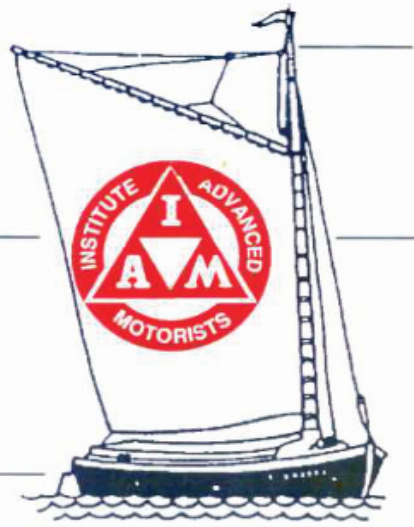


WHEELS

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

 **Summer 2024**



QUIZ NIGHT

**Norfolk & Norwich Advanced Motorists
NNAM Members, Friends And Family Welcome**

Friday 7th June 2024

Doors open 7pm Quiz starts 7.30 pm

Venue: Toftwood Social Club

The Old School, Shipdham Road, Toftwood, Dereham. NR19 1AH

Choose a name for your team !

Maximum 6 persons per team

Entry £5 per team member, includes light refreshments

Raffle ! and Prizes for the winning team !

Advanced Booking To :

Elke Martin: 07971 440539
email : secretary@nnam.org.uk

Bob Tash: 07415 589110
email : bobtash5@gmail.com

The Quiz Master has been externally sourced and we look forward to welcoming you all for a fun, engaging evening !

Get organised, book your place in advance, invite your friends and family, guaranteed a super night !

Your Committee



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Ian Cain

07527 360631

chairman@nnam.org.uk



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www.nnam.org.uk

You can visit our Facebook page too

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

Or our Instagram page

@nnadvancedmotorists

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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.

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NEWS

And other bits



A huge CONGRATULATIONS to Paul Southwell on passing his National Observer test (for bikes) In February.

Paul is your Associate Scheme Coordinator for bikes

Bob Tash, Dave Cusdin and Lara Slater have indicated their intention to stand down at the end of the year so we will need replacements please, use your influences to find replacements or consider the position yourself.

We also require a member (male or female) to look after the Admin for the MDU. Have a word with Keith Mace, details under Your Committee - see Page 2

“VISIT FOR NNAM MEMBERS”

STEPHEN CATO RESTORATIONS - TOTTENHILL



Stephen Cato of Stephen Cato Restorations has agreed to invite NNAM / Fenriders' members to visit his workshop in Tottenham.

A showroom full of “work in progress” restoration projects, stunning classic cars, nostalgic and not so nostalgic. He will give us an informal talk, to include a small tour with Q&A. There is also memorabilia; some for sale, some definitely not, and an informal social area to include complimentary refreshments for members.

I've known Stephen Cato for many years and I'm pretty sure our paths have crossed in the past with NNAM. There's always something interesting and intricate at his workshop which will resonate with anyone fascinated with engines, classics, restoration projects and all things vehicle!

Steve has an abundance of knowledge, skill and influential connections with high end makes of vehicle and racing vehicles.

Stephen Cato Restorations, a renowned and successful welcoming outfit with much repeat custom in the classic and modern sector.

Date: Saturday 3rd August 10am
Limited to 30

ADVANCED BOOKING ESSENTIAL



Elke Martin



Secretary's Desk

Welcome !

We hope Spring is firmly in your step now, and that the unpredictable showers we had whilst writing haven't dampened spirits too much !

We've had a fantastic few weeks at NNAM, with plenty of exciting projects underway and lots more events taking place. Overall the magazine and website will highlight key matters of interest.

Our Speaker Events continue to receive good attendance and certainly great feedback.

There's still time to join our fun quiz night on **Friday 7th June**. It would be great to meet some of you there !

If you have time to get involved with "Whats On", do visit our website on: NNAM.org.uk

We hope you agree that Norfolk and Norwich Advanced Motorists continues to be a great resource for our Observers, Associates and our loyal members.

A big thanks as always to our great team of committee members who continue to create high-quality support and content for you all to enjoy.

Lastly, if you have an article you'd like published, please get in touch with the editor.

Hope to see you soon !

