



The Rambler-May 2012

**British Dutch
Walking Fellowship**
Volume 65, Issue 1
Newsletter Date
Friday 4 May 2012

Nijmegen 2012 here we come...

If you have not already heard all of our members who registered for Nijmegen 2012 have successfully been given a place.

With that in mind Gina would like to remind you that now is the time to prepare your feet.. So if you have corns, ingrowing toenails, verruca's etc. on your feet, now is the time to get them sorted so that your feet are in prime condition for Nijmegen.

Only **72** days until the 96th Nijmegen
Vierdaagse.
(On date of Publication)

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BDWF in Nijmegen during the 96th Vierdaagse

Since the beginning of January we have been receiving applications from old and new members wishing to join us in Nijmegen this year...

...here it is, the list!

Below you will find the names of all our members joining us in July.

The more eagle-eyed of you will notice that some of our walkers have two walking numbers against their names. This is due to mistakes by the 4 Days organisation and is one of the reasons that they do a 'cleanse' of their database before conducting the lottery. Walking numbers will be correctly identified before the event takes place

Title	Full Name	Distance	Registered Number	Walking Number	Total	
	30k Walkers					
Mr	Richard Ballard	30K	150157	30-C-452		
Mr	George Beecham MBE	30K	6056	30-B-537		
Ms	Sandra Bird	30K				
Dhr	Harry Bult	30K	181711			
Mr	Bill Burdett	30K	413741			
Mr	Robert Chapman	30K	410832			
Dhr	Jopie Elfrink	30K				
Mr	Cliff Evans	30K				
Dhr	H Gol	30K				
Mr	Roy Hayward	30K	29076	30-B-358		
Mr	Colin Jarvis	30K	183432			
Mrs	Brenda Layne	30K	326594	30-H-220		
Mr	Bob Mason	30K	148635	30-H-342		
Mrs	Frankie Murphy	30K	446430	30-N-682		
Mr	John Nicholson	30K	138791	30-B-437		
Mr	Robert Oxley	30K	148642	30-M-319		
Mr	Talbot Williams	30K	16853	30-B-295		
Mr	Brian Young	30K	329038			
Mr	Nigel Young	30K			19	

BDWF in Nijmegen during the 96th Vierdaagse (Cont)

	40k Walkers					
Mr	Finn Baker-James	40K	496173	40-J-612		
Mrs	Jean Bobker	40K	361650	40-C-739		
Mr	Dave Brooks	40K	329037			
Mr	Mike Caffrey	40K	329951			
Mr	Alexander Crowley	40K	487052	40-J-165		
Mrs	Leah Church	40K	416180			
Mevr	Hilda de Bruijn	40K				
Mrs	Judith Edwards	40K	507575			
Dhr	Jan Eggink	40K	199301			
Mevr	Klaske Ludema-Korporaal	40K				
Mr	Daniel Maggs	40K	487109			
Mr	Barney McAlister	40K	429488			
Mrs	Avril Money	40K				
Mr	Alex Moss	40K	465890			
Mr	Caleb Nankivell	40K	496169	40-J-621		
Mevr	Lucie Nelis-Dorlandt	40K				
Dhr	Sjoerd Oosting	40K				
Mr	Jacob Pollard	40K	471513	40-W-120		
Mr	Jack Pike	40K	509422	40-X- 629		
Mr	Ken Redman	40K	148647	40-B-201		
Mr	Ron Richardson	40K	158673	40-B-483		
Mr	Chris Rolls	40K	347551	40-C-028		
Mevr	Cindy Sniijders	40K				
Miss	Freya Thompson	40K	487068	40-W-684		
Mr	Mike Toulouse	40K	330290	40-P-023	40-U-256	
Miss	Sarah Turrell	40K	465912	40-X-789		
Mr	Jim Usher	40K	19340	40-A-542		
Mevr	Sonja van der Hoogt	40K	478388			
Dhr	W.J Van der Hoogt	40K				
Dhr	Koos Vergeer	40K				
Mrs	Anne Worboys	40K	329968			
Mr	James Warren	40K	503832	40-X-626		
Mr	Paul Williams	40K	151359	40-A-677		
Mr	John Wriglesworth	40K	26373	40-B-188	34	

