

The Rambler

June 2015



RAF Lyneham 2 Day Walk!

What a fantastic event this is. A record number of participants for many years. We had Air cadets and civilian walkers plus members of HMS armed forces who were unable to get to RAF Cosford to qualify for this year's Nijmegen.

The sun shone brightly on day one so walkers stepped out at a brisk pace. Before rest stop one Dave Ruddle had taken the wrong route on 3 occasions and by the end of the day made it 5 by missing rest stop 2 altogether. We had bacon butties, mugs of steaming hot tea / coffee along with Mars / snicker bars for sale. What more incentives do you need?

On day two the sky was overcast and the air was muggy. Walkers found the going hard; arriving at rest point one 45 minutes overdue, still there is always bacon butties on hand to lift spirits.

The highlight for me was at the end. The cadet civilian team marching in to applause from a guard of honour and they were singing and marching in step. A lovely sight to behold.

The students and cadets were a great credit and the adults were just brilliant.

A big thank you to Jeff "Grumpy bear" Elliman (chef) for providing the bacon butties, Kevin Mitchum (First aid), Dave Holyday and Angie Cracknell (support) and Lesley Chapman. Without your sterling efforts the walk would not have gone as well as it did. Thank you guys

British Dutch Walking
Fellowship

Volume 102

Friday 5th June 2015

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Photo: Top Left - Lt Thomas Murphy and Nigel Jones
Top Right - Reverend Trevor Day and Lt Thomas Murphy

Committee Post Nominations

Every 3 years individual BDWF committee posts come up for election. In order to ensure that all committee experience/expertise cannot be totally lost at a single election, the posts are divided across 3 groups which are annually out of step with one another.

As announced in our February 2015 Rambler, the Committee posts up for election this year are the 'Group Chairperson', 'Marketing, Media and Membership (MMM) UK' and 'Walker Liaison'. For reference details of these posts are contained in our 'Constitution & Rules Issue 9, Appendix 2A item 1).

This year's closing date for nominations (31st May, 2015) having passed we can advise all members that the only candidates to receive nominations for the posts are:

- a) 'Group Chairperson' – no nomination. As such there remains a vacancy, if anyone would be interested in taking on this role please contact the Group Secretary before our AGM on 20th July 2015 in Nijmegen such that formally filling the post can be ratified by the membership in attendance. Failing to fill the post by the date of the AGM will mean that the committee will then look to co-opt a current member into the post for the duration of the 3 year term of office after which a formal election for the

post will again take place.

- b) 'Marketing, Media and Membership (MMM) UK' - With Katie Elliman standing down and Cindy Snijders having been nominated and shadowed Katie for the last few months, there have been no additional nominations for this post. As such, with Cindy having accepted the nomination there will be no need for a formal election process and Cindy will be formally elected unopposed on Founders Day (the last Saturday of Nijmegen week).

- c) 'Walker Liaison' - With Roy Hayward standing down and John Pryce having been nominated and shadowed Roy for the last few months, there have been no additional nominations for this post. As such, with John having accepted the nomination there will be no need for a formal election process and John will be formally elected unopposed on Founders Day.

We wish Cindy and John every success over the next 3 years in the posts.

The ex-US Presidential ballot box, purchased after Nijmegen 2006, will now once again be used as a 'Feedback Form' box at the end of the 2015 weeks' walk.

As a reminder, if you would like to know more about the role of 'Chairperson' please make contact with our Group Secretary Herman Boston for the role and responsibility for this post.

Roy Hayward

Walker Liaison

Change of Distance

If you would like to change your distance, please let Herman (Secretarybdwf@gmail.com) know as soon as possible. A charge of €15 Euros will apply after 16th July. The change can be effected in 2 minutes

Route Changes in the 99th Four Days March

Minor route changes in Lent, Weurt and the Weezenhof district on the way out of Nijmegen.

Participants in the 99th Four Days Marches, and residents and fans cheering on the walkers, will notice several minor route changes this year.

Two of these route changes are due to roadworks whilst another is made to improve the flow of the 40,000 strong army of walkers and reduce inconvenience caused to local residents.

Day of Elst

The longest route change in terms of distance is on the first day, the day of Elst. On the return to Nijmegen all walkers will avoid the last part of Oosterhoutsedijk in Lent. Once they have passed under the Waal crossing, the civilian walkers will turn left onto the temporary construction road and then right onto the bus lane (Graaf Allardsingel) towards Lent railway station. Military personnel will continue a little further along Oosterhoutsedijk after passing under the Waal crossing up to Zaligestraat, where they will turn left to get to Lent railway station. From there all walkers will walk along the bus lane that runs parallel to Prins Mauritsingel, turn right onto Stationsplein, left onto Hoge Bongerd, right onto Griftdijk Zuid and then along the bus lane and cycle lane across the bridge over the River Waal into Nijmegen.

