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FEBRUARY 2026



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FEBRUARY ISSUE

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Cover Image

Cover, from Felix Oliver: 'A picture of my R1200RT taken in front of the community shelter built by Suffolk Timber Frame Buildings Ltd. Van broke down so had to use the bike'.

If you have great pic worthy of gracing our front cover, send it in!

The best ones will feature on our magazine cover. Send the full-size file (not cropped) to: editor@suffolk-advanced-motorcyclists.com.

Next Issue

Copy deadline: Friday, February 20th.

Send via e-mail to:

editor@suffolk-advanced-motorcyclists.com

The Editors reserve the right to edit, amend or omit as necessary.

SAM is a registered charity: No. 1067800
IAM Group No 7219

All official correspondence to:

Bruce Pearce, Secretary
diverbruce@hotmail.co.uk

Tony Chyc

Some of you may have heard of the proposal to improve moped and motorcycle training, testing and licensing. The more cynical among you might ask when have government proposals actually resulted in improvements. At the moment they are only proposals out for consultation (cue another dose of cynicism). Many SAM members will have trained in the days when you had to ride around the block without falling off and do an emergency stop to obtain a full motorcycle licence – I did. Provisional licence holders were restricted to 250cc bikes but that was reduced to 125cc when the 250's started nudging 100 mph. I passed my test on an MZ150 and it did struggle on dual carriageways and motorways, but that was all I could afford

as a student. I had previously ridden an automatic moped, and the bike was taken to a local car park so I could practice clutch control. That was the extent of my training!

Since then obtaining a motorcycle licence has become more complicated and there are multiple categories of licence. CBT was introduced in 1990 and licence holders for all classes of vehicles now have to take a theory and hazard perception test. So what are the proposed changes?

- Restricting riders who pass their CBT on an automatic to riding automatic bikes.
- Incorporating the theory and hazard perception test into CBT or making it a requirement to pass the theory and hazard perception test before doing CBT.



- Removing the requirement for riders upgrading their licences to take another test. Instead, they could simply complete a course to upgrade as they have already taken the same test on a smaller machine.
- Updating the syllabus for CBT.
- Combining the training for CBT and DAS instructors into one course.
- Altering the validity of the CBT certificate in ways as yet unspecified. The current certificate lasts 2 years. Riders can and some do renew their certificate every 2 years and become perpetual learners.
- CBT certificates are currently paper only. It is proposed that a digital system be introduced.

All these proposals seem sensible. There is a suggestion that the theory and hazard perception test could be incorporated into the CBT. As the infrastructure for doing this test already exists it doesn't seem sensible to duplicate it. I know that some SAM members are instructors – I would be interested in their thoughts on the proposals.

There is an excellent timeline of the changes in motorcycle training at: <https://www.lightningpass.com/changes-motorcycle-learner-law>

It is possible to comment on the proposals until 31st March at: https://survey.dvsa.gov.uk/jfe/form/SV_6Yyo58EdIVAA57g

Tony Chye

Leanda Hoyland-Linch

There seem to have been so many murky, wet and grey days so far this year with the associated challenges for motorcyclists. If you are riding for pleasure, rather than out of necessity, it's easy to question the pros and cons of riding, when the car often seems to be an easier option.

Slippery, muddy roads, often with concealed pot holes; gullies filled with sodden and deadly leaves; the strobe effect of blinding low winter sun; spray from other vehicles; the greasy film on visors from the toxic alchemy of brine and salt; the extra winter layers....and finally, the filthy bike after every ride.

Is it worth it?

For me, most definitely, yes.

I really enjoyed the January afternoon jaunt to Fauna Cafe in Westleton. It was a bright day and good to see so many members





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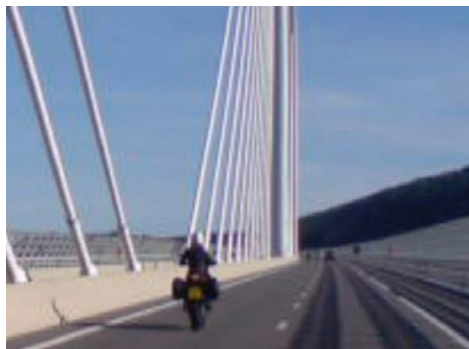
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EDITORIAL MUSINGS

out for the ride. Sure, it was challenging, but a great ride nonetheless, and always a pleasure to catch up with SAM members. What better way to put into practice all those valuable advanced riding skills?

