

2019 Four Days Marches Regulations Governing Distances and Rewards

As adopted by the board on 12 November 2018

Article 1

In the Four Days 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 Four Days Marches offers two different kinds of reward:

The *Four Days 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 Four Days Marches Cross is awarded, as specified in the appendix.

The Four Days Marches Cross is the five-armed 'cross for demonstrated marching skill', as defined in the Royal Decree of 6 October 1909. The Four Days 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 Four Days Marches successfully and in the sequence described in the appendix.

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

Article 3

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

Year born

2004-2007	30km R	40km E	50km E
2001-2003	40km R	50km E	
1970-2000	50km R**		
1960-1969	40km R	50km E	
1959 or earlier	30km R	40km E	50km E

Women

Year born

2004-2007	30km R	40km E	50km E
1960-2003	40km R	50km E	
1959 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 4

These regulations shall be referred to as the 2019 Four Days Marches Regulations Governing Distances and Rewards.



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Appendix