With Thanks, **Elke Martin**

Dealing with Emergency Vehicles

Deciding what to do when you hear an emergency vehicle approaching can be a dilemma. Do you stay where you are and potentially block the progress of an emergency vehicle? Or do you move into a position that may put you or other road users at risk?

Unfortunately, some drivers over-react to emergency service vehicles travelling on "blues and twos" (blue lights and two-tone horns). This is often because they don't hear or see the emergency vehicle until it's too close, and then take drastic action to get out of the way.

Don't panic and just brake. It's natural to want to react, but instinctively putting your brakes on immediately in front of an emergency vehicle doesn't help: it slows the progress of the emergency vehicle and jeopardises other road users.

Think about where you are on the road. You should deal with the problem in the same way that you deal with any other potentially hazardous driving situation. What is the safest option available to you?

Don't cross red traffic lights or speed to get out of the way. The emergency driver has training and legal exemptions that you don't have. Bus lanes and box junctions can be problems too, but let them resolve the problem of breaking the rules – not you.

If you are moving it may well be that you can continue at a reasonable pace and the emergency vehicle can follow you out of a pocket of congestion (such as a blocked one way system). In that scenario, attempting to pull over too soon, or slow down, might just cause a needless obstruction and so hamper the progress of the emergency vehicle.

Indicate your intentions clearly. Don't pull in opposite other obstructions, such as centre bollards. If you are thinking about pulling over across an entrance to a school or factory, you may be unwittingly preventing the emergency vehicle reaching its destination. Do think about where you are asking the emergency driver to overtake you – on the brow of a hill or a blind bend can be placing him or her in a very difficult position.

Get out of the way as soon as you can do so in safety.



Lara Slater

Associate Training Coordinator

Did you know that everyone involved in NNAM, including all our observers, are volunteers?

Our observers are the face of our group and play a key part in helping associates pass their advanced test. But we need more of them!

Do you remember how it felt to pass your advanced test? Would you like to inspire your local community to enhance their driving and riding skills? Your expertise and passion can be passed on to support others.

Join our team as an observer and contribute to expanding the IAM RoadSmart community. In this voluntary position, you'll conduct one-to-one observed drives or rides, playing a vital role in assisting Associates in passing their Advanced test. It's a great feeling when they pass. You'll meet a range of people all with a shared interest and be able to adapt the sessions around your lifestyle.

You must be a full IAM RoadSmart member, have excellent communication skills and a passion to help others develop their skills.

Each observer undergoes a training programme which includes an on-road assessment with an IAM RoadSmart Assessor.

If you'd like to become part of our team and would like to know more, please email me at associatecar@nnam.org.uk or follow the link below to find out more www.iamroadsmart.com/become-an-observer



"I have taken the decision to step down as Associate Co-Ordinator at the end of the year so the group will be looking for a replacement at the AGM. If any member is interested in a voluntary admin role helping the group please do contact me and I can give you more information"

Lara

In January, at this year's AGM, many of you members asked about social media.

Well, we have a FaceBook page and an Instagram page.