I also had a very enjoyable Master's refresher ride with our Chief Observer, Mike Roberts, which was a reminder that continuous training is essential to keep those advanced skills up, especially at Master's level when it is easy to overlook some of the basics we learn in advanced training.



SAM OBSERVER ADVERTISING

Annual advertising rates:

Full page: £100

Half page: £75

Web site link: £25

Technical specs:

Full page with bleed: 210 x 148mm

Full page type area: 195mm x 128mm

Half page: 88.5mm x 128mm

All advertisements to be supplied as high res pdfs or jpegs.

editor@suffolk-advanced-motorcyclists.com

I highly recommend you take advantage of the continuous training offered by SAM. It really is worth it. Speak to anyone on the committee to find out more.

In last month's issue of the SAM Observer, I did the Q&A, (despite successfully avoiding it for a few years). I mentioned that one of my best rides was crossing the Architect, Norman Foster's, stunning Millau Bridge. This week, I found the photo of me doing just that, on my Kawasaki Versys 650, circa 2009. It was a very proud moment.

The other pic (where I definitely lose the 'Cool Badge'), was taken when riding a seriously less meaty machine than I am used to, in Hoi An, Vietnam. Note the lack of safety gear!

Finally, this month is our AGM. If you like what we do, would like to see the club continue as successfully as it has, and maybe, could offer a hand, why not get involved!

SAM needs you!

Leanda Hoyle-Inch





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NEW MEMBERS, AWARDS AND CERTIFICATES

New Members

Patrick Phelan

Philip Gilbey

Gavin Elmy

Stephen Baldock

Certificates

Natalie Bannister First

Her Observer was Bruce Pearce

Karen Clarke

Her Observer was Ian Bishop

*Top: Natalie Bannister being presented with her certificate by Chief Observer, Mike Roberts, and her Observer, Bruce Pearce
Below: Karen Clarke receiving her certificate from Mike Roberts and Observer, Ian Bishop.*



NORFOLK ADVANCED MOTORCYCLISTS

For information of our activities and
meetings check NAM's website:

n-a-m.co.uk



GROUP NIGHT - JANUARY 21st

There was a very healthy turnout for January Group Night for our guest speaker was Lee Cheung, from the British Cycling National Escort Group, Eastern Sector.

Well over 40 people attended and enjoyed a very informative evening.

Lee gave an interesting talk about National Escort Group (NEG), and their role assisting with the safety of cycling events held on public highways by providing a safe route for competitors, indicating the direction of the race, and complementing static marshals.



Q&A: NATALIE BANNISTER, MEMBER

First bike?

Kawasaki Z650 - learnt on one at Suffolk Rider Training so realised I could ride one rather than the cruiser style bikes I had been considering. Being slightly shorter this was an issue that I had to consider. I had sat on every bike possible and couldn't reach the floor until I sat on a lowered Z650 with a scalloped seat! Went straight to the shop and ordered the exact same bike! Also have a little Honda Dax 125 which belonged to my other half Zak, who unfortunately passed away before he ever got to see me ride! Ironically I can't reach the ground at all on the little Dax!

Best ride?

Riding some of the roads near Spilsby, long flowing corners for miles!

Worst ride?

Riding back from the SAM Saturday jaunt recently in the dark and foggy conditions as I stopped on the way home. Unfamiliar roads, big potholes, grit and water on the roads and blinded by fog lights!

Furthest ride?

Spilsby near Skegness for a camping trip

with friends with the bike loaded with everything in panniers, tent, sleeping bag, cooking etc.

Best bike?

Both of mine, the Z650 as it's the only big bike I've ever ridden and the Dax makes me grin every time I get on it, for various reasons!

Favourite Bike Shop?

