



# The Rambler-May 2010

## Success: Lottery Result for BDWF members

### 50K Men

Oliver Wyer

### 40Km Men

Nick Wakelam

### 40Km Women

Terry Ferina and Susan Tuck

I am pleased to announce that all BDWF members entered in the tranche 2 lottery were successful.

## ID Cards / Passport Photo

To alleviate some of the pressure on the office staff in Nijmegen, could all **newcomers** please submit a passport size photo to Herman (details at the back of this document) .

All BDWF members attending Nijmegen and staying at the Sportshall will be issued with an ID card with their photo that allows them into the British Army rest areas and admittance to the sportshall.

These will be made up prior to our visit to De Dennen sportshall.

**Photos can either be emailed or posted and no later than 31 May 2010.**

As of distribution date there are only **73 days** to the start of Nijmegen 2010.

British Dutch  
Walking Fellowship

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## Other BDWF members walking in Nijmegen 2010

### 40K

Stephen and Gillian Mogg

### 30Km

Anne Welburn and Dave Sutton

### Newcomers

Six members of Devon and Cornwall Police led by Dave Bullock will be staying with us this year for the first time. A very warm welcome to you all.

Sonja van der Hoogt and WJ van der Hoogt

12 members of GVCAC from Isle of Wight



**Good Luck to all our walkers**

## Daily Distance at Nijmegen 2010

### Where are we walking?

The Four Days Marches have a different route each day; through the landscapes of Dutch provinces of Gelderland, Brabant and Limburg, through the city of Nijmegen and its outskirts.

Every walking day revolves around a different town in the vicinity of Nijmegen. The first day is otherwise called the day of Elst, the second day the day of Wijchen, the third the day of Groesbeek and finally the fourth day the day of Cuijk.

In the table below you will find the exact distance participants have to walk each walking day in the Four Days Marches 2010.

	<b>30Km</b>	<b>40km</b>	<b>50km</b>
<b>Day 1</b>	<b>32.8</b>	<b>40.6</b>	<b>52.1</b>
<b>Day 2</b>	<b>33.6</b>	<b>39.4</b>	<b>48.4</b>
<b>Day 3</b>	<b>30</b>	<b>38.8</b>	<b>48.7</b>
<b>Day 4</b>	<b>30</b>	<b>42.2</b>	<b>50.1</b>
<b>Total:</b>	<b>126.4</b>	<b>161.0</b>	<b>199.3</b>

As you can see from the above, due to both the towns/villages to be walked through and safety requirements, the distances per day approximate to the 'regulation' distances and do vary slightly from year to year.

Info: [www.4daagse.nl/en](http://www.4daagse.nl/en)

# Weblog of Johan Willemstein

Tuesday 6 April 2010

Thanks to the excellent care and attention of KNBLO-NL, the umbrella organisation of Dutch walking associations, we had a marvellous Walk Challenge Israel 2010. For over two weeks, we not only crossed the entire country with a group of nearly 200 KNBLO-NL members to connect with the people, culture, and history of this beautiful country, we also enjoyed a few stunning, and tough, walks. A walk through the Judea desert (20-km ) with temperatures soaring up to 35° without any shade anywhere. 15 kms through the sand dunes at Ashkelon, where our feet sank in shifting sand with every step. And last but not least the two days March of Gilboa, organised by the [IML](#) in the Gilboa Mountains, where ankles and stamina were tested to the max by steep climbs and descents. Just like in China in 2008, participants only had positive things to say about the event, and that encourages us to continue with explorations and preparations for the Walk Challenge United Kingdom 2012. As in 2008, the Walk Challenge shall again share the stage with the Olympics, which are set to be held in London in 2012, although our organisational time window will mostly coincide with the Paralympics in the period between late August and early September 2012. We will find out more about that in the coming years.

Back in the Netherlands, we were happy to see that interest in the 94th Four Day Marches is as great as ever. It's the 6th of April today. Up to the 5th of April 18,710 people have signed up. And the registration period still runs for another week. That means we are poised to have the same number of registrations as in 2009 (48,317). On the one hand, that's great to see, because it is testimony to our event's lasting positive image and quality. But on the other hand, it also means that we are once again obliged to draw lots and disappoint quite a few people, because not everyone who registered can enter.

This time last year, I already wrote about the how and why of the draw. Allow me to recap briefly. First of all, we use a system based on registration periods. We do not work on a first-come, first-served basis. The idea behind that is that we don't want to put certain people at a disadvantage. Such as people without access to the internet, or who are unable to register online for other reasons. But also people from countries far far away, which puts them at a disadvantage in terms of the time it takes for information to reach them and for them to respond.

Based on experience, we decided a few years back that the ideal number of entrants is around 40,000. That number allows us to strike the best possible balance between maximum participation and aspects such as safety and event enjoyment.

Experience has also shown that around 5,000 people who register don't actually show up. And that then takes us to a registration limit of 45,000. If we subsequently have more than 45,000 people register, a draw is simply unavoidable.

