group is focused on supporting coaches through collaboration, shared learning and engagement across the endurance community.
As part of this, we host monthly Coach's Corner sessions, providing an informal opportunity for coaches to connect with the Endurance Leads, discuss current challenges and share experiences from across the sport. Sessions are available in both daytime and evening formats. We would love to hear from you. Questions and topic suggestions can be submitted in advance to Andy or Hayley and will help shape future discussions.

- Next Coach's Corner: 10 December 2026 | Register here
- Endurance Newsletter: Register here



Off-Road Coach Development
A key area of focus for 2027 is strengthening coach development and support within fell, trail and mountain running. We are keen to connect with coaches, clubs and discipline experts who would like to share ideas and help shape future coach development opportunities across these growing areas of the sport. **To get involved, please contact Andy at** aheyes@englandathletics.org

Off-Track Endurance Lead – Andy Heyes



Andy joined England Athletics with a background in sport integrity research and holds a PhD in Sport Psychology. A GB international distance runner across track, cross country, road and ultra-running, he is a former Chair of the UKA Athletes' Commission and currently serves on both the UKAD Athlete Commission and WADA's Social Science Research Expert Advisory Group. He is excited about the opportunities within the thriving off-track disciplines and looks forward to working with the endurance community to help develop the sport.
To contact Andrew, please email: aheyes@englandathletics.org

On-Track Endurance Lead – Hayley Hemmings



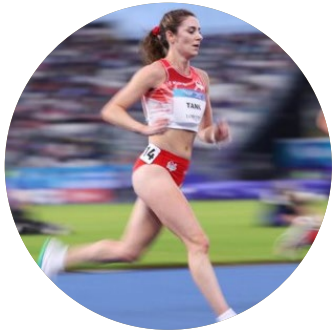
Hayley has been a Team Coach on multiple international teams, including serving as Team Leader for the 2025 and 2026 World University Games and Championships. A former teacher, Hayley continues to coach athletes at her local club as a volunteer coach, maintaining strong links with grassroots athletics. Since taking on the role of On-Track Endurance Lead, she has been a driving force behind a number of endurance development projects across the country.

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

Endurance Event Group Updates & Opportunities

An interview with Poppy Tank – Commonwealth Games Reflections

For Poppy Tank, the Commonwealth Games was her first England vest on the track and whilst the competition was tough, it was a great building block for her future. We caught up with Poppy at the England Athletics South West Volunteer Awards to hear more about her experience at the Games.



An invaluable experience in Glasgow

Having started the year thinking that the Commonwealth Games were out of her reach, Poppy was delighted to be selected thanks to her ranking. She was excited to have the opportunity to represent England at the highest level, but one of her highlights was being part of the team.

***"One of the best parts for me was that they had the para-athletes alongside the able-bodied athletes and that was a really special experience** because I wouldn't otherwise have met a lot of those athletes. It was really inspiring to hear their stories, get to know them and just hear more about para-athletics".*

"We would sit at dinner altogether on big round tables and it was really enjoyable to hear a different side of athletics that I wouldn't otherwise see, being an endurance athlete."



Poppy raced in the 10,000m and the race was tough with a strong field of athletes and an inconsistent pace, but it was an invaluable experience for Poppy to take forward.

"You can be disappointed in the moment, but I think there's lots to take away from it, positives to look at and it's a great building block for the future. You only learn how to do those sorts of things and run those sorts of races by being in them, so it's a very invaluable experience for me to take forwards in my career. I'm really grateful that I got to represent England at the highest level possible."

The support from City of Plymouth AC

Before her race, one of the coaches shared messages with Poppy from people at her club, City of Plymouth AC and this support meant a lot to her.

"It was really emotional actually. It's so nice to have all these people supporting that I haven't personally met. One girl said that I was a really big role model to her and it was such a nice feeling to have somebody from my club at home look up to me, so it was really special."



Volunteers at the club played a big role in Poppy's journey to the Commonwealth Games, so it was great for her to join us for the evening at the South-West Volunteer Awards to say thank you to those who have given their time to make our sport special.

"My first coach Simon Anderson was so generous with his time. He just made athletics fun and that's a big part of why I'm still part of the sport now. It's easy to get serious and competing is important but what's the point if you don't enjoy it, especially for young athletes."

Jumps & Combined Event Group Updates & Opportunities

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

Regional Event Mentoring Programme
England Athletics recently promoted the Regional Event Mentoring Programme for jumps and combined events. The programme is designed to support coaches regionally, who are developing athletes with future pathway potential and who want to improve their coaching practice through event-specific support.



What successful coaches selected onto the programme will receive includes

- 1:1 mentoring from an experienced event mentor, with approximately one mentoring conversation every eight weeks across the year.
- Access to a regional coach-athlete applied learning opportunity, where they can observe, apply and reflect on event-specific coaching practice.
- Dedicated support with technical priorities, session design, athlete progression and planning.
- Resources and reflection tasks.
- An end of year review and next-step recommendations to continue your development.

The programme covers long jump, triple jump, pole vault, high jump and combined events across the North (North-West, North-East, Yorkshire and Humber), Midlands (East, East Midlands, West Midlands) and South regions (London, South-West, South-East). This programme is aimed at coaches who are open to reflection, challenge and ongoing development, and who are keen to take learning back into their own coaching environment.
The first cohort of coaches have now been selected for this programme and further information will be shared in the future.

Jumps & CE Highlights for this Edition

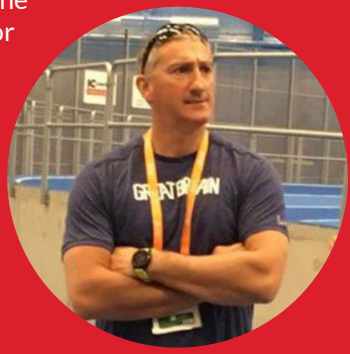
In February 2027, England Athletics will be sending a Combined Events team to compete in Sweden.

The first 3 athletes from the England Athletics Senior Combined Events, which take place in Sheffield on the 16th and 17th January 2027 will be considered for selection. In the instance that the first 3 athletes do not accept the selection, selection places will not necessarily filter down the results. More information on this event and selection policy can be found here.

As we move towards the Indoor season, we wish athletes and coaches the very best for their upcoming competitions.

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 and Talent development within in England and the UK.
To contact Darren, please email: dritchie@englandathletics.org

An interview with Kate Rooney – International Pole Vault Coach

We recently caught up with Kate Rooney, international Pole Vault coach, and coach to 2026 Commonwealth Games Bronze medalist, Owen Heard to discuss her coaching journey to date. Below are some extracts from this interview.

How did your coaching journey start?

I took a year out from when I retired as an athlete and then sort of stumbled back into coaching at Loughborough University, just on a volunteer basis, but obviously fantastic facilities here, so a really good setup and just coaching university athletes for a while.

Things then started to ramp up around 2021, I started coaching a couple of athletes, including Owen, who made it to the Commonwealth Games in 2022, and a Northern Irish athlete Ellie. So, I had two athletes at the Commonwealth Games and that was probably the turning point for me. I am hugely lucky to be in a system as well, like between Loughborough University, England (Athletics) and UKA. I've definitely had a lot of support along that coaching journey as well.

I worked with Harry Coppell for a year, maybe I wasn't quite ready for that. That was straight after that, Commonwealth and I also worked with Hollie Bradshaw for a year in her final year. And I think that was probably more of me supporting her, guiding. I got an opportunity to learn from her as much as I could help her along in her final year. It's just developed from there and obviously Owen's been a big part of that journey.

