

Women's Throws Coach Group

Asisinn Baird Radley AC South West Shot Discus Hammer Javelin Alice Barnsdale North Shields Poly AC North West Shot Discus Hammer Javelin Alice Barnsdale North Shields Poly AC North East Hammer Javelin Alice Barnsdale North Shields Poly AC North East Hammer Javelin Alice Barnsdale North Shields Poly AC North East Hammer Javelin Alice Barnsdale North Shields Poly AC North East Hammer Javelin Alice Barnsdale Anna Hacked Scotland Scotland Shot Discus Ambulant Throws Seated Throws Seated Throws North West Javelin Ambulant Throws Discus Anna Hall Ipswich Harriers East Hammer Javelin Ambulant Throws Discus Ayesha Jones Marshald Milton Keynes AC South East Javelin Ambulant Throws Seated Throws South West Shot Discus Javelin Ambulant Throws Seated Throws Sea				
Alice Proffitt Preston Harriers North West Hammer Javelin Alice Barnsdale North Shields Poly AC North East Hammer Alicon Russell Unattached Scotland Shot Discus Ambulant Throws Seated Throws Discus Ann Urigo Solihult and Small Heath AC West Midlands West Midlands West Midlands West Marshall Milton Keynes AC South East Javelin Ambulant Throws Discus Javelin Ambulant Throws Seated Throws Shot Discus Javelin Ambulant Throws Seated Throws Shot Discus Hammer Weight hammer Weight hammer Weight hammer Weight hammer Weight hammer Meight hammer Weight hammer Meight h	Name	Club	Region	Events coached
Alice Barnsdale North Shields Poly AC North East Hammer Alison Russell Unattached Scotland Shot Discus Ambulant Throws Seated Throws Seated Throws Amn Dale Yate and District AC South West Javelin Ambulant Throws Discus Ann Virgo Solihult and Smalt Heath AC West Midlands Anna Hall Ipswich Harriers East Hammer Ayesha Jones Marshalt Milton Keynes AC South East Javelin Ambulant Throws Seated Throws Bronwin Carter City of Portsmouth AC South West Shot Discus Javelin Ambulant Throws Seated Throws Carolyn Franks Cheltenham & County Harriers London Shot Discus Hammer Javelin Catarina Hallden Jersey Spartan AC South East Shot Discus Hammer Javelin Chailde Nicholls Tonbridge AC South East Shot Discus Hammer Javelin Chioe Edwards City of Plymouth AC South East Shot Discus Hammer Chioe Williams Thanet AC South West Shot Discus Hammer Deborah Montgomery BRAT West Midlands	Aislinn Baird	Radley AC	South West	Shot Discus Hammer Javelin
Allson Russell Unattached Scotland Shot Discus Ambulant Throws Seated Throws Amelia Campbell Thames Valley Harriers London Shot Discus Hammer Ann Dale Yate and District AC South West Javelin Ambulant Throws Discus Ann Wirgo Solihull and Small Heath AC West Midlands Anna Hall Ipswich Harriers East Hammer Ayesha Jones Marshall Milton Keynes AC South East Javelin Bronwin Carter City of Portsmouth AC South West Shot Discus Javelin Ambulant Throws Seated Throws Camilla Thrush Kingston AC and Poly Harriers London Shot Discus Hammer Weight hammer Carolyn Franks Cheltenham & County Harriers South West Shot Discus Hammer Javelin Catarina Hallden Jersey Spartan AC South East Shot Discus Hammer Javelin Charlotte Nicholls Tonbridge AC South East Shot Discus Hammer Javelin Chloe Edwards City of Plymouth AC South East Shot Discus Hammer Javelin Chloe Williams Thanet AC South East Shot Discus Hammer Javelin Debbie Ennis Havering AC Discus Hammer Discus Hammer Elaine Fileman Tavistock AC South East Shot Discus Hammer Elaine Fileman Tavistock AC South West Shot Discus Hammer Emma Beardmore Marshall Miltton Keynes AC South West Shot Discus Hammer Hannah Hiscock Swindon Harriers AC South West Shot Discus Javelin Heather Sheffleld Winchester and District AC South West Shot Discus Javelin Jenna Galiszewski Burton AC East Midlands Hammer Discus Jenna Galiszewski Burton AC East Midlands Hammer Discus Jess Arnison Leigh Harriers and AC North West Shot Discus Javelin Jenna Galiszewski Burton AC East Midlands Hammer Shot Discus Jess Taylor-Jenmett Sale Harriers Manchester North West Shot Discus Javelin Jo Praseer Kingston upon Hull AC North West Shot Discus Seated Throws Jo Rowland Dearne AC North Heat Shot Discus Seated Throws Ambulant Throws	Alex Proffitt	Preston Harriers	North West	Shot Discus Hammer Javelin
Amelia Campbell Thames Valley Harriers London Shot Discus Hammer Ann Dale Yate and District AC South West Javelin Ameulant Throws Discus Ann Wirgo Solihult and Small Heath AC West Midlands Anna Hall Ipswich Harriers East Hammer Ayesha Jones Marshall Mitton Keynes AC South East Javelin Ambutant Throws Discus Armows Shot Discus Javelin Ambutant Throws South West Shot Discus Javelin Ambutant Throws Seated Throws Camilla Thrush Kingston AC and Poly Harriers London Shot Discus Hammer Weight hammer Carolyn Franks Chettenham & County Harriers South West Shot Discus Hammer Javelin Seated Throws Catarina Hallden Jersey Spartan AC South East (Channel Islands) Ambutant Throws Charlotte Nicholls Tonbridge AC South East Shot Discus Hammer Javelin Seated Throws Chloe Edwards City of Plymouth AC South West Shot Discus Hammer Javelin Discus Javelin Discus	Alice Barnsdale	North Shields Poly AC	North East	Hammer
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Anna Hall Ipswich Harriers East Hammer Ayesha Jones Marshall Milton Keynes AC South East Javelin Throws Seated Throws Throws Seated Throws South West Shot Discus Hammer Weight hammer Ambulant Throws Seated Throws South West Shot Discus Hammer Weight hammer Ambulant Throws Seated Throws South West Shot Discus Hammer Javelin Ambulant Throws Seated Throws South West Shot Discus Hammer Javelin Seated Throws Seated Throws Seated Throws Seated Throws Seated Throws South Fast Shot Discus Hammer Javelin Seated Throws Seated Th	Ann Dale	Yate and District AC	South West	Javelin Ambulant Throws Discus
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Ayesha Jones Marshall Milton Keynes AC South East Javelin Ambulant Throws Seated Throws	Anna Hall	Ipswich Harriers	East	Hammer
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Jodie Dale Yate And District AC South West Javelin Discus Seated Throws Julie Rider Dartford Harriers South East Shot Discus	Jo Rowland	· -	North East	Shot Javelin Combined Events
Julie Rider Dartford Harriers South East Shot Discus	Jodie Dale	•	South West	
·	Julie Rider	Dartford Harriers	South East	·
Karen Bailey BRAT West Midlands				
Karen Buck Vale of York AC North East Shot Javelin				Shot Javelin