<https://www.facebook.com/nnam.org> or @nnadvancedmotorists

You wanted it - its there - use it

NEW FULL MEMBER

Mr. Michael E. Middleton

Norwich

NEW ASSOCIATES

Mr. John Harris

Mr. Dominic Lewis

Ms. Elizabeth Ayers

Mrs. Anne Pocock

Miss Olivia Mather

Mr. Mark Hitchcock

Ms. Rebecca Riley

Wells-Next-the Sea

North Walsham

Oulton Broad

Chedgrave

Dereham

Hethersett

Norwich

NEW ASSOCIATES

Mr. Colin Ryan

Swaffham

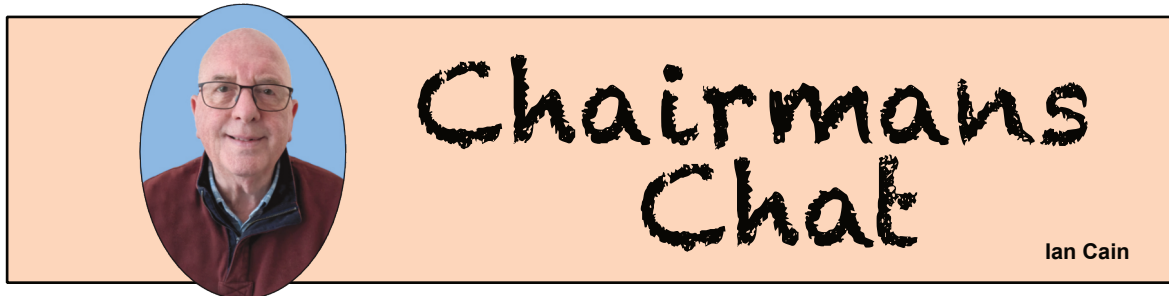
All New Associates and New Members are welcome to come along to our Group Meetings. Why not bring along your friends or family, we have some interesting talks lined up.

Associate Coordinators: Bikes: Paul Southwell: Cars: Lara Slater

Don't forget to let your Observer 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 .



What's going on with the weather? As I write it's wet, windy, and 10 degrees (feels colder with the wind chill), but yesterday it was warm enough to be on the beach at Hunstanton with the grandkids. Strange. Summer will be here soon, I wonder how that will be.

There's been a change to the upcoming events. We will no longer be holding the skills refresher events on Wednesday evenings in June and September. These will now be normal speaker events. We will rearrange the skills refreshers for a weekend at a date yet to be decided.

On June 7th we are holding a quiz night at the Toftwood Social Club in Dereham. Full details are on the Group website and are elsewhere in this edition of Wheels. Teams of six are needed and friends and family will be welcome. Elke Martin (secretary) and Bob Tash (events coordinator) have put a lot of effort into organising this so a good turnout would be nice to see. There might even be a trophy for the winning team.

Bob Tash, the events organiser, is retiring from this role at the next AGM, so a replacement will be required. Bob has done a splendid job over the years and this is a vital Committee role. Anybody who is interested in taking this job on should contact Bob for more details. We also need someone to help Keith Mace with the admin for the Mobile Display Unit. While Keith is happy to tow the MDU to the various events that we attend, he really needs someone to help with admin for the unit. This post has been vacant for quite a while now so a volunteer to take on this role would be very welcome.

Finally we spoke at the AGM about an initiative for young drivers which we hoped the Police and Crime Commissioner would support. I contacted the PCC's office outlining our proposal but received a reply suggesting we get in touch again after the PCC election in May. Once the new PCC is in post I'll contact them again and let you know what happens.

Ian Cain

**DEADLINE FOR THE NEXT
EDITION OF "WHEELS" IS
4th August 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!

Please come along to at least one or more of the events listed below.

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.

7th June - Quiz Night

To be held at the Toftwood Social Club. Make a team of six, book your place (£5pp). Prizes to be won. Light refreshments included.

10th June – David Robertson - Seahenge and her sister

The discovery of Seahenge, a Bronze Age timber circle on Holme-next-the-Sea beach, has resulted in more than 25 years of research. Archaeologist David Robertson will give an illustrated talk on Seahenge, the neighbouring second circle, and the dating of both to 2049 BC. He will explore how they might have been used and their importance to the study of timber circles in the British Isles.

10th July – Brian Page – Historic Vehicle Consultant - Classic Cars .

Classic Assessments was set up in 1993 to provide specialist services for Historic Vehicles, their owners and prospective owners.

Brian Page, the proprietor, is a vehicle historian and enthusiast, being a founder member of two Classic Car Clubs in the South of England. Brian owns and drives a number of historic vehicles himself, and is involved in various activities within the Classic Car Movement.

He is a full member of the Institute of Motor Industries, a member of the Society of Automotive Historians, as well as having membership of several car clubs and societies. Brian is a trade and personal supporter of the Federation of British Historic Vehicle Clubs and an active member of the Classic British Quality Charter. Brian is frequently invited to provide arena commentaries, seminars and presentations at motoring events, having also organised various charity runs and motor shows since 1987.

Classic Assessments are regularly commissioned by various specialist magazines, insurance brokers, insurance companies, solicitors and courts to provide vehicle inspections and reports, with recent work for Practical Classics and Classic Cars Magazine, Classic Car Mart publication and Cloud Nine Classic yearbook, amongst others. Brian also has some very amusing stories to relay over his time in this business.

