



# WALKING FOOTBALL BRISBANE MAGAZINE

#001 December 2018

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# 2018 IN REVIEW

By Alan Templeton

Well, what a year it has been for walking football.

It was precisely this time last year that we were first registered. It was an exciting time full of hope, and a time of chasing new players, negotiating for venues, trying to get the word out. With some great help from my friends and work colleagues, we managed to get the ball rolling on January 7, 2018, with the Redcliffe Herald running a story to help boost numbers.

I must say the first 5 – 6 months were very difficult for attracting and retaining players. If it had not been for some younger players, we may not have survived, so a big thanks to all those youngsters who helped out in the early stages. As they say in any business, the first year is always a big challenge, and persistence is the key. I truly believe we have met that challenge, but we can do better and will always strive to improve.

The aim of walking football was always to develop the game here in Brisbane, and further afield if possible. We now have 3 venues, 4 sessions a week. We have assisted Dominique at Cooloom in getting organised and up and run ... er ...walking. We have had a small but successful tournament at QUT Stadium, and we intend to run another one again in April.

We have affiliated with the International Walking Football Federation to enable us to receive support from not only them but other countries too, and of course we are all looking forward to the New Zealand games when they take place next year.

We also became a not-for-profit organisation in September. This enables us more flexibility in moving forward.

We also have many friends and contacts who all want to be part of the growth of walking football in the future, and I welcome them onboard when we kick off again in 2019.

So, yes, it's been a great year, made possible by the persistence and, most importantly, participation of people like yourselves, who have come along and enjoyed being a part of a great sporting and social outlet that did not exist this time last year.

When I first started this venture, I had no idea I would meet so many kind and generous people. It's been a privilege meeting and getting to know you all, and I'm certain we only have bigger and better things to come.

I wish you all good health and hope you will continue to be injury free in the long term, so we can all enjoy the precious memories that walking football affords us each time we are fortunate to play.

I would like to wish you and yours a very Merry Christmas, and I look forward to seeing you all back in the new year for what should be another great 12 months.

## STAY SAFE MY FRIENDS

Website:  
<http://walkingfootballbrisbane.com.au>

Facebook:  
<https://www.facebook.com/walkingfootballbrisbane.com.au/>

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Walking Football would like to thank the following for the support they have shown in the past:

Football Queensland  
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Brisbane Roar  
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Brisbane City Indoor Sports  
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West End

Note: Every effort has been made to find the source of material used in this publication and this has been cited where possible.

## Stepping out to kick on

LUKE SIMMONDS  
[luke.simmonds@news.com.au](mailto:luke.simmonds@news.com.au)

ALAN Templeton knew it was time to hang up his boots when he tore his calf muscles playing over-35s football at the age of 55.

Eight years later, he's recovered, but the burning desire to lace up and have a kick hasn't died.

That's why the former Redcliffe PCYC player has created Brisbane's first "Walking Football" competition to be played out of iPlaySports indoor sports centre in North Lakes.

"I'm 63, I still feel I could be doing something and I love football," Templeton said.

"I've done community football with the Brisbane Roar for the past 10 years with kids, now I want to do something for the over-50s, 60s and 70s.

"The health benefits for people in that age group; it keeps them fit, lowers stress, gives them balance and



Alan Templeton has started Brisbane's first 'Walking Football' league for over-50s.

PICTURE: AAP/RENAE DROOP

strength, and the best reaction is the self-esteem and confidence you get instead of sitting at home feeling sorry for yourself."

There are more than 800 Walking Football clubs in the UK and it has expanded

to 25 countries worldwide. The rules are simple; five to six a team on a shortened pitch and there is absolutely no running or physical contact.

"It's 100 per cent non-contact and good for people

who've never played before," Templeton said.