Name	Club	Region	Events coached
Karin Divall	Lewes AC	South East	Shot Discus Hammer Javelin
			Seated Throws
Kathryn Woodcock	Oxford City AC	West	Hammer Discus
Katie Head	Woodford Green AC with Essex Ladies Dartford Harriers	South East	Hammer
Katie Mackison	Crawley AC	South East	Javelin
Kayleigh Presswell	Thames Valley Harriers Marshall Milton Keynes AC	South East	Hammer
Kim Weir	St Mary's Richmond AC		Shot Discus Hammer
Kirsten Mackison	Crawley AC	South West	Javelin
Lesley Brown	Deeside AAC	Wales	Hammer Discus Shot
Lianne slater	Blyth Running Club		Shot Discus
Lijana Kaziow	-	West Midlands	Javelin Shot Discus Hammer Children lens for all above - have dabbled in seated throws too.
Lorna Barlow	Kettering Town Harriers	East Midlands	Shot Discus Hammer Javelin
Louise Hampton	HAWCS	South East	Shot Discus Hammer
Lucy Marshall	Woodford Green AC with Essex Ladies	East Midlands	Hammer
Lydia Banbury	Guernsey AC	South East (Channel Islands)	Shot Discus Hammer Javelin
Maisy Harvey	Team Bath	South West	Hammer
Marjolein Templeton	Retford AC	East Midlands	Shot Discus Hammer Javelin
Marlena White	Trafford AC	North West	Javelin
Megan Thomas	City of Norwich AC	East	Discus Hammer
Michelle Bird	Coach at a school		Javelin Shot Discus
Philippa Thornton	Retford AC	East Midlands	Shot Javelin Discus Hammer
Rachael Denton-Snape	Windsor Slough Eton & Hounslow AC	London	Shot Discus Hammer
Rachel Leck	Jersey Spartan AC	South East (Channel Islands)	Ambulant Throws
Rebecca Hall	Peterborough and Nene Valley AC	East	Shot Discus
Rebekah Hopper	Wigan Harriers	North West	Shot Discus Hammer Javelin
REBEKAH WALTON	Blackheath and Bromley AC	East Midlands	Javelin
Sarah Henton	Rotherham Harriers	North East	Discus Shot Hammer
Sonya Ellis	South West Athletics Academy	South West	Shot Discus Hammer Javelin Ambulant Throws Seated Throws
Sylviane Provost- Campbell	Ealing Southall & Middlesex AC	London	Shot Discus Hammer Seated Throws Ambulant Throws
Uyai Ikpatt	Wirral AC	North West	Javelin Hammer Discus Shot
Vanessa Hannam	Medway and Maidstone AC	South East	Shot Discus Hammer Javelin
Vanessa Hannam	Medway and Maidstone AC	South East	Shot Discus Hammer Javelin
Yvonne Hanson-Nortey	-	South East	Shot Discus
Zara Acton	Harrow AC	London	Discus Shot Javelin