Can you share with us a little bit about your coaching journey with Owen this year?

Yeah, I mean, like with Owen, he went from zero to hero in 2022 when he had a PB of like 4.90m and went straight to 5.45m to qualify for that Commonwealth in 2022, which was incredible and showed his talent that he had. But then we dropped off the face of the earth the next year and we had a tough time. 2026 for me was just trying to hold him back a little bit, like I think he has more in the tank, but I was desperate for a consistent year.

We knew there was a Commonwealth medal up for grabs and he went and delivered there.



Click here or press play to watch the interview in full

We knew there was a European final up for grabs and he went and delivered there. He has also been at university for six years, so we had an incredible support team around him.

What are the plans for the next few years?

The next step up is to be able to be consistent around 5.70m to 5.75m with hopefully PB's hitting around that 5.80m mark. Owen's biggest asset is he's one of the quickest athletes in the world on the runway. We want to now take a few risks and tap into that, so a longer run up, hopefully will do that.

But obviously more speed brings more risk. He's been very fortunate now that he's on the world class plan. So hopefully we'll have a little bit of support around us for that to help keep him in check. But I hate using this analogy because it's so cliche, but it is building blocks with him. I don't think you can build too far. You know, if you're jumping around 5.75m consistently, that should be enough to make it to a World or Olympics and 5.75m to 5.80m is going to be enough to make a final.
They're big steps now. Commonwealth and Europeans were knocking on the first door. We are halfway through one (Olympic cycle) already and we're tapping on that door.

Throws Event Group Updates & Opportunities

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

England Athletics Female Throws Coaches Group: Connecting, Developing and Empowering Female Coaches

Creating opportunities, building connections and supporting the next generation of female throws coaches.
The England Athletics Female Throws Coaches Group was established last year with a clear ambition: to connect female throws coaches from across the country, creating a supportive environment where they could share experiences, develop their coaching practice and learn from one another.
Operating within a traditionally male-dominated event group, the initiative provides an opportunity for female coaches to come together, build relationships and develop their confidence in an environment where they feel supported and represented. However, the impact of the group has extended well beyond its original aims. It has also become an important stepping-stone into wider England Athletics coach development opportunities, with female coach attendance at masterclasses and regional development days now matching, and often exceeding, that of their male counterparts.

Building a community and celebrating success
The inaugural group was a huge success, bringing together coaches from across the country with a shared ambition to develop themselves, support one another and contribute to the future of throws coaching. One of the standout sessions saw Ashley Kovacs join the group for a live discussion and Q&A. Ashley shared her own coaching journey, offering insight into her experiences, challenges and development within the sport. The group is also proud to celebrate the achievements of its coaches and the athletes they support, including Carolyn Franks, Bron Carter MBE and Lesley Brown who have all had major success with their athletes in 2026. These achievements highlight the contribution female coaches are making to the development of athletics and the success of athletes on the international stage.

A second year, a growing community
Following the success of its inaugural year, the second edition of the group has now begun, with membership growing to 74 coaches. An encouraging development this year has been the significant increase in newly qualified female coaches joining the group, alongside the more experienced coaches who have continued to be part of the community. Read the full article soon on the England Athletics website.

Throws Talent Lead Contact Information

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

To receive a copy of our monthly Throws Newsletter please register here: Throws Community Newsletter

Meet the Throws Event Lead



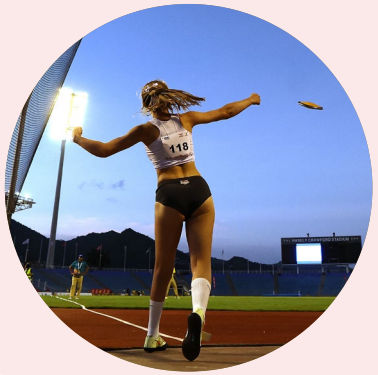
Nick is the England Athletics National Throws Manager. Nick has been a Team coach on multiple GB&NI and England internationals, including the 2026 & 2022 Commonwealth Games, 2025 European U23 Champs and the 2025 World Para Athletics Champs. Since starting his role in 2019, Nick has been a major driving force in the development of Throws, the Pickering Memorial International, the Winter throws and Talent development within England and the UK. On a personal level, Nick supports GB&NI international Hammer Thrower Jake Norris.

To contact Nick for any throws related enquiries, please email: nridgeon@englandathletics.org

Throws Event Group Updates & Opportunities

Key dates for your diary

Date	Event	Location	Aimed At	Booking
5 December	**Regional Athlete and Coach Training Days Organised by the UK Javelin Throw Association (UKJTA)**	Portsmouth	Pre-YTP level athletes and para-athletes (13+), and their coaches.	Booking is via their website - here
6 February		TBC - Gateshead Int Stadium		
13 March		Hemel Hempstead		
6 December	**Regional Athlete and Coach Training Day for Hammer – with Jake Norris and Bayley Campbell**	Thames Valley Athletics Centre, Eton	Pre-YTP level athletes and para-athletes (13+), and their coaches.	Coach booking (Free) Athlete booking (£10)
10 January	**Regional Athlete and Coach Training Day for Hammer – with Eddie Jeans and Lee Doyle**	Leigh Sport Village		Coach booking (Free) Athlete booking (£10)
24 January	**Regional Athlete and Coach Training Day for Hammer – with Lorraine Shaw and Tom Head**	Alexander Stadium, Birmingham		Coach booking (Free) Athlete booking (£10)







Para Updates & Opportunities

Find out more about what is available to support athletes and coaches interested in para-athletics.

Street2Stadium
The Street 2 Stadium para-athletics talent ID initiative aims to increase the number of para-athletes accessing regular athletics training in England and progressing into the England Talent Pathway. The programme delivers specialist athletics coaching through taster sessions and a talent ID day, with a view to identifying potential para-athletes with eligible impairments, who show potential to join the pathway. Identified athletes will receive individualised support to facilitate the transition from the Street2Stadium programme into the club network and through the classification process. To find out more or get involved in the Street2Stadium programme, contact your closest Street2Stadium coordinator:

Birmingham: laurenbutler@englandathletics.org **Leeds:** lweightman@englandathletics.org **Manchester:** rboothe@englandathletics.org

Interested in coaching Frame Running?
Learn all about it at one of our upcoming frame running development days, where our future frame running stars will be receiving a coaching masterclass! For more information contact laurenbutler@englandathletics.org

Disability Athletics Resources
England Athletics has an extensive section on Disability Athletics Resources which may be of interest to you, including:
- Competition Classifications: UKA Classification Guidelines and a video explaining Para-classifications.
- Equipment and Funding: Some useful information on use Para-specific equipment and funding opportunities.
- Impairment Specific information: Factsheets which help provide impairment specific information.
- Mental Health and Wellbeing: mental health infographic NEW.
- Courses and Workshops: Take a look at some additional workshops offered beyond the athletics specific offer.

To find out more about these great resources please visit: Disability athletics resources - England Athletics

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

Meet the Para Athletics Talent Officer



Lauren is the Para Athletics Talent Officer and started the role in September 2026. Prior to this role, Lauren had been involved in the Birmingham Street2Stadium project since it began in 2019.

Through the Street2Stadium programme and her group that she coaches at the University of Birmingham, Lauren has gained experience of coaching para athletes across a wide range of impairment types, from grassroots level all the way up to supporting para athletes at a World Championship. Lauren leads on talent ID for Para Athletics, helping to identify and support future talented para athletes, as well as their clubs and coaches.

