

## Nijmegen Four Days Marches

16 – 19 July 2013, registration starts in February and ends in April! Depending on age and gender, the distances are 30, 40 or 50 km. There is a separate 40 km distance for military personnel, who have to carry 10 kg of weight.

### Race walking events 2013

|             |                       |                               |  |
|-------------|-----------------------|-------------------------------|--|
| 6 January   | RWV                   | Rotterdam (Langepad)          | 1, 3, 5 or 10 km at a 907 meter course in a local park (Kralingse Bos)   |
| 20 January  | Sv de LAT             | Amsterdam (Radioweg)          | 10 or 25 km at a 2.5 km course in a local park (20 km is not judged)   |
| 3 February  | RWV                   | Rotterdam (Langepad)          | 1, 3, 5 or 10 km at a 907 meter course in a local park (Kralingse Bos)   |
| 10 February | Sv de LAT             | Amsterdam (Radioweg)          | 10 or 30 km at a 2.5 km course in a local park (20 km is not judged)   |
| 3 March     | RWV                   | Rotterdam (Langepad)          | 1, 3, 5 or 10 km at a 907 meter course in a local park (Kralingse Bos)   |
| 24 March    | OLAT                  | Tilburg (Reeshof cycle track) | 5, 10, 20, 30 or 50 km race walk (max. 7 hours)  |
| 30 March    | Av Unitas             | Sittard                       | Kennedymarch Sittard: includes a 50 miles race walk with extra feeding stations for race walkers, start 5.00 AM, road race   |
| 7 April     | Av Parthenon          | Dordrecht (Reeweg)            | 5 or 10 km running event Dwars Door Dordt: includes a race walking event   |
| 20/21 April | Hart van Brabant      | Loon op Zand                  | Non-judged road race (4 km laps) in Loon op Zand, running will result in time penalties                                      |
| 18/19 May   | OLAT                  | Weert (IJzeren Man)           | Continental Centurion event, 24 hours, 100 miles, 100 km, 50 miles or 50 km (6 km laps) around the IJzeren Man lake in Weert |
| ?? August   |                       | Amsterdam (Olympic Stadium)   | Dutch Championship 20 km men, event date or organizers not yet known   |
| 6 October   | RWV, Hart van Brabant | Tilburg (Reeshof cycle track) | Dutch Championship 50 km men, 10 km women (also 5 or 20 km possible)   |
| 3 November  | RWV                   | Rotterdam                     | 1, 3, 5 or 10 km at a 907 meter course in a local  |

|             |           |                      |  |
|-------------|-----------|----------------------|--|
|             |           | (Langepad)           | park (Kralingse Bos)   |
| 17 November | RWV       | Rotterdam (Langepad) | 1, 3, 5 or 10 km at a 907 meter course in a local park (Kralingse Bos) |
| 1 December  | RWV       | Rotterdam (Langepad) | 1, 3, 5 or 10 km at a 907 meter course in a local park (Kralingse Bos) |
| 15 December | Sv de LAT | Amsterdam (Radioweg) | 10 or 20 km at a 2.5 km course in a local park (20 km is not judged)   |

[www.rotterdamsewandelsportvereniging.nl](http://www.rotterdamsewandelsportvereniging.nl)

[www.delat.nl](http://www.delat.nl)

[www.olat.nl](http://www.olat.nl)

[www.kennedymars.org](http://www.kennedymars.org)

[www.dwarsdoordordt.nl](http://www.dwarsdoordordt.nl)

## Kennedymars 2013 (50 miles)

|             |                          |  |
|-------------|--------------------------|--|
| 9/10 March  | Steenbergen - Roosendaal | Mars door de Zuidwesthoek                            |
| 30/31 March | Sittard                  | Kennedymars Sittard (start 5.00 AM)                  |
| 5/6 April   | Klarenbeek               | Nacht van Klarenbeek                                 |
| 20/21 April | Loon op Zand             | Nacht van Loon, non-judged race walking event        |
| 20/21 April | Haarlem                  | 80 Bollenstreek                                      |
| 26/27 April | Dordrecht                | Kennedymars RWV                                      |
| 3/4 May     | Hilversum                | Kennedymars Hilversum                                |
| 10/11 May   | Etten-Leur               | Kennedymars Etten-Leur                               |
| 18/19 May   | Moergestel               | 80 van Oisterwijk                                    |
| 18/19 May   | Weert                    | OLAT race walking event (together with the 24 hours) |

|                 |                             |  |
|-----------------|-----------------------------|--|
| 24/25 May       | Zwolle                      | Kennedymars CareClowns                         |
| 31 May/1 June   | Steenwijk                   | Kennedymars Steenwijk                          |
| 1/2 June        | Bergen op Zoom - Vlissingen | Kennedymars Bergen op Zoom to Vlissingen       |
| 8/9 June        | Den Helder                  | Kennedymars Den Helder                         |
| 14/15 June      | Rijsbergen                  | Kennedymars Rijsbergen                         |
| 28/29 June      | Poortugaal                  | Kennedy-Plusmars RWV (80 + 5 km jubilee event) |
| 6/7 July        | Someren                     | Kennedymars Someren                            |
| 2/3 August      | Geldrop                     | Kempenlandtocht                                |
| 17/18 August    | Melderslo-Horst             | Kennedymars Melderso                           |
| 7/8 September   | Vleuten                     | Kennedymars Vleuten to Tilburg (85 km)         |
| 14/15 September | Waalwijk                    | 80 van de Langstraat                           |
| 20/21 September | Haaksbergen                 | Twentse Kennedymars                            |
| 20/21 September | Bergeijk                    | Kennedymars Bergeijk                           |
| 28/29 September | Velp (Gelderland)           | Posbankwandeltocht                             |

[www.80vandelangstraat.nl](http://www.80vandelangstraat.nl)

[www.kennedymars.nl](http://www.kennedymars.nl)

[www.kennedymars.org](http://www.kennedymars.org)

## Long distance walks 2013

|               |            |   |
|---------------|------------|---|
| 25/26 January | Den Bosch  | 100 or 110 km walk (register in time, November 2012!) |
| 9/10 March    | Roosendaal | 110 km walk Zuidwesthoek                              |
| 22/23 March   | Bussum     | LAT Jubilee walk, distances not yet known             |

|                 |                        |  |
|-----------------|------------------------|--|
| 20/21 April     | Loon op Zand           | Nacht van Loon, 15 hours non-judged race walk          |
| 4/5 May         | Bocholtz               | 135 km walk Mergellandroute                            |
| 18/19 May       | Weert                  | Continental Centurion event, 24 hours race walk (OLAT) |
| 22/23 June      | Amsterdam – Leeuwarden | 150 km walk (LAT)                                      |
| 2/3 August      | Geldrop                | 110 km walk (Kempenlandtocht, OLAT)                    |
| 30/31 August    | Ooltgensplaat          | 106 km walk (Omloop van Goeree)                        |
| 7/8 September   | Amsterdam – Tilburg    | 125 km walk (Hart van Brabant)                         |
| 13/14 September | Zeewolde               | 110 km walk (Z tot Z tocht)                            |
| 21/22 September | Nijmegen – Rotterdam   | 160 km walk (RWV)                                      |
| 1/2 November    | Bocholtz               | 110 km walk (Nacht van Bocholtz)                       |

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[www.delat.nl](http://www.delat.nl)

[www.olat.nl](http://www.olat.nl)

[www.bossche100.nl](http://www.bossche100.nl)

[www.slaw.nl](http://www.slaw.nl) (section Long Distance Walking of the KNBLO-NL, the Dutch Walking Association)