

ChainLincs

THE NEWSLETTER OF

Lincolnshire Advanced Motorcyclists

IAM GROUP 7176, REGISTERED CHARITY 1049955

JULY 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 August 2025

Please provide any copy to the Editor by **27 July 2025**

Mick Smith

lincs.am.editor@btinternet.com

Lincolnshire Advanced Motorcyclists

Find us here :



[Web Site](#)



[Facebook](#)



Chair

Ian Morrison
07766 008100

LAM0654CHAIR@outlook.com

Group & Membership Secretary

John Cheetham
01427 616864

lincs-am-sec@pobroadband.co.uk

Treasurer

Matt Hopkins
07929 390781

hopkinsmattshell@hotmail.com

Data Manager, FaceBook Admin

Phil Niner
01522 789047
07887 528176

philniner67@gmail.com

Chief Observer

Jerry Neale
01522 681613
07412 935333

jerryneale@tiscali.co.uk

Diary & Events

John Bateman
07767 844980

Clothing

Martin Atkin
07795 443607

martin@funnelweb.org

Head Brownie Supplier

Sarah Barwick
07758 898434

ranger@fantasticthings.co.uk

ChainLincs Editor, FaceBook Admin

Mick Smith
07979 912740

ASDM Area 5

Steve Ellis, 07711 851523

steve.ellis@iam.org.uk

A short edition again this month but see page 7 where there are details of two longer rides planned by Will and Dave. So if you fancy a couple of days in Wales or 3 days in Scotland have a look and get booking your hotel.

As you can see from my 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

Hello again everyone,

Firstly a warm welcome to new members: Alan Greef, Paul Masters, Richard Brown, Don Ashurst and Kevin O'Rourke.

Secondly, a correction from the May ChainLincs, where I welcomed Robert Walker, when I should have welcomed Richard Walker. My apologies Richard.

Next, a big congratulations to recent test passes: John Keech and Tony Collins and your Observers Will Field and Mark Gill. Very well done all.

A good publicity session on Sunday at West Ashby Manor, well supported, so thank you to everyone who manned the stand or showed up for a chat. Tremendous brownies provided by Sarah, (thank you Sarah) so if you missed one of those you really missed out.

Last month I introduced a subject listed on the IAM website called 'Neurodiversity', (how the brain works differently for different people, eg, dyslexia, autism, ADHD, Tourettes, and many more).

This month, briefly (and lastly, as I don't intend to keep this process going) I want to carry that a bit further with an introduction to NLP or Neuro Linguistic Programming (what?).

Neuro: refers to the functioning of the brain and how we store and organise our sensory experience of the world.

Linguistic: refers to the language we use to describe our experience.

Programming: refers to the habits we adopt to cope with our experiences in the world. (I've more to share on this if anyone asks for it.)

Are there people in our lives that we could communicate with differently to get a better outcome?

Or why do some people behave differently to you in a situation?

At the end of my articles, I've recently started using the phrase 'Just because you can, doesn't mean that you should'.

I missed it from last months mag. I really like that phrase, it resonates with me.

Last month, I found myself on a group ride out, making a very questionable overtake, that I didn't need to perform, but still chose to. I had plenty of time to assess the situation, I didn't feel under any emotional charge and was under no pressure to make the overtake, but still chose to 'go', because I saw what I felt was enough gap. We are all different, see things differently on different bikes in different road and time positions.

On reflection, would I do the same again? Absolutely not.



We're all human, we all make mistakes. I don't intend to sit here and pontificate. I can put my hands up when I make a mistake. Was that a mistake? Absolutely yes. One of the most important tools we have at our disposal is 'self-reflection'.

Self-reflection, trying to be the best you can be, but accepting we are not perfect and being comfortable with who and what we are, are key attributes (I think) to being a good safer rider.

Remember, just because you can doesn't mean you should. (2nd mention this month to make up for missing it last month).

Finally, unfortunately the support for the Northern meeting venue at Starbucks Barnetby just isn't there. So, unless someone arranges with me beforehand, I will not be attending that venue again. I'll be joining the rest of the team at Bracebridge Heath in future. I am happy to go to Starbucks, but not on spec to be on my own again.

Thank you, Ride safe, Look after each other.

Ian (Chair)

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

Member	Observer
1122 Alan Greef from Goxhill	Full Member
1123 Paul Masters from Spilsby	Full member
1124 Richard Brown from Cammeringham	Mark Gill
1125 Don Ashurst from Humberston	Malcolm Heaton
1126 Kevin O'Rourke from Heighington	Full member

Two test passes to report, making six so far in 2025

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

Member	Pass Date	Observer
John Keech	9 June	Will Field
Tony Collins	14 June	Mark Gill

The present composition of the group is as follows:

Full Members	137
Fellows	13
Associate Members	22
Total Group Membership	172

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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WILL'S RIDE TO SNOWDONIA – SEP 2025

I am planning to do a 2 day ride to North Wales Snowdonia area, on the 22nd and 23rd September this year.

