



The Rambler—June 2007

Marathon victim died from drinking too much water.

If like us you were disturbed to hear of the death of David Rogers, the fitness instructor from Milton Keynes, who died after completing his first London Marathon in 3hr 30 min, then you'll want to know if it could affect our members.

Mr. Rogers died from Hyponatraemia, or water intoxication. This is when there is so much water in the body that it dilutes vital minerals such as sodium down to dangerous levels. It can lead to confusion, headaches and a fatal swelling of the brain. However, we are talking of excessive amounts of water consumed every mile after the 3rd mile when the water stations appeared.

As in Nijmegen last year, the marathon was the hottest in the event's 27-year history with temperatures peaking at 23.5C with 'radiated heat' from the road reaching 27.5C. However, Dr Sanjay Sharma, Medical Director of the marathon, said he did not believe the cause of Mr. Roger's death was heat related.

Water intoxication is real and it is serious. Rarely will it happen if you drink on a normal basis because of the ability to urinate and release that water but during a 3hr+ marathon where you cannot necessarily do that, the situation becomes very real.

So in Nijmegen, the key lessons for walkers and road crews alike are:

1. It is essential that we drink regularly, before we need it. Start drinking after 30 minutes—just a couple of mouthfuls, and often will provide sufficient water throughout the walking and working day to replace lost fluid through sweating and urinating.

2. Maintaining our levels of vitamins, minerals and blood sugars is essential. The use of Isotonic drinks (BEER IS NOT an Isotonic drink, it's a diuretic), Power Gels, nutrition bars and eating those cobs and sandwiches lovingly prepared at breakfast time is ideal.

3. Eat the balance menu at the Sportshall, it's designed for walking. Whilst viewed by some as not totally appetizing in appearance, it will contribute significantly—especially salty soup.

British Dutch
Walking Fellowship

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Marathon victim (continued)

4. Use rehydration sachets at least twice a day—try Boots or Superdrug’s own brands. Use them once on the road after 2/3 hours, then again just after you have finished, before the evening meal.

All the walkers will carry a water bottle if not two, typically 500ml is ok, as long as you **TOP IT UP at the REST POINTS or when you get a chance beside the road—DO NOT walk on empty.**

Carry a couple of rehydration sachets and tied plastic bags containing sufficient Isotonic powder (about 1 scoop) to mix with 500ml of water collected en route—in this way its both light to carry, quick and convenient to mix and a quick energy boost.

Power Gels, such as those from GNC, are a good buy for glucose, minerals etc—at least 2 per day.

To summarize the above, water intoxication should not be an issue for us—dehydration is the key concern.

Dehydration:

An early indication of dehydration is the colour of your urine; this should be clear, straw -coloured or slightly darker—not dark. You won’t avoid dehydration but the effects can be limited.

Eat you lovingly prepared sandwiches after about 3 or 4 hours. If it’s difficult and the food goes round and round in your mouth, swallow it with water—you are probably dehydrated.

So you’ve eaten and been drinking and still feel “flat” - get the Isotonic powder into the bottle or take a Power Gel washed down with water—the blood sugar needs a boost. Mini bars are good for this but take longer to get into the blood stream.

A last few words about the heat:

- 1) Whilst the Netherlands is not renowned for its shade, especially along the dykes, walk in the shade where possible.
- 2) Pour some of that precious water on the inside of the lower arms and hands as the blood is near the surface and will appreciate the cooling. Pour a little on the back of your neck and let it run down your spine—the wet shirt will pick up any stray cooling breeze.
- 3) Wear a hat, you might have thick hair but the sun will burn your head. Wet the hat or sun flap, or wet your handkerchief. Keep the back of your neck covered and /or cool.

These are proven ideas but do not suit everyone-but with these ideas in mind you need to find what helps **YOU.**

We wish you all a safe and enjoyable ‘4 Days Walk’.

Roy Hayward/Bob Gutteridge

BDWF walkers and distances

In light of the new rules introduced by the KNBLO this year regarding the double start for 40K walkers, I am taking the opportunity of highlighting the names of walkers so that you can swap tickets and “Buddy” up to ensure no one misses the coach each morning.

50K walkers

British

Rachel Jewers, Amanda Bryer & Joy Foster

James Pirrie, Alex Jewers, Simon Jewers, George Beecham, Ted Blair, George Buxton, Steve Cherry, Mike Dean, Jeff Hurley, Howard Johnson, Nigel Jones, David Mason, Gordon Pacey, Kevin Poultney, Marcus Steward, Ron Williams, John Wriglesworth, Tim Wyer, Mike Strong, Paul Grant, Paul Wade, Peter James, David Usher & Craig Gould

Dutch

Wouten van Essen, Christian Bos, Joop Ludema, Nico Maarschalk, Niek Rouschop, John Van der Last, Edwin Vreeling & Jaap van Den Bos.