Lauren via email: laurenbutler@englandathletics.org

Youth Development Updates & Opportunities

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



funetics: Building confidence, community and a love for movement in Scunthorpe
Success in athletics goes far beyond the medals, it can be as simple as children growing in confidence, reaching a goal or feeling part of the athletics community.

Over the summer England Athletics caught up with Nickie and David who, having recognised this, launched funetics in Scunthorpe two years ago and the impact of their sessions is immeasurable.

Curly's Athletes, a community and charity focused event management team, launched funetics two years ago to create an environment where children could move, laugh, grow in confidence and discover a love of athletics. With **more than 80 registered children**, growing waiting lists and families returning week after week, Curly's funetics has become far more than a sports session — it has become a community. Their philosophy is simple: "If a child turns up, they belong here."

Now a thriving programme, the biggest challenge has been keeping up with demand to give every child an opportunity to get involved. Nickie and David could not do this alone, so they have developed a team of volunteers, including young volunteers who are completing their Duke of Edinburgh Awards.
"One of the biggest successes has also been the volunteer community built around funetics. Older athletes, parents and young leaders now help with sessions, creating a powerful sense of community supporting community." To find out more click here

England Athletics is pleased to announce a new partnership between funetics and Davies Sports
The partnership marks an exciting new chapter for funetics, England Athletics' programme designed to help children develop fundamental movement skills through fun, engaging athletics-themed activities. As part of the agreement, Davies Sports will become the exclusive distributor of all funetics equipment bags on behalf of England Athletics.

Davies Sports is a specialist supplier of PE and sports equipment, supporting schools, clubs and leisure organisations across the UK. Their equipment is specifically developed and manufactured for education, undertaking rigorous product testing for durability and suitability. With age, height and ability appropriate options, their extensive range caters for early years through to senior performance level, and their reach and expertise will help make funetics resources more accessible to educators, coaches and activity providers nationwide.

The funetics equipment bags play a central role in the programme and can be delivered as a standalone funetics offer or incorporated into multi-sport programmes, holiday camps and festival-style events. Through this partnership, customers will benefit from a streamlined purchasing process, improved product availability and an expanded range of supplementary and inclusion-focused resources.
To find out more click here



Talent Pathway – The Story of 2026, so far

Looking back at how the Talent Pathway played a major role in athletes' success in 2026



The Talented Athlete and Coach Pathway provides a progressive support structure for athletes and coaches to develop skills and competencies with the aim of moving athletes on to representative honours at England and GB&NI Level. It is supported by London Marathon Events and TASS.
The England Athletics Talent Development Programme aims to support the England Athletics philosophy of talent development by supporting athletes through consistent support in high-quality training and support environments known as the England Athletics Talent hubs.
Over the 2026 seasons we have seen many individuals progress from the Talent Development Programmes to representative honours for England and GB&NI and below we take a look back at some of these highlights.



Sam James - member of the YTP

U18 European Championships
Rieti (Italy) hosted the 2026 European Athletics U18 champs and what a championship it was for the Great Britain & Northern Ireland (GBR & NI) team, finishing top of the medal table with 8 golds, 2 silver and 4 bronzes. Many of the athletes taking part in the champs for GBR & NI are current or previous members of the Youth Talent Programme, and we wish to congratulate the athletes and their coaches on their success. Team Leader for the Champs and Head of Talent Pathway at England Athletics said "It's very exciting to see the talent of the future compete so well at their first major competition and we are glad that the support and education provided through the YTP has played a part in this success."

Sam James – High Jump (coach James Wild) was not only, one of the stars of the U18 Champs, equaling the British U18 record, improving his PB by 10cm on the day, to jump 2.25m, but was also shortlisted by European Athletics as one of the rising stars of the future.

2026 U20 World Athletics Championships in Oregon (USA)
In addition to the European Athletics U18s, Great Britain & Northern Ireland also sent a strong team to the World Athletics championships in Oregon (USA), many athletes who have previously been part of the Youth Talent Programme and England Athletics Talent Pathway.



Wyatt Larkins- member of the TDP



Sam Bennett - member of the PP

Commonwealth Games
At the senior level England Athletics Performance Programme and Talent Hubs provided support to several athletes competing at the Commonwealth Games, including competition opportunities and training, science and medical support. Scott Grace, Team Leader for the Commonwealth Games said, "The support provided by the Performance Programme and Talent Hubs was vital in the build-up to the Games, helping support the athletes and their coaches in their final preparations."
England Athletics continues to support athletes of all ages through the Talent Programmes, helping with their ongoing development and the support their coaching team and environment.

Talent Pathway Updates & Opportunities

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

We are delighted to announce the new athletes selected onto the four England Athletics Talent Pathway programmes. From secondary school, athletes are supported throughout their athletic careers, beginning with the Youth Talent Programme (YTP), followed by the Talent Development Programme (TDP) with the Performance Programme (PP) the top step on the England Athletics pathway.

As **a fully integrated pathway**, para-athletes will receive equal support across the three programmes of **YTP, TDP and PP**, with additional para-athletics sport delivered as part of the Para Academy.
Thanks to vital contributions from our key stakeholders of TASS, SportsAid, UKAD, London Marathon and Sport England, athletes receive much more than simply coaching. Sporting practitioners based out of the four Talent Hubs deliver support for athletes across the four programmes in specialisms from physiotherapy to sports nutrition, medical insurance to clean sport and psychology.





For more information about the programmes and new cohorts please click the links below:

- Youth Talent Programme (2026-28)
- Talent Development Programme (2026-27)
- Performance Programme
- Para Academy (2026-27)









2026 Youth Talent Programme Gets Going

Last month saw the commencement of this year's Youth Talent Programme cohort. The YTP events were delivered over four locations, **Loughborough, Leeds, Birmingham and St Mary's University Talent Hubs**, and welcomed both selected athletes and their coaches. Over 200 athletes aged 16 -18 have joined the 2026-2028 cohort.

A further two dates will take place in December 2026 and March 2027. Click here for more information.

The YTP camps and training days provide a great opportunity for coaches to come and work with some of England's leading Talent coaches and experts. Alongside the practical and theory sessions delivered for both athletes and coaches, these events provide a great network opportunity for coaches to share experiences and ideas and to learn new drills and exeercises to use in their own coaching environments.

Coach Education Course Autumn - Winter 2026/27

Planned Courses coming up

For more information on current Coach Education Courses, 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

NEW Sessional Coach Qualification
Find out more about the newly launched Sessional Coach Qualification.

Prepare to deliver prescribed athletics sessions across a range of events with a Sessional Coach qualification. You'll be able to deliver the basic and underpinning principles of athleticism, and develop skills across running, jumping and throwing.
Best for you if...
- You are new to Coaching or hold a Coaching Assistant (Post 1st April 2022) qualification.
- You want to deliver prescribed training activities in your club or community
- You enjoy working with developing athletes across different events and ages.

How is it delivered:
- **Location:** Online and practical options
- **Date & Time:** Either Self-Paced Learning or Specified dates for practical sessions.

