



EUROPEAN
ATHLETICS

COACHING SUMMIT SERIES

Development of Irish Race Walking

Pat Ryan – AAI Director of Development



Irish race walking

History

Structures

Development

Culture

The Future





Jimmy McDonald

6th Olympic Games Barcelona 1992
8th World Indoors 1991



Gillian O'Sullivan

Silver Medal

IAAF World Championships

Paris 2003

4th European Championships 2002
10th Olympic Games Sydney 2000
World Best Performance 5,000m track
and 3,000m indoors.



Olive Loughnane

Silver Medal

IAAF World Championships

Berlin 2009

7th Olympic Games Beijing 2008

6th World Race Walking Cup 2008

4th European Race Walking Cup 2009



Robert Heffernan

4th European Championships 20K Barcelona 2010

4th European Championships 50K Barcelona 2010

4th European Race Walking Cup 2009

8th Olympic Games Beijing 2008

6th IAAF World Championships Osaka 2007

5th European Race Walking Cup 2007



29 July 2003; Anne Loughnane, Loughrea A.C. Silver medal winner in the 5k walk at the World Youth Championships. Picture credit: Matt Browne / SPORTSFILE. *ZDF*

Clockwise
 Anne Loughnane
 Kate Veale
 Jamie Costin
 Laura Reynolds
 Colin Griffin



Structures

- Community Games
- Clubs
- Schools
- Regional Squads
- National Squad



Structures - Competition

- Community Games
- Club championships
- Schools championships
- Nihill Shield
- Schools Internationals
- International events
- Youth / Junior / U23



Development

- Find
- Nurture
- Motivate



Development

- Awareness
- Interest
- Desire
- Action



Development – Coach Education

- Coaching Ireland Level 1
 - Race walking compulsory
- Coaching Ireland Level 2
 - Endurance stream
- Coaching Ireland Level 3



Development

- Training clusters
- Goal setting
- Appropriate competition
- Managing expectations
- Late developers



Culture

- Belief
- Responsibility
- Identity
- Confidence
- Excellence
- Common purpose



The Future

- Increased awareness
- Confidence
- Expanding training clusters
- Squads
- Retention of international athletes in system
- Coaching Ireland Level 3
- Increased numbers / standards



The Future

