



The Rambler-March 2012

Nijmegen 2012 Registration update

Registration for the 96th Vierdaagse opened on the 6th of February 2012.
To date 25,368 people have now been registered for the event.
Registration for Tranche 1 closes today and re-opens on **Monday 6th of March.**

If you would like to participate in the 2012 and have not yet sent us your application forms please do so as soon as possible.

Only **136** days until the 96th Nijmegen Vierdaagse.
(On date of Publication)

British Dutch Walking Fellowship

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BDWF Committee Post Elections at Nijmegen 2012

Article taken from the February Rambler

Every 3 years individual BDWF committee posts come up for election. The 5 key posts of Chairman, Group Secretary, Group Treasurer, First Aid & Support Co-ordinator and Webmaster comprise the voting roles on the committee. In addition we also have a Youth Secretary post which historically does not have voting rights having always been covered by our Group Treasurer.

In order to ensure that all committee experience/expertise cannot be totally lost at a single election, the posts are divided across 3 groups which are annually out of step with one another. In 2012, it will be the posts of Chairman and Webmaster that will once again be up for election. The current post holders are Roy Hayward (Chairman) and Marcus Steward (Webmaster) and both are eligible to stand again for the posts. However, Roy Hayward has decided to stand down from the post of Chairman at the end of this his second term of office and a new Chairman nomination(s) is/are required.

Nominations for both posts will be sought from February until 31st May, 2011.

If only one individual is nominated for a particular post, that person will automatically be elected, without a vote being necessary, on Founders Day (the last Saturday of Nijmegen week). If more than one nomination is received for any of the posts up for election, the election will take place in Nijmegen (closing date Thursday 19th July, 2012) and all qualified members whether in Nijmegen or not are eligible to vote. Election results as appropriate will be declared on Founders Day.

Nomination forms are available on our web site or via the editor — details on the back page of this Rambler. The return address (current Chairman, but not standing for re-election and so able to collate the nominations) is on the nomination form itself.

Once the deadline for nominations has passed, all details will be cascaded to our members in the June Rambler (distribution date 1st June, 2012) when we will know if a vote is needed. If needed, eligible members not in Nijmegen will be able to request a voting slip — full details will be included in the June Rambler.

Nijmegen 2012 Walking Distances & Route Changes

While still not finalised, the anticipated distances that participants will have to walk in the 4 Days Marches 2012 are as follows:

	30Km	40Km	40Km Military	50Km
Day 1	33.2	40.6	44.4	52.1
Day 2	32.6	38.4	35.0	47.4
Day 3	30.3	39.1	39.0	51.4
Day 4	30.0	42.2	45.2	50.1
Total	126.1	160.3	163.6	201.0

That's a 5% bonus for our 30Km walkers!

Again while not yet finalised and currently only in Dutch, the 4 Days web site indicates potential minor route changes (see 'Street Plan') on the Tuesday for 30Km walkers and on the Thursday for all walkers.

Your Foot!

As you will be using your feet rather a lot over the next few months we thought you should get to know a bit more about them. Gina has put together the following information which will explain one or two things!

The foot is a very complex body part with 26 bones and so many more joints and even more ligaments. Plus tendons, muscles and other soft tissues!

Bones of the foot

The foot is made up of a total of 26 bones, 2 in the rear-foot (or hind-foot), 5 in the mid-foot and 19 making up the forefoot and toes.

The rear foot consists of the Talus and Calcaneus. The Talus is the uppermost bone of the foot which connects the foot to the ankle by forming a joint with the Tibia and Fibula bones of the lower leg. The calcaneus sits underneath the Talus and forms the heel bone.

Moving forwards up the foot, the mid-foot consists of the Cuboid on the outside of the foot and the Navicular next to this on the inside of the foot. The remaining 3 bones are known as the Cuneiforms (medial, intermediate and lateral) and are situated in front of the Navicular. All 5 of these bones are collectively known as the Tarsals and form the arch of the foot.

The forefoot is made up of 5 Metatarsals (usually numbered 1-5) and 14 Phalanges, 3 forming each toe with the exception of the big toe (or Hallux) which only has 2 Phalanges.

Ligaments of the foot

As ligaments have the job of connecting and holding bones together to form joints, I'm sure you can imagine that there are a lot of ligaments within the foot. As well as holding these bones together, the ligaments of the foot have the task of maintaining the arched shape. The longitudinal arch of the foot is supported mainly by the long, thick ligament known as the Plantar Fascia, Plantar Aponuerosis or Long Plantar Ligament. This runs from the bottom of the calcaneus (heel bone) along the length of the sole of the foot to attach to the Metatarsals. Other important ligaments include the Plantar Calcaneonavicular Ligament (also known as the spring ligament), important in supporting the head of the Talus, and the Plantar Calcaneocuboid Ligament (or short plantar ligament) which aids the Plantar Fascia in supporting the longitudinal arch of the foot.

