

Dr Elizabeth Saunders is taking part in a 4 day march in July 2011 to raise funds on behalf of the Burmese Cat Club Benevolent Fund. This form is for those wishing to sponsor her and to sign up for 'Gift Aid' to be applied to the donation in that we can also reclaim the tax element of your donation. So would you please ask your friends and colleagues if they would like to sponsor Elizabeth during this walk, details of the event are below.

4 DAAGS (4 DAY MARCHES)

The 4 day marches started in The Netherlands in 1909 as a requirement for entry into the Dutch military. Over the years, other countries' military joined and, in later years, they were joined by civilians.



In July, 45,000 participants from all over the world now gather in Nijmegen to march for 4 days. The reward is the coveted Four Day Marches Cross: a royal honour.

The 2011 walk will be my fourth with 50 kilometres daily amounting to a total of 124 miles. This is the longest distance and so, the most challenging. Training begins in January and I can clock up to 360 miles during the six months preparation.

Each 50k walk starts at 4 a.m. and, with food, fluids and footwear carefully selected, and, most importantly, feet well greased your only concern is getting your barcode read at each checkpoint and walking

The atmosphere is unique. Thousands of onlookers are already lined up along the route at 4 a.m., shouting, "Success, success" and "Gute Morgen." Bands play, choirs sing, children hand out nibbles, dogs sit patiently and Wilma, a 12 year old Persian sits unrestrained on her cushion, counting us all go by.

For the 2011 walk I will be seeking sponsorship for the Burmese Cat Club Benevolent Fund 2011. All monies raised will go to help Burmese cats in need, so please give generously.

So, on the Tuesday 19th July, as you are giving your cats their breakfasts, remember that I will already have been up for 5 hours and walked 15 miles. So too on the Wednesday, and on the Thursday, and on the Friday.

More information on the Walk can be found here: <http://www.4daagse.nl/index.php/en.html>

Please send your completed form together
with donations to: **Mrs Sally Ferguson**
18 Aldershot Road
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Surrey
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