Orwell's in Ipswich - they sold me my first bike and have given me a lot of advice on bikes, kit, accessories etc

Favourite Pit Stop?

The Neat House in Dennington. Bruce and I have stopped there a few times, and it serves great food and drinks where you can sit outside in the sunshine and inevitably other bikers turn up!

How long an IAM member?

I joined IAM as an Associate May 2025 and have been a full member since November 2025. I passed with F1rst due to the great help and advice from a great team of people especially Bruce my observer!

Natalie Bannister



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YOU'RE INVITED TO

AN AUDIENCE WITH LOIS PRYCE

Lois Pryce, British author, journalist and a founder/curator of the Adventure Travel Film Festival joins us for a very special group night.

She is the author of *Lois on the Loose*, *Red Tape & White Knuckles* and *Revolutionary Ride*; travel memoirs about her solo motorcycle journeys through the Americas, Africa and Iran.



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CHEF'S CHIEF'S CHALLENGE 2026

We are pleased to announce the SAM Challenge for 2026.

This year we had the bright idea to base the CHALLENGE on the various cafés and watering holes that our erstwhile Treasurer claimed to have frequented as a teenager.

He is forever “banging on” about locations that, upon reflection, were obviously dubious, probably fictitious and definitely disreputable!

Unfortunately, most of the venues he quoted are just a forgotten memory of things that once were – just like HIM!

So instead, we have combined his list with some destinations that SAM have visited AT LEAST ONCE since he joined so very, VERY, many years ago!

Participants can visit as few or as many sites as they like. Each visit gives one entry to the final draw. As always, we require a selfie as proof of your visit. The beauty of

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CHEF'S CHIEF'S CHALLENGE 2026

this year's challenge is that you are virtually guaranteed a cuppa and a bacon sandwich at each destination!

There is a twist, however – Some venues are worth more than others!

So, whilst there are only 21 venues to be visited, there are potentially 30 entries to the draw! These “extra value” sites will be disclosed upon registration.

To initially register for the Challenge and to receive the list of sites to be visited, please email our Chief Observer, Mike Roberts, using the email address:

chef-challenge-2026@mjrproductions.co.uk

All entries should be submitted by email to Mike by 30th September at the absolute latest and the results will be announced at October Group Night. Instructions on how to send multiple photos will be included in the information you receive having registered.

You could win a 1st prize of £100, 2nd prize £75 and 3rd prize £50.

All entrants will receive a commemorative gift to mark the event.

Good luck!





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GROUP 1 NORWICH BMW MOTORRAD INVITATION

You're invited:

Group 1 Norwich BMW Motorrad Welcoming Event!

Group 1 Norwich BMW are excited to welcome you to their first Motorrad event to celebrate the opening of the brand-new Motorrad Site in Norwich!

Join them on Saturday 7 March for a relaxed and friendly morning where you can meet the team, explore the latest models from the Motorrad range and soak up the atmosphere with fellow bike fans.

Location:

Norfolk Food Hall, Dereham Rd, Norwich
NR5 0TT

Date:

Saturday 7 March (morning)

Time:

Please confirm

Whether you're a long time rider or just curious, they'd love to see you there!

RSVP, please email:

NorwichMotorradEnquiry@group1autoco.uk



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SAM THEORY EVENINGS

On the fourth Wednesday of every month, 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 the Advanced Rider Course Logbook.

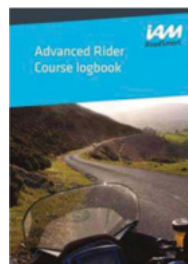
Each session covers one of the four main topic areas:

- Overtaking
- Planning and Positioning
- Cornering
- Gears and Acceleration

Mainly aimed at Associates going through the 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, with the opportunity to discuss any issues you may have on your Advanced Rider Course.

Next theory night: Wednesday 28th February. Subject: Planning & Positioning. 7.30 pm to 10 pm



Mike Roberts

SAM Chief Observer

Remember you can register for this event on the SAM website!

Check out SAM National, and Chief Observer, Mike Roberts' series of useful Youtube videos covering theory and riding skills.

