

WHEELS

**The Journal of the Norfolk and Norwich
Group of Advanced Motorists**
affiliated to the Institute of Advanced Motorists

 **Spring 2024**



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We make better drivers and riders

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www.nnam.org.

You can visit our Facebook page too

https://www.facebook.com/nnam.org

Or our Instagram page

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If you find any mistakes in this edition of WHEELS, please consider that they may well be there for a purpose.

We try to include something for everybody and some people are always looking for mistakes!

The group (Norfolk & Norwich Advanced Motorists) accepts no responsibility for products, goods or services that may be advertised or referenced. Publication of any advertisements or loose inserts in the magazine does not imply endorsement by NNAM. All prices, advertised or provided, are accepted in good faith as being correct at the time of going to press. The views and opinions expressed in this magazine are those of the author and do not necessarily reflect those of either IAM RoadSmart or the Norfolk and Norwich Group.



Secretary's Desk

Welcome! News may have started to filter through on the NNAM Committee front with a bit of a shuffle!

Martin Woodhouse, having taken care of all things secretarial for around 25 years has just hung up his boots and moved over to exclusively managing the Membership section. Thank you Martin for all the dedication and commitment. I wonder how long he'll sit still for!

Well, I'm delighted to introduce myself as your new Group Secretary including Fenriders, our diverse bike section. I'll be your first port of call for any queries, suggestions or topics that keep us on the map!

My journey with NNAM started back in 2021, a keen rider searching to pursue the laws of Roadcraft!

I first learnt of NNAM whilst at a local motorbike showroom awaiting a tyre or two when a long standing fellow member spotted my motorbike which was the same make and model as his. After good conversation in the sunshine, the Sunday rideouts with Fenriders were mentioned, but, there was a catch, I had to be a NNAM member. Well.. my quest began. I was shortly assigned a top bike observer.. funnily enough, our newly appointed NNAM Chairman, Ian Cain. Three years on, there's no looking back, rarely missing a rideout, brimming with confidence, rubbing shoulders with the likeminded and since then, upgraded my two wheeled steed!

This brings me on to a more community based mention; we had good attendance at the AGM this year, whether that was down to Martins home made catering or humour, I'm not sure! Anyhow, new faces, good ideas, especially during the Open Forum.

We would like to organise some social car drive outs and meet-ups to places of interest. Watch this space or even better, email in if you have some ideas or just want to start a vehicle conversation.

Martin handed over the NNAM trophies for safekeeping, I've gained an addition to my job description of keeping them super shiny, which just adds to the upkeep of vehicles in the garage!

By the time this publication gets to you all, subscriptions would hopefully be up to date! It helps us enormously, not only the fees but ensuring all renewals can be processed in good time. So thank you for that. Martin and our treasurer Greg will be pleased.

For all those vital core skills of the 'IPSGA' framework, (Information, Position, Speed, Gear and Acceleration) good luck or is it good planning - especially in a variety of situations, but, if you have anything quirky to report on the topics of cars or bikes, do write in!

Lastly, as far as my voluntary role goes with NNAM, be assured that whilst I'm no longer a 9-5 city girl, you're in secure hands for all things secretarial.

Elke Martin



Lara Slater

Associate Training Coordinator

It was very gratifying to see so many members at the AGM in January.

One of our members asked about our use of social media at the meeting.

NNAM already has a Facebook page, which we update regularly however we also now have an Instagram profile where we will be sharing news and updates. I encourage all of those who use social media to have a look at both and give us a follow please! Sharing is the best way to get our organisation 'out there' and hopefully we will start to see the benefits by way of an increase in new associates joining us.

Our Facebook page can be found at Norfolk & Norwich Group of Advanced Motorists and our Instagram page at @nnadvancedmotorists

Links to both can be found on the NNAM website at www.nnam.org.uk

NEW ASSOCIATES

Mr. Michael Storeton-West	Bradwell
Mr. Philip Comer	Corpusty
Mr. Elliot Stedman	Aslacton
Mr. Jonathan Morrison	Clenchwarton

NEW ASSOCIATES

Mr. Mark Woods	Dereham
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TEST SUCCESSES



OBSERVERS

Paul Mills

Freethorpe

Clyde Brown



Warmest congratulations to all the above Associates and their Observers on successfully reaching the high standards of The Institute of Advanced Motorists. Welcome to the Group and please do come along to our Group Meetings, we have some interesting talks lined up.

Bikes: Paul Southwell & **Cars:** Lara Slater - Associate Coordinators

Don't forget to let your Observer know and your appropriate Associate Coordinator know the result immediately after your test.
I'm sure it would be appreciated by your Observer if those associates that pass their qualification could put a few words together to thank their Observer.

Maybe a few words about your times out with your Observer, the good times and the bad (if any) and the general process or how your test went .

'Never trade luck for skill.'

Drivers be warned:

Do not leave your engine running to melt the ice and then head back in doors to keep warm.
It could void your insurance and result in a fixed penalty notice.