3rd August - visit to Stephen Cato Restorations at Tottenhill

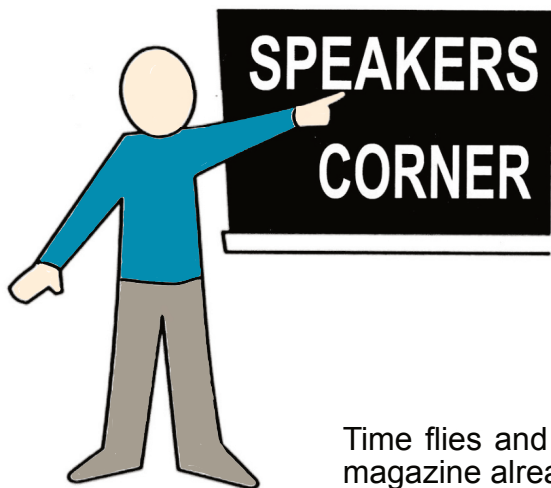
A showroom full of restoration projects in progress, nostalgic classic cars. A small tour with an informal talk. Booking essential, limited to 30 places.

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 .

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.



Bob Tash - Speaker Secretary
07415589110 norwichevents@nnam.org.uk

Time flies and here we are trying to hit the deadline for our Summer magazine already. Haven't actually seen Spring yet but here's hoping!

The rest of this year apart from two slots is booked and I have pending enquiries for the vacancies.

As I mentioned last time, I have had some suggestions for site visits to various locations which will need to be during the daytime. We are therefore looking at weekends.

These are: -

RAF Air Defence Museum at Neatishead. - *One of the world's longest operating radar stations and the opportunity to step into the fascinating world of air defence. Through interactive exhibits, immersive presentations and a huge collection of rare artefacts, the RAF Air Defence Radar Museum explores how radar helped change the course of history.*
The cost for a Pre-booked Group is £11.00 per head. There is also a café for drinks and snacks.

Oyster Yachts Workshop at Hoveton. *Full details of this are still awaited and exactly what they can offer. Watch this space!*

Refresher sessions : *Date and time to be confirmed*

Although dates are still to be agreed for the above, members will be required to sign up or commit to these not only to advise our hosts, but also to ensure it is viable. Please contact me via phone or email to register your interest. It will be greatly appreciated.

I would also like to express my thanks to all those who have fed me with ideas and suggestions for our talks which I have followed up and been able to book. I have had more suggestions this last 12 months than ever before and these have resulted in some excellent presentations. Keep them coming.

I would like to remind members of our exciting quiz night on Friday June 7th at Toftwood Community Centre. Please advise us of your intended attendance and name of your group of six people. We are anxious to make this a success and a very enjoyable and competitive evening for all.

Finally, and as announced and mentioned elsewhere I will be retiring from my role as Social Secretary at the next AGM as I have been carrying out this role for a long time and I feel it would be good to get somebody else involved and with fresh ideas.

I will be very happy to hand over all my files, contacts and templates for my successor and to assist in any way I can for a smooth transition.

So please somebody give it a try as its very rewarding and enjoyable. If you wish to do so, please contact me or any Committee member to discuss.



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.

The Cockpit Drill



Kevin Smith
Observer Training Co-ordinator

The cockpit drill is an area of driving that often receives little attention and let's face it, if you're anything like me you probably jump in the car, start it up and head off without giving it a second thought. If you don't share your car with someone else, the chances are the mirrors and driving position are where you last left them. If it's cold I'll set the ventilation to keep the windows clear, but apart from that there are no other adjustments that I'm likely to make before setting off. My windscreen wipers are set to start automatically if rain is detected and my lights are left in the auto position, so they'll switch on if it gets a bit dark or rains sufficiently hard. I know the car's safety features (which is basically just ABS braking) and its performance.

We do, however, require our associates to go through a cockpit drill which can seem a little dogmatic and not particularly relevant or 'real-world' driving. Associates often struggle to provide a fluent and confident cockpit drill. I know it took me quite a while to practice giving a cockpit drill to what I considered a reasonable standard, but I always felt it was a little over the top to think this was something I should be doing every time I got in the car.