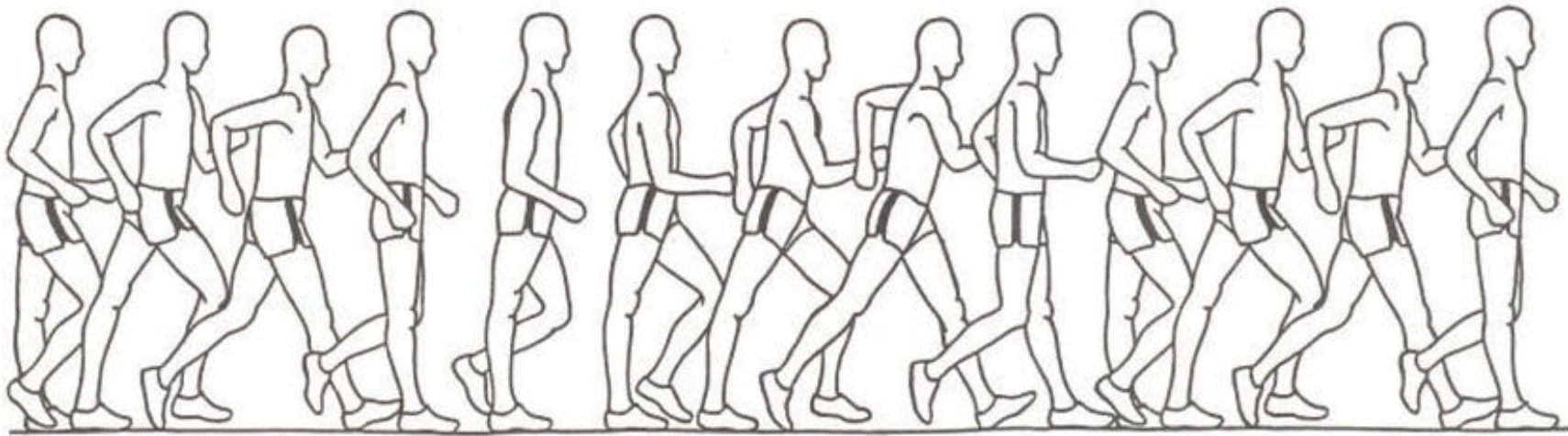
"Most people get injured when tackling and the other important thing is no running.

"I'm really confident it's going to be big. It doesn't

exist at the moment (in Brisbane) and once it gets established it will grow."

He said the venue would change to Deception Bay Football Club in about three week's time. Visit [walkingfootballbrisbane.com.au](http://walkingfootballbrisbane.com.au).

### Correct Technique And Legality



Note the heel-and-toe contact during the widest spread of the stride, and the straight leg as the heel contacts the ground.

#### PAUSE FOR THOUGHT

“

**Movement is a medicine for creating change in a person's physical, emotional, and mental states.**

”

Carol Welch



### Running or Walking?

The walking stride shown above highlights the fact that when the lead leg heel has made contact with the ground, the leg is straight at the knee, and remains that way when the entire foot is firmly planted on the ground.

As further illustration, when the lead leg is in a vertical position, weight is distributed to the front of the foot (toes), the rear leg has pushed off, bent at the knee in readiness for forward propulsion, and once it passes the vertical it begins to straighten in readiness for the heel to contact the ground. Once the heel has been planted, the rear leg toe leaves the ground.

The cycle then repeats. This is the art of walking. The lead leg does not bend at the knee in a walking stride.

The speed of this walking cycle can increase significantly, but the same parameters exist. Contact with the ground is maintained at all times. The quickest form of walking is commonly known as race walking (speed walking, power walking.) This faster form of walking, though, works on the same principles as general walking - heel, toe, heel, toe, always with one or the other in contact with the ground.

During the course of a running cycle, the alternating lead legs are in a constant state of flex. There is no straightening of either leg during any part of the movement and separation from the ground is continuous as the legs alternate from lead to rear positions. This happens even in a slow run or a jog.

Irrespective of the science involved, and let's face it how many of us have the eyes (or the desire) to measure the degree of bentness in a knee, it is sometimes difficult to know, even at rest, if a leg is bent naturally because of aging bones or if the person is carrying an injury. Determining bentness in the heat of the game is a thankless task and may well be impossible in a practical sense.

It would seem, then, that the easiest measure of what the difference between walking and running is, is contact with the ground during a stride. For the purposes of Walking Football, it may be best if we simply consider running to be when you have both feet off the ground.

Until we have trained referees to make the call with some authority, we will have to self-monitor. It has been suggested that if you think you may be running, then you probably are. Keep in mind at all times that the sport is called Walking Football. Try not to run, and if you think you are, acknowledge it and start walking.

(reproduced, in part, from

<http://walkingfootballbirmingham.co.uk/about-walking-football/walking-jogging-the-debate-runs-on/>  
edited by Esstee Media for WFB Magazine)

**BRISBANE CITY**  
INDOOR SPORTS  
Coorparoo Saturday

2.00 pm - 4 pm



**BRISBANE CITY**  
INDOOR SPORTS

Newmarket WEDNESDAY

10 am - 12.00 pm



**BRISBANE CITY**  
INDOOR SPORTS  
Newmarket Sunday

12 noon - 2 pm



## Player Profile



KAREN FORDE

AGE 54

I grew up in a family where soccer dominated Sunday TV. No talking when the soccer was on! My brother played soccer for Oratia soccer club – West Auckland. I watched him. Mum and I took the oranges along. It was boring!

My husband Jim saw walking football on the ABC and thought that this could be an activity that would suit him. He was looking for something active, safe, and a place to meet new friends. Meeting other men of similar age and with similar interests was perhaps playing on his mind as retirement looms. He decided to go along one Saturday and have a game. He said to come along, assuring me that walking football is for everyone - men and women.

