



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**

6<sup>th</sup> Olympic Games Barcelona 1992  
8<sup>th</sup> World Indoors 1991



**Gillian O'Sullivan**

**Silver Medal**

**IAAF World Championships**

**Paris 2003**

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



**Olive Loughnane**

**Silver Medal**

**IAAF World Championships**

**Berlin 2009**

7<sup>th</sup> Olympic Games Beijing 2008

6<sup>th</sup> World Race Walking Cup 2008

4<sup>th</sup> European Race Walking Cup 2009



## Robert Heffernan

- 4<sup>th</sup> European Championships 20K Barcelona 2010
- 4<sup>th</sup> European Championships 50K Barcelona 2010
- 4<sup>th</sup> European Race Walking Cup 2009
- 8<sup>th</sup> Olympic Games Beijing 2008
- 6<sup>th</sup> IAAF World Championships Osaka 2007
- 5<sup>th</sup> European Race Walking Cup 2007





SPORTSFILE 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

