

# The SAM Observer

August 2015



Registered Charity No. 1067800



IAM Group No. 7219

[www.suffolk-advanced-motorcyclists.com](http://www.suffolk-advanced-motorcyclists.com)

This month's cover picture was submitted by Bryan Duncan and was taken at Malin Head, the most Northerly part of Ireland, even more North than any part of Northern Ireland!

Mike Roberts did the cover picture editing and graphical work.



Just a few pics from doing the challenge, which I enjoyed very much doing.

First one, even though the weather is wet you can still have fun finding the village sign, (See Back cover).

Second one, ( see above), if you ask the little people you can find NONE but you have to find them first 😊

From Barry Beddall

# YOUR COMMITTEE

No Calls After 9pm Please

## OFFICERS

Chairman	Steve Gocher	01473 430643
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Treasurer	Bryan Duncan	07879 654122

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Derek Barker	01473 327555	Richard Toll	01473 401363
Stuart Young	07931 350799	Leia Dowsing	07841 699081
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Ruth Acworth	07783 007100	Ross Mckinlay	07986 838028
Tim Murgatroyd	07901 332757	Kevin Brendish	07854 494041
Craig Evans	TBC	Julian Harvey	TBC

## I.A.M. EXAMINERS

Kevin Stark	07801600378,	Neale McConnell	TBC
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If you would like to help out on the committee come along to a meeting and see what you can do to help out, after all many hands makes light work

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## NEXT ISSUE

Closing date for copy – **Friday after club night**. Send via e-mail or on a USB memory stick (which will be returned) or even hand-written, not a problem.

The Editor reserves the right to edit, amend or omit as he feels fit.

## WEBSITE ADDRESS

<http://www.suffolk-advanced-motorcyclists.com>

SAM is a registered Charity ~ No. 1067800

All Official Correspondence to: **John Sillett**

37 Bishops Hill, Ipswich, IP3 8EW. 01473 219488. 07801685362.

John.sillett1@ntlworld.com

# CHAIRMAN'S CHAT



A very warm welcome to the August edition of the SAM Observer. I've had a busy few weeks included a trip to the Assen MototGP, a circuit based IAM Skills Day at Thruxton and a ride out to the IAM ROAR event at the National Motorcycle Museum, Solihull.

I thoroughly enjoyed my IAM skills day which provided the opportunity to practice and improve my machine handling skills. I was impressed with the theory based classroom sessions, albeit circuit rather

than road biased and the quality of the observed feedback & instruction. The theory sessions were presented by Martin Doran from the Birmingham group. As well as covering all of the aspects of the system / IPSGA and machine control techniques, the main points that stuck with me were; always staying within 75% of your capability in order to remain in the training zone. Avoiding going over this limit into survival mode, which may result in tensing-up, tunnel-vision and an adverse fear reaction. Leaving your ego in the classroom and speed NOT being the ultimate goal also being reintegrated. My observer & instructor was Max Webber from the West Sussex group. The main focus during the day being smoothness and precise positioning using the full width of the track. I started off quite tentatively, during the first couple of sessions. My confidence improved by lunchtime and I found I was quite relaxed thanks to Max's concise and tailored feedback. All the elements of the theory and feedback came together towards the end of the afternoon. I found my full flow and the limit of my bikes handling during the final session were the toe of my right boot and foot-peg touched down going through Campbell! My heart rate, which had been low and slow, increased significantly at this point.

The IAM circuit based skills days are open to the public as well as IAM members. Although the course doesn't involve racing, timed laps or pace-making your insurance is unlikely to be valid whilst on the track.

<http://www.iam.org.uk/riders/riders-courses/riding-assessment/skills-days>

If you're a full IAM member and looking to give something back to the group there are a couple of opportunities coming up that you might wish to consider:

The first being the possibility of becoming a Ride Co-Ordinator and / or Ride Leader in support of our Social Rides. Leia Dowsing, our National Observer in charge of training for Ride Coordinator / Ride Leader's, is running a session on Saturday 5th September. Further details can be found on page 20.