Peter Sinclair, Robert Sinclair, Alexander Thompson, Aidan Glennie, John McManus, Dominic Bray, Thomas Adams, Brian Young, Dave Brooks, Daniel Foxwell, Mick Abbott, Richard Courtney, Stephen Davies, Trevor Day, Nigel Goodman, Bob Gutteridge, Roy Hayward, Dave Holyday, John Nicholson, Ken Redman, Ron Richardson, Chris Rolls, Phillip Simkin, Michael Slater, Ian Slipper, Roger Trent, Jim Usher, Paul Williams, Ted Pinch & Mike Toulouse.

Dutch

Klaske Ludema-Korporaal, Jacolien Plomp, Linda Plomp, Anneke Lakeman, Milanka Terlouw-Markovic, Cindy Snijders & Janny A de Reus-de-Boer.

40k Walkers

British

Jeanne Carter, Elaine Whittaker, Sheila Abbott, Caroline Ennals, Chloe Dutton, Claire Jenkins, Bridget Sinclair, Alison Sinclair, Vicky Couper, Anneke Day, Ann Oliver, Deborah Towson, Angela Douglas, Katie Elliman, Frankie Mabbott, Karen Pearce, Almuth Prowse, Jan Roberts, Rhianwen Slipper, Ann Williams, Kate Pitt, Jacqui Wakelam & Jackie Miles.

Charles Shaw, John Howell, David Mugford, Joshua Veitch-Michaelis, Doug Pearce, Henry Wakelam, Tom Wakelam, Dan Mosley, Dafydd Jones, Richard Dean, David Sinclair,

Jan Eggink, W Elfrink, H Gol, S Oosting, W Seders, Dirk Terlouw, Hein Ubachs & Marin Snijders

30k Walkers

British

Bob Mason, George Newby, Bob Oxley & Talbot Williams,

Dutch

Anton Aelberts, H.J.M Bult, Rienk Cloo, Arie de Knijf & Hans Ludema

4Days Newsletter

Earlier this month I emailed the electronic 4 days newsletter from the KNBLO. I did not send it to those without email addresses as the contents consisted of links to their main web site and which in turn was information already received through the Rambler publication.

Sportshall Menu—Dinner : Nijmegen 2007

Monday 16/07/07

Clear Vegetable Soup, Chicken Fillet with Curry Sauce, Small Cucumbers, Boiled Potatoes, Salad & Yoghurt

Tuesday 17/07/07

Clear Chicken Soup, Pasta and Potatoes, Green Vegetables and Meat Sauce, Salad & Dessert

Wednesday 18/07/07

Tomato Soup, Meatball, French Beans, Boiled Potatoes, Salad & Dessert

Thursday 19/07/07

Mushroom Soup, Hungarian Goulash, Boiled Potatoes, Small Peas, Salad & Dessert

Friday 20/07/07 - Indian Buffet

Yellow Rice, Beef Curry with Cashew Nuts, Chicken Thigh with Raisins, Vegetable Curry, Cucumber Salad & Dessert

91st Four Days Marches Information for walkers

Starting with the 91st Four Days Marches, a number of measures have been introduced with the aim of better informing the walkers about the current situation during the marches. A number of mobile surveillance teams will closely monitor the course of events along the routes, and the meteorologist Jules Geirnardt will also provide regular reports on the current weather situation as well as providing weather forecasts each day. The monitors will maintain close contact with the management of the march and with the Medical Service of the Stichting DE 4DAAGSE, in respect of all their findings. If this should result in measures that would affect the course of the marches, the walkers will be informed of this as quickly as possible via:

1. Illuminated news trailers that can be placed at any location along the route and be used to provide concise and up-to-date information to the walkers, but only if there is actually an ongoing situation.
2. Voluntary Four Days Marches personnel who also function as stewards at the Start and Finish location 'de Wedren' and at the checkpoints, will inform the walkers verbally of any additional measures or instructions.
3. Text messages, for which walkers are requested to provide their mobile telephone number to the organisation. If anything serious should occur, the Four Day Marches organisation will be able to inform the walkers quickly via a text message 'bomb'. If you should receive a text message bomb, please pass the message on so that walkers without a mobile phone will also be informed.
4. The Stichting DE 4DAAGSE website www.4daagse.nl.
5. The broadcasts by 4Daagseradio (local radio) and Radio Gelderland (regional radio).
6. The large screen at the Start and Finish location 'de Wedren'.