Follow Mike: www.youtube.com/@mikeroberts

MOTORCYCLE DEXTERITY & CONTROL SESSIONS

Do your slow riding techniques need brushing up? Was the last time you did a U-turn when you did your CBT? Slow riding skills are essential for good machine control and SAM's Motorcycle Dexterity and Control sessions are the perfect way to improve.

Next session: March 22nd. Book your free place via the website:

<https://suffolk-advanced-motorcyclists.com/dexterity-control/>



SAM EVENTS: FEBRUARY

FEBRUARY 2026

Sunday February 1st

Breakfast Run 9:30 am - 1:30 pm

Meet at Stowmarket Tesco, Cedars Link Road, IP14 5BE in time for the first group to leave by 09.30am

Route via Ixworth, Stanton, East Harling, Watton and Attleborough

A distance of 50 miles taking around 1 ½ hrs

NOTE: for winter breakfast runs – January to March, times to leave starting point is 09.30am

Wednesday February 4th

Committee Meeting 7.00 pm – 10.00 pm

Kesgrave War Memorial Community Centre, Twelve Acre Approach, Kesgrave, IP5 1JF

Wednesday February 18th

SAM Group Night. Announcements at 19:30 followed by the SAM AGM.

Kesgrave War Memorial Community Centre, Twelve Acre Approach, Kesgrave, IP5 1JF

Bar serving drinks, including soft drinks, etc.

NOTE: The Bar only accepts card payments - no cash.

Saturday February 21st

Saturday Jaunt 1:00 pm - 5:00 pm

Meet at Stowmarket Tesco, Cedars Link Road, IP14 5BE in time for the first group to leave by 12.30 pm

Route via Ixworth, Stanton, East Harling, Watton and Attleborough

A distance of 50 miles taking around 1 ½ hrs

Wednesday February 25th

Theory Evening – Planning & Positioning. 7.30 pm to 10 pm

Kesgrave War Memorial Community Centre, Twelve Acre Approach, Kesgrave, Ipswich IP5 1JF

Come along and learn more about Roadcraft.

Meet in The Board Room.

Please, please, please note that if you do not arrive by the stated time for ride outs, they may leave without you. It is also helpful if you sign up via Eventbrite so that we know numbers for catering and ride leaders.



Follow us on Facebook!

www.facebook.com/suffolkadvancedmotorcyclists

SAM EVENTS: MARCH

MARCH 2026

Sunday March 1st

Breakfast Run 9:30 am - 1:30 pm

Meet at B&M, Copdock, Ipswich in time for the first group to leave by 09.30am

Route via Mendlesham, Occold, Kenton, Monk Soham to Stonham Barns.

A distance of 44 miles taking around 1 ¼ hrs.

Wednesday March 4th

Committee Meeting 7.00 pm – 10.00 pm

Kesgrave War Memorial Community Centre, Twelve Acre Approach, Kesgrave, IP5 1JF

Wednesday March 18th

SAM Group Night. Announcements at 19:30 followed by Lois Pryce. Lois Pryce is a British author, journalist and a founder/curator of the Adventure Travel Film Festival. She is the author of *Lois on the Loose*, *Red Tape & White Knuckles* and *Revolutionary Ride*, travel memoirs about her solo motorcycle journeys through the Americas, Africa and Iran.

This will be advertised to other local groups, so we expect a larger than normal turnout.

Kesgrave War Memorial Community Centre, Twelve Acre Approach, Kesgrave, IP5 1JF

Bar serving drinks, including soft drinks, etc.

NOTE: The Bar only accepts card payments - no cash.

Saturday March 21st

Meet at Mototechniks, Stowmarket in time for the first group to leave by 12.30 pm

Route via Mickfield, Debenham, Sibton and on to Old Hall Cafe Southwold.

A distance of 42 miles taking around 1 ¼ hrs

Saturday March 22nd

Motorcycle Dexterity & Control

Sidegate Primary School, Sidegate Ln, Ipswich IP4 4JD, UK

Motorcycle Dexterity & Control Days give you the opportunity to practice the art of riding a motorcycle slowly, and to learn the techniques that will help you do it.

