

Australian

Two Day Walker

NEWSLETTER OF CANBERRA TWO DAY WALK INC.

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Anne Walter

PRESIDENT'S MESSAGE

I can't believe it has been nearly five months since the last Canberra International Walking Weekend. It seems like we have only just finished packing up and now we are thick in the middle of planning for our 21st. But, before we start celebrating our coming of age, some reflections on our 20th anniversary.

I first took part on the (then) Canberra Two Day Walk in 1997. Even back then, it seemed like a well established event. I would have been surprised if I had been told then it was only five years old. Despite that, those involved in the early days would have been equally surprised that the event is now entering its 21st year. It seems our founders got the basic format right as, with only minor tweaking, we have continued to attract a good number of walkers each year. The 20th anniversary was an opportunity recognise those people who have kept this event going:

The 20 year walkers:

The select group who have faithfully turned up every year and walked their nominated distance. That is real dedication!

Thanks to the following for your loyal support:

Carol Baird*

Harry Berg*

Kathleen Berg*

Albert Brakel*

Pam Daley#

John Flaxman

David Horton*

Anne l'Ons

Anna Moering#

Michael Moering#

Sylvia Mountain+

Frank Pirchmoser*

Tom van Gerwen

Theresa van Heuzen+

Gerry Weber*



* has served on committee, or is currently on committee

+ husband has served on committee

walked 20 times but not always the medal distance previously required

NEXT WALK - 31 MARCH & 1 APRIL 2012

The volunteers:

We can't put on this event without them. The following have assisted in some capacity as volunteers for 15 years or more:

15 times: Willy Banens

17 times: Andrew Berg, Betty Pearson

18 times: David Berg, Helen Gniel (Berg), Peter Zuman

19 times: Danny Bozzato, Sandra Leslie, Michael Shannon

20 times: Harry Berg, Kathleen Berg, Marion Reilly

Our two new life members:



Marion Reilly was secretary of the Canberra Two Day Walk Association for many years and has looked after the registration desk on the weekend for all of our twenty years. This is a crucial part of our organisation and is the first impression walkers receive when they arrive at our event. Since the walk Marion suffered a major stroke, so we wish her all the best for a speedy recovery.

Don Mountain is a former vice-president of the Two Day Walk Association and produced the newsletter, entry brochure and other publications for a number of years, including after he retired from the committee.

Both have made an outstanding contribution to the Canberra Two Day Walk Association and their nominations as life members received unanimous support.

And last, but certainly not least, the Berg family. In particular, Harry and Kathleen as co-founders and the stalwarts who have kept the event going all this time but, not to also forget, all the other members of the Berg family who have been roped in to help out over the years. It was a special moment in the five kilometre event on the Sunday when four generations of Bergs all walked together. Later, Harry's father gave an emotional speech at the closing presentations when he expressed his pride in the achievements of his family.

We had two senior IML walkers take part this year and we received a very favourable report (the only blemish resulting from the disappearance of four of our signs in Belconnen). They were clearly impressed by the dedication of our volunteers and hopefully have gone away with a better understanding of the challenges faced by the smaller IML walks.

Since the AGM, we have been pleased to welcome Kelly Zyla as our new Secretary, allowing Kathleen Berg a 12 month handover. We have also welcomed Frank Pirchmoser onto the committee. Frank has agreed to help out with publicity - an area where we badly need to lift our game if we are to grow this event into the future. Others have also offered to assist us in some capacity. Thanks to all. Now we just need someone who is willing to take over as treasurer next year. David Horton has this set up running like a well oiled machine, however, David was keen to retire at this year's AGM. I don't think we can convince him to do another year but I'm sure he will be happy to train a replacement. Please let me or David know if you could be interested.

There are a number of tasks to do each year, one of which is checking our routes. While we now rotate our courses on a three yearly basis, some things do change since the last time a course was used. Often, deviations are needed because of roadworks or construction of new buildings. However, a new challenge was to find a whole new suburb being developed on one of our courses. Luckily, there is a detour we can use so it should not affect the course too much. But it does highlight why we go to so much trouble to carefully check all our courses before we send walkers on their way.