Birthdays

British

1st David Mason
3rd Vicky Slipper
4th John Wriglesworth & Marcus Steward
5th Gina Coltman & James Roberts
7th Robert Harris
8th David Usher & Alice Travers
9th Gillian Weaver
10th Steve Arscott
12th John Pattenden
15th Roger Trent
16th John Nicholson & Daniel Vaughn
18th Jean Gore & Phillip Simkin
19th Lizzie Pitt
21st Martin Jones
22nd Sophie Williams
25th Chris Rolls

26th Ian Slipper & Rosemary Kirby
27th Kate Nelson
28th Hannah Mayell
29th David Kenyon
30th Victoria Kibbey & Kevin Docherty

Dutch

2nd Koos Vreeling
11th G Van der Belt
13th A Vos
17th Sybren Van Klaarbergen
22nd Coby de Bruijn
25th Cindy Snijders
26th John Van der Last
27th John Van der Zande
30th P D Esseveld

Polo shirts

All orders for Polo shirts are now in and the order will be placed with the supplier. We shall of course order one or two extra as last minute requirements and these can be purchased in Nijmegen from the office.

Cost of Nijmegen

By now you should have received your invoice for Nijmegen 2007 and I trust are pleasantly surprised.

In the August 2006 Rambler I suggested that we would be able to reduce the costs in the region of £20-£40 if the numbers going remained the same. The numbers have remained the same and additionally, following a full review of the Fellowship's financial situation especially in the light of ensuring there were no problems associated with overcoming the withdrawal of sponsorship from BT and with the change in coach company used, the club is now on a very stable footing and we are now in a position to set an upper limit to our bank balance. As a result we are able to make an increased reduction in the cost of the essentials i.e. accommodation, catering, support etc

Please ensure your payment is with me no later than 30th June 2007.

Your letters

Nijmegena support person's viewpoint

You asked "Why we do it ?" - Here's my story ...

Why do we do it ? ... For the same reason you undertake the walk each year ... a sense of achievement !

I hope that by using my skills and potential I can help you realise yours ! The measure for me, of a good support team is the number of walkers that complete the event, and nothing gives me greater pleasure than to see the array of hard won medals at the "Blister Ball".

A good Support Crew are the voice of rationale and understanding when you are weary. We will give encouragement and motivation when you question if you can walk anymore.

We will set up rest areas for you to relax and regroup, and (attempt) to provide a laugh and friendly face when you are tired and emotional. We will fetch and carry for you whilst you take a well earned break and even provide a massage and treat your smelly feet.

We provide the security so that you can sleep safely in your beds at night, and for those Night Owls we even go as far as providing transport to and from the centre of town.

All this, with less sleep than the average walker ... "I wouldn't miss it for the world !!!"

See you all in Nijmegen.

John Miller

In a past life.....

In a past life, one of my colleagues, Jonno, was a Staff Sergeant with 1 Armed Field Ambulance and spent many a happy hour patching up battered squaddies in Nijmegen. In the early hours of this morning - we're halfway through a week of night duty, we were swapping March Stories and he came up with this cracker:

One year Jonno was mightily miffed at not being able to lead his unit's advance party, other duties detaining him at some godforsaken German base until the start of the March. His guys arrived in Nijmegen and in the true tradition of the British Army, started working their way around the boozers. At some point in the proceedings they teamed up with a unit from another country, don't know who, the Bulgarian Light Horse or some such, and after much jollity, all became the best of friends and swapped unit tee shirts. In the wee small hours the two groups split up and went their separate ways.

Jonno's guys were weaving their way back to camp when suddenly, for no apparent reason, they were jumped by a very large bunch of Cloggie MPs, cuffed, given a good smacking, slung in the back of a paddy wagon and deposited at a temporary military nick.

Your letters (continued)

Seems their new chums had been involved in a fairly unpleasant incident and the only description was, yes you've guessed it, a bunch of troops wearing Bulgarian Light Horse tee shirts!

Having gone out for some serious drinking none of them had any ID and as a result, Jonno had to drive over from their home base and identify them before the KMar would let them go the next day.

The moral being : **'Be very careful who you get souvenirs from'**

Article submitted by Barry Clarke (to whom all feedback from German bases, the British Army or the Bulgarian Light Horse should be addressed).

For Information:

The KMar (Koninklijke Marechaussee — or Royal Marechaussee in English) is one of four military bodies in the Netherlands. It is a gendarmerie, that is a military body serving peacetime duties of a normal police force. Marechaussee is an alternate French word for gendarmerie.

(see also http://en.wikipedia.org/wiki/Koninklijke_Marechaussee)

Tea Bags

For those of our members that do not like the tea from the urn at breakfast and dinner, there will now be PG tips tea bags available at no charge. They will be placed by the urn all week so please do not take more than you use at that sitting.

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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 Herman by **Monday 18th June 2007** please.

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

Herman Boston
BDWF Treasurer, Youth Secretary and CPO