We did set a date for the draw with the notary public: 14 April. With the exception of children born in 1998 and military participants, all individual participants who registered for reward 1 shall enter the draw. That makes up about 1/3 of entrants every year (rule of thumb). That way we protect loyal participants against losing out in the draw, while still leaving sufficient opportunity for newcomers to join in. Besides, missing out because your lot is not drawn is partially compensated by the Via Vierdaagse project, for which 1,500 newcomers have already been awarded a starting place.

And I should also point out that losing out in the draw two years in a row means that you will be guaranteed entry in the third year. So anyone unfortunate enough to have lost out in the draw in 2009 and again in 2010 will definitely start in 2011.

# Just a Few Words

[www.smartphrase.com/Dutch/dutch.shtml](http://www.smartphrase.com/Dutch/dutch.shtml)

[www.speakdutch.co.uk/phrases/basic-phrases](http://www.speakdutch.co.uk/phrases/basic-phrases)

[www.speakdutch.co.uk/vocab](http://www.speakdutch.co.uk/vocab)

0 TO 19	
0	nul
1	een
2	twee
3	drie
4	vier
5	vijf
6	zes
7	zeven
8	acht
9	negen
10	tien
11	elf
12	twaalft
13	dertien
14	veertien
15	vijftien
16	zestien
17	zeventien
18	achttien
19	negentien

20 TO 39	
20	twintig
21	eenentwintig
22	tweeëntwintig
23	drieëntwintig
24	vierentwintig
25	vijfentwintig
26	zesentwintig
27	zevenentwintig
28	achtentwintig
29	negenentwintig
30	dertig
31	eenendertig
32	tweeëndertig
33	drieëndertig
34	vierendertig
35	vijfendertig
36	zesendertig
37	zevenendertig
38	achtendertig
39	negenendertig

ORDINALS	
first (1st)	eerste
second (2nd)	tweede
third (3rd)	derde
fourth (4th)	vierde
fifth (5th)	vijfde
sixth (6th)	zesde
seventh (7th)	zevende
eighth (8th)	achtste
ninth (9th)	negende
tenth (10th)	tiende

The ordinals are generally formed by adding the suffix **-de** to the cardinal stem. Exceptions are: 1st, 3rd, and 8th which are, respectively, **eerste**, **derde**, and **achtste**.

The numbers from 1 to 12 will simply need to be learned. From 13 to 19 they follow a very similar pattern to the 'teens' in English.

Thereafter the numbers up to 100 follow a regular pattern. The suffix **-tig** is added to the numbers 2 to 9 to form the tens from 20 to 90 respectively, although there are slight differences with 20, 30, 40, and 80.

Translation of Dutch phrase for last month:	Excuse me, do you mind if I stare at you for a minute? I want to remember your face in my dreams.
Dutch phrase for the month: (Translation if needed next month )	Fantasie komt thuis terug en doet dingen die ik iedereen ga vertellen dat we in ieder geval deden ?

## Your Letters

### New First Aider



Kind permission from

Kevin Poultney

## Forthcoming Events 2010:

### 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/>. No under 18s.

**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](http://www.fodslaw.dk) )

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

### August 2010

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

### September 2010

**22nd—25th** **The Great Barrow Walk (Bury St. Edmunds, Suffolk).** Start: The Academy health and Fitness centre. 26 miles per day. <http://www.barrowwalk.co.uk> (see March edition of the Rambler)

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. Andy Lock
2. Debra Griffiths
4. Dave Sutton
5. Josh Battaglia; Stuart Hammersley
6. John Turner; James Pirrie
7. John Foden; Ron Williams
9. Cliff Evans
10. Robert Thicket
11. Andrew Prowse; Dominic Bray; Luke Paynter
12. Cashain David; Dafydd Jones
13. Stephen Cherry; Kenna Leigh; Julia Gaffney
14. Peter Richmond
15. Amanda Bryer; Josey Thornton; John Howell
16. Dave Saunders; George Thornton
17. Sandra Thompson
18. Matthew Keates; Vivienne Sherry
19. Tracy Sharland
20. Tracey Birch
21. Tom Wakelam; Doug Pearce
22. Siobhan Smith; Jacquie Wakelam; Brian Kiel
23. Marylin Hurley; Daniel Lewis
24. Matthew Hayward; Samantha Holland; Frankie Mabbott
25. Andrew Tiley
26. Sheila Hanson; Lucy Johns
28. Samantha Bowstead; Andrew Smith
30. Roly Greer; David Sinclair;

## Nederlanders

1. Renk Cloo
2. Arie de Knijf; Jochem Huffmeijer; Edwin Vreeling
4. Renger Rakhorst
5. Francien Kastanja; W Seders
10. Mischa van der Bos
11. Anton Aelberts
13. Toon Vogels
14. Lydia Verstraate; Henri Stoel
16. W van de Wijdeven; Frans Vogels
24. Marian van essen Westerhoff
29. P.E Boomsma; Louis van der Krabben; Bep van der Krabben-Enner; Gijs van Reenen
30. John Warnier
31. Dianne Schijvenaars

*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 24 May 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