

WHEELS

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

Spring 2025



Lara Slater, *now our* Social Media Secretary

If you attended the AGM in January (which, sadly, not many members did) then you will know that there have been a few changes on the Committee. I have stepped down as Associate Coordinator due to personal commitments. However, all new associates will now be in the safe and capable hands of Bob Tash, who has been a member of both the group and the committee, including an observer for many years. Bob has been our Social Secretary in recent years, but he has also stepped down from this position to take up the Associate Coordinator role. He hopes to resume observing too.

As for me, I will be able to dedicate more time to being Social Media Secretary. At the 2024 AGM we were asked by a member about social media and I have spent this year trying to get our new Instagram account off the ground to run alongside our Facebook page. However these only work if members are engaged, so we need your help please. Our organisation is nothing without our members, so here's how you can make an impact...

This does leave the position of Social Secretary currently empty and it would be fantastic to have someone new on the committee to take up this rewarding role. In the meantime we do already have events lined up for February, March, April and May and hope to see you there. Please check the website for details - NNAM.org.uk

Get Involved – Attend our events, join discussions, and share your insights. *We are looking for guest speakers (talks do not need to be motoring related!)*

Spread the Word – Encourage friends, family, and colleagues to join or participate. *Our Facebook page is 'Norfolk & Norwich Group of Advanced Motorists' and our Instagram is 'nnadvancedmotorists'. Please do engage with and share our posts.*

Volunteer – Your time or resources can make an incredible difference in keeping our mission alive. *We have vacant committee roles and we are looking for observers in the Norwich and Lowestoft areas.*

“Volunteers do not necessarily have the time; they just have the heart.”

If you have ideas or feedback, we'd love to hear from you. All committee members have their contact details on the website and included in this magazine (**see page 2**). You can email, call or even message via the social platforms, and if you do attend any social events you can even talk to us in real life!

We want to foster a thriving community and encourage new members, with your renewed support we can continue making a difference.

Here's to a busy 2025!

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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!

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Secretary's Desk

Welcome everybody. Another year, another season!

It's just over a year since I joined as Group Secretary and events within our local charity are certainly shaping up. We have had a steady flow of members joining and a few test FIRSTS. A great start!

Despite a quieter 59th AGM, the willingness of members to make an appearance, large or small, enables our group to function and come together. Thank you to those that came out to be with us. I was fortunate to meet some of you and Martin's usual spicy buffet was welcomed!

Since Ian Cain took the helm as Chairman, we are witnessing stability amongst our local group. Whilst we don't have a crystal ball, overall member retention is good, plus committee members had a bit of a reshuffle.

We enjoy reading your stories and we are often on the lookout for good speakers for our monthly socials at Cringleford Pavilion.

We remain optimistic with our continuous efforts to educate younger and older drivers and riders alike. As you know we exist to improve the standards of driving and riding on Britain's roads and improve the standards of road safety across the country - primarily through delivery of the Advanced driving and riding course and test. It's great we have you onboard.

Another interesting area is the East Anglian Drivability website. Very rarely we may have to refer our members here, depending on circumstances. East Anglian Drivability is a dedicated outfit that supports people of all ages in gaining or retaining independent mobility by providing high-quality information, advice, and assessments. www.eastangliandrivability.org.uk

IAMRoadsmart has just released their skills days for 2025, for both bikes and cars. These allow drivers and riders, using their own car or motorcycle, the chance to develop their skills with qualified instructors, using around four or five iconic racing circuits. A good day out!

NNAM are also looking at securing more venues to pitch up at with our mobile display unit. This way, we can continue to reach a wider audience. The pulse continues, please consider joining us as a volunteer in any capacity you can.

Before I go, I was impressed to hear one of our bike members' spouses had braved the traditional outdoor Hunstanton swim on Christmas Day morning! Rather than a white Christmas, a grey Christmas with slightly milder weather but still cold conditions for a December swim in the sea! Well done Bobs wife!

Stay safe and wishing you all a great start to the year!

Elke



Bob Tash

Associate Training Coordinator

After a few swapping of roles on the committee this is my first report as 'Associate Coordinator', a role previously carried out in exemplary fashion by Lara.

