

ChainLincs

THE NEWSLETTER OF



Lincolnshire
Advanced Motorcyclists



IAM GROUP 7176, REGISTERED CHARITY 1049955, SUPPORTERS OF THE BMF



June

2019

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on 07703 718907

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|---|--|------------------------------|
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Lincolnshire Advanced Motorcyclists

<https://www.facebook.com/groups/301610040008772/>

Follow us on twitter at @lincsbikers_iam

Meetings are held on the first Monday of each month starting at 8pm

at the Nags Head, Middle Rasen, LN8 3JU

Middle Rasen is on the A631 about 1.5 miles west of Market Rasen

The next issue of ChainLincs will be in July 2019.

Please provide any copy to the editor, by **25 June 2019**

EDITORIAL



The cover image was taken at the recent Spark festival at the Lincoln Cathedral, and shows a locally produced motorcycle – the Lincoln Elk produced by James Kirby, at Broadgate, Lincoln, from 1902 to 1925. To the editorial eye at least, it does have an uncommon resemblance to a 3½ HP Triumph of similar vintage.

If there is anything that you particularly like or dislike about the newsletter, I would be glad to hear from you.

So, e-mail your thoughts and contributions to chainlinks@uwclub.net, and don't forget that our commitment to the highest journalistic standards means that if I can read it, we'll print it. Photographs, art, and writing are all equally welcome.

If you are planning a ride out and its short notice, put it on our Facebook page, there may be others that are free and would like to join you. It's a great way to meet other members.

Enjoy your riding,

Nick

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CHAIRMAN'S CHATTER

Wow, another month nearly gone, and Nick has reminded me about my 'Chatter'! So, having just got this is going to be a quick one this month! I went on a short holiday for the last week of May completely forgetting about ChainLincs – it always comes around again so quick! Here I am on second day into June and Nick is waiting so here goes!

Let's start with the promo day yesterday at Rob Speed Motorcycles in Grimsby. Awesome job by Simon putting the day together and the help he received from various Observers (on Facebook I could see Andy Kitchen, Will Field, Mike Day, Kev Hewson and James Taylor) on the day. Not sure how many tasters rides they had but three new members were signed up bringing this years total so far to 21 so coming along nicely. Great job guys and thanks to Rob Speed Motorcycles as well for hosting the event.

In addition to the three from the Rob Speed event we also had two other new members this month. Welcome to Richard Dawson from Grantham and Andrew Ratcliffe from Spilsby. Welcome to you both and hope to meet you soon at a social meeting or ride.

There were two test passes in May as well so congratulations to Shane Joyner and Billy Spencer-Kidd. Well done and great job again from your observers Malcolm Heaton and Dave Ayres. Billy also gained a F1rst so well done on a great achievement. Shane has also volunteered to look after the Group clothing after Kev Turner stood down earlier in the year so if you need any group clothing Shane is the man to contact and his details should be in ChainLincs. Once again thanks to Kev for the years he gave to the Group.

I have two more congratulations this month and they are to Dave Ayres who passed his National Observer (NO) qualification and to Ian Morrison who passed his NO requalification. Well done guys. National Observers who are also Local Observer Assessors (LOA) have to qualify every 3 years as a NO and Ian is the first since the new system was introduced. If not a LOA then the NO has to requalify every 5 years. The qualification for NOs is completed by an examiner from the IAM.

For those associates that haven't been in touch with your Observer for a while please stay in touch. If you have decided to not continue the training, please let your Observer or John Cheetham know. Our Observers are volunteers and have plenty to do without chasing associates that have decided not to continue but don't respond to messages and haven't had the common courtesy to let us know! **With plenty of new associates our Observers will stop trying to contact those that don't respond so we can concentrate on the ones that are interested.**

If you fancy being an Observer come along to an Observer meeting. Observer meetings during the Summer months are normally on the road training and can start at various locations. If you are interested in attending, please give Jerry Neale a ring on 07412 935333 and he will be able to give you times and locations.

Don't forget we will be at the Lincoln BikeFest on 9 Jun. Help needed on the day to talk to the punters and to help with setup and pull down so if you can spare some time please let me know. I will be there from 0830 setting up and the day is usually done by 1700hrs at the latest. Once again, we are able to offer a 20% discount on the normal price so if you know someone who is interested in joining send them to see us next Sunday.

The next Group ride is from Hartsholme Park in Lincoln near the café on 9 Jun leaving at 0930hrs so get there early for brekkie, tea and a chat. Perhaps you could then join us on the Brayford for an hour or two?

The next social meet is tomorrow, 3 Jun, and we will be having a ride leaving the Nags Head at 1830hrs and back in time for the meeting at 2000hrs. Roland has already volunteered to lead a ride and he always has a good route. In future if you feel you could lead a ride locally for just over an hour come along and let us know.