This is perhaps all well and good in my very simple car. Today, however, cars have become much more complicated with many different options and settings which the driver can choose. For example, I was recently driving my partner's car and went to overtake another, much slower car. In true advanced-driving style, I moved into the contact position and moved out to overtake, pressing the accelerator firmly, to very little effect. Feeling rather disappointed (and a little embarrassed) I eased off the accelerator and pulled in behind the slower car. My partner then informs me that she's got the vehicle in 'economy' mode, which basically means it's got no performance whatsoever. In my car 'economy' mode is based on good observation and planning, not on a setting which the car manufacturer thinks will save fuel. It used to be said that an advanced driver should know the performance of their car in every gear, but now we need to know the performance of our car in every gear and in every mode!

In addition to these so-called 'driving' modes, there are many more settings available. If adaptive cruise

control is available it's often possible to adjust the following distance. Speed limit recognition and automatic speed limiting may also be available, but I've had several instances when the car has detected a speed limit off a different road from the one actually being driven on, usually while negotiating a roundabout, and set the limit to a lower speed than it actually was, so the driver should also be aware of any potential shortcomings or limitations of the car's features.

Then there's lane assist, hill start assist, auto headlamp dipping, suspension settings, level of regenerative braking in hybrid and electric cars, and various other settings that can be adjusted. To compound the problem there's been a trend towards the installation of touchscreens in place of buttons by which to make all these adjustments. The proliferation of touchscreens has been a popular addition to modern cars, partly because of their perceived luxury but also because they are cheaper for the manufacturer than having to make and fit individual buttons or switches. There is now, however, something of a backlash from consumers over touchscreens with a desire to return to physical buttons. NCAP, for example, are threatening to downgrade the safety rating of cars where too many important functions are being assigned to a touchscreen because of the level of distraction required to operate them.

What Car magazine (April 2024) carried out a test of how long a driver's eyes would be taken off the road to carry out simple functions such as changing the radio station and the results were quite concerning. There's also a bewildering number of radio stations to choose from now that DAB radios are common. In the old days, (or even today in my car) with traditional FM radios, we'd have about half-a-dozen stations to choose from and if you were driving in north Norfolk probably not even that many. Some cars require the touchscreen to be used to change climate control settings, something which most of us with older cars could probably accomplish easily without taking our eyes off the road.

IAM RoadSmart welcomes publication of headlight glare report

Responding to an IAM RoadSmart backed report into headlight glare, Director of Policy and Standards Nicholas Lyes said: "Drivers are increasingly telling us they are concerned by modern headlights and some are now even limiting the amount of time they spend driving during darkness to avoid glare. Being dazzled by a headlight has a worrying impact on road safety and we need policymakers to take this matter seriously."

Baroness Hayter said:

"The Group's first interaction with Ministers led them to say: No problem here, no evidence of deaths or serious injuries. Since then, the public have reached out to tell us they disagree, and that many are stopping driving at night, with 8 out of 10 drivers surveyed wanting action to reduce glare. We know other countries share our concern, with drivers demanding action. Government needs to heed the call for action and be on the side of road safety. The Highway Code states "You must not use any lights in a way which would dazzle .. other road users" – a requirement breached on every road every night."

Rod Dennis of RAC said:

"A large majority of drivers we surveyed tell us they find the dazzling nature of some car headlights makes driving difficult, if not unsafe. While current regulations governing vehicle headlights are agreed at an international level, we think the whole topic warrants more focus from the Government. There is a good argument for independent research to be commissioned that gets to the root causes of headlight glare so that the problem so many drivers face can be tackled."

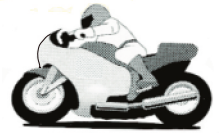
Dr John Lincoln of LightAware, the Report's lead author, said:

Many modern headlights are incompatible with dark-adapted human eyesight – particularly for older drivers. They are too bright, too blue and are blinding over too long a distance. Regulation is required to cut the risk of accidents and reduce driver fatigue."