For more information click here

To book a place on the new Sessional Coach please visit: Athletics Hub



Athletics Coach

Course Dates:
- **Session 1:** 12-12-2026 09:00 - 17:00
- **Session 2:** 14-12-2026 09:00 - 20:00 (Online)

Venue: Castle Sports Centre, Taunton, Somerset, TA1 5AU
Course Code: ACO0414
Last Booking Date: 09-12-2026

Course Dates:
- **Session 1:** 16-01-2027 08:00 - 16:00
- **Session 2:** 21-01-2027 19:00 - 20:00 (Online)

Venue: Julie Rose Stadium, Willesborough Road, Kent, TN24 9QX
Course Code: CAO0438
Last Booking Date: 08-01-2027

Course Dates:
- **Session 1:** 23-01-2027 09:00 - 17:00
- **Session 2:** 25-01-2027 09:00 - 20:00 (Online)

Venue: Cambridge Regional College Sports Hall & Centre, Kings Hedges Road, Milton, CB4 2QT
Course Code: CAO0439
Last Booking Date: 15-01-2027

Course Dates:
- **Session 1:** 31-01-2027 09:00 - 17:00
- **Session 2:** 03-02-2027 09:00 - 20:00 (Online)

Venue: College of Haringey, Enfield and North East London, Middlesex, EN3 5HA
Course Code: CAO0441
Last Booking Date: 22-01-2027

Athletics Coach

Course Dates:
- **Session 1:** 29-11-2026 09:00 - 17:00
- **Session 2:** 06-12-2026 09:00 - 17:00
- **Session 3:** 07-11-2026 19:00 - 20:00 (Online)
- **Assessment:** 07-03-2027 09:00 - 17:00
  - **Speed / Endurance / Jumps & Throws**

Venue: Erdington Academy, Kinsbury Road, Erdington, Birmingham, West Midlands, B24 8RE
Course Code: AC00151
Last Booking Date: 24-11-2026

Course Dates:
- **Session 1:** 16-01-2027 09:00 - 17:00
- **Session 2:** 17-01-2027 09:00 - 17:00
- **Session 3:** 20-01-2027 19:00 - 20:00 (Online)
- **Assessment:** 25-04-2027 09:00 - 17:00
  - **Speed / Endurance / Jumps & Throws**

Venue: Leeds Beckett University, School of Sport Building, Headingley Campus, Leeds, LS6 3QQ
Course Code: AC00152
Last Booking Date: 08-01-2027



Coach Education Course Autumn - Winter 2026/27

Planned Courses coming up and online options

Coach in Running Fitness (CiRF)

Dates:
- **Session 1:** 05-12-2026 09:00 - 17:00
- **Session 2:** 06-12-2026 09:00 - 17:00
- **Session 3:** 08-12-2026 09:00 - 20:00 (Online)
- **Session 4:** 09-01-2027 10:00 - 20:00 (Online)
- **Session 5:** 28-03-2027 09:00 - 17:00

Venue: The Westgate School, Cippenham Lane, Slough, SL1 5AH
Course Code: CIRF0198
Last Booking Date: 02-12-2026

Dates:
- **Session 1:** 16-01-2027 09:00 - 17:00
- **Session 2:** 17-01-2027 09:00 - 17:00
- **Session 3:** 18-11-2026 18:30 - 20:30 (Online)
- **Session 4:** 06-12-2026 10:00 - 17:00 (Online)
- **Session 5:** 07-03-2027 09:00 - 17:00

Venue: Dereham Leisure Centre, Station Road, Dereham, Norfolk, NR19 1DF
Course Code: CIRF0199
Last Booking Date: 31-01-2027



Movement Skills Workshops Parts 1 & 2 (Online)

Location: Online - My Learning
Date & Time: Self-paced Learning

This workshop looks at the demands placed on the body in performance and builds on the importance of 'Athleticism' introduced on the Coaching Assistant / LiRF courses.

The objectives of workshop 1 include:
- Understand how excellent movement skills underpin health, sporting movements and performance.
- Learn to see and feel human movement.
- Understand how we move ourselves (mobility, stability, force production and direction, and how coordinated links in a chain move our whole body).
- Understand that stability and control are not optional.
- Understand how Balance = Centre of Mass over Base of Support

The objectives of workshop 2 include:
- reinforces the key concepts introduced in Movement Skills part 1
- develop your ability to coach movement-based training
- an introduction to how the ability to move can influence injury potential
- practical exposure to progressing and regressing drills and exercises based on athletic ability
- the importance of organising training strategies

Disordered Eating in Athletes

Location: Online - My Learning
Date & Time: Self-paced Learning

This course is aimed at coaches, athletes, and parents of athletes, focusing on guidance on spotting the signs and symptoms of potential eating problems, how to approach athletes with suspected disordered eating and exploring the challenges and issues to be aware of when doing so.
This course is online self-paced learning.
Disclaimer: Information in this course is for guidance only and should not be treated as a substitute for medical advice.
If you believe an athlete may have an eating problem, please get them to contact their GP for medical advice and not try to resolve the issue alone

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Disability Inclusion Training (Online)

Location: Online - My Learning
Date & Time: Self-paced Learning

The UK Athletics Disability Inclusion Training; Athletics and Running course was developed in partnership with the home country disability sports organisations, home country athletic federations and Mind.
The course is suitable for anyone wishing to better attract and support disabled people in athletics and running. It provides knowledge and understanding to overcome barriers to participation, ensuring that athletics and running sessions and activities are more inclusive for everybody.
The module is an interactive eLearning course and takes approximately 2 hours to complete.

Please note course information may change from the details published.
For the latest information please visit: Athletics Hub

Competition Information for Coaches

Autumn - Winter 2026/27

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.

Major Indoor and Long Throws championships in 2027

- England Athletics Senior Combined Events and Para Indoor Championships – **16 – 17 January 2027 (Venue: Sheffield EIS)**
- England Athletics Age Group Indoor Championships – **6 – 7 February 2027 (Venue: Sheffield EIS)**
- BUCS Indoor Championships – **13 – 14 February 2027 (Venue: Sheffield EIS)**
- England Athletics Regional Winter Long Throws North & Midlands Champs -**13 -14 February (Venue: Leigh Sports Village) -** info
- England Athletics Regional Winter Long Throws South Championships – **13 -14 February 2027 (Venue: Lee Valley) -** info
- UKA Indoor Championships – **20 – 21 February 2027 - TBC**
- UK and England Athletics National Winter Long Throws Championships – **27 - 28 February 2027 (Venue: Loughborough) -** info
- England Athletics Age Group Combined Events and Para Indoor Championships – **6 – 7 March (Venue: Sheffield EIS)**
- European Athletics Indoor Championships - **4 – 7 March 2027 (Location: Valencia, Spain)**
- European Throwing Cup – **14 – 15 March 2027 (Venue: Nicosia, Cyprus) -** info
- World Athletics Road Running Championships – **28 March 2027 (Location: Yangzhou, China)**

Key Dates for the Cross-Country & Road Season

- England Counties Cross Country Championships – **9 January 2027 (Venue: Various)**
- Northern Cross Country Championships – **23 January 2027 (Venue: TBC)**
- Midland Cross Country Championships – **30 January 2027 (Venue: TBC)**
- English Schools County Cross Country Championships – **6 February 2027 (Venue: Various)**
- BUCS Cross Country Championships - **6 February 2027 (Venue TBC)**
- ECCA National XC Championships - **20 February 2027 (Venue: Nottingham)**
- English Schools Cross Country Championships - **6 March 2027 (Venue: Leeds)**
- British Athletics Cross Challenge inc CAU Championships - **13 March 2027 (Venue: Nottingham)**
- SIAB Schools International - **20 March (Venue: Leeds)**
- ERRA National Spring Road Relays - **17 April 2027 (Venue: Sutton Coldfield)**
- UK Marathon Championships - **24 / 25 April at the London Marathon**
- England Area Road Relays – **3 April 2027 (Venue: Various)**



Competition Information for Coaches

Autumn - Winter 2026/27

International Competitions and Selection Information – Off Track





As we move into the Autumn / Winter part of the season, several England Athletics International opportunities for Off Track Teams

2026-2027 representative opportunities – Cross Country
The English Cross-Country Association have selected fixtures for representative teams for this winter. These fixtures have been based on the current domestic and championship fixture list with a view to trying to benefit those athletes who are likely to be either in contention, or on the fringe, of making the international championship teams.
Find out more on the English Cross Country Association website.

