

The Rambler

January 2014



Happy New Year!

**We would like to wish you all a very happy
New Year!**

Not only do we want to wish you all the Best for
2014 we would like to welcome you to our new
look edition of The Rambler!

You will still be able to see all the information you
have come to love, but laid out in a slightly different
way... with no attachments to open either! Let us
know what you think by emailing me!

British Dutch Walking
Fellowship

Volume 85

Friday 3rd January 2014

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Happy New Walking Year

Well it is January already! We had the winter Solstice on December 21 which was the shortest day and from 22nd December the days started getting longer. We do still have frost, rain, snow and flooding depending on which part of the country you live. It isn't until March when the lighter nights start to kick in,

but you do not have to wait that long to start walking. On a frosty morning, a nice long walk in the fresh air will blow the cobwebs away.

My advice is to get out and about on the clear, crisp days, hunker down on the dull and dreary ones and do a bit of planning too; new trainers or boots or other equipment, because let's face it, the warm spring weather and hot summer days will be here before we know it and you may well find yourself needing that extra bit of mileage in the legs.

If it is new equipment you need contact me for details on Cotswold camping equipment where you can get a very good discount.

Swindon will start their training next weekend, starting at 10 miles come rain or shine but will postpone any walks where there is snow on the ground.

Now a plea from me. January is a very busy month for your committee. Our planning steps up in earnest. First aid will be planning Cosford and RAF Lyneham 2 day walks as well as training in Swindon.

Registration starts from early February and I would like your applications in by 31st January to register participants in the first tranche as an individual or team walker. By registering you early, changes can be addressed and confirmation of your place in this years Nijmegen is assured. Newcomers if walking as individuals will be registered in the second tranche. If you are in a team, registration is in the first tranche and a place is guaranteed.

Confirmation of beds in the sportshall and catering at De Dennen as well as numbers for the Swindon coach and have to be done by March, clothing requirements by May please, so we do ask for your cooperation in this matter.

Happy waking and I hope you all have a great New Year and I look forward to meeting you all in 2014.

Herman Boston
Group Secretary

Happy 10th Birthday

This year the BDWF will be celebrating its 10th Birthday! We are hoping many of you will join us in Nijmegen to celebrate and to partake in the 98th Vierdaagse

With over 500 members we would like to see as many of you as possible return to celebrate this special year with us!

Application forms were sent out at the end of November 2013 but if you have misplaced your copy or would like us to drop you a new one then get in touch!

Happy Birthday to us, Happy Birthday to us, Happy Birthday BDWF, Happy Birthday to us!

Application Forms

Application forms were sent out to you at the end of November. Please pay special attention when completing the forms as these too has changed for 2014.

Information given on the forms will only be shared with the relevant people on the committee.

Please return your forms and deposit as quickly as possible, although the closing dates are not for a little while yet it makes it easier for us when booking coaches, beds and meals!

For those of you applying to be on the support/First Aid team your application forms should have been received by the committee by the 31st of December 2013. However we will still accept any forms coming in until the end of January. Please remember you are required to provide several extra forms this year so take note of the new application process in your emails.

Individual walker v Team walker

Individual walker

The Four Day Marches requires participants to walk one of three different distances, 30, 40 or 50 km. The following classification is made according to age and gender.

Upon choosing the category, the corresponding distance will be binding for every walking day, i.e. it is not permitted for individuals to increase or reduce the distance corresponding to the chosen category for one or even several days.

Men	Year born	30K	40K	50K
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1999 - 2002	30km R	40km E	50km E
1996 - 1998		40km R	50km E
1965 - 1995			50km R *
1955 - 1964		40km R	50km E
1954 or earlier	30km R	40km E	50km E

Women Year born	30K	40K	50K
1999 - 2002	30km R	40km E	50km E
1955 - 1998		40km R	50km E
1954 or earlier	30km R	40km E	50km E

R = Regulation distance

This is the minimum distance that must be competed successfully on each day of the four days. The minimum distance depends on age and gender.

