

ChainLincs



THE NEWSLETTER OF

Lincolnshire Advanced Motorcyclists

IAM GROUP 7176, REGISTERED CHARITY 1049955

APRIL 2025



Social Gatherings

Meetings are held on the first Tuesday of each month starting at 2000hrs at The Sun Inn, 20 Bridge St, Saxilby, LN1 2PZ
<https://w3w.co/struts.comforted.clashes>

Next Issue

The next issue of ChainLincs will be in
May 2025

Please provide any copy to the Editor
by **25 April 2025**

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Lincolnshire Advanced Motorcyclists

Find us here :



[Web Site](#)



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At last it really looks like the better weather is on the way just as I am 'grounded' for at least a month until my recent small op has healed and I can safely push my bike around again. In the meantime plenty going on in the group ([Events diary](#)) and look out on Facebook for extra rides that dedicated members of the group organise. Dave Hall has organised a 'daffodil' ride for 6 April ([Events diary](#)) so you have a choice of rides on that day.

Just in the early stages we are planning a free Taster Day at the WAVE (Waddington Aircraft Viewing Enclosure) on Sunday 27th April. Jerry will be speaking to the observers to get support from them for the day but we also need some other full members to help setup etc and talk to the interested bikers on the day. Please put the date in your diary and we'll send an email out nearer the time with more details.

As you can see from my brief Facebook roundup there are often extra rides laid on a short notice by some of our members so if you want to know what's going on Facebook is the place to look. By being a Facebook member you will get to know about them beforehand not just read about them afterwards in here. If you haven't found our Facebook page go to [\(1\) Lincolnshire Advanced Motorcyclists | Facebook](#) and ask to join to see all the other exciting things that go on. It is a private page so not open to the public's prying eyes.

I need your help to make ChainLincs a worthwhile read so if you have anything you want to share with other members whether your recent IAM journey or other advanced riding experience (RoSPA), your experience at a track day, a recap of a European tour or an experience that may have happened on the road that others can learn from or anything else you can think of please send it to me for inclusion at lincs.am.editor@btinternet.com.

In ChainLincs this month we have:

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Stay safe

Mick

CHATTER FROM THE CHAIR

Hello everyone.

As usual, a very warm welcome to some new members: Mike Schofield, Antony Lyon, Guy Jenner (full member car), Clive Stephenson (full member car) and Colin Brough.

No recent test passes this year to acknowledge.

We are part of a large county and the membership is spread far and wide throughout the county. Getting everyone together at a single point has its issues. We have regular group ride outs on alternate Sundays, as advertised at the back of this magazine. Once a month we rotate the meeting point around the County, and once a month we split the meeting between a northern and a central meet. The central meet is regularly very well attended. Very occasionally we find the northern section of the group has a limited turnout and this happened again, on Sunday, the 23rd of March with just one lone rider turning up. We try to have separate northern and central locations once a month to ease the journey time to the meeting point. When we get lucky the northern meeting point is well populated and everything goes well.

Occasionally we are not so lucky and it ends in disappointment for the few, (or one in this case) who turned up.

So, back to the members for suggestions, do you see the benefit of a monthly northern location meeting point? Would you support it from time to time, no pressure. I'm from Doncaster, so the northern meeting suits me, but I'm happy to ride anywhere. Do you have any suggestions to make it more visible as to who is planning on attending?

I'm not on Facebook anymore, so that won't work for me. Most of our members are on Facebook, but it's not to everyone's taste.

For example, I'm prepared to set up a WhatsApp group for anyone to ask if anyone's going or say if they're going, to the northern meet. It doesn't need to be restricted to northerners, but open to all.

The next northern meeting is Sunday 27th April, when I won't be there as I'm on other LAM biking duties, (see diary of events) but at this moment I plan to be at the next following northern meeting on Sunday 25th May.

You can find my contact details at the start of the magazine. I will reply to everyone who responds to this.

Phew, that took some getting out, but hopefully some use for members new and old.



Remember, just because you can, doesn't mean you should.