IAM RoadSmart were interviewed on the BBC national radio and TV in January and took the findings to the Department for Transport share with the Minister alongside other members of the working group

Kind permission IAM RoadSmart: E-Newsletter

Membership matters



A big thank you to all members for your support and renewals of membership. Unfortunately several of you did not update your Standing Order to the new amount of £15 but a big thank you to all that sent in the extra £3. There are still several members that have only submitted £12 and if you are one of these this will be the last copy of Wheels that you will receive. So please check your bank statements as we do not wish to lose any of our members.

If you have any questions about membership please give me a ring or speak to me at the Norwich Group meetings. Whether it is about how much to pay, if you have paid, when you have to pay or if it is non-receipt of the group magazine, please call me first as I hold the membership list and print the labels for your magazine. If it concerns new members then I am the person with the details and application forms.

Summer has once again come around and that seems to be a favourite time for moving bungalow, house, mansion, or even castle.

If you change your address I need to know and I will change it with IAM RoadSmart Head Office for you. If you only tell them I do not know as they do not pass that information to me and if I get your magazine returned I delete you from our mailing list.

Membership Secretary

Martin Woodhouse, 18 Soame Close, Aylsham, Norfolk, NR11 6JF

e-mail martin.nnam@btinternet.com . ☎01263 732997

Always acknowledge an act of courtesy by another driver

<< DATA PROTECTION >>

As part of your membership contract with the Norfolk and Norwich Group of Advanced Motorists (NNAM), we will contact you with information on training, committee, and social events, together with newsletters/magazines relating to the Group and road safety.

Pictures, videos and written updates of NNAM events such as training, committee, and social events at which you may be in attendance or referred to will also be regularly published on social media sites such as Facebook, and group newsletters/magazines and group related websites.

NNAM also shares information with IAM Roadsmart in order to administer membership activities.

You have the right to withdraw from receiving or participating in any of the above by contacting the Membership Secretary by email at membership@nnam.org.uk giving your name and membership number.

Your personal details will not be shared with any third party other than IAM Roadsmart and will be held securely by the Membership secretary. Your details will be deleted when you cease to be a member of NNAM.

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
April	14	Langham Dome
April	28	Café 24 Stonham Barns
May	12	The Liberator Rest Old Buckingham
May	26	Harwich Old Quay

Trip to Scarborough Weds 19th June

We are going to have a midweek ride to Scarborough on Wednesday 19th June. We did this last year and it was an enjoyable event. We will leave the MacDonald's car park at West Lynn, our usual meeting place, at 0900. Although only motorcyclists did this run last year, car members are more than welcome to meet us in Scarborough. I can provide an interesting route and more details if you contact me.

Ian Cain Chairman : chairman@nnam.org.uk

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 April Stonham Barns

I was sitting having breakfast watching the rain on the windows and looking at the soaking wet patio thinking "do I really want to go riding in this?" Sure enough the Fenriders WhatsApp group started pinging with messages from people saying they weren't going out today. Except one from Dave Robins saying that his bike was already filthy so he was up for it. I couldn't let the lad ride on his own, so off I went. And surprisingly we were joined by Bob Barrett and Walker. What is even more impressive was that neither Dave nor Bob Walker ride bikes with a fairing (see photos), so they were going to get the full effects of the wet weather.



And wet it certainly was. The rain was bad enough but the roads had puddles everywhere. As we rode into Suffolk the puddles became ponds, the roads more like rivers at times. A change of route had us heading for the A14 assuming it would be better. And it was, except for the long 50mph limits due to roadworks. We were not on it for long and as we left the A14 we saw the tourist signs for Stonham Barns.



Stonham Barns is a tourist complex with a holiday park, camping, a shopping "village" and

the cafe we were all desperate to get to. Hot drinks and food have rarely been so appreciated. Our jackets were so wet on the outside that as we left the staff were mopping up the pools of water from our clothing.

Thanks to the other three stalwarts for their company, let it never be said that Fenriders are fair weather riders.

Jan Cain

14th April Langham Dome

Ideal motorcycling weather greeted nine riders for the short trip to Langham Dome on the east coast a few miles from Stiffkey. The journey took us to Gayton where we deviated left down the B1153 to Grimston. At the Old Bell pub we turned right onto Massingham Rd, this stretch is approx. 7 miles long and epitomises everything that is good about riding in rural Norfolk, it's just a shame it's not longer. Through Weasenham onto the A1065 to Fakenham, then taking the B1105 through to Wells where we joined the A149 to Stiffkey and then onto Langham. All of this is within a 40-mile radius of our starting point and, often taken for granted, there are many sites of historical military significance in this area.