Muscles

Muscles of the foot are classed as either intrinsic or extrinsic. Intrinsic muscles are those which have both attachments within the foot and control the movement of the toes. Several of these muscles also help the ligaments with supporting the arch of the foot.

Extrinsic muscles originate from anywhere in the lower leg, their long tendons cross the ankle joint and insert onto one of the bones of the foot.

Your letters

Woman's Own are working on a health special and would like to feature a woman in her 40s who has taken up walking as a way to stay healthy, perhaps their mother had a heart or health problems and they have decided to take up walking as a way of keeping their own heart healthy. We will be doing the interview over the phone, and would ask them to send pictures in, plus possibly arrange for a photographer to visit them at home and do a shot. They'd obviously have to be happy talking about themselves, family and understand they'll be pictured. We can also offer payment for their time and mention any club they belong to.

If anyone is able to help with the above then please let Herman know so that he can put you in touch with Timothy Wyer

Forthcoming Events 2012:

April 2012

- 21st** **Bloesentocht Geldermalsen (Netherlands)** Distances: 8, 11, 15, 16, 20, 25, 30 and 40 kilometers . Website—www.rodekruisbloesentocht.nl
- 28th - 29th** **31st RAF 2 Day March** For more information please visit the website www.rafwarma.org.uk and click on RAF two day march.

May 2012

- 6th** **Sarsen Trail (7/11/15/26Miles)** Registration opens 16/1/2012. £5.00 reduction if you register before 18/03/2012. For more information please visit the website www.wiltshirewildlife.org/sarsentrail/sarsentrail_landing.
- 26th-27th** **RAF Lyneham.** Contact Herman Boston for details.

June 2012

- 20th - 23rd** **Alkmaarse 4daagse** Distances: 8,5, 15, 20, 25 and 37,5 kilometer Website: www.pluswandel4daagsealkmaar.nl (there is a section in English with information about this 4day walk)

July 2012

- 17th-20th** **Nijmegen 4 Days Marches.** See also www.4daagse.nl/en

August 2012

- 10th** **Dodentocht (“Death March”, 100Km), Belgium.** For more information please visit the website www.dodentocht.be/en

October/November 2012

Swiss Night March. See RAF Warma web site for dates www.rafwarma.org.uk

There is also an excellent website detailing walks available in the Netherlands - <http://www.wandelkalender.nl/2012/meerdaagse.html>

If you know of other walks that our members would be interested in, please let us know - contact details are at the back of this newsletter.

Birthdays

British

- 1 Callum Weaver; Coralie Hancock; Sophie Kudelka
- 2 Carol Simmons
- 3 Sheryl Lea
- 4 Colin Petit; Jacquie Rawlings
- 5 Christine Barre; Gemma Gillies; George Paul; Ryan Stokes
- 6 Christine Brooks
- 7 Steven Vass; Katerina Mabbott; Richard Dean
- 8 Christopher Allen; Robert Parkinson
- 11 Simon Cox
- 13 Sarah Coupland
- 14 George Newby
- 16 Paul Kirby
- 17 Ann Williams; Nick Neale
- 18 Gareth Ball
- 20 Joseph Thompson
- 21 Pat O'Connor; Christopher Johnson; Chris Burridge
- 23 James Whyte
- 24 Pavandeep Bains
- 25 Jim Usher; Adam Merrison
- 26 Michael Dean; David Broughton
- 27 Jan Roberts
- 28 Bridget Sinclair; Briohny Williams; Gavin Brown
- 29 Stephen Morgan
- 30 Michael McDonald; 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 Ries Hauer; N van der Wijdeven
- 14 Corrie Ruberg
- 15 Chris van Heckeren-Meiberg; Jasmijn Govaars
- 16 Jantiene Manintveld
- 17 Tom Stobbe
- 21 Henri Scheepens
- 22 Marcel Hendriks
- 24 Leni de Vries
- 25 Raymond Barbier; Arienne De vos Lauerman
- 27 H de Vries
- 28 Jacolien Plomp

Many happy returns to you all

British Dutch Walking Fellowship

62 Ridge Nether Moor,
Liden Village
Swindon
SN3 6ND

Mobile: 07763026369
E-mail: dizzydee_007@hotmail.com

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 Kate by **Friday 30th March, 2012**

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

Katie Elliman
Group Secretary



Did you know we have a Facebook page too?