I hope you can join us for our 21st and also bring your friends to the party.

Lillian Wilkinson

Participants Information Summary 2011



Awards Achieved:

Bronze Medal	143
Year 2	42
Year 3	26
Year 4	33
Silver Medal	24
Year 6	24
Year 7	20
Year 8	17
Year 9	13
Gold Medal	27
Year 11	17
Year 12	14
Year 13	15
Year 14	14
Gold/Green Medal	17
Year 16	10
Year 17	10
Year 18	4
Year 19	4
Green/Gold/Red Medal	12
Total Completed:	
2 days	486
1 day	83
No show/fail	15
Total Registered	584

Note: Any discrepancy between numbers is due to unknown gender or different distances walked on each day.

Distance Break Up:

(successful participants only)

	Total	Male	Female
5 km	51	26	25
10 km	240	70	170
20 km	154	70	84
30 km	41	25	16
Total	486	191	295
Marathon	32	18	14



Origin Break Up: (by State / Country)

Within Australia:		Ex Overseas:	
ACT	279	Netherlands	34
NSW	193	Germany	20
VIC	37	Belgium	2
QLD	3	UK	1
WA	2	Switzerland	1
SA	1	Finland	2
Total	515	Norway	2
		Taiwan	1
		Korea	2
		Canada	2
		USA	1
		NZ	1
		Total	69



Oldest to Finish:

(both days)

Distance	Male	Female
5 km	84	83
10 km	86	94
20 km	86	78
30 km	76	66
Marathon only	74	73

Age Break Up:

	Total	Male	Female
= < 10	13	6	7
11 - 15	7	0	7
16 - 18	0	0	0
19 - 30	15	7	8
31 - 40	21	10	11
41 - 50	39	14	25
51 - 59	105	37	68
60 - 69	177	58	119
70 - 79	153	71	82
= > 80	30	16	14
unknown	24	12	12
Total	584	231	353





IVV & IML Walking in the UK

by Don Mountain

On a recent trip to the UK Sylvia and I completed three IVV Walks; we also took part in the English Two Day IML walk, including the Friendship Walk on the Friday which was also an IVV event. More about that event later.

Our first IVV walk was on a hot day in London. **The Royal London Trail** is a 12 km walk mainly through parkland in central London. It commences at Marble Arch tube station, so is handy for those staying almost anywhere in London. The route takes in Hyde Park, Marble Arch, the Albert Memorial, the Royal Albert Hall, past the Royal College of Art and the Imperial College of Science and Technology, the Natural History Museum, the Victoria and Albert Museum and Harrods in Knightsbridge. After leaving Knightsbridge the walk meanders down to the Thames, passing the Chelsea Royal Hospital and the National Army Museum, then along the Chelsea Embankment, eventually coming to Buckingham Palace Road. Through Grosvenor Gardens to Hyde Park Corner, then via Green Park to Buckingham Palace. Along the Mall, through Admiralty Arch and Trafalgar Square, past Charing Cross Station and on to the finish at Temple tube station.



Don & Sylvia at the Albert Memorial, London

This walk opens up many little-known vistas of London, even for those who have visited this city before. It is mainly flat. Our only “difficulty” was that we did the walk a week before the Royal Wedding. Even at that stage the roads around Buckingham Palace and including the Mall were closed to motor traffic. The huge number of tourists made walking in these areas more difficult than it would normally have been. Still, a very enjoyable walk and one that we would recommend.

Our second walk was the **Maritime Heritage Trail**. Starting at Tower Hill tube station, the walk generally follows the River Thames from London to Greenwich. Much of this journey makes use of the footpath which closely follows the river. Here and there it diverts a little inland through streets in the old Docklands area. Lots of history here. There is one short stretch after leaving Limeharbour which is uninteresting, but you soon arrive at the entrance to the Greenwich Foot Tunnel. Here you walk under the Thames to reach Greenwich.

