

# COACHING VISION



ENGLAND ATHLETICS

Putting the Spotlight and Focus  
on Coaching Across England

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



Interview with Paul Wilson



Competition and Talent Programmes Updates



Including  
Commonwealth  
Games

# Welcome

## to the Spring edition of Coaching Vision

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

Coaches, leaders and volunteers are the lifeblood of our sport and England Athletics is committed to supporting the ongoing development of our sport and all those who make it so special.

The Coaching Vision magazine will be released once a quarter in Autumn, Winter, Spring and Summer of each year, and will provide readers with the latest news and developments in coaching, competitions, Event Group development and much more.

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

This magazine has been designed to be interactive, and throughout the articles and updates you will find direct links to supporting resources and websites and easy to view videos (with a Wi-Fi connection). You can also use the built-in shortcut links to go straight to the area of interest with one click.

In this edition we look back at what happened over the Spring and look forward to the what's coming up in the Summer.

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

<b>Page 1</b>	<a href="#">Welcome &amp; Content</a>
<b>Pages 2-5</b>	<a href="#">Coach Education &amp; Development Updates</a>
<b>Page 6</b>	<a href="#">Running Group Development Updates</a>
<b>Pages 7-8</b>	<a href="#">Interview with Paul Wilson</a>
<b>Page 9</b>	<a href="#">Speed Event Updates &amp; Opportunities</a>
<b>Page 10</b>	<a href="#">Endurance Event Updates &amp; Opportunities</a>
<b>Page 11</b>	<a href="#">Jumps and CE Updates &amp; Opportunities</a>
<b>Page 12</b>	<a href="#">Throws Events Updates &amp; Opportunities</a>
<b>Pages 13-14</b>	<a href="#">Para Events Updates &amp; Opportunities</a>
<b>Page 15</b>	<a href="#">Youth Development Updates &amp; Opportunities</a>
<b>Page 16</b>	<a href="#">Talent Pathway Updates &amp; Opportunities</a>
<b>Page 17-18</b>	<a href="#">Coach Education Courses Coming Up</a>
<b>Pages 19-20</b>	<a href="#">Competition Information for Coaches</a>
<b>Page 21</b>	<a href="#">Basics of Coaching Hurdles</a>
<b>Page 22</b>	<a href="#">The Importance of Communication</a>
<b>Page 23</b>	<a href="#">Recommended Viewing</a>
<b>Page 24</b>	<a href="#">Recommended Reading</a>
<b>Page 25</b>	<a href="#">Useful websites</a>
<b>Page 26</b>	<a href="#">Coaching Considerations</a>
<b>Page 27</b>	<a href="#">Coaching Events Around the Euro Champs</a>
<b>Pages 28</b>	<a href="#">Time to Celebrate our Amazing Volunteers</a>
<b>Page 29</b>	<a href="#">Shout Out to our Coaches</a>
<b>Page 30</b>	<a href="#">Key Reminders on Anti-Doping and Competition Rules</a>

# Coach Education & Development Updates

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

An exclusive Q&A with Scott Grace, Paul Moseley and Chris Mallender.

As the coaching landscape continues to evolve, England Athletics is pushing forward with major developments in coach education, development, digital transformation, and long-term pathways.

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

### Building the next generation: England Athletics' bold vision for Coach Education

Behind the scenes at England Athletics, significant work is underway to reshape how coaches are recruited, developed and supported at every stage of the pathway.

From new entry points for young helpers to more flexible, learner-centred advanced roles, the vision is clear: grow capacity, modernise learning and better recognise the work coaches do every day.

This is not tinkering at the edges. It's a fundamental evolution of how coaching in England will look in the years ahead.



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

### A re-shaped entry point: Assistant and Sessional Coaches

One of the most important changes on the horizon is the redesign of the current Coaching Assistant qualification.

Rather than a single entry-level offer, England Athletics is introducing **a two-stage approach – Assistant Coach and Sessional Coach** – designed to reflect how people actually step into coaching.

The new **Assistant Coach** course will be **accessible from age 14+**, offering a welcoming and practical entry point.

Built around familiar self-guided online modules – roles and responsibilities, engagement and relationship building, the coaching process, and fundamentals of movement and technique – it is designed to be immediately useful.

**Importantly, it opens the door not just for clubs, but for schools and colleges, creating pathways for young people studying sport to contribute meaningfully to the club environment.**

The next step is the **Sessional Coach. Available to over-18s** who have completed the Assistant Coach course or as an entry point in the pathway, this qualification adds key modules in behaviour management, performance factors and energy systems, and – **critically – risk assessment.**

This enables sessional coaches to work **more independently**, delivering prescribed activity through structured programmes, activity cards or coach-provided session plans.

The aim is not to create isolated coaches, but confident ones – supported by lead coaches, growing their experience, and building towards the next stage of their journey.

# Coach Education & Development Updates

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

### Creating capacity where it's needed most

Clubs across the country regularly cite capacity as their biggest challenge. Summer spikes in participation, often driven by major championships and national success, can stretch volunteer workforces to breaking point.

This new structure directly addresses that issue. By allowing more people to support sessions safely and appropriately, England Athletics is widening the base of the coaching pyramid. To ensure continuity, a bridging module will also be introduced for coaches who complete the existing Coaching Assistant qualification before the new courses launch, enabling them to progress seamlessly into the Sessional Coach role.

The message to clubs is clear: help is coming – and it's designed with you in mind.



### Expanding the offer: new pathways and specialisms

The pathway doesn't stop at traditional athletics. Several exciting additions are moving from development into reality:

- **Fell, Hill, Mountain and Trail Running Fitness**  
An extension to the existing Coach in Running Fitness qualification, this specialist route is being piloted over the summer, with an autumn launch planned. It reflects the growing popularity and distinct demands of off-road disciplines.
- **Combined Events Coaching**  
Long called for by the combined events community, this new course will bring together discipline-specific content into a single, coherent offer. Developed collaboratively and currently being trialed, early feedback has been extremely positive.

At the same time, England Athletics is taking a bold decision to **pause the Event Group qualifications** from the end of August.

While these courses have served the sport well, much of the content dates back over a decade.

Rather than retire that learning altogether, it will be repackaged as coach development resources, while future thinking aligns more closely with modern performance frameworks.

# Coach Education & Development Updates

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



### Advanced Coach: flexible, personal and future-facing

Perhaps the most significant cultural shift comes at the advanced end of the pathway.

The **Advanced Coach (Talent)** pilot has deliberately moved away from rigid, “one-size-fits-all” learning. Instead, it recognises that coaches develop in different ways – reading, observing, collaborating, reflecting. Evidence and reflection sit at the heart of the qualification, not attendance alone.

Early signs are encouraging: strong engagement, rich portfolios and positive feedback from both coaches and coach developers. Some targeted webinars will be added to support those who prefer structured input, but flexibility remains the defining feature.

Looking ahead, this model will expand into other environments, including **children and young people's coaching**, reinforcing a core principle: **ongoing development matters, and it should be recognised.**

### One system, one journey: the new Learning Hub

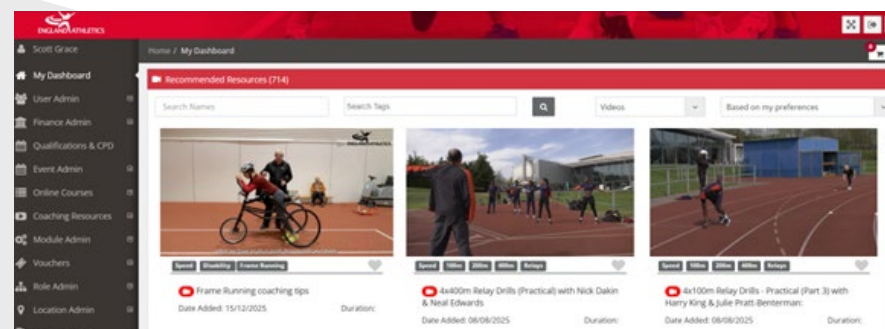
Underpinning all of this change is a major piece of infrastructure – a brand-new **Learning Hub**.

