



The Rambler - April 2008

Scanning of Barcode Cards

We have encountered a few problems in registering participants for this year's Nijmegen Vierdaagse as a result of barcode cards not having been scanned properly at Nijmegen 2007.

You will be issued with two cards – a Barcode Card and a Checkpoint Card.

Your barcode card will be scanned each day at the start of the walk as an indication that you have started.

You should keep your checkpoint card with you at all times during the walk and to show it at the checkpoints along the route, where it be 'punched'. The checkpoint card will be inspected at the end of the day and collected by the registration desk. If the inspection by the registration desk is satisfactory your barcode card will again be scanned and you will be officially registered as having completed that day's walk. At that point you will be given the next day's checkpoint card.

To avoid loss, damage, etc. you are advised to keep both cards safely with you at all times during the walks. Don't give it to your friend to carry – if you get separated you could lose out!

The 4 Days organisation has advised that occasionally your barcode card may not be scanned properly at the sign off.

Will all walkers please remember to listen out for the audible 'ping' when using the Nijmegen swipe cards to ensure that the barcode card has been scanned properly.

Whilst your checking will greatly assist us, the Nijmegen office team will also double check on the 4 Days web site each evening. In this way we can keep track of your details and let the 4 Days organisation know in good time in the event of any errors.

British Dutch Walking Fellowship

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**Friday 4th April
2008**

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Scanning of Barcode Cards (continued)

Remember, this daily check using your walking number e.g. 40C421 can also be used by your friends and family back at home by inputting the appropriate details on the 4 Days web site (www.4daagse.nl) to see how you are progressing. Please also note that the walking number is a new number for every year you register and can be found on the confirmation card that you will receive.

Additional requirement for Access to RAF Cosford

27th Annual Royal Air Force 2 Day March, 26th & 27th April, 2008.

START AND FINISH.

The Walk starts & finishes at DCAE Cosford, Wolverhampton. WV7 3EX. DCAE COSFORD is located on the A41 just south of Junction 3 of the M54, follow the signs for RAF Museum from the M54 motorway. All Walkers must return off the routes by 1700 on Saturday & 1600 on Sunday. **Walkers will be required to bring Photo-ID (Passport or Photo Driving Licence) for access to the start at DCAE Cosford.**

Web site: www.rafwarma.org.uk

'Success' to all those attending.

Second Tranche Registrations

The number of participants who registered in the first tranche for this years Nijmegen Vierdaagse totalled 25,954. This left 19,046 places in the 2nd Tranche.

To date, I have registered 60 in tranche 1 and 53 in tranche 2.

The window for registration closes on Friday 11th April. If you would still like to be part of this great event, please contact Herman. Details are on the last page.

A full list of our walkers with distances and award (and if there is no lottery system) will be published in the May edition of the Rambler.

As at start of play Thursday 3rd April the number of walkers registered in tranche 2 stands at 15,352.

First Aid Team—Nijmegen 2008.

A brief introduction to our Nijmegen 2008 First Aid team:

Frank and Gina Coltman. Gina, First aid and Roadside Co-ordinator, and Frank have been blister busting with the BT Nijmegen group and BDWF for the last 18 years and bring both first aid and massage skills.

Mike Dean was part of the original support team under the BT Nijmegen group for 3 years before deciding he would walk the 50K distance. He has since done a mixture of both and is now returning as a first aider. Mike works as a commercial trainer for St John's Ambulance so teaches all of the competences required on a weekly basis. He is an officer of St John (County staff post) and a first aider with over 40 years experience.

Martyn Charity has been a member of the BT Nijmegen group since 1998 as a Student walker, and as an Adult member of the support crew. He has been blister busting for the last 3 years. He is a Divisional Superintendent with St John Ambulance and is qualified in Medical Gasses and Defibrillation.

Vicky Webb is an A&E nurse and a member of St John Ambulance and is qualified in Medical Gasses and Defibrillation.

Doug Pearce has been both a walker and a first aider and has several years experience of blister busting with the Cadets. His first walk with the BDWF was in 2007.

Will Muller (Nederlander) KPN First Aider who trained us on how to burst blisters in 1991/2. He started treating walkers at Nijmegen back in the 80's and can't even remember how many times he's done it - it's been so many. He last treated our group in 2007.

Karen Gray newest member to the team is St John Ambulance trained.

Jan Minaard (Nederlander) will join us. He will be fulfilling a long-standing ambition to treat in Nijmegen. He has treated blisters at other marches in Holland for many years.