Day of Wijchen

A minor route change has been made in Wijchen for 30Km participants and military 40km participants. The route will no longer include Valendriesweg but will instead pass the Arcus building to Oosterweg, following the road towards Wijchen's Markt.

Owing to a major overhaul of the Van Heemstraweg - Kerkstraat/Postkantoorstraat junction in Weurt walkers will be diverted on day 2 (Day of Wijchen and Beunigen).

Weezenhof

After the Hatertsebrug Bridge, the army of walkers will stay on the left hand lanes of the four lanes Van Boetbergweg up to the last major junction before the A73 motorway. That is where walkers will turn left on to Staddijk in the direction of

the Hatert and Overasselt fens. This route change will apply on both day 2 and day 4 (Day of Cuijk) of the 99th Four Days Marches.

For those NOT staying at De Dennen

The Nijmegen Four Days Marches *Blarenpas*, or Blister Pass, is a special bus pass for the week of the Four Days Marches. The pass comes in three varieties. The '*Blarenpas Vierdaagse Nijmegen*' gives unlimited travel on all Breng buses between Saturday 18 July and Friday 24 July, and on all early buses in the city of Nijmegen. For more information, go to www.ervaarhetov.nl/acties.

If you are travelling to Nijmegen by train, you can visit our webpage [Public transport](#) and read the information about a combined 'train and bus' ticket under the heading 'Special offer for walkers'.

Be a local hero with a personal fundraiser page (Local Giving)

Calling UK Members - be a #LocalHero with a personal fundraiser page

We are writing once again as Local Giving, our fundraising partners, have another exciting new opportunity to encourage BDWF/ STAR (Swindon Trail and Road Walking Group) fundraisers, this time with incentives ranging from £100 to £1,000 for organisations with personal fundraiser pages.

One donation made during this June 2015 through each unique personal fundraiser page will count, no matter how large or small the donation, so the more members prepared to register a fundraiser page the better.

If you're up to the challenge, this opportunity offers a personal route for raising external sponsorship for BDWF/ STAR over time, maybe linked to the Nijmegen 100th anniversary for example, as well as immediately. If you just happen to be about to pay monies to us, will you please consider holding back a small amount (min £5, up to £20) to send to us via Local Giving in the first 10 days of June 2015?

Want to get involved?

First, what you need to do is set up [your unique fundraising page](#) on behalf of BDWF's (at <https://localgiving.com/supporter/account/fundraising/new> if the link above does not work). There are a few short steps and the following guide/example may help

Page title : **Help take young people to Nijmegen March 2016** (max 50 char)

My story : your words!

Fundraising end date : 31Jul16 (or later date, allows for further fund raising)
Event start/ finish : 16Jul16/ 23Jul16
Page URL : localgiving.com/bdwfstar225 (must be unique to you, see below)
Categories : **physical challenge & walking** (pull down & select)
Choose a charity : **Swindon Trail and Road Walking Group** (pull down & select)
Target : as little or as much as you choice!

Secondly and importantly for the current Local Giving incentive, whether you are new to Local Giving or have donated before, please activate your personal fundraising page via your IP/ search engine (using your personal URL: https://localgiving.com/fundraising/*****) with an initial donation in the first 10 days of June 2015!

Rest assured

In any event, BDWF/ STAR stands to benefit and funds raised will go towards your De 4Daagse costs, this year or in 2016.

Keep in touch!

Our treasurer is happy to receive any questions not covered by Local Giving at <https://localgiving.com/localhero/faqs> and will appreciate your letting him know if you or someone close to you will take on the #LocalHero role -- treasurerbdwf@gmail.com.

Thank you, Herman

Discounts available to you!

Cotswold outdoors: 25% off using code - B2044 **Cancelled**
Hi-Tec: 40% off using code - FNF40
LDWA and YHA members get 15% off at Cotswold Camping

I would like to build up a library of discounts available to members and publish these in every edition of The Rambler. Please let me know if you get or are aware of any locally or nationally.

Forthcoming events

June 2015

Sat 6th June	7:00am	25 /32 mile (40)	Marlborough (cadet hut on main London Road)
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Marlborough Cadet hut: As you approach Marlborough, the golf course on your right, go down the hill. At the roundabout, take first exit. At the 2nd roundabout, take the first exit. Continue on this road until you pass PH The Roebuck Inn on your left. Continue for 300 yards. On your left is Avalon court. The cadet hut is next door (brown wooden construction). Parking is available.

Sun 21st June	6.45am	27/32 mile (43/50k)	Lechlade, Oak Street, Lechlade, GL7 3AY
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Memorial Hall, Lechlade. From Swindon, go through Highworth down the hill. At the roundabout take the 2nd exit towards Lechlade. When you approach the bridge, go straight over, and then turn right at the lights. Continue for almost ¼ mile and you will see signposted for memorial hall and sports centre.