So I hope I can live up to her standards. Looks like the new year has started in a good way with two new recruits already and four test passes. Hopefully 2025 will carry on in the same vein.

NEW ASSOCIATES



Mr. Dominic Greywolf	Martham
Mr Juan Andres Yelo	Norwich
Mr. Nigel Gair	Melton Constable
Mr. Chris Farnham	Scarning
Miss Christine Kettle	Kessingland

TEST SUCCESSES OBSERVERS



Pamela Pearson	Bowthorpe	Terry Vincent
Ian Hallam	Marsham	John Elwin
Geoff Dunk (1st)	Attleborough	Ian Slater
Jeremy Freeman	Norwich	Ian Slater

TEST SUCCESSES OBSERVERS



Colin Ryan	Swaffham	Paul Southwell
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NEW FULL MEMBERS

Chris Nash	Hunstanton
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Warmest congratulations to all the above Associates and their Observers on successfully reaching the high standards of The Institute of Advanced Motorists.

All New Associates and New Members are welcome to come along to our Group Meetings, we have some interesting talks lined up.

Associate Coordinators: Bikes: Paul Southwell: Cars: Bob Tash

DRINK DRIVE LIMIT:

The Association of Police and Crime Commissioners' is backing the British Medical Association's (BMA) call for a lower drink drive limit. England, Wales, and Northern Ireland currently have the highest legal BAC (blood alcohol content) limit for driving in Europe, at 80mg of alcohol per 100ml of blood. The Scottish limit was lowered to 50mg of alcohol per 100ml of blood in December 2014.

NEWS

And other bits

DRUG DRIVING:

Driving under the influence of both legal and illegal drugs is an issue that is growing on all measures in the UK - collisions and casualties have gone up by over 260% during the last ten years, and convictions are increasing every year.

TREASURER'S NOTE. To those members who have only paid £12.00 membership fee and wish to receive further copies of Wheels, please remit a top up £3.00 either by **BACS:-**

Norfolk & Norwich Advanced Motorists, Sort Code 60-24-52, Acc.No. 15065464
Please give your name as a reference otherwise we cannot credit you!!

Or:- by cheque to Martin Woodhouse, 18 Soame Close, North Walsham, NR11 6JF.

Greg

John Ware Testimonial

I have been driving for many years and had been thinking that I would like to take the IAM Advanced Driver course for some time (a few years!).

During the Covid pandemic my wife didn't drive for some time and had become a bit nervous when she started driving again. I saw on the IAM RoadSmart website that they were advertising a Mature Driver Review session and bought this for her as a present. She enjoyed the experience, and it went a long way towards restoring her confidence. I went along for the ride, and at the end of the session after the very constructive feedback, the IAM expert was talking about further possible courses which made me think again about doing something myself.

I saw that IAM RoadSmart were offering a "Free Taster" drive, so I booked myself on one of these, which I found to be a very positive and enjoyable experience. This convinced me to go ahead and book the Advanced Driver course.

I was notified of my Observer for the course which was the same person (Graham Watson) as for the taster drive which gave continuity to the process. I found that the critique after each of the observed drives was always constructive, thus enabling improvement where required. After six observed drives spread over two months my Observer considered that I was "test ready", and organised for me to have a "check drive" with a different Observer (Terry Vincent) to confirm this. This went well and a test date was requested, which unfortunately was not until six weeks after the "check drive". Graham therefore suggested that it would be a good idea if he took me on another couple of observed drives to "keep me on the boil!" (...and I quote!!) until my test date. So, this is what I did, meaning I had eight observed drives with Graham prior to my test.

My test was carried out by examiner Neale McConnell on a route starting from Beccles, which is some 25 miles from where I live, on roads unfamiliar to me. We met at a café with a large car park, introduced ourselves, and went from there. The test was conducted in a friendly and relaxed manner putting me at ease throughout. The whole test lasted about an hour. When we finished, and I was told that I had passed and achieved a "First", I was delighted.

I would say to anyone thinking about taking the IAM Advanced Driver course – get in touch and do it! In terms of driving skills you can't lose, and it is also excellent value for money!