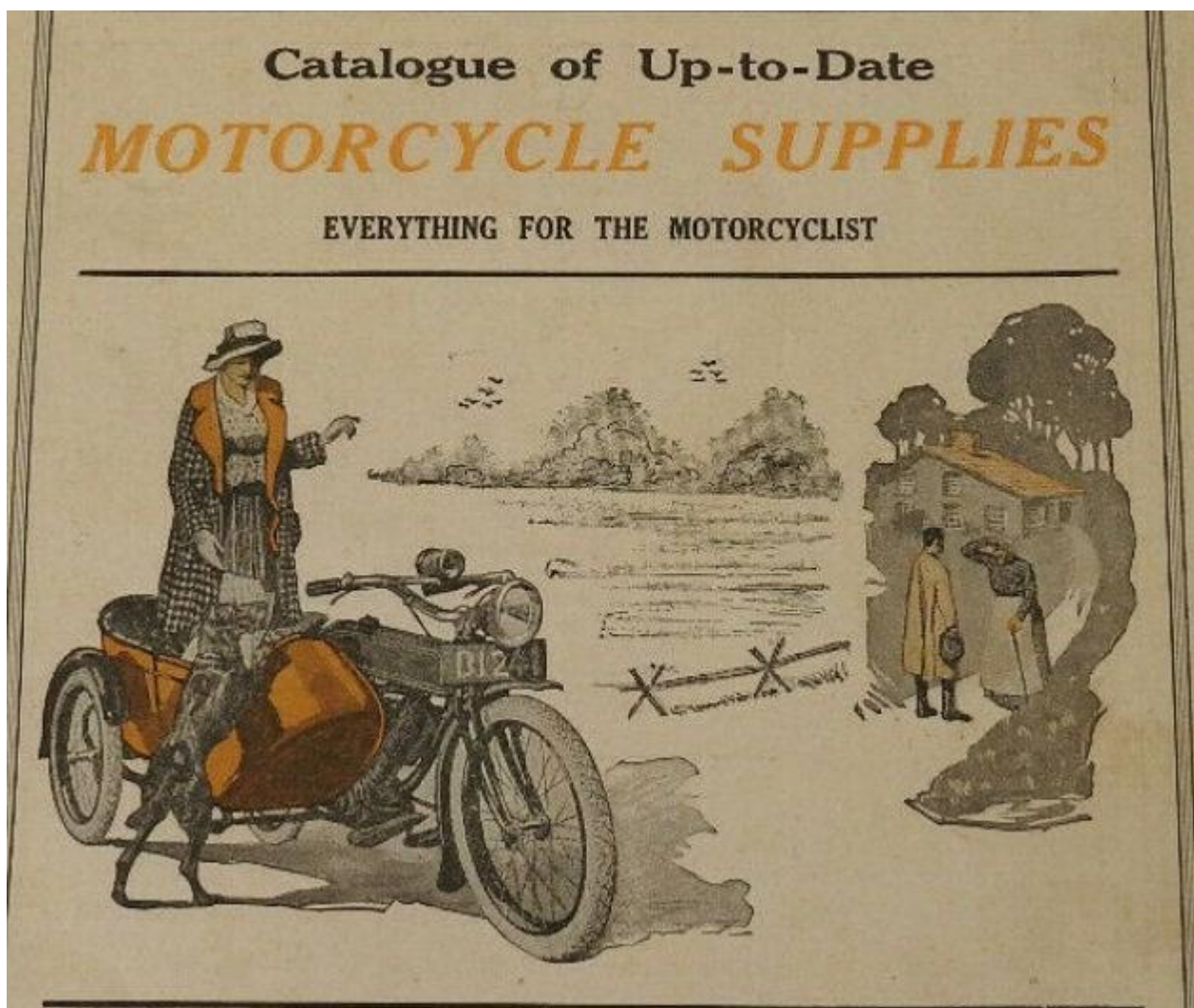
Do you want to prove that your riding or driving is still up to advanced standards then why not take the test (actually a reassessment for full members) again? The Fellow membership tier is open to all current full IAM members, it will offer you enhanced recognition and insurance benefits in return for your commitment to keep your advanced skills up to date by retesting every three years. If you are interested have a look at the IAM website www.iamroadsmart.com/fellow . Nine members of the Group have now signed up.

For the new, and existing, members don't forget to find our Facebook page Lincolnshire Advanced Motorcyclists [here](#) and ask to join so you can post and join in, and we are also on Twitter at IAM Lincolnshire (@lincsbikers_iam).

Finally, many thanks to Nick Tucker for once again putting together this edition of ChainLincs.

Have a good one and stay safe.

Mick



Membership Update etc.

Group Web Site: www.i-a-m.co.uk

Enrolments this month are somewhat quieter with two new members only. The group offers a warm welcome to both of you.

However, patience is still required whilst Observer allocations are sorted.

| Member | Observer |
|-----------------------------------|----------|
| 892 Richard Dawson from Grantham | TBA |
| 893 Andrew Ratcliffe from Spilsby | TBA |

Since the last newsletter, the following new members have been allocated Observers as follows:

| Member | Observer |
|--------------------------------------|----------------|
| 885 Tom Connell from Witham St Hughs | Dave Ayres |
| 886 Roger Tysoe from Claythorpe | Dave Ayres |
| 887 Paul Kirwan from Immingham | Malcolm Heaton |
| 888 Jamie Keedy-Collens from Brigg | Malcolm Heaton |
| 889 Rochelle Hall from Saxilby | Will Field |
| 890 Donna Woolhouse from Lincoln | Jerry Neale |

There are two test passes to report since the May newsletter listing, making seven so far during 2019.