Currently, coaches navigate multiple systems to book courses, complete learning, renew licences and manage compliance. The new hub brings everything into one place:

- A single login
- Bookings and payments
- Access to learning and resources
- Qualification progress tracking
- Licensing and compliance
- An integrated digital DBS process
- A digital coach licence, accessible in real time

Migration of existing data is already underway, ensuring no qualifications or history are lost. Internal testing begins this summer, followed by external user testing, with launch planned toward the end of the summer.

Crucially, the hub lays the groundwork for something coaches have consistently asked for: **visibility and recognition of CPD**. While mandatory CPD is not on the agenda, the ability to track, display and celebrate learning is.



# Club Coach Development Updates

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



### Regional energy, National impact

Coach development doesn't live solely online.

The England Athletics Club Support Managers (CSMs) team, working closely with their respective Regional Councils are building Regional specific plans that respond directly to local needs. Within each of these plans there will be an element which focuses on local coach development, bringing needs led support to coaches closer to home.

The coach development opportunities may include introductory Event Group workshops, core coaching skills, managing large groups to talent-focused sessions delivered by national event managers.

The intention is two-fold: provide great development opportunities and capture high-quality content to share more widely. Whether you're a newly qualified coach seeking practical ideas, or an experienced practitioner looking to refine your craft, the offer is becoming broader and more accessible.

Add to that the informal learning that happens every weekend at leagues and championships, and a future is emerging where development is constant, connected and celebrated.

### A pathway with purpose

Taken together, these changes represent more than new courses or systems. They signal a shift in mindset – one that values flexibility, inclusivity and lifelong learning, while tackling the very real challenges clubs face on the ground.

England Athletics isn't just redesigning a pathway. It is building a culture where coaches are supported from their first session to their most advanced role – and where their development is seen as central to the health of the sport itself.

**For coaches across the country, the direction of travel is clear – and it's an exciting one.**

**As we head into the outdoor competition season, we wanted to wish all coaches the best of luck with your athlete's seasons and thank you for the important role you play in our sport and the development of athletes and other coaches.**



# Run Leader Development Updates

## The amazing stories

For many people, running marks the start of a healthier, more active life. Beyond the physical benefits, RunTogether groups create space for people to socialise, develop friendships, build confidence and support their mental and emotional health and wellbeing.

Running can impact people in so many ways and the RunTogether website regularly shares some of these inspiring stories, such as Sue and Tony's story.

Sue and Tony, two **Run Leader Mentors**, tell how running became something bigger – a source of strength during illness, a way to process the hardest news and a reminder of the power of a strong community.

- To read more about Sue and Tony story click [here](#)
- To read more stories like Sue and Tony's click [here](#)



For more information click here to visit:



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

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

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

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

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



# An Interview with Paul Wilson

**International Shot Put coach and one of Britain's top athletics coaches, Paul currently coaches Women's World Champ, Chase Jackson and formerly coaches Scott Lincoln. He shares his coaching journey and what he has learnt on the way.**

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

## How did your coaching journey start?

**By default**, like I think a lot of coaches do.

I was an athlete, I got injured at a young age (a serious knee injury) and tried to continue throwing. Our club didn't have a throws coach at the time, and then a lady at our club (Karen Buck, a sprints coach) said, "why not do your coaches course?"

Because more and more athletes came to me (for advice), I said "I'll give it a try and if I have to do that to coach, then I'm prepared to do it."

**And that's basically how it started, I fell into it that way.** I ended up stopping throwing because there were too many athletes to coach. I just didn't have time to train anymore. I got qualified in 2005.

## What qualities do you think make a good coach?

See, for me, everyone said, oh, you're not the best athlete. So how does that make you a good coach? And to me, you don't have to be the best athlete. It's having an understanding of the event, but being prepared to communicate, listen, and learn. And I think the way I would say to anyone, the biggest thing for me is communication. Talk to the athlete, talk to the coaches. It's simplifying communication that is the biggest thing for me.

It's finding a way that the athlete understands your coaching language. So, every athlete I coach understands the same cue. I think the other thing you've got to think is when you listen to the athlete, because as a coach, I can't feel what the athlete feels.

Me and Scott used to talk about things and work out, right, let's try this. Scott said, I want to try this in the circle, so we'd try it. If it worked, we kept it. If it didn't, we binned it.

Same with Chase. Chase is a prime example. **She'll ring me up saying, I've had a dream. I want to try this in the circle.** And she did it before a Diamond League in China last year.

I said, right, this is a shakeout, which we do the day before, so we tried it. And then she went and won the Diamond League the next day, just doing one little change that she dreamt about. So, she just drops things on me.

But I'll always listen. And I think that's what you've got to do. You've got to communicate, listen. So those are the two, and I say, make it simple for the athlete.

Also, you need to do the basics right. If you do the basics, that's all it is. Do the basics right. Then it's just tweaking those little bits for that individual athlete to make them better than they were. But you don't reinvent the wheel. It's the same as it was 34 years ago.





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

We do three technical sessions, and some will do two lifting sessions, some will do three lifting sessions. In between that, they'll do a hurdle mobility session. We'll do a plyometric session, whether that's jumps, or I might be throwing mobility with medicine balls. So, we'll put the medicine ball into that. And then **what I'm a big fan of is core work.**

What I work on with all the athletes **is quality over quantity.**

I'm not a big fan of doing thousands and thousands and thousands of throws and destroying the athlete.

Some athletes will do a double session. So, like Chase (Jackson) will throw and then she'll go and lift straight after.

She'll train four days, five days a week max, and she has the weekend totally off to recover. She's 31 now, so her biggest focus is recovery. She needs sleep, and she recovers, so her body works well. But then a younger girl that I coach is at university, so she's got the mental pressure of the university, and training is her release. With her, she goes in the gym twice a week and then she'll throw three times a week. **We fit it into every different athlete's schedule.**

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

People ask me that and there isn't a secret, I think all I do is I just try and tap into what I believe that athletes is capable of. I don't give them false hope. I don't say, yeah, you're going to throw 20 metres this year, you're going to throw 21 metres next year in the shot put or anything. It's a case of we just develop who they are as a person.

I don't try and categorise any athlete. So, I don't say to a new discus thrower, you're going to be the next Valarie Sion. You're who you are. And with Scott (Lincoln) especially, we never said Scott was going to be the next Randy Barnes, who's going to be the next Reece Hoffa. It was a case of Scott being Scott Lincoln.

When you work with people for a long time, I think that's the biggest thing for athletes, having that longevity.

I worked with Scott since he was 14, so 16, 17 years. I knew when he got out of the car if he was in a good mood or a bad mood, just because I could tell by how he carried himself.

And like with Chase, I've coached her for about 5 years now, so you know when the session is going to be good, how her mannerisms are, how she's talking to you on the phone.

There is no secret. The only thing I would ever say is Chase has benefited from the knowledge that I learned from Scott and I working together and the guys that I coached before Scott.

You're always learning and as a coach, you continue to learn, and if someone ever said to me, I know everything about throwing, I'll just call them a liar. Just simple as that.

I can say my opinion, and this is what I believe in, and this is what I think is good for this athlete and that athlete.

