



### THE IVV AWARD STAMP

The IVV award stamp is awarded for all registered events.

Multi daily events that offer different routes for each day will have a different stamp for each day. Stamps can be earned for both event and distance completed.

These are accumulated to gain awards. Awards are gained at 10, 30 and 50 events and then in multiples of 25 while distance awards are gained at 500km and then in multiples of 500.

#### Visit our web site :

<http://www.bwf-ivv.org.uk>

Find us on Facebook

or

Twitter@BWF\_IVV

### RECORD BOOKS

To participate in the IVV award scheme, it is necessary to purchase an IVV record book either Event or Distance (or both). The purchase of record books entitles the holder to a certificate, Enamelled Hat Pin and Embroidered cloth badge on completing the set number of events or distances. Record books from any member country worldwide are recognised by all other member countries. This means that if you go abroad then you do not need to purchase fresh books for the country that you are visiting.

In Great Britain you will find two types of record books on sale –

- Prepaid award books: certificate, pin and sew on badge at no extra cost.
- Optional award books: you purchase these for a minimum fee. When you reach your target you may opt to buy the certificate, pin and sew on badge or any combination of the three.

In addition, the BWF produces free Insert Cards that can be used to collect initial stamps or Permanent Trail stamps when the trail is administered by post, but these are not recognised in all other countries.

These free cards can only be redeemed when accompanied by a book that you have purchased.



# BRITISH WALKING FEDERATION

Autumn 2014



### THE BRITISH WALKING FEDERATION

Walking has proven health benefits and the BWF and their member clubs offer variety and varied types of walks - from the local series walks held evenings and weekends to Permanent Trails available year round. We also have a link into International Walks available in 25 member countries.

You can make new friends & meet old ones at organised walks, choose your distance and walk with people or alone whatever your preference. Enjoy the pleasures of the countryside but what better than a town walk in winter?

What a good way to see the sights following a walk route written by a local and if that isn't enough you can join the IML (International Marching Association) which offers distance events in various countries.

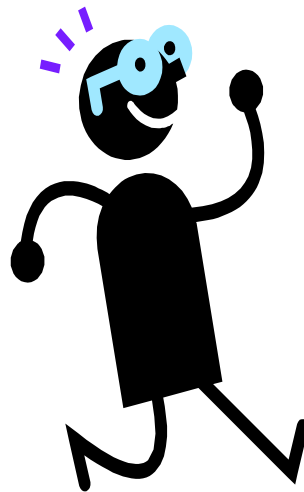
### THE IVV ORGANISATION

The BWF (British Walking Federation) is a member of IVV—International Federation of Popular Sports which gives us access to organised walks around the world.

We are non competitive but believe in the value of walking to aid fitness, keep healthy, enable us to meet new friends and enjoy the Countryside and Wildlife.

The IVV operates an award scheme in which all member organisations can participate, the aim being to provide participants with proof of their own personal achievements.

Each event registered with any member organisation of the IVV is issued with a unique stamp for insertion into IVV Record Book. Stamps can be gained by participating in IVV events, series, Permanent Trails and National Trails.



### ABOUT US

Occasionally we do offer challenges which encourage us to walk in different areas of the country collecting stamps but more importantly seeing different aspects of our countryside.

We have 26 member clubs operating around the country.

All our walks offer a route description with the option to walk as a part of a group or with your own families. Some of our routes are pushchair friendly.

Membership of the BWF is £10.00 per year but it is possible to take part in the scheme via individual club membership which differs club by club. The BWF welcomes all walkers to walk with us at their leisure with or without membership.

**Please join us:**

**BWF Membership  
1a Balmoral Road  
Andover,  
Hants,  
SP10 3HY**