Congratulations on your success and a big thank you to your Observers.

| Member | Pass Date | Observer |
|--------------------|-----------|----------------|
| Billy Spencer-Kidd | 6 May | Dave Ayres |
| Shane Joyner | 13 May | Malcolm Heaton |

The present composition of the group is as follows:

| | |
|-------------------------------|------------|
| Full Members | 101 |
| Associate Members active | 42 |
| Associate Members "On Hold" | 4 |
| Total Group Membership | 143 |

I have omitted from the total those members (2) whose IAM membership is not current.

That's all for this month, ride safely:

John Cheetham

ACTIVITIES

First ride out

James Lee dateline 3rd May 2019



Just had my first ride out under Roland Johns supervision. Slightly wet!!
But cracking ride out. Many thanks Roland.
Now to work on my improvements for next ride out!!

Moist Wolds

Roland Johns dateline 4th May 2019



A piccie from a very moist Wolds Run with Alan Wilds



Hazard awareness

Roland Johns dateline 5th May 2019



Sam Smith notes walkers, tractors (as looks rural), 2 x concealed roads if you look closely with what looks like give way markers and as the hedge looks freshly cut possible trimmings on the road... It's also been wet by the looks of the puddle so careful under overhanging trees as the roads may still be damp...

Paul Dudhill sees the concealed entrance 🤔

Roland Johns replies yes Paul, good obs, the sign giving the junction info was hidden in the hedge!
Expect the unexpected 👍

David A Holmes Cars coming 'round bend in middle of road as well as above

Certificates presented

Mick Smith dateline 6th May 2019



Great to see a few members at the social meeting on this dreary bank holiday. We presented certificates to Matt Everett, Duncan Kendall and Jon Wilkins. Well done and congratulations guys and also to your Observers Andrew Kitchen, Malcolm Heaton and Morris Howe. Jon also brought along his certificate from when he passed his advanced car test back in 1982, interesting comparison!

Lake District

Matt Haisman dateline 6th May 2019



Had a nice few days in the Lake District over the bank holiday weekend. Wynrose pass followed by the Hard knot pass was a good test of bike handling!

Slight inclemency

Michael Pace dateline 6th May 2019



On BH Monday, I rode up to Hawes and back in my brand-new Oxford Mondale suit. On the way back home heavens opened. As sleeves not generous enough I had to leave my gloves over the sleeves and of course they filled with water. What do others do to try and stop this? They are of course waterproof gloves.

Also, I think the neck line a little low, because I was wet to half way down my chest where neck tube got wet and pulled the water in. Need a storm collar?

I have sent a review to Oxford and asked for a reply.

Rolls, it was as bad as your chip night run two years ago.

Slight inclemency

Andrew Kitchen dateline 8th May 2019



The Outer Hebrides looking stunning in glorious sunshine (it is a bit cool and windy). 100 miles of riding today through Harris, the Uists and Eriskay - it doesn't get much better than that.

Cake at the Ropewalk

Malcolm Heaton dateline 10th May 2019



Found another cafe with nice cake, maybe for a future ride

Fourth (bridge) ride

Simon Battram dateline 11th May 2019



Fourth ride with Ashley Gregory. Coming on well. Good obs, progress and restraint. Good over takes. Had to stop at Corner Cafe. Very wet on the way back. The boy done good. Over the bridge to MORDOR next time. Very well done Ashley. Almost time for the "Simon Super Hand shake!"

Cake sampling ride

Simon Battram dateline 12th May 2019



I could always try some of Sue's cake if she's not looking! 🙈🤔😏👉

Castleton worth a visit

Roland Johns dateline 12th May 2019



The Castleton area of North Derbyshire is worth a visit!

Cake and fowl

Simon Battram and Malcolm Heaton dateline 12th May 2019



That was a good ride today and even a stop for cake and admire the wild fowl.

Thank you, Malcolm Heaton and Andy Kitchen looking after 14 of us 👍😎🙏

Malcolm comments, it's a bit of a handful leading 14 bikes, thank you Simon Battram being tail end Charlie and Andrew Kitchen for looking after the middle, the whole group was very professional in there riding and group discipline, thank you everyone for a good ride, made my bit easier

Biking good for you shock!

Roland Johns dateline 7th May 2019

rate, as well as levels of adrenaline, noradrenaline, and cortisol before, during, and after motorcycling, driving a car, and resting - and found that motorcycling increased metrics of focus and attention, and decreased relative levels of cortisol, a hormonal marker of stress.

While riding a motorcycle, participants also experienced increased sensory focus and resilience to distraction. And that's not all - riding also produced an increase in adrenaline levels and heart rate, as well as a decrease in cortisol metrics - results often associated with light exercise and stress-reduction.

Stress levels, especially among young adults, continue to rise, and people are exploring pathways to better their mental and physical health," said Dr Don Vaughn, the neuroscientist who led the research team.

"Until recently, the technology to rigorously measure the impact of activities like motorcycling on the brain didn't exist. The brain is an amazingly complex organ and it's fascinating to rigorously investigate the physical and mental effects riders report. The differences in participants' neurological and physiological responses between riding and other measured activities were quite pronounced. This could be significant for mitigating everyday stresses."

