



WHAM! NEWS

December 2009

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Introduction

Welcome to the December 2009 edition of WHAM!NEWS.

This, regrettably, will be that last Newsletter I will be creating as John Hodges is taking over as Editor from this issue on. Work and other commitments mean that I no longer have the time to create a regular newsletter. Judging by John's contributions to the newsletter over the last couple of years, I think he will do an excellent job and it will be good for the membership to get more regular communication.

I've enjoyed my time as Editor, its been very satisfying to have a hand in the development of a club that has gone from nothing to a thriving organisation in just 3 years. I'll still be around on the committee and hope to help out whenever I can.

Our success speaks for itself again this issue as you can see from the latest list of Advanced Passes. We thought we did well in 2008 with a total of 13 passes, on the last count our 2009 total is 33! That is a fantastic achievement so congratulations to all involved, well done to all and let's see if we can keep it up for 2010.

Tony.

AGM & Membership renewals

Just a reminder that WHAM's Annual General Meeting will be held at the Falcon Hotel on Wednesday January 27th 2010 at 8pm. The agenda and nomination forms can be found on pages 10-12.

Also, it's that time of the year again when we need your membership subscriptions. A renewal form is included on page 13, please print it out and send to Andy Peckston along with your cheque (address is on the form) or hand it o a committe member before the AGM if possible.



Successes

Seven Advanced test passes since the last newsletter. Well done to all, Associates & Observers.

Advanced Test passes:

Paul Chapman - Observer: Ant Clerici
Derwen Hinds - Observer: Derek McMullan
Paul Bince - Observer: Derek McMullan
Ian Grimsley - Observer: John Nixon
David Thursfield - Observer: Paul Whitcome / Eric Reynolds
Richard Booth - Observer: Richard Smith
Stephen Harris - Observer: Guy Jenkins



Paul Bince



Paul Chapman

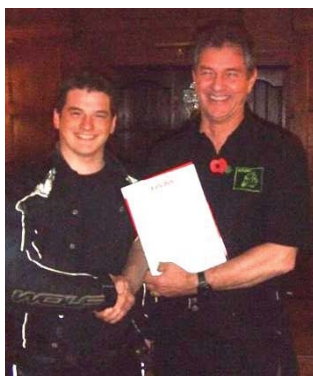


Derwen Hinds



Ian Grimsley

WHAM! Certificate presentations...



Matt Cooper & John Hodges



Adrian Wynne & Tim Hutt



Richard Booth & Derek McMullan



Simon King & John Hodges



Brian Morgan & John Hodges



Lynton Jaynes & Tony Davis



John Round & John Hodges



Nicholas Powell & Tim Hutt



Paul Chapman & Ant Clerici



Ian Grimsley & John Nixon



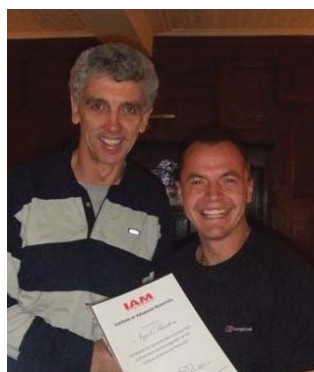
Andrew Wibmer & John Hodges



Andy Heighton & John Hodges



Dudley Flower & James Dickson



Nigel Stinton & Richard Smith



David Thursfield & Eric Reynolds



Adam Roy & Eric Reynolds

Chairman's Note

Does anyone remember what their Motorcycle looks like?

I've checked the garage and the bike is still there. I cleaned the salt off the GS some weeks ago - I know it was after the NEC show, because

I ordered the Touratech hand-guards there. The hand-guards have since arrived; and now, so too has the Torx 55 socket I discovered I'd need to fit the hand-guards. Hell, I've even fitted the hand-guards now, but I still haven't been out on the GS! With all this talk of Global Warming I did hope to be able to ride in the winter – but no chance this year. As always discretion is the better part; far better to be sitting at home wishing you could ride rather than to be out on (or off!) the bike desperately wishing you had stayed at home.

I've just sorted out the Vista tour for the summer, you'll see more about that on the web-site (and on page 5 ..Ed). The owner of the hotel we're staying at is a GS owner, and he has snow-chains for it! Clearly he is a committed biker – or perhaps he should be committed (sectioned)? If you'd like to join in the tour register your interest with me early as rooms are restricted by the fact that we are staying in a small hotel.

Keep this Newsletter - it will become a collectors item as it's the last one which Tony Davis will produce. You may know Tony has produced the Newsletter since WHAM started. Tony's editorial contribution has always been interesting and humorous and the Newsletter eagerly anticipated by the membership – he even won the national award for "best Newsletter" in 2007. Like a lot of people Tony's work commitments are increasing in these recession driven times so with considerable regret he has had to relinquish the role of Editor. My personal thanks to Tony for his contribution to the formation of WHAM, we look forward to the comeback when you have more time (i.e. you have retired!).

