



# The Rambler—May 2007

## Nijmegen 2nd Tranche Registration

British Dutch  
Walking Fellowship

Volume 6, Issue 1

**Newsletter Date**  
4th May 2007

Registration in the first tranche closed on 9th March at 33,323. This left 15,677 places available for the 2nd tranche.

The second tranche closed on Friday 13th April and I am happy to say that all of our 23 newcomers and returning members were successful in securing a place.

This means we shall have:

97 British walkers  
21 Dutch walkers (at present)  
18 British Support staff and 1 Dutch.

There will be:

### 50K walkers

24 British and 4 Dutch

### 40K walkers

69 British and 13 Dutch

### 30K walkers

4 British and 4 Dutch

### Total numbers in sportshall

#### Women:

36 British and 6 Dutch

#### Men:

79 British and 16 Dutch

#### Students

19 British

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## Early/Late Starting Cards for 40Km Walkers

The registration desk division for early/late starting cards for the 40Km walkers has been announced on the 4 Days web site [www.4daagse.nl](http://www.4daagse.nl) When you are given your registration card, which for the majority of the British BDWF walkers will be on the Sunday/Monday, it will identify a check-in desk. For example, a walker with a registration course number 40C421 will check in at desk 40C. Walkers checking in at desks 40A to 40N will receive an early checkpoint starting card for Tuesday and Thursday. Walkers checking in at desks 40P through to 40Z will get early checkpoint starting cards for Wednesday and Friday.

A Meeting Point is to be set up at the Wedren to allow the exchange of early checkpoint cards and late checkpoint cards for the start of the 40Km with other walkers.

However, once you know your registration desk, if you wish to exchange your given starting card for a later/earlier starting card as appropriate, we suggest that you check with other BDWF walkers in the first instance.

## Water Provision On Each Day Of The 91st Vierdaagse

On each day of the 91st Four Days March the water company Vitens will install special points where fresh water can be tapped. Temporary tapping points that are connected to the main water supply system will offer walkers the opportunity to drink or fill their bottles with fresh water.

The locations of these water provision points have been determined by the board in close cooperation with Vitens. These points are always in the second half of the route of the day. On the first day, when the walkers progress through the 'Betuwe' region, the Vitens water provision point is located at the Oosterhoutsedijk. On the second walking day, that of Wijchen and Beuningen, the water provision point will be installed at the Wilhelminalaan in Beuningen. On the third day, the day of Groesbeek, the fresh water can be tapped at the end of the Zevenheuvelenweg (Seven Hills Road), just before Berg en Dal. On the fourth and final day, the walkers can tap fresh water just before the N271 in the centre of Malden. All water provision points will also be indicated on the route maps of the Four Days Marches.

The establishment of these water provision points, which is supported by Vitens free of charge, is a direct result of the recommendations made last year by the Hermans Committee following the cancellation of the 90th Four Days Marches after one day due to extreme weather circumstances.

## Medication & Rehydrate tablets

We should already have had these details, but if there is anything at all that we should know, that has not already been declared please tell the office on arrival at the Sport Hall. Students/adults who are asthmatics should bring 2 (labelled) inhalers, one of which will be kept by the office manager. Only medication prescribed by a qualified medical practitioner

will be administered to students.

To ensure proper treatment, First Aid will only be given by the Teams on duty during the week. These will be identified during the pre-event briefing.

**Drugs/treatment must not be accepted from other adults.**

**Please do not forget to purchase [Diarolyte in Boots](#). Rehydrate sachets for each of the four days and take them with you.**

## Committee Posts Up for Election at Nijmegen 2007

The closing date for nominations for the above posts of 30/04/07 having passed, the candidates for the 3 posts are as follows:

Group Secretary – Doug Davidson ( 2 nominations )

Youth Secretary – Herman Boston ( 2 nominations )

Events Secretary – Bob Gutteridge ( 1 nomination )

As such, with only one candidate nominated for each of the posts up for election, there will not be a need for a formal election process and the three candidates will be re-elected unopposed on Founders Day ( Monday 16<sup>th</sup> July, 2007 ).

The ex-US Presidential ballot box, purchased after Nijmegen 2006, will now, for Nijmegen 2007 at least, be used as a 'Feedback Form' box at the end of the week's walk.

## Polo Shirts



Over the years, walkers have expressed an interest in walking in Polo shirts instead of the T shirts issued to all members.

