



The Rambler-March 2010

Nijmegen 20-23 July 2010 Registrations

The first registration period began on Monday 1 February and ends today Friday 5 March 2010.

The second registration period opens on Monday 8 March and ends Friday 9 April 2010.

Newcomers and returning members must get their application forms into Herman ASAP. There are still places available for 40K and 50K teams.

The number of tranche 1 registrations (28,452 by Wednesday midnight) had already exceeded last year's total with 2 day's left.

Assuming current registration levels continue, it is likely that more than 29,000 walkers will be registered in tranche 1.

That leaves less than 16,000 places for the second registration period.

Some 17,003 places were available for the second registration period in 2009 and, with the applications then being exceeded, a lottery draw came into play. It is highly likely that this will be repeated this year.

BDWF 2010 Calendars

If you have forgotten and would like to get your hands on one of these calendars, the last seven are available at the reduced price of £6.00

Do not delay as disappointments are inevitable.

As of distribution date there are only **136 days** to the start of Nijmegen 2010.

British Dutch Walking Fellowship

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Exclusive '10' Club

The cost for membership to the “10” club (more correctly the Gouden-Kruisdragers Vierdaagse) is currently €13.40. You can find more details here:

<http://www.goudenkruisdragers.nl/english/index.html> (also in Dutch, of course).

Whilst checking the web site we came across the following information— if anyone was wondering what happened to the famous Annie Berkhout:

"Mrs. J. Berkhout, our best-known honorary member, was honored at her 65th Marches. Mrs. Berkhout passed away in 2006."

Currency Exchange

Following on from our February article regarding getting the best exchange rates, we thank Chris Bolton for the following contribution:

“See the link below for Crown Currency Exchange:

<http://www.crowncurrencyexchange.com/index.asp?adloc=Google&qclid=CLmiiefEqpwCFZ4A4wodOU1Nkw>

This is the company I use and they are extremely reliable. I have always got the best rates by buying forward, although you do need to pay up front.”

Essentially you pre-order currency on-line or via Freephone 0800 612 7273 for any amount between £300 and £10,000 (you could club together). You choose a delivery date, the later the delivery date the better the exchange rate, the web site or operator calculates an exchange rate and you're presented with/given a quote — **then it's your decision !!** Home delivery is free.

Example to show variation : rates shown on 01/03/10 — **constantly updated so essential to recheck**

| Delivery between | Euros |
|---------------------|--------|
| 11/3/10 and 21/3/10 | 1.0997 |
| 22/3/10 and 31/3/10 | 1.1025 |
| 1/4/10 and 20/4/10 | 1.1420 |
| 21/4/10 and 15/5/10 | 1.1551 |
| 16/5/10 and 29/7/10 | 1.1625 |

Erratum:

Page 6 of the February Rambler—apologies for the mistake with regard to the distribution date for the June Rambler — it is of course the first Friday of June i.e. June 4th and not the 4th November as shown !!

Weblog of Johan Willemstein

Monday, 8 February 2010

Registration has now been open for a week and more than 16.500 participants have already registered for the 94th edition of the marches. This is good news. Interest in the event is comparable with last year, and is possibly even somewhat greater. We will be keeping a close eye on the registrations over the next few days and weeks.

And what about the Via Vierdaagse 2010 project? People were able to sign up from 0.00 hrs on 1st February and by 9.30 the project was already fully booked (1,500 places). These first-time Four Days Marches participants (some of whom registered through rambling clubs this year) and new members of the Dutch rambling association KNBLO-NL are now going to get stuck into their preparations for "The Walk of the World", following modern training schedules and with expert support. Together with them, we are facing the challenge of showing that thorough preparations lead to better results, fewer withdrawals overall, and a more enjoyable and satisfying third week of July. It'll be brilliant if we can achieve a withdrawal percentage of less than 12.4% (2009 percentage).

The decision for the wristband to be used for checks en route, as well as at the start and finish, has now also been finalised. So there'll be no more punching checkpoint cards, just scanning bar codes. I already talked a bit about this topic in my last blog, and it now looks as though we will be giving this method a permanent place in the event and will also be using it for a range of purposes over the years to come. The key aims at this point in time are to increase administrative efficiency and ensure that participants stick to the rules as much as possible.

