



# The Rambler - November 2013

## STAY SAFE!

With all the recent bad weather and with the evenings getting darker these are just a few small things to remember while out and about!

### Be safe and be seen: make yourself visible to drivers

- Wear bright/light coloured clothing and reflective materials.
  - Carry a torch when walking at night.
  - Cross in a well-lit area at night.
- Stand clear of buses, hedges, parked cars or other obstacles before crossing so drivers can see you.

### Be smart and alert: avoid dangerous behaviours

- Always walk on the pavement; if there is no path, walk facing traffic.
  - Stay sober; walking while impaired increases your chance of being struck.
  - Don't assume vehicles will stop; make eye contact with drivers, don't just look at the vehicle. If a driver is on a mobile, they may not be paying enough attention to drive safely.
    - Don't rely solely on traffic lights; look before you cross the road.
- Be alert to engine noise or backup lights on cars when in car parks and near on-street parking spaces

Time Until Nijmegen 2014:

# 255 Days.

## British Dutch Walking Fellowship

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Friday 8 November 2013

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## Medical Forms

Hello

We are at that time of the year when your last Nijmegen Vierdaagse seems like a life time ago and you cannot wait until the next one to start.

Your committee is continuing to work hard on your behalf and the focus is on delivering the very best service to its fellowship.

Improvements to our services are always ongoing and with this in mind one of the areas of focus is the level off first aid cover we provide.

After completing 2 sets of trials at the 2 day Cosford walks we were able to record all first aid treatment provided during Nijmegen 2013 on formal Patient Report Forms (PRF)

During November you will all be receiving your application packs for Nijmegen 2014

In this years pack you will notice a new style medical declaration form and that the amount of information required has increased for a good reason.

Your first aid staff are highly trained and very experienced with many of them working for the health trust and other medical organizations. Many of them have gone beyond blister treatment and deal with other more serious medical conditions.

They will ensure you get the best possible treatment and that can only happen by you providing us with your medical history so that the treatment you receive is effect safe and prompt.

We all hope you enjoy the event without having any medical concerns but should the worst happen you can rest assured that you are in safe hands.

I would like to reassure you that all information provided by you will be held in strict confidence and only the medical staff will have access to your information.

So with all of the above in mind please help us to help you by spending that little extra time to give as much detail as possible.

Many Thanks

Darren Gray

Group Chairman

## FAQs

So you have decided you want to do Nijmegen, but have so many questions. In this pocket guide we aim to answer as many of your questions as possible. If your question is not there, please contact Herman secretarybdwf@gmail.com who will be happy to provide the answers.

<b>Payment</b> Do I have to pay all my Nijmegen costs in one lump sum?	All payments are made by 31st May. Prior to this members can pay in instalments if that suits them best. If you choose to pay this way, please notify the Group Treasurer in the first instance.
Can I get refund if the walk is cancelled whilst in Nijmegen?	The simple answer is no. BDWF contracts with the sportshall, catering and the coach company and therefore has to pay bills.
Can I get a refund if I decide to drop out 2 weeks before we go to Nijmegen?	In March each year, BDWF have to make a commitment to the sportshall for beds and catering and the coach company based on the numbers that apply. If members drop out the bills must still be paid and the money has to come from somewhere. Therefore we cannot reimburse any money but you can claim the money back from your insurance company. (Please see the back of your application form for more details). Remember we are a non profit making organisation.
If I pay my deposit and then decide to drop out because of the cost, do I get my deposit refunded?	The Application Form clearly and boldly states that the deposit is non-refundable. You signed to accept this condition. (see also point 5 below).
Do I have to submit a deposit with my application form?	As well as the initial membership fee, the deposit is your commitment to undertake the Nijmegen Marches with BDWF and covers the immediate cost of registering you for inclusion in the walk.
<b>Accommodation and Catering</b> Can I pay only for accommodation without catering?	Accommodation and catering for all members staying in the Sportshall come as a package and that is tied to the number of people taking up space in the sportshall. See point 3 below.