The Dome is one of only 6 remaining war time gunnery centres which taught trainees how to shoot down enemy aircraft successfully. It offers a unique opportunity to journey back in time and experience what life was like for those who served at RAF Langham. The Langham Dome is the only one open to view as a museum. It has a large outdoor seating area with lots of information on the history of the site inlaid onto the tables. The pièce de résistance is a 1:1 scale Spitfire mounted high on a pedestal which dominates the skyline. Refreshments are limited to hot drinks but there are plenty of hostelrys in the local area.

For the return journey 5 riders made their own way back whilst 4 of us detoured back via RAF West Raynham who were holding a cold war history day ... and had tea and cake. For anyone interested in the history of RAF West Raynham I urge you to checkout the Facebook page of the West Raynham SHQ – Veterans Central. They provide guided tours of the SHQ and free breakfasts to veterans twice a month.

All in all, it was a very pleasant morning, good weather always helps but more than anything it's down to the company. Thanks to Euan for leading the second group.

Regards

Dave Cusdin

24th March Route 11 Cafe

Nine bikes pitched up on an overcast but dry Sunday morning for a ride out to the Route 11 Café close to Attleborough. I thought it was a bit Wim Hof but Dave R thought it was positively balmy. We split into 2 groups with an additional rider being collected at Swaffham making a grand total of ten participants. From Swaffham we took the South Pickenham road to Watton then straight across the lights to pick up the B1077 to Attleborough.



The Café, as its name suggests is located on the East bound carriageway of the A11. It used to have a showroom selling both motorcycles and accessories but now it just feeds and waters errant motorcyclists five days a week (closed Tues and wed). The Vintage motorcycle club were present today so there were some interesting bikes in the carpark, many from the formative years of the majority of our members. The ride back via Wymondham, Dereham and Gressenhall was uneventful. We enjoyed dry roads which were reasonably free of the usual winter induced detritus and not too congested. The real bonus was not needing to wash the bike on return.



The next ride out is to Langham Dome on the 14th April, well worth a visit if you have an interest in the second world war

Thanks to Ian C for leading a group.

Until the next time, take care

Cheers *Dave Cusdin*

10th March Aylsham Garden Centre

The english weather can be cruel. The day before had been ideal for biking, it was mild, the roads were dry and that elusive white orb was clearly visible. Move on 24 hours and it's raining (again), cloudy with an air temp of 7 degrees. Still six stalwarts turned up for the first 0900 start of the year. Four Triumphs and 2 Hondas so we put the Japanese machines at the back. The destination was the garden centre at Aylsham which is a straight run down the B1145 until you meet the A140 where the centre is located.

I personally like the B1145, it runs all the way from King's Lynn to the coast at Mundesley. Approximately 52 miles long it is a road that takes concentration and skill to ride well and I never find it boring. We arrived at the garden centre together on mud splattered bikes after traversing some of Norfolk's finest arable soil which had migrated onto the road.



The garden centre has ample parking and hosts a fine café that caters for all tastes. I was surprised how busy it was given the gloomy weather until Dave P pointed out the Mother's Day display...ahh that'll be why then. After spending a pleasant hour or so catching up and putting the world to rights we set off back. I knew I'd blown it when my satnav suddenly added 45 mins to the journey. Two U turns later and we were back on course. Travelling through Melton Constable the roads were deteriorating with the constant drizzle so we headed for the A148 for the final leg home. Thanks to Roly for undertaking the role of tail end Charlie.



The next run out is to the Route 11 Café near to Attleborough. Here's hoping for better weather.

Dave Cusdin



It was a chilly morning but that didn't deter eight riders from turning out for a ride to the Parlour Cafe at Binham Priory.



We rode in two groups of four, one group following A & B roads across the West Norfolk Heights and then along the coast road from Wells. The roads were OK apart from the odd place where gravel and mud had been washed onto the roads from fields, and the stream which crosses the road in Burnham Market was in full flow. The other group followed a sat nav route using the "windy road" option which took them along some very minor roads which, due to the recent heavy rain, were reduced to muddy tracks. Very dirty bikes for them, especially upsetting for Euan who was on his brand new BMW.

