



# The Rambler - April 2012



## Nijmegen 2012 Registration update

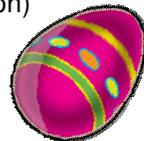
Registration for the 96th Vierdaagse closes on Thursday 5th of April.

**The total number of registrations stands at 47,701** (as of 1st April 2012)

This means the Tranche 2 Registration Lottery will be in operation once again this year

As soon as we have any information regarding this we shall let you know either in the next edition of the Rambler or in the regular updates on our website.

Only **111** days until the 96th Nijmegen Vierdaagse.  
(On date of Publication)



## British Dutch Walking Fellowship

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## Recent News from the 4daagse Website

### Saturday 3 March - 2012 - Interest in Four Days Marches still high

Interest in taking part in the International Four Days Marches Nijmegen is still as high as ever. During the first [registration](#) period, some 26,538 walkers signed up for a guaranteed starting ticket for the 96th edition, which will be held from 17 to 20 July 2012. The Ministry of Defence's transfer of military participant registration to Stichting DE 4DAAGSE has gone smoothly, and the € 8 registration fee increase (putting the fee at € 48 for this year) has not had a negative effect on the number of registrations so far.

Information taken from the 4daagse website <http://www.4daagse.nl/>

## Nijmegen 4 Days Statistics (Since Limit Introduced):

Since the introduction of the lottery system the following is an outline of how the registration and completion statistics stand.

Information supplied by Roy Hayward

<b>Edition</b>	<b>Year</b>	<b>Registered</b>	<b>Total</b>	<b>Limit</b>	<b>Lottery</b>	<b>Starters</b>	<b>Finished</b>
89th	2005	30,174	53,336	47,500	Yes	43,206	38,225
90th	2006	30,386	48,630	49,000	No	43,141	Cancelled
91st	2007	33,323	42,270	49,000	No	37,505	34,019
92nd	2008	25,954	43,450	45,000	No	38,432	34,962
93rd	2009	27,997	48,317	45,000	Yes	39,128	37,106
94th	2010	36,553	48,435	45,000	Yes	39,933	36,504
95th	2011	29,665	47,684	45,000	Yes	41,316	38,422
96th	2012	26,538		45,000			

### Notes:

- 1) Limiting Protocol on number of walkers introduced in 2005.
- 2) Record number of starters was 44,812 in 2003.
- 3) Record number of registrations was in 2005.

# Weblog of Johan Willemstein

Wednesday 14 March 2012

The first registration period has now closed and the second has already been open for more than a week. As of 13 March, 42934 walkers had registered, so it looks as if we are going to reach the limit of 45,000, or at least come close. If necessary, [a draw](#) will take place on Friday 13 April.

Slowly but surely, walkers who want to raise money for a charity of their choice are also signing up to use the special website [www.devierdaagseponsorloop.nl](http://www.devierdaagseponsorloop.nl). 118 walkers had created a page on the site as of 13 March; they are supported by 482 sponsors who have already pledged a combined total of € 14,968 for 36 different charities. I hope that many more walkers will follow the example of the first 100.

The format of the new opening ceremony is starting to take shape. We are working on a plan which would see a procession of selected participating walkers and groups walk through Nijmegen's city centre heading for the Wedren, accompanied by oompah bands, music and fanfares. A sort of street parade, if you will. A brief but stylish ceremony will be held upon their arrival at the Wedren, and will include the raising of the flags, the national anthem, the Four Days Marches song and an official opening of the marches. The ceremony has been scheduled to take place at the Wedren just after the registration desks close on Monday 16 July, i.e. just after 5pm.

No major [route](#) changes are being made for 2012. Entry into Elst on the 1st day will follow a slightly different route for the 30km and green 40km distances (+ 350 metres). This is due to railway changes. A very small change will be made to the route for all distances for the entry into Berg en Dal on the 3rd day, i.e. at the end of the Zevenheuvelenweg (+ 260 metres), so as to ease traffic flow. The police have also requested a minor change to the green 40km route upon return to Camp Heumensoord, also on the 3rd day (+ 620 metres).

Participants will be registered in the same way as in 2011, i.e. wristbands will be scanned at the start and finish and checkpoint cards will be punched en route. Groups and contingents will once again receive a wristband and lace chip, and will be checked electronically en route.

Information taken from the 4daagse website <http://www.4daagse.nl/>

## Herman Boston - Pride of Swindon

It is an enormous honour to be nominated for anything, but more so as The 'Pride of Swindon'. The acknowledgement is for the last 20 years, organising the training walks, providing maps, instructions, teas and coffees with a biscuit. I have inspired innumerable young people aged 14 + and adults since 1992 to train for and play a part in the International 4 days Marches in Nijmegen, Netherlands.