NEWS

and Other Bits

There is a handy trick you can try. Use White Wine Vinegar which you can buy cheaply enough at any supermarket. Spread it on the screen and side windows the night before you want to use your car. Pour a mixture of three parts vinegar one part water on to your windshield and other glass areas and you will have a frost free screen etc. White Vinegar is often used as a cleaning product and can be used to clean the dirt and haze from your windscreen. Put the mixture in a spray bottle and keep it handy.

Driving licence changes for 'ZEV' vans:

Proposed changes by government to driving licences for drivers of large alternatively fuelled vans. Because of the push towards net zero emissions, this change will apply to zero emission vehicles (ZEVs) - those powered by battery alone.

The reason is, the batteries are taking up part of the 3500kg payload. At one time some of us were eligible to drive a 7.5 ton truck straight from passing our test but this is no longer the case. Disabled user vehicles would get an additional 750kg.

All of this still has to go through Parliament and at the moment would only apply to Britain except for Northern Ireland. The EU has similar ideas.

Xmas Lights:

Sorry to remind you but do you think that external Christmas decorative lights set near the roadside (on a hedge or a tree in a garden) should they contain blue lights? The same colour as emergency vehicles. What's your thoughts ?

I dont know if its true or not but I heard that Spanish people watch a TV program called "A House in the P..s..g Wind & Rain" (Ed)



Members Letters

Very interested in your visit to Gridserve, I was on holiday at the time so was not able to attend. However, with my involvement as a tutor for RoSPA I recently dealt with an ADI with an electric Vauxhall Corsa. As he was insured for any driver I drove it for about 20 miles and soon learned the benefits of 'Acceleration Sense'. I was surprised how rapidly I adapted to it, particularly in the art of regeneration braking. In fact I impressed my associate when the only time I used the brakes was when I came to a complete stop. However, he highlighted my thoughts, if it was his own money, was it worth £10,000 more than an equivalent IC Corsa. He also highlighted that when he had a problem with the car the dealer did not have the skills to deal with it. He did manage a Gold pass though and gave me the experience should anyone ever require tuition in an EV.

Clyde

YOUR OPINIONS

We receive many letters and E-mails from members but only a few are considered for publication.

Please include your full name, address and membership number, even if you are contacting us via E-mail.

Any letters published are done so in good faith and we reserve the right to edit them where necessary.

No E-mails or letters are retained.

The 58th A G M of Norfolk & Norwich Group of Advanced Motorists was held on Wednesday 10th January 2024 at The Pavilion, Oaklands Road, Cringleford.



The Chair welcomed the 33 members who attended and thanked his fellow Committee Members for their efforts and support throughout the past year and the Observers for their continued commitment to the group. All members also deserve thanks for their continued support where subscriptions are the bulk of our group's income. The Committee has had to grapple with issues during the year including safeguarding the group's financial future and ways to recruit new members. The groups by-laws dictate that the Chairman can only remain in post for a total of a three-year period which meant his tenure expired at this 2024 AGM.



The exiting Chairman, Keith Mace, said that in more ways than one the group was entering a new era and hoped a successful one. He said that we had not attended as many events as usual with the Mobile Display Unit but hoped that this would improve in the coming year as this used to be one of our main recruitment channels. We must be conscious of those running costs and at the same time get out there and fly the flag. Finally, Keith Mace wished the new team all the best for the future and stated that it had not been easy finding new faces for the Committee, but since having now filled most of the vacancies this puts the group in a good position to exploit new ideas and opportunities. He believed that the light in the tunnel was not just a train coming the other way!

The Secretary, Martin Woodhouse added his thanks to those of the Chairman and said that although the brunt of the work is carried out by the Committee, together with our hard-working Observers, every single member makes this Group one of the most respected and successful ones within the IAM RoadSmart Group network.

The Group financial year runs from 1st October to 30th September. Reflecting that, period 2023 has been the hardest year for enrolling new members, 14 in total. 7 test passes 3 of which were for bikes. Apart from subscriptions the only other money the group receives is £36.50 for each new associate which is why unfortunately an increase to £15 in membership subscription has had to be instated this year - the first increase since 2014 and still one of the lowest of any of the IAM RoadSmart groups.

We currently have 15 active car observers and 3 bike observers. Members were reminded to inform the Membership Secretary of any change of address so as to avoid being taken off the Wheels mailing list.



If members wish to bring anything to the Committee's attention they may send it to our new Secretary, Elke Martin, to be included on the next Committee Meeting Agenda.

The exiting secretary, Martin Woodhouse, made it clear that this is "your Group" so please tell the Committee of anything you think is useful; be it comments, constructive criticism, ideas for Speakers, visits or events to attend would be most welcome.

Associate Scheme Coordinator (Bikes), Paul Southwell was recently recruited at the Committee Meeting where he was warmly welcomed.