BDWF in Nijmegen during the 96th Vierdaagse (Cont)

	50k Walkers					
Mr	Mick Abbott	50K	376374	50-E-722	50-H-418	
Mr	Ted Blair	50K	148609			
Mr	Josh Birchall	50K	505327			
Mr	Dominic Bray	50K	434986	50-F-367	50-J-063	
Mrs	Amanda Bryer	50K	369556	50-B-336		
Mr	Anthony Chandler	50K	432292	50-F-592	50-J-288	
Mr	Simon Cox	50K	496175	50-E-120		
Mr	Chris Evans	50K	493618	50-K-415		
Mr	Stuart Hook	50K	521672			
Mr	Peter James	50K	148628	50-H-543		
Mr	Howard Johnson	50K	195628	50-A-747		
Mr	Nigel Jones	50K	150838	50-A-179		
Dhr	Joop Ludema	50K				
Mr	David Mason	50K	195608	50-A-736		
Mr	Daniel Nash	50K	453993	50-J-243		
Dhr	Piet Nelis	50K				
Mr	James Pirrie	50K	429151	50-F-683	50-J-379	
Mr	David Ruddle	50K	465894	50-D-028		
Ms	Carol Simmons	50K	496176	50-E-106		
Mr	Jeff Smith	50K				
Miss	Rose Smith	50K	470005	50-C-561		
Mr	Marcus Steward	50K	376373	50-E-577	50-H-273	
Dhr	Hennie Stoel	50K				
Dhr	Jaap Van den Bos	50K				
Dhr	John van der Last	50K				
Mr	Steven Vass	50K				
Mr	Paul Wade	50K	394693	50-C-237		
Mrs	Joy Wade	50K	394694	50-B-803		
Mrs	Amy Waites	50K	496174			
Mr	Steve Waites	50K	521663			
Mr	Ron Williams	50K	148668	50-A-334		
Mr	Oliver Wyer	50K	493268	50-D-066		
Mr	Tim Wyer	50K	148671	50-A-412	33	

BDWF in Nijmegen during the 96th Vierdaagse (Cont)

	BDWF 40K Student Team					
Mr	Harry Bohn	40K	525871			
Mr	Patrick Bracegirdle	40K	522077			
Mr	Bradley Cotton	40K	525869			
Miss	Fern Davis	40K	513587			
Miss	Loren Fuller	40K	495777			
Mr	George Gibson	40K	525867			
Mr	James Hancock	40K	487105			
Miss	Sarah Henry	40K	522083			
Mr	Ross Knox	40K	525868			
Mrs	Anisa Malik-Mansell	40K	522080			
Miss	Poppy Marshall	40K	501081		Team Leader	
Mr	Liam Nayler	40K	495781			
Mr	Leon Prinzi	40K	523117			
Mr	James Reynolds	40K	523113			
Mrs	Jean Robinson	40K	490134			
Miss	Rebecca Sayer	40K	525866			
Mr	Levi Sibthorpe	40K	522082			
Miss	Beth Simmons	40K	496165		Team Leader	
Miss	Elise Simmons	40K	496170			
Miss	Louise van der Sanden	40K	513594			
Miss	Chloe Williams	40K	522084		21	
	BDWF 40K Cadet Team					
Mr	Joseph Ashley	40K				
Mr	Nathan Biddle	40K				
Mr	Charles Bryant	40K				
Mr	Conner Bukenham	40K				
Miss	Laura Chapman	40K				
Miss	Zoe Chapman	40K			Team Leader	
Mr	Thomas Clayton	40K				
Mr	Richard Coutney	40K				
Mr	Ryan Evans	40K				
Mr	Ian Ferguson	40K			Team Orderley	
Mr	James Ferguson	40K				
Mr	Jonathon Goddard	40K				
Mr	Johnsley Goddard	40K				
Mr	Nigel Goodman	40K				
Miss	Phoebe Guthrie	40K				
Mr	Jamie Hale	40K				
Mr	Benjamin Marsh	40K				
Mr	Thomas Noyes	40K				
Mr	Aidan Royston	40K				
Mr	Jack Weeks	40K				
Mr	Zak Westell	40K				
Mr	Carl Wood	40K			22	