## FAQs (continued)

I am a vegetarian. Can you cater for my needs?	Yes. The caterers at the sportshall do cater for vegetarians and other dietary needs. Please notify us on your application form
Is it possible to camp at De Dennen and have the meals and first aid treatment	Yes. Prices for camping are not yet available.
Can I stay overnight at the sportshall on Saturday night?	Yes, it is possible but you must notify the committee in advance, so that numbers can be given to De Dennen. Participants once they have agreement must arrive after 2pm on Saturday and pay €10 Euros prior to travelling to the sportshall or on arrival.
<b>Medical</b>	
If I do not disclose a medical condition prior to Nijmegen and then fall ill in Nijmegen, what are the implications?	BDWF does not provide personal travel, holiday, medical & accident nor any other insurances for or on behalf of BDWF members. BDWF will not accept responsibility for any costs you may incur as a result of not being adequately insured.
Do I need an EHIC card?	We strongly advise that all UK citizens travelling with BDWF or making their own travel arrangements obtain the EHIC card.
If I do not stay in the sport shall, can I make use of the shuttle service and first aid?	Yes, there is a charge for each of these services. You will be advised of the costs at the time of registration
<b>Insurance</b>	
Do I require travel insurance?	The minimal insurance that we insists upon is the free EHIC. However, this does not include all medical costs or repatriation in the event of serious injury etc. adequate personal travel insurance is the only sensible and logical cover.
<b>Travel</b>	
What if I miss the coach at my preferred pick up point?	We always advise members the time of departure of the coach and we require members to be present at the coach pick up at least 30 minutes before departure. My number is provided to all passengers for them to ring me if they are running late. We will then wait your arrival or advise to continue to the next pick point. We will then wait approximately 15 minutes for your arrival or advise to continue to the next pick point It must be stressed that you must notify me if your are running late or will arrive late. Failing to meet the above will mean you bearing the cost of getting to Nijmegen.

## FAQs (continued)

<p><b>Applications</b></p> <p>I signed up to walk Nijmegen but now change my mind and would like to be part of the support team. What are my chances?</p>	<p>All support staff must submit their application by 31st December and will be notified of their role in Nijmegen. We do draw up a shortlist of support staff to call on if those chosen have to withdraw. In exceptional circumstances we will make allowances.</p>
<p>What is the latest I can submit my application form?</p>	<p>We ask for applications to be submitted by end of January for registrations in Tranche 1 (those who completed Nijmegen in 2013, who did not gain a place in the lottery in 2013, walking as part of a team and if you are aged 12 in 2013) and mid February for tranche 2 (newcomers and those returning after a long lay off). Opening and closing of these tranches are strictly enforced by the</p>
<p>I submit my application form, how soon will I know I have a place in Nijmegen?</p>	<p>See 2 above. The sooner you submit your application form, the sooner we can register you and confirm your registration within the relevant tranche. We will also advise if you are in the lottery and again if you gain a place. This will be in early May when the lottery takes place.</p>
<p>I have applied to walk 40K but now want to change my distance. Is this possible?</p>	<p>Changing distances is not a problem and does not cost if you notify us before the end of June. The assumption is the individual is of an age that allows the change of distance. After June changes will have to be made in Nijmegen on the Sunday or Monday registration. There is a charge for making the change.</p>
<p><b>Clothing</b></p> <p>Do I have to wear BDWF clothing?</p>	<p>To gain as much publicity as possible we would like members to wear BDWF clothing and to be seen at rest points, however, if members choose to wear their own clothing we must be notified in case the clothing would cause offence to the KNBLO organisation or other BDWF members. Members are not allowed to copy or use our logo on their own clothing. The BDWF logo has copyright and we own the right. We will take legal action against anyone copying or using our logo illegally.</p>

