



HEEL & TOE Online

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The official organ of the Victorian Race Walking Club,
Inc.

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CLUB NEWS and RESULTS

**ALF and MABEL: ATHLETES, LIFELONG WORKERS FOR ATHLETES

* ALF ROBINSON



Ultra-walking champion, VAWC and VAAA Life member, Athletics official/administrator extraordinaire.

* MABEL ROBINSON MBE



Australian and Victorian champion (880 yards), VAWC and VAAA/VWAAA Life member (co-founder of the VWAAA), Member of the British Empire.

Clubs or associations with long histories can usually boast of certain key persons who were (and are) fundamental to their success over many years. Such individuals do more than simply work hard for the members. They bring to their roles a level of dedication and love that is a wellspring for the time and energy that drives their efforts over many years, through good times and those less good. Few exemplified this to a greater extent than **Alf and Mabel Robinson** – both of whom have VRWC trophies named for them which will be contested this coming Sunday at Middle Park.

I was a fairly green teenager when I first arrived at the Lakeside Drive headquarters of the VAWC in late 1967, yet not so wet behind the ears as not to appreciate immediately what a pillar of the club Alf was. Along with fellow key officials Norm Goble and Charlie Jacobson, this grandfatherly figure completed a formidable trio of leaders whose labours kept the club firing at the highest level of the sport in Australia. Mabel, perhaps in keeping with the times, kept a somewhat lower profile, her visible activity being evident mainly in the canteen and social event organization (again, alongside dedicated co-workers Elsie Jacobson, Barb Gardiner and Sheila Goble), but giving little hint of her enormous developmental role in the wider world of Victorian and Australian women's athletics.

There isn't space here to catalogue the entirety of Alf's and Mabel's contribution to Victoria's and Australia's race walkers and other athletes. (For the full story, see the wonderful biographies written by Tim Erickson at

<https://www.vrwc.org.au/vrwcclifealrobinson.shtml> and <http://www.vrwc.org.au/tim-archive/articles/wv-mabel-robinson.pdf>.

It'll be worth it.) Suffice it to say here that their VRWC championship trophies – **20km Men (Alf)** and **10km Women (Mabel)** – hold pride of place in the Club's trophy cabinet. Whoever has their names inscribed upon the trophies after Sunday's races will be honoured indeed.

Following is a list of past winners of Alf's and Mabel's awards. Whose names will be engraved upon them next?

Alf Robinson Trophy 20km - Winners

2001	Duncan Knox	1:53:15
2002	Chris Erickson	1:38:58
2003	Frank Bertei	1:33:25
2004	Chris Erickson	1:31:33
2005	Chris Erickson	1:28:22
2006	Andrew Jamieson	1:37:23
2007	Tom Barnes	1:27:45
2008	Tom Barnes	1:29:27
2009	Paul Van Koppeln	1:34:43
2010	Stuart Kollmorgen	1:46:09
2011	Chris Erickson	1:25:06
2012	Simon Evans	1:44:33
2013	Chris Erickson	1:23:28
2014	Chris Erickson	1:34:55
2015	Quentin Rew	1:24:09
2016	Chris Erickson	1:28:51
2017	Rhydian Cowley	1:28:53
2018	Rhydian Cowley	1:33:05
2019	Rhydian Cowley	1:33:08
2020	<i>Not contested (COVID pandemic)</i>	
2021	Rhydian Cowley	1:21:49
2022	Alejandro Stephens	1:52:46

Mabel Robinson Trophy 10km - Winners

2001	Tracey Rosengrave	50:20
2002	Kylie Bonney	52:38
2003	Simone Wolowiec	48:38
2004	Kylie Irshad	52:14
2005	Simone Wolowiec	46:11
2006	Megan Szirom	48:40
2007	Megan Szirom	48:16
2008	Rachel Tallent	52:06
2009	Megan Szirom	47:53
2010	Kelly Ruddick	47:09
2011	Kelly Ruddick	46:53
2012	Michelle Laufer	53:41
2013	Kelly Ruddick	46:15
2014	Pam Tindal	56:17
2015	Pam Tindal	56:57
2016	Simone McInnes	51:01
2017	Sandra Geisler	57:06
2018	Carolyn Rosenbrock	1:04:01
2019	Sandra Geisler	57:59
2020	<i>Not contested (COVID pandemic)</i>	
2021	Char Hay	56:35
2022	Char Hay	55:17