John



There will be a summary of the 2025 AGM elsewhere in the magazine. That was my first AGM as Chairman so the end of my first year. I'll leave it to you to decide if I've done a good job or not. Certainly we've done well for new members but I doubt that's down to me.

After the AGM and the buffet we held an open forum and here's a summary of the points raised.

Firstly, appreciation and thanks to Martin Woodhouse for an excellent buffet. Also thanks to Keith and Caroline for looking after teas and coffees.

It was suggested that the MDU might attract more "customers" if an unusual or attractive car was parked by it. I'm sure this would work, certainly having a bike or even better a blood bike by the unit does attract attention. There are two issues with this, we'd need a sports car, and not all venues allow vehicles by the stands. Also, if a member were willing to bring their car along, would he want lots of people gathering round it. Worth a thought though.

The Treasurer reiterated the importance of checking that membership standing orders were for the latest fee of £15. Some were still for the old fee of £12.

The Secretary wondered how many members used social media (Facebook, Instagram). The use of these would strengthen our presence which was particularly important in attracting younger people.

We have 78 on line Wheels magazine subscribers. The production of Wheels and postage is a major expense so if any other members would like to opt out of receiving a paper copy of Wheels in the post, please contact the Treasurer.

The monthly social evenings were well attended, but the organiser of speakers for these events has moved to a different post on the Committee. While the Committee will endeavour to source future speakers, it will be an extra load on already busy people so a new Committee member to take on this post will be most welcome.

There is also a need for someone to help with the admin for the MDU. Again, the existing Committee members will cover this, but help would be appreciated.

Our bike section thrives and has a good selection of rideouts twice a month. Car members are welcome to join us if they like the sound of one of our destinations, probably meeting us there. If you would like to come with us please contact me or the Secretary. The post of Rideout Organiser is also vacant, so this is a job that I'm covering.

There are two trophies that the Group can award annually. The Merit Plate is awarded to the non-Committee member who has done the most in helping and promoting the Group throughout the year. Nominations for this award can be from any member of the Group. The Norman Parker Cup is awarded to the winner of any motoring competition we might hold. Neither has been awarded this year.

And finally. I travelled to the AGM in Paul Southwell's new Transit van. Apart from car like comfort and startling performance, Paul has an app that allows him to start the engine remotely without unlocking the doors. So when we went out to the van to go home it was already warm in the cab. What luxury on a Winter's night.

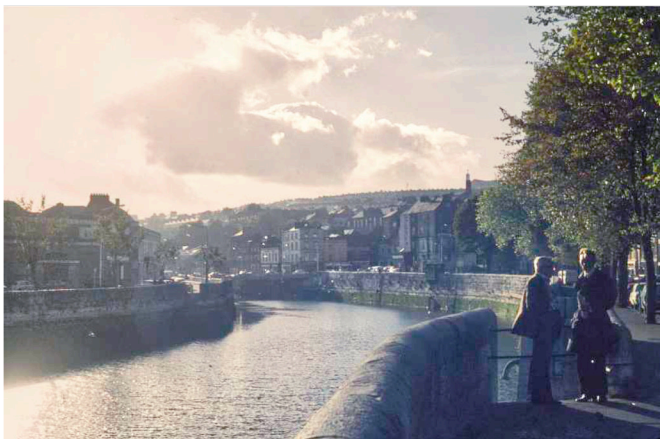
Ian Cain

TOURING IN IRELAND



In 1978 I was single, living and working in Banbury, and the owner of a 500cc Triumph Tiger 100. The longest journey I made on the Triumph was when wanting a holiday after ending a relationship, I visited the Irish Republic. I took the ferry from Fishguard to Rosslare, then, finding B&Bs as I went, made a circular tour over the course of a week from Sunday 10th September, when I left home at 9pm. I had (according to my diary) a lousy wet ride to Fishguard, arriving at 2am on 11th to catch the ferry across.

Monday 11th was a fine and windy day. I rode the coast road from Wexford to Cork. That night I stayed in Blarney, having stopped in Cork for pizza and a walk and visited the Waterford Crystal factory for a tour. On Tuesday I walked around Blarney village and visited the castle on foot, looked at the Blarney Stone but didn't kiss it and then rode to Limerick for a look around a pleasant city.