## FAQs (continued)

<p>Can I have my BDWF clothing sent to me before Nijmegen?</p>	<p>It all depends on when we receive the clothing from the suppliers. If you live in Swindon you will be able to collect it from Herman. Outside of Swindon, the clothing can be posted but individuals pay the postage.</p>
<p><b>Medal</b> Can I get a replacement medal if I lose mine?</p>	<p>Yes it is possible to obtain a replacement medal if you follow the instructions below: Please make contact with me via email with as much information as possible i.e. Surname and first name, date of birth, last time you walked Nijmegen and with whom (organisation or individual) and the medal you require. I will then let you know how much it cost. After receiving the correct amount of money at our bank account number, we will send the details to Stichting DE 4DAAGSE to obtain your medal. Alternatively you can do this yourself by supplying your details direct to <a href="mailto:administratie@4daagse.nl">administratie@4daagse.nl</a> . Bank account owner: - Stichting DE 4DAAGSE Address bank account owner: - Postbus 1296, 6501 BG Nijmegen, The Netherlands Bank account number: - 53.21.49.319 Name of the bank: - ABN AMRO Address of the bank: - Keizer Karelplein 33, 6511 NH Nijmegen, The Netherlands  If you have a bank account number in one of the countries in Europe, you can use the BIC and IBAN to transfer the money to their bank account number. BIC (=Bank Identifier Code): - ABNANL2A IBAN (=International Bank Account Number): - NL61ABNA0532149319</p>
<p><b>Certificate</b> Can I obtain a certificate later if I did not request one at the time of sending my application form in?</p>	<p>I strongly advise you to notify us on the application form that you require a certificate. It makes processing your application much easier. However, if after you return to the UK then requests a certificate, the cost is more and to arrange is time consuming.</p>

## FAQs (continued)

<p><b>Nijmegen</b> I completed Nijmegen last year as part of a team. Do I have to walk with the same team next year?</p>	<p>The answer is no you do not. For some first-time members, to avoid the lottery and hence possible exclusion, it was decided to put all newcomers in a team. If and when they return to Nijmegen, they can walk as individuals.</p>
<p>Can I walk at the lower distance and still get the medal?</p>	<p>The four day marches are a walking achievement event and every participant is required to walk their regulation distance according to age and sex. It is not possible to walk a non regulated distance and waive the reward. You can upgrade and walk a longer distance than your designated distance up to the maximum of 50KM per day. See 4 Days web site or our BDWF Handbook.</p>
<p>My preference as a first timer is to walk as an individual. Is this possible?</p>	<p>Yes it is, but you do run the risk of being placed in the lottery. If all 46,000 places are exceeded, then all newcomers will be placed in the lottery. BDWF has no sway in the outcome.</p>
<p>What happens if I have to drop out in Nijmegen?</p>	<p>It is not the end of the world and you can always come back next year and give it another attempt. As an adult, what you do with your time is up to you but you must sign in each day at the sportshall and collect your meal ticket. If you decide to travel home, please let the office know. The BDWF cannot refund any money to individuals.</p>
<p>If as a newcomer I do not get a place in the lottery what happens to my deposit?</p>	<p>Section 6 of the application form clearly states "A full refund of your deposit will be granted to those who do not attain registration through the KNBLO lottery system". The BDWF stands by that statement.</p>

## FAQs (continued)

<p>Why are there two registration processes?</p>	<p>The KNBLO wants the Vierdaagse to be seen as a success with as many entrants successfully completing the walks as possible. The registration process is run and controlled by the Dutch KNBLO and Tranche 1 starts from early February until mid March. If all the places are not taken in tranche 1, the remaining places are offered in tranche 2. If all the places are then filled, all newcomers will be entered in the lottery draw. If there are places available at the end of tranche 2 there will be no lottery. In my opinion, I believe this to be a fairer system than on a first come first served basis as many newcomers pull out early leaving spaces that could otherwise be taken by a walker who has been several times.</p>
<p>It was sometime ago when I completed Nijmegen and I do not know my registration number. What can I do?</p>	<p>In order to check previous participation, the KNBLO need more information. Can you provide us with the following information:</p> <ul style="list-style-type: none"><li>- Name (with initials) and state marital or single name</li><li>- Address</li><li>- Date of Birth</li><li>- Year of participation</li><li>- Address of registration in that year</li><li>- Participation: group / individual / military</li><li>- Distance of registration</li></ul> <p>If you have participated in a group or as a military, can you also provide us with the following information:</p> <ul style="list-style-type: none"><li>- Name of the group</li><li>- Name of the contact person</li><li>- Name of other people participating in that group</li></ul>