All members are welcome to join me.

We are staying 1 night in the Premier inn at Porthmadog.

Each day will be about 230miles no motorways but some dual carriageways.

We will depart Newark Shell Petrol Station A46/A17 Roundabout at 8.30am

We will have regular stops on the way.

If you would like to come along please book your room (with cancelation) and let me know – 07599 374560



DAVES'S RIDE TO MOFFAT – JUN 2026

Thanks guys for a great 3 day trip, we have decided to go again in 2026, the date going 9th 10th 11th June, returning on Friday 12th (3 nights), if you would prefer a shorter stay that's fine, you can cancel your booking nearer the time if you are unable to go. The hotel gets booked up quickly, so if you want to go please contact the hotel direct to book your room. I

have asked for the hotel to hold 8 rooms, which they are doing until the end of July, although they have more available and mention Lincs Advanced Motorcyclists when booking.



The Buccleuch Arms Hotel Moffat. enquiries@buccleucharmshotel.com , 01683 220003

Dave Hall 07471 344308

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FACEBOOK ROUNDUP

1 June

Great afternoon out with LAM Chairman Ian Morrison and top photographer Phil Niner to meet with retiring IAM Observers Ken Rose and Morris Howe, to present them with LAM certificates in recognition of their volunteer service, commitment, skill and advice to the motorcycling community of Lincolnshire in the pursuit of road safety.

Ken volunteered with Middlesex IAM group for many years before moving to Lincolnshire IAM group where he helped guide the Observer team and also assisting 14 candidates in Lincolnshire to successfully pass the Institute of Advanced Motorists motorcycle riding assessment over a 12 year period.

Morris volunteered with Lincolnshire IAM group as an Observer for 16 years and assisted 17 candidates in Lincolnshire to successfully pass the Institute of Advanced Motorists motorcycle riding assessment.

LAM group would like to thank you both for your time, knowledge and commitment. - Jerry



5 June

I would like to say a big thanks to Dave Hall for organising and leading a great 3 day ride to Moffat in Scotland. 🍷
good one Dave – Will





8 June

We had a great turn out at Willingham Woods this morning we went off in 4 groups thanks to Geoff, Mick and Ian for leading 3 rides Stuart had a group to do some work with his associate. I had a great ride with Mick on a lot of my favourite roads. Thanks to all 🙌🙌 - Will



Farmer browns with Geoff leading today. Super, bendy, quiet roads there and back. Had a few pedestrians wave, and an unmarked police bike joined the ride for a while. – Ian B



Ian took a group from Willingham Woods this morning on a circuitous route to Wickenby airfield. And according to Ian he got there without getting lost! - Mick

12 June



Thanks for your company today guys, you were right Ken, no rain, Blue sky & 22 Degrees in Lincoln. - Dave



22 June

10 of us this time, led by Dave again. He does find some really interesting roads. Super ride out. Help me out though. Where did we go. 🤔 - Ian B



24 June

Great ride into Derbyshire and Staffs today. Good company and some laughs, cake, pies, ice cream, coffee, tea.....the list goes on! Rain held off but a bit blowy, warm on way back. Cheers all 🙌🕶️ - Roland



29 June

All setup at Motorcycles at the Manor in West Ashby. Come along and see us if you're out and about. – Mick

Thanks to Sarah, Ian, Mark, Matt, Kev and Dave for helping out at Motorcycles at the Manor today. Particular thanks to Sarah for the now traditional brownies but Kev needs to figure out why there are solid lumps of chocolate in them and why haven't they melted!

No new members today but spoke to a few people and handed out leaflets.
- Mick

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OBSERVER AND ASSOCIATE

It has been really encouraging to see the recent batch of Associate test passes, well done to all the Associates and their Observers, the results are down to putting new skills into practice and great teamwork between the Associate and Observer. As riders, whether we are Full members, Observers or Associates we should never stop learning and always be looking to get as much practice as possible to hone our Advanced riding skills. The Observer team were out on bikes for the monthly Observer meeting, again the team were practising a range of subjects including cross rider checks, bend walk & analysis and slow riding. Thanks to all that could make the evening and thanks to the team leaders & deputies for planning an interesting evening.

As mentioned above, the Observer team are always looking to hone their riding skills, this should be the same for both Associate and Full members. The Sunday morning Group Observed ride is a good way to look at keeping your skill level up. This could be riding with other group members or requesting a one to one with a group Observer to have a second pair of eyes check over your riding, Skill fade is real and sometimes it creeps in without you realising.



Keep Hydrated

With summer 2025 looking to be a record warm one, it's a good time to think about how staying hydrated is a vital part of our riding plan, a reduction of just 2% to 3% of hydration can mean a 20% loss of concentration and reaction times also become significantly slower.