At Greenwich the trail takes you through the grounds of the Royal Naval College and then into Greenwich Park. A long steady climb through this beautiful park brings you to the Royal Observatory, with wonderful views over the Thames and the City of London. A different track then leads back to the town of Greenwich and the end of the walk. Once again a great 12 km walk covering areas not normally seen by visitors.

Our third walk on this trip was called the **Edinburgh Britannia Trail**. This walk starts at Haymarket Railway Station in Edinburgh and for most of its journey follows the Water of Leith Walkway, a footpath which follows the river from Edinburgh to Leith. At one stage it takes a diversion into the Botanic Gardens, but soon rejoins the riverside path. There are some wonderful vistas along the way. For the final part of the walk the path follows the old Edinburgh-Leith railway line, utilising cuttings, tunnels and passing old railway station buildings once used by the railway. The walk passes through the dockside area of Leith and finishes up at the Ocean Terminal, now the home of the former Royal Yacht Britannia.

This is a very nice walk, highly recommended for those with a few hours to spare in the Scottish capital.

The walks are all organized by the British Walking Federation. They also list many others on their website at www.bwf-ivv.org.uk.

As mentioned, we also took part in the **Wellingborough Waendel Two-Day Walk**. This is preceded by a **Friendship Walk** of either five or ten kilometers (your choice) on the Friday evening. On the Friday evening after the Friendship Walk we were guests of the Mayor at a “coffee and cake” reception.

The Wellingborough Walk has been reported in earlier newsletters so I will confine my comments to our experience. The route for the 10 km walk (our option; there are also 25 km and 42 km options) on both days took in a range of terrain. We walked on made footpaths, through small villages, across farmers’ fields, along unmade towpaths beside canals and through the town of Wellingborough itself. The majority of the route on both days was easy, with few hills. Organisation was excellent, and facilities at the start/finish also excellent.

There were three Australians participating this year: Sylvia and I and Max Riley, another CTDW participant of many years standing. I think we all agreed that the visit to this ancient Anglo-Saxon town was well worth the effort.

Details of the Wellingborough walk can be found at www.wellingborough.gov.uk/waendel.



At the start of Friendship Walk, Wellingborough



Wellingborough Walk: through the fields



Feedback from our 2011 walkers...

From **Kylie**, returning after several years’ absence, a wedding and the birth of three babies:

We had a fantastic weekend. The 5km was great for us - we did have lots of help along the way with the boys. It was definitely nicer to do the 5km as opposed to the 30km as we had time to enjoy the walk, scenery, boys and the company we were with (no sore legs either). It was very nice to have people come up to us (most I didn’t recognise any more) to do the “I remember when...” I did recognise some people and was able to approach them and say the “I remember when...” We can’t wait for next year’s walk.

From **Anne**, Canberra:

Just to thank you for a great two days walking and all the hard work that went into the background organisation. The dragons, the balloons and the other events and the great calm weather adding to the fabulous time. The marathon was hard work but the second day was a doddle.

Feedback continued...

From **Anne**, Sydney:

To all concerned with last weekend's walk in Canberra. Many thanks for the fantastic effort in organising such a wonderful weekend. I am one of the Peakie Striders and we all agreed it is the best walk in which we participate. We are so looking forward to next year's fun walk.

From **Mary**, Albury:

Our group had a wonderful weekend in Canberra - beautiful weather, wonderful scenery, and as always a warm welcome from the organisers made us feel at home. The gold shirts - MADE IN AUSTRALIA - are being worn proudly by our group on local walks. We enjoyed our taste of the 20th birthday cake. Congratulations to all involved in organising the 20th Canberra Walk and we'll be back next year.

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A big thank you to everyone who has provided us with words of support, thanks and encouragement over the last 20 years - it definitely spurs us on to keep the event going year after year. Even when we don't get specific feedback, we can tell that you have had a great weekend by:

- seeing the satisfaction on your face after completing a challenging distance over two days
- the smiles when you receive your awards
- the noise in the control centre with all of your excited chatter after the event
- your return to do the walk year after year - its really great to get to know you
- your referral of new walkers to the event, proving that word-of-mouth is definitely the best form of advertising!