Something else worth mentioning is that we have made considerable changes to the military route (40km green) that starts and ends at Heumensoord. It has come to light that, over time, this route has gradually increased from 160km over four days to 170km. We have brought this back down to normal proportions by ditching more than 5km on Day 2 (**military participants will now walk with the 30km walkers through Wijchen**) and over 2km on Day 3 (the loop after Milsbeek has been cut out). This leaves us with around 163km in four days (including the Entry), which is acceptable. **This also means that the Entry is now compulsory for military participants and that medals will no longer be presented at Charlemagne, but only upon return to Heumensoord.**

These arrangements have of course been agreed upon with the Dutch Ministry of Defence, with the leaders of international military delegations and with the local councils in question. Last Thursday, we took one last look back at 2009 and looked forward to the upcoming edition, together with the Mayor of Nijmegen and the Director of the Four Days Festivities. We are all really looking forward to the event, and so we are hammering away at the many preparations.

Information from www.4daagse.nl/en

Just a Few Words:

www.smartphrase.com/Dutch/dutch.shtml

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

www.speakdutch.co.uk/vocab

| DRINK | |
|-----------------|----------------|
| drink | drink |
| to drink | drinken |
| coffee | koffie |
| tea | thee |
| with milk | met melk |
| hot chocolate | heetchocolade |
| orange juice | sinnasappelsap |
| apple juice | appelsap |
| tomato juice | tomatosap |
| pineapple juice | ananassap |
| lemonade | citroensap |
| white wine | witte wijn |
| red wine | rode wijn |
| dry wine | droge wijn |
| sweet wine | zoete wijn |
| water | water |
| mineral water | minerale water |
| cider | ceder |
| beer | bier |

| TELEPHONE | |
|---------------------|-----------------------|
| reverse charges | omgekeerde (on)kosten |
| engaged | bezet |
| hold the line | vasthouden |
| to hang up | neerleggen |
| to call back | terug bellen |
| to ring | bellen |
| telephone | telefoon |
| telephone box | telefooncell |
| telephone call | telefoongesprek |
| telephone directory | telefoongids |
| telephone number | telefoonnummer |
| dialing tone | draaitoon |

| CONDIMENTS | |
|------------|---------|
| salt | zout |
| pepper | peper |
| vinegar | azijn |
| mustard | mosterd |
| sauce | saus |

Translation of Dutch phrase My drink is getting lonely. Would you like to join me with yours?
for last month:

Dutch phrase for the month:

(Translation if needed next
month)

Kun je me wat geven voor de pijn?

Your Letters

How did you Start ?

George Beecham's Race Walking Career

Most people starting out on a new venture do so by taking small steps. Not so George who was never one to do anything half heartedly. He decided, about 60 years ago, to try to see how far he could walk at one go. Living in London he naturally thought of Brighton but, to add spice to the venture, took the train to the seaside resort in order to walk the 50 miles home again.

Arriving home, having enjoyed the day and feeling none the worse for wear, he made enquiries as to how he could gain more enjoyment from walking in races. He joined a leading athletic club, Belgrave Harriers, and was soon receiving guidance from senior members who recognised talent. In the early years the distances were limited to less than ten miles and he was soon winning prizes in handicap races. Each win meant a reduction in the handicap he was given and the experience he gained led him to lengthen the distances he raced over. Ten miles soon became twenty, a couple of years later and this became fifty kilometres.

He was soon gaining places the club's teams in national championships. He enjoyed racing in hot weather and as the major distance races took place in the summer this gave him an advantage. He won several of the classic distance events – Dover to Canterbury and back (26 miles), Hastings to Brighton (38 miles) but it was as a team member that he excelled. In the 1957 National 50 kilometre event, at Leyland, on the hottest day of the year, he placed fourth behind the great Don Thompson who was to win the Olympic gold medal three years later in Rome.

George's performance that day gave him selection for a London team to race in Belgium where he finished third behind Thompson. His team performances, for Belgrave, include a unique record of being a member of eight successive annual National championship winning teams over twenty miles. This is more than any other walker and is now never likely to be equalled. Eight men form a team and all had to start and finish the race – a tremendous tribute to George's commitment.