The second being the opportunity to take up the challenge of training for and qualifying as an Observer. An assessment day is being held on Saturday 19th September. Further details can be found on page 8. From my own experience I can tell you that it is a challenge, requires some effort and patience but comes with it's rewards. It is also achievable with some perseverance and the support of the Observer Corp.

My offer of a ride out to the IAM ROAR event at the National Motorcycle Museum was taken up by Tim Wash. An unscheduled detour was required on the approach to Duxford due to the Flying Legends Air Show. The detour took us the long way around the airfield as the approach roads were coned-off into single lanes, accompanied by stationary traffic, with no room to filter. We met Hugh Jackson there, a friend from North Wales, who is member of the IAM and the Dragon Riders club. Many thanks for the coffee Hugh! The museum contains a vast collection of iconic, vintage and more modern machines and is well worth a visit.

It was pretty exciting stuff watching the professionals racing live at the Assen MototGP, with Valentino Rossi starting from pole, fighting for the lead with Marc Márquez throughout the race. Rossi went on to win but not before a controversial collision between them whilst negotiating the final chicane ahead of the finishing line.

Pete Edwards, SAM member and Paramedic, is going to give us a talk on Motorcycle First Aid at this month's Group Night. There will also be the chance to browse and buy goods from a number of invited guest traders.

Cheers

*Steve*



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41 UPPER ORWELL STREET IPSWICH

TEL: 01473-257515

## NEW ASSOCIATE MEMBERS

A warm welcome is extended to our most recent Associate members:

Martyn Lee   Martin Shaw   Robert Baker  
Peter Edwards   Keith Pavelin

If anyone else has joined us and not had a mention yet, let the Editor know and he will put your name in the next Issue

## IAM TEST PASSES

Congratulations to the members who have passed their  
Advanced test this month.

Richard Ockleton   his Observer was   Tony Chyc

When you pass your advanced test please let  
Karl Hale or Susan Smith know.

# WE ARE LOOKING FOR NEW OBSERVERS TO JOIN OUR RANKS

Observers are a valuable asset to the club and give of their time freely in the interests of improving Motorcycle Road Safety.

To ensure we continue with the fantastic work of the current team I am organising an assessment day for those members who are interested in trying out for this demanding role on **Saturday 19th September 2015**.

Before you grab the phone and call, let me give you some of the facts. Being an Observer for SAM requires the following qualities, you need to be;

- 🏍️ Committed to improving the standard of riding for both yourself and others.
- 🏍️ Have very good communication skills.
- 🏍️ Have a good knowledge of Roadcraft and be able to put over the concepts of it to people from all backgrounds and abilities.
- 🏍️ Be riding at least the standard of the IAM test.
- 🏍️ Be a fully paid up member of SAM and the IAM.
- 🏍️ Have loads of patience.
- 🏍️ Be able to give freely of your time to observe, attend regular refresher training sessions with National Observers, support organised events and share your skills onto others.

So the training process;

Following successful selection on Saturday 19th September 2015 assessment day, you will need to commit to attending three evening classroom training sessions of around 2 hours each. There will then be a number of practical assessments concentrating on your riding, communications and teaching. You would be expected to have completed all of this by the end of Spring 2016 so that we can use your new found skills.

I make no apologies, the process is tough, however there is a minimum national standard required and this has to be verified by the Institute of the Motor Industry (IMI) where upon success, you will have earned an external qualification endorsed by them.

