



The Rambler

Volume 105 -Friday 4 September 2015

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100th International Four Days Marches

The 100th International Four Days Marches Nijmegen will take place from **19 July to 22 July 2016**. The board has already made several decisions concerning the restriction protocol for the 100th Four Days Marches. The full registration procedure for 2016 will be available from December 2015 / January 2016.

Those who are guaranteed a place:

- Participants who, from 2010 to 2015 inclusive, have successfully completed the Four Days Marches on at least four occasions.
- Participants born in 1999 and 2000 must have successfully completed the Four Days Marches on at least three occasions from 2010 to 2015 inclusive.
- Civilian groups who, in the specified period, have participated as a group in the Four Days Marches on at least four occasions.
- Participants who reach the age of 12, 13, 14 or 15 in 2016 (born in 2001-2002-2003-2004).
- First-time entrants who, in 2016, register through the Via Vierdaagse training and support programme.

When you receive your application form from me in November and you qualify for next year and want to participate, please get your application forms in ASAP and no later than January 31st. The number of people wanting to take part will be high and may exceed the overall numbers, so don't delay. This will help the committee to do the following:

- Register our members as soon as registration starts
- Address any issues / concerns that may arise from registrations
- Secure the number of beds for the sportshall
- Secure meals at the sportshall
- And be able to provide the service you require

Royally approved decoration presented for the 1.5 millionth time

Four Days Marches Cross shines all the more brightly for Anne

The 99th Four Days Marches saw the presentation of the 1.5 millionth Four Days Marches reward. Anne Timmermans (14) from Ubbergen was the lucky walker. She received the reward at 12.48pm from Mr Ton Thomassen, Stichting DE 4DAAGSE's Head of Financial Affairs, at start/finish location De Wedren.

Anne was extremely surprised and delighted to be recognised in such a special way. "The Four Days Marches is already such a great party, but this makes it really and truly fantastic!" She has completed the Four Days Marches three times (30km) and was accompanied by her father.

Anne crossed the finish line as fit as a fiddle. Asked what she thinks is so great about the Four Days Marches, she replied: "Every day is nice, but the third day - the Day of Groesbeek - is even more special to me, as I pretty much walk past my house then." Desk clerk Marie-Thérèse van Delden had the honour of pinning the number '3' on to Anne's medal. Mr Thomassen was pleasantly surprised to find himself presenting the 1.5 millionth reward to such a young participant: "It's nice to see the next generation of walkers growing." As well as everlasting glory, Anne received a sportswear set from Hi-Tec, the main sponsor of the Four Days Marches. She said that she 'definitely wants to take part again next year!'

Walkers who successfully complete the marches have been presented with a royally approved decoration ever since the first Four Days Marches in 1909. After all, that is what the Four Days Marches Cross is: a reward for demonstrated marching skill.

Discounts available to you!

Cotswold outdoors: 25% off using code - B2044

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

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

THE AIRBORNE MARCH is the world's largest one-day marching event.

These remembrance marches are held every year on the first Saturday in September at the village of Oosterbeek (near Arnhem) in The Netherlands.

With distances of 10, 15, 25 and 40 kilometres, it is an "*all-age*"-march.

For additional information see: <http://www.airbornewandeltocht.nl/en/home/1-welcome-to-the-airborne-march>

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>

Swindon Half Marathon

11 October 2015.

Enter Now!

There is the half marathon, 5 mile multi terrain, 2 mile fun run and 1km wheelchair race, so something for everyone. All the routes can be walked as well as run. Walkers are welcome too. Alongside the running and walking there will be a range of entertainment and fun on the day!

Enter now! Go to www.swindonhalfmarathon.org.uk

A medal, technical t-shirt and goody bag for all finishers.

Fed up of boring team building? Fuel your team spirit and enter now as a Corporate Team – to compete against other departments or businesses!

You can take part for your own well-being and getting active, or to beat your PB. You can also take part to get sponsored for any charity but this is not an obligation and if you are taking part for charity there is no restriction on who you can raise sponsorship money for.

Lost and found items from the sportshall / coach

If any of the above items are yours and you would like them returned, please contact Herman 07936 390500 or Secretarybdwf@gmail.com

For Swindon people I can deliver. For all others payment of postage is required.

If I do not receive replies by Saturday 12 September, these items will go the local charity shop or be disposed.