The award ceremony took place at Swindon STEAM museum the previous home of Swindon railway works, on Thursday 22nd March 2012. On arrival nominees were given a name badge and made their way to allocated tables surrounded by memorabilia from the past - plaques adage 'Wagons are not to be left unattended here'.

Compered by Shirley Ludford of Swindon 105.5 Radio the occasion ran effortlessly and efficiently. It was not on an imposing scale, just uncomplicated yet elegant. Nominees were called to the front to receive a certificate from a well-known guest, The Mayor of Swindon, Councillor Ray Ballam, Gavin Jones Chief Exec of Swindon Borough council, John Aldridge Deputy Chief Fire officer, Robert Buckland MP with the prospect for a photo call. There then followed an interval of 20 minutes before the main event. Winners announced will have their names adorn the walls of the civic offices for time immemorial.

As proceedings continued I was reminded of an episode from 'FRIENDS' TV sitcom where Joey was nominated for a soapy. He was advised to continue smiling if he was not the chosen winner. I kept smiling not because I did not win, because there were some very notable and worthy winners. One man had raised thousand of pounds for various charities and recently raised funds for a minibus which he planned to take to an Eastern European country that will enable children to get to a doctor for medical treatment.

I came away a winner not with a trophy but for the reason I was nominated. It is a massive thank you from those who nominated me for the work I do and that counts for a bundle in my book.

Herman Boston  
Pride of Swindon

# Dodentocht 2012

## DODENTOCHT 2012

**Belgium Death March:  
10/11 August 2012  
Travel Dates: 9—12 August 2012**

WALKING FOR A BETTER WORLD



WALKING FOR A BETTER WORLD

What is Dodentocht?

An endurance walk over 24 hours covering a distance of 100 km (62 miles).

Location of Dodentocht: The march is in Belgium in a town called Bornem.

Age Restriction.

Minimum age is 16 years old on 11 August 2012.

[This is not a cadet activity. Under 18's must have written parental consent.](#)

Accommodation.

Staying at the Sports Hall in Bornem, using facilities laid on by the local Red Cross. Your bed will be a stretcher or you may take an air bed. The hall is mixed genders. A small charge is made of approx €20 for the stay and €5 for the stretcher hire.

Transport: 48-seater Coach from Shirehampton, Bristol to Bornem, Belgium  
Cost £3300 return.

Individual Cost

20 people ÷ £3300 = £165 each. Deposit: £65 payable by Saturday 20<sup>th</sup> April 2012.

The more people who go the cheaper this becomes!

£165 to be paid by: Saturday 2nd June 2011

What you must take:

Valid Passport.

Current EHIC (European Health Insurance Card).

Web address: [www.ehic.org.uk](http://www.ehic.org.uk)

Travel Insurance. [You must get your own cover.](#)

Money - Euros for Belgium, Sterling for UK.

Registration

Approximately 30 Euros + 7 Euros for halfway meal (advised).

A group registration can be made.

If you are interested contact:

Andy Bodman: [a\\_bodmon@o2.co.uk](mailto:a_bodmon@o2.co.uk)

Telephone No: 0117 982 4990

Dodentocht (Death March) web site: [www.dodentocht.be](http://www.dodentocht.be)



## Hawkdean Hike

For those of you who can not make the walk at RAF Lynham during the weekend of the 26th - 27th May 2012 you may be interested in the Hawkdean Hike.



Web site <http://www.hawkdean.co.uk>

## Hawkdean Hike Sunday May 27<sup>th</sup> 2012



**Start & Finish Rose & Crown Public House**

**Beer Garden (rear of Pub), Wotton Road, Rangeworthy**

**Distances 6.5, 7, 10, 20, 30, 40 Km.**

The event is non competitive, aimed at individual walkers, families or teams, all participants should be self sufficient. Trail runners are welcome, participants are not timed, there are no changing room facilities. Enamel lapel badge and cloth badge awarded on completion. Additional medal award £1.50 pp

**Start Times Route Age Limit Years**

**07:30 - 09:30 40 Km 14 see rules**

**07:30 - 09:30 30 Km 10 see rules**

**07:30 - 10:30 20 Km 8 see rules**

**10:30 - 12:30 10 Km 6 see rules**

**10:30 - 12:30 6.5 & 7 Km No Limit**

Routes completed by 17:30 hrs. 7 Km route has no styles, suitable for sturdy pushchairs, but not wheel-chairs. Walkers should carry water, light refreshments, small individual first aid kit (to deal with blisters, small cuts) and wear suitable clothing.

