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# The Rambler-March 2013

## Have you sent us your registration forms yet?

If not please could you do so as soon as possible.

To date 28,605 people have registered to take part in the 97th Vierdaagse. This year a lottery will take place if the number of registrations exceeds 46,000.

If you do not have copies of the forms please let me know and I will get them to you.

Would you like application forms for friends or family? We think everyone should try walking the Vierdaagse at least once, if you think you can persuade someone to take part then we can send them a form too!

**136 Days to wait!**  
**16-19 JULY 2013**

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### British Dutch Walking Fellowship

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## Statistics from Nijmegen 2012

I wondered why it seemed more congested on the 30km route in 2012 so had a closer look at the statistics which are now available on the 4 Days web site (unfortunately only in Dutch but in roughly the same format as 2011 so can easily be checked).

It appears that there was an increase of 536 walkers (nearly +6%) undertaking the 30km distance in 2012. This compares with 1327 less doing the 40Km and 549 less doing the 50Km. Interestingly (?) the major change was with male walkers, 912 less doing the 40km and 464 less doing the 50Km compared with the women walkers 415 less doing the 40Km and 85 less doing the 50Km.

Overall, some 41,472 walkers started in 2012 compared with 42,812 in 2011.

It should be noted that the 4-Days organisation have authority for roughly 42,000 walkers to start the walk so they anticipate the 3,000 registered walkers, from their imposed limit of 45,000, who then do not turn up at the desks in Nijmegen or even then after confirming arrival decide not to start the walk.

Additional, more-detailed information can be found on the 4-Days web site [www.4daagse.nl/en](http://www.4daagse.nl/en) via the tabs 'News', 'Facts & Figures' and clicking on the 'PDF-file' link.

Roy Hayward  
Walker Liaison  
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## Nijmegen meeting for Parents

Each year prior to the Nijmegen application process closing parents and guardians of students wishing to come with the BDWF are invited to a meeting at a local school where they can ask any questions they might have.

This year we are changing the meeting slightly and opening it up to those who are interested in participating but don't know who the BDWF are or What the Vierdaagse is.

There will be a meeting for parents /carers of students / cadets who would like to participate in this years' Nijmegen Marches in The Netherlands in July.

The meeting will be held at Commonweal school in the dining room annexe on **Wednesday 13th March starting at 6pm.**

**Address: The Commonweal school Academy, The Mall, Swindon SN1 4JE**

It is an opportunity for you to discover more about the event and to ask questions from members of the British Dutch Walking Fellowship (BDWF).

If you think you know of friends and family who might want to pop along to find out more let us know.

# The Great Barrow Challenge

Just something little we thought you might be interested in, all the contact information can be found below.

This email is from Admin at The Great Barrow Challenge. You previously registered your interest in the GBC and below are the dates for this year:

SPRING CHALLENGE Sunday 17<sup>th</sup> March

SUMMER CHALLENGE Saturday 8<sup>th</sup> – Sunday 9<sup>th</sup> June

GREAT BARROW CHALLENGE Thursday 5<sup>th</sup> – Sunday 8<sup>th</sup> September.

All the events are open now for registration at <http://www.greatbarrowchallenge.co.uk/>. You should note that all the events are now fully inclusive of all food, accommodation, medals etc, etc, so is all you pay is your registration fee and just turn up.

Distances are for walking and running 6, 10, 15 and 26.2 miles, and cycling 30, 60, 90 and 120 miles.

Medals are awarded for everyone who completes ANY challenge. Team events are also available for teams of 4 with trophies available for the fastest team.

We are also looking for volunteer Marshals if you can't make the event or if you know someone who may be able to help please call Glen on 01284 810446 or reply to this email.

We look forward to seeing you in sunny Barrow!

Best wishes  
Admin

## Training

The Swindon training walks have now begun, sadly I have not yet made it to a walk... I promise to very soon!