BDWF in Nijmegen during the 96th Vierdaagse (Cont)

	BDWF 50K walking team					
Mr	Stephen Cherry	50K	376375			
Mr	Nyuk Chin	50K	521669			
Mr	Stephen Dalton	50K	493730			
Mr	Charles Delamere	50K	495775			
Mr	Stephen Doyle	50K	162581			
Mr	Lenny Goldsmith	50K	376376		Team Leader	
Mr	Damian Green	50K	495778			
Mr	Roddy Kelso	50K	474553			
Mr	Glen Logan	50K	493722			
Mr	Colin Pryde	50K	412610			
Mr	James Sayer	50K	495788			
Mr	Mitchell Scott	50K	525560			
Mr	John Surtees	50K	416854		13	
	Not staying in the hall					
Mr	Christopher Bolton	30k	467765			
Mrs	Ann Welburn-Sutton	30K	29371			
Mr	Dave Sutton	30K	22717			
Mrs	Gillian Mogg	30K	148637			
Mr	Stephen Mogg	30K	148638			
Mr	George Buxton	40K	177583	Walking with a cadet team		
Mr	Spike Elliott	40K	379015	Walking with a cadet team		
Mr	Stuart Hammersley	40K	487058	40-J-472		
Mrs	Colleen Hammersley	40K	451602			
Mrs	Janice Wainwright	40K	470392			
Mr	Christopher Pratt	50K	444034	50-C-500	11	
				Total	153	
	Staying in the sportshall			Total	137	

4 Days Marches 2012: Regulations for Civilian Groups

The following criteria for the participation in the 4 Days Marches for civilian groups has been taken from the 4 Days web site with those time-elapased sections and non-applicable conditions removed.

General

It is possible to participate in the Four Days Marches as a member of a group. However, such participation is subject to specific terms and conditions. All Regulations Governing the Four Days Marches apply in full to all participants walking as a group, with the exception of the 2012 Restriction Protocol.

Conditions applicable to groups

At the start of the event a group will comprise at least eleven participants registered by name. All members of the group will walk the same distance as a group throughout the entire Four Days Marches event and **be recognisably dressed as a group**. This could result in some participants walking the extended distance instead of the regulation distance.

Contact person and group leader

Herman Boston is the identified contact person for the student team following registration of the group. He is the organisation's sole point of contact, through whom all correspondence shall run. He is also the person authorised to request changes.

Herman has specified a group leader for the student team, but the cadet and 50k groups will each have their own leader, who will monitor and promote compliance with the regulations during the Four Days Marches on the part of the group and anyone who may affect the group, and who will be responsible for the group at all times.

Changes after the registration period

The registration period having closed, it will still be possible to add registered individual participants to the group until midnight at the end of 30 June 2012. Group-participant registrations can also be converted into individual registrations until midnight at the end of 30 June 2012. However, the latter conversion is not permitted for first-time entrants if a draw has been held for individual registrations.

Checking in on Sunday or Monday

Confirmation will be sent to the contact person as soon as possible once the registration has been accepted and payment of the registration fee received. The group leader is to report to the group registration desk (Start and Finish location) on either Sunday 15 July 2012 or Monday 16 July 2012 with this confirmation, to collect the data carriers and group documents. In connection with the spot checks held to verify the identity of participants, the group leader should carry photocopies of documents proving the participants' identity.

No (more) changes of any kind whatsoever can be made on the check-in days.

4Days Marches 2012:Regulations for Civilian Groups (Cont)

Starting and signing off

The procedure that groups should follow for starting and signing off is set out in the Regulations Governing Start and Sign-off.

Checkpoints

The group leader is responsible for ensuring that each group member is wearing the correct data carrier.