I had not seen the ABC program and had no idea what to expect. My thoughts were that it's probably boring and I would be handing out the oranges! Anyway, when I got there, I was given a bib and told, jokingly, that it costs twice as much to watch. Ok, I thought, this can't be too hard. I'm only walking.

On that day I played soccer for 2 hours. The next day I wasn't walking!

I go every week now and Jim, well he had to give the Saturday games away because of his sailing commitments, so I go with a girlfriend, and love it. I promote it to everyone I think would enjoy it. I even play on Sundays as well, when Jim can play.

I love walking football because it's great exercise. Everyone accepts your skill level and confidence around the game. I take it seriously and want to be better. I laugh at my awkwardness and mistakes. I laugh a lot. We are often reminded of the walking football mantra: safety and social over winning. But hang on, I want to win too!

I'd love to see more woman playing and building skills so that we can be more competitive. I enjoy the mixed teams as I get to play in a game with skilled players who can keep the momentum of the game going. Walking football is something I can do with a girlfriend and with my husband. I have become involved and committed to building a new sport for Brisbane. There are many possibilities here for everybody.

I don't cut oranges and it's not boring!

## Walking Football Brisbane



## Coorparoo

*Come along to our Christmas break-up after our games on Saturday December 15.*

*Starting at 1.30pm we hope to have 6 teams with 2 courts already booked for the day. Everyone involved with Walking Football is invited and our friends up in North Lakes will also be there*

*WHERE? Brisbane City Indoor Sports - Coorparoo  
WHEN? Saturday December 15, 2018  
TIME? 1.30pm games to commence until 3.15pm*

## Player Profile

GEOFFREY STEEDMAN

AGE: 71



I played rugby league at school. I only got involved in football when my two boys started playing with Yaralla Football Club U/6s in Sydney. Throughout their football careers I supported them whatever way I could - as you do.

I took on various roles to help them in their chosen sport, like manager and assistant coach. And I took part in the Father and Son's games.

I saw an article late last year (2017) in our local paper about Alan Templeton starting up Walking Football and wondered about it.

My wife said, "Give it a go."

I took the hint and did.

I've very much enjoyed being part of the walking football's development. I love the friendly atmosphere at the games, which I play at North Lakes, and have enjoyed meeting and playing with people from different and interesting backgrounds.

We always manage to have a laugh at some point during the afternoon, and I'm learning all the time from people who have the skills from playing football all their life.

# THE JOY OF WALKING FOOTBALL

by Stephen Thompson

At 45 I stopped playing football. My knees wouldn't carry me up and down the field anymore. I'd played since I was about 5, in the streets in the UK, in the school yard at every break in the day, after school and during holidays. I played for the school team, played in suburban competitions when I came to Australia, played for the work team, inter suburban district football, over 35s, mixed gender social games in a park, even coached a women's team back in the 80s. Then came the knee issue. I swapped playing for watching.

Now, at 63, my football life has been resurrected and I play, sometimes for 4 hours, at the weekend. Walking Football has given me a new lease of life. I've gone from never playing again to never walking alone.

Walking Football began in the UK a few years ago and has become a boom sport. There are UK leagues where old, flabby and very unfit guys kick a ball around and regain that sense of balance, rekindle the old skills, get the heart rate up and just have a great time playing the game they love. There have even been Walking Football internationals, and there are plans for a World Cup.

It took a while to come to Australia, but it is here, and it is growing. There are groups in all major cities, but, as yet, there is no coordinating body and, it will come as no surprise to many, not a lot of encouragement from the powers that be, so it is all organised from the grass roots of the game. And that's another thing I like about it. The grass roots is in charge.

Although Walking Football is mainly for over 50s, I would recommend it to coaches, especially coaches of kids' teams, to help hone passing skills. One of the first things I realised about the game is that it is very important to pass the ball to feet, and positional sense is essential on a crowded court, as is quick control and vision about where to pass the ball next, so you need to have that whole-of-field awareness. That's something kids would be well advised to work at. It would be a handy skill to master.

The benefits of an active life are well known and have been covered by all and sundry in all forms of media, so it goes without saying that walking football has a multitude of health benefits for those who have retired from the big field, not least being a chance to release the 30-year-old that hides away in our mental picture we have of ourselves. Personally, I feel fitter, have lost weight and smile a lot more than I used to.

By far, the best thing about the sport is the enjoyment of playing again, the camaraderie of the football field, and the surprise at how demanding it can be.

The sport is in its infancy in Australia. At this stage of its development, it is all about being non-competitive and all-inclusive. That's a great strength to build on. And that leads to another thing I enjoy: we don't keep score.