Ride safe,
Look after each other.

Ian (Chair)

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There have been five new member enrolments since the March newsletter.

Member	Observer
1106 Mike Schofield from Haltham	Alex Munford
1107 Antony Lyon from Immingham	Paul Rushton
1108 Guy Jenner from Lincoln	Dave Ayres
1109 Clive Stephenson from Owmbly-by-Spital	TBA
1110 Colin (Bruffy) Brough from Navenby	Full Member

No test passes to report in 2025.

The present composition of the group is as follows:

Full Members	137
Fellows	13
Associate Members	26
Total Group Membership	176

It's that time of year again when annual group subscriptions are due. Still held at the figure of £8 per annum as it has been for many years so good value for money.

I will be communicating via email with all members who are due to renew at this time, therefore if you are not contacted your renewal is not yet due.

Preferred method of renewal is now via Bank Transfer (or a Standing Order) to the group's online bank account due to the closure of all the Lloyds bank branches apart from Lincoln city centre which makes it more difficult to pay in cheques.

Hoping that you all decide to renew and enable us to continue to provide guidance to those seeking to improve their riding, safety and general enjoyment of motorcycling.

Payments on or after 6 APRIL 2025 please to:

Lincolnshire Group of Advanced Motorcyclists
Sort Code 30 96 26
Acc. No. 67439968

6 April is the start of HMRC tax year which simplifies the claiming of Gift Aid.

Finally, please remember that the rules of our affiliation with IAM RoadSmart state that local group membership is dependent on current IAM RoadSmart membership being in place.

That's all for this month, ride safely:

John Cheetham

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WHY WE RIDE: THE SCIENCE OF WELLBEING – PART 2

By Martin Atkin

In the last edition of ChainLincs I discussed the importance of looking after our own mental health and that of our fellow bikers and friends. I also looked at the science behind what we already intuitively know - that riding a motorcycle can improve overall wellbeing whilst helping to manage anxiety. In this second article, I explore why we should check both our mental and physical fitness long before we even get on the bike.

The very act of being out on our motorbike can help us clear our heads and focus on the things which are really important — often making split-second decisions which could make the difference between life and death. That feeling of being utterly at one with the bike and the road is one of the reasons we ride, which makes it all the more important to be in the right head space when we set off.

Motorcycle riding is mainly about processing information to achieve the optimum outcome — and that demands clear, accurate thinking. As [off-road racing legend Scot Harden](#) puts it, ‘The best riders ride with a clear head, without distractions, making good decisions, and being a proactive participant in the environment around them. Mental focus is at the core of every good ride.’

As experienced and advanced motorcyclists we do our POWDER checks automatically before each ride — or at least we should — and we know them off by heart. Petrol. Oil. Water. Drive chain. Electrics. Rubber. Often you’ll hear an extra ‘S’ on the end: POWDERS. And while some riders say the ‘S’ stands for steering or suspension, I prefer to think that ‘S’ stands for Self.

How many times do we check how we’re feeling, whether we are in an emotionally fit state to ride? Being in the right frame of mind depends on many factors, both physical and mental. Nutrition, diet, hydration, physical health and getting enough sleep all contribute to a positive mental state. Just as being out on our motorbike can help us clear our heads and focus on the things which are really important, equally important is that we should be in the right head space when we set off.

I’M SAFE

When I did a BikeSafe course with Warwickshire police a few years ago, my mentor gave me another useful acronym to self-check my fitness to ride: I’M SAFE. It stands for:

I - Illness: am I feeling unwell? Even a bad headache or a hangover can distract us from that all-important focus.

M - Medication: am I on any medication (and that includes anti-depressants, of course) which could impair my judgement?

S - Sleep: have I had enough sleep? Am I tired? These are all factors which can affect our reactions and judgement.

A - Alcohol: of course it should go without saying that no-one should drink and drive or ride: but are we all aware of how long the effects of alcohol can last? When did I last have a drink? And increasingly, we will be tested not only for booze but for drugs as well if we are stopped or are involved in an accident.