### 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

### Hurdle Workshop for New Age Groups with Julie Pratt Benterman

Throughout the winter months, Julie Pratt-Benterman was busy in her role as England Athletics Hurdles Programme Coordinator delivering a series of workshops and camps for athletes and coaches across the country. One of these workshops had a particular focus on helping athletes and coaches prepare for the New Age Groups hurdle heights and spacings. This practical workshop was recorded and is now live on Athletics Hub for coaches to watch in their own time.

The workshop has been broken down into a four-part series to allow easy viewing for coaches and athletes.

- **Part 1:** Session Objectives & Warm Up Drills: [Click Here](#)
- **Part 2:** Hurdle Specific Drills: [Click Here](#)
- **Part 3:** Main Hurdles Session (new age group heights): [Click Here](#)
- **Part 4:** Cool down & Debrief: [Click Here](#)



We hope these workshops recordings provide a useful resource to coaches who are supporting developing hurdlers, as they are transitioning into the new Age Groups and we wish everyone the best of luck for the remaining season. Julie is keeping busy in supporting hurdles age group changes and providing guidance around coaching hurdles. To contact Julie, please email her at: [jprattbenterman@englandathletics.org](mailto:jprattbenterman@englandathletics.org)

## Speed Highlights for this Edition

### Bruce Longden Coaching Foundation - Hurdles Fest

The 2026 BLCF Hurdles Fest took place on Sunday 31 May at Chelmsford Sports and Athletics Centre.

The amazing event has become a key date in the calendar for many of the UK top hurdlers and this event never fails to deliver.

Many athletes achieved Personal and Seasons best, as well as qualifying performances for championships.

This was the first year including the new Age Groups, which include the U14 200m Hurdles for both boys and girls, which provided an exciting opportunity for this age group to compete over the longer hurdles races.

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

## Meet the Speed Event Lead

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

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



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

# Endurance Event Group Updates & Opportunities

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

### Steeple Chase Focus

Steeplechase is an event that England Athletics is committed to developing, so we have delivered a number of development workshops for both coaches and athletes. This focus has enabled more athletes to compete by providing developmental opportunities in league and national competitions - which has led to an increase in participants.

### Development and training days

In April, Elswick Harriers delivered a brilliant development day for athletes and coaches. 18 athletes and coaches enjoyed a day at Hexham Leisure Centre where they were taught drills, technique, and progression for steeplechase. Endurance Coach at Elswick, Justin Durham, was delighted with the engagement and skill set. Many of these athletes then went on a week later, to compete in a steeplechase race for the first time.

David Cripps continues to advocate for the development of steeplechase and recently ran a training day at Bury St. Edmunds Leisure Centre. The day concentrated on barrier clearance and water jump skills, with a filled water jump available for athletes to use. Annually he hosts a festival which also included race walks and flat races for all ages to compete at. The Suffolk Steeplechase Festival in May was well attended and successful - Ava James ran the World U20 steeplechase qualification standard at the festival.

### Further opportunities for steeplechasers

If any club, coach or athlete would like to discuss the opportunities available please contact Hayley Hemmings at [hhemmings@englandathletics.org](mailto:hhemmings@englandathletics.org)

## Off-Track Endurance Lead – Andy Heyes

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



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

## On-Track Endurance Lead – Hayley Hemmings

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



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

# Jumps & Combined Event Group Updates & Opportunities

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

### Combined Events - Update

England Athletics has announced a renewed commitment to the future of combined events, with targeted investment aimed at strengthening the athlete and coaching pathway across the discipline. The initiative focuses on improving support structures, increasing development opportunities and creating a more sustainable future for multi-event athletes in England.

A key part of the programme is the introduction of a combined events elective within the coach education pathway, designed to give coaches greater access to event-specific knowledge and practical development opportunities. Alongside this, England Athletics is looking to enhance collaboration between clubs, coaches and performance staff, while expanding opportunities for athletes to progress within the heptathlon and decathlon pathways. The investment reflects the growing recognition of combined events as an important area for long-term athlete development and performance success.



### Athletics Coach Combined Events Elective

The Combined Events elective has continued to be piloted with a small cohort of coaches completing the Athletics Coach Award.

The feedback so far has been very positive and England Athletics will continue to develop and shape this award.

The module provides coaches with a greater understanding of how to effectively plan a Combined Events programme, including the combination of events within each session, how to build a robust, well-rounded athlete, both physically and mentally and the key role of the coach in pulling this all together. If you are interested in finding out more about the Combined Events elective, please contact Darren Ritchie: [dritchie@englandathletics.org](mailto:dritchie@englandathletics.org)

## Jumps & CE Highlights for this Edition

### Yeovil Combined Events Championships – Performance Highlights

The Somerset Schools' AA and Somerset County AA Combined Events Championships in Yeovil provided a strong early-season platform, with excellent conditions and a well-run competition contributing to a highly positive weekend for athletes, coaches, officials, and spectators.

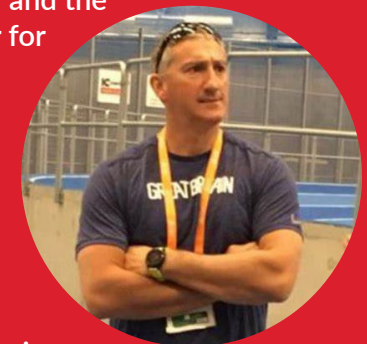
A number of performances from the meeting have already gained recognition on the European and World rankings lists, particularly across the Under-18 and Under-20 age groups. Several athletes achieved marks that place them among the leading performers internationally at this stage of the season,

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

## Meet the Jumps and CE Event Lead

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

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



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

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

# Throws Event Group Updates & Opportunities

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

The summer will provide a quiet period for coach development activities due to most coaches being busy at this time of year with competitions. We are in discussion with Dale Stevenson, coach to Matt Denny about a masterclass in the summertime and will update everyone once further information is available.

To find out more about any upcoming events, please contact our Talent Event Leads (TEs) at:

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

### Age Group Implement Weights for Para Throws

We have proposed recommended implement weights for U12, U14, U16, and U18 para throwers across all throwing events and classifications, for use by competition organisers. The hope is to create a more gradual progression towards the open/U20 world para-athletics implement weights. To find out more [click here](#).

We would like to wish each and every one of you the best of luck throughout the outdoor season, whether it be competing in a NAL, YDL, Area or National champs or any other event.

## Throws Highlights for this Edition

### Commonwealth Games

Congratulations to the Para-Throws athletes selected for the England team at the Glasgow 2026 Commonwealth Games. See page 14.

### Halle

Congratulations to the following athletes selected for the YTP England team at Halle, Germany.

1. Harry Beard (Greg Beard) - Shot & Discus
2. Ellis Thomas (Mark Chapman) - Shot
3. Moyo Stumpfenhusen (Gary Herrington) Discus
4. Ben Roberts (Mike Martin)- Discus
5. Elkie Baker (Neville Thompson) - Discus
6. Jessica Wilkins (Lee Doyle) - Hammer
7. Ned Scott (Bronwin Carter) - Javelin
8. Scarlett Slater-Rowley (Marjolein Templeton) - Javelin

## Meet the Throw Event Lead

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



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

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

# Para Updates & Opportunities

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

## Street to Stadium

The Street 2 Stadium para-athletics talent ID initiative is back and better than ever! Street 2 Stadium has seen incredible stars such as Maddie Down, a T38 sprinter and long jumper, springboard from school sports day to the world stage at the Paralympic Games. The project is set to increase the number of para-athletes accessing regular athletics training in England and progressing into the England Talent Pathway.

