



2022 4Days Marches Regulations Governing Distances and Rewards

As adopted by the board on 15 November 2021

Article 1

In the 4Days Marches, one of three different distances, 30, 40 or 50km*, is to be walked every day. The following classification is made according to age and gender. Upon choosing the category, the corresponding distance will be binding for every walking day, i.e. it is not allowed to increase or reduce the distance corresponding to the chosen category for one or even several days.

R = Regulation distance

This is the minimum distance that must be completed successfully on each of the four days. The minimum distance depends on age and gender.

E = Extended distance

This is the regulation distance, plus an (optional) distance of 10 or 20km, on each of the four days.

* The actual distance to be walked on each day may differ from the standard distance indicated here to the nearest kilometre.

Article 2

The distance that a participant must walk depends on the year they were born and their gender. In the year of participation, the participant must turn at least 12 years old.

Men born in the years:

2007-2010	30km R	40km E	50km E
2004-2006		40km R	50km E
1973-2003			50km R**
1963-1972		40km R	50km E
1962 or earlier	30km R	40km E	50km E

Women born in the years:

2007-2010	30km R	40km E	50km E
1963-2006		40km R	50km E
1962 or earlier	30km R	40km E	50km E

The letters E and R correspond to the Extended or Regulation Distances, as defined in article 1.

** For military servicemen, the regulation distance is 40km, providing they carry at least ten kilograms of marching kit.

Article 3

The 4Days Marches offers two different kinds of reward:

- The *4Days Marches Cross* (medal) is awarded to walkers who successfully complete the regulation or extended distance for the first time. Upon each subsequent successful completion, a number or another type of 4Days Marches Cross is awarded, as specified in the appendix.

The 4Days Marches Cross is the five-armed 'cross for demonstrated marching skill', as defined in the Royal Decree of 6 October 1909. The 4Days Marches Cross is bronze, silver or gold, and may have a crown, enamelled arms and a shield on the back. The ribbon bears a number and/or a laurel wreath and number or a single or double string of pearls and number, depending on the number of times the participant has completed the 4Days Marches successfully and in the sequence described in the appendix.

- The *4Days Marches Group Medal* is awarded to groups and detachments who successfully complete the regulation or extended distance.

Article 4

By registering to participate in the 4Days Marches the participant declares that he/she is familiar with and accepts the provisions laid down by or pursuant to these rules and regulations.

Article 5

These regulations shall be referred to as the 2022 4Days Marches Regulations Governing Distances and Rewards.

Appendix