Then on to Galway, which I loved, and where I walked around the bay despite the cold and wind.

Wednesday 13th it lashed with rain all day, so I rode the coast road round Connemara, on to Westport and beyond. I was soaked, so stayed at a farm near Castlereaugh, which was lovely, with good company, and lots of enjoyable conversation. Thursday, I spent the morning riding to Dublin, and the afternoon getting out! I didn't enjoy it, saw little or nothing



of the city, and the bike and the rider both overheated! I escaped next to the haven of Wicklow, where I parked the bike, and apparently, from the diary entry, walked, climbed, and dreamed, as it was almost the end of my stay.



I spent the morning of Friday 15th in Wicklow, and later rode to Wexford, where I parked up and spent the afternoon and evening of a warm sunny day walking around and relaxing.

Saturday 16th I rode to the ferry port at Rosslare and caught the ferry back to Fishguard. However, as I left the final guest house, I couldn't start the engine, but fortunately the house was on a steep hill and I was able to bump start. On arrival back at port in Fishguard, I had the same experience on the exit ramp from the ferry, which fortunately also sloped down fairly steeply, so again I was able to bump start it. As the bike continued spitting and stalling, and because of the challenges of the morning, I then made the entire return trip to Banbury non-stop. Unfortunately, the bike never started again but as I had procured a new job which came with a company car, I reluctantly sold the Triumph – albeit at a profit!



It was some years before I rode again, but eventually, two jobs later and being out of work and apparently unemployable as a 43 year old female, I began an assortment of different part time jobs over several years, from interviewing passengers at Heathrow to becoming a driving instructor (cars only!). As I then had some time on my hands, I used to drive up to a Honda dealer in Ruislip and hire a bike for the day, loving every minute of my assorted excursions exploring around the south of England. Close to my Thames Valley home a Harley Davidson dealer opened, and I went in a few times to ask whether they hired bikes by the day, eventually receiving the right answer, so I began to hire from there instead, and enjoyed many more outings, including observed runs resulting in my Institute of Advanced Motorists motorcycle membership, achieved in 1995, five years after my car advanced test pass.



Pamela Austin



59th AGM Report

The Chairman welcomed all members to the 59th AGM of the Group. The Secretary had received apologies from Pam Medlock, Tim Clelland, Peter Webb, Pamela Austin, June Stubbert, Ted Clements, and Kevin Smith.

The minutes of the 2024 AGM were briefed and approved by the meeting.

Clyde Brown and Dave Cusdin have recently stood down from Observer and Rideout co-ordinator roles and the Chairman thanked them for their support to the Group. He also thanked the Committee and all the Observers.

This had been a good year for new members, 3 new full members (1 car 2 bike), 21 new car associates and 8 new bike associates. There had been 9 car test passes, including 2 firsts, and 5 bike passes.

We are in a better position now with car Observers and are well on the way to having all Observers to the required National Standard.

There was disappointment at the lack of interest shown by members in the various events that had been organised by the Committee beyond the usual monthly social evenings. For the next year, only social evenings will be organised. Bob Tash, the social events organiser, is standing down from this role and was thanked for the hard work he has put into it.

The MDU has had a busy year going to 8 events across the county, the Chairman thanked Keith Mace for the amount of time and effort he has put into this.

The Chairman thanked Vernon Clarke for editing our exceptional Wheels magazine, and Steve Palmer for maintaining our website, one of the best of any IAM group.

There are currently 3 vacancies on the Committee, the speaker co-ordinator, rideout co-ordinator, and MDU admin assistant. The Chairman urged members to consider volunteering to fill these posts as he thought it was unfair to expect other Committee members to cover them.

The Secretary also welcomed all members and gave a comprehensive report. Our membership is steady, the extra £3.00 increase in membership fees is acceptable given we hadn't needed to make an increase in over 10 years.

Secretary reported we currently have 11 car observers and 3 bike observers.