Here's what the study found

- Riding a motorcycle decreased hormonal biomarkers of stress by 28%.
- On average, riding a motorcycle for 20 minutes increased participants' heart rates by 11 per cent and adrenaline levels by 27 per cent - similar to light exercise.
- Sensory focus was enhanced while riding a motorcycle versus driving a car, an effect also observed in experienced meditators vs non-meditators.
- Changes in study participants' brain activity while riding suggested an increase in alertness similar to drinking a cup of coffee.
- UCLA Professor and senior team member Dr Mark Cohen, said: "While scientists have long studied the relationship of brain and hormone responses to attention and stress, doing so in real-life conditions such as these is rare. No lab experiment can duplicate the feelings that a motorcyclist would have on the open road."

DELIVERY YOU CAN COUNT ON

<https://www.harley-davidson.com/us/en/about-us/hd-news/2019/Harley-Davidson-Riding-Study-Press-Release.html>

Good turn-out

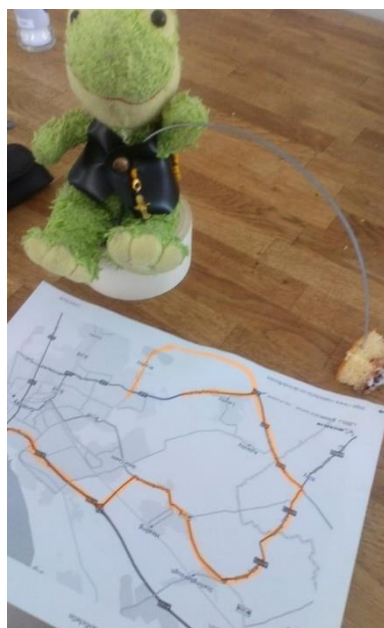
Malcolm Heaton dateline 12th May 2019



Good turn out today!

Froggie gone a huntin'

Malcolm Heaton dateline 14th May 2019



Safe Biker Froggy has gone hunting for cake a pulled this up LOL 😄

3rd Lesson

Simon Tillet dateline 15th May 2019



Had my 3rd lesson last night so thought I would post up my progress so far. The first lesson was more of an assessment to get an idea of a baseline to work from and how you ride at present. After introductions with my observer Alison, we set off on a dry but chilly ride around North Lincolnshire where we encountered quite a bit of traffic including horses, cyclists, people in the middle of the road and a car pulling out at Pyewipe roundabout. Headed into Cleethorpes for a debrief where Alison had picked up a few things, so we discussed these then carried on the ride before a further debrief at the end. Overall, I enjoyed the ride and after a slightly nervous start where I was at 60-65mph in a 70 it seemed to go well

with all the hazards being dealt with pretty well. Highway code homework was given and a second lesson arranged.

The second lesson was done in windy and very wet conditions (can't have it all good!) so was a good test of forward observation and being smooth. Alison had picked a great route of Lincolnshire's minor roads with lots of bends, blind crests and crossroads on blind crests! Strangely enough we didn't encounter many vulnerable road users (horse riders and cyclists!). A debrief and warm coffee ended the night with good discussion about what we had covered and planning for the next lesson.

The third lesson was finally done in very good warm dry conditions so there was no excuses this time! Again, a good route around Lincolnshire with A / B and minor roads all covered. There was some opportunity this time for some overtaking as we had been following a HGV and car for some time but they were close to the 60mph speed limit so a straight enough road with plenty of vision hadn't presented itself so it was a little frustrating. Fortunately, the right conditions became available as the lorry turned into a junction on a hill and using the bikes superior acceleration we went past the car. Further along the route we were in a similar situation behind 3 cars doing 50-60mph so again a safe overtake wasn't available for some time (would you have overtaken if you weren't on a lesson/exam and go above 60mph to get past?). Back at base we had a good debrief and there were a good number of 1's on the score card so happy with that. Looking forward to more tuition and would like to thank Alison for her time and advice so far.

Good enough!

Shane Joyner dateline 13th May 2019




Not the greatest ride of my life but (thankfully) good enough for a pass. Thanks to Malcolm (and Simon and Stuart) for the advice/hammering.

Bulgarian cake raises the bar

Paul Dudhill dateline 19th May 2019



Found cake Simon and Malcolm 

First official Observer ride

Malcolm Heaton dateline 19th May 2019



First official Observer ride with Paul, he did well, also had History lesson see ancient monument in back ground and it's not me

Think on...

Alexander Thorpe dateline 21st May 2019



Not sure if this has been shown here before saw it on another group but a good illustration of road positioning and why its Important to get it right

Out for a ride to MORDOR

Simon Battram and Ashley Gregory dateline 25th May 2019



Out for a ride to MORDOR with Ashley Gregory on an observed route. The ride back was an improvement on the way up.

Safe Biker Froggy came with us and I think it made Ashley a bit nervous.

After our briefing with light refreshments, LOL

A good ride followed back to hallowed turf.

Thanks to Seaways Cafe for their hospitality. 👍😎😺🍰🍷

Keep it going Ashley

Military Road

Roland Johns dateline 19th May 2019



This is the A3055 (Military Road) on the Isle of Wight, (weekend away with the RATs). The road used to be very bumpy but is now race track smooth with amazing views. Met up for a chat with local Trumpet rider. That road is FAB all the way from Freshwater to Ventnor!