The Treasurer, Greg Chandler circulated copies of the accounts showing a small loss hence the increase in group subscriptions. The main expenditure being the "Wheels" magazine. This is available as a digital copy which would be a huge cost saver rather than posting out. If you prefer and can opt in to this instead, please email the Treasurer. The other main outlay is the monthly social meetings which the Committee believe are very necessary, being the one place for all our members to meet and socialise.

SEE PAGE 2 FOR YOUR NEW COMMITTEE

The Merit Plate and Norman Parker Cup were not awarded this year

The chairman closed the A.G.M. at 8.04 pm

Next A.G.M 8th January 2025

Following the AGM there was a break for a light buffet before the meeting reconvened for an Open Forum.



My first Chairman's chat and a fairly easy one to write.

First, thanks to Keith who became Chairman as the Covid restrictions were lifting, and led the Group through a difficult period. He can take a well earned rest now, although he will still be taking the Mobile Display Unit (MDU) to various events during the year.

Many thanks also to Martin Woodhouse who has been Group Secretary for many years and is finally able to hand over to a new Secretary, Elke Martin. We're not getting rid of Martin completely though, he is continuing as Membership Secretary for now. Martin is a stalwart of the group and it's good to know he'll be on the Committee for a while longer.

A bit about me. I have been an IAM member for 34 years and a member of this Group for most of that time. I have been a car Observer and am a motorcycle National Observer. I've had spells as both Secretary and Chairman of a motorcycle Group, and have been on the committee of NNAM for about 5 years. I'm looking forward to being Chairman for the next 3 years, and hope the Group thrives while I'm in post.

To that end I'd like to raise the profile of the Group and hopefully increase our membership. We have a really good Mobile Display Unit, so if anyone knows of an event that we could usefully attend please let the committee know. We also have some good publicity leaflets and posters, so if you know of anywhere they could be displayed, we can let you have copies. Just ask either me or any member of the committee.

I hope to meet many of you at the various Group events. My picture's at the top of the page so please come and talk to me.

Finally, and a bit late, a Happy New Year to all of you.

Ian

**DEADLINE FOR THE NEXT
EDITION OF "WHEELS" IS
2nd May 2024**

Vernon Clarke  (Editor)

GROUP MEETINGS

Cringleford Pavilion, Norwich. NR4 6XF

The Speaker events take place on the second Wednesday of every month at 19.30 at the Cringleford Pavilion, Oaklands Road, Norwich, NR4 6XE apart from August, when there is a break for holidays and January when we hold the AGM.

It is easy to get to and there is plenty of parking. I would ask you all to support this activity as much as possible and please feel free to bring along friends and relations.
We even supply tea, coffee and biscuits at the end!

13th March - Roly Batchelor - MOT Testing, Facts & Myths

One of our own, who, I am sure most of you will know !

Roly has kindly offered to give us an insight into MOT's which must register interest with everyone.

He tells me he recently did a two day training presentation on this subject but has promised to keep it to just the usual length of time for us !

10th April - Graham Feast - Road safety consultant - 'Transport, traffic, safety & roads'

Graham is a UK based Road Safety Consultant. He is an experienced Road Safety Practitioner starting his career with Worthing Borough Council in 1974. In 1984 he moved to West Sussex County Council where he became Senior Road Safety Officer with specific responsibilities for Education Development. He was appointed County Road Safety Officer for Northamptonshire in 1989, a post which he held until May 2001 joining the Institute of Advanced Motorists as Head of Road Safety until the end of 2003. He is qualified to teach at both Further and Adult Education Centres.

In addition, he is an Honorary Life Member of the Association of Road Risk Management, Honorary Member of the Institute of Large Goods Vehicle Driving Instructors, and a Fellow of the Institute of Master Tutors of Driving. He spent 12 years as Chairman of the UK National Road Safety Committee, from which he retired in May 2023. He has been Vice Chairman of the Local Authority Road Safety Officers Association (now Road Safety GB), a past Secretary and founder member of the Association of National Driver Improvement Scheme Providers and a former member of the Prince Michael Road Safety Awards Advisory Panel. He was a member of the Steering Committee set up to develop the Driving for Better Business Programme.

I don't think we have had a more qualified and high-level consultant in this field provide us with a presentation before. Indeed.

8th May - Wally Webb - 40 years with BBC Radio Norfolk

Wally Webb is best known as a presenter on BBC Radio Norfolk – and perhaps as the inspiration for Steve Coogan's Alan Partridge – but he's had a long and varied career.

When BBC Radio Norfolk first came to Norwich they turned him down but he persisted and a chance meeting gave him his opportunity. His time with the BBC started when there was freedom to create spoofs and play his own choice of music. Over four decades Wally produced many programmes and visited every part of Norfolk, meeting innumerable stars, getting involved in banger racing and wrestling and adapting as new technology began to change the face of the industry. Still going strong in his seventies, the Covid pandemic finally brought his broadcasting career to an end. Well, not quite.