The Treasurer had produced a copy of the accounts for every attendee showing that we are in a healthier position than this time last year. Magazine costs and postage are still our biggest expense but we are still showing a healthy bank balance.

The three officers on the Committee, Chairman, Secretary, and Treasurer were all willing to stand again and were voted in unanimously.

Most of the remaining Committee were also willing to stand again and were voted in with no objections. The Committee list is inside the front cover of this magazine. There are now three vacancies on the Committee so any volunteers to fill them would be appreciated.

There were no nominations for the Merit Plate, and there had been no competition for the Norman Parker Trophy.

The meeting was closed at 19:55pm.

The 60th AGM will be held 14th Jan 2026.



As you will be aware from the AGM I have retired from this role having carried it out for over five years it is time to give someone else a chance. I have taken over the role of Associate Coordinator from Lara so will be concentrating on that from now on.

It is vital that somebody comes forward to take over the role of organising the monthly Speakers. It does not demand a huge amount of work or time commitment. It is very rewarding and enjoyable.

Our Speaker evenings (ten per year) are a vital and only opportunity for Members to meet up regularly and socialise. It would be a real shame if we cannot fill this post now.

Ask any committee member or me and I can run through exactly what the job entails and also supply a list of potential Speakers and all necessary forms and templates etc.

Bob

We need your help

We would like an enthusiastic and willing member to take on this roll to ease the burden on the committee.

At the moment we no longer have a Speaker Secretary for the Group

The basics of the job are to identify suitable Speakers (from internet, suggestions from fellow members or Social Secretaries from other groups etc) and make contact and arrange a suitable date for a presentation. Prepare the room, meet and greet the speaker and ensure their requirements are in place.

Contact BobTash for details

A member to look after the administration for the

It will soon be time to start preparing for another season with the Mobile Display Unit (MDU). In times past we have taken the "unit" to an average of twelve events per year, but since the pandemic, many of those events have permanently closed, so we are left with a core of about six and need more. The problem is that the Norwich & Norfolk Group has a large geographical area to cover and most of our events are in the central part of that area so we are not covering as much of it as we would like.

This is one of the reasons I am looking for an administrator for the MDU. While I am happy to move it around and set it up, each event has to be booked and staffed, and although that is not an onerous task it does take time, but also I need someone who can follow up on new locations or events that we can attend. We want to get around the whole area we cover as much as possible, but have to take account of pitch fees, cost of hauling the thing there and back and whether the event is likely to be cost effective. So there are limitations to consider but if anyone is interested we can go into detail later.

Contact: Keith Mace for more information

A member to organise rideouts

The ride out coordinator is responsible for putting together a series of interesting and diverse locations for the group to ride to throughout the year. Following a formula of short rides on the second Sunday of the month and longer ones on the fourth Sunday, the coordinator will provide a route, brief riders on the day and ask for other riders to lead should the attendees need splitting into smaller groups.

Post ride out a brief report of the day's activities will be produced for inclusion in the club magazine and website. Occasionally it may be necessary to prebook a table at the destination if large numbers are expected. It is a fulfilling role, but the incumbent will need to be a full member of IAM Roadsmart and the NNAM committee.

Contact: Ian Cain (chairman)

Those members already on the committee have their own work load to contend with and are unable to keep taking on extra tasks whilst nobody comes forward

Make more use of your group membership and join the committee

GROUP MEETINGS

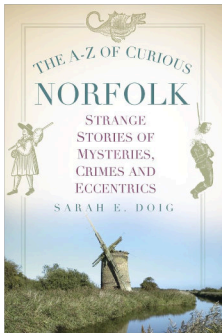
Cringleford Pavilion, Norwich. NR4 6XF

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 keep an eye on our website for any event changes or speaker updates



12th March - Sarah Doig - The A to Z of Curious Norfolk: Strange stories of mysteries, crime and eccentrics

Norfolk's spectacular coastline, quaint villages, historic houses, bustling market towns and meandering rivers all provide the perfect backdrop for some of the most curious tales from across the centuries.

Which eccentric cleric's final words were "Did I make the front page?" Which annual race's participants only eat lettuce? Where can you see an alarming life-size effigy in wax,

These and many other stories.