We will deliver specialist athletics coaching sessions to schools and groups with a view to identifying potential para-athletes with **eligible impairments**, who show potential to join the pathway.

We will break down barriers for identified para-athletes to access our sport through specialist support from our coordinators, from financial support to attend coaching sessions. We will help to facilitate the transition of identified athletes from the Street 2 Stadium programme into our club network and through the national classification process.

Find out more here: [Street 2 Stadium - England Athletics](#)



## 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 using 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](mailto:mkendrick@englandathletics.org)

## Meet the Para Athletics Talent Officer

Jake is the Para Athletics Talent Officer and started with England in back in 2025. Jake has a great level of experience in the Para-athletics World. Beyond his day job at England Athletics, Jake is also the Assistant Head Coach at the Weir Archer Academy, home of the legendary athlete/coach duo of David Weir and Jenny Archer.



Jake keeps himself busy working with a very talented group of athletes, which include Commonwealth Games bound Ellis Kottas. Jake leads on the Street to Stadium programme, helping identify and support future Para talented athletes.

You can reach Jake via email: [jfoster@englandathletics.org](mailto:jfoster@englandathletics.org)

# Para Athletics Commonwealth Games Team Announced

In April the England Para Athletics Team were announced.

Athlete	Classification	Event	Club	Personal Coach
Ali Fewins	T38	200m	Guildford & Godalming	Leon Baptiste
Bebe Jackson	F42-44/F61-64	Discus	Woodford Green & Essex Ladies	Alan James
Dan Greaves	F42-44/F61-64	Discus	Charnwood AC	Zane Duquemin
Daniel Sidbury	T54	1500m	Sutton & District/ Velocity Racers	Christine Parsole
Daniel Wolff	T20	1500m	Belgrave Harriers	Andy Vaughan
Didi Okoh	F42-44/F61-64	Discus	Birchfield Harriers	Tony Hadley
Elizabeth Dodds	T38	Long Jump	Shrewsbury	Joe McDonnell
Ellis Kottas	T54	1500m	Weir Archer Academy	Jack Foster
Karim Chan	T38	100m	Charnwood AC	Aston Moore
Kevin Santos	T47	100m	City of Norwich	Michael Utting
Keiran O'Hara	T20	1500m	Havering ACC	Patrick Gahagan
Maddie Down	T38	100m/Long Jump	Halesowen ACC	Mike Bennett
Nathan Maguire	T54	1500m	Kirkby AC	Steven Hoskins and Pete Wyman
Ozioma Nlewedum	F55	Shot	Enfield & Haringey	Alison O'Riordan
Rosie Porter	T38	200m	Herts Phoenix	Catherine Walker
Samuel Jose	T20	Long Jump	Cornwall AC	Helen Jose
Sophie Hahn	T38	100m/200m	Charnwood AC	Joe McDonnell
Taz Nicholls	F57	Shot Put	Enfield & Haringey	Alison O'Riordan
Thomas Young	T38	100m	Loughborough Students	Joe McDonnell
Zac Shaw	T12	100m	Cheethorpes AC	Leon Baptiste



England Athletics is delighted to announce the first athletes joining Team England for this summer's Commonwealth Games in Glasgow.

This first phase of the team announcement will include 20 para-athletes - with many making their Commonwealth Games debut. Amongst the 20 athletes selected, we have had the privilege of welcoming many onto England Athletics teams over the last couple of years with seven athletes currently receiving support throughout [Talent Pathway](#) and [Para Academy](#).

The athletics action will kick off on Monday 27 July, with the final medals awarded on Saturday 1 August.

# Youth Development Updates & Opportunities

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



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

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

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

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

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

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

On 1st April 2026 the new PB Awards, including the new age Groups were launched just in time for the outdoor season. The newly revised posters and tables provide PB Awards for every year from U13 through to U18 years, and of course U20 and Seniors.

There are also a new set of tables for U10s & U12s linked to the funetics Multi Challenge.

PDF posters for all the PB Awards can be downloaded from the England Athletics website and certificates and posters can be purchased by clubs and competition providers at a reduced rate. Challenge.

To find out more about the PB Awards, please visit: [PB Awards - England Athletics](#)



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

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

**For the very first time, the School Games National Finals will be held in the short-programme DNA format.** Late summer, regional teams from across the Home Countries will compete in this relatively new structure which has become very popular amongst clubs across Europe. The School Games National Finals will come with extra excitement, as it will be the first time DNA has been used for youth level competition in the UK. Some English clubs such as Blackheath and Bromley Harriers AC have had great DNA success, having competed in Portugal in 2025.

To find out more about the School Games please click here: [DNA competition coming to the School Games](#)

# Talent Pathway Updates & Opportunities

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

It has been another great year for athletes involved in the England Athletics Talent programmes, with several athletes on our Para Academy, Youth Talent and Performance programmes competing for England at competitions including: the Loughborough International, Halle Throws, Dubai & Notwill WPA (Para) Grand Prix.

Several athletes supported by our Talent team have been successful in selection for the Para-athletics team competing at the Commonwealth Games.

England Athletics is also supporting several athletes hoping to be selected for the athletics team competing at the Commonwealth Games and we wish these and all the other athletes the best of luck.

**Later this year England Athletics will be looking to recruit the athletes for the 2026 to 2027 Talent Pathway programmes. Further information on this process will be available later this summer.**

For more information about these programmes and support, please see England Athletics webpages:

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



## Supporting Information for Talent Coaches

In October of 2025 England Athletics recruited over 20 coaches who are supporting athletes on the Youth Talent Programme (YTP), to a pilot for the new Advanced Coach (Talent) Award.

The new Advanced Coach Award is the first of its kind and has been designed to make it easier for coaches to learn and develop the way which suits them best, whether this be attending workshops, reading material or speaking with other coaches.

We are now over eight months into the pilot, and many coaches have fed back how this experience has both challenged their thinking and helped in their development as a coach.

### Next Cohort of Coaches

In September 2026 England Athletics will be looking to recruit another cohort of coaches to undertake the Advanced Coach (Talent) Award. Whilst the main target audience will be those coaches supporting athletes on the YTP, the application will be offered wider. Watch out for more information on the England Athletics website.



# Coach Education Course - Summer 2026

## Planned Courses coming up

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

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

### Athletics Coach

#### Course Dates:

- **Session 1:** 06-06-26 09:00 - 17:00
- **Session 2:** 06-06-26 09:00 - 17:00
- **Session 3:** 10-06-2026 18:30 - 20:30 (Online)
- **Assessment:** 19-09-2026 09:00 - 17:00
  - Speed / Endurance / Jumps & Throws

**Venue:** David Weir Leisure Centre, Carshalton, Surrey, SM5 1SL

**Course Code:** AC00142

**Last Booking Date:** 15-06-2026

#### Course Dates:

- **Session 1:** 13-06-2026 09:00 - 17:00
- **Session 2:** 14-06-2026 09:00 - 17:00
- **Session 3:** 17-06-2026 18:30 - 20:30 (Online)
- **Assessment:** 03-10-2026 09:00 - 17:00
  - Speed / Endurance / Jumps & Throws

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

**Course Code:** AC00130

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

#### Course Dates:

- **Session 1:** 20-06-2026 09:00 - 17:00
- **Session 2:** 21-06-2026 09:00 - 17:00
- **Session 3:** 23-06-2026 18:30 - 20:30 (Online)
- **Assessment:** 23-06-2026 09:00 - 17:00
  - Speed / Endurance / Jumps & Throws