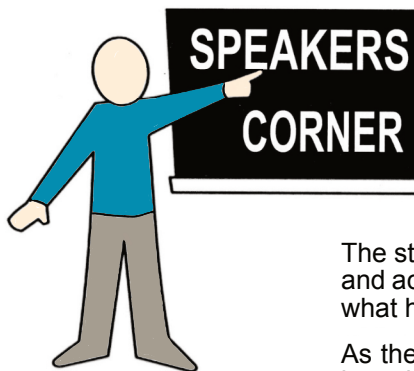
Our meeting venue has easy access for the disabled. In addition, if anybody wishes to attend and requires extra assistance, for example to get a wheelchair out of the car, just let a member of the committee know and we will make sure that whoever is on the door is briefed to look out for you and lend a hand.

From the A47 :

Take the A11 towards Norwich. Just before the flyover take the slip road signposted Cringleford. At the 'T' junction turn right over the flyover. Turn left at the next 'T' junction and follow the road round a slight right then slight left. Take the first right - acute right (Intwood Road), in about 280yds turn left (Oaklands Road), down to the end and turn left to the Pavilion car park.

From Norwich :

From the Ring road take the Newmarket road out of Norwich. Take the slip road down to Eaton. Over the traffic lights, follow the old Newmarket Road (From Bluebell Road turn right at the lights). Over the bridge, take the first left (Intwood Road), in about 280yds turn left (Oakfields Road) and down to the end. Turn left to the Pavilion car park .



Bob Tash - Speaker Secretary
07415 589110 norwichevents@nnam.org.uk



The start of another year and start of a new season of booking speakers for you all. I shall try and achieve my usual mix of motoring related topics along with a variety of other speakers on, what hopefully, will be interesting subjects.

As the event at GRIDSERVE last year generated the best response and attendance since I have been doing this job, I have booked another visit for us all on Wednesday the 9th October.

This will again be at the GRIDSERVE location when the talk and discussion will extend beyond the last one and also cover the latest developments in Battery EV technology and related matters. Refreshments & drinks will again be provided by our hosts. On top of this it is free!

I need to keep the cost of the Speakers as low as possible or preferably for no charge at all as again you will know from the AGM that the budget is somewhat restricted in these challenging times. Speaker fees and expenses have risen considerably like everything else, and it now costs in the region of £75 to £100 for some of the more well-known speakers. Fortunately, I can balance this with some non-charging presenters from other charitable or public bodies. Last year for the ten events the average cost worked out to just over £30 per event and I shall endeavour to do the same this year.

I have had several suggestions for site visits to various locations which will need to be during the daytime. We are therefore looking at weekends and it will be necessary to require Members to sign up or commit to these, not only to advise our hosts, but also to ensure it is viable. I would welcome your views on this and will publish a list of possible outings shortly.

It is always nice to get feedback from speakers and I recently received an email from Richard England who gave us a very entertaining talk about the history of the Jenny Lind Hospital in Norwich which will be celebrating its 170th Anniversary in April and will be putting on a Charity Concert at St Peter Mancroft Church, see below for details. Hopefully some of you may want to attend. It would be nice to support and celebrate this local and renowned facility. I shall certainly try and get there.

Bob

I very much enjoyed my visit to your group in Oct and the reception I had after the talk about Jenny Lind.

I thought I'd write and share with you that we are celebrating our 170th Anniversary of the Jenny Lind in April and have organised a Charity concert at St Peter Mancroft on April 6th. I have attached our poster and advert for social media, so if you feel it's appropriate, please do share with your members and encourage them to come along with their families.

The first half is suitable for children with Peter and the Wolf - narrated by the actress, Emma Laird Craig who is the fourth Great - Granddaughter of Jenny Lind herself!

The second half is more classical with familiar but breath-taking operatic arias and duets.

There will be refreshments and information from the charity team at the hospital.

I'm sure it will be a very enjoyable evening - especially now you know the background Jenny Lind and the Hospital.

*Best wishes
Richard*

Mr. Richard England

Consultant Paediatric Surgeon.



**There is a JustGiving link to the Norfolk & Norwich Hospital Charity if you wish to donate
Nearly 170 years of Dedicated Care to Children and Young Adults in Norwich**



Kevin Smith

Observer Training Co-ordinator

Masters Seminar

IAM RoadSmart recently held a Masters seminar over Microsoft Teams. The purpose was to raise awareness of common issues that often appear when candidates are on test.

The Masters is, in principal, the same as the advanced driving test in that both follow the system of car control and are based on Roadcraft. Before a candidate can take the Masters course they must have passed the IAM advanced driving test, therefore any issues that are being displayed during the Masters test are likely to be the same issues that the candidate has carried forward from their advanced driving test, so I thought it might be helpful to share some of the issues identified by examiners during Masters tests to help you understand common areas where Associates might need particular attention.