Cadwell!

Will Field dateline 29th May 2019



Roland going around Cadwell very smooth

DIARY OF EVENTS

The Sunday morning Group Observed Runs are open to all members and also potential members who may be considering preparing for the IAM test.

The prime purpose is to provide the opportunity to hone /improve skills through riding with fellow members.

Potential members considering taking the IAM test may have an individual assessment ride.

Runs last usually around two hours, often with a mid-point refreshment stop.

Depending on numbers / balance etc., it is customary for different groupings to embark on a run style of their choice as they feel fit.

The main purpose is to have the opportunity to ride with fellow like-minded bikers.

The starting points are as shown below:

Ancholme Leisure Centre, Scawby Brook, Brigg, DN20 9JH South side of A18

Willingham Woods Picnic Site, LN8 3RQ East of Market Rasen A631

Hartsholme Country Park Cafe, Lincoln, LN6 0EY South side of B1378, Skellingthorpe Road

Group Social Runs will incorporate café stops unless an alternative is specified. Please try to arrive at the meeting point in good time and with a full tank of fuel. Please let the run organizer know if you want to invite a guest. If carrying a pillion passenger, you should ensure that this is covered by your motorcycle insurance policy.

It is you, as the rider who is deemed to be in control of your motorcycle at all times during an observed or social run.

JUNE

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|--------------|--|
| Saturday 1st | <p>Robspeed Kawasaki have confirmed we can attend their premises from 10:00 to 16:00 to offer assessment rides to potential new members.</p> <p>Humberside Police Motorcycle Team and VISORCAT will also be in attendance.</p> <p>We require Observers to attend on the day to assist with assessment Rides.</p> <p>Our Chairman has negotiated a 20% discount on the cost of the IAM RoadSmart Advanced Rider Course for those signing up on the day and paying by "card".</p> <p>For further information and to volunteer your skills as an Observer on the day please contact Simon Battram (contact details on page 2)</p> |
| Monday 3rd | <p>Monthly evening meeting, Nags Head, Middle Rasen, LN8 3JU (A631) at 8.00pm</p> <p>Those who wish to participate in the pre-meeting ride please arrive at the Nags Head for 18.00</p> |
| Sunday 9th | <p>Group Observed Run - Hartsholme Country Park café area Meet 09.00 for prompt departure at 09.30</p> |
| Sunday 9th | <p>Lincoln Bikefest, Brayford area, Lincoln. Help required on the day including setting up the Gazebo from 08:30.</p> <p>Our Chairman has negotiated a 20% discount on the cost of the IAM RoadSmart Advanced Rider Course for those signing up on the day and paying by "card".</p> <p>Offers of help to Simon Battram or Mick Smith.</p> |

| | |
|------------------|--|
| Monday 10th | Committee Meeting, Nags Head, Middle Rasen Prompt start at 19.45 |
| Wednesday 26th | Regional Evening Run for Observers and those interested in becoming Observers Four separate runs to reflect Observer groupings. For information on starting locations contact Jerry Neale (details on page 2) |
| JULY | |
| Monday 1st | Monthly evening meeting, Nags Head, Middle Rasen, LN8 3JU (A631) at 8.00pm We are to be visited by Lincolnshire PCC Marc Jones who will give an update into his role and the future of the Police in the county and field any questions the members may have. Those who wish to participate in the pre-meeting ride please arrive at the Nags Head for 18.00 |
| Sunday 7th | Group Observed Run - Ancholme Leisure Centre car park, Scawby Brook, Brigg Meet 09.00 for prompt departure at 09.30 |
| Wednesday 31st | Regional Evening Run for Observers and those interested in becoming Observers Four separate runs to reflect Observer groupings. For information on starting locations contact Jerry Neale (details on page 2) |
| AUGUST | |
| Monday 5th | Monthly evening meeting, Nags Head, Middle Rasen, LN8 3JU (A631) at 20.00 Those who wish to participate in the pre-meeting ride please arrive at the Nags Head for 18.00 |
| Sunday 11th | Group Observed Run - Willingham Woods Picnic Area near kiosk Meet 09.00 for prompt departure at 09.30 |
| Monday 12th | Committee Meeting, Nags Head, Middle Rasen Prompt start at 19.45 |
| Wednesday 28th | Regional Evening Run for Observers and those interested in becoming Observers Four separate runs to reflect Observer groupings. For information on starting locations contact Jerry Neale (details on page 2) |
| SEPTEMBER | |
| Monday 2nd | Monthly evening meeting, Nags Head, Middle Rasen, LN8 3JU (A631) at 20.00 We are to be visited by Ady Crane and John Siddal from the Lincolnshire Road Safety Partnership (LRSP) to give a talk. |
| Sunday 8th | Group Observed Run - Hartsholme Country Park café area Meet 09.00 for prompt 09.30 start |
| Wednesday 25th | Meeting for Observers and those interested in becoming Observers For information contact Jerry Neale (details on page 2) |
| OCTOBER | |
| Monday 7th | Monthly evening meeting, Nags Head, Middle Rasen, LN8 3JU (A631) at 20.00 |
| Sunday 13th | Group Observed Run - Ancholme Leisure Centre car park, Scawby Brook, Brigg Meet 09.30 for prompt departure at 10.00 |