E = Extended distance

This is the regulation distance, plus an (optional) distance of 10 or 20 km, on each of the four days. The reward is the same as for the regulation distance.

The distance that a participant must walk in order to qualify for the Four Day Marches Medal depends on their gender and the year they were born.

*For military servicemen the regulation distance is 40Km, providing they carry at least 10 kilograms of marching kit.

Having registered, Individuals have until 10 July to change their distance free of charge. After this date the cost is €15 Euros in Nijmegen on the Sunday or Monday registration.

To be guaranteed a starting place in Nijmegen, newcomers can walk as part of a team.

Team walker

Your responsibility is to your team members.

At the start of the event a group will comprise at least eleven participants registered by name. All members of the group will walk the same distance as a group throughout the entire Four Days Marches event and be recognisably dressed as a group. This could result in some participants walking the extended distance instead of the regulation distance.

Civilian groups are not allowed to walk 40 kilometres with full kit. This is only for military contingents of the Dutch armed forces or foreign armed forces.

Each group must specify a contact person upon registration. He or she shall be the organisation's sole point of contact, through whom all correspondence shall run. He or she is also the person authorised to request changes. The contact person shall specify a group leader for each group, who will monitor and promote compliance with the regulations during the Four Days Marches on the part of the group and anyone who may affect the group, and who will be responsible for the group at all times.

Participants names and numbers can be changed during the registration process only

Registered members can be added to the group after registration closes until 30 June 2014 unless the participants to be added is some one excluded by the lottery draw.

Participants who have completed Nijmegen can be converted to individuals but not newcomers if a lottery draw is to be held.

Checkpoints

The group leader is responsible for ensuring that each group member is wearing the correct data carrier (chip on their shoes or wristbands). Checks will be made as to whether the group is complete, both at the start and at various intervals en route. It should be noted that, as well as the planned checkpoints, there may also be additional, unexpected checkpoints. It is also emphasised that group participants should be able to prove their identity when requested to do so.

Duty to check in

All participants must check in at the registration desk on the check-in days prior to the start of the event in person so that, for organisational purposes, they can be given a carrier bag with a personal bar code card and bar code wristband which is to be worn at all times during the event, and cannot be transferred to any other participant.

Only participants who are able to present their affixed bar code carriers will be permitted to start the marches. If the bar code carrier has been damaged or removed, either intentionally or through negligence, the participant in question will not be permitted to start or sign off.

All participants start and sign off at the Start and Finish point (De Wedren / Julianaplein). Participants must have their bar code carrier scanned in person for the start to be considered valid.

Participants must have their bar code carrier scanned in person at the appropriate registration desk in order for the sign-off to be considered valid.

The starting and sign off times for individual and group participants are as follows:

Start	Distance	Finish times
04:00 - 04:45 hrs	(50Km)	12:00 - 17:00 hrs
05:15 - 06:00	(40Km)	12:00m-17:00 hrs
Or		
06:15 - 07:00		

07:30 - 08:00 hrs

(30km)

12:00 - 17:00 hrs

Your Space!

This is your newsletter and recently your letters have been getting less and less. Don't forget if you have anything to share or have taken your t-shirt out and about (it doesn't have to be taken on a walk) then we would like to share it with everyone else.

This space is here for you to share your news all year around, we don't just have to wait until July to talk to each other.

Forthcoming Events

Walks this month:

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.

The Swindon walks also begin in January,



Walks in 2014

April 2014

26th - 27th 33rd RAF 2 Day March (provisional date) For more information please visit the website

www.rafwarma.org.uk and click on RAF two day march.

May 2014

3rd - 4th The Scottish Garelochhead 2 Day Marches 2014 for further information please see the following web site WWW.scottish2daymarches.co.uk

24 - 25th RAF Lyneham 2 day March. For more details contact Herman Boston
Tel: 07936 390500 or Email: secretarybdwf@gmail.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.

For Rainy Days...

As much as some of you would like to be out and about every day we know it isn't always possible. So here are a few things which can help you pass the time when it is raining and you can't get out for a walk...

Joke Time!