The former VAWC/VRWC clubroom, Robinson Hall on Lakeside Drive, named for Alf and Mabel – and partly built by Alf himself! (Photo: Mark Donahoo)

**** Coming up ...**

Sunday 16 July – Middle Park			
*AV, VMA & VRWC 20km & Winter Championships			
8.30am	20km	AV Championship	Open Men
	20km	VRWC C'ship – Alf Robinson Trophy	Open Men
	20km	VMA Championship	Masters Men
	20km	AV Championship	Open Women
	20km	VMA Championship	Masters Women
	20km	Non-championship	Open
8.50am	10km	VRWC C'ship – Mabel Robinson Trophy	Open Women
	10km	AV Championship	U20 Men
	10km	AV Championship	U20 Women
	10km	AV Championship	U18 Men
	10km	Non-championship	Open
9.15am	5km	AV Championship	U18 Women
	5km	AV Championship	U16 Boys/Girls
	5km	Non-championship	Open
10.00am	3km	AV Championship	U14 Boys/Girls
	3km	Non-championship	Open
10.20am	2km	VRWC Championship	U12 Boys/Girls
	2km	VRWC Championship	U10 Boys/Girls
	2km	Non-championship	Open


Presentations – *these will be made at the conclusion of each race.*

*Entry for all AV championships must be finalised by **11.59pm** on **Wednesday 12 July**, via the AV Entry portal at <https://members.athsvic.org.au/events/184936/>

*Entries for all VRWC and VMA events close on **Friday 14 July** at **11.59pm** at <https://www.revolutionise.com.au/vrwc/events/194637/>

**** WORKING BEE**

CAN YOU LEND US YOUR MUSCLES AND A BIT OF YOUR TIME?



On **Sunday 16 July**, after the Championship races, we'll be attending to some much-needed (and delayed) tidying-up of the laundry, storage shed and Club room. Key tasks will include:

- Throwing out old, broken and unwanted materials from the shed;
- Installing plywood paneling on the wall studs there;
- Emptying the large shelving in the laundry, dismantling the shelving and relocating it to the shed. (This will free up the laundry wall space, where the Bowling Club want to install a washing machine and dryer.)
- Replacing equipment on the relocated shelving in the shed.
- General cleaning and tidying of the Club room
- Demolition of the PIZZAS we'll be ordering for lunch!

Any assistance you can give will be invaluable!

*Don't forget the

TWILIGHT TRIVIA

on Saturday 29 July – following the RWA Interstate Challenge races.

Pre-booking of seats preferred, please. (Deadline for this is **Monday 24 July**)

(I hear the judges have already booked their table. Come on, walkers, here's your chance to get even!)

See main advert on Page 9 of this issue for details.

***Parking Permits now available
for Club members**

Senior members and parents of Junior members (U18) who are *currently financial* may apply for a Parks Victoria parking permit, to be used while attending the VRWC on club business.

If you wish to obtain a pass, you will need to download or print an application form. This is available from the VRWC website. (Note that there are two forms ... one for Senior members and one for parents of Junior members.)

 **AROUND THE COUNTRY**

**** WALKER OF THE WEEK ****



(Photo: VRWC)

Continuing with the ‘theme’ of young walkers ripping huge chunks from their PBs, this week’s WOTW goes – for the 2nd time this year – to WA’s **John Ronan**. Walking, as he usually seems to, in time-trial mode, John took advantage of the cool conditions and pleasant Perry Lakes surroundings to reduce his 10km road time by a huge 1:29 and set a new mark of **44:44**. John, 16, is continuing on a notable improvement curve and is part of the exciting mid-teen cohort who carry the future of elite Australian race walking in their hands – and feet.

Well done, John. We look forward to seeing the next race in which you line up with your talented rivals. It promises to be special.

***Honourable mentions:**

- **Daisy Braithwaite (SA)** – a PB by nearly 800m in the SA Timed races 30mins walk, logging **5,744m**.
- **Kim Mottrom (SA)** – a new M35 record of **1:09:53** in the SA Masters 15km road race.

SOUTH AUSTRALIA SARWC Timed Walks results, 8 July – South Parklands

It was back to the wet, cold winter in Adelaide, which nonetheless did not deter the 19 hardy souls who fronted for the club’s Times Walks. Six PBs indicated the desire to keep moving to keep warm!