To find out the latest opportunities and the selection criteria for teams please click here

For the latest information on International Team opportunities for:
- **Road Running, please click here**
- **Mountain and Trail Running please click here**
- **England Age Group Masters teams and races click here**

Indoor and Outdoor Competitions to watch out for



England Athletics are currently finalising their plans for the 2027 Indoor International Teams opportunities and further information will be promoted on the England Athletics website and located here when available.

In the spring / summer months of 2027, England Athletics will also be taking part in the Loughborough International. One of the highlights of the season for England athletes, and a great international competition to start off the 2027 Summer season. More information will follow closer to the time.

2027 will also see the return of the Commonwealth Youth Games, last hosted in 2023 in Trinidad & Tobago. These Games have provided the first major Games for many of our best senior athletes, including 2026 Commonwealth Games gold medalist, Jazz Sawyers (Isle of Man in 2011), silver medalist, Sam Bennett (Bahamas in 2017) and bronze medalist, Maddie Down (Trinidad & Tobago in 2023).

Once available, further information will be promoted on the England Athletics website and located here.

Back to Basics – Coaching High Jump

A basic introduction to high jump for new coaches

The objective of the high jump is to clear a bar supported on uprights having taken off from one leg.
The key to success is achieving maximum height at take-off.
Athletes can experiment with various techniques, but should eventually learn the scissors jump, progressing on to the Fosbury Flop.

Athletes should only progress to the Fosbury Flop when:

- A good scissors technique is well established;
- The coach is confident in their understanding of this technique.

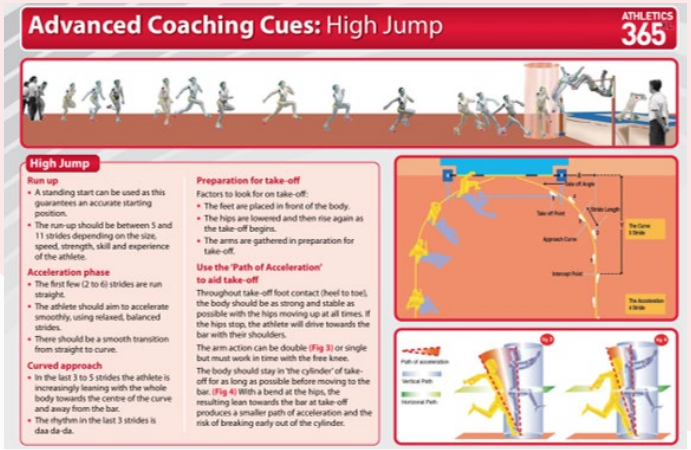
In either of these techniques, a jumper taking off from the left leg should approach from the right; a jumper taking off from the right leg should approach from the left.

All athletes should initially practice the Scissor jump to develop the basic skills of high jump prior to progressing to the Fosbury Flop.

Fundamental to the high jump technique is an effective run-up (approach). Athletes should focus on developing a good basic run-up to ensure they have the correct speed, shape and position prior to take-off.



Click here or press play to view the video



Recommendations for Beginner High Jump
When working with beginner High Jumpers, we would recommend using the Scissors Jump technique to teach the basic principles. Within this section we break down each phase of the Scissor jump.

The Approach
- The athlete should approach from an angle of approximately 30˚
- Start off by using a run-up of roughly 3 to 5 strides
- Encourage them to keep their head and upper body upright

The Take-Off
- They should take off using the outside foot (furthest from the bar)
- Ask them to drive the leg closest to the bar up and over the bar
- They should keep the body tall at take-off

The Flight (Over the bar)
- When clearing the bar, the athlete should keep their leg bent
- They should use a 'Side-step' movement over the bar in a scissor motion, keeping the body tall in the flight phase

The Landing
- They should land on the first foot over the bar
- Bringing down and back the take-off foot to complete the landing

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

Developing the right 'Mindset'

An athlete's mindset can play a major part in both their immediate performance and their long-term development within sport. In this section we explore what 'Mindset' is and how coaches, leaders, parents, and most importantly athletes, can focus on this area of their development.

What is 'Mindset' in sport?

In sports, **mindset** typically refers to the mental attitudes such as confidence, resilience, focus, and self-belief in your own personal improvement, which can directly influence an athlete's performance.
A large amount of research has highlighted the power of positive, growth-oriented thinking to enhance consistency, motivation, and stress management.

Developing a strong mindset helps athletes perform consistently, adapt under pressure, have emotional control and recover from setbacks, developing their overall resilience. Understanding the above areas can help coaches, leaders, athletes, parents have a greater impact on an athlete's engagement and experience at sessions and support them in both their athletics development and personal experience of sport.

Fixed versus Growth Mindset

Fixed Mindset: A Fixed mindset is the belief that talent is innate and unchangeable. Statements such as "this is good enough" or "they are just naturally talented, I could never be that good" are commonly heard and this mindset can limit potential progress in the sport and reduce their resilience when dealing with challenge.

Growth Mindset: A Growth mindset is the belief that your abilities can be developed through effort, learning, persistence and personal growth. Athletes with this mindset typically embrace challenges, learn from mistakes, recover from setbacks and stay motivated.

Research has shown that athletes who have developed a **fixed mindset** are more likely to give up, or even worse, leave a sport when the task becomes too challenging or they begin to underperform.

This is more noticeable in athletes who were early developers, or had success earlier in life, due to physical size, etc. When their peers caught them up, these athletes would either make excuses or avoid situations when others perform better than them or where they may make mistakes.

What can you do to help develop a good Mindset?

The language we use and the points we reinforce as coaches, leaders, parents and athletes can be key to developing the right mindset.
To encourage a more Growth mindset in the athletes you support, focus on key areas such as:

- **Learning from mistakes** – Focusing on mistakes as a measurement of a person's abilities will typically lead to them avoiding situations when this may happen, but encouraging mistakes as a learning opportunity, will lead to positive growth.
- **Practice helps development** – Athletes should use practice to understand and develop all aspects of their performance.
- **Personal reflection helps me understand** – Encourage your athletes to reflect on each session and ask themselves, 'what did I do well' and 'what can I do better?'
- **Challenges make me grow** - Get them to use a positive mindset to challenge. They will be faced with many challenges in their athletics life and life in general, but it's how they react to each situation that matters. We learn best when we are being stretched and challenged. Staying in our comfort zone will only reinforce what we can do, not what we can become.



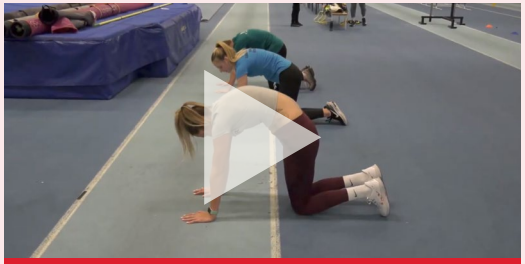
Recommended Viewing

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

AthleticsHub

Examples of Coaching Session - Pole Vault - Warm Up and Drills with Beth Harris (Practical Session)

In this short video, Beth Harris, one of the UK's top Pole Vault coaches shares with us an example of the warm-up routine and drills she uses when working with her athletes. Full of useful exercises, drills and coaching tips, this is a great video if you are starting out on your journey as a Pole Vault coach or simply looking at ways you can further develop your knowledge of warm up exercises.



