



The Rambler-January 2010

Happy New Year: 2010

On behalf of the BDWF committee I would like to wish you and your family a very Happy New Year.

What better way to start 2010 than taking advantage of our fantastic BDWF offers to the RAF WARMA 2 day walk, RAF Lyneham 3 day walk and the Nijmegen Vierdaagse.

But hurry these offers are not around for long.

To ensure your Nijmegen place, you must:

- have participated in Nijmegen in the last 2—3 years,
- or will be aged 12 in 2010,
- or as a newcomer willing to walk in a 40k or 50k team.

(Rules of the Dutch KNBLO and not those of the BDWF— expanded information at pages 2 & 3)

Please ensure your completed BDWF Nijmegen application form together with £100 deposit are returned to Herman no later than 31 January 2010. Without the completed application form and deposit Herman will not be able to register you for the event.

All other 'Newcomers' must return their completed application form by mid February 2010. If you are unsuccessful in gaining a place (through us registering you) at Nijmegen 2010, you will be given a full refund of your £100 deposit.

Completed Membership forms to be returned by 31st January, 2010.

Happy walking in 2010

As you read this there are only 193 days to the start of Nijmegen 2010.

**British Dutch
Walking Fellowship**

Volume 37, Issue 1

Newsletter Date

**Friday 8th January
2010**

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2010 Vierdaagse Restriction Protocol

1. Every year the Four Days board determines the maximum number of registrations to be accepted.
2. The only way of registering is to complete and post the standard registration form or to use the registration module on the website (**This we do on your behalf once BDWF Nijmegen application forms & deposit have been received by Herman**). Registration shall be effected once the Central Administration has received the registration form or registration module. Every registration is subject to payment of a registration fee. Payment of the registration fee, or the assumption that such has been received, does not in itself constitute registration.
3. Every year the board determines the date registration will commence and the final date by which registrations must be received.
4. **For the 94th Four Days Marches, the number of registrations referred to in item 1 has been set at 45,000.**
5. The first registration period for the 94th Four Days Marches is from midnight at the beginning of Monday 1 February 2010 to midnight at the end of Friday 5 March 2010 inclusive.
(**See Page 1 for BDWF application form return timescales**).
6. The following people will be eligible to register during this first registration period:
 - anyone who completed the 93rd Four Days Marches successfully and in accordance with the regulations;
 - anyone who participated in but failed to complete the 93rd Four Days Marches and who completed the 92nd Four Days Marches successfully and in accordance with the regulations;
 - anyone who participated in, but failed to complete, the 93rd Four Days Marches and who was born in the calendar year 1997;
 - anyone born in the calendar year 1998;
 - anyone who has been accepted for participation in Via Vierdaagse 2010.(Previous) participation as an accompanying orderly does not count as participation or completion as referred to in this item.
Entrants may only register for the applicable regulation distance or extended distance.
7. Anyone who fails to meet the criteria for registration during the first registration period specified in item 6 will be able to register their wish to participate in the 94th Four Days Marches during the second registration period from midnight at the beginning of Monday 8 March to midnight at the end of Friday 9 April 2010 inclusive.
8. The date and time the registration is received by the Central Administration is the determining factor in respect of the dates referred to in items 5 and 7. Any registrations received sooner or later, and any incomplete or incorrectly completed registrations will be returned or deleted. **There will be no waiting list and no substitute, conditional or alternative registrations will be possible.**
9. The (choice of the) method of registration is the entrant's own responsibility. The board will not be accountable for any failure occurring at the time of or during postal delivery or Internet traffic. The period between the time the registration is sent and the time it is actually received by the Central Administration will be at the risk of the person registering.

2010 Restriction Protocol (cont)

10. The board will confirm the participation of anyone who has registered correctly during the first registration period.

11. Once the first registration period has been closed the board, duly considering the maximum number determined in item 4, will determine the maximum number for participation of those wishing to register as referred to in item 7.

12. At some stage during the week 12 - 16 April 2010 inclusive, it will be determined which of the people who registered their wish to participate, as referred to in item 7, will actually be able to take part. **In the event of the quota being exceeded, this will be done by drawing lots of those people who registered in the second period for participation with reward 1, with the exception of those born in the calendar year 1998 who did not register in the first period.**

13. The board supports the engagement of an impartial person, within the meaning of the law, to determine the registrations yet to be accepted.

14. The names of those drawn to participate will be published on the website by the board. Registrations eliminated by the draw will be returned or deleted.

15. **Where lots need to be drawn, anyone who according to official draw reports is eliminated by the draw from participating in the 94th Four Days Marches, and who according to official draw reports was eliminated by the draw from participating in the 93rd Four Days Marches, will be given the opportunity to register for the 95th Four Days Marches without the risk of being eliminated.**

16. **If at the end of the second period of registration the maximum number specified in item 4 has not been reached, later registration will be possible during an additional registration period.** The board shall set the participation quota for those wanting to utilise the option of later registration. **Such late registration will be possible via the website registration module only**, from midnight at the beginning of Monday 12 April 2010 to midnight at the end of Friday 28 May 2010 or however much sooner the last acceptable registration, subject to the maximum number specified in item 4, is received by the Central Administration.

17. The board will confirm the participation of anyone who has registered correctly during the second registration period and, where applicable, during the additional registration period.

18. The board shall establish a separate ruling for the registration of groups or contingents. The provisions laid down in or pursuant to the Rules and Regulations of the Nijmegen International Four Days Marches (Regeling Internationale Vierdaagse Afstandsmarsen Nijmegen) VS-2-1100 shall apply to the registration of military participants.