Timed Walks

1 hour

Peter Crump 10,024m
Alex McEwan 7,777m
Bill Starr 7,333m

30 minutes

Daisy Braithwaite 5,744m PB 769m
Cooper Rech 5,566m PB 273m
Rhiannon Lovegrove 5,179m PB 70m
Elise Scott 4,806m
Greg Metha 4,806m
Senna Cook 4,360m
Kristy Templer 3,564m
Robert Crabb 3,129m

15 minutes

Sebastian Richards 3,022m PB 340m
Anthony Tana 2,860m
Liliana Templer 2,262m
Matilda Gourlay 2,227m
Zayden Kamish 2,227m
Matilda Rech 2,190m PB 190m
Anthony Crabb 1,502m
Martin Crabb 1,287m PB 185m

SOUTH AUSTRALIA SA Masters 15km Road walk, 8 July – East Terrace

It was a hectic day for **Kim Mottrom**. After working to help set up for the SA Little Aths walking championships, he then headed for East Terrace in central Adelaide to contest the Masters 15km Road walk – a fruitful afternoon that netted him a new State M35 record. Good work, Kim.

Name	Age gp	Grading	Club	Time
1 Kim Mottrom	M35	84.63%	SARWC	1:09:53 (M35 rec 27secs)
2 George White	M75	79.84%	SA-MA	1:46:14
3 Gil McIntosh	M70	66.60%	SA-MA	1:54:57
4 Brian Whitty	M70	66.44%	SA-MA	1:55:14

WESTERN AUSTRALIA WARWC Club and State Masters results, 9 July – Perry Lakes

Thanks to **Mike Reid** (taking over for a holidaying Terry Jones) for these results. Result of the day must surely have been **John Ronan's** 1:29 PB in the 10km for a sensational **44:44**.

Masters State 10km

Tolardo, Karyn	1:01:59
van Heerwaarden, Fiona	1:07:47
Farrow, Wendy	1:09:20
Schickert, Lynne	1:27:49
Duncan, Glenys	1:35:07
McDonagh, John	1:14:07
Lowe, Daniel	1:15:07

Club Walk

10km

Ronan, John	44:44
Griffin, Alexandra	53:33

3km

Spence, Ashlyn	17:56
Pike, Aleeha	18:25
Carnaby, Savannah	20:36
Doulis, Trinity	23:44

1.5km

Sardelich, Dylan	8:25
Nichols, Lachlan	8:31
Bramwell-Keys, Darcy	8:45
Spence, Ashlyn	8:50
Conwell, Hudson	8:52
Khaira, Nathaniel	9:25
Sardelich, John	9:52
Nichols, Sophia	10:05
Bevis, Chloe	10:11
Roots, Addison	10:18
Nichols, Stephanie	13:12
Sardelich, Hunter	DQ

WESTERN AUSTRALIA AW/MSSM/SSSC International Aths c'ship, 8 July – Singapore SIN

On Saturday, six WA girls represented WA Little Athletics at this carnival, run by the Singapore School Sports Association. This appears to be a regular fixture, and it provides terrific competitive experience for young athletes. Well done to the WA walkers, particularly **Kaytee** on her win and **Isabelle** on a close-fought silver.

As yet I haven't seen results from any boys' races. Mike Reid is on the lookout for them.

Girls U15 1500m Walk

1 Kaytee Bogaers	AW	7:25.59
2 Yee Zhi Xin	MSSM	7:46.96
3 Asha Freeman	AW	8:16.01
4 Leila Bevis	AW	8:40.53
5 Akshaya Sandiran	SSSC	11:41.48
6 Karthikeyan Medha Reddy	SSSC	11:42.05

Girls U14 1500m Walk

1 Fatin Nur Amylia Binti Bahadur	MSSM	7:44.69
2 Isabelle Curtis	AW	7:48.97
3 Katica Borsic	AW	8:21.25
4 Chelsey Ireland	AW	8:40.14
5 Germaine Goh Ying Ting	SSSC	9:27.98
6 Faith Ling Xiao En	SSSC	9:31.67
7 Klarisse Ng Shee Chin	SSSC	9:45.28

(Source: WARWC Facebook)



INTERNATIONAL NEWS

HUNGARY: 128th Hungarian Championships, 7/8 July - Budapest

Emmanuel Tardi reports:

I was in Budapest this week-end. As you know, Budapest will organize the athletics World Championships. The LOC organized a test event this week end during the 128th Hungarian Championships. Two racewalking events were scheduled ... 5000m for Women (Friday at 9:05pm) and 5000m for Men (Saturday at 9:05pm). I was appointed as judge with Alexandru Stefan (Romania) and Janusz Krynicki (Poland). Orsolya Gruber was there on Friday.