Click here or press play to view the video

Practical Throws Development with Garry Power

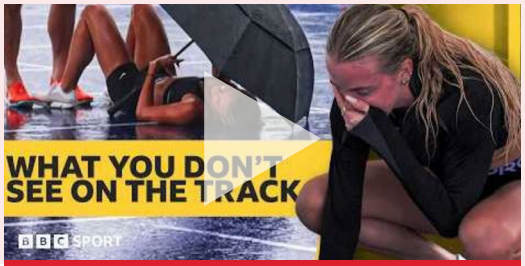
Garry Power, one of the UK's leading throws coaches and Coach Developers provides a practical session in how to introduce young people to throwing events and the underpinning principles they need to help them develop. Garry delivers a fun, engaging session which puts athlete learning at the centre of the session. If you are looking to learn more about the basics of throws or how to deliver a fun, engaging session, then this video is for you.



Click here or press play to view the video

The Hidden Side of Athletics - Shaping Some of Britain's Best Athletes

In this short documentary produced by the BBC, we take you behind the scenes at M11 Athletics Club in Manchester, where stars like Keely Hodgkinson and Georgia Hunter-Bell train every day to win medals and break records. Guided by their coaches Trevor Painter and Jenny Meadows, this video provides a great insight into the level of dedication and commitment required to reach the pinnacle of our sport.
Video sourced from BBC Sports YouTube Channel.



Click here or press play to view the video

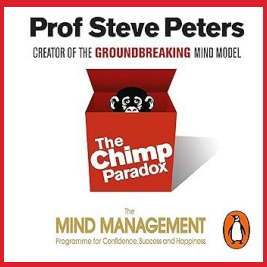
If you would like to watch more videos to support your coach development, please visit: www.athleticshub.co.uk

Recommended Reading

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

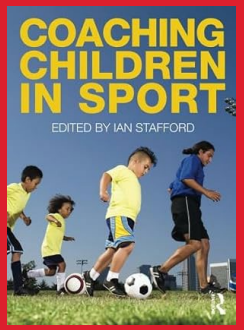
The Chimp Paradox – The Mind Management by Steve Peters
The groundbreaking mind management model designed to improve self-confidence, communicate effectively, and build success, from the award-winning psychiatrist.
In his revolutionary, science-backed bestseller, Dr Steve Peters introduces The Chimp Paradox, the powerful mind management model that can help you become a happier, confident, and more successful person. Drawing on years of research, Dr Peters explains the struggle that takes place within your mind and then shows how to apply this understanding to every area of your life. Dr Steve Peters played a major role in supporting British Cycling for several years, including through the major success of the 2012 Olympics.

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



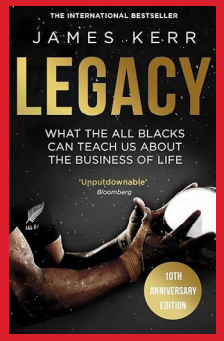
Coaching Children in Sport by Ian Stafford
All coaches working with children will know that they differ substantially from adults in their capabilities, capacity for development and in their ability to meet the demands that sport places upon them. Coaching Children in Sport provides an up-to-date, authoritative and accessible guide to core knowledge and coaching skills for anybody working with children in sport. Written by a team of leading international coaching experts, teachers, psychologists and specialists in children's issues in sport and health, the book explains why children should not be treated as mini-adults in sport and helps coaches to devise effective ways of working that not only achieve results but also take into account the best interests of the child.

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



Legacy by James Kerr
When you're on top of your game, how do you change your game?
In the best-selling Legacy, author James Kerr goes deep into the heart of the world's most successful sporting team, the legendary All Blacks of New Zealand, to reveal 15 powerful and practical lessons for leadership. Legacy is a unique, inspiring handbook for leaders in all fields and asks: What are the secrets of sustained success? How do you turn vision into action? How do you achieve world-class standards, day after day, week after week, year after year? How do you handle pressure? How do you train to win at the highest level? How do you turn purpose into practice? What do you leave behind you after you're gone?
WHAT WILL BE YOUR LEGACY?

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



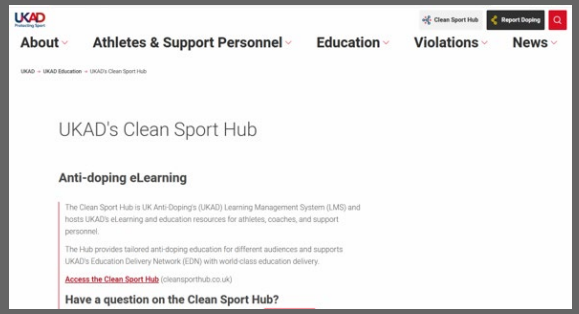
Useful Websites

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



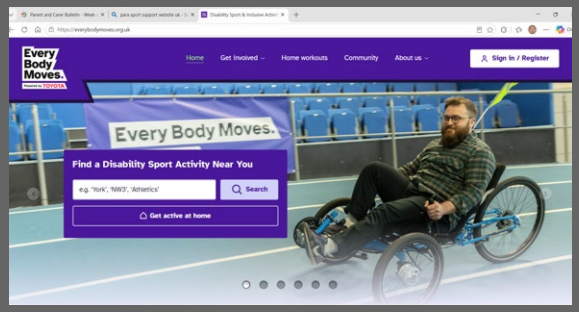
World Athletics Research Centre

The World Athletics Resource Centre is a creative website to visit if you are looking for detailed breakdown of various athletics events.
Within the Research Centre you will find detailed Biomechanical reports from the 2009 World Champs, the 2017 World Champs and the 2018 World Indoor champs across many of the events. Each report breaks down the key success factors for each athlete at these championships and provides a good source of how to measure certain performance factors in your athletes.



UK Anti-Doping (UKAD) - Education

UKAD is the UK's national anti-doping organisation that promotes clean sport and enforces the anti-doping rules. UKAD also provide anti-doping eLearning, resources and education programmes. Education is key for ensuring fair play and clean sport.
UKAD provide a number of resources for athletes, coaches, parents, support staff and anyone who is interested in protecting clean sport. These include our eLearning platform, the **Clean Sport Hub**, educational programmes, and stakeholder activities through a range of partners. To find the content most relevant to you click **here**.



Every Body Moves

Every Body Moves powered by Toyota is the new way to discover inclusive local opportunities to become more active. Our ambition is to create the UK's biggest fun and vibrant community for players, parents and coaches to share their experiences of Every Body Moves, and find useful hints, tips and information on what's happening near you. This includes in-depth listings and all the information you need to connect to local inclusive opportunities.
We believe there's a sport or activity out there for everyone – and by highlighting inclusive activities and one-off events which non-disabled and disabled people can do together, we hope Every Body Moves can inform and inspire people to discover something new.

Celebrating our coaches

Celebrating the athletes and coaches who represented England at the Commonwealth Games

This summer England sent a strong team to compete at the 2026 Commonwealth Games in Glasgow.
The Commonwealth Games is the highest level an athlete can compete for England in athletics and is the only major Games where Para and non-Para athletes compete in the same Games. Over the next few pages, we celebrate those athletes who represented England and the personal coaches who supported them on this journey. Many congratulations to you all.