Your hard-working committee has negotiated a deal with the T-shirt supplier on your behalf and can supply Polo shirts (Orange) in all sizes at a cost of £6.00 each. For reference, size large measures 42 inches (108mm) chest.

If you would like to acquire a set of 4, please send me your details i.e.. Size with cheque to the value of £24.00 (or have them added to your Nijmegen bill) no later than the end of May 2007.

## BDWF Web Site

The Nijmegen 2007 Handbook on our web site has now been updated to Issue 4 to take account of all revised breakfast, coach and start timings for the 40Km walkers.

## Members Feedback from Nijmegen 2006 - Beds.

In the February 2007 issue of the Rambler, we highlighted the fact that we would be discussing the “softness of the beds” concern, raised by 3 of our members, with our hosts. This we have done. Ultimately we had a choice – remaining with the beds that we have had for the past two years or reverting back to ARMA, the supplier of the double bunks that we previously had. We had to take into consideration the fact that these double bunks could not be split into singles and also that their cost was in excess of twice the price of the current beds.

A review of the feedback, both from the forms and verbal feedback, indicated a far greater preference for ‘single bunks’ – not having to climb up to the top bunk, reduced disruption to the person occupying the other bunk and with it more air flow — than for the harder beds.

As a result, the committee has made the decision to remain with the current supplier.

It is worth noting that several members bring and use inflatable pillows. It follows that an inflatable mattress could be used to provide additional support by those concerned.

## New Nijmegen Road Bridge.

Nijmegen is to have a second road bridge. The new bridge is going to mark the western entrance to the city just as the old Waal Bridge does the eastern entrance. This new bridge over the Waal will connect to the south bank of the river at Energieweg and the intention is that the bridge will run into the A325 on the north side of the river.

In order to emphasize the geographical symmetry of the two bridges on either side of the railway bridge, a design has been chosen that is akin to the old Waal Bridge. A slender framework arch will span the river from the Waalkade to the dykes and extend ‘rippling’ into the Lent water meadows in the direction of Waalsprong.



When this bridge is built, with a span of 325 metres, it will be the largest arched bridge in the world. It's a title that has been held by the current familiar Waal Bridge for many years.

The bridge is being built to reduce the pressure of traffic on the monumental Waal Bridge which was built in 1936. The new bridge is scheduled for completion in 2011.

# Your letters

## In Memorium (apology)

In the April issue I mentioned the passing of John Kavanagh and that he had served in the Army. That was incorrect. John actually served in the Royal Air Force Regiment, and was a Senior Warrant Officer.

A card was sent to his widow on behalf of the committee and members

## Multi tasking Air cadets

The first combined training march for both Dorset and Wiltshire elements of the Air Cadet's road march training took place at Blandford Forum to allow team members to get to know one another before their first major 50 mile march ahead of the 2-day marches at Royal Air Force Cosford.

In order to add interest to the training the cadets have been searching for "Geocaches".

Geocaching is an outdoor treasure-hunting game in which the participants use a Global Positioning System (GPS) receiver and map navigation techniques to hide and seek containers (called "geocaches" or "caches") anywhere and all over in the world.

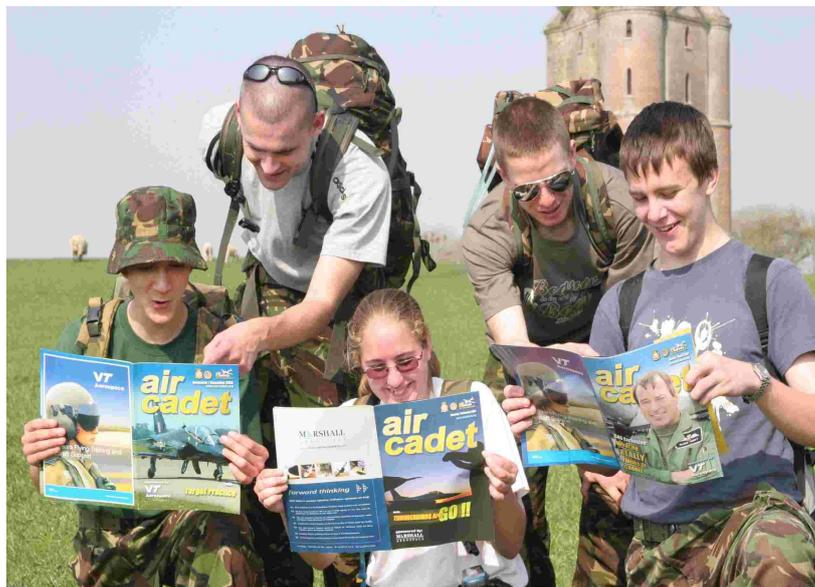
A typical cache is a small waterproof container with a logbook and "treasure" - usually toys or trinkets of little monetary value. Today, well over 350,000 geocaches are placed in 222 countries around the world, and registered on various websites devoted to the sport.