Checks will be made as to whether the group is complete, both at the start and at various intervals en route. It should be noted that, as well as the planned checkpoints, there may also be additional, unexpected checkpoints. It is also emphasised that group participants should be able to prove their identity when requested to do so.

Advertising material prohibited

Pursuant to the Rules and Regulations Governing the Four Days Marches, participants are prohibited from carrying and/or distributing advertising material during the Four Days Marches unless permitted to do so by the board of Stichting DE 4DAAGSE. This prohibition clause shall also apply to groups taking part or represented in the Flag Parade and shall remain in full force during the entry.

Final provision

Any cases not provided for by these rules and regulations shall be decided by the board of Stichting DE 4DAAGSE.

The complete document "2012 Regulations for Civilian Groups" is available via www.4Daagse.nl/en

Details of New BDWF Bank Account.

This information is in part a repeat and update of information sent to members in our “Précis of Committee Meeting” notes of 2nd March, 2012.

Despite all the assurances that were given by Santander (Alliance & Leicester) when we changed bank accounts, the difficulties that our members encountered when trying to pay their deposits have been unacceptable. Unfortunately the difficulty depended upon which of the branches were used i.e. Santander or Alliance & Leicester and whether a cheque or cash payment was made. Full integration of all branches and accessibility to a centralised database had not been achieved. The result was that many members had no trouble whilst others were totally frustrated.

As a result of this poor integration and the fact that several of our facility requirements were not as promised, we reviewed several alternative banks and bank account types and finally opted to transfer to a new HSBC ‘Club Account’ which has none of the restrictions that you have come across.

The transfer went seamlessly with appropriate committee members visiting their own local HSBC branches to present and complete the necessary documentation with the whole exercise being co-ordinated centrally by our HSBC account manager. The new bank account was in place on 11th April, 2012, with a letter of confirmation received quickly afterwards. The standard package of cheque books, paying in/credit books etc. was then received within seven days.

We trust that this level of expertise and service will continue.

Bank Name:	HSBC
Sort Code:	40-43-35
Our Account Name:	British-Dutch Walking Fellowship
Account Number:	01530682

Some members will note that their submitted cheques have not yet been presented for payment. These were held back until the necessary transfer was completed in order to avoid any further issues. Have no fear the cheques will now be paid in as quickly as we can.

All of our own forms will be updated to reflect the above changes.

Latest Update:

All transactions to date have been successful and without incident.

Weblog of Johan Willemstein

Friday, 13 April 2012

Today, at 9.30am, the draw was performed under the watchful eye of the notary. And although we are extremely pleased about the fact that we have received the largest number of registrations since 2005 (49,896), this automatically also means we have to disappoint 4,896 people. This is much to our regret, but we have no other option if we want to keep the event controllable. Perhaps we will be able to please some of the unlucky ones with a starting ticket after all. Entitled participants have 14 days to cancel their registration, should they want to. They will then be refunded their registration fee, minus an €6 administration fee. Starting tickets that become available again due to these cancellations will be distributed among those who missed out in the draw. Last year, 719 starting tickets were redistributed this way.

Everyone who has full certainty on their participation can now go full steam ahead in their training and preparation regime. I advise everyone to take that seriously. Experience shows that thorough preparation is an undeniable necessity if you want to complete the Four Days Marches successfully (and enjoy it). Because that is not something that comes easily, barring the odd exception.

And if you want, you can also take part in the Four Days Marches Sponsored Walk. Last year's participants were delighted with the facilities offered, as well as with the charities they were walking for. And when you do decide to walk for charity, our system will make it very easy for you to find as many sponsors as possible. And importantly: 100% of money raised will actually go to charity. Please check www.devierdaagseponsorloop.nl for more information.

<http://www.4daagse.nl/en/news/weblog-march-leader.html>

RAF Cosford - WARMA

Katie e-mailed to tell me that her bag was packed for RAF WARMA and did I need her to bring anything else? Given the weather forecast my reply was short and to the point, "Scuba gear".