If I have not put you off by now and you are now even keener then give me a call on 01359 241552 or book your place, email Sara at:

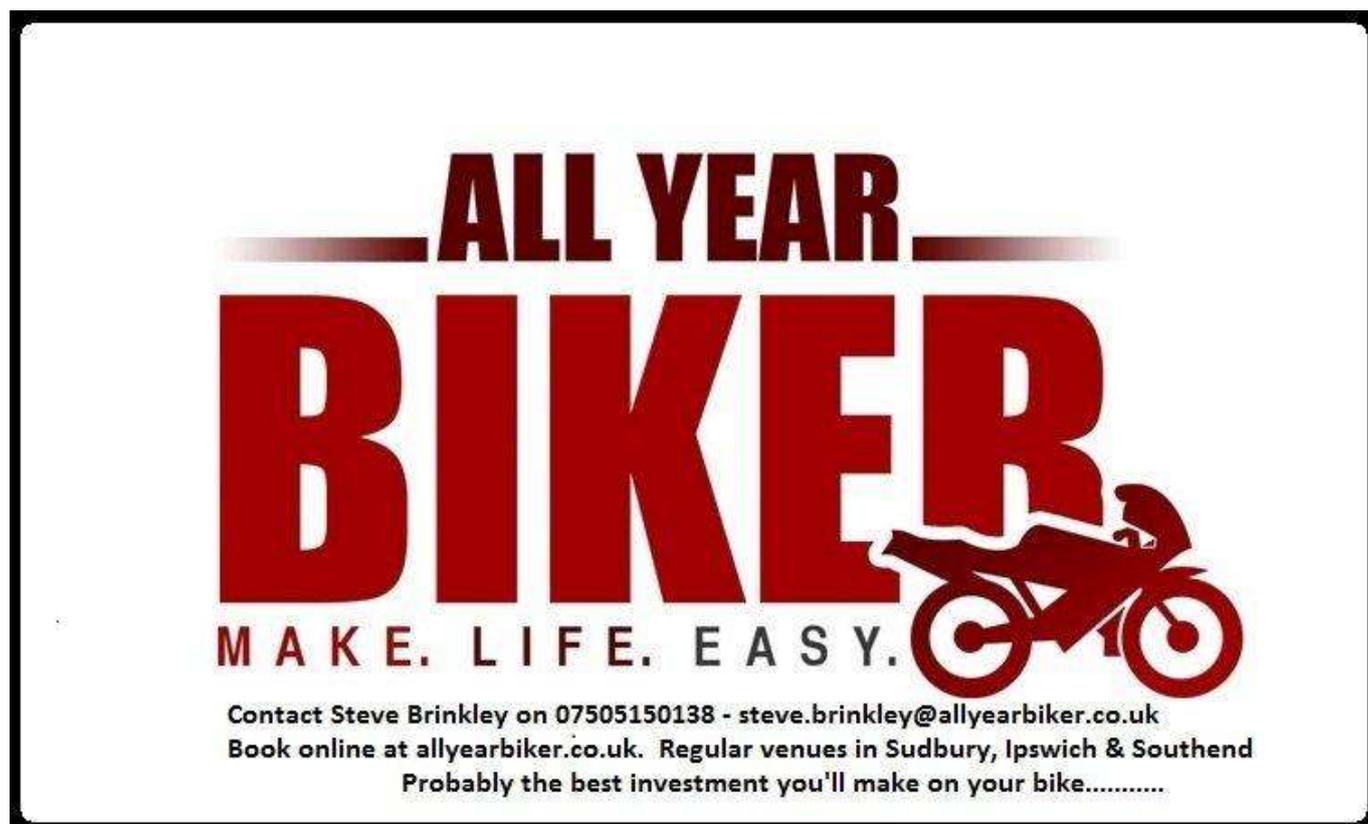
[karlsarahale@btinternet.com](mailto:karlsarahale@btinternet.com)

Closing date for applications will be **Saturday 5<sup>th</sup> September 2015.**

Regards

Karl Hale

Chief Observer.



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Book online at [allyearbiker.co.uk](http://allyearbiker.co.uk). Regular venues in Sudbury, Ipswich & Southend  
Probably the best investment you'll make on your bike.....