Derek



Coventry & Warwick group invitation

Please see the invite below from CWAM regarding their Club Night talk on the 20th of January 2010. All WHAM members are invited to attend.

If possible, please let Simon know by email if you are planning to go.

The Coventry & Warwick Advanced Motorcyclists would like to invite all Region 3 groups to our Club Night on Weds January 20th 2010.

The guest speaker is Andy Ibbot of the California Superbike School.

“The California Superbike Schools are dedicated to discovering, improving and refining the art of cornering.

Corners are the challenge when you are riding a motorcycle.

Corners are why we ride, corners are fun, corners are exciting, corners are where time is won and lost”.

We meet at the Jaguar Sports and Social Club, Browns Lane Coventry CV9 5DR.

Doors are open at 7.30pm and the night starts at 8pm prompt. For location details please see our web-site:

www.cwam.org.uk/CWAMPages/locations.htm#Jaguar and view the map below.

Regards

Simon Daffern
CWAM Committee Member
cwamsimon@hotmail.com

Vista! 2010



Not another annoying Operating System from Microsoft - but WHAM's summer tour. This year we will be going to the Ardennes. We will be staying in Belgium, very close to the Luxembourg border. Accommodation is limited so if you think you may be interested contact Derek McMullan ASAP - d.mcmullan@tiscali.co.uk

Details:

Summer Tour: Hotel Grandru, Chaumont, Belgium.
Saturday 12th June – Saturday 19th June 2010

The Ardennes region covers the South Eastern corner of Belgium, the West of Luxembourg and a bit of North East France – see below. Germany and the North end of the Eifel are just 40 miles away - but it is the Ardennes which we are going to explore!

The hotel is in the Belgian Ardennes and only 4 miles from the Luxembourg border; it is small having only 9 en-suite rooms but has all the facilities we will need: rooms, a bar, our meals and even includes garaging for the bikes. The owner has a GS - with snow-chains - so I think he must be slightly deranged!

See more about the hotel here: <http://www.grandru.be/en/index.asp> If you think it looks like a barn - it was! Double room rates are €320 per person for the seven nights. The single rooms €425 again for seven nights. These rates are half-board (Bed, Breakfast and an evening meal).

The Ardennes is closer than recent trips we have made so it is possible to do the transfer in a day – albeit a long one. Anyone wanting to break the journey I'd suggest going late Friday and stay overnight close to the Chunnel. No route timings or Chunnel departure at present - lets get a feel of who is interested and how they want to attack it.

Derek

New look website



James Dickson has taken over responsibility for our website. I think you will all agree that the updated layout looks good and presents a modern “front door” to prospective members and some good information for existing members. Remember that the website is your resource for up to date information on WHAM! events and ride-outs etc. We are always looking to make the website more effective and need your feedback, if you have any comments please let a committee member know and they will pass them on to James.

The IAM at the NEC



Once again the IAM was well represented at the NEC Show in November. A few members from WHAM helped out on the stand including myself (you can just see my ugly mug in the photo above).

There was certainly a lot of interest in the stand and quite a few new members were signed up during the week (exact numbers not known). What seemed to generate most of the interest was a video of John Lickley riding the mountain section on the Isle of Man. this was a great crowd puller and did a lot to improve the “Belstaff and BMW” image of the IAM.

If you get the opportunity to help out at next year's show I would recommend it, it's a great way to meet lots of people with interests in common. I also saw it as an opportunity to ride the bike somewhere, but was surprised to find I was the only member of Stand Staff on a bike!

Tony.

WHAM! Off road course.



WHAM! Are planning an off road course later this year. Look out for details on the WHAM website or later newsletters. In the meantime, one of our Members, Tim Andrews attended the Yamaha off Road School in Wales recently, here's a short write up of his experiences to whet your appetite:-

Luckily the sun was shining after the 3 hour early morning drive from Cheltenham to a remote farmhouse on the edge of Halfen Forest near Llanidloes, Powys. Dodging the cows I found my way to one of the barns where a "Yamaha Offroad Experience" rep eagerly relieved me of 180 quid. I was then furnished with all the body armour and warm gear I could require. At 10am we got the safety briefing and were shown the bikes we could 'choose' from. However I noticed the quickest and shiniest ones (WR450Fs) had already been claimed by 'returning riders'. I managed to steer clear of the dodgy looking 230s and bag a newish WR250F (which was more than enough for a beginner). Bike swapping during the day was encouraged.