### Entrance

(cheques payable to Hawkdean Hikers enclose self addressed envelope).

£5 Adult, under 16 yrs £3. (£2 IVV stamp only, no books or badges).

Family £12 (2 adults, 2 children) additional child £3.00.

£25 Team of 6 (additional member £3.50 max 11 members).

£15 Team of 6 under 16 yrs, (additional member £2.50 max 11 members)

**Contact: Mr C. Pratt, 11 The Grove, Rangeworthy, Bristol, BS377PY**

# Your letters

## Change of Antiseptic

This article is to inform members that sadly once our current supplies of Iodine run out, we will be switching to an alcohol product. Iodine is now in scarce supply outside the medical and laboratory industries. This is due partially to the fact that Iodine is no longer recommended for use in hospitals. Betadine, one of the main suppliers has already ceased selling it.

Therefore our new antiseptic of choice for use on feet when we burst blister will be industrial vodka. The brand we have chosen to use is "Frail Loop". Finding an acceptable alternative was not easy, however the multi uses and cost effectiveness led to this choice.

Frail Loop Vodka -

It will remove tape by dissolving the adhesive.

The alcohol kills mould and mildew so it will be useful for cleaning the massage couches.

Cleans eye glasses - I'm sure all our members would be happier if the First Aid team had good visibility before they burst blisters.

Vodka disinfects metal and protects rusting so we will treat our scissors at the end of the Nijmegen week to better preserve them.

Straight vodka gets rid of nits.

It kills wasps.

Mixed 50/50 with water it provides a great re-usable ice pack.

It can be combined with essential oil of lavender to make a tincture for aches and pains.

It cures foot odour.

It can be used as a liniment to reduce fever.

It can be applied topically to help with toothache.

Finally and most importantly it will ensure your first aid team remain happy.

Gina Coltman

1st April 2012

## Forthcoming Events 2012:

### April 2012

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

### May 2012

- 6th** **Sarsen Trail (7/11/15/26Miles)** For more information please visit the website [www.wiltshirewildlife.org/sarsentrail/sarsentrail\\_landing](http://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](http://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](http://www.4daagse.nl/en)

### August 2012

- 10th** **Dodentocht (“Death March”, 100Km), Belgium.** For more information please visit the website [www.dodentocht.be/en](http://www.dodentocht.be/en) or earlier article in this edition of the Rambler

### September 2012

- 19th - 22nd** **Great Barrow Challenge.** Bury St Edmunds, four days of walking 6 to 26 miles a day. [Www.greatbarrowchallenge.co.uk](http://www.greatbarrowchallenge.co.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 Natalie Williams; Lee Anderson
- 2 Luke Sharratt
- 3 Macauley Byrnes
- 4 John Prowse
- 5 Dave Holyday; Sylvie Boston; Matthew Willis
- 6 Emily Brown
- 7 Kimberley Walters; John Phillips; Megan Bryan
- 8 Ritchie Ballard; Barry Clarke; David Passmore; Jack Pike
- 10 Emma Gunn
- 11 Diane Walker
- 12 Sarah ann Cubitt
- 13 Liam Henry
- 14 Nicola Jones; Poppy Marshall
- 15 Thomas Hartnell
- 16 Howard Johnson; David Richards; Andrew Jones; Kieran Poole
- 17 Laura Green; Georgina Crowley
- 18 Elaine Whittaker; Rhianwen Slipper
- 19 Brian Campbell; Lorraine Lavender
- 20 Anneke Day; Anna Millard; Richard Browne
- 21 Craig Gould; Thomas Adams
- 23 Bob Mason; James Sayer; Kate Pitt
- 24 Alexander Thomason; Kirsty Lindsay; Luke Ferina
- 26 Stephen Davies
- 27 Stan Fowler; Maxwell Cook
- 28 Stephen Doyle
- 30 Tina Angell; Cassandra Dunn

## Nederlanders

- 1 Rombout Grondman
- 2 Eric Evers
- 3 Andre Klinkenberg
- 7 J Mounoury
- 8 Florian Hupkes
- 9 Cees van den Bos; Hilda de Bruijn
- 11 Chiel Vogels
- 12 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

*Many happy returns to you all*

## British Dutch Walking Fellowship

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Swindon  
SN3 6ND

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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 27th April, 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**

The Blog for 2012 has begun . . . Check it out!  
Simply visit [www.bdwf.org.uk](http://www.bdwf.org.uk) and it is all on the front page!

Let us know what you would like to see on there.