9th April - Linda Scholes - Journey To UK Citizenship

"Journey to Citizenship" is Linda's story of becoming a dual US/UK National in 2009. She will give a short history of her background, why she decided to take UK Citizenship; and explain what is involved in becoming a UK Citizen.

Linda will give a 24 question "Life in Great Britain" exam that is identical to the exam required for every applicant for UK Citizenship.

This is audience participation, and lots of fun, as well as informative. Since 2010, only 2 of her audiences have passed the test. Very few people know what is involved in this process.

14th May - Patrick Peal MBE. DL- The Lieutenancy - The history to the present day.

Lieutenancy, what is it, how did it come about? Patrick explains all. Most of you will probably have heard of our Lord Lieutenant, Lady Dannatt attending an event in and around Norfolk. There are deputy Lieutenants too, what do they do?

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 (Oaklands 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.



Kevin Smith

Observer Training Co-ordinator

Although we are now well into 2025, if you haven't already done so, it's not too late to make a driving-related New Year's resolution. Here are some practical and achievable resolutions to consider:

Commit to Ongoing Learning

Driving is a skill that can always be refined. Resolve to engage in ongoing learning by achieving a FIRST, taking up the Masters driving course, becoming an observer, reading up on driving techniques, and staying informed about traffic laws and regulations. Continuous education helps drivers stay updated with the latest best practices and safety measures.

Improve Parking Skills

Parking can be challenging, especially in tight or busy areas. Make it a resolution to improve your parking skills by practicing parallel parking, reverse parking, and parking in various conditions. Enhanced parking skills boost confidence and reduce the likelihood of minor collisions or damage to the vehicle.

Stay Calm and Patient

Road rage and aggressive driving can lead to dangerous situations. Make it a resolution to stay calm and patient while driving. Allow extra time for your journeys to avoid feeling rushed, and practice deep breathing techniques if you feel stressed. Staying calm and patient enhances decision-making and promotes a safer driving environment.

Set a Good Example

As a driver, you have the opportunity to set a positive example for others, especially young or inexperienced drivers. Resolve to demonstrate good driving behaviour by following traffic laws, using signals correctly, and showing courtesy to other road users. Being a responsible driver encourages others to adopt safe driving practices.

Reflect on Your Driving

Self-reflection is a powerful tool for improvement. Make it a resolution to regularly reflect on your driving experiences. Consider what went well and identify areas for improvement.

Conclusion

Advanced driving is an ongoing journey that requires dedication, awareness, and a commitment to continuous improvement. By setting New Year's resolutions to enhance your driving skills, you can contribute to a safer and more enjoyable driving experience for yourself and others. Embrace the principles of advanced driving, adopt practical resolutions, and make 2025 a year of positive change on the road.

Fen Riders

Ride Out Calendar 2025

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

Month	Date	Destination
Jan	12	Lynford Arboretum
Jan	26	Walker's Cafe, Barton Mills
Feb	9	Bawdeswell Garden Centre
Feb	23	Sheringham Cliff Top Cafe
March	9	Whitwell Station
March	23	Byards Leap Cafe/Cranwell Aviation Heritage Centre
April	13 th	Whistle-stop Cafe, Bure Valley Railway, Aylsham
April	27 th	International Bomber Command Centre, Lincoln
May	11 th	The Parlour, Binham Priory
May	25 th	Southwold
June	8 th	Bircham Windmill
June	22 nd	Foxton Locks, Market Harborough
July	13 th	Alby Tea Rooms. Erpingham
July	27 th	Humber Bridge Garden Centre

26th January - Walkers Cafe, Barton Mills

Our ride on the 26th January was to Walker's Snacks by the Five Ways Roundabout at Barton Mills. 8 riders turned out including Soji, former Chairman of the Group and now our local IAM car and bike examiner. He's not joined us for a while so it was nice to see him.

It was a bit of a shock to find the Sainsbury's car park where we meet full of VW vans of varying ages and types, along with a few VW cars. They were obviously meeting here before going on to another event and all set off to leave at about the same time that we did. It was chaos, vans everywhere trying to get out of the car park. We had to be careful joining this exodus, but luckily once out of the car park they went in a different direction to us.