### *Photos from Day 1 of the 2011 Walk:*

*Above: Lachie briefs the 20km walkers*

*Top Right: Colourful marathon walkers*

*Right: 20km walkers pass Parliament House*





## A message from Mark Hentschel, Lions Club of Canberra Valley

I want to take this opportunity to let you know that the donations you made last year to Lions through our monthly walks and the 2 day walk amounted to just under \$1,300.

On behalf of the Lions Club of Canberra Valley, a BIG thankyou to all who assisted and supported us throughout the year.

The money raised is used to support local Lions projects such as Lions Youth Haven at Kambah which is a farm dedicated to the nurture and support of youth in difficulty.

We have also supported a lot of communities internationally and nationally such as the Queensland and Victorian flood victims. The advantage is that we send funds directly to the clubs in the zones that are affected and they fill the needs not covered by government and other agencies.

If anyone is interested in the work that Lions do in the community and would like more information, please feel free to ask me or send me an email at [Mark.Hentschel@aph.gov.au](mailto:Mark.Hentschel@aph.gov.au).



## Our walk could not go ahead without all of our wonderful volunteers...

If you may be able to help out next year, let us know now and we will contact you closer to the date of the walk to confirm your availability. All of our volunteers also get the opportunity to complete the walk if they wish, but we need to know in advance to plan this with you. Volunteers help in a myriad of way:

At the control centre...

At the walk checkpoints...

Along the route...



## Report on the 20<sup>th</sup> Canberra International Walking Weekend (2-3 April 2011)

More than 600 participants enjoyed brilliant autumn weather once again for the 20<sup>th</sup> Canberra International Walking Weekend. People came from near and far - with 12 countries represented - it was truly a multicultural event. Many of our Australian walkers have Dutch or German connections, and as usual, there was a large contingent from the Vietnamese community in Sydney. The walkers were a colourful lot, some carrying country flags, and others having walk patches from many events on their backpacks. The gold 20<sup>th</sup> Walk souvenir shirts given to all participants added to the colour along the routes on Sunday.

Founders Harry and Kathleen Berg had the largest family group, with their children and their spouses, two siblings and five grandchildren, as well as Harry's 94 year old father and 90 year aunt (in wheel chairs). The Hystek/Watson family, who joined the event at the second Walk, were also well represented. Kylie, 12 when she started in 1993, had her grandmother Anna, siblings Matthew and Wayne and her husband, Peter and their three children with her.



New records for the oldest and the youngest walkers were also set this year. Tina Zuiderwyk (94) completed the 2x 10 km courses (and earned her 10 year medal as well.) At the other end of the scale, a very determined Connor Watson (Kylie's second child) earned his bronze medal for completing the 2 x 5 km courses. At 19 months old, he edged out big brother Rhys Watson and Jack Berg (both 3) for the title of youngest walker ever.

Around Sunday lunchtime as the walkers returning, a sudden wind change resulted in smoke from the bbq being blown into the hall, setting off the fire alarm. All inside the hall had to evacuate and wait outside for the fire brigade to arrive and turn off the alarm and give the all clear. While the Committee were somewhat embarrassed to have **two** fire tenders arrive, it made the day for some little boys who were allowed to try on a helmet and sit in the fire tender!



Last on the program was the medal presentation ceremony for those achieving milestone completions this year.

The first awards were to the volunteers - in particular to 5, 10, 15 and 20 year helpers. An event such as this would not happen without a large team of volunteers. Most worthy of mention was 95 year old Johanna Vink, helping for the 10<sup>th</sup> time.



Left to right: Andrew Leigh MP with some of our long term volunteers: **20x** Harry, Marion & Kathleen; **15x** Willy Banens; **10x** Albert Brakel, Ria van der Zandt, Johanna Vink (95 years old) & David Horton; **5x** John Belcher, Alexis Yeadon & Mikki Davidson

Next to be presented were the 5 year, 10 year, 15 year walker medals, and, for the first time, 20 year medals. Twelve very proud walkers received the first red/green/gold 20 year medals. Andrew Leigh, MP, member of the Australian Parliament presented the medals. In making the presentations, he commented that, cumulatively over the 20 years, the 20 year medallists would have walked some 10,000 kilometres on Canberra's shared path network!