F - Food: being hungry can also impair our judgement — we all like to stop for a cup of tea and a slice of cake, but if we're constantly scanning for a cafe or the nearest Starbucks, we're likely not concentrating on the road as we should.

E - Emotion: and finally, of course, this is the big one. Are we feeling angry, hurt, depressed, or just generally pissed off with the world and our fellow humans? If the answer is yes, then we need to take time to calm down before setting off.

At its best, riding a motorbike is like meditation — totally in the zone and focused only on the present. As Scot Harden says, 'Motorcycling is one of the most joyful experiences in life. The kinesis and sense of movement through space and time are exhilarating. A sense of acceleration and freedom...It's the greatest sport on earth and a great way to leave your problems behind.'

Still need convincing? Just ask [Steve Rose of BikeSocial](#), who volunteered to take part in a University of Nottingham study into the health benefits of motorcycling. 'Riding on country roads burned around 400 calories an hour. Which is the same as a brisk walk,' he writes. 'At the other end of the scale there's endorphins — pleasure and reward chemicals released when you exercise...Perhaps most interesting, is something called proprioception which is how we subconsciously manage positional changes in space and movements in our body...Increasingly, scientists believe that better proprioception helps prevent Alzheimer's and dementia.'

Mental Health Motorbike

Sometimes, however, leaving your problems behind is easier said than done — which brings me to [Mental Health Motorbike](#) (MHM). Since it was founded just a few years ago, MHM has helped thousands of bikers and their families to deal with a wide range of mental health challenges. One of its main aims is 'to create a greater awareness of mental health and normalise the discussion around mental health'. For me, that's the crux of it — mental illness *is* normal! [According to the mental health charity MIND](#), 1 in 4 people experience a mental health problem of some kind each year in England. 1 in 6 people report experiencing a common mental health problem such as anxiety or depression in any given week.

Data released by the [UK Men's Sheds Association](#) towards the end of 2024 show that most men aged 50-75 — and yes, that includes me — 'hardly ever or never' think about their mental wellbeing. Yet this is an age when many of us experience ageing symptoms such as reduced mobility, chronic pain and even dementia, all of which can impact our mental health. Earlier negative life experiences may also come to a head, whilst bereavement, retirement and ageism add to the challenges.

So let's get over ourselves, let's stop pretending it doesn't happen, let's stop pretending it won't happen to us, and let's start talking about it. That's important not just because we should look after each other and ourselves, but because if we want to attract a new generation of younger bikers — and let's face it, we do — we have got to understand that talking about mental health is an every day experience for just about anyone under 40 today.

'My advice is to the younger generation, perhaps the children or grandchildren of those struggling,' [says Dr Salim Matta, Medical Director at Cygnet Healthcare](#) . 'Educate your older relative. Reinforce how positive it is to take steps to look after your mental health and that asking for help is not a sign of weakness, but strength.'

*Please feel free to [contact me](#) at any time if you'd like the talk about any of the issues raised in this article. You can also join the [MHM Facebook support group](#) where you'll find bikers from all backgrounds ready to listen and support. Take care of yourself and those you are close to.
Martin*

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FACEBOOK ROUNDUP

28 February

This Sunday 2nd March I am doing a ride to Winnats Pass in the [Peak District National Park](#). The weather is supposed to be nice.- Will

2 March

Thanks to everyone who came on my ride today. I had a great day it felt like summer ☀️ I don't know how I got a picture of the sky but it did look nice. 😊 - Will



4 March

Many thanks to Dave Hall this evening for giving us an interesting slide show and talk and some of his reminiscences of his road trip to the Balkans.- John



27 February

As the weather looks good next week, I will put on a ride next Wednesday 5th March to Bingley 5 Rise Locks BD16 4DS – Dave

5 March

Thanks for the rideout today Dave we had some great weather and enjoyable stops. Unfortunately I didn't take any pics. But I know Dave took quite a few so hope to see them on here soon. – Will