## Swindon Training Walks

It is that time of year again to make a note in your Diary of all the walks happening with the BDWF around Swindon next coming year, if you have any questions please email Herman [secretarybdwf@gmail.com](mailto:secretarybdwf@gmail.com)

DATE	START TIME	DISTANCE Miles Kms	LOCATION START/FINISH	FINISH TIME (Estimated)
Sat 11 <sup>th</sup> Jan	08:50	10 (16k)	Coate Water car park	12:00pm
Sun 26 <sup>th</sup> Jan	8.45am	12 (19k)	Coate Water car park	12:15pm
Sat 8 <sup>th</sup> Feb	8.30am	14 (22k)	Coate Water car park	12:30pm
Sun 23 <sup>rd</sup> Feb	8:15am	16 (26k)	Coate Water car park	1:00pm
Sat 8 <sup>th</sup> Mar	8:00am	18 (29k)	Coate Water car park	1:20pm
Sun 23 <sup>rd</sup> Mar	7:45am	20 (32K)	Coate Water car park	2:00pm
Sat 12 <sup>th</sup> Apr	7:30am	22 (35k)	Brinkworth Village hall, Brinkworth	2:15pm
Sat 26 <sup>th</sup> April	6:00am	25 (40k)	RAF Cosford – Nr Wolver- hampton	3:00pm
Sun 27 <sup>th</sup> April	6:00am	25 (40k)	RAF Cosford – Nr Wolver- hampton	3:00pm
Sun 27 <sup>th</sup> April	7:30am	25 (40K)	Coate Water car park	2:15pm
Sun 4 <sup>th</sup> May	7:00am	26 (42K)	Sarsen Trail, Neolithic Mara- thon and Cycle Ride	3:00pm
Sat 10 <sup>th</sup> May	7:00am	26 (42K)	Coate water car park	2:30pm
Sat 24 <sup>th</sup> May	7:00am	25 (40k)	RAF Lyneham, Lyneham, Wilts	3:30pm
Sun 25 <sup>th</sup> May	7:00am	25 (40k)	RAF Lyneham, Lyneham, Wilts	4:30pm
Sat 7 <sup>th</sup> June	7:00am	25 /32 mile (40 / 50k)	Marlborough (cadet hut on main London Road)	3:00pm
Sun 22 <sup>nd</sup> June	6.45am	27/32 mile (43/50k)	Lechlade, Oak Street, Lech- lade, GL7 3AY	3:00pm

## Edinburgh Training Walks

If Swindon is a little far to travel then this year Lenny will be arranging some training walks up near the Edinburgh area of Scotland.

The walks start from the first weekend in February 2014 and continue until the end of June. It is a chance to go out with fellow members each weekend.

If you are going to be in the area and wish to go on any of his planned training walk please give him an email at [algscott@btinternet.com](mailto:algscott@btinternet.com) for info.

## Your Letters - Hadrian's Wall

### Hadrian's Wall. 140k in a leisurely manner.

We started this walk at Wallsend on 20<sup>th</sup> August 2010, it is an easy walk to complete using public transport. At the Newcastle end we used the Metro and service buses. We finished this section at Halton Shields completing around 13k a day over very easy walking along the Tyne, cycle paths and small villages.

We returned in Sep 2010 for a long weekend and were soon into the serious hill climbing interspersed with sections of the original wall and visitors centres. The most famous being Housesteads Crag where there a Permanent Trail (probably not advisable in winter). The 2<sup>nd</sup> day was very damp and descending to Caw Gap treacherous in the wet. We finally abandoned at this point and made our way to catch the bus (AD 122) which runs in the tourist season following and calling in at various points along the route.