**Venue:** Parrs Wood High School, Wilmslow Road, East Didsbury, Manchester, M20 5PG

**Course Code:** AC00141

**Last Booking Date:** 19-09-2026

### Athletics Coach

#### Course Dates:

- **Session 1:** 18-07-2026 09:00 - 17:00
- **Session 2:** 19-07-2026 09:00 - 17:00
- **Session 3:** TBC (Online)
- **Assessment:** TBC
  - Speed / Endurance / Jumps & Throws

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

**Course Code:** AC00144

**Last Booking Date:** 17-07-2026

#### Course Dates:

- **Session 1:** 19-07-2026 09:00 - 17:00
- **Session 2:** 26-07-2026 09:00 - 17:00
- **Session 3:** TBC (Online)
- **Assessment:** TBC
  - Speed / Endurance / Jumps & Throws

**Venue:** Erdinton Academy, Kinsbury Road, Erdington, Birmingham, West Midlands, B24 8RE

**Course Code:** AC0145

**Last Booking Date:** 17-07-2026

#### Course Dates:

- **Session 1:** 05-09-2026 09:00 - 17:00
- **Session 2:** 06-09-2026 09:00 - 17:00
- **Session 3:** 08-09-2026 18:30 - 20:30 (Online)
- **Assessment:** 13-12-2026 09:00 - 17:00
  - Speed / Endurance / Jumps & Throws

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

**Course Code:** AC00137

**Last Booking Date:** 04-09-2026

### Athletics Coach

#### Course Dates:

- **Session 1:** 12-09-2026 09:00 - 17:00
- **Session 2:** 13-09-2026 09:00 - 17:00
- **Session 3:** TBC (Online)
- **Assessment:** TBC
  - Speed / Endurance / Jumps & Throws

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

**Course Code:** AC00134

**Last Booking Date:** 11-09-2026



# Coach Education Course Summer 2026

## Planned Courses coming up

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

#### Course Dates:

- Session 1: 20-07-2026 09:00 - 17:00
- Session 2: 21-07-2026 09:00 - 17:00
- Session 3: 22-07-2026 09:00 - 17:00
- Session 4: TBC (Online)
- Assessment: TBC

- Speed / Endurance / Jumps & Throws

Venue: Leeds Beckett University, Carnegie School of Sport, School of Sport Building, Headingley Campus, Leeds, LS6 3QQ

Course Code: CAAC021

Last Booking Date: 17-07-2026

---

#### Course Dates:

- Session 1: 19-08-2026 09:00 - 17:00
- Session 2: 20-08-2026 09:00 - 17:00
- Session 3: 21-08-2026 09:00 - 17:00
- Session 4: TBC
- Assessment: TBC

- Speed / Endurance / Jumps & Throws

Venue: Loughborough University Athletics Track/ HiPAC, Loughborough University, Loughborough, Leicestershire, LE11 3TU

Course Code: CAAC020

Last Booking Date: 18-08-2026



### Coach in Running Fitness (CiRF)

#### Dates:

- Session 1: 11-07-2026 09:00 - 17:00
- Session 2: 12-07-2026 09:00 - 17:00
- Session 3: 14-07-2026 18:30 - 20:30 (Online)
- Session 4: 16-08-2026 10:00 - 17:00 (Online)
- Session 5: 25-10-2026 09:00 - 17:00

Venue: Brunel University Sports Park, Uxbridge, UB8 3PW

Course Code: CIRF0190

Last Booking Date: 08-07-2026

---

#### Dates:

- Session 1: 18-07-2026 09:00 - 17:00
- Session 2: 19-07-2026 09:00 - 17:00
- Session 3: 22-07-2026 18:30 - 20:30 (Online)
- Session 4: 23-08-2026 10:00 - 17:00 (Online)
- Session 5: 31-10-2026 09:00 - 17:00

Venue: Parrs Wood High School, Wilmslow Road, East Didsbury, Manchester, M20 5PG

Course Code: CIRF0188

Last Booking Date: 15-07-2026

---

#### Dates:

- Session 1: 25-07-2026 09:00 - 17:00
- Session 2: 26-07-2026 09:00 - 17:00
- Session 3: 28-07-2026 18:30 - 20:30 (Online)
- Session 4: 23-08-2026 10:00 - 17:00 (Online)
- Session 5: 08-11-2026 09:00 - 17:00

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

Course Code: CIRF0187

Last Booking Date: 22-07-2026

---

### Coach in Running Fitness (CiRF)

#### Dates:

- Session 1: 29-08-2026 09:00 - 17:00
- Session 2: 30-08-2026 09:00 - 17:00
- Session 3: 01-09-2026 18:30 - 20:30 (Online)
- Session 4: 27-08-2026 10:00 - 17:00 (Online)
- Session 5: 13-12-2026 09:00 - 17:00

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

Course Code: CIRF0189

Last Booking Date: 26-08-2026



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

# Competition Information for Coaches

## Spring - Summer 2026

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

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

### A selection of key National Champs dates for the Outdoor Season

- UKA track and field championships – **20th & 21st June 2026**
- England U20, Senior and Senior para track and field and combined events championships (incorporating U23, CAU and BUCS) – **3rd - 5th July 2026**
- English Schools' AA track and field championships – **10th & 11th July 2026**
- Masters BMAF track and field championships – **18th & 19th July 2026**
- England Athletics U18 and U16 track and field championships – **25th & 26th July 2026**
- England junior para championships (wheelchair, seated throws and ambulant athletes) – **25th & 26th July 2026**
- England U18 and U16 combined events championships – **22nd & 23rd August 2026**
- England senior para championships (wheelchair, seated throws and ambulant athletes) - **22nd & 23rd August 2026**
- England Athletics Relay Championships – **23rd August 2026**
- UK School Games National Finals – **3rd - 5th September 2026**

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

- Northern Athletics U18/U20/Senior championships - **6th & 7th June 2026**
- Midland Counties U18/U20/Senior championships - **6th & 7th June 2026**
- SEAA U18/U20/Senior championships - **6th & 7th June**
- BWAA Wheelchair Racing Grand Prix – **13th June 2026**
- English Schools' AA track and field cup – **21st June 2026**
- BWAA Wheelchair Racing Grand Prix – **12th July 2026**
- Area U14/U16/ U18 championships – **27th & 28th July 2026**
- BWAA Wheelchair Racing Grand Prix – **1st August 2026**



# Competition Information for Coaches

Spring - Summer 2026

## International Competitions and Selection Information

The beginning of the summer season kicked off with several England Athletics International opportunities including the Loughborough International, European U20 Road Race in Oderzo (Italy), Masters 10K & Marathon vests, Halle Throws event in Germany and England para team in Notwill, Switzerland.

In addition, England Athletics also sent a small team of Talent Programme athletes to the Canary Islands to compete in the International Athletics Meeting Fuerteventura event which took place on 30–31 May 2026.

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

- **Track & Field Teams:** The aim of selections for these teams will be to enable the best athletes in England to compete internationally. Developing athletes of any age will be considered for international inclusion in competition and some emphasis will be placed on the Under 23 age group.
- **Other England Teams includes Road, Mountain, Race Walking, Cross Country and Masters.**
- In addition, England will look, where feasible, to support athletes on programmes such as the YTP (Youth Talent Programme), gain domestic and international opportunity to support their long-term development.



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

## Commonwealth Games Updates

We are now fast approaching this year's Commonwealth Games in Glasgow and with the 20 strong Para-athletes team now selected the Games has started feel a lot more real for most people. The final 60 members of the team will be selected in mid-June providing a final team size of 80 athletes who compete at the highest level for England at these Games.