After some familiarisation around the farmyard we headed up a hill and across some fields to get to the edge of the forest. I was wondering why it seemed familiar until I realised it was actually one of the World Rally GB stages. We rode around some of the rally track taking detours through woods or across bumpy heathland. Being a mountain biker I was amazed at the amount of grip these bikes had - point them at a seemingly impossible

hill of loose shale and just effortlessly power up it. Make no mistake this kind of riding is not a walk in the park - it is hard physical work, especially on the arms as a lot of the time you're wrestling the bike over bumps and turns whilst standing up. The 'waste ground' section was up next where we were taught to forget all we knew about road riding. We practised sitting and standing positions and leaning off the bike opposite to the corner. It's worth saying no one is forced to do anything they don't want to do - there is always another route.

For lunch we headed back for some home-made sandwiches at the farm before going back out again in separate groups based on ability. One chap had never been on any bike before through to a guy on his ninth return trip. The afternoon involved stopping at various points around the rally circuit and doing laps of some short wooded and open sections. It was up to you how many laps you did. Quite a few including a strapping 30 year old like me were feeling the physical strain after the morning's activities so sat a few of them out. Somehow I managed not to fall off during the day, maybe I wasn't trying hard enough - a few people did but the only thing they really bruised was their ego I think.

The day ended about 16:30 with optional hot showers and a couple of crazies got on their bikes back to Yorkshire - I was very thankful to have brought the car! All in all a very enjoyable day which was well organised with friendly staff, decent bikes and a great location. Maybe I'll go back in Spring after I've hit the gym...

<http://www.yamaha-offroad-experience.co.uk/>

Tim Andrews



MY BODY IS A TEMPLE (BUT SOMEONE FORGOT TO TELL IT!!)

John Hodges' take on our recent Natter Night visit from Dion Trigg ...

What a great night. To be honest, I really wasn't expecting too much from the Natter Night with Dion Trigg, a "Personal Trainer" who was going to come and tell us about "turning on the ignition key to our core". Here we are, a bunch of bikers being asked to turn up with an "exercise mat" and "maybe a towel". Firstly, I do not have an exercise mat and secondly the only sweating I now do is when I'm in a hot bath.

Dion is a very fit and agile man. He has broad shoulders, very impressive arm muscles, a flat (and I suspect very firm stomach) and a fluidity of movement that reflects an extremely well balanced and supply body. He must have been impressed as he looked around the room at the saggy, soggy, stiff and not too imposing display of manly bodies before him. (Indeed the few ladies amongst us did appear in much better overall condition.) Obviously, we don't all need to reach Dion's level – which luckily is clearly demonstrated by John Nixon, one of Dion's regular customers. However, you should have seen John before Dion got hold of him!

There was a good turnout for the evening and I'd be surprised if there was anyone there who didn't genuinely benefit from what Dion told and showed us. Dion explained things extremely well but at the same time kept everything very simple – which is just as well taking the standard of the audience into account. It is far beyond this article to try and explain the intricacies of what Dion put across but he did give us some very useful exercises for the neck and shoulders so that the old excuse that you cannot do "blind spot checks" because your head wont turn will not be valid in the future. Sarah Juniper gave an excellent demonstration of someone who has a stiff neck primarily because of the nature of their work and Dion showed her how to ease off this stiffness and bring back some head movement.



All sorts of "bikers" aches and pains were discussed ranging from sore arm muscles and tennis elbow to aching lower limbs. We were also treated to the delight of Eric Reynolds getting his leg up on a table, Steve Edwards demonstrating the classic calf stretch exercise and thinking it was his hamstring, and perhaps most impressively, a slimmer but suffering from sciatica Tony Davis lying on the floor with his hands between his thighs trying to pull up his knees whilst keeping his feet together and then rolling and getting his knees across so that his hips rotated and he stretched his various muscles. (Or something like that!!)

I was sitting next to Derek, our Chairman, who proved to be quite advanced at a number of these exercises; I was particularly impressed at his ability, with arm outstretched, to turn his elbow whilst his hand remains static. No tennis elbow for Derek I guess! The rotating of the hips is another especially interesting movement and is apparently essential for identifying "your core" – but I'm advised it is pretty useful on other occasions as well!

There is no doubt that the exercises we were shown will help us all to be better bikers; more flexible, more relaxed, more in control, and helping our bodies and muscles to develop in such a way that they don't cause pain when we ride. None of the exercises demand great physical strength or effort, but they do require regularity and repetition. For those of you who are familiar with "Pilates" – you'll know what I mean.

It was a most informative and enjoyable night – so many thanks to Dion and to John Nixon for introducing him to us.

John



Dion helps biker stuck in a Hayabusa riding position..