SYMPTOMS OF DEHYDRATION

- Reduced concentration
- Affect decision making
- Slower reaction times
- Impaired judgment
- Higher heart rate
- Drowsiness



A Loughborough University study revealed that 'Dehydrated drivers make the same number of mistakes as drink drivers'

With the hot weather almost certain to return before summer is out, Area Service Delivery Manager Pete Doherty reminds us of the importance of good hydration - particularly for motorcyclists, when 'breathable summer biking kit' still means everything from helmet to boots, gloves and a plethora of elbow, knee, shoulder and back armour.

His top tips for staying hydrated were learned from Dr. Eric Saunderson, a National Observer, Masters (Distinction), Masters Mentor and Fellow (F1RST), when Pete was delivering off-road motorcycle training in Nepal and wanted some advice that he could share with his students. His advice, which, while particularly relevant for motorcyclists in relevant safety gear, applies to both bike riders and car drivers is as follows:

Cases & symptoms

- Dehydration is serious. One percent dehydration is significant and can cause dry skin and weight loss. Just two percent dehydration is life threatening.
- Dehydration can be exacerbated by conditions such as diabetes, kidney disease, vomiting, diarrhoea and heatstroke. Medications like diuretics or drinking alcohol can also increase the severity of the impact of dehydration on your system.
- We lose fluids from four organs; our kidneys, skin, bowel and lungs. The severity and speed of the fluid loss is dependent on environmental temperature and humidity. In hotter, drier conditions, dehydration will be quicker and more sustained.
- It is our kidneys that compensate for any loss of hydration, so – when dehydration occurs – we suffer reduced urinary output with high concentration and a visible orange hue.
- Dehydration often causes a lack of concentration. When driving a car or riding a motorcycle, this lack of concentration could be catastrophic, so steps should be taken to avoid the risks of dehydration on driving and riding capability at all times.

Prevention and treatment

- To prevent dehydration, drink water or fluids often, before any symptoms occur.
- Frequent loo stops will be necessary and urine should always be pale in colour.
- All bikers and drivers should carry adequate supplies of water for each journey they take, particularly in hot conditions.
- Thirst and dark urine should be avoided. It is said that once you develop symptoms of dehydration, it is too late to maintain activity, as drinking at this stage takes some time to reverse the effects. After running a marathon for example, rehydration can take up to 24 hours.
- The brain is particularly sensitive to dehydration and produces the initial symptoms. Be alert for early signs including:
 - Feeling thirsty
 - headache
 - poor concentration
 - dark yellow or orange urine
 - feeling tired
 - dry mouth.
- When planning journeys or rides out, give plenty of thought in advance to meeting venues or stopping points where refreshments are available. Think about refreshments at your starting and stopping points too.
- For motorcyclists, if on a ride out with friends or Associates, remember to maintain your hydration on the ride home as well.
- Planning hydration breaks during journeys is vital at this time of year, but a little prior planning will make it possible for you to stay hydrated and safe at all times.

Pete added: “As motorcyclists, we really do need to keep on top of hydration – as opposed to keeping on top of dehydration, when it may be too late to make a difference. This particularly extends to any friends, family or Associates with whom we are riding and who are new to motorcycling. They may not realise the effects of wearing all the kit, so it is important they are taught to recognise and react when they have not had enough fluid intake.

“So, please drink plenty and often, and carry more water than you think you may need. And in the immortal words of Sergeant Phil Esterhaus from Hill Street Blues ‘Let’s be careful out there!’”



Stay Safe Jerry

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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

JULY 2025

Tuesday 1st	Social Meeting	Sun Inn, Saxilby
Sunday 6 th	Group Observed Ride	The Homestead
Sunday 27th	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
Friday 22 nd	Committee Meeting	Zoom at 1900hrs
Sunday 24 th	Group Social Rides	The Homestead and Starbucks
Wednesday 27 th	Observers Meeting	Details from Jerry nearer the date

SEPTEMBER 2025

Tuesday 2 nd	Social Meeting	Sun Inn, Saxilby - John Noone (Group member) talking about his Vlog YouTube channel EnthusiasticDad.
Sunday 7 th	Group Observed Ride	Willingham Woods
Sunday 21 st	Group Social Rides	The Homestead and Starbucks
Monday 22 nd		
/Tuesday 23 rd	Will's ride to Snowdonia	See Will's Ride to Snowdonia – Sep 2025
Wednesday 24 th	Observers Meeting	Details from Jerry nearer the date

OCTOBER 2025

Tuesday 7 th	Social Meeting	Sun Inn, Saxilby
Sunday 12 th	Group Observed Ride	The Homestead
Wednesday 22 nd	Barry Heath Quiz	2000hrs Heslam Park Rugby Club, 124 Ashby Road, Scunthorpe, DN16 2AG
Sunday 26 th	Group Social Rides	The Homestead and Starbucks
Wednesday 29 th	Observers Meeting	Details from Jerry nearer the date

Committee meeting on a date TBC.

NOVEMBER 2025

Tuesday 4 th	Social Meeting	Sun Inn, Saxilby
Sunday 9 th	Group Observed Ride	Ancholme Leisure Centre
Sunday 23 rd	Group Social Rides	The Homestead and Starbucks
Wednesday 26 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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