Plenty more photos on our Facebook page at [\(1\) Lincolnshire Advanced Motorcyclists | Facebook](#)

9 March

A good turn out this morning I think 16, thanks to Geoff Everard for taking a group to Father Browns, & 8 of us went to Heckington Windmill Cafe. – Dave

My first time out with the group. Thank you for the lead out and friendship. Heckington Mill is a cracking lunch stop. Looking forward to more! - Mike

17 March

The weather this Wednesday is looking quite nice, so I thought I would do a ride if anyone would like to come along. Starting at Starbucks at Lincolnshire Showground to first stop Revs N Relics then towards Goole. Second Stop Seaways and then head back over the bridge ending at Starbucks Caenby Corner. The whole ride will be no motorways and avoiding dual carriageway and main A roads where pos. All Members and Associate Members are welcome to come along. – Will

19 March

Just some pics from today. – Will



22 March

We attended the BMW Motorrad Event at Lacey today and had a very interesting productive day. Unfortunately a couple of pre- booked taster rides were cancelled but a few more were done and a couple signed up to do the full course. Had some great feedback from the ones that did do the taster rides. Many thanks to the observers Ian Morrison. Will Field, Alan Pugh and Mark Gill.

Edit: Also thanks to Jeremy Neale, Jon Wilkins and Mike Day for calling in to see us and giving their support it means a lot.

Also Jessica at BMW Motorrad have asked us if we would like to attend future events at the Lacey Showroom and on behalf of the group I accepted their offer. - John



23 March

Nine of us at the Homestead this morning. Many thanks to Don and Bruce for the leads. I went with Bruce to Fearnleys Ice Cream Dairy Barn Cafe and Don's group headed to the Zoom Cafe. Enjoyable ride Bruce, thanks. - Mick



Five of us went to Zoom Cafe lead by Don. Thanks for a great progressive ride. 👍👍 - Will



Sadly there was just Chris at Starbucks at Junc 5 on the M180! - Mick

Great ride out from Starbucks this morning.

I decided to be ride leader

Great breakfast at Jenny's cafe.

No one got lost as I was also tail end Charlie. 🤔🤔 - Chris



23 March

Would anyone be interested in a ride to the Triumph Factory this Wednesday (26th) as the weather is looking nice again.

If yes then meet up with me at The Homestead BBH at 9.30 for a 10.00 start back in Lincoln by 17.00. If you think you may come please let me know on here. It doesn't matter if you then decide not just let me know.

Full tanks at the start and all welcome as usual. - Will

26 March

Just some photos from today ride. - Will



27 March

Mike day and myself on an observer training session. – Malcolm

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OBSERVER AND ASSOCIATE

The March Observer team meeting was less attended than normal due to some of the team members having other commitments, a polite reminder to all, that apologies before the meeting from those Observers that cannot make the meeting would be appreciated to aid planning etc.

This month we would like to welcome Kev Brereton to the Observer team, Kev will be working towards the IMI National Observer qualification.

Just a reminder to all Associates, that the Sunday morning Observed Ride is open to you and is an excellent way to get some extra practice in between your test preparation runs. Check the dates [here](#).

CYCLOPS Junctions

Following on from last months article about the introduction of the Dutch style roundabouts which have been introduced into parts of the UK since 2020, which I might add is not mentioned in the Highway code, also introduced in 2020 and also not in the Highway code is the 'Cyclops Junction'



What is a CYCLOPS junction? CYCLOPS stands for Cycle Optimised Protected Signals. The unique design of the CYCLOPS junction completely separates pedestrians and cyclists from motor traffic at junctions, reducing the possibility of collisions or conflict.

Pedestrians are also able to get where they want to be in fewer stages with more space to wait than on other junctions.

The main difference between the CYCLOPS junction and traditional UK junction designs is that

cyclists are offered a safer route around the junction... they are no longer required to position themselves on the nearside of the lane, allowing vehicles to pass on their offside which is often the cause of so-called 'left hook' incidents, where cyclists going ahead are struck by a vehicle turning left from the same lane.