A lady walking down the street one day saw a man walking towards her. The man was talking to himself, waving his arms around his head and jumping up and down three times. He repeated this several times. The lady asked the man what he was doing? The man replied I am keeping the pink elephants away. The lady replied, "Why? There are no pink elephants around here." The man replied, "I know, works great doesn't it?"

Quiz Remember - it is just for fun!

FORECAST - Find the weather words hidden in the grid: AIR BLAST BLIZZARD CALM COLD DEW DROUGHT FLOOD FOG HEAT HOT ICE LOW SKY SUN TRADES VANE WIND

T	S	A	L	B	L	L	E	D	A	R	T
V	N	D	S	H	S	N	N	H	M	G	M
D	L	O	C	R	U	I	W	C	O	P	S
V	B	N	I	S	W	O	M	F	S	N	N
Y	T	A	I	V	L	Y	F	B	Z	C	F
M	T	A	C	W	K	J	L	D	D	B	K
F	L	K	E	S	W	I	O	R	E	C	J
N	W	A	T	H	Z	X	O	H	K	W	K
T	M	N	C	Z	H	U	D	Z	N	N	J
Y	X	Y	A	G	G	O	T	X	C	K	Y
K	Q	R	Z	H	C	S	T	N	X	P	P
G	D	G	T	M	P	K	V	A	N	E	J

The Count Down begins... well it has been going since July but we are now into 2014 so time to start preparing!

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Hopefully you are all thinking about when and where your practice walks will be.

Happy Birthday!

Wishing all our members celebrating their Birthday in January Many Happy Returns!

1st John Entwistle, Natasha Kelland, E Vervaeet **2nd** Herman Boston, Ronald van Oort **3rd** Alan Sheridan, Gareth Hopkins **4th** Trevor Day, John Miller, Stuart Williams, Martin Vogels **5th** Mick Abbott, Francis Neal, Thomas Clayton, Miriam Plomp **6th** Craig Prentice **9th** Ailsa McAlister **10th** Daniel Hauer **11th** David Lesley, David Andrews, Matthew Beazer **12th** Rebecca Smith, Rachel Jewers, Yvonne van de Polder **13th** Robert Oxley, Carron Baker, Andre Posthauer **14th** Stephanie Williams, Arie Krul, Albert Hollander, Andre Looijenga **15th** Luke Cordas, Kristian van Ringelenstein, Sanders Stoel **16th** Terry Ferina, Jeffrey Elliman **17th** Jeffrey Coulson, Nicola Westley **18th** Graham McQuade, Oliver 'Ruysssevelt, Scott Moffat, Christopher Readwin, Henry Wakelam, Jacob Pollard, Debby Feijen, **19th** Derek Bryer, Paul Thomson, Piet de Veer **20th** Daniel Mosley **21st** Andy Bodman, Tim Wyer, Alex Jewers, Christopher Yeoward, Philippa Smith, J de Bruijn, Leonie van Soest **22nd** Dave Brooks, Jessica Masters, Rhiannon Warburton, Caroline Kok **23rd** Nyuk Chin, Alun O'Connell, Gemma Coupland, Katherine Woodward-Haynes, Serge Reijnen **24th** David Foden, Victoria Farrington, Tony Charles **25th** David Ruddle, Jack Wade, Alan Eyles, Jan van Rooijen **26th** Tony Del Gallo, David Jones, Jordan Ware, Michael Bengé **27th** Mike Caffrey, Rebecca Sayer **28th** Sheila Abbott, Michel van Krimpen **29th** Ann Coward **30th** Nick Wakelam, Carl Phipps, Daniel Leonard, Anneke Lakeman

You can contact us in many ways:

Email: info@bdwf.org.uk

Telephone: 07763026369

Snail Mail: 26 Blake Court
Trowbridge
BA14 8WE

Twitter :BritishDutchWF

Facebook:

www.facebook.com/groups/bdwnijmegen

Don't Forget - We are on the Web too!

www.bdwf.org.uk

The most recent posts on the web include information for support crew registering to do Nijmegen with the BDWF and some Bargains found on line for walkers!

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 31st January 2014.

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