Speed Athletes – Individual

Athlete	Event	Club	Coach
Amy Hunt	100m	Charnwood AC	Marco Airale
Imani-Lara Lansiquot	100m	Sutton & District	Marco Airale
Mabel Akande	100m & 4x100m	Lincoln Wellington AC	Denise Timmis
Sophie Hahn	T38 100m & 200m	Charnwood A C	Joe McDonnell
Maddie Down	T38 100m	Halesowen ACC	Mike Bennett
Elliot Jones	100m & 4x100m	Liverpool Pembroke & Sefton H AC	Leon Baptise
Zac Shaw	T12 100m	Cleethorpes AC	Leon Baptise
Thomas Young	T38 100m	Loughborough Students	Joe McDonnell
Kevin Santos	T47 100m	City Of Norwich AC	Michael Utting
Success Eduan	200m & 4x100m	Sale Harriers Manchester	Anita Richardson
Ali Fewins	T38 200m	Guildford & Godalming AC	Leon Baptise
Rosie Porter	T38 200m	Herts Phoenix AC	Cathy Walker
Zharnel Hughes	200m	Shaftesbury Barnet	Glen Mills
Yemi Mary John	400m & 4x400m	Woodford Green & Essex Ladies	Alan James
Laviai Nielsen	400m & 4x400m	Enfield and Haringey A C	Michael Ford
Emma Nwofor	100mH	Thames Valley Harriers	Joel Brown
Tade Ojora	110mH	Windsor, Slough, Eton & Hounslow	Joanna Hayes
Sam Bennett	110mH	Basildon AC	Steven Surety
Emily Newnham	400mH	Shaftesbury Barnet Harriers	Nick Dakin
Lina Nielsen	400mH & 4x400m	Shaftesbury Barnet Harriers	Jack Green
Seamus Derbyshire	400mH	City of Stoke AC	Alex O'Gorman/ Nick Dakin



Speed Athletes – Relays

Athlete	Event	Club	Coach
Aleeya Sibbons	4x100m	Newham & Essex Beagles AC	Colin Bovell
Renee Regis	4x100m	Shaftesbury Barnet Harriers	Darren Braithwaite
Louise Evans	4x100m / 4x400m	Thames Valley Harriers	Linford Christie
Romell Glave	4x100m	Croydon Harriers	Michael Afilaka
Nethaneel Mitchell-Blake	4x100m	Newham & Essex Beagles	Michael Afilaka
Nicholas Walsh	4x100m	Sale Harriers Manchester	Tony Walsh
Ebuka Nwokeji	4x100m / 4x400m	Shaftesbury Barnet Harriers	Clarence Callender
Poppy Malik	Mixed 4x400m	Harrow AC	Nick Dakin
Alicia Regis	Mixed 4x400m	Shaftesbury Barnet Harriers	David Sadkin
Ben Jefferies	Mixed 4x400m	Bristol and West	
Toby Harries	Mixed 4x400m	Brighton Phoenix	David Sadkin

Celebrating our coaches

Celebrating the athletes and coaches who represented England at the Commonwealth Games

Endurance Athletes

Athlete	Event	Club	Coach
Georgia Hunter-Bell	800m	Belgrave Harriers	Trevor Painter/ Jenny Meadows
Max Burgin	800m	Halifax Harriers	Ian Burgin
Ben Pattison	800m	Basingstoke & Mid Hants	Dave Ragan
Alex Botterill	800m	City of York AC	Steve Cram
Daniel Wolff	T20 1500m	Belgrave Harriers AC	Andy Vaughan
Kieran O'Hara	T20 1500m	Havering AC	Patrick Gahagan
Ellis Kottas	T54 1500m	Weir Archer Academy	Jake Foster
Danny Sidbury	T54 1500m	Sutton & District AC	Christine Parsloe
Nathan Maguire	T54 1500m	Kirkby AC	Steven Hoskins & Pete Wyman
Revee Walcott-Nolan	Mile	Luton AC	Thomas Dreissigacker
Katie Snowden	Mile	Herne Hill Harriers	Steven Haas
Tom Keen	Mile	Cambridge & Coleridge AC	Mark Vile
Archie Davis	Mile	Brighton Phoenix	Joel Kidger
Elise Thorner	3,000m SC	Wells City Harriers	Helen Clitheroe
Mark Pearce	3,000m SC	Birmingham Running Athletics & Triathlon Club	Luke Gunn
Kristian Imroth	3,000m SC	Shaftesbury Barnet Harriers	Mike Dunphy
Hannah Nuttall	5,000m	Charnwood AC	Helen Clitheroe
Innes Fitzgerald	5,000m	Exeter Harriers	Gavin Pavey
Izzy Fry	10,000m	Newbury AC	Sonia McGeorge
Poppy Tank	10,000m	City of Plymouth	
Scott Beattie	10,000m	Morpeth AC	Andy Hobdell



Jumps Athletes

Athlete	Event	Club	Coach
Jazmin Sawyers	Long Jump	City of Stoke AC	Aston Moore
Molly Palmer	Long Jump	Thames Valley Harriers	Lukasz Zawila
Lucy Hadaway	Long Jump	City of York AC	Matt Barton
Lizzie Dodds	T38 Long Jump	Shrewsbury AC	Joe McDonnell & Femi Akinsanya
Maddie Down	T38 Long Jump	Halesowen ACC	Mike Bennett
Samuel Jose	T20 Long Jump	Cornwall AC	Helen Jose
Georgina Forde-Wells	Triple Jump	Woodford Green & Essex Ladies	Lukasz Zawila
Morgan Lake	High Jump	Windsor, Slough, Eton & Hounslow	Yannick Tregaro
Kimani Jack	High Jump	Shaftesbury Barnet Harriers	Ryan Bailey
Gemma Tutton	Pole Vault	Lewes AC	Erick Duffy/ Scott Simpson
Owen Heard	Pole Vault	Harrow AC	Kate Rooney

Celebrating our coaches

Celebrating the athletes and coaches who represented England at the Commonwealth Games

Combined Events Athletes

Athlete	Event	Club	Coach
Jade O'Dowda	Heptathlon	Newham & Essex Beagles	**John Lane**
Niamh Emerson	Heptathlon	Newham & Essex Beagles	**Aston Moore**
Ellen Barber	Heptathlon	Wells City Harriers	**John Lane**
Sammy Ball	Decathlon	Reading AC	**Rafer Joseph**
Lewis Church	Decathlon	Tonbridge AC	**David Hull**





Throws Athletes

Athlete	Event	Club	Coach
Scott Lincoln	Shot put	City of York AC	**Dale Stevenson**
Ozioma Nlewedum	F55 Shot Put	Enfield & Haringey	**Alison O'Riordan**
Taz Nicholls	F57 Shot Put	Enfield & Haringey	**Alison O'Riordan**
Charlotte Payne	Hammer	Newbury AC	**Ian Payne**
Tara Simpson-Sullivan	Hammer	Wigan & District	
Jake Norris	Hammer	Windsor, Slough, Eton & Hounslow	**Nick Ridgeon**
Lawrence Okoye	Discus	Croydon Harriers	**Zane Duquemin**
Dan Greaves	Discus F42-44/F61-64	Charnwood AC	**Zane Duquemin**
Bebe Jackson	Discus F42-44/F61-64	Woodford Green & Essex Ladies	**Alan James**
Didi Okoh	Discus F42-44/F61-64	Birchfield Harriers	**Tony Hadley**
Ben East	Javelin	Team Kennet Triathlon & AC	**John Trower**

Beyond the Games

It wasn't just the success of the Commonwealth Games which demonstrated the great coaches we have in the UK.
The U18 European and U20 World Athletics Champs showcased the talent of the future and the coaches helping them on this journey. At senior level, athletes competed in the European Athletics Champs and multiple England internationals from Junior to Masters age groups.
Congratulations to everyone on their success in the 2026 season.