# CCMC FUN RUN

As you will remember, the May CCMC fun run was a bit of a wash-out, which was a shame because in previous years we've had up to 300 bikes on our runs and raised lots of money for local charities. The CCMC committee met last night and after much debate decided to have a go at re-running the fun run on Sunday the 16<sup>th</sup> August to raise some more money for the EACH Nook Appeal (<http://www.each.org.uk/the-nook> ). Yes I know it's very short notice, hence this direct appeal, but you were all kind enough to help last time, so I thought I'd start by asking everyone who marshalled in May to help.

To make life as easy as possible we have decided to repeat the route and destination, ie starting at the Cameo Hotel in Copdock and finishing at the Flixton Aviation Museum in Flixton near Bungay. It's a nice ride and there is plenty to see when you get there, so we thought it was worth trying the same again.

In view of the short notice and given the holiday season we will also be asking other friends and CCMC committee members to help with the marshalling this time, so if you are able to help, please reply to me directly and I will co-ordinate the complete list. If there is time we will pre-allocate marshals to points on the route, but if not we will leave the Cameo as a group about 10.15 – 10.30 and drop off a marshal at each point on route.

If you can think of anyone else who might be able to help, please pass this mail on. Otherwise, please encourage everyone you know to come on the run as riders. Let's hope the sun shines!

With best wishes

Phil

Phil Sayer  
Secretary, Copdock Classic Motorcycle Club  
<mailto:phil.sayer@btconnect.com>  
07990 565451

Copdock Classic Motorcycle Club

Charity **MOTORCYCLE**  
**Run**

**Sunday 16th August 2015**

★ Please note the new start location ★

**Meet at Cameo Hotel London Road IP8 3JD  
from 9:30am for 11.00am start**

**Route 45 miles (approx.) finishing at the  
Flixton Aviation Museum, Flixton, Bungay.**

All welcome any Size or Age of Bike

\* To comply with our insurance for this event, every vehicle must be registered.  
A charge of £5 per vehicle will be made, the proceeds to go to the EACH Nook Appeal.

For more news & information don't forget to check out our website  
[www.copdockmotorcycleshow.co.uk](http://www.copdockmotorcycleshow.co.uk) or find us   CopdockBikeShow

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Please note

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This event is Not a race and the Copdock Classic Motorcycle Club accepts no responsibility, in the event of accidents, nuisance or violation of traffic laws by participants

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Future Events: **24<sup>th</sup> Copdock Motorcycle Show**

**Sunday 4<sup>th</sup> October 2015**

Trinity Park IP3 8UH

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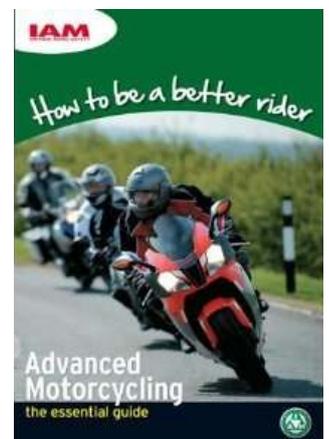
## SAM THEORY EVENINGS

As most of you know, on the Thursday evening, directly after Group Nights, SAM holds its monthly Theory Evening. Based on an ever revolving subject list of important rider skills these nights are an informal evening of facts and lively banter all aimed at improving your ride based on the information in "How to be a better rider".

Each session covers one of the four main topic areas;

Overtaking  
Cornering

Planning & Positioning  
Gears & Acceleration



Mainly aimed at Associates going through the Skill for Life course, these evenings are also a good way for full members to brush up on their theory and add their experiences and questions to the session.

The great benefit of attending these sessions in the classroom means it saves time on the road, covering theory and has the added advantage of an opportunity to discuss any issues you may have generally on your Skill for Life Course.

Karl Hale,

SAM Chief Observer

# THURSDAY'S SUMMER CHIP RUN

27<sup>th</sup> August,  
Reg's / Reggie's,  
21, St Johns Rd  
Gt. Clacton  
CO15 4BS  
Tel: 01255 421487

Meet in car park behind Curry's at Copdock, **IP8 3TT** at **18:15** and fill in 'Contact Number' sheet in good time for Briefing and subsequent departure at **18:30**.