In the Women's event, local star **Viktoria Madarasz** (3rd last year in the Munich 35k) was the leader during the whole race. She produced a sub-22 time. In 2nd place, **Barbara Olah** beat her personal record.

In the Men event, the initial leader was **David Tokodi** (for the first 2 laps), then 3 guys led (**Bence Venyercsan**, **Mate Helebrandt** and **Norbert Toth**). Venyercsan was disqualified after 4km, and Helebrandt sped up. The first 3 men beat their PBs.

Men 5000m Walk

1 Mate Helebrandt	1989	19:32.59 PB
2 Norbert Toth	2001	19:56.05 PB
3 David Tokodi	1991	21:03.16 PB
4 Imre Csontos	1992	21:50.33
5 Peter Schwarcz	2006	23:18.35
6 Benjamin Bor	2006	23:40.85
7 Ferenc Papp	1981	23:58.61 SB
-- Barnabas Venyercsan	1996	DQ

Women 5000m Walk

1 Viktoria Madarasz	1985	21:58.84 SB
2 Barbara Olah	1993	22:05.04 PB
3 Alexandra Kovacs	2006	22:46.85
4 Dora Csorgo	2001	25:10.34
5 Valeria Molnar	1977	25:40.84
6 Bernadette Bor	2006	25:53.41
7 Anett Torma	1984	27:16.29 SB
8 Tamara Z Halasz	2006	27:54.22 SB



Madarasz pulls away from Olah, ...



... and later, smiles on the podium.

(Photos: Nicola Maggio)

UNITED KINGDOM: UK Athletics Championships, 9 July - Manchester

Despite the small fields, the Women's results brought some encouragement with 6 Season bests and 4 PBs. **Heather Warner** and **Chris Snook** maintain their dominance, flying the flag for the sport in the Old Dart.

Women 5000m Walk

1 Heather Warner	Pembrokeshire Harr	22:22.50 SB
2 Bethan Davies	Cardiff Aths	22:55.85 SB
3 Abigail Jennings	Aldershot Farnham	24:11.68 PB
4 Hannah Hopper	Cambridge Harriers	24:46.43 PB
5 Gracie Griffiths	Pembrokeshire Harr	24:48.43 PB
6 Pagen Spooner	Hyde Park Harriers	25:13.12 PB
7 Abby Hughes	Taunton AC	26:44.28
8 Jessica Wilton	Ashford AC	27:46.78
-- Mia Dunwell	Northern (IOM) AC	DQ

Men 5000m Walk

1 Christopher Snook	Aldershot Farnham	21:35.72
2 Cameron Corbishley	Medway&Maidstone	22:27.65
3 Luc Legon	Bexley AC	22:54.91
4 Matthew Crane	Bexley AC	25:17.70



*Manchester action: Heather Warner, Chris Snook, Bethan Davies, Cam Corbishley and Luc Legon churn out the laps while (right) Abigail Jennings demonstrates good rear foot drive.

(Photos: Mark Easton)



MARCIADALMONDO & O MARCHADOR ROUNDUP

Marcia Dal Mondo is no longer presenting news items, but will continue to post local (Italian) and international results until December 31. These are regularly updated and can be perused at <http://www.marciadalmondo.com/eng/risultati.aspx?anno=2023> , along with many other items of interest.