Another annual event of which he is particularly proud is to complete the Dutch Nijmegen Marches. Each year he returns home full of anecdotes of the kindness he has been shown by organisers and spectators alike. These trips, and the companionship mean a great deal to George. Another trip he recalls with justifiable pride is the return to Brighton in 1981. His aim, on that occasion, was to become a Centurion. To do so he walked 100 miles on a track in 24 hours. Not content with completing this once he added another two performances in future years. Brighton was also in his sights, most Septembers, when he took part in the annual race of 54 miles from Westminster .

A great team man over many years he is also well known as an administrator in his home town where he works hard for a number of organisations and has, for many years, raised hundreds of pounds for various charities by completing the London Marathon and other events. His great work in so many ventures was recognised by the award of the MBE by the Queen.

By Eric Hall who represented Great Britain at the Olympics in both the 20 Km and 50 Km walks. (Article submitted by Chris Bolton).

Your Letters (cont)

Bury St Edmunds 4 Day Walk



Herman,

Would you like to add this item to the next Rambler? It's a new 4-Day walk, held in Bury St Edmunds (Suffolk) in aid of 'Help for Heroes' in September.

<http://www.barrowwalk.co.uk>

Timothy Wyer.

For Information:

The Great Barrow Walk 22nd - 25th September 2010

The Great Barrow Walk (Suffolk) was formed in 2008 to develop a personal physical and mental challenge to anyone with the strength of character to take up the challenge. This is based on the famous 4 Day Nijmegen March in Holland. The event is based around raising funds for Help for Heroes.

The main walk consists of walking 26 miles (42km) per day for 4 consecutive days (or shorter distances). The walk will start and finish each day at The Academy Health & Fitness Centre in Barrow. Each day will be a different walk which will consist of both road and off-road walking, while taking in the beautiful Suffolk countryside. There is also the option of walking 15 miles (24km), 10 miles (15km) or 6 miles (10km). A specially designed medal is awarded for those who complete the full 4 day walk.

The Great Barrow Walk is for both civilian and Military individuals and teams. It is not a race; however, the Military teams do have a lot of Regimental pride at stake!

Editor's Note:

This information may have been overlooked if just incorporated into the 'Forthcoming Events 2010' page so has been initially given more prominence. As of the April 2010 Rambler it will be included in that listing.

Forthcoming Events 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. (www.rafwarma.org.uk)

May 2010

15th **Marlborough Down's Challenge.** 33 or 20 mile trail race and a 20 mile Challenge walk. All information available via <http://www.marlboroughrunningclub.org.uk/>

29—31st **3 day RAF Lyneham walk.** Distance: 40K Start time 07:00. 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.

19—20th **White Horse Challenge 2010** there are options for everyone from the complete challenge of 55 miles, to doing half the distance on one day or other, to taking part in the Family Challenge of 7 miles. web site is up and running which has all the information you will need about the event, along with a registration form, and the link below will take you there.

<http://www.whitehorsechallenge2010.co.uk/index.htm>

July 2010

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

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

August 2010

13th **Dodentocht** ("Death March", 100Km), Belgium (www.dodentocht.be/en)

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

- 1 Callum Weaver, Coralie Hancock,
Sophie Kudelka
- 4 Jacquie Rawlings
- 5 Christine Barre, Gemma Gillies,
George Paul
- 6 Christine Brooks
- 7 Katerina Mabbott, Richard Dean
- 8 Christopher Allen, , Robert Parkinson
- 10 Emma Clarkson
- 13 Sarah Coupland
- 14 George Newby
- 16 Paul Kirby
- 17 Ann Williams, Nick Neale
- 18 Gareth Ball
- 21 Pat O'connor, Chris Burridge
- 24 Pavandeep Bains
- 25 Jim Usher, Adam Merrison
- 26 Michael Dean, David Broughton
- 27 Jan Roberts
- 28 Briohny Williams, Gavin Brown,
Bridget Sinclair
- 29 Stephen Morgan
- 30 Michael Macdonald, 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 N van der Wijdeven
- 14 Corrie Rinberg
- 15 Chris van Heckeren-Meiberg,
Jasmijn Govars
- 20 Jantiene Manintveld
- 21 Henri Scheepens
- 22 Marcel Hendriks
- 24 Leni de Vries
- 25 Raymond Barbier, Arienne de vos Laverman
- 27 H de Vries
- 28 Jacqueline Plomp

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 22 March 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