**All riders must attend Briefing.**

Ride Co-ordinator is Trevor Adams.

Join **A14** eastbound and leave at **1st** exit on **A137** to Manningtree.

**Turn left** at the station roundabout and follow **B1352** to Bradfield.

At Strangers pub **turn left**, still on **B1352**, towards Harwich.

Straight over roundabout on **A120** and turn right by the church into Mayes Lane.

**Turn right** at the T junction onto Oakley Rd, **B1414**.

At Thorpe-le-Soken mini roundabout **turn left** on **B1033** towards Frinton.

At Kirby Cross mini roundabout **turn right** to sea front roundabout.

**Turn right** onto Frinton Road towards Colchester then at the **left hand** bend turn off to the **right** on the **B1027**, Valley Road.

At The Ship pub mini roundabout **turn right** and either park behind the bus stop on the **right** or use the car park in Elm Grove past the traffic lights.

# RIDE CO-ORDINATORS AND RIDE LEADERS

Ride Leaders and Ride Coordinators are the full SAM members that facilitate SAM social rides. In order to maintain and hopefully increase the club social rides, the club needs sufficient numbers to allow our much-loved breakfast, Summer Chip and Winter Saturday Jaunts to continue. If you are interested in helping the club, and helping yourself by becoming a Ride Co-ordinator and ride Leader, please contact Sara Hale or Leia Dowsing to find out more information about one or both of these roles.

## CURRENT RIDE CO-ORDINATOR AND RIDE LEADER.

🏍️ David Wood, 🏍️ Chris Nunn, 🏍️ Trevor Adams, 🏍️ John Jenkins, 🏍️ Phil Sayer, 🏍️ Glyn Hill, 🏍️ Martin Drury, 🏍️ Bob Page.

## CURRENT RIDE LEADERS

🏍️ Paul Jocelyn-Brown, 🏍️ Brian Ellis, 🏍️ Ken Beckinsale, 🏍️ Sara Hale.

**Please** check the SAM Calendar and SAM Forum on-line for last minute changes/cancellations. On the Forum you will also find the routes as text, route cards, and on Google Maps / Streetview, along with a photo of the destination, so you can familiarise yourself with the route before the day.

# BREAKFAST RUN 2015

6<sup>th</sup> September  
Animal Health Trust  
Lanwades Park  
Kentford  
CB8 7UU

<http://www.lanwades-park.co.uk>

Tel:01553 769585

Meet at car park behind Currys Copdock **IP8 3TT** in good time for **09:15**  
Briefing and subsequent departure.

All riders must attend Briefing.

Ride Co-ordinator is John Jenkins.

Exit onto Ipswich bound **A1214** then **turn left** at Holiday Inn traffic lights and join **A1071** past Hadleigh to Sudbury.

Take the by-pass but leave the **A143** at the **B1064** and continue through Long Melford.

**Turn left** at the green onto the **A1092** but shortly turn right on the **B1066** through Glemsford and Boxted.

Not long after exiting Boxted **turn left** onto an unnamed road but signposted Hawkedon and carry on until meeting the **A143** again.

**Turn left** and then **right** after a little way onto the **B1063**.

Shortly after passing Lidgate there is a sharp, chevron marked **left hand** bend with two turn-offs to the **right**.

Take the second of the roads, the **B1085** through Dalham.

At Kentford **turn left** on the **B1506** to find the venue about half a mile on the left.

# SATURDAY JAUNT

12<sup>th</sup> September  
Holt

Choice of two chippies and a tea room (spare capacity?/easy walking?)