Masters candidates (and Observers) are expected to have a sound knowledge of both Roadcraft and The Highway Code. Obviously an in-depth Roadcraft knowledge isn't required of an Associate, but an Associate must have a sound knowledge of The Highway Code, in particular they must know all the rules identified by the use of the words '**MUST/MUST NOT**' as these refer to legal requirements.

IPSGA must be applied in that order, although the information 'phase' runs throughout the system. What examiners don't want to see are rushed gear changes because the speed of approach to a hazard is too high, perhaps leading to a second braking phase, or braking while entering a bend. The braking and gear selection must be completed before the hazard, but not so early that a candidate needs to speed up before the hazard. Drivers of cars with automatic gear boxes must not still be on the brakes when entering a hazard and/or steering into a bend.

Block gear changing is encouraged, but going from 1st to 3rd then from 3rd to 5th, as is sometimes seen, is not considered good block changing. Use the gears sequentially until the desired speed is obtained, then select the gear for that speed, for example, 1st, 2nd, 3rd then 5th missing 4th gear would be considered the correct application of block changing.

Failing to make good progress is something that is often encountered. I think the Masters test probably places slightly more emphasis on this than is required for the advanced test, but I think it's still worth highlighting what the examiners are looking for when it

comes to progress. A lack of progress is not reaching the speed limit when it is safe to do so. It was stressed it is not an economy drive, but neither is it a thrash around the countryside. There is a balance to be struck between progress and restraint, but generally the examiners like to see what is referred to as the 'three ups'. These are, getting up to the speed limit, getting up the gearbox and getting up to the vehicle in front. This means using the best rev-range of the gearbox, or for automatics, selecting the correct mode, e.g. sport mode if appropriate.

Overtaking is something that is of particular importance in the Masters, but an Associate should also be able to describe both the three-stage and single-stage overtaking processes. A well-executed overtake is very satisfying, but in practice opportunities may not always present themselves. Being able to demonstrate a safe and systematic overtake should the opportunity arise is an essential requirement of anyone who wants to be considered an advanced driver.

Cornering issues seem to be quite common. These include such things as slowing in the bend, timing of the acceleration phase, not matching the gear for the speed and inaccurate application of the limit point. This can lead to Associates being slower out of a corner if they're not in the correct gear and haven't identified when the limit point is starting to move away so that they can begin the acceleration phase. By getting the gear and acceleration phase correct the Associate can effectively 'sling-shot' themselves out of a corner. Basically, it's better to be slow in and fast out, than fast in and slow out. Don't forget the emphasis must always be on being able to stop on your own side of the road within the distance that can be seen to be clear. Allow a margin for error when assessing the entry speed for a bend.

I know that these issues are probably well known to you, but it's interesting to hear that they still occur occasionally, even at the level of the Masters.

There were some other issues raised, such as some around positioning, but I think these are probably best left to those who are on the Masters course.

Kevin

A summary of the Open Forum Minutes following the AGM

Our newly elected Chairman, Ian Cain, formally introduced himself and opened the floor for discussion, inviting all members present to come forward with any suggestions, ideas or events they'd like to see within the Group.

The suggestions arising were: car group outings and meet ups to places like Cley Marshes, Holkham, Sandringham Pageant, the tank museum etc. Some of these events would have a small fee attached. Other suggestions were for a Treasure Hunt including light refreshments, occasional Wednesday outings, Track and Driver events, Skills Refresher Days and Quiz nights.

Pitching to the Police and Crime Commission in the hope they may be able to help with the cost of an IAM RoadSmart Course for younger drivers was also discussed.

We also talked about our Speaker Event Meetings with dates listed on our website.

We mentioned our Mobile Display Unit (MDU) is searching for an Administrative Assistant, please apply to the Secretary for more information.

We also spoke about strengthening our social media platforms to raise awareness and gain followers.

As no motoring competition has been held within the group for several years, hence no awarding of the Norman Parker cup for some time, we should consider returning such an event.

Any member can put forward their recommendations for consideration.

Elke



Treasurer's Report

Well, that's another financial year done and dusted! Thank you to all members who attended the AGM to see the final results, an extremely good turnout. Must have been the enticement of Martin's buffet!

The figures were slightly down on the previous year. That was to be expected considering the inflationary period we went through, plus the fact of an absence of new associates resulting in very little income to help balance the figures.

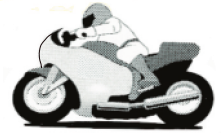
I'm hoping that the increase in membership fees will help to keep the books straight. Thank you to those members who diligently amended their Standing Orders to the new amount. I know that Martin is now chasing those who did not do so. With magazine and postage costs, room hire, accountant's fees and all the other small incidentals, we need all the income we can get if the Group is to survive.

I am always open to the offer of a donation to help the Group along!! As well as the figure you donate, I can also increase its value by 25% at no expense to yourself, by claiming for it in Gift Aid. Donations to 60-24-52, Acc. No. 15065464. Please put your name as a reference.