- Monday 14th Committee Meeting, Nags Head, Middle Rasen
Prompt start at 19.45
- Wednesday 30th Meeting for Observers and those interested in becoming Observers
For information contact Jerry Neale (details on page 2)
- NOVEMBER**
- Monday 4th Monthly evening meeting, Nags Head, Middle Rasen, LN8 3JU (A631) at 20.00
commencing with the group ANNUAL GENERAL MEETING
- Sunday 10th Group Observed Run - Willingham Woods Picnic Area near kiosk
Meet 09.30 for prompt 10.00 start
- Wednesday 27th Meeting for Observers and those interested in becoming Observers
For information contact Jerry Neale (details on page 2)
- DECEMBER**
- Monday 2nd Monthly evening meeting, Nags Head, Middle Rasen, LN8 3JU (A631) at 20.00pm
- Sunday 8th Group Observed Run - Hartsholme Country Park café area
Meet 11.30 for prompt 12.00 start
- Monday 9th Committee Meeting, Nags Head, Middle Rasen
Prompt start at 19.45
- PLEASE NOTE** there is no Observers meeting this month

OBSERVERS AND ASSOCIATE INFORMATION

We were back out on the road doing our on-bike training for the Observer meeting in May. Four teams from all four corners of the county spent a very wet evening working on different items of Observer training. Later in the evening the four groups met at Caistor lakes for a debrief meeting. Thanks to all who attended and honed their wet weather skills! Observer team and some full members manned the group stand at Robspeed of Grimsby open day and assisted some riders to sign up for the Advanced Rider Course.



Also, this month members of the Observer team ran an associate only ride out with the subject of 'Introduction to Group riding' This was a well-attended event, thanks go out to the Observers and very tidy group riding Associates that made the ride.



This month the Observer team would like to congratulate Dave Ayres who achieved the IMI National Observer qualification.

The Observer meetings of June, July and August will find us out on the road doing our on-bike training. If you would like to join us, give me a call to find out where we will be, we have four groups spread throughout the county.

If you want to join the Observer team and work towards the IMI Local Observer qualification, give me a call to find out more on 07412935333

Do you finish braking before you go into a bend?

The tyre grip trade-off

Your ability to control your machine, and safety of yourself and other road users, depends on the tyre grip available. In any given situation there is a limited amount of tyre grip and this is shared between accelerating, braking and cornering forces. If more tyre grip is used for braking or accelerating, there is less available for cornering, and vice versa.



Tyre grip is not necessarily the same on each wheel. It varies with the load on the wheel and this affects the machine's balance and how it handles. Braking, changing direction and accelerating each alter the distribution of the load.

Excessive braking or accelerating as you ride around a corner or bend reduces the control you have over your machine. If more tyre grip is used for braking or accelerating, there is less available for cornering and this reduces your control over the positioning of your machine. Eventually, if there is not enough tyre grip for cornering, a skid will develop.

The more slippery the road surface, the earlier this will happen.

Braking is particularly hazardous on a banked machine. Moderate use of brakes is possible on a sound surface and with experience - BUT this indicates a lack of both OBSERVATION and PLANNING. Use of the brakes while cornering should be avoided. It is likely to cause the tyres to slip to the outside and the machine to drop to the inside. It is extremely destabilising because it adversely

affects tyre grip, front-back load distribution and the balance of banking forces all at the same time. The only reliable way to corner safely is to adjust our speed on approach to suit the surface conditions and the severity of the bend, and to maintain that speed round the bend.

The LAM Sunday morning Group ride out is a great opportunity for associate members to get in some extra riding practice before their Advanced test. At the Sunday morning ride you will usually find many Observers and Full members who have got a vast knowledge and experience of Advanced riding who are always willing to assist others to achieve test standard. It is also another opportunity to practice the work that you have been doing with your Observer. We have three areas of the county covered, so take a look in the events diary and plan your next Sunday morning Group ride!

Look forward to seeing you there.

Jerry









GROUP CLOTHING

There is a wide range of group clothing available to order, with our Lincolnshire Advanced Motorists logo on it, you can also add the IAM logo and a name if desired. There are several colours available, contact Shayne Joyner shadirysa@yahoo.co.uk or 07375 471207

| Name | | | | | | |
|--|------------------------|------|-----|---|----------|-------|
| ITEM | DESIGN | SIZE | QTY | Name to be embroidered (leave blank if not required) | PER ITEM | TOTAL |
| Polo Shirt with | Group Badge | | | | £8.50 | £ |
| Polo Shirt with | Group Badge + IAM Logo | | | | £10.50 | £ |
| Sweatshirt with | Group Badge | | | | £10.00 | £ |
| Sweatshirt with | Group Badge + IAM Logo | | | | £12.00 | £ |
| Fleece with | Group Badge | | | | £14.00 | £ |
| Fleece with | Group Badge + IAM Logo | | | | £16.00 | £ |
| T-shirt with | Group Badge | | | | £7.00 | £ |
| Colour required: | | | | | TO PAY | £ |
| PAYMENT MUST BE RECEIVED WITH ORDER | | | | | | |