We finally returned in Aug 2013 three years after starting the walk knowing that we were now going downhill, perhaps. The (AD 122) bus came in useful again and the driver was more than willing to drop us off at Caw Gap even though this is not a defined bus stop. An easy section brought us to Walltown, an official bus stop. This was a short day but followed our travel up from Lincoln so it was early evening when we finished and caught the last bus.

During this part we stayed in Carlisle and didn't find too much of a problem at all but it is a long walk off route to the bus from the Roman Army Museum to Carlisle so needs some work organising. Service buses do run but only once a day on Market Days.

Carlisle to Bowness also requires some planning as the bus runs infrequently and not on Sundays, but it is do-able. We walked with friends and in the later sections took two cars for convenience.



# Forthcoming Events 2013:

## January 2014

**25 - 26th - Stonehenge Stomp.** For more information visit the Amesbury walkers Web site <http://amesburywalkers.webplus.net/page7.html> They also have a variety of other walks listed which are definitely worth a look.

## April 2014

**26th - 27th 33rd RAF 2 Day March** (provisional date) For more information please visit the website [www.rafwarma.org.uk](http://www.rafwarma.org.uk) and click on RAF two day march.

## May 2014

**24 - 25th RAF Lyneham 2 day March.** For more details contact Herman Boston Tel: 07936 390500 or Email: [hermies@btinternet.com](mailto:hermies@btinternet.com)

As soon as dates are available for more of the regular walks I shall let you know.

There is also an excellent website detailing walks available in the Netherlands - <http://www.wandelkalender.nl/2013/meerdaagse.html>

If you know of other walks that our members would be interested in, please let us know - contact details are at the back of this newsletter.

If you are going on your own walk and would like company please let us know and we will put the word out for you.

# Birthdays

## British

- 1 Ron Richardson; Charlotte Williams
- 2 Tim Edwards; Colin Shelcott
- 3 Debra Bodman; Paula Bull
- 4 Daniel Markowicz; Joshua Harvey
- 5 John Sissons
- 6 Spike Elliott
- 7 Wendy Matejko; Paul Shearman;  
Caleb Nankivell
- 8 Stuart Hook
- 9 Dave Newson
- 11 Phoebe Guthrie
- 12 Bernice Thorley; Stephen Marshall;  
Thomas Webber
- 14 Jean Bobker
- 15 Kim Whitbread
- 16 Nigel Robinson
- 17 Craig Appleby
- 18 Nigel Lacey; Rebecca Nash
- 19 Anthony Chandler; Aidan Glennie
- 20 Kevin Poultney; Owain Ford;  
Zoe Anderson; Paul Grosvenor
- 22 Matthew Burton
- 23 Chloe Dutton; Leah Davidson
- 24 Gordon Pacey; Lisa Staunton;  
Benjamin Hunt
- 25 Brenda Layne; Marian Harper
- 26 Natalie Shurmer; Alison Sinclair;  
Conor Scobbie; Brea Stewart
- 27 Joseph Charles; Jotham Townsend
- 29 Len Sargeant; Michael Slater; Ma-  
rienne Le-Coyte

## Nederlanders

- 1 Sabine Hendriks
- 4 Henny Visser; Judith Boets
- 6 Theo Partouns
- 8 Frank Nieuwenhof; Angelique Nieuwenhof
- 9 Wiebe Van der Hoogt
- 11 Sjoerd Oosting
- 19 M Erhump
- 22 Jopie Elfrink
- 23 Jordy Wals
- 26 M van der Wetering
- 29 L Hartgers

*Many happy returns to  
you all*

## British Dutch Walking Fellowship

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The British Dutch Walking Fellowship (BDWF) was founded out of the BT Nijmegen group in 2003. The club has no political or sectarian interests, and is non – profit seeking. Membership is open to anyone 12 years and over.

As a member, we want to make sure that you get the best from your relationship with us and that means keeping you informed.

Any news items to be included in the next newsletter should be with Kate by **Friday 29th November 2013**

Contributions are always welcome. Remember, every member has a voice and this is the ideal medium to have your say

**Katie Elliman**  
**Editor**