I'm looking forward to working alongside our new Chairman and Secretary, Ian and Elke, and would like to welcome them to the top table!

Greg

Membership matters



Thank you to all those full members who have sent in their £15.00 annual subscription and many thanks for the good wishes you have sent us.

If you are still an Associate waiting to take your test you do NOT have to pay us.

A further reminder to all Full Members that subs were due as at 1st January 2024. If you pay by cheque (or cash) and have not yet done so make action your watchword and do it now!

There is a payment invoice at the foot of this article to help you.

To those of you who pay by standing order please check your Bank Statements to make sure that a payment of £15 has been made on or about 1st January 2024 and if not then send me a cheque. I am sorry to report that a very few of you have only paid £12 which makes more work for me & the Treasurer chasing you up.

Your subs mean a lot and will help us continue providing Monthly Meetings and the newsletter, as well as spreading the Advanced Driving and Road Safety messages and running the Associate Scheme, so please renew for 2024. It is less than 30p per week and remember we are a registered charity and no one in this Norfolk & Norwich Group gets paid.

Please remember this could be your last edition of "Wheels" if you have not paid and this will upset our Editor.

If you are unsure of your membership status please call me and I will explain all to you.

Martin Woodhouse
01263 732997



Norfolk & Norwich Advanced Motoring Group Full Membership Renewal 2024

Name..... IAM Member No.....

Address.....

..... Post Code

Phone E-mail

Payment; Cheque Cash(please tick) Amount enclosed £15.00

Make all cheques payable to; **Norfolk and Norwich Group of Advanced Motorists**

Return to: Martin Woodhouse, 18 Soame Close, Aylsham, Norfolk. NR11 6JF



01263 732997

If you wish to pay by BACS please give your name as a reference

Please pay Nat West Bank

Sort Code 60 24 52 Account number 15065464

For the credit of :- NORFOLK & NORWICH GROUP OF ADVANCED MOTORISTS

The sum of :- £15 (fifteen Pounds)

Fen Riders

Ride Out Calendar 2024

2nd (short) and 4th (long) Sunday of month
March to October 9am start, Nov to Feb 10am start

Month	Date	Destination
January	14	Shepherds Baa Lynford Hall Mundford
January	28	Bressingham Garden Centre
February	11	Walkers cafe Barton Mills
February	25	The Parlour Binham Priory
March	10	Aylsham Garden Centre
March	24	Route 11 Cafe
April	14	Langham Dome
April	28	Café 24 Stonham Barns
May	12	The Liberator Rest Old Buckingham
May	26	Harwich Old Quay
June	9	Burnham Windmill
June	23	Willingham Woods Lincs
July	14	Reepham and Whitwell
July	28	Southwold
August	11	Wymondham Windmill Melton Mowbray
August	25	Amici Coffee Café Sandy Bedfordshire
Sept	8	TTT Motorcycle Village Sudbury
Sept	22	Parrishes café Thaxted
Oct	13	Poppylands 1940s tea room Horsey
Oct	27	Iron Horse Market Deeping
Nov	10	The Good, the Bad and the Hungry Diss
Nov	24	Krazy Horse Bury St Edmunds
Dec	8	Norfolk Motorcycle museum
Dec	22	Beach Café Wells

28th January 2024 Bressingham Garden Centre

It was a good turn out today despite the filthy roads. Ten bikes arrived promptly at our usual meeting place at the McDonald's car park adjacent to the pullover roundabout. With one more to pick up at Swaffham, we split into two groups making a five and a six. Ian C led one whilst I took the other and we decided that due to the slime on the roads we would avoid minor roads. So A47 to Swaffham, no road closures. A1065 to Hillsborough, branching off the B1108 to Watton, still no road closures. Then A1075 and B1111, under the A11 to Garboldisham where the A1066 would lead to our destination.

My group were somewhat delayed when Elke picked up a rear tyre puncture about 8 miles from the garden centre. Fortunately, it was a tubeless tyre and Dave R was carrying a repair kit, unfortunately as Soji's mobile garage wasn't with us we had to use the supplied gas cartridges to partially inflate the tyre. We managed to get in around 11psi which was enough to limp to the nearest garage. We eventually arrived at our destination all sunny side up and met up with the rest of the group.



Bressingham Garden Centre is adjacent to the steam museum and is famous for being one of the most unique garden centres in the UK, with it having a circus-like tented pavilion roof. The site, formally known as Blooms Garden Centre, joined the family-owned British Garden Centres Group in 2019. The Gardener's Retreat Restaurant serves main meals, snacks, treats and the usual beverages. It's worth a visit but be warned you are forced to traverse the Garden Centre to get to the café/restaurant.

The route back took in Thetford then the A134 until the usual bomb burst took place as individuals made their way home. Unbelievable as it may sound there was not one road closure the whole trip, although there were plenty of signs warning of impending work. However, there were plenty of pot holes, a couple of which were gargantuan and best avoided, be careful out there.