LANGPORT TWO-DAY WALKING FESTIVAL 5/10/20/42km

Somerset Levels and Moors Strollers (BWF 103)

Entry Fee: £1.00 - £21.00 depending on distance, days & age 07:30 to 14:00 The Angel, Bow Street, Langport TA10 9PQ (Map:129 GR:418267) Hans Rennie, Golden Ramblers' Dray Road, Odcombe, Somerset BA22 8UL T: 01935 864523 E: slams1@btinternet.com

July 2015

CASTLEBAR INTERNATIONAL 4 DAYS' WALKS 10/20/30km

Castlebar International 4 Days' Walks (BWF 201)

Welcome Inn Hotel, New Antrim Street, Castlebar, Co Mayo Elaine Devereux, Walks Office, New Antrim Street, Castlebar, Co Mayo, Ireland T: +353 94 9024102

NIJMEGEN 4 DAY MARCH

99th 4 Day Marches 21-24 July 2015

September 2015

WELSH INTERNATIONAL FOUR DAYS' WALKS 15/25/40km

[Llanwrtyd Wells Walking Club](#) (BWF 5)

Entry Fee: £8.00 per day £25.00 for four days

08:00 to 10:00 - Neuadd Arms Hotel LD5 4RB (Map:147 GR:879467)

Lindsay Ketteringham, Neuadd Arms Hotel, Llanwrtyd Wells, Powys LD5 4RB

T: 01591 610666 E: enquiries@llanwrtydwalking.co.uk

October 2015

Marbella 4 Days walking 8,9,10 & 11

In October the weather in the south of Spain is still perfect, not too hot and not too cold, a great time for walking. We invite you, together with walkers from all over the world, to discover the unknown sides of Marbella during Marbella 4Days Walking.

The Terrazas del Puerto Deportivo, near the historic city centre, will be the starting point for the 20 and 30 km routes which will lead you through the city, the nature and along the beach. The last day, the 11th of October, you will walk the Via Gladiolo (gladiolus being the Roman symbol for victory) back to the Terrazas del Puerto Deportivo where you will be welcomed with loud cheers.

You can participate on all four days but it is also possible to choose the days that suit you most. In short: a perfect opportunity for a holiday! - See more at:

<http://www.marbella4dayswalking.com/index.php>

Competition Time

This Month's Quiz...

Name all of the disciplines in the Modern Pentathlon?

Answers for May Quiz:

5	2	1	3	8	7	6	4	9
9	3	6	4	5	1	7	2	8
4	7	8	9	6	2	3	5	1
2	4	3	1	9	5	8	7	6
8	1	7	2	3	6	4	9	5
6	9	5	7	4	8	1	3	2
7	8	4	5	1	9	2	6	3
3	6	9	8	2	4	5	1	7
1	5	2	6	7	3	9	8	4

Don't forget... the 99th vierdaagse will take place on the 21st-24th July 2015.....

44 Days!

Happy Birthday!

**Wishing all our members celebrating their Birthday in June. Many
Happy Returns!**

1. Rainer Arnold; David Mason; Christopher Kitson 2 Jane Hopcraft; Koos reeling; Freya Thompson; Max Bracegirdle 3 Vicky Slipper; N.E Evers; Robert Harris 4 John Wriglesworth; Jacqueline Farquharson; G Sluiter; Marcus Steward 5 Arthur Read; Rajendra Joshi; Gina Coltman; Timothy Warrington; Nathan Stacey; James Roberts 6 Geoff Barre; Richard Millen 7 Robert Harris 8 David Andrews; Ada Vreugdenhil; Alice Travers 9 Gillian Weaver; Debbie Hampson 10 Annetta Garner-Jones; Steve Arscott; Natasha Green; Ernest Asiama; Lewis Williams 11 G Van der Belt; Abigail Guest 12 John Pattenden; Elliott KO; Lucy Eyles 13 A Vos; Janet Knox; Alex Mann; Aidan Royston 15 Roger Trent 16 John Nicholson; Daniel Vaughn; James Warren 17 Sybren van Klaarbergen; James Hancock 18 Jean Gore; Phillip Simkin; John Surtees; Jessica Beaven 19 Lizzie Pitt 20 Benjamin Bowen; Matthew Veale 21 Martin Jones; Alexander Cole 22 Coby de Bruijn; Luke Bagnall; Sophie Williams 24 David Ellis 25 Chris Rolls; Melanie Donohoe; Cindy Snijders; Connor Buckenham; Alex Turner 26 Rosemary Kirby; Ian Slipper; John van der Last; Nayan Shrees 27 Jan van de Zande; Kate Nelson 28 Frankie Murphy; Hannah Jefferson; Tony Pritchard 29 Gerry Bouwman; Avril Money; David Kenyon; Rebecca Dutton; Adam Clarke 30 John Williams; P.D Esseveld; John Walker; Paul Williams; Kevin Docherty; Diddy Van Veldhuizen; Victoria Kibbey