Hopefully everyone has started their training by now, if not why not? Over the years we have collected many tips when it comes to training, below are our Top Ten.

There is absolutely no substitute for training.

Drink water at regular intervals. If you feel thirsty you're already de-hydrated.

Check the colour of your pee. It should be almost clear. The darker it is the more de-hydrated you are.

Worried about wear and tear on your feet? Get your feet taped before you start walking.

If you think you are likely to chafe in delicate areas – gonads or nipples for example – lubricate them before you start walking with either Vaseline or a nappy rash cream such as Sudocreme.

Carry anti-bacterial gel and tissues as toilets are not always that clean on the march and you could also get caught short.

Always wear sun screen, even when training.

If you feel you are getting a hot spot come and get it checked before it turns into something worse.

Remember to eat little and often as you will be burning up a lot of calories. Include slow release energy foods or eat and drink special energy products.

What have you got in your back-pack or bum bag? Make sure it fits comfortably to avoid rubbing. Check the contents and carry as little as possible in as small a container as you can. If you are carrying spare clothes keep them in a plastic bag to help keep them clean and dry. If you have bottles of water try to carry them one on either side of your body and always carry a balanced load.

And one for luck.... Wear your socks inside out so that any toe seam is on the outside and less likely to rub your toes raw.

## Forthcoming Events 2013:

April 2013

**27th - 28th 32nd RAF 2 Day March** For more information please visit the website [www.rafwarma.org.uk](http://www.rafwarma.org.uk) and click on RAF two day march.

May 2013

**5th Sarsen trail.** For more information take a look at <http://www.wiltshirewildlife.org>

**26 - 27th RAF Lyneham 2 day March.** For more details contact Herman Boston Tel: 07936 390500 or Email: [hermies@btinternet.com](mailto:hermies@btinternet.com)

June 2013

**2nd - Hawkdean** Hike For more information see <http://www.hawkdean.co.uk/>

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 Coralie Hancock; Callum Weaver;  
Sophie Kudelka
- 2 Carol Simmons
- 3 Sheryl Lea
- 4 Colin Petitt; Jacquie Rawlings
- 5 Christine Barre; Gemma Gillies;  
George Paul; Ryan Stokes
- 6 Christine Brooks
- 7 Steven Vass; Katerena Mabbott;  
Richard Dean
- 8 Christopher Allen; Robert Parkinson
- 11 Simon Cox
- 13 Sarah Coupland
- 14 George Newby
- 16 Paul Kirby
- 17 Ann Williams; Nick Neale
- 18 Gareth Ball
- 19 Jamie Hale
- 20 Joseph Thompson
- 21 Pat O'Connor; Christopher Johnson;  
Chris Burridge; Fern Davis; Sa-  
rah Henry
- 23 James Whyte
- 24 Pavandeep Bains
- 25 Jim Usher; Christopher Evans;  
Adam Merrison
- 26 Michael Dean; David Broughton
- 27 Jan Roberts
- 28 Bridget Sinclair; Gavin Brown; Briohny  
Williams
- 29 Stephen Morgan
- 30 Joy Wade

## Nederlanders

- 3 Sebastian van der Staal
- 4 Anneleen Bolle
- 5 Willem Wolters
- 8 H Gol; Marijke Zuidwijk; J Joosten
- 11 Anneke Duijn; Klaske Ludema-Korporaal
- 13 Ries Hauer; N van der Wijdeven
- 14 Corrie Ruberg
- 15 Chris van Heckeren-Meiberg; Jasmijn  
Govaars
- 17 Tom Stobbe
- 20 Jantiene Manintveld
- 21 Henri Scheepens
- 22 Marcel Hendriks
- 24 Leni de Vries
- 25 Raymond Barbier; Arienne De vos Lauerman
- 27 H de Vries
- 28 Jacolien Plomp

*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 22nd March 2013**

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

**Katie Elliman**  
Editor

**Don't forget to complete your application forms!**