QUANTITY	DESCRIPTION	WHERE LEFT
1	Panasonic charger cable with cradle	Sportshall
1	Blue polka dot shoe laces	Coach
1	Orange cap (Nosert Dentressangle)	Sportshall
1	Navy blue BT cap	Sportshall
1 pair	Berghaus boots size 12 with socks inserted	Sportshall
1 pair	Slippers Naproz aircoline size 11	Sportshall
1	Light blue bath / shower towel	Sportshall
1	Purple Hema bath / shower towel	sportshall
1	Life venture inflatable pillow??	Coach
1	Grey T shirt - large	
1 bottle	Nivea moisturising sun spray 50+	Coach
1 bottle	VO5 Nourish my shine conditioner	
1	¾ bottle shampoo - no labels on the bottle	
1	Blue Hi gear rucksack	Coach

Competition Time

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

Answers from August quiz

1P	R	2I	S	3M	S	
I		M		A		4A
5M	O	P		6R	O	B
P		7E	A	T		L
8L	E	D		9I	C	E
Y		E		N		S
	10T	S	H	I	R	T

ACROSS

- 1 Refracting glasses (6)
- 5 Bushy head of hair (3)
- 6 Steal from (3)
- 7 Take food (3)
- 8 Went first (3)
- 9 Solid water (3)
- 10 Casual top (1-5)

DOWN

- 1 Spotty (6)
- 2 Obstructs (7)
- 3 Gin and Vermouth cocktail (7)
- 4 Most competent (6)

Your Letters

The following members successfully completed the 46th Dodentocht in Belgium on 14th August 2015:

Stephen Dalton; Lenny Goldsmith; Colin Pryde; Dave Hobden; Ken Redman; Chris Staunton and Lisa Staunton.

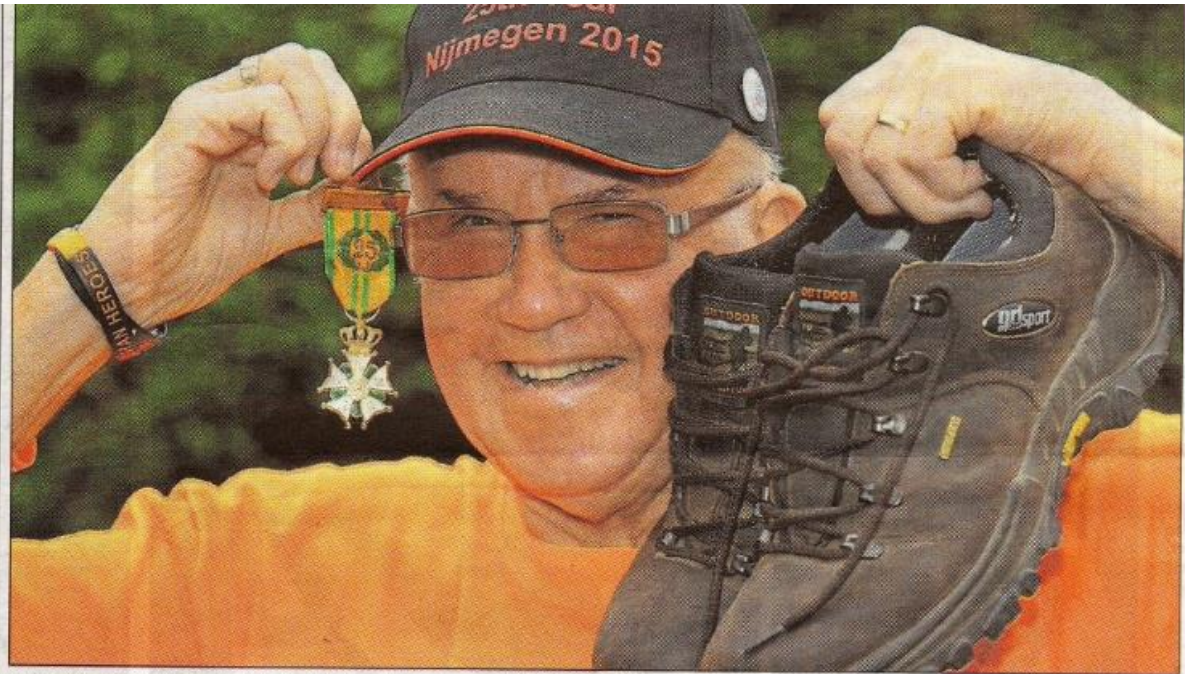
The Dodentocht is a “100 km” walk and this year there were 12,017 walkers.

Friday night the weather was gentle, but the rain on Saturday made this year’s event even more difficult. Nevertheless the autumnal weather could not spoil the hiking fun. It is thanks to this contagious enthusiasm of the participants and the volunteers that keeps the event alive. Well done to all our walkers

The event next year will be on **12th August 2016.**

Ken Redman





Jim Usher, of Ashmore Park, Wolverhampton, with his medal for completing the Nijmegen march for the 25th time

Fundraiser completes 25th event

A committed marathon man said he is still addicted to the euphoria of completing the world's biggest marching event, even after doing it 25 times.