The Portuguese race walking blog **O Marchador** continues to post news reports and results. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Tuesday, July 11, 2023 - Nick Christie and Maria Michta-Coffey Win 20,000m Walk at US Championships - Eugene, OR (2023) <http://omarchador.blogspot.com/2023/07/nick-christie-e-maria-michta-coffey.html>
- Monday, July 10, 2023 - Caio Bonfim and Gabriela Muniz repeat triumphs, now in the 35 km march of the Troféu Brasil - Cuiabá 2023 <http://omarchador.blogspot.com/2023/07/caio-bonfim-e-gabriela-muniz-repetem.html>
- Saturday, July 8, 2023 - Caio Bonfim and Gabriela Muniz dominate in the 20 km march of the Brazil Trophy - Cuiabá 2023 <http://omarchador.blogspot.com/2023/07/caio-bonfim-e-gabriela-muniz-dominam.html>
- Friday, July 7, 2023 - All-Ireland Under-23 and Under-20 Championships - Tullamore 2023 (Results) <http://omarchador.blogspot.com/2023/07/campeonatos-da-irlanda-sub-23-e-sub-20.html>
- Friday, July 7, 2023 - Greek Under-18 Championships (track) in Patras – results <http://omarchador.blogspot.com/2023/07/campeonatos-da-grecia-de-sub-18-pista.html>
- Thursday, July 6, 2023 - China Race Walking Championships, Changbaishang, Jilin (Day 2) http://omarchador.blogspot.com/2023/07/campeonatos-de-marcha-atletica-da-china_6.html
This included a Men's and Women's 35km, plus a 10km X 2 contest (a competitor walks 10km, has a rest, walks a second 10km) in preparation for the 'new event' in Antalya and Paris next year.
- Thursday, July 6, 2023 - New victories for Iván Pajuelo and Lidia Sánchez-Puebla at the Cáceres Meeting (2023) <http://omarchador.blogspot.com/2023/07/novas-vitorias-de-ivan-pajuelo-e-lidia.html>

- Wednesday, July 5, 2023 - China Race Walking Championships Changbaishan, Jilin (Day 1)
<http://omarchador.blogspot.com/2023/07/campeonatos-de-marcha-atletica-da-china.html>
- Tuesday, July 4, 2023 - Paul McGrath and Lucia Redondo won Spanish Under-23 titles (Tarragona 2023)
<http://omarchador.blogspot.com/2023/07/paul-mcgrath-e-lucia-redondo.html>
- Tuesday, July 4, 2023 - Alejandra Ortega won the gold medal in the 20 km walk at the Central American and Caribbean Games - San Salvador 2023
<http://omarchador.blogspot.com/2023/07/alejandra-ortega-conquistou-medalha-de.html>
- Monday, July 3, 2023 - José Luis Doctor wins the 20 km walk at the Central American and Caribbean Games - San Salvador 2023
<http://omarchador.blogspot.com/2023/07/jose-luis-doctor-vence-os-20-km-marcha.html>
- Monday, July 3, 2023 - Tiago Ramos breaks the record of the Under-23 track championships (Leiria 2023)
<http://omarchador.blogspot.com/2023/07/tiago-ramos-bate-recorde-dos.html>

Note: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven't already – at <https://omarchador.blogspot.com>, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2023

Sat 16 Jul 2023	AV 20km & VRWC 20km, Women's 10km c'ships – Middle Park
Sat 29 Jul 2023	VMA 10km c'ship & RWA Interstate Challenge; Twilight Trivia fundraiser – Middle Park
Sun 6 Aug 2023	AMA Masters 20km road c'ship – Adelaide
	VRWC Intervals race – Middle Park

International Dates

28 Jul-8 Aug 2023	World University Summer Games – Chengdu, CHN (now confirmed by FISU)
19-27 Aug 2023	19th World Athletics Championships – Budapest, HUN
26 Jul- 11 Aug 2024	XXXIII Summer Olympics – Paris, FRA
13-25 Aug 2024	24th World Masters T&F Championships – Gothenburg, SWE
20-24 Aug 2024	WA World Junior T&F Championships – Lima, PER
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JAP

Victorian Race Walking Club

Twilight Trivia

**Saturday 29 July - after the VMA and RWA Challenge races
4.00pm (heads down by 4.30pm) to 6.30pm**

at the Middle Park Bowling Club

\$10 per head, \$25 per family. BYO snacks and nibbles.
Drinks available at the Bowling Club bar. Tea and coffee provided.

Make up tables of up to 8 for some after-race entertainment including:
Quiz questions * Games * Music * Prizes * Take-no-prisoners competitiveness * Socialising

**** Come and support our Club and our sport in this annual fundraiser.
Friends and quiz tragics welcome!**

**** Pre-booking deadline is Monday 24 July. We need final numbers by this day.**

Tickets can be pre-booked:

- at the check-in table on race days from Saturday 24th June, or
- by contacting Stu Cooper at stuwalks@yahoo.com.au to confirm your attendance. (If you choose this method, you can pay by direct transfer online or at any Commonwealth bank -
BSB: 063-143
Acc: 008 00455
Reference: (Your surname)Trivia (Remember that bit so that we can identify you.)

Have some fun wracking your brain... in good company!



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