As Canberra International Walking Weekend is a member event of the IML Walking Association, (a worldwide group of walks which promote multiday walks and walking internationally), there were also some international awards to be presented. Three walkers achieved the IML Global Walker awards for completing 10 walks in



*Emiel Termont (President of KNBLO), Johan Willemstein (President Nijmegen 4 Day Marches) and Tom Buykx getting Global Walker award*

European IML Walks and 7 Walks in Pacific Rim IML Walks. One walker achieved the Pan Pacific awards for walking in 8 Pacific Rim IML walks. These were presented by our special guests who were from The Netherlands; Johan Willemstein and Emile Termont. The Dutch are serious walkers. Johan Willemstein is the leader of our sister event, the Nijmegen 4 Day March. In that event entries are capped at 45,000 and the shortest distance is 30 km each day with most people walking the 40 km routes. Emile Termont is the leader of the Dutch organisation KNBLO which encourages recreational physical activities, particularly walking and offers 1,000 events and 100,000 kms of walks annually. Johan presented the international awards while Emile spoke enthusiastically about IML Walking, which has the motto “Let walking bring us together”.

This was followed by an impromptu speech from Jan Berg, Harry’s father. Jan (who participated in a number of the Canberra Walks) spoke about having completed the Nijmegen march in 1938 as part of his Dutch military service, and how talk of this had been part of what had led Harry to set up the Canberra International Walking Weekend. He was, today, a very proud father, grandfather and great grandfather, enjoying the 20<sup>th</sup> event with so many family members and walking friends.

The last item on the program was the cutting and sharing of the 20<sup>th</sup> anniversary celebration cake which had been made and beautifully decorated by Jannie Wansink, another member of the Dutch community. “Happy Birthday” was sung, in Dutch and in English, and with Andrew Leigh’s son, Sebastian, helping, the candles were blown out, and the cake was cut and shared out.



With a request by President Lachlan Wilkinson to “Come and join us for our 21<sup>st</sup> Walk on 31 March and 1 April 2012”, the 20<sup>th</sup> Walk concluded.

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Four generations of the Berg family came together to celebrate the 20th Anniversary of the Canberra International Walking Weekend

Editorial note: all these and many more photos from the presentation ceremony and hundreds of additional photos from the two days of the walk are available from http://web.me.com/elford/IVV-Aussiewalks/2011-_Two_Day_Walk.html.

There was a sea of gold around Canberra on day 2 of the walk, with many people choosing to wear their (green and) gold commemorative t-shirts - you certainly made a splash!



Walking in Melbourne March 2011

by Kathleen Berg

An email arrived from a Japanese tourist operator in Melbourne asking if anyone from our walking club would be able to lead a walk for around 25 Japan Walking Association Walkers from Japan who were on a one week holiday in Victoria. Fortunately we were able to get some cheap fares through Virgin and a good deal on a hotel room near Finders St Station, the start point for the year round route.

As it was a couple of years since we had walked the route, we decided we had better recce some of the walk route, in case there were any changes. We only walked the part through the city; after all there should not be any problems on the south side of the river? Everything seemed in order, and we worked out all the turns in the arcades.

We arranged to meet the group at ten to nine at the station on the following morning, and at precisely 8.50, the group came marching up to the meeting point, looking very smart in their walking uniforms. We crossed the road to Federation Square, where they held group warm up exercises before we set off. The weather report indicated that there might be some showers so we all had our fingers crossed.



Several of the people had quite good English, and chatted to us as we walked. A couple of people looked vaguely familiar, and told us they had walked in our Canberra Two Day Walk.

The first little hiccup came when we were passing the old Myers store. There had been a fire in the building the previous evening, and we had to make a slight detour, but were quickly back on the route. All went well through Fitzroy Park and on across the river. A slight wrong turn in the Gardens meant we walked a little bit extra, but no one seemed to mind. A shower threatened as we walked through the Gardens, but fortunately did not develop.