Albert Fish Bar,	22 Albert St, Holt, NR25 6HX Tel: 01263 712955
Holt Fish Bar,	11 Shirehall Plain, Holt, NR25 6HT Tel: 01263 713531
The Cafe,	7-8 Chapel Yard, Holt, NR25 6HG Tel: 01263 713968

Meet at Stowmarket Tesco's **IP14 5BE** in good time for **13:30** Briefing and subsequent departure.

All riders must attend Briefing.

Ride Co-ordinator is Martin Drury

Join the **A14** westbound and leave at **Jct 47** to take the **A1088** round Ixworth to Thetford.

At **2nd** roundabout take **2nd** exit, **A1075** to Watton going straight over the traffic lights to Dereham.

**Turn left** at the High St and straight across the one-way/roundabout thing? Exiting on Quebec Rd.

Cross the **A1067** at Guist on the **B1110** to Thornage.

**Turn left (1st exit)** at the roundabout on the **A148** to Holt.

**Turn right** into the High St and find Market Place car park.

Chip shops are in Shirehall Plain/Market Place and Albert Street and the cafe in Chapel Yard right beside the car park

# SOCIAL RIDES

Please note that it is you, the rider, who is deemed to be in control of the vehicle at all times during an Observed Run and during all other Group activities and that the Committee of Suffolk Advanced Motorcyclists cannot and do not accept any liability whatsoever for any injury to person or damage to vehicle occurring in the course of any rally or other event organised by the Group. Any member attending such an event does so entirely at his or her own risk and must maintain their own insurance to cover any said injury to person or damage to vehicle and must be riding a road legal vehicle, having valid road tax, insurance and MOT certificate (if applicable).

Participants on S.A.M social rides are advised of the Events Committee's guidelines as follows:

- 🏍️ You will be expected to provide a suitable means of carrying a map of the route
- 🏍️ If possible, have breakdown cover for your machine.
- 🏍️ Be responsible for your own safety
- 🏍️ Rides will commence promptly at the published departure time.
- 🏍️ Have a FULL tank of fuel
- 🏍️ No more than 5 in a group.

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# RIDE LEADER AND RIDE COORDINATOR TRAINING

**Ride Leader and Ride Coordinator Training day 5<sup>th</sup> September 2015;**  
**9.00hrs – Fynn Valley:**

**Ride Leaders and Ride Coordinators are the full SAM members that facilitate SAM social rides. If you are interested in trying out for one or both of these roles then please contact Sara Hale to register your interest or for more information please contact me (Leia Dowsing).**

**NB: Current Ride Co-ordinators and Ride Leaders do need to attend this, for continuous assessment.**

There are two key Roles needed to maintain and make SAM social rides a success:

## **The Ride Coordinator**

Key Tasks /responsibilities:

- 🏍️ To deliver the pre-run briefing.
- 🏍️ To ensure people are divided into groups of up to 6 with a Ride Leader leading each group.
- 🏍️ To ensure there is a group for Associate members.
- 🏍️ To call the destination before the event to check it's still open and on the day to let them know rough numbers.

## **The Ride Leaders**

Key Tasks/ Responsibilities:

- 🏍️ To lead their specific group to the destination safely at an **appropriate speed.**
- 🏍️ To be a good IAM test standard rider, (Full Member) who is able to keep a group of riders together on a run.

The assessment day will consist of both classroom and practical on-road assessment.

Please email Sara Hale (SAM admin) to register your attendance [karlsarahale@btinternet.com](mailto:karlsarahale@btinternet.com)

If you require any further information about what either this day or each role involves please do not hesitate to contact me, Leia Dowsing (National Observer) on 07841 699081.

# EDITORIAL



What Can I say, Not a lot this month, bit like the rest of you... 😊

Bike wise, I was asked to visit a potential client to discuss his project, so took the bike as if I don't get the job at least I would get out and about. As it was in the East of the county, I thought I would try to get a few village signs in. Left Mr Man at about 20:30 so didn't have much time before it was too dark.