It's not a long ride from King's Lynn to Barton Mills, about an hour, and although it was chilly the roads had largely dried out. It was a pleasant ride, long enough to be worth doing but not long enough to become really cold. Heated grips and clothing were appreciated by some though.

Our route to Barton Mills took us through Brandon where there is now a motorcycle dealer selling BSA, AJS, and Benelli motorbikes. I think these are now all brands owned by Chinese manufacturers, but interesting that they are bringing back historic European brand names.



I think we all got home before the rain started and no doubt many of us spent an hour or two washing our bikes when we did get home. Thanks to all who turned up, and to Steve Chollerton for leading one of the groups of four.

Jan Cain



10th January 2025 **Lynford Arboretum**

The first rideout of 2025 and the weather was below freezing. Not the weather for riding motorbikes. Or so I thought.

One member, Dave Robins, thought different and turned out for the ride to Lynford Arboretum. with the only fly in the ointment being the air temperature of -5C. He had a problem getting his frozen fuel filler cap off his bike to refuel.

Note to self (for our lonely rider is, of course, me, Dave) - when washing the bike, make sure the locks are free of water afterwards. De-icer didn't make things any better so there followed a detour back home to make use of the kettle.

Once de-iced and re-fuelled, the ride was a nice simple one, mostly just following the A134.

The roads were damp but not icy, the wintry countryside spectacular in its Christmas Card mimicry. The glare from the low sun but a small hindrance.



Heated grips and puffy, insulating mid-layers are life savers, while closing helmet air vents protects ears from frost bite; wind chill at -5C and 60mph being -18C.

Shepherds Baa is a quaint, picturesque little tea hut with a reasonable selection of hot and cold sustenance and some nice outdoor seating in bucolic woodland.

Today it looked like a scene from Narnia, though why we schedule an outdoor venue in January remains a mystery. Warmed and revived by hot tea and an even hotter veggie sausage roll, I started the return journey

As usual for this time of year, more time was spent cleaning the filth off the bike and clothing than was actually spent riding - but after two weeks of two-wheeled inactivity over the Christmas break it was great to be back out.



Dave was joined by Secretary Elke in her car, the picture of it shows how severe the frost was. I assume she cleared the windscreen before setting off.

Dave Robins

Jan Cain

Roll on Summer.



22nd December **Beach Cafe, Wells**

A chilly day for the last rideout of 2024, but 8 riders turned out for a trip to the seaside. Sainsbury's car park where we meet was unusually busy for a Sunday morning, last minute Christmas shopping I suppose. With so many drivers and pedestrians around with shopping on their minds we had to be extra careful as we left the car park.

As usual, we split into two small groups of four for safety and to make the leader's life a bit easier. I led my group through Hillington and up over the heights of West Norfolk to Bircham.

This is a lovely road that winds quite steeply at first and then flows with lovely bends into Bircham. Then another climb to Bircham Newton, formerly an RAF base but now the National Construction College, and then on into Burnham Market (the poshest village in Norfolk?). Then a few miles past the Holkham Estate into Wells and to the Beach Cafe. My group got there first. Dave Cusdin's group took a longer route via Walsingham, or got lost, and arrived shortly after us.



The Beach Cafe is open all year and is popular with dog walkers and people out for a bracing walk on the beach. It's even got a shower for sandy dogs. Luckily we found a table inside big enough for all of us and put the world to rights over hot drinks. Not many cakes/sausage rolls/bacon butties today, we're all on pre Christmas diets.



As usual we all went our separate ways to go home depending on where home was. Secretary Elke and I rode most of the way together until we split up as we neared our homes.





It got a bit windy on the way home but other than that an enjoyable day in good company. Thanks to all who came along and for Dave Cusdin for leading a group.