On the Friday Frank was sent on ahead to sort out last minute arrangements for the weekend, and to check out our new First Aid room and billet. We had been moved out of the Home for Sport where we usually sleep and into barracks, and out of the Rehabilitation Suite and into a classroom for treatment. The new arrangements proved excellent. The First Aid team now all adore Helen Elliot as she provided us with hot drinks during our evening treatment session. A luxury to which we could become accustomed!

We were so blessed on the Saturday, when although very cold it stayed dry. The low temperature seemed to keep the walkers moving at a good pace and the number of blisters was down, which was great. We did get quite an assortment of other injuries and health problems. Luckily the number of people hospitalised was down on the previous year too. The evening treatment session ran smoothly, although we did get a few emergencies and some people had to be carried onto the beds. I'm delighted to report that they were fit enough to walk out unaided after receiving treatment. We finished early enough to walk to the bar and have a night cap or two to unwind us before going to bed.

Sunday of course was a different story, with relentless rain and very strong winds. Combat trousers are not suited for rain as the cotton just soaks up the water. The civilians fared better as they were able to wear more suitable gear. We spent quite a lot of time wringing out clothing. Again blisters were not a great problem but the cold took a huge toll and warm minibuses performed a constant shuttle service to take some soaked walkers back to RAF Cosford before hypothermia set in. Even so the whole day was a real slog for everyone. There was very little treatment required in the aftermath as the majority of walkers just wanted to get home as quickly as possible.

It was great to catch up with old friends from both the RAF and the BDWF. Huge congratulations to everyone who got round in such foul conditions. A medal does not seem adequate recompense. I must also record a massive vote of thanks to the First Aid Team who remained cheerful and dedicated throughout some dire conditions, and who worked so hard and with great professionalism throughout the weekend.

Gina Coltman

Several photos have been added to the website from the weekend don't forget to take a look!

In Memoriam

Michael Macdonald



Michael Macdonald aged 65

In loving memory of Michael Macdonald who after a long illness, passed away three weeks ago.

Michael completed his first Nijmegen Vierdaagse in 1992 and went on to complete 9 in total. Michael loved Nijmegen and all that it stood for.

When he knew of his illness he accepted it and still had his sense of humour to the end.

Janet Williams

In Loving memory

Janet Margaret Williams loving wife of Talbot passed away on Thursday 5th April 2012.

Janet had been suffering for a while and is now at peace.

Challenge Ariconium

challenge ARICONIUM

Do you like walking? Do you like a challenge?

15 or 20 mile Sponsored Charity Walk

Saturday 16th June 2012

Circular walk visiting all six churches within the Benefice of Ariconium
Lea - Hope Mansel - Weston under Penyard - Upton Bishop - Linton - Aston Ingham - Lea

- Start from Lea Village Hall (Grid Ref. 657217) between 8-9am.
- Option to be sponsored for a charity of your choice.
- Marked routes utilising both footpaths & roads.
- Free refreshments for walkers upon completion in Lea.
- Dogs welcome - on leads (not all stiles dog-friendly).
- Emergency pick up service available.
- Camping available at village hall - £10 per tent.
- More info & register online at www.ariconium.org/challenge

Entrance fee - Advance registration £6 (from October 2011)

Register on the day £8

Children under 16 £3 (must be accompanied)

Youth groups £3 (per person inc adult leaders)

Further information: Alice Basey 07753 771214

Chris Burns 01989 750470 (eve)

ChairmanLeaVH@aol.com

**Organised by St John the Baptist Church Supported by Cotswold Outdoor Ltd
& Lea Village Hall, The Lea Excalibur Walking Group, Hereford**

www.ariconium.org/challenge

The Great Barrow Challenge

The Great Barrow Challenge is a series of sporting events throughout the year in the wonderful countryside of East Anglia, where you will have the chance to run, cycle, walk or a mixture of all three, over set distances to be completed within a time limit each day. You have the opportunity to choose the distances you wish to undertake ranging from a 6 – 26.2mile walk or run or cycle from 30 – 125 mile bike ride and many distances between.