I'm well beyond bothering about winning competitions and competing in leagues, though I love a challenging game. So it makes for an interesting balance in the future, between encouraging people to the game, being competitive in a friendly way, having a good time and testing myself against others. In the end, though, it doesn't matter ... just playing football again tops it all.

(A version of this article first appeared in The Roar <https://www.theroar.com.au/soccer/>)

## Football

*We are, both  
-of same age  
-old friends.*

*Our actions, behaviours  
-are the banks of ocean  
-world apart and unlike...*

*He is a couch-potato  
-stares at screen  
-days and nights  
-and dreams of football.*

*Observer is he who  
-in this way kills the time.*

*I, always on the run...*

*He, haunted by cancer  
-I resist and fight it.*

*Nassy Fesharaki*

*Taken from the website at  
<https://www.poemhunter.com>*

Coorparoo Players



**HUTCHINSON**  
**BUILDERS**  
Established 1912

# SUNDAYS

**WALKING FOOTBALL**  
BRISBANE

Northside Indoor Sports & Fitness  
17 Flinders Parade  
North Lakes

**Walking Football**  
FOR AGES 40+

Walking football offers anyone over the age of 40 a great opportunity to keep active and also a chance to meet new people. Whether it's been a while or you've never kicked a ball, our sessions are catered for all abilities!

**Brisbane**

**For Adults age 40+**



**NORTHSIDE**  
**INDOOR**  
**SPORT & FITNESS**

3.00 pm - 5.00 pm



NORTH LAKES

# RULES

## Dangerous or Reckless Conduct

Players are not permitted to head the ball in any circumstance.

Deliberate or reckless physical contact is not permitted by any player; this includes:

- Slide tackling and/or slide blocking.
- Tackling across a player at a barrier.
- Blocking or cornering a player against a barrier.
- Crowding (two players vs one) a player against a barrier.
- Shoulder charging, pushing or barging.
- Stepping across or obstructing an opponent to gain an advantage or deny that player access to the ball or position.
- Tackling (or poaching) from the side or behind causing physical contact with a player or in a manner likely to cause injury.
- Reckless or excessive conduct regardless of whether or not there is any physical contact.

## Ball above Head Height

The ball is not permitted to travel above head height. The ball should be deemed dead once it has exceeded head height. Head height is defined as 1.83 metres or the height of the goal cross bar, providing it does not exceed 2 metres. The whole of the ball must exceed head height to be deemed an infringement. The referee shall have sole interpretation on the ball exceeding head height.

A player commits a foul if:

- they cause the ball to travel above head height.
- the ball deflects off them and goes above head height.
- they play the ball off a barrier and it exceeds head height.

If a ball deflects off the goal frame and exceeds head height, it is not regarded as a foul, but the ball must immediately be deemed dead and retained by the goalkeeper.

If a ball deflects off the goalkeeper in the process of making a save and exceeds head height before returning to play, it is not regarded as a foul, but the ball must immediately be deemed dead and retained by the goalkeeper.

If a ball deflects off the goalkeeper in the process of making a save and exceeds head height, but then drops into the goal, a goal should be awarded.

If a ball deflects off the goalkeeper in the process of making a save and exceeds head height, but then leaves the field of play, a corner or throw-in should be awarded, depending at which point the ball crossed the line.



## *The Final Whistle*

**AIM: To ENGAGE WITH ALL WALKING FOOTBALL GROUPS/CLUBS, PARTNERS, PARTICIPANTS, LOCAL AUTHORITIES, HEALTH SERVICES AND ANY OTHER ORGANISATIONS INTERESTED IN THE DEVELOPMENT OF WALKING FOOTBALL.**

Walking Football Brisbane was formed in November 2017 and we had our very first game on 7 January 2018.

Since then we have had many players from all age groups come along and play. Our oldest player so far is 77 years old, with several others also in their 70s. Our biggest age group is in the Over 60s bracket.

We have had some great feedback from women as well as men about how much of a workout they get while playing. You only have to look at the players coming off at the first break to see how much effort is put into playing.

Walking Football is open to everybody, whether you have played before or never kicked a ball in your life. All are welcome.

This little magazine style newsletter is another step in our growth and addresses part of the aim set out above. We will try to make it a monthly publication that keeps you informed about what is happening in the sport, debate talking points and spell out the rules of the game.

But more than that, we would like to add some entertainment value. To this end, you can participate by providing material for publication ... anything you do can be accommodated, absolutely anything. And don't worry about whether you can write or not; everything will be edited to make you look like Shakespeare. Maybe you can come up with a catchy name for publication or design a banner for the front cover, or maybe you have graphic design skills that we can use. Like I say, any contribution is a worthy contribution.

Hopefully this issue gives you some idea of what we have in mind. At this stage, the magazine is still finding its feet. We encourage you to be part of its evolution by offering suggestions, criticisms (no offense will be taken) and how we can improve the publication in general.