However, when we got past the Music Bowl to where we usually cross to get back to the river, we thought we should go a little further with the group, to use a crossing with lights. Here we ran into a problem with fencing having been erected for Moomba - something we had not anticipated. That meant we did not get down to the river, and there was some chasing around to find a route back to the bridge – all a little bit embarrassing.

However, we all got back to Federation Square where Harry and I stamped the IVV cards and the group had their warm down exercises, to the amusement of the lunch time crowd. After the obligatory photos and lots of sayonaras and “hope to meet in Higashimatsuyama in November” they set off for the afternoon of sightseeing, and we went off for lunch.



Winter IVV walks

by Kathleen Berg

Our monthly Saturday morning IVV walks continued through winter, with a very rugged-up group taking part.

The May walk was for World Walking Day, and we explored Cooleman Ridge for the first time as an IVV group. Although not officially winter, it was a cold windy day. Our reward was great views from the top of Mt Arawang, but we did not linger too long.



June saw us head south to Lake Tuggeranong, and despite the cold weather and the long weekend, there was a good roll up. This time we walked the route clockwise, as a change from the last time when we walked, and this also gives our 7 km walkers the chance to walk most of the way with the 10 km group.

July's walk saw us doing the War Memorial variation of the Canberra capital route. Diana had a couple of extra things for us to view on the way. First, there was a brief detour to have a look

at the Police Memorial. After that, it was across the Kings Avenue Bridge (where we really noticed the wintery wind) for another short pause to enjoy Skyspace, a new artwork at the National Gallery. You have to go there to experience it, but it was lovely to sit for a few minutes, out of the wind and on the warm bench, and zone out, looking at the sky through the roof opening.



Our last winter walk in August saw a small group head out to Googong. This was another new route, and Diana had arranged for us to get access to the woolshed and homestead. The homestead was particularly interesting with the variety of building styles from the early settlement period. A ranger was on hand to tell us a bit about the homestead. From here we went to Washpen Crossing, which was no longer a crossing after the floods at the end of last year! It was pleasant walking though the trees with some very unusual termite mounds along the way. We saw many kangaroos, and though we saw a number of burrows, we did not see any wombats. On the return we walked beside Burra Creek for a way, and then crossed at London Bridge to return to the carpark. All up the walk was about 8.5 km in perfect walking weather.



Those who missed the Googong walk can join us when we repeat this one in December. Well recommended.





IVV Calendar

The following walks are scheduled for the remainder of this year:

Sep 10: Lake Ginninderra walk - meet at Townsend Place (Yellow Pages Map 38 B14) - 8km or 10km options

Oct 8: Lake Tuggeranong walk - meet at Cowlshaw Street car park opposite Tuggeranong College (Yellow Pages Map 87 N13) - 7km or 10km options

*****Oct 30:** Bonus Sunday Walk - join us Seven Bridges walk in Sydney and help raise money for the Cancer Council. Entry costs \$15 plus an optional donation to the Cancer Council. The total loop is 28km but you do not need to walk the entire distance (there are special buses travelling in the opposite direction) - see website for more details (www.7bridgeswalk.com.au). Contact us if you are planning to participate in this walk and would like the IVV stamp***

Nov 12: Lake Burley Griffin walk - meet at Questacon car park (Yellow Pages Map 59 G10) - 14km

Dec 10: St Nicholas Embassy Walk - meet at Questacon car park (Yellow Pages Map 59 G10) - 10km

Dec 11: Bonus Sunday Walk - repeat of London Bridge Bushwalk - south of Googong Dam - 8-9 km approx - meet at Queanbeyan McDonalds at 8am to car pool to start point London Bridge Woolshed for 8.30am start of walk

New IVV walks are coming in 2012 - more details in the next newsletter...



And last but not least...

A big thank you to Douglas Elford for taking all of the marvellous photos over the weekend! You can check them all out at http://web.me.com/elford/IVV-Aussiewalks/2011-_Two_Day_Walk.html - there are multiple pages of images for you to see. More images from the walk will be included in the next newsletter.