The event starts at 9.00 AM SHARP usually finishing around 13.00

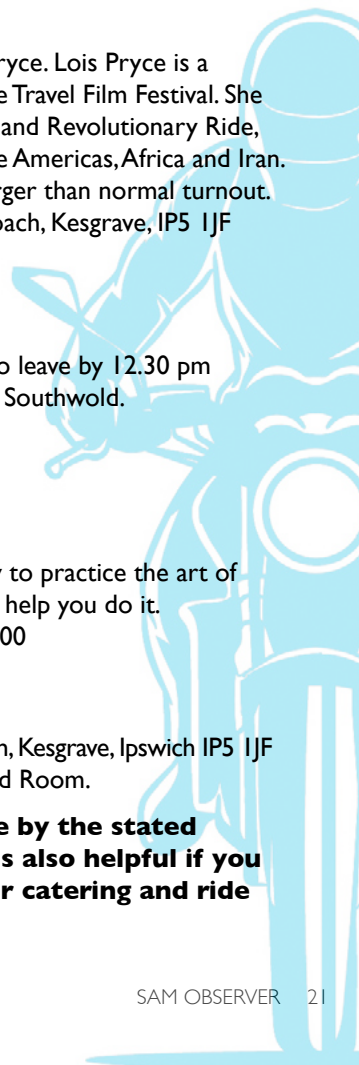
Wednesday March 25th

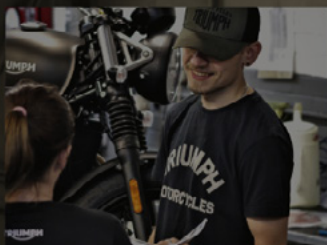
Theory Evening – Gears and Acceleration. 7.30 pm to 10 pm

Kesgrave War Memorial Community Centre, Twelve Acre Approach, Kesgrave, Ipswich IP5 1JF

Come along and learn more about Roadcraft. Meet in The Board Room.

Please, please, please note that if you do not arrive by the stated time for ride outs, they may leave without you. It is also helpful if you sign up via Eventbrite so that we know numbers for catering and ride leaders.





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A LOOK BACK AT SOCIAL RIDES IN JANUARY

Saturday Jaunt to Café Fauna, Westleton – 17th January 2026

Meeting up at ASDA Ipswich on a damp Saturday afternoon, it was a joy to behold to see so many members attending.

The total count was twenty-five who were arranged into four groups and made their way through the busy urban roads of Ipswich. Once out of Ipswich though, the traffic disappeared leaving members to negotiate the muddy roads without too many problems. It was good to get out on two-wheels following the cancellation of the breakfast run earlier in the month due to freezing temperatures.

When nearing Westleton, the scars on the local countryside were clear to see courtesy of the Sizewell C groundworks and in reality, the work has only just begun and is due to last for around ten years.

The Fauna Café was a welcome sight but a little bit daunting for the two staff to see

hungry riders. A slight confusion between total numbers and choices were overcome by the staff's hard work. In future, it would really help the planning process if the Eventbrite system was used by all attendees. In summary, a great start to 2026, may it continue throughout the year.

Phil DeBoise

Ride Leader and Social Ride Co-Ordinator



WHERE ARE WE GOING AND HOW ARE WE GETTING THERE?