As we move closer to the final Selection meeting, we would encourage all athletes, coaches and other parties interested in being selected to the team to familiarise themselves with the England Commonwealth Games policy. The latest version of these can be found [here](#). This policy details the criteria England Athletics will use to nominate athletes to Commonwealth Games England for ratification.



England Athletics recently delivered a webinar with the latest updates on the Commonwealth Games. This session had a particular focus on the upcoming Athletics Team selection meeting. A recording of this session is now available online. For more information on this recording, please [click here](#).

# Back to Basics - Coaching Hurdles

## A basic introduction to Hurdles for new coaches

Hurdling is a sprint race over barriers. Athletes should maintain a sprinting action whilst running between the barriers. The faster and more efficiently an athlete clears a hurdle and begins sprinting again, the faster their time will be.

Rhythm is important in good hurdling. Athletes who maintain a fast, consistent stride pattern are the most successful.

**Hurdling can be broken down into the following Phases:**

### The Start and acceleration to hurdle one:

- Athletes should use a sprint start similar to a typical sprint race.
- For sprint hurdles athletes should ideally use 7-8 strides to the first hurdle, with the first four strides being similar to the sprint race and the last four strides focusing on raising the body to go over the hurdle.

### The Take-off:

- Takes off well in front of the hurdle (roughly two thirds of the overall flight length), with the knee then heel driving straight at the hurdle.

### The Clearance

- Leans the body forwards, pulling the trail leg knee through fast and keeping the heel close to the buttock.

### Recovery:

- Hips are over or beyond the landing foot with the first stride off the hurdle being aggressive.
- Uses a '1, 2, 3, hurdle rhythm between hurdles.



Click [here](#) or press play to view the video



## Recommendations for Beginner Hurdlers

- Athletes should be encouraged to explore rhythm over low hurdles, and gain confidence before clearing higher obstacles.
- Start athletes off running at over low plastic hurdles at a spacing suitable to their age and stage of development.
- A hurdles Grid is a great way to provide a variety of challenges for every ability of hurdler. More information on this can be found in the Athletics 365 app.
- Coaches should encourage athletes to practice hurdling with both a right and left leg lead in the early stages so as to help develop coordination. This will help the athlete at a later stage if they wish to progress to long hurdles.
- Shoulders and torso (body) should be aligned with the direction of travel (facing forwards) throughout the hurdle run.
- Introduce basic hurdle drills at walking pace initially to help athletes develop the Range of movement, coordination and confidence to clear higher barriers.
- Most importantly, always keep the focus on speed. Remember its called a sprint hurdles.

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

# The importance of communication when working with athletes

## What Impacts on the quality of the coach's experience?

There are many things which can impact on both the athletes and coaches experience in any situation.

These may include:

- **The People** – who is present at each session and how they act / interact.
- **The Environment** – What does the environment feel like to everyone present. What is the culture within the group.
- **The Communication** which takes place (between coach and athlete(s)).
- **The Learning Established** – What has the athlete(s) learnt and understood from each session and interaction with the coach.

Understanding the above areas can help coaches have a greater impact on an athlete's engagement and experience at sessions and supporting them in their athletics development.

## How do we learn best.

A key to effective communication when teaching someone new things, such as a coach may do in sport, is understanding how we learn best.

The Learning Retention Pyramid shows one theoretical model (developed back in the 60s) with the general concept of active **learning improves retention** best and is still recognized concept in education today.

So, what does this mean? If someone, say an athlete is more involved in their active learning, such as discussing this with their coach, practicing by doing or even teaching others, research has shown there is a greater chance of them retaining this learning than just by being told or viewing this information.

- **For coaches**, ask yourself the question, how much telling, how much showing and how much involving do you do in your current coaching.
- **For athletes**, how can you take greater ownership of your learning journey and how can you work with you coach to get the most from every session.

**If we just tell as coaches and not involve the athletes we coach, how can we truly be sure learning has taken place and the athlete fully understands what they need to do.**

## The Power of Communication

It is important recognize the communication is a two-way process and that as a coach we need to develop all styles and skills related to be effective.

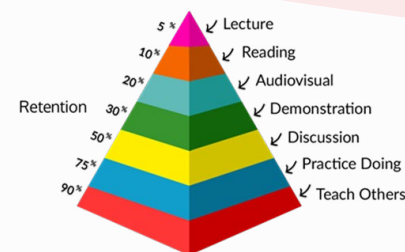
Beyond providing athletes (especially novice athletes) with **instructions, explanations** and **demonstrations**, coaches also need to ask **questions** and **listen** to the response the athlete is giving them. It may feel easier and quicker to tell the athlete what to do or give them an answer, but remember, does this truly help with their learning and development.

## The Environment

Establishing a training environment where athletes are encouraged to ask questions, try new things, make mistakes, and see this as part of learning and growth can be a powerful thing. Many athletes see making mistakes a negative measurement of their progress and will avoid trying new things, which could help their long-term development. Creating the right learning environment for your athletes may help them tackle the regular challenges of training and feel confident about getting past tough points.

**Conclusion:** As coaches we are very privilege to play a part in someone's learning and development as an athlete but remember, it is the athlete's learning journey to undertake, and the ownership should lie with them. As coaches **we are there to support the process, not control it.**

**Provide guidance, ask questions and most of all listen.**



# Recommended Viewing

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



## Strength & Conditioning: Theory and Application for Throwers with Rob Thickpenny

In this short series of videos, one of England's top Strength & Conditioning (S&C) coaches, Rob Thickpenny presents the theoretical principles of Strength & Conditioning and how to apply these with a specific focus on throwing events. Through the various discussions, Rob talks through how to ensure what you are doing in the gym relates to the event you are coaching.

### What are Strength Qualities?



Click [here](#) or press play to view the video

## First Steps into High Jump with Dave Millett

David Millett, one of the top youth development coaches in the country provides coaches and young athletes with an introduction to High Jump. Through this short series of videos David explains the basics of high jump, including how to introduce the Scissor Jump, how to progress to the Fosbury Flop and the key technical points to support this. The videos also show a series of drills which can be used by coaches to help introduce various elements of the High Jump to young athletes.



Click [here](#) or press play to view the video

## First Steps into Hurdling with Dave Millett

David Millett, one of the top youth development coaches in the country provides coaches and young athletes with an introduction to Hurdles. Through this four-part series of videos, David explains the basics of hurdles, including how to introduce the Hurdle Grid to help athletes develop rhythm between and over the hurdles and drills to help develop an athlete's lead and trail leg when hurdling. Throughout these videos, David takes time to explain each element to both the athletes and coaches present.



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](http://www.athleticshub.co.uk)

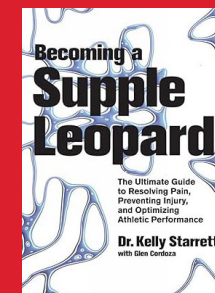
# Recommended Reading

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

## **Becoming A Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance** by Kelly Starrett & Glen Cordoza

Improve your athletic performance, extend your athletic career, treat stiffness and achy joints, and prevent and rehabilitate injuries - all without having to seek out a coach, doctor, chiropractor, physical therapist or masseur. In *Becoming a Supple Leopard*, Dr. Kelly Starrett - founder of MobilityWOD.com - shares his revolutionary approach to mobility and maintenance of the human body and teaches you how to hack your own movement, allowing you to live a healthier, more fulfilling life. This new edition of the *New York Times* and *Wall Street Journal* bestseller has been thoroughly revised to make it even easier to put to use.