TRADE DIRECTORY








Support our local bike businesses. If you know a good local bike business, send details for inclusion to chainlinks@uwclub.net



| | |
|---|--|
|  | <p>RWH Motorcycles Ltd, Repairs, servicing, tyres, MOT, wheel building</p> <p>http://rwhmotorcyclesoflincoln.co.uk/</p> |
|  | <p>Customised motorcycle seat re-covering / re-trimming service, altering trike and motorcycle seats</p> <p>http://edblade.simpl.com</p> |
|  | <p>Cylinder rebores, valve guide replacement, bespoke repairs, bearings</p> <p>http://www.nrsec.co.uk/</p> |
|  | <p>MOT testing, repair and servicing for all makes and models of bikes, trikes, scooters, mopeds and quads</p> <p>http://www.skmotorcycleslincoln.co.uk/</p> |
|  | <p>Online and showroom retailer of motorcycle helmets, clothing, parts & accessories.</p> <p>https://www.sportsbikeshop.co.uk/</p> |
|  | <p>Triumph and Yamaha Main Dealer in Lincolnshire.</p> <p>http://www.webbsoflincoln.co.uk/</p> |
|  | <p>Control and drive cables made from a pattern, drawing, or to fit your bike, ultrasonic carb cleaning, thread repair inserts fitted for spark plug and other threads.</p> <p>http://www.carrotcycles.co.uk</p> |
|  | <p>Musgrave & Co Tools 5 Clasketgate, Lincoln, LN2 1JJ</p> <p>Phone: 01522 527088</p> |

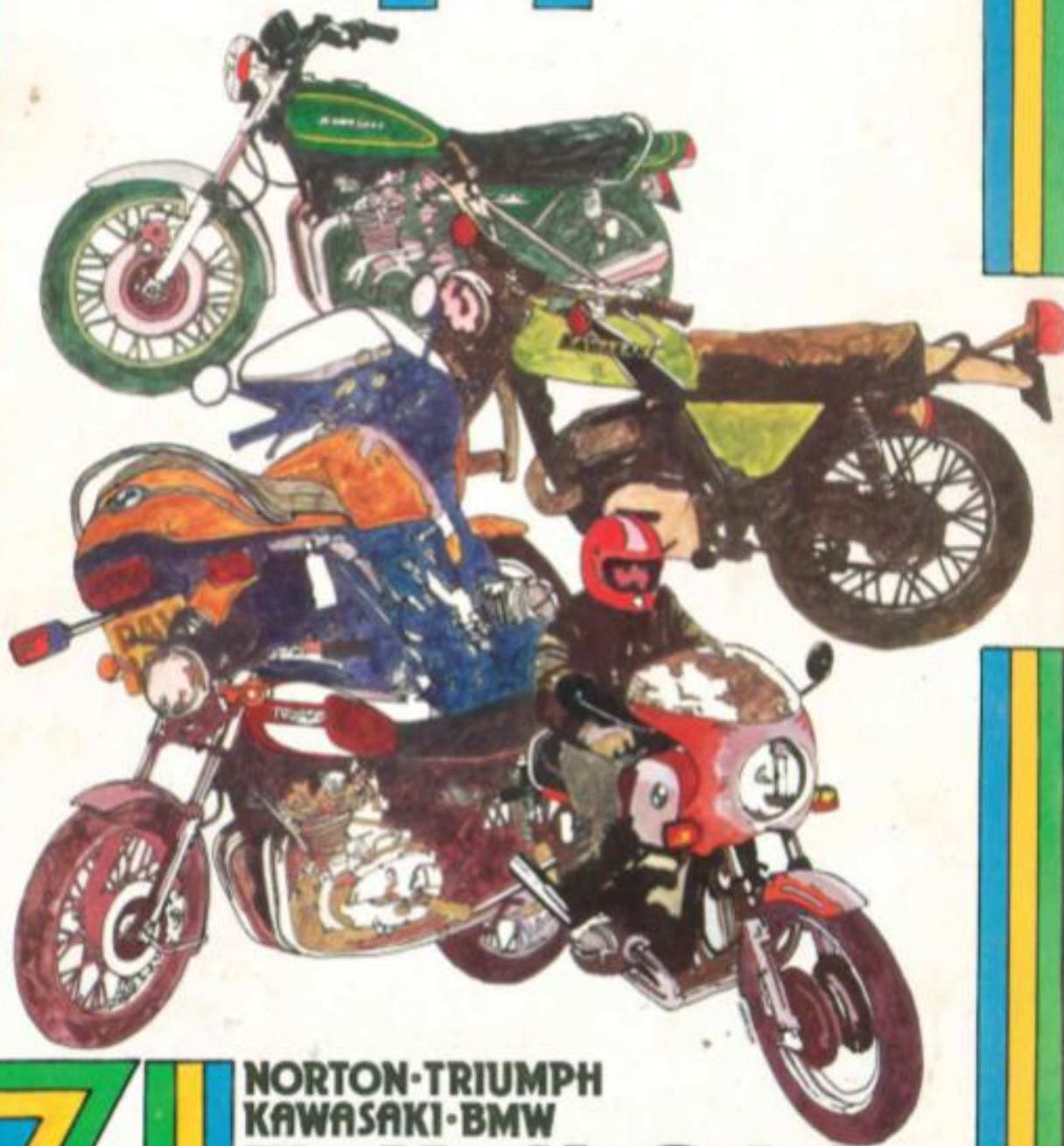
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|  | <p>Colin Willoughby Motorcycles Grange Lane North Scunthorpe North Lincolnshire DN16 1DE Phone: 01724 853300 https://colinwilloughbymotorcycles.co.uk/</p> |
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THE QUEST FOR CAKE