The Great Barrow Challenge is what you make of it and no matter what preferences you choose in completing the event you and your club will have great fun! There are now only two events left this year:

* Summer Challenge, Saturday 16th to Sunday 17th June 2012

* Great Barrow Challenge Wednesday 19th to Saturday 22nd September 2012

We may have your details as a member of your club has previously undertaken the event and we would now like to invite the whole of your club to participate in this fun sporting event. All abilities welcome, whether looking for a personal challenge or to take on a full four day endurance challenge.

The Great Barrow Challenge provides participants the option to camp onsite, with access to many facilities, food/drinks and an onsite bar and entertainment in the evenings as a family friendly event.

Supported by the Alzheimer's Society.

All charity fundraising welcome.

Please visit www.greatbarrowchallenge.co.uk for more details and terms and conditions.

DON'T FORGET TO SIGN UP EARLY FOR YOUR REGISTRATION FEE DISCOUNT.

For group entries and discounts please call: 01284 810446

Your Letters

Hi Herman

A quick note to let you know why I will not be at Nijmegen this year.

My intention always was to enter, I even bought a pair of New Balance trainers at last years' event ready for this time, but now they will have to wait.

I have giant cell arteritis, an unusual condition that affects more women than men, (I'm not sure what that says about me!) and whilst it is under control with medication, and I am back at work, I do not have the energy to train so it is most likely that I would not complete the event, even if I did enter.

If you should look up what the condition is all about, do not be concerned over the sight risk, mine is OK.

I hope my Nijmegen days are not over, although it is too soon to tell, but I am keeping my fingers crossed.

I have no problem with other people knowing about me, I think it is better that they know rather than wonder what is going on.

So, I wish everyone success this year and thank you for your sterling work over the many years that I have attended, either as a walker or a first aider.

Regards

Mike Dean

Did we fool you with the Frail Loop Vodka as our new antiseptic alternative to Iodine? Well you weren't alone. The clue was in the name - Frail Loop is an anagram of April Fool. Like all good spoofs it had it's basis in fact as Iodine is no longer recommended to disinfect minor wounds because it induces scar tissue formation and increases healing time. Novel iodine antiseptics containing povidone-iodine (an iodophor, complex of povidone, a water-soluble polymer, with triiodide anions I₃⁻, containing about 10% of active iodine) are far better tolerated, don't negatively affect wound healing, and leave a deposit of active iodine, thereby creating the so-called "remnant," or persistent, effect. The great advantage of iodine antiseptics is their wide scope of antimicrobial activity, killing all principal pathogens and, given enough time, even spores, which are considered to be the most difficult form of microorganisms to be inactivated by disinfectants and antiseptics. Of course for our use the main advantage apart from the great antiseptic quality is that the solution acts like a highlighter pen on the skin and clearly outlines the blister.

Gina Coltman

Your Letters (Cont)

BARROW 2012 SPRING WALK

Ron Richardson, John Nicholson, Tim Wyer

The Academy Health & Fitness Centre in the pretty village of Barrow near Bury St Edmunds staged it's first spring walk on 17Mar12. It catered for walkers, runners and cyclists, covered a variety of distances, and followed the same routes as the first day of last September's 2011 Great Barrow 4-day Challenge.

Suffolk locals, Tim and "Rocket" Ron arrived nice and early (6.30am) and set off on the marathon distance. It was quite cool at the start, still technically winter, and around 9am it started to drizzle and didn't stop until 2pm, the sort of 'not raining heavy enough to make you want to wear a coat' rain, but wet enough to soak through if you don't.

Unknown to Tim and Ron, laid back John from Dorset arrived (09.30am) having missed the 9am start of his 15 mile walk, naively expecting walkers to be setting off for an hour or so, Nijmegen fashion. Undaunted John set off alone, meeting only three checkpoint markers (sent out again just for him), until merging with the other events and distances at point 4.