Best regards *Dave Cusdin*

14th January 2024 Shepherds Baa Lynford Hall

The first ride out of the year saw nine bikes turn up on a cold, murky morning. Ian C had arranged to meet our new associate Mark at Swaffham so we split into 2 groups of 4, with Paul S leading one group. The planned route was A10 to Southey then branch off to Feltwell and then onto Mundford and our destination. Paul had different ideas though and ended up at Marham, he later admitted that he thought our destination was elsewhere, he never did let on though. The roads were mucky and greasy as they had been treated (is that an oxymoron?) to a liberal coating of salt, or whatever eco friendly chemical they use nowadays. On the plus side we didn't encounter any road closures which seem to be flavour of the month at the moment.

The Baa is a small alfresco wooden shack that sells various non-alcoholic beverages and savoury snacks. The café is situated in an ideal place for dog walkers, bird watchers and anyone with an interest in the countryside. Located on the edge of Lynford Arboretum and Lynford Lakes, there are great walks around and even a dog agility course. There is ample parking. Well normally there is but today it was mobbed to the extent that several circuits of the car park were necessary to find a suitable place to park the bikes.



On arrival we were met by Mel and Karen and their dog Harvey and a very convivial hour or so was spent drinking hot beverages and catching up since our last meeting. Ian introduced Mark to the group and even though he was on a GS he was warmly welcomed.

After about an hour we departed to our various destinations leaving the afternoon free to clean the bike and of course watch the footy.

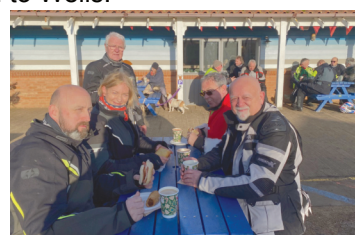
The next ride out is in a fortnight to Bressingham. I hope to see you there.

Stay safe

Dave Cusdin

17th December Wells Beach Cafe

There has been some banter recently on the bikers' WhatsApp regarding the existence of a certain Mr Claus. Well the argument was settled today when he turned up along with another 11 riders for the last trip of the year to Wells Beach Café. It was nippy, overcast and the roads were greasy and covered in mud – about right for this time of the year. As usual we took a meandering route to avoid the A roads and to extend the journey time; Wells being so close. Three groups of four led by myself, Ian C and Bob B went through Leziate, Gayton, Hillington, the Birchams, Burnham Market past Holkham and on to Wells.



The Beach Café is always busy no matter what time of the year, mainly due to its ample parking and its proximity to the beach and dunes for the dog walkers. We managed to squeeze in nine bikes on the gravel but had to spill over into the main carpark for the remainder. We camped outside and braved the wind chill whilst the usual tea, coffee, hot chocolate and pastries were consumed.

The location of Wells is such that there is a myriad of ways to get there and back from Lynn without retracing your steps and we each chose a route that was convenient for our home destination.

As previously mentioned, this was the last ride out of 2023 and I am hoping that 2024 will be as incident free as this year has been and that you will all continue to support the group in your usual inimitable way. We all love riding our bikes and the benefits to mental health are well documented but it's the friendly, often humorous company that really makes for a good day out, and long may it continue. Thanks to everyone that has attended this year especially those that have led groups.

2024 ride outs are on the website and in the magazine. Nothing is set in stone so if you have any suggestions for a destination let me know. Hopefully see you next year.

Glad tidings

Dave Cusdin

10th December Bubblecar Museum

I blame our venerable secretary Martin. As we arrived at our destination, I had picked up his latest email in which he had commented on the better weather. Quite clearly that was the catalyst for the heavens to open...but more of that later. Seven of us met at the McDonalds carpark adjacent to the Pullover roundabout. The weather was reasonably mild compared with last weekend and it was dry. We were heading for the Bubblecar Museum at Langrick just north of Boston. After the tedium of the A17 we diverted off at the Boston roundabout with the A16 and then took the B roads across country through Kirton, Hubbert's bridge through to Langrick.

The Bubblecar museum is located on the B1192 approximately one mile north of Langrick bridge. Billed as the UK's most unusual motor museum it has on display a number of microcars or bubblecars. These are an alternative to full size cars, these small, fuel efficient vehicles were powered by engines of less than 700cc in size. The museum has over 50 microcars on display, many in thought provoking dioramas. Examples of Bond, Isetta, Reliant, Frisky and Bamby to name but a few. They also have a row of recreated shops for you to explore, memorabilia, a giftshop and a cafe – great for afternoon tea and very cheap. The vibe is very much 60s and 70s and always reminds me of my parents and grandparent's homes when I was a child.



We arrived in 2 groups - thanks Dave R for leading one. After a very reasonably priced coffee, biscuits and cake we spent an hour in the museum before heading back via Gipsy bridge. That's when it started raining, the sort of rain that fully tests your gear, leads to flooded roads and bow waves from oncoming artics. Fortunately, it wasn't too far home and we stopped for a brief respite at the Sportsbike shop because it would have been rude not to. The group has one final ride out for this year on 17 Dec to sunny Wells, everyone welcome. Until then take care.