Celebrating our amazing volunteers

The 2026 Regional Volunteer Awards Winners (Northern Regions)

Over the past few months England Athletics has been celebrating all the great work which has taken place in 2026 through the Regional Awards. Over the next three pages we showcase just a few of the amazing volunteers who make such a difference in our sport and to all those who take part. Thank you for everything you do.

North East Regional Award - Ed Lown (Birtley AC)
For more than 40 years, Ed Lown has dedicated his time, knowledge and enthusiasm to athletics, helping generations of young people discover and develop a love for sport. A long-serving coach at Birtley AC and former PE teacher, Ed has spent countless evenings and weekends supporting athletes of all abilities, always believing every child deserves the opportunity to succeed. Under his guidance, athletes have progressed to represent England and compete internationally, while many more have gained confidence, skills and a lifelong passion for athletics. His influence extends beyond coaching, serving athletics through committee roles, team management and community leadership across the region.
To see all the North East Regional Award Winners – Click here



North West Regional Award - Rebekah Hopper (Wigan Harriers)
For 17 years, Rebekah Hopper has been a driving force behind the success of Wigan Harriers. Combining coaching, officiating, team management and club administration, she has repeatedly stepped into challenging roles to support athletes and strengthen the club. Her leadership during significant administrative change helped modernise operations, improve governance and support substantial membership growth. Alongside this, Rebekah continues to coach athletes ranging from beginners to international competitors while creating an inclusive and supportive environment for all. Her tireless commitment, technical expertise and selfless service have had a profound impact on athletes, volunteers and the wider athletics community.
To see all the North East Regional Award Winners – Click here



Yorkshire and Humberside Regional Award - Ashley Colley (Bradford Airedale AC)
Ashley Colley has played a transformative role in the revival of Bradford Airedale AC. Since taking responsibility for the junior section and becoming a key committee member, he has helped grow membership dramatically while creating new opportunities for athletes and families. Through coaching multiple evenings each week, organising events and developing innovative participation programmes, Ashley has rebuilt a thriving club culture despite challenging facilities and limited resources. His leadership has enabled junior athletes to progress to regional and national levels while also introducing new adult running opportunities through Couch to 5K. Ashley's energy, commitment
To see all the Yorkshire & Humber Regional Award Winners – Click here



Celebrating our amazing volunteers

The 2026 Regional Volunteer Awards Winners (Midland Regions)

West Midlands Regional Award - Josh Bain (Leamington C&AC)
Josh Bain has made an outstanding contribution to Leamington C&AC through the passion, care and commitment he brings to coaching. Supporting throwers from Under-16 through to Masters level, he provides personalised training plans, technical guidance and consistent encouragement that helps athletes develop both confidence and performance. Beyond coaching sessions, Josh invests significant time working individually with athletes, overcoming challenges and creating a supportive team culture where everyone feels valued. Through innovative club collaboration and a genuine desire to help others succeed, Josh has strengthened both the throws community and the wider club, making a lasting impact on athletes of all ages.
To see all the West Midlands Regional Award Winners – Click here



East Midland Regional Award - Dave Eldridge (Grantham Athletic Club)
For more than 50 years, Dave Eldridge has been a cornerstone of athletics in Grantham, dedicating his time, knowledge and enthusiasm to supporting athletes of all ages. As President, coach and volunteer, he leads junior sessions, supports senior endurance athletes and gives countless hours to local schools, cross country events and parkrun. Dave's commitment extends far beyond coaching, maintaining equipment, preparing competition venues and ensuring athletes have every opportunity to participate and succeed. Having coached multiple generations of families, he remains a trusted mentor and role model whose passion, reliability and selflessness continue to shape the club and wider athletics community.
To see all the East Region Award Winners – Click here



East Regional Award - Steve Lott (Harlow AC)
As both Chairman and coach at Harlow AC, Steve Lott gives countless hours to supporting athletes and growing the club. Alongside regular training sessions, he voluntarily delivers additional sprint and hurdles coaching at weekends, ensuring athletes have every opportunity to develop and succeed. Steve is a constant presence at competitions, providing technical guidance, encouragement and reassurance to athletes and families. His leadership has helped create a welcoming environment where every athlete is valued regardless of age, ability or background. Beyond performances, he instils respect, discipline and teamwork, helping young athletes develop as people as well.
To see all the East Regional Award Winners – Click here



Celebrating our amazing volunteers

The 2026 Regional Volunteer Awards Winners (South Regions)

London Regional Award – Livia Nevett (Hillingdon AC now Windsor Slough Eton & Hounslow AC)
Despite being an Under-18 athlete herself, Livia Nevett dedicated every Saturday morning to coaching Hillingdon AC's Under-11 athletes, even throughout her GCSE year and during recovery from a serious knee injury. Travelling independently between coaching and her own training commitments, she provided hundreds of voluntary hours to support young athletes. Her leadership extended beyond coaching, mentoring adult coaches, developing bespoke training plans and helping recruit future athletes to the club. Her commitment, maturity and selflessness have inspired athletes, parents and volunteers alike, leaving a lasting legacy on the club's youngest members.
To see all the London Regional Award Winners – Click here



South East Regional Award – Kate Bone (Muddy Runners)
Kate Bone has been a driving force behind Muddy Runners for more than a decade, combining coaching, leadership and mental health advocacy to improve the lives of countless runners. As a founding member, Coach, Run Leader Mentor and Mental Health Ambassador, she has championed initiatives that encourage participation, build confidence and promote wellbeing. Kate has led innovative projects including mindful running sessions, #LetsLiftTheCurfew activities and mental health awareness campaigns, while also supporting clubs, run leaders and community organisations beyond her own club. Her compassion, generosity and commitment to helping others ensure that athletics remains welcoming, inclusive and accessible for everyone.
To see all the South East Regional Award Winners – Click here



South West Regional Award – Eugene Hechavarria (Bristol & West AC)
Eugene Hechavarria has become one of the most recognisable and influential coaches in South West athletics. Coaching every day of the week across Bristol & West AC, Bath AC and Yate AC, he dedicates his time to nurturing young athletes, developing new coaches and building strong club communities. Known for his energy, enthusiasm and ability to make every athlete feel valued, Eugene has helped introduce countless young people to athletics while supporting talented performers to fulfil their potential. His commitment extends far beyond coaching sessions, providing mentorship, encouragement and opportunity wherever needed. His impact across the region has been exceptional.
To see all the South West Regional Award Winners – Click here



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 do.
• 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 session to ensure everyone is involved. Work with other coaches to ensure you use the space effectively and safely.





Considerations for outdoor training

• Environment: At this time of year coaches and leaders should make additional considerations for weather conditions, training surfaces (due to issues like grit and ice, etc.), and limited light in the evenings.
• 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.

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, including high-viz vest/tops and torches. Coaches / leaders should carry with them a first aid kit & phone.
• Experience: This time of year, can see an increase in new runners, or people wanting to run socially during longer nights. Coaches and leaders should take this into consideration when planning their activities.





Important changes to DBS checks from October 2026

Creating safe, welcoming and inclusive environments is at the heart of our sport. That's why England Athletics and UK Athletics are updating the way DBS checks are managed, helping ensure that everyone working with children and adults at risk is appropriately vetted and supported.

From October 2026, England Athletics will work with First Advantage, a specialist third-party provider, to manage DBS checks on our behalf. Find out more here

In the Next Edition

Look out for the next edition of Coaching Vision in late Winter of 2026/27 when we will:

- Catch up with our latest high-profile coach 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 Javelin and helping develop a basic training plan for your group.
- Look ahead to the 2027 Indoor competition season.
- Look back at the amazing achievements of 2026.
- More 'Shout Outs' for our great coaches and leaders.
- 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 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 latest 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**