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

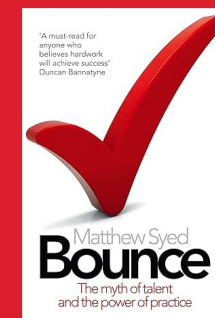


## **Bounce** by Matthew Syed

Essential reading for an astounding summer of sport; If you've ever wondered what makes a champion, Bounce has the answer. What are the real secrets of sporting success, and what lessons do they offer about life? Why doesn't Tiger Woods "choke"? Why are the best figure skaters those that have fallen over the most and why has one small street in Reading produced more top table tennis players than the rest of the country put together.

Two-time Olympian and sportswriter and broadcaster Matthew Syed draws on the latest in neuroscience and psychology to uncover the secrets of our top athletes. Bounce is crammed with fascinating stories and statistics. The mind-bending Bounce is a must-read for the hardened sports nut or brand new convert.

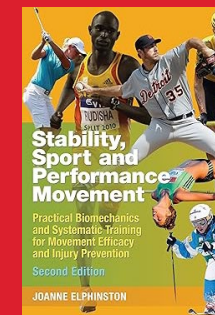
*Description and image from Amazon UK. The book is available from other retailers.*



## **Stability, Sport and Performance Movement** by Joanne Elphinston

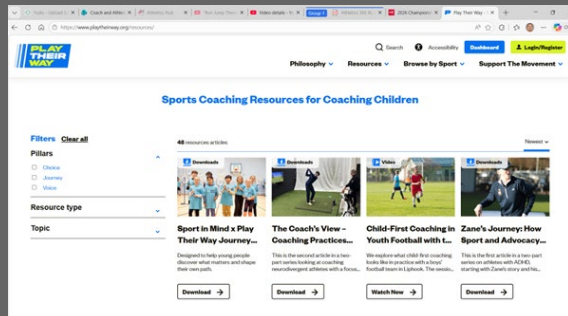
In every sport, there are athletes who represent true technical excellence. Their movement seems effortless, controlled and efficient: they create and control forces in the most effective way. The building blocks of stability, mobility, symmetry, and balance provide the foundation for sports movement development and injury resistance. These elements combine to prevent the physical restrictions, imbalances and inefficient muscle recruitment patterns, which can block athletes from meeting their movement goals. The right muscles firing at the right time and in the right sequence can enable athletes to achieve their full physical potential. It is an approach that has been used with international-level athletes in disciplines as diverse as swimming, badminton, gymnastics, karate, cycling, weightlifting, basketball, athletics, snow sports, football, golf, equestrian sports, and tennis.

*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



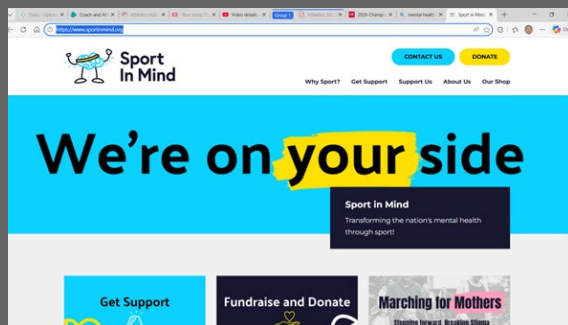
## Play Their Way | A Hub for Child First Coaching in Sport

A grassroots coaching movement, led by the Children's Coaching Collaborative.

Play Their Way aims to kick-start a movement of child-first coaches, organisations and people changing the game from the ground up

Coaches are the unsung heroes of our society; research shows that children who receive coaching are 82% happier.

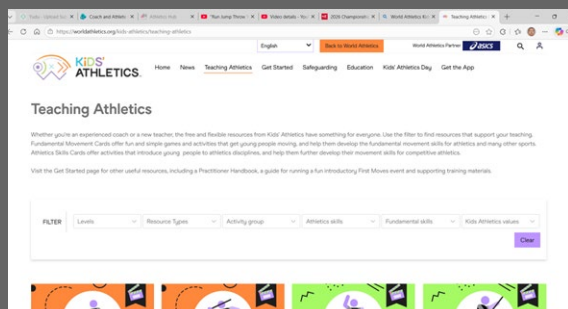
We believe that building a grassroots movement of child-first coaches across the country is the key to getting more children active.



## Sport in Mind - the UK mental health sports charity

Sport in Mind is the leading mental health sports charity in England and Wales. Our mission is to transform the nation's mental health through sport and our trailblazing work harnesses the power of sport to inspire, educate, and promote good mental health.

Since its formation in 2010, Sport in Mind's long-term partnership with the NHS has enabled us to transform the lives of over 31,000 people struggling with mental health challenges. While research shows that being active is clinically proven to improve mental health, sedentary living remains prevalent among children and adults with mental health problems.



## Kids Athletics | World Athletics

Kids' Athletics is a free and exciting programme from World Athletics to get children and young people across the world moving! The programme uses the power of athletics to inspire children and young people, wherever they are, to be more active, develop their skills and confidence, and to connect with the sport for life.

Developed by coaches, teachers and young people around the globe, Kids' Athletics offers a uniquely fun, inspiring and quality experience for children aged between four and 14. **Register now** to be part of our global Kids' Athletics community and access our free resources and exclusive opportunities.

# 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.



## Track Etiquette Considerations for Outdoor training

The summer months will bring many new potential club members, inspired by the Commonwealth Games and European Champs. With these new members there will be a need to increase their awareness of track etiquette.

Before any session coaches should ensure athletes are aware of track etiquette to minimise potential accidents.

This is especially relevant for new athletes who may not be aware of the track rules. Things to consider include:

- **Crossing the track** – Athletes should look both ways and ensure the track is clear from other athletes prior to crossing.
- **Calling “Track”** – If someone is in the way when running (and is not actively running themselves) the word “Track” can be called to encourage them to step out of the way. If an athlete hears the word “track” they should move out of the way as quickly and as safely as possible.
- **Using the inner field** – Coaches and athletes should only use / cross the inner field if this area is clear of throwers and throwing implements.

## Considerations for Outdoor Training

- **Environment:** At this time of year additional considerations may be necessary for the sun and heat as well as adverse conditions. Coaches and leaders should review the weather conditions to ensure that it is suitable for the athletes to train in safely. In hot and sunny weather athletes should drink plenty of water and when resting stay within a shaded area.
- **Equipment:** Coaches should undertake a risk assessment before each session relating to any areas and equipment being used.
- **Experience:** Athletes should come appropriately dressed for the time of year and if necessary, bring a hat and suntan lotion, if the weather is hot and sunny. Consider how you can adapt the session to ensure the athletes does not overheat be be negatively affected by the weather.



## Considerations for Off-Track

- **Environment:** Whenever possible, try to ensure running routes are undertaken in a well-lit, safe area. Greater consideration should be taken when close to busy roads, especially when crossing.
- **Equipment:** Plenty of fluids and hydration at this time of year is key, given the increase heat. Especially for long runs. Coaches/leader should also carry with them a First Aid kit and phone, encase of emergencies.
- **Experience:** Understand each person’s goals, fitness and health status is key to ensure a positive running experience. Some people may wish to run with others for safety and socializing others to build confidence and fitness or other drivers. Coaches and leaders should take these points into consideration when planning their activities, sessions and routes.

# Coaching events around the European Champs

## Leaving a coaching legacy for Birmingham 2026

### Birmingham 2026 Coaches Club

Four years on from the hugely successful 2022 Commonwealth Games, athletics once again returns to the city of Birmingham when the 2026 European Athletics Championships take place throughout August.

These champs will bring the best athletes from all over Europe to compete for their country in what is sure to be a great championship.

Beyond the obvious buzz of the Champs, this major event will also bring some of the world's great coaches to the UK.