Saturday Jaunt, 21st February to Perrywoods, Sudbury

Sudbury Dining– Perrywood

Our second Saturday Jaunt of the year sees us visiting a new venue, Perrywoods Garden Centre, but this time it's the Sudbury branch, with the first group leaving Stowmarket Tescos at 12.30pm. Picking up the A1120 to Stowupland, go under the A14 and take the left onto the B1115 and again go under the A14 turning right onto the Newton Road known as the B1113. Stay on this road going through the village of Old Newton and eventually you'll come into the pretty village of Cotton where you will turn left onto Church Road in Bacton, follow the road when it turns right angles, first to the right and shortly to the left at Wyverstone Street. West Thurlow road continues Westwards until you carry out a left turn then a right onto Westley Way. Stay on this road going through another couple of small villages of Hunston and Stowlangloft. Go through Pakenham and ride on the road until you get to the A143, then it's a left and right at Great Barton. Follow the B1106 until you enter Forham St Genevieve (what a great name) and take the third exit at the roundabout. Keep on this road until you reach Flempton where you will turn right onto the B1104 going through Lackford and finally turning right at Lackford Green. You now have a nice flowing section until you reach the crossroads where you turn left at Coalpit Lane. Stay on this road going through Barrow, Hargrave and then turn left towards Wickhambrook. Keep on going until you see the A143, a quick right then left sees you going through Straddishall until you meet the Clare Road. Turn left and head towards Clare. When in Clare turn left onto a smaller road and follow the twists and turns going through Foxearth and meeting up with the A134. Straight across over the next two roundabouts on the edge of Sudbury. Keep on the A134 and as you head out of Sudbury, Perrywoods can be found on the left. A route of 57 miles taking around 1 hr 30 min.

<https://mappite.org/aJP>

Breakfast run, March 1st to Cafe24 Stonham Barn

Cafe 24 at Stonham Barns - Stonham Barns

A return to a familiar venue, this time for a breakfast run, covering 44 miles taking around 1 hr 15 mins. Don't forget, the first group plans to leave B&M Copdock, Ipswich at 09.30am. Head into Ipswich and take the left turn onto the Hadleigh road until the first roundabout where you will exit on the third turning towards Sproughton. Keep on going, past the Suffolk Water Park on your left and follow the road until it goes under the A14 and head towards Claydon shadowing the A14. At The A140 junction go towards Needham Market but turn right for Creting Hills. Keep on this minor road under the A14 again where

SOCIAL RIDES: FEBRUARY and MARCH

Mendlesham won't be too far away, then it's a nice winding road turning left onto the A140 for a short section before turning right on the B1117. This will take you to Eye, but just before turn right onto the B1077 staying on this road through Occold, Kenton, Monk Soham and turning right onto the A1120. The A1120 straightens out as you head West, so keep going until you see Stonham Barns on the left-hand side where you will find Cafe24 waiting to take your order. Enjoy.

<https://mappite.org/aQl>

Saturday Jaunt, 21st March, to Old Hall Cafe, Southwold

[Café With Walks Southwold Suffolk](#) | [Old Hall Southwold](#) | [Southwold](#)

Don't forget to turn up early at Mototechniks before the first group leaves at 12.30pm. It gives you a chance to see those brand-new motorcycles to tempt you and to say hello to the team in Mototechniks. Old Hall Café is a new venue for SAM but I'm sure if you have children, dogs or grandchildren you will have already visited the venue (especially in summer when the Maize Maze is open- you will get lost by the way). This jaunt is just over 42 miles and should take approx. 1hr 15min.

Leaving Mototechniks head to the garage first and go around joining Tot Hill towards Haughley, then turn right and right again onto Station Road, then over the level crossing and across the Finningham crossroads. Stay on this road as it goes one way then another giving you some good Suffolk County views, but don't relax too much or you'll miss the left turn towards Middlewood Green. Remember to stop at the A140 crossroads then go straight over passing through Mickfield and onto Debenham. Take a right onto the B1077 and take the left turn as it joins the A1120. Now it's a case of staying on the A1120 all the way until you get to Sibton where you will turn left on the Heveningham Long Lane (be prepared for some undulations) and turn right when it meets the B1117. Now follow this road all the way towards Halesworth where you will pick up the Southwold Road (B1123). As you get to the A145 junction, it's a right, left (A12) then right onto the A1095 where you will stay on this road until you can see the Old Hall Café establishment on the right opposite the Brewery.

<https://mappite.org/aQm>

Enjoy the rides,

Phil DeBoise

Ride Leader and Social Ride Co-Ordinator

MEMBER INFORMATION

Contacts

Committee and Observers contact details.

<https://suffolk-advanced-motorcyclists.com/contact-us/>

Calendar

Online calendar with relevant links which can also be linked to your smartphone.