See the CYCLOPS junction in action [here](#)

Stay Safe Jerry

07412 935333

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EVENTS DIARY

The Sunday morning Group Observed Rides 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.

Rides usually last 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 ride style of their choice as they feel fit.

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

ANCHOLME LEISURE CENTRE	Scawby Brook, Brigg, DN20 9JH
WILLINGHAM WOODS.	Willingham Woods, LN8 3RQ.
THE HOMESTEAD	Canwick Avenue, Bracebridge Heath, Lincoln, LN4 2RS
STARBUCKS	M180, Junc 5 Services, DN20 0PA, ///breakfast.slippers.alleges
SUN INN	20 Bridge Rd, Saxilby, LN1 2PZ (Social Venue)

Group social rides 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 ride organiser know if you want to invite a guest. If carrying a pillion you should ensure that this is covered by your motorcycle insurance policy.

MEETING TIMES

OBSERVED AND SOCIAL RIDES **0930hrs FOR PROMPT DEPARTURE AT 1000hrs (March to October)**

SOCIAL MEETING **FIRST TUESDAY IN THE MONTH AT 1930hrs**

OBSERVER NOTE: for those wishing to become observers contact JERRY NEALE 07412 935333

APRIL 2025

Tuesday 1st	Social Meeting	Sun Inn, Saxilby - Jon Wilkins (Group member) a Talk titled "The older I get the faster I was". A talk about biker life moto-cross racing and touring abroad.
Sunday 6 th	Group Observed Ride	The Homestead
Sunday 6 th	Daffodil Ride	Lead by Dave Hall, Willingham Woods, depart 1000hrs
Monday 7th	Committee Meeting	Via Zoom. To Be Advised
Sunday 27 th	Free taster day	Taster day for interested bikers at the WAVE. Full details TBC

Sunday 27 th	Group Social Rides	The Homestead and Starbucks
Wednesday 30 th	Observers Meeting	Details from Jerry nearer the date

MAY 2025

Tuesday 6 th	Social Meeting	Sun Inn, Saxilby - Mark Robinson (Hugh James Partnership) Specialist Motorcycle Accident claims Solicitors.
Sunday 11 th	Group Observed Ride	Ancholme Leisure Centre
Sunday 25 th	Group Social Rides	The Homestead and Starbucks
Wednesday 28 th	Observers Meeting	Details from Jerry nearer the date

JUNE 2025

Tuesday 3 rd	Social Meeting	Sun Inn, Saxilby -John Noone (Group member) talking about his Vlog YouTube channel EnthusiasticDad.
Sunday 8 th	Group Observed Ride	Willingham Woods
Monday 9 th	Committee Meeting	Via Zoom. To Be Advised
Sunday 22 nd	Group Social Rides	The Homestead and Starbucks
Wednesday 25 th	Observers Meeting	Details from Jerry nearer the date
Sunday 29 th	Motorcycles at the Manor	West Ashby Manor, LN9 5PY

JULY 2025

Tuesday 1 st	Social Meeting	Sun Inn, Saxilby
Sunday 6 th	Group Observed Ride	The Homestead
Sunday 27 th	Group Social Rides	The Homestead and Starbucks
Wednesday 30 th	Observers Meeting	Details from Jerry nearer the date

AUGUST 2025

Tuesday 5 th	Social Meeting	Sun Inn, Saxilby
Sunday 10 th	Group Observed Ride	Ancholme Leisure Centre
Monday 11 th	Committee Meeting	Via Zoom. To Be Advised
Sunday 24 th	Group Social Rides	The Homestead and Starbucks
Wednesday 27 th	Observers Meeting	Details from Jerry nearer the date

IMPORTANT NOTE

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

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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 Martin Atkin, martin@funnelweb.org or 07795 443607.

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	£
Caps	Group Badge				£5.00	£
Beanies	Group Badge				£5.00	£
Colour required:					TO PAY	£
PAYMENT MUST BE RECEIVED WITH ORDER						



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