Each geocache was an opportunity to leave various Air Cadet themed objects for others to find, namely some ration pack biscuits, and some Air Cadet adult recruitment material - well you never know!

To find out more about the Nijmegen Marches and Geocaching, click the following links.

[www.4daagse.nl](http://www.4daagse.nl)  
[www.geocaching.com](http://www.geocaching.com)

John Nicholson  
Bournemouth



## Higashi-Matsuyama

After years of Steve Davies and myself enjoying ourselves in Nijmegen and at various walks in the UK, we have decided to take our “nice “orange shirts further afield later this year.

The venue we have selected to share our walking, drinking, singing and especially drinking expertise is the 3 day event in Higashi-Matsuyama.

This is a city 50km Northwest of Tokyo, Japan.

<http://www.walking.or.jp/ENGLISH/index.htm>

A long way to go for a 3 day walk but Japan has been on my wish list of places to visit for over thirty years and while Steve is still young enough to travel we have decided to get there and do it.

On a serious note the walk is in its 30<sup>th</sup> year, a mere child compared to the Vierdaagse, and according to most web pages the venue is fantastic and the Japanese people are both kind and friendly, similar to our friends and comrades in Nijmegen.

We will be trying to fit some touristy bits in while we are there as one of my interests is the differing cultures that exist there.

The city itself is twinned to Nijmegen so we should have at least one thing in common with the city and its people.

Our Nijmegen medals along with our 2006 pins will be proudly worn there to show that we are part of the crazy fraternity called walkers.

The flights are booked, hotels sought and the anticipation is building, some of our Nijmegen comrades would argue we are too old to be getting excited but we really are, especially me.

If any one has contacts or information, even a knowledge of Japanese language they can share with us the next time we meet, albeit in Nijmegen.

The orange symbol that we all call T-shirts will be taken along, as they need a holiday and a change of scenery.

“ The future is still orange”

Paul Williams

## First Aiding- What is it like and why do you do it?

Each year in Nijmegen, the First Aiders greet us en route and treat our blisters and get us walking again. They also provide massage, and other treatment when we require it, but who are they and what is it like being a First Aider. How grand a job is it.

This page is open to you First Aiders to tell us what life is like for you in Nijmegen.

# Birthdays

## British

1st Andy Lock  
4th Dave Sutton  
6th James Pirie  
7th Ron Williams  
11th Dominic Bray  
12th Dafydd Jones  
13th Steve Cherry  
14th Peter Richmond  
15th Amanda Bryer, John Howell &  
Josey Thornton  
16th George Thornton  
18th Vivienne Sherry  
21st Tom Wakelam, Doug Pearce &  
Andrew Prowse  
22nd Jacqui Wakelam, Brian Kiel &  
Siobhan Smith  
23rd Marylin Hurley  
24th Francesca Mabbott, Matthew Hayward &  
Samantha Holland  
25th Andrew Tiley  
26th Sheila Hanson & Lucy Johns  
30th David Sinclair, Vicky Couper &  
Roly Greer  
31st Ashleigh Roome

## Dutch

1st Rienk Cloo  
2nd Arie de Knijf , Jochem Huffmeijer &  
Edwin Vreeling  
4th Renger Rakhorst  
5th Francien Kastanja & W Seders  
10th M van den Bos  
11th Anton Aelberts  
13th Toon Vogels  
14th Henie Stoel & Lydia Verstraate  
16th W van de Wijdeven, Frans Vogels  
Mischa van der Bos  
26th Jantinus Timmerman  
29th Louis van der Krabben &  
Bep van der Krabben-Enner  
31st Diane Schijvenaars

**Many happy returns to you all**

## **Invoices—Nijmegen Vierdaagse**

I shall be sending out invoices to members participating in this years Nijmegen. As a participating member, and you do not receive your invoice by mid to end of May, please let me know.

My contact details are on page 8 of this magazine

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Any news items to be included in the next newsletter should be with Herman by Monday 21st May 2007 please.

A big Thank you to all who contributed to this months newsletter.

Remember, Every member has a voice and this is the ideal medium to have your say.

**Herman Boston**  
**BDWF Treasurer and Youth Secretary**