Got to my first destination and couldn't find the sign, two roads leading off, which didn't seem very promising, from the main drag which must have only half a dozen houses on it. So I left that one and headed to my next destination, found the sign very easily, few pictures and set off home, getting home at 22:00, only to find that the picture in the challenge was different to the one I found... oh bother, I'll have to go back..

Tuesday Club night, which was very interesting, I sometimes I help out with the ATC and have been on a summer camp at RAF Marham where we had a tour round the Tornado hanger and managed to sit in one. What struck me was that the cockpit was very crude, no refinement with wires hanging out all over the place.

On the way home, I managed to get another sign in, by now it was dark, and every picture was blinded by the reflective bits on the bike. So with turning the flash off and getting a bit of bike managed to get a picture, which might be approved. While getting ready to go, the house across the road had a TV which filled the whole wall..... looked very similar to Channels 4 News's TV screen.

Safe Riding     **Felix..**     Editor

Bowman's Barn, Back Street, Gislingham, Suffolk. IP23 8JH.

Tel: 07712649860

[editor@suffolk-advanced-motorcyclists.com](mailto:editor@suffolk-advanced-motorcyclists.com)

**Thank you**

To all the members who have contributed to this month's magazine. 😊

But..... what about the rest of you.... 😊

# CLOSING DATE FOR COPY FRIDAY AFTER CLUB NIGHT

<p>ADVERTISE HERE</p> <p>£25 FOR 1/8 PAGE</p> 	<p>ANNUAL ADVERTISING RATES:</p> <p>ADVERTISE ON THE SAM WEBSITE FOR AN ADDITIONAL £25.</p>
<p>Contact:</p> <p>Felix 07712649860</p> <p>Sam.editor@btinternet.com</p>	<p>£35 FOR 1/4 PAGE £50 FOR 1/2 PAGE £75 FOR FULL PAGE</p>

If you'd like to help save the Group on the printing and postage costs of your monthly 'hard copy' of the 'SAM Observer' by opting to receive an email notification instead, then please give me your email details on Group Night or send me an email.

I hope that you have been enjoying the reports that members who go on ride outs have written, and as you can see, it doesn't have to be a wordy passage, so feel free to scribble a few words down, a few pictures and next month you will have another great magazine to read

Don't forget to take your cameras and a notebook to record your trip then you can write a nice article about it for your favourite magazine. I have a word template if anyone would like it, email me and I'll send you a copy which has all the formatting re-set on it. Please remember that we use Times New Roman as the main font for the magazine at a size 16 so that when the printer converts the A4 pages down to A5 the font looks like a 12. I like pictures to be separate to your articles because I can make them bigger or small to fill the page

## MEMBER INFORMATION

A lot of useful information about SAM and its activities is available on our website. Below are some key links members will find useful.

### CONTACTS

Contact details of SAM's Committee & Observers, complete with photographs so you can recognise everyone.

<http://www.suffolk-advanced-motorcyclists.com/com>  
<http://www.suffolk-advanced-motorcyclists.com/obs>

### CALENDAR

Our online calendar with relevant links which can also be linked to your smartphone. Contact: Mike Roberts

<http://www.suffolk-advanced-motorcyclists.com/cal>

### OBSERVER ASSOCIATE CHARTER

What is expected of the Observer and Associate while preparing for the IAM motorcycle test. Contact: Karl Hale

<http://www.suffolk-advanced-motorcyclists.com/chart>

### CARING SAM

Our customer service & complaints procedures. Contact: Brian Ellis

<http://www.suffolk-advanced-motorcyclists.com/care>

### DISCOUNT SCHEME

Proof of identity will be required to be shown. (e.g. Current IAM/SAM membership cards). Save your membership fee, and more, by using these retailers who give a discount to SAM members. Contact: David Arbon

<http://www.suffolk-advanced-motorcyclists.com/disc>

### ADVERTS

Got something to sell? Want to see what other members are selling? See our online adverts section. Contact: Mike Roberts