Contact: Les Smith

<https://suffolk-advanced-motorcyclists.com/sam-calendar/>

Observer Associate Charter

What is expected of the Observer and Associate while preparing for the IAM motorcycle test.

Contact: Mike Roberts, Chief Observer.

<https://suffolk-advanced-motorcyclists.com/wp-content/uploads/2023/01/Observer-Associate-Charter-New-2022.pdf>

Caring SAM

Our customer service and complaints.

Contact: Brian Ellis: 07740 564097

Group Social Ride Charter

Group Social Ride Charter which should be read by anyone wanting to come on a social ride. Its link is:

<https://suffolk-advanced-motorcyclists.com/wp-content/uploads/2022/10/SAM-Members-Group-Social-Rides-Charter.pdf>

Discount Scheme

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

<https://suffolk-advanced-motorcyclists.com/disc>

Shop

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

Contact: Mike Roberts

<https://suffolk-advanced-motorcyclists.com/sam-shops/>

RIDE LEADERS

Ride Leaders

Ken Beckinsale

Chris Bond

Graham Clements

Jeremy Duszynski

Brian Ellis

Vini Evans

Steve Hart

Leanda Hoyland-Linch

Bruce Pearce

Trevor Read

Robert Rhodes

Mike Roberts

Les Smith

Andrew Sparrow

Colin Will

David Wood

Member's Social Ride Coordinator and Route Planner: Phil DeBoise

phil.deboise@btinternet.com

Mobile: 07720 664 326



YOUR SAM COMMITTEE

Officers

Chairman	Trevor Read	07525 724002
Vice Chairman	Tony Chyc	07778 343685
Secretary	Bruce Pearce	07715 471948
Treasurer	Bryan Duncan	07879 654122

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Membership Secretary	Dave Franklin	07801 688639
Caring SAM	Brian Ellis	07740 564097
Charity Co-ordinator	Brian Ellis	07740 564097
Members Social Ride Coordinator	Phil DeBoise	07720 664326
Associate Co-ordinator	Robert Rhodes	07950 772034
Continuous Training Coordinator	Geoff Scott	07983 939998
Events Organiser	Ian Bishop	07775 920661
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		Christiaan Taylor	07932 020779

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Tony Chyc	07778 343685
Terry Fellowes	07870 764187
Claire Harris	07771 894814
Phil Ireland	07710 609263
Paul Jewby	07932 530946
Steve Laws	07595 218734
Ian Leedham	07747 792992
Jon Marriot	07973 121725
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John Rudland	07740 874300

IAM Examiners

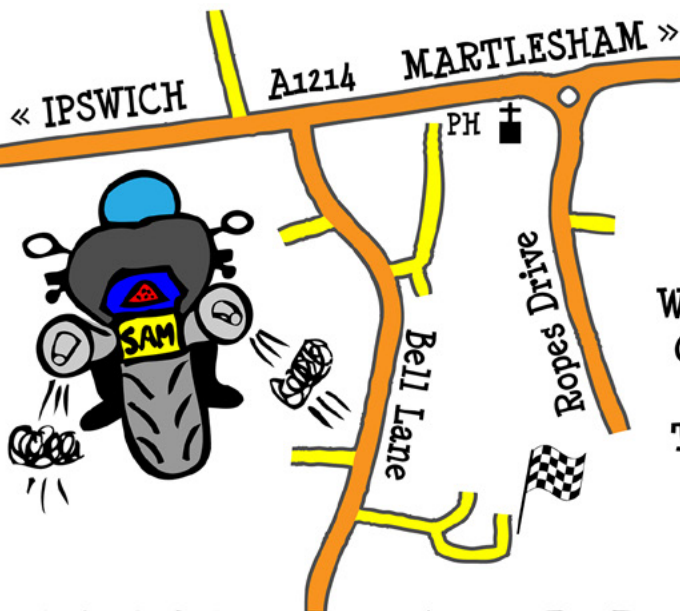
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No calls after 21:00 please.

Disclaimer

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WHERE WE MEET



Kesgrave
War Memorial
Community
Centre
Twelve Acre
Approach
IP5 1JF
(not to scale)



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