One of the joys of observed runs is a stop for feedback, cocoa and buns. If you know a good local café, send details for inclusion to chainlinks@uwclub.net

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|  | <p>Wickenby Cafe is based in the Control Tower at Wickenby Aerodrome. There is also a museum upstairs which tells the story of RAF Wickenby during WW2. Bike Night - Wednesdays until end of September. https://www.facebook.com/groups/495019267369270/about/</p> |
|  | <p>Three Kings Inn, Saltersway, Threackingham, Sleaford NG34 0AU. It says here: <i>"a quintessential old English pub in traditional style with a balanced mix of local patrons, diners and tourists, creating an ambience and atmosphere where everyone feels welcome and comfortable."</i> The MG car club meets here http://www.thethreeringsinn.com/</p> |
|  | <p>Lincoln Bowl - Washington Road, Lincolnshire, Lincoln LN4 1EF. Lincoln's premier bowling centre also has a café attached. Ample parking.</p> |
|  | <p>Mount Pleasant Windmill Tearooms & True Loaf Bakery Ltd, 6 North Cliff Rd, Gainsborough DN21 4NH noted for stoneground organic flours, which are sold in their delightful tea room. http://www.visitnorthlincolnshire.com/item/mount-pleasant-windmill/</p> |
|  | <p>Sentry Post Snack Bar Sleaford Road A15, Lincoln LN5 9FG, England +44 7540 752432 – opposite the Waddington Avro Vulcan and adjacent to the Waddington Aircraft Viewing Enclosure (WAVE) for a friendly welcome and notable bacon butties.</p> |
|  | <p>Daisy Made Ice Cream Lincoln Rd, Skellingthorpe, Lincoln LN6 5SA - Small farm with a coffee shop serving homemade ice cream, animals to pet, crazy golf and play area. http://www.daisymadefarm.co.uk/</p> |
|  | <p>Pennells Garden Centre, Newark Road, South Hykeham, Lincoln LN6 9NT – this is family owned business established in 1780 and has a large restaurant and tons of parking. Popular as a debrief point for those undergoing compulsory driver training (so I'm told) http://www.pennells.co.uk/lincoln/</p> |

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|  | <p>Clayton's Corner Main Street, Howsham, Market Rasen, LN7 6JZ - a favourite, lunch can be sandwiches which come with salad, crisps and homemade coleslaw. There is also hot food on the menu and a selection of homemade cakes and pastries. The staff are welcoming https://www.facebook.com/Claytons-Corner-Cafe-350859448434765/</p> |
|  | <p>Café Mews - Whether it's a hearty home cooked breakfast or a tasty warming soup you're craving our fully home cooked menu, utilising the best the local area has to offer, is guaranteed to fill the hole in your belly and warm your heart.</p> <p>Coffee Mews Ltd, A18,Melton Ross, North Lincolnshire, DN38 6AB, 01652 245001 email:contact@cafemews.com</p> |
|  | <p>The Seaways Cafe welcomes all bikers, lorry drivers, walkers, cyclists, holiday makers and anyone else who wants a trip to a brilliant café. Telephone: 01377 288203 Opening times: 8 am – 4 pm daily Location: Fridaythorpe, East Yorkshire, YO25 9RX</p> |
|  | <p>The Honey Pot Café Maltkiln Road, Waters Edge, Barton-upon-Humber DN18 5JR, UK</p> <p>Sit on the jetty to eat - over looking the lake full of wildlife. Great food and prices and very nice staff.</p> |
|  | <p>Zoom-Zoom Tea Rooms, Sand Lane, South Cave, HU15 2JQ https://www.facebook.com/zoomzoomtearoom/</p> |
|  | <p>The Dunn Deal Tea Rooms Normanby Road Nettleton, Market Rasen LN7 6TB, England, Telephone +44 1472 488410 https://www.facebook.com/DunnDealTearooms/</p> |
|  | <p>The Ropewalk T: 01652 660380F: 01652 637495 E: info@the-ropewalk.co.uk The Ropewalk, Maltkiln Road, Barton upon Humber, North Lincolnshire, DN18 5JT</p> |
|  | <p>Jenny's of Hibaldstow</p> <p>On the B1206 heading North into Hibblestow, sky diving club on right. About 200 yards up the road on the left is the old filling station – DN20 9PD - This is now Jenny's Café 07598938796</p> |
|  | <p>The Happy Cafe Sandtoft Airfield, Sandtoft Road, Belton DN9 1PN. Tel. 01427 875670, www.happycafe.co.uk Kev Smith has been using this cafe for a while, when taking out associates on rides. It is a part of a small airfield, has great staff, and excellent food (and most important ... cakes 😊). Open seven days a week</p> |



NORTON-TRIUMPH
KAWASAKI-BMW

DANICK

11 HIGH STREET, LONG EATON, NOTTS. 06076 5242