Jim Usher, from Ashmore Park, has been a regular participant in the annual Nijmegen march since 1984 and recently completed his 25th journey through the Dutch city at the age of 79.

The Nijmegen march, which started in 1904 as a military event but has grown in popularity over the years, sees participants go through a four-day, 100-mile journey designed to promote sport and exercise.

Mr Usher, a pharmacist at New Cross Hospital, said the sight of streets full of spectators and well wishers is what keeps

Report by Jordan Harris
jordan.harris@expressandstar.co.uk

him going back for more. He said: "Every time, I find myself on the starting line thinking, 'what am I doing here?'. But it is such a wonderful feeling when you complete the march.

"There are literally thousands of people lining the streets, cheering you on.

"It is euphoric and that is what keeps me going back."

Mr Usher, a former area manager at Goodyear, where he worked for 23 years, said he was originally goaded into participating by a superior during his time with the Territorial Army.

He said: "I was always into my fitness

and one time somebody asked me if I think I am so fit, then why didn't I get a team together and get over to Nijmegen. So that is exactly what I did.

"There was a group of us from the TA who went over every year for about six years." I still enjoy it and with going over to Nijmegen for so long, I have made friends over there through the years. It is hard work, not just the march itself but the training and preparation beforehand."

Throughout the years, Mr Usher has raised money on behalf of a number of charities.

This year, he took part on behalf of Remembering Gemma, a charity set up to help the family left behind by a colleague who died of a rare form of bowel cancer.

In our documentation which is also used to promote the BDWF we indicate that the BT Group/BDWF has to date raised some £300,000 for various charities since 1988 and we can readily account for some £260,000 of this up to the end of 2002. However, since then, despite repeated requests for feedback from members on their charity fundraising achievements we have received very little information.

Historically we only have evidential feedback for some 5 donations since 2001 and nothing since 2006.

So here's your chance to help us get our records up to date and to give visibility to both your nominated charities supported and your own achievements. Please let us know, with letters of thanks or receipts, of those charities which you have raised funds for – previous verbal feedback suggests there are a great number. **Contact Herman 01793 487296 or email: secretarybdwf@gmail.com**

Happy Birthday!

Wishing all our members celebrating their Birthday in September

Many Happy Returns!

1. Stephen Dalton; Marscha van Turnhout
2. Brian Young; Debra Goodman; Owen Gulliver
3. Josh Williamson
4. Margreet ten Have; Mark Gordon; Bethany Whitehouse
5. Karen Pearce; Claire Newman; Elise Simmons; Oliver Pope
6. Wendy Smak
7. Martin Reddy; N Van Wooning; Ciara Sakar; Laura Chapman
8. Harry Bult; Jim Nelson; Daniel Nash; Samuel Johnson
10. Ann Worboys; James Phillips; Calum Vaughn; Rianne Moolhuijzen
11. Thomas Noyes; Carl Wood
12. J Heddes; David Price
13. Ben Weststrate; Jack McMullan
14. Shirley Delvin; Darren Gray; Dawn Whitby; Martyn Pryde
15. Gerrit van der Berkt; Jack Cartlidge; Damian Green; Rebecca Green
16. Christopher Rossiter; Katie Elliman; George Gibson
17. David Patey; Hollie Ricketts
18. Anthony Webber; John Moir; Helen Smith
19. Graham Antrobus; Sonja van der Hoogt
20. A K M Bourma
21. Rebecca Garth; Kurt Murfin
22. Hamish Gibberd
23. Ken Redman; Jan van Oosten; Mike Toulouse; A van den Braak; Stephan Van Der Last
24. Brian Harvey; Jeanne Carter; A.H. Goodwin; Zoe Chapman
25. Sylvia Schweig
26. Helen Elizabeth Stewart; Willy Meer; Marie Ward; Eddie Everett; Sarah-Jayne Wood; Ross Knox; Michael McDonagh
27. Angela Pawlysin; J Heerbeek
28. Nigel Jones; Duncan Robertson
29. A Bevers; Patrick Bracegirdle

Useful Information

You can contact us in many ways:

[Don't forget - We are on the Web too!](#)

Email: info@bdwf.org.uk

Telephone: 07936 390500

www.bdwf.org.uk

Snail mail: 62 Ridge Nether Moor, Liden Village, Swindon, Wilts SN3 6ND

Twitter: BritishDutchWF

Facebook: www.facebook.com/groups/bdwfnijmegen

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 no-profit seeking. Membership is open to anyone 12 year 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 Herman by Friday 25 September 2015

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