19. The board may refuse the registration of anyone registering more than once in the name of the same natural person, unless there is evidence that the person registering was not at fault. The board may also refuse the registration if the person registering cannot (satisfactorily) verify the registration details.

20. These regulations may be referred to as the 2010 Restriction Protocol.

All information from: www.4daagse.nl (via 'participation', 'regulations')

Just a Few Words:

www.smartphrase.com/Dutch/dutch.shtml

www.speakdutch.co.uk/phrases/basic-phrases

www.speakdutch.co.uk/vocab

<u>GREETINGS</u>	
Hello	Hallo
Good day	Goedemorgen
Good evening	Goedenavond
Good night	Goedenacht
Hi	Hi / Dag
Good bye	Dag
See you soon	Gauw tot ziens

<u>QUESTION WORDS</u>	
Where?	Waar?
When?	Wanneer?
Why?	Waarom?
What?	Wat?
Who?	Wie?
How?	Hoe?
How much/many?	Hoeveel?
Is/are there?	Is/Zijn er?

<u>GENERAL RESPONSES</u>	
Yes	Ja
No	Nee
That depends	Dat hangt er van af
I don't know	Ik weet het niet
I don't think so	Ik denk het niet
I suppose so	Ik denk het
I think so	Dat denk ik
It doesn't matter	Het doet er niet toe
I don't mind	Het
Of course	Natuurlijk / Zeker
True	Waarkan me niet schelen
With pleasure	Met plezier

<u>ETIQUETTE</u>	
Please	Alstublieft
Thank you (very)	Dank je/u (zeer)
Excuse me	Neem me niet kwalijk
I'm sorry, but...	Het spijt me,
That's a shame	Dat is jammer
May I... ?	Mag ik... ?

Dutch Phrase for the month:

Als je nu jou teennagels wilt afknippen, alstublieft doe dat ergens anders.

(Translation if needed next month)

Your Letters

"We really are Famous" Rotorua, New Zealand

This photograph of Anne and Dave Welburn-Sutton in their BDWF T-shirts originally appeared within the 2009 application form for this walking event in Rotorua, New Zealand.

It's now the lead picture on the 2010 Rotorua Walking Festival web site at:

<http://www.rotoruanz.com/events/2010/mar/19/rotorua-walking-festival>



Photo courtesy of rotoruaNZ.com

Well done both.

Forthcoming Events 2010:

January 2010

Sunday 31st. Stonehenge Stomp. 08:00 to 10:30 from Amesbury Sports centre
Distances: 10/20/30/40k. Entry fee £2.00. Contact: Richard Archard 57 Countess Road,
Amesbury, Salisbury, SP4 7AS. Tel: 01980 623341. Email: info@amesburywalkers.co.uk

February 2010

Sunday 7th 7K Winter walk in Swindon in aid of Prospect hospice

March 2010

April 2010

TBC 50th Bogle Stroll (1st weekend in April)

Distances: 55mile; 25mile and 12 mile all taking place within 24 hours and the Bogle Roll;
(a cycle ride of the north loop in multiples of 25 miles). More details to follow

24th-25th RAF WARMA 2 day march (participants are required to pre-register).

Time: 06:30—09:00 from DCAE Cosford Nr Wolverhampton WV7 3EX.

Contact: Event secretary P.O Box 567, Macclesfield, Cheshire, SK10 9GL. Tel: 01625 610707 or
email: events@rafwarma.org.uk for application forms.

May 2010

29—31st 3 day RAF Lyneham walk. Contact Herman for more information

June 2010

TBC Walkley Midnight Walk (20 miles—Avebury to True Hart public house, Bishopstone
across the Ridgeway). Breakfast at the end (optional). Certificate only. No medal. More details to
follow.

July 2010

11-17 38th Haervejsvandring, Denmark (www.fodslaw.dk)

20-23 94th International 4 Day Marches, Nijmegen.

If you know of other walks that our members would be interested in, please drop me a line or give
me a call. My details are at the back of this newsletter.

Birthdays

British

2 Herman Boston
3 Gareth Hopkins; Alan Sheridan
4 Trevor Day; John Miller; Stuart Williams
5 Mick Abbott; Francis Neal
12 Rebecca Smith; Rachel Jewers
13 Bob Oxley; Carron Baker
14 Stephanie Williams
16 Jeff Elliman
18 Oliver Ruyssevelt; Henry Wakelam;
Christopher Readwin; Jacob Pollard
19 Derek Bryer; Paul Thompson
20 Dan Mosley
21 Andy Bodman; Tim Wyer; Alex Jewers;
Christopher Yeoward
22 Dave Brooks; Rhiannon Warburton
23 Alun O'Connell; Gemma Coupland
24 David Foden; Victoria Farrington;
Tony Charles
25 David Ruddle
26 Tony Del Gallo; Dave Jones;
Hannah Squire; Jordan Ware
27 M Caffrey
28 Sheila Abbott
29 Ann Coward
30 Nick Wakelam; Carl Phipps;
Daniel Leonard

Nederlanders

2 Ronald van Oort
4 Martin Vogels
5 Marian Plomp
12 Yvonne de Polder
13 Andre Posthauer
14 Arie Krul; Andre Looijengen
15 Kristian van Ringelenstein; S Stoel
18 Debby Feijen
19 Piet de Veer; Daniel Hauer
21 J. de Bruijn
22 Caroline kok-jepma
23 Serje Reijnen
25 Jan van RooijenE
28 Michel van Krimpen
31 Anneke Lakeman

Many happy returns to you all

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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 18 January 2010**.

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