To celebrate these champs, support coaches in the UK and create a lasting legacy, England Athletics in partnership with the European Athletics Coaches Association and the University of Birmingham will be hosting a European Coaches Club from **Tuesday 11th – Thursday 13th August**.

The European Coaches Club will be open to all UK based coaches interested in the performance end of our sport as well as any interested international coaches wishing to attend.

### Masterclass guest speaker

The three days will be jointly hosted by World renowned coach Frank Dick and England Athletics staff and will welcome some of the biggest names in coaching.

- Tuesday 11th August 2026 - Speakers: Greg Duplantis – Coach to Mondo Duplantis & Tetiana Stepanova – Coach to Yaroslava Mahuchikh
- Wednesday 12th August 2026 - Speakers: Laurent Meuwly – coach to Femke Bol & **SECOND SEAKER TO BE CONFIRMED SOON**
- Thursday 13th August 2026 - Speakers: Mattias Jons & Paul Solberg (Next generation top throws coaches).

### Each days will be broken down as follows:

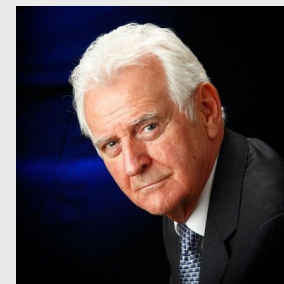
- 9:00am – 2:00pm - open lecturer room for coaches to view the European Athletics champs on a large screen and have informal discussions.
- 3:00pm – 5:00pm – Masterclass session with some of the World's leading speakers. (Arrivals and reception will be 2.00pm to 3.00pm).

These Masterclass have been scheduled between the morning and evening sessions at the champs to ensure we can access the best coaches in Europe taking part at the European Athletics champs.

Further information on how to book a place at this event will shortly be promoted on the England Athletics website.



UNIVERSITY OF  
BIRMINGHAM



# Time to celebrate our amazing volunteers

## The 2026 Regional Volunteers Awards - Nominations are now open

Athletics and running happens because of the dedication and passion of our incredible volunteers. From club committees and coaches to officials and event helpers, their commitment keeps our sport thriving in communities across the country.

The Regional Volunteer Awards, delivered in partnership with [our Regional Councils](#), are our way of saying thank you. They shine a spotlight on the individuals and clubs who go above and beyond, celebrating the outstanding contribution volunteers make to athletics and running at every level.

### Why nominate?

Volunteers are the heart of athletics and running. Saying “thank you” can be incredibly powerful. Over the years, we’ve seen just how much it means to volunteers and their families when their commitment is acknowledged. These awards offer a meaningful way to show appreciation for the people who make a real difference in clubs, communities, schools, and events across the country.

Our sport simply wouldn’t thrive without them. That’s why we encourage you to work alongside your club colleagues to submit a nomination and celebrate worthy volunteers - whether that’s a friend, family member, student, colleague, clubmate, or someone who always goes the extra mile.



**2025 National Coach of the Year Award winner – Fran Blackett**

### How to Nominate

To nominate someone for a Regional Volunteer Award please click on the link [here](#) and choose from one of four award options:

- **Club of the Year**
- **Unsung Hero of the Year**
- **Unsung Project of the Year**
- **Servies to Athletics and Running**

Within this section of the website you will find out more about what each award covers, links to each nomination form and tips on how to make a good nomination.

The closing date for nominations is **Friday 5 June 2026**

Good luck on your nominations and thanks for making such a difference in helping people grow and develop, both in and beyond our sport.

### Regional Coach of the Year Winners 2025

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

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| ● <b>North-East:</b>                 | <a href="#">Fran Blackett</a>         |
| ● <b>Yorkshire &amp; Humberside:</b> | <a href="#">Kevin Dessoy</a>          |
| ● <b>North-West:</b>                 | <a href="#">Victor Oyesola</a>        |
| ● <b>West Midlands</b>               | <a href="#">Camilla Stewart &amp;</a> |
| <i>(Joint Awards):</i>               | <a href="#">Everton Caines</a>        |
| ● <b>East Midlands:</b>              | <a href="#">Marjolein Templeton</a>   |
| ● <b>East:</b>                       | <a href="#">Dave Robinson</a>         |
| ● <b>London:</b>                     | <a href="#">Matthew Sandknop-Haas</a> |
| ● <b>South-East:</b>                 | <a href="#">Paula Williams</a>        |
| ● <b>South-West:</b>                 | <a href="#">Jaime Ingleby</a>         |

# Shout out to our coaches and leaders

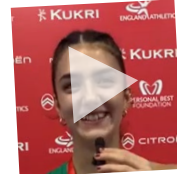
Let's hear it for our amazing coaches, leaders and volunteers making a difference

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



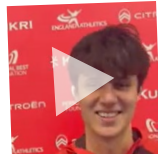
**Emile Morti**  
Chiltern Harriers AC Hurdler

*"If you make a mistake he (Alan Hewson) will always encourage you to do better."*



**Leila Newth & Tito Odunaiké**  
Jumps Athletes

*"He's (David Johnson) such a great coach and always brings such a great vibe to training and it's really paid off."*



**Charlie Chambers**  
Basingstone & Mid Hants AC  
800m Runner

*"He's (Mike Chambers - coach & dad) always been so supportive in everything I have needed to do. It's a journey I would do over and over again."*



**Izzy Ray**  
Bracknell AC Hurdler

*"My coaches are Nathan Standing and Ken Spencer and they have guided me through this season and they are lovely."*



**Michael Maguire**  
Reigate Priory AC  
Long Jumper

*"My coach is John Shepherd, the best coach ever. I've improved so much with him. I've improved by 2 meters (since 2025)."*



## Future Shout Outs

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

# A Key Reminder

## Clean Athletics

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

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

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

Whenever an athlete is taking any form of medication they should use the Global DRO platform to search if the medication is safe to take.

Please note, Global DRO does not contain information on, or that applies to, any dietary supplements.

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

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

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

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



## Competition News

We are now in the full flow of the outdoor competition season, and it is important that athletes, coaches, team managers and others involved in competitions understand the competition rules and how they apply to the events and athletes they support.

**For coaches**, developing greater familiarity with the rules of the Events you coach, and the various age groups your athletes' take part in can help ensure they get the experience at a competition. For athletes, having a clear understanding of the rules of your event will allow you to perform at your best and, if required, have a positive discussion with the officials, if you are unsure of any decisions which have been made.

Remember, rules are there to ensure fair play within our sport and not unfairly penalise anyone.

If you are unsure of any rules, we would encourage you to speak to the officials at a competition or review them in the latest UKA, World Athletics or World Para-Athletics Rule books.

## Age Group Changes & New Rule Book

From the 1st April 2026 the new Age Groups commenced, seeing the UK move from U13, U15, U17 and U20, to U14, U16, U18 and U20. At the lower age groups there are also the U10s and U12s Age Groups which sit outside the UKA Rules for Competition.

To find out the latest rules for the new Age Groups and all athletics disciplines, please find the latest version of the rule book [here](#) (in PDF format).



# In the Next Edition

Look out for the next edition of Coaching Vision in Summer 2026 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 High Jump and Helping athletes develop the right 'Mindset' for training and competition.
- Look ahead to the 2026 Outdoor competition season.
- Look back at 2026 Commonwealth Games and European Champs.
- 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 leader with the latest information on coach education, development and what's happening in the wider sport.

Please let us know what you liked about the first edition of Coaching Vision and what you would like to see included in future editions.

[Click here](#) to share your feedback.

# Coaching Voice

We want to hear from you, the coaches and leaders of our amazing sport. Let us know how we can support you in the areas of education and development.

[Click here](#) to share your feedback

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

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

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