The walk starts off on tracks and minor roads taking open countryside routes through the villages of Herringswell, Tuddenham and Icklingham, very quiet, hardly a soul on the route and practically no traffic on the road sections. After Icklingham the marathon routes splits away from the medium route, into the "The Kings Forest", also known as Thetford Forest, part of the Icknield Trailway.

Last year on the 4-day walk the forest was a very nice, peaceful section to be at one with nature, take time to soak up the openness on the edge of the forest, listen to the birds and watch out for deer and other animals. Today in the rain it was 10 miles of walking through muddy tracks, with 3 miles churned into deep ruts and puddles. Tim has a bee in his bonnet about 4x4's destroying the bridle paths in Suffolk. Ron described it as "simply tedious". It's amazing how the weather changes the perspective.

Now in last place, the "Rocket" and Tim were thinking of themselves as "official route sweepers". Their route and the medium routes rejoined, went through Cavernham and back to Barrow where they meet up with John for the first time and, of course, captured a quick photo opportunity.

Support throughout is top A1, with chocs and sweets at check points, friendly marshals, quiet routes, no traffic. Numbers were quite low: around 30 walkers, 30 runners and 20 cyclists. Maybe March is too early in the season for some. It only needs the sun to dry the route and a few more walkers. One to keep an eye on for future growth.

There is a 2-day summer walk here on Sat16 & Sun17Jun12 and last month Herman circulated a flier for the Great Barrow 4-day Challenge, from Wed19 to Sat22Sep12, when hopefully the tracks will be less muddy.

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

Photograph L to R: "Rocket" Ron, John Nicholson, Tim Wyer



Forthcoming Events 2012:

May 2012

6th **Sarsen Trail (7/11/15/26Miles)** 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)

16th - 17th **The Great Barrow summer Challenge** - information can be found at <http://greatbarrowchallenge.co.uk/challenges/summer-challenge-marathon.html> or on page 8 of this months edition of the Rambler.

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.

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 Andy Lock; Chloe Williams;
Ryan Evans
- 2 Nigel Young; Debra Griffiths
- 4 John Sutton
- 5 Stuart Hammersley; Josh Battaglia
- 6 John Turner; Christopher Pratt; James
Pirrie
- 7 John Foden; Ron Williams; Finn Baker-
James
- 9 Cliff Evans
- 11 Dominic Bray; Luke Paynter
- 12 David Cashain; Dafydd Jones;
Charles Bryant
- 13 Steve Cherry; Kenna Leigh;
Aled Griffiths-Moses; Julia Gaffney
- 14 Peter Richmond; Thomas Rouse
- 15 Josey Thornton; Amanda Bryer;
John Howell; Rachel Palmer
- 16 George Thornton; Sandra Bird; Dave
Saunders
- 17 Sandra Thompson
- 18 Matthew Keates; Vivienne Sherry
- 19 Steve Waites; Tracey Sharland
- 20 Tracey Birch
- 21 Doug Pearce; Tom Wakelam;
Jess Cotton
- 22 Brian Kiel; Jacqui Wakelam;
Siobhan Smith
- 23 Marylin Hurley; Daniel Lewis
- 24 Samantha Holland; Frankie Mabbott;
Matthew Hayward
- 25 Andrew Tiley
- 26 Sheila Hanson; Lucy Jones (nee Johns)
- 28 Samantha Bowstead; Andrew Smith
- 30 Roly Greer; John Warnier;
Vicky Couper; David Sinclair
- 31 Ashleigh Roome

Nederlanders

- 1 Rienk Cloo
- 2 Arie de Knijf; Jochem Huffmeijer; Edwin
Vreeling
- 4 Renger Rakhorst
- 5 W Seders; Francien Kastanja
- 10 Mischa van der Bos
- 11 Anton Aelberts
- 13 Toon Vogel
- 14 Henie Stoel; Lydia Verstraate
- 16 Frans Vogel; W van der Wijdeven
- 24 Koos Vergeer;
Marian van Essen Westerhoff
- 29 Bep van der Krabben-Enner; Louis van
der Krabben; Gijs van Reenen; P Boomsma
- 31 Diane 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 Kate by **Friday 25th May 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