Jan Cain

8th December

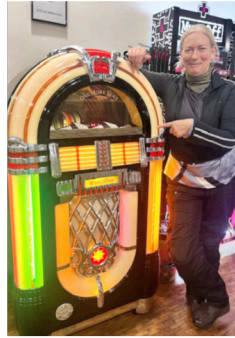
Due to Storm Daragh bringing adverse weather conditions this rideout was cancelled

24th November Krazy Horse Bury St. Edmunds

Full disclosure, the Krazy Horse on the outskirts of Bury St Edmunds is one of my favourite biker cafes, so I would have gone solo if the rather blustery conditions had deterred everyone else. As it was five others joined me at our meeting point which was rather exposed to the high winds to the degree that I felt compelled to hold onto my bike. However, once we were on the move it wasn't too bad at all. Splitting into 2 groups we set off down the A10 then onto the A134 to Whittington where we branched off down the B1112 to Brandon. Then it was past Elveden on the B1106 all the way to Bury. The wind was doing a great job of keeping the roads dry blowing the loose leaves away so with one cautious eye out for tree debris and errant wild life we all arrived without incident.

I was going to give some of the tips that I use to combat high winds when riding a motorcycle but it is very well summed up in this article.
<https://www.bennetts.co.uk/bikesocial/news-and-views/advice/new-riders-and-training/riding-advice-motorcycle-strong-winds>

The Krazy Horse café is part of a group of motorcycle, car and ebike dealerships which were started by Paul Beamish as a hobby when he couldn't get the bike parts he needed locally. Since opening in 1995, they've grown massively and now have five showrooms dotted around the South. They have established a reputation for creating bespoke custom bikes and cars and have featured on national TV a number of times.



The café wasn't busy so we had no problems getting served and seated. I'm

biased but I find the café has a great vibe and their eclectic selection of exotic machines in the showroom always generates interest.

The winds had died down for the return journey which took us past Lakenheath, through Swaffham and home. Thanks to Bob B for leading a group and to Elke for the great photos.

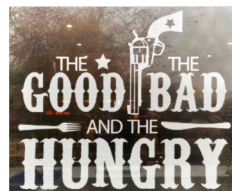
Next ride out - Ramblers Restaurant, Nth. Walsham on the 8th Dec.

Dave Cusdin



10th November

It was the first 10am start since we moved to the large Sainsbury's car park in King's Lynn and I did wonder with the store being open if parking would be a problem. No worries, 11 bikes take up very little space even though the locals were clearly eager to start off their xmas shopping.



Dave R had kindly devised a route which was to take us past Adrian Flux's gaff, through Castle Acre, Swaffham, Ashill and Watton where we down the B1111 towards Old Bucks and on through Diss to our final destination at Wingfield. The ride down was relatively uneventful and the roads were dry and reasonably clear of traffic. Soji did complain that his bike went into 'limp mode' I thought it was just coming out in sympathy with his dodgy knee. Modern motorcycles like their 4-wheel counterparts rely on a number of sensors to monitor the vehicles performance and if one should throw a wobbly then it can severely limit the functions available to the rider. In this case the fault disappeared after switching the ignition off and on – until the next time.

The Good the Bad and the Hungry is a countryside bistro set within rolling fields at the GWC equestrian centre in Wingfield. They offer a large selection from breakfast to a bistro style lunch menu, daily specials, desserts, afternoon teas, evening meals & Sunday Roast. I can highly recommend the coffee which is locally roasted after being brought directly from the farmer and freshly ground to order. To my chagrin I didn't realise that you needed to pre-book large numbers but the staff were very accommodating and found us a space on the veranda.



The two groups mostly stuck together for the ride back via Thetford Forest and Mundford and whilst a mite chilly (for those without heated accoutrements) there was no low sun to contend with and it was a pleasant journey. Thanks to Dave R for leading a group, even though I think he lost most of them on the way back - blame Soji Dave, I usually do.

The next ride out is on the 24th Nov to the Krazy Horse Café at Bury. Let's hope the weather plays ball.

Cheers for now *Dave Cusdin*

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 me.

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 2025**. If you pay by cheque (or cash) and have not yet done so make action your watchword and do it now! 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 2025, if not then send me a cheque please. If you pay by Standing Order [SO] please check that it is for the correct amount of £15 . 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 2025. It is less then 30p per week and remember we are a registered charity and no one in this Norfolk & Norwich Group gets paid.

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Vernon Clarke (Editor)