We will provide another update in a future edition of the Rambler closer to Nijmegen 2008.

Gina.

Weblog: Johan Willemstein

4 Days Web Site: www.4daagse.nl

A weblog of Johan Willemstein, Chairman of the Board of the 4 Days, will be posted every two weeks on the 4 Days web site.

5 March

After long deliberations the decision has been made to not introduce a new distribution system for the cards of the flag parade. This will mean that - like in former years - **all walkers registering on Sunday can get a free card for the Flag Parade.**

This may also be the place to repeat that – contrary to former years - **the Flag Parade will take place on Sunday evening** and will open not only the Four Days Marches but also the Four Days Festival. This is one of the results of the co-operation with the organising committee of the Four Days Festival (ACBN). It also gives us the occasion to revamp the Flag Parade and modernize it. The program begins at 19.30 and the main act starts an hour later. I heartily invite all walkers to come to the show - I'm sure it will be worth your while! And nobody has to get up at the crack of dawn on Monday!

The submission for the plans of the Four Days Marches have been sent and that means that technically, the necessary preparations have been made. The routes have been set, as have the locations of the first aid posts, control posts, news tickers, rest rooms, etc, etc, etc.... As soon as permissions have been obtained for these locations, they will be made public on this website.

Note: Extract taken from 4 Days web site.

Change of Contact Details: Herman Boston.

As it is so easy to miss what appears to be permanent information, will all members please note the change of contact details for Herman Boston.

Herman's bt.com internet email account is now closed.

Herman should now be contacted on hermies@btinternet.com , telephone 01793 487296 or mobile 07936 390500.

Updated details are and will be shown on the last page of the Rambler.

Your Letters

Charity Sponsorship

I would like to add my sponsorship achievements to the growing list.

As you know I have walked the 4 Days for 18 years and each year have raised sponsorship for doing it. This has averaged out over the years to anywhere between £500 - £600 each year. At the same time raising sponsorship for running marathons as well this averaged out at between £300-£400 a race.

Yes the normal reactions of my sponsors (most of which were the same people) was “not you again”, but still they supported me.

Eight years ago I changed jobs so I now have a different set of people to pester, but I get the same response - “I only gave last month”. I am eternally grateful to all who put up with my pestering. I can see them starting to twitch again already.

See you at Cosford

Jim Usher

Editor’s Note: Thank you Jim for your feedback

Petra Kolen and Niek Rouschop getting married

Its official. Petra (Dutch translator in the office) and Niek (50K walker) have announced they are getting married in 2009.

Petra has sent me pictures of the wedding dress, but it would be bad luck for the groom to see the dress before big day.

Now Niek, the ladies will want to know how and when you proposed and of course want to see the ring. So let’s have a story for the next issue. I bet no one can top mine. We were in a queue in Argos when I popped the question.

Many congratulations to you both

Birthdays

British

- 1 Natalie Williams, Lee Anderson
- 2 Luke Sharratt
- 5 Dave Holyday, Sylvie Boston
Mathew Willis
- 6 Emily Souch
- 7 Kimberley Walter, John Phillips
- 8 Richard Ballard, Barry Clarke,
David Passmore
- 10 Emma Gunn
- 11 Diane Walker
- 13 Liam Henry
- 15 Thomas Hartnell
- 16 Howard Johnson, Andrew Jones
- 17 Laura Green
- 18 Elaine Whittaker, Rhianwen Slipper
- 19 Brian Campbell, Lorraine Lavender
- 20 Anneke Day, Anna Millard,
Richard Browne
- 21 Craig Gould, Thomas Adams
- 22 Andy Cripps
- 23 Bob Mason, Kate Pitt
- 24 Alex Thomason
- 26 Stephen Davies
- 27 Stan Fowler, Maxwell Cook
- 30 Tina Angell, Cassandra Dunn

Nederlanders

- 1 Rombout Grondman
- 2 Eric Evers
- 3 Andre Klinkenberg
- 7 J Mounoury
- 8 Florian Hupkes
- 11 Chiel Vogels
- 12 Sara Ann Cubitt, Moniek Abberkerk
- 15 Anneke Vogels
- 18 Johan Tiggelaar
- 20 Bep van der Krabben
- 22 Anita Ludema
- 24 Janny A de Reus-de-Boer
- 25 Fia Moller
- 27 Rijk Jacobs

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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 21st April 2008.

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