<http://www.suffolk-advanced-motorcyclists.com/ads>

### SHOPS

T-shirts, sweatshirts, fleeces, hats, and more are available from SAM's two online shops. Contact: Mike Roberts

<http://www.suffolk-advanced-motorcyclists.com/shop>

### FORUM

All the latest news and discussion on all things SAM and motorcycle related. Have a read, and then register to join in. Contact: Mike Roberts

<http://www.suffolk-advanced-motorcyclists.com/forum>

# SAM EVENTS FOR YOUR DIARY

## AUGUST 2015

**Tuesday 18<sup>th</sup>**      **SAM Group Night.** Announcements at **19:30** followed by Guest speaker by SAM member, Pete Edwards, on Motorcycle First Aid. Plus a chance to browse/buy some guest traders goods, Bar and restaurant serving all types of food/drinks including teas and coffees.

**Thursday 20<sup>th</sup>**      **Theory Evening.** Fynn Valley Golf Club. Come along and learn more about Roadcraft. **19:30.** This month's topic: **Planning & Positioning**

**Saturday 22<sup>nd</sup>**      **Theory Saturday.** Come along and learn more about Roadcraft. Karl Hale

**Thursday 27<sup>th</sup>**      **Summer Chip Run,** Reg's / Reggie's, 21 St Johns Road, Gt. Clacton **CO15 4BS** Meet in car park behind Currys at Copdock **IP8 3TT** in good time for **18:15** Briefing and subsequent departure. **All riders must attend Briefing**

## SEPTEMBER 2015

**Wednesday 2<sup>nd</sup>**      **SAM Committee meeting.** Fynn Valley Golf Club. **19:30**

**Saturday 5<sup>th</sup>**      **Ride Leader and Ride Coordinator Training day.** 09:00 Fynn Valley. Please contact Sara Hale to register your interest or for more information please contact me, Leia Dowsing.

**Sunday 6<sup>th</sup>**      **Breakfast Run,** Animal Health Trust Lanwades Park Kentford **CB8 7UU** Meet at car park behind Currys Copdock **IP8 3TT** in good time for the **09:00** Briefing and subsequent departure. **All riders must attend Briefing.**

**Saturday 12<sup>th</sup>**      **Saturday Jaunt to Holt.** Meet at Stowmarket Tesco **IP14 5BE** in good time for **13:30** Briefing and subsequent departure. **All riders must attend Briefing.**

**Tuesday 15<sup>th</sup>**      **SAM Group Night.** Announcements at **19:30** followed by Guest Speaker, Nik from PowerCases ([www.powercases.com](http://www.powercases.com)) Bar and restaurant serving all types of food/drinks including teas and coffees.

**Thursday 17<sup>th</sup>**      **Theory Evening.** Fynn Valley Golf Club. Come along and learn more about Roadcraft. **19:30.** This month's topic: **Cornering**

**Fri 25<sup>th</sup> ~ Sat 26<sup>th</sup>**      **Safe Rider.** If you can help the Publicity Team on the Saturday of this event, please contact Martin Drury on **07595277831**

## OCTOBER 2015

Sunday 4<sup>th</sup>      **Copdock Bike Show.** As usual SAM will be helping the parking of motorcycles to go smoothly. If you can help please let John Sillett know.

# NOTE FROM EDITOR

Please check the SAM Calendar & Forum for further details and for any changes after going to press. Especially in winter months when the weather can be unpredictable

# DISCLAIMER

The articles published herein do not necessarily represent the views of the Institute of Advanced Motorists or the Suffolk Advanced Motorcyclist Group. They are the opinions of individual contributors and are published with a view that free expression promotes discussion and interests.

# NORFOLK ADVANCED MOTORCYCLISTS

**3<sup>rd</sup> Thursday of the month,** 19:30, at Dunston Hall, A140,  
Norwich, NR14 8PQ

Chairman,	Rob Chandler,	01493 730409
Secretary,	Alex Mason,	01603 716735

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