By the time we got to Binham the sun was out so we had our coffee/tea/cakes outside in their walled garden.

Very pleasant, especially the plum and cinnamon cake.



As usual some people decided to make their own way home, and the rest of us came back to King's Lynn on much the same route as the outbound one. Another good ride in good company, so thanks to all who joined us. I don't think we've had to cancel a ride due to bad weather this winter, which says a lot about our climate now as well as the resilience of our motorbike members.

Jan Cain

11th February Walker's Snacks Barton Mills

The previous day's monsoon had passed as 10 riders met up on a dismal, grey morning for a short sojourn to Walker's Snacks adjacent to the five ways roundabout at Barton Mills. The route to our destination was straight forward - Lynn, Wereham. Weeting to Brandon and then past Mildenhall to our destination. We picked up Mike A and his son at the BP in Weeting and untroubled by a low sun, which was totally obscured, we only had the slimy roads and potholes to deal with.



Walkers Snacks is a well-established café that is popular with bikers and dog walkers. Although it's only 100 metres from the busy five ways roundabout it's a very pleasant place to spend an hour or so. They have a varied menu and can cater for most tastes. The car park often turns into a lake when there has been heavy rain, fortunately Soji wasn't with us today. Another missing member was Dave R who spent the weekend in a very small tent at the Dragon Rally in Wales, he was complaining that it was too mild! Dave deserves a mention just for his luggage stacking ability.

The route back was more technical as the roads had dried out to a degree. The road to Prickwillow is still a roller coaster and a test of any machine's suspension but this was to be expected. What came as a shock were the three huge potholes on the A1101/A10 roundabout at Littleport bridge. I'll be paying another £111 for the privilege of navigating these at the end of the month.



Cheers for now *Dave Cusdin*

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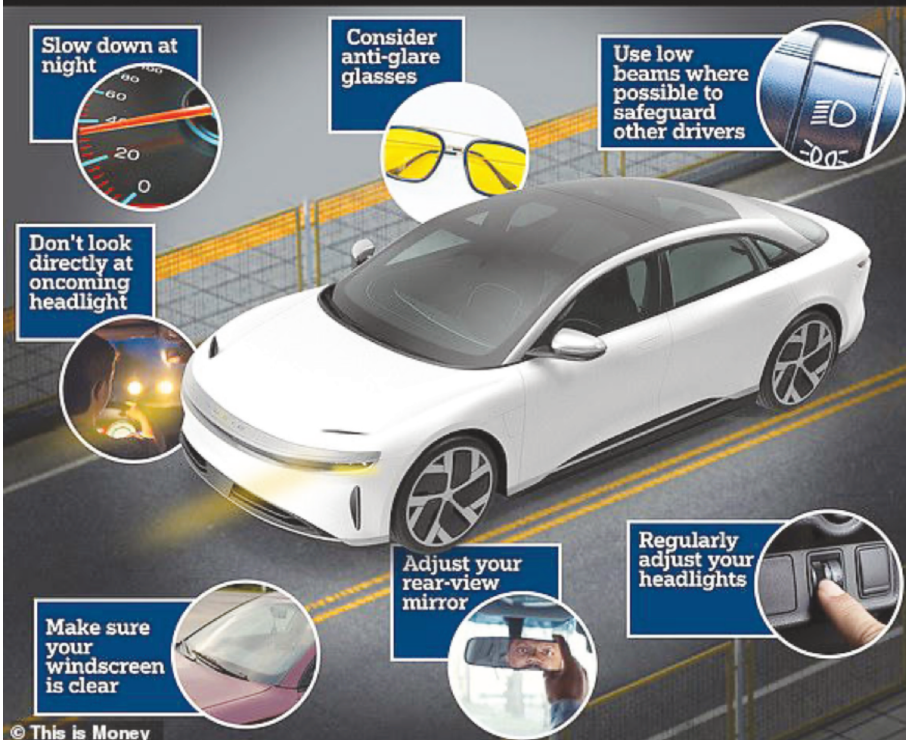
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