Regards *Dave Cusdin*

26th November Blue Sky Cafe, Cromer

When there is a small snowflake on your dash you know it's cold. Eight hardy souls met up for our ride out to Cromer. It was three degrees but dry and bright. The route taken was along the B1145 to Aylsham, then the A140 and A149 to Cromer.



The Blue Sky Café is located at the top of Cromer's west cliff on the main road leading to Sheringham. There is an adjacent long stay carpark and parking is free for bikes. They offer an extensive range of coffees, teas, cakes, bakes and light bites to either eat in or takeaway. Seating is available inside, as well as an outside seating area for warmer days and they are dog friendly too.



We split into 2 groups with Ian C leading one and myself the other. The roads weren't too bad and apart from the usual mud and the odd myopic car driver my group had an uneventful journey. Ian's group were delayed when Elke's battery on her BMW (other makes are available) decided it did not like the cold weather and refused to start. However, this was soon resolved and they joined us in Cromer. The café staff were very welcoming and the environment nice and warm, the coffee was good as well.



Most of us took the coast road back home and although the temp never got above 4 degrees it was an enjoyable ride back. I had to give the bike a wash though to clean off the salt which if left to its devices will quickly tarnish the finish. Think 1970s Skoda and you won't be far off the mark. Stay warm, stay safe.

Until the next time *Dave Cusdin*

12th November Shepherds Baa Lynford Hall

Today was the first ten o'clock start since the clocks had been wound back. It was 5 degrees and quite nippy when 8 hardy souls met for the short journey to the 'Shepherds Baa' at Lynford Hall near to Mundford. We split into 2 groups of 4 and took the scenic route via East Walton, Castle Acre then through Swaffham and onto Mundford. The advantages of an Autumn ride are that the traffic is generally lighter and there are no flying bugs to contend with. However, grubby road conditions and a low sun can often be hazardous. Today though the roads were relatively clean and the sun was obscured so we had a very pleasant ride to our destination.



The 'Baa' is a small alfresco wooden shack that sells various non-alcoholic beverages and savoury snacks. The café is situated in an ideal place for dog walkers, bird watchers and anyone with an interest in the countryside. Located on the edge of Lynford Arboretum and Lynford Lakes, there are great walks around and even a dog agility course. Ample parking too.



On arrival we were met by Mel and Karen and their dog Harvey. Mel went to great pains to extol the virtues of arriving in a Volvo, basically heated everything and grudgingly I had to admit he had a point. More importantly if any of you non-motorcyclists ever want to meet up at one of our destinations drop me a line as you will be more than welcome. The company is most convivial.

After about an hour we departed to our various destinations leaving the afternoon free to get those domestic chores done and watch the football.

Here's hoping the weather is as kind for the next one.

Stay safe *Dave Cusdin*

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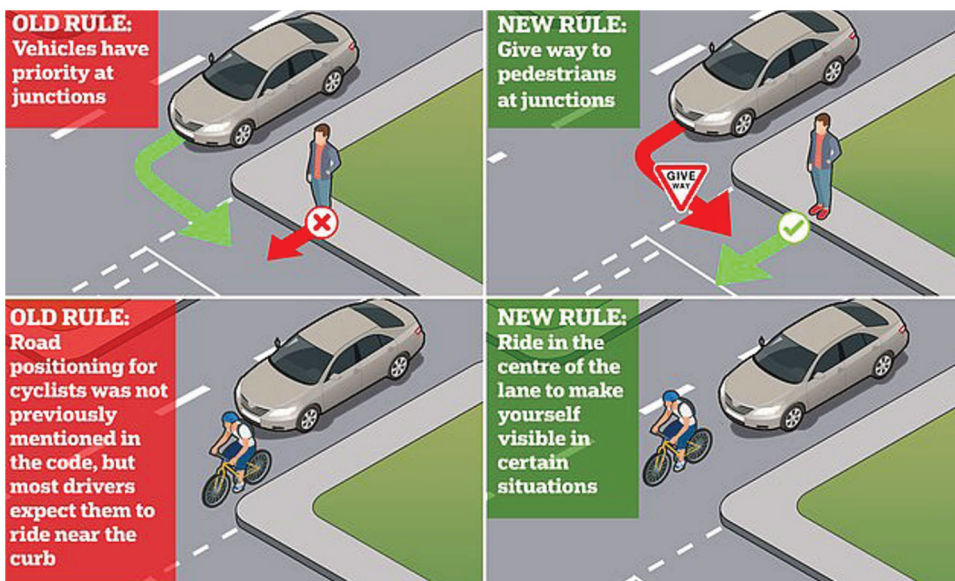
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In January 2022 there were several changes in the Highway Code.

One of the most important was for traffic to give way to pedestrians but this is causing confusion and most drivers do not conform. See diagram below.



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