Ooops..

Back again with some sage advice from our Chairman...

Sidestand Warning..

Having just returned from holiday I took out the “knife-seat” for our Sunday ride on the basis I wouldn’t let me out on anything else.

A brisk and uneventful ride led us to the Café at Hailes Abbey where we were somewhat disappointed to find that there were no bacon butties as they were “preparing for lunch”. Ian Barnard noticed that, for the staff, preparing for lunch included sitting down for a coffee and cake whilst their customers pined after a real breakfast!

After a rather spartan cup of black coffee we toggled up to go our separate ways. I had parked at the top of the car parking area and wheeled the X-Moto round to face downhill. I started the bike – it did start – and moved a couple of feet forward when the motor stopped. I hit the starter again but no dice so being at the top of a hill I thought “I can bump-start it” and continued the roll. In my mirrors I caught some frantic movement and at the same time heard someone shouting; so what was it?

At the top of the hill I thought I’d kicked up the sidestand. I’d moved it enough to start the motor but it re-extended and stopped the motor; but by this time I was moving and not intending to stop. Thanks to those aware enough to give me the warning I didn’t find out the hard way. With the main part of the car park on my left I could so easily just have turned that way when it finally dawned on me the motor was not going to re-start – that would not have been good for my ego!

Derek

Roadworks – just when you thought it was safe!

Early one chilly November morning I set off with my Associate, Derwen, to do a pre-test run. We used a regular route of mine but just to underline that we have to ride the road we see there were a group of road workers setting up to do some repairs on a hill section. They had the traffic lights out and were in the process of putting out the traffic cones to mark out the contra-flow area.

We waited at the lights, a good bit of practise as it would require an uphill start when we were allowed to go. Up ahead a maintenance truck was slowly running up the contra-flow whilst the guys on the back dropped cones off the side into the middle of the road. The truck

got to the end of the section and all the cones were deployed. As well as the cones the flatbed was carrying the tarmac to resurface and so the driver intended to stay in the work area. They must have been starting at the bottom of the section as the truck started to slowly roll back – no panic, the brake lights were on and it was clearly “under control”. The traffic lights changed and Derwen started with a well controlled hill-start in the wet – good! Derwen passed the maintenance truck; just as I came towards the cab the driver made a mid-course correction and the off-side front wheel ran over a cone. When I was “in-range” the cone skittered out from under the wheel like some malformed tiddlywink intent on diving under the front wheel!

We were on quite a steep hill so the rear tyre was already working hard to accelerate me up the greasy wet hill. I couldn’t stop in time and I didn’t think whacking more power on was a safe bet either so I went right to the offside and put the front wheel beyond it’s reach; then I lashed out with my left foot hoping to divert the cone before it shot under the back wheel! Fortunately I did just enough to divert it down the nearside, phew! ... now, lets see how Derwen does on this run.

BMW - GS Bling!

Ian Barnard has been busy over the last few weeks. He bought a new GS and decided he didn’t much like the colour again. Here are the before & after pics, I think it looks alot better now!



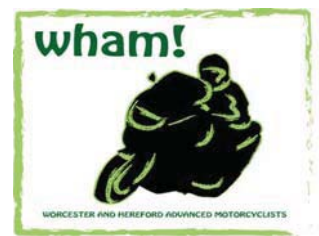
For Sale



2005 Honda Fireblade track bike converted from road bike (DVLA Documentation and on SORN)

- K Tec forks / Ohlins rear
- 320 brakes /carbon pads
- Different rear sprocket
- Track silencer
- Latest D211 Dunlops
- Gilles rear sets
- Track body work
- Crash bungs
- Recent oil/filter
- Goodridge hoses
- Dynajet kit mapped by professional BSB team
- 152bhp at rear wheel (on standard fuel)
- Spare wheels with dunlop intermediate tyres
- Harris fairing bracket

**This is a very smart tidy bike and set up to be a friendly ride. Never Dropped.
Details ring Dennis Osbourne on 07831 341217.
Price: £4000**



**NOTICE OF ANNUAL GENERAL MEETING FOR
WORCESTER AND HEREFORD ADVANCED MOTORCYCLISTS**
Wednesday 27th January 2010

The Group AGM will be held at the Falcon Hotel, Bromyard, on Wednesday 27th January 2010, the AGM will start at 8.00 p.m. Prompt.

The purpose of the AGM is to review the events and finances of the past year, and to elect the new committee for the forthcoming year. All full members and associates are invited to attend but only paid-up full members of the Institute and the Group may vote. (Those who have passed their Advanced Test)

Committee Changes

The current officers – Chairman, Secretary and Treasurer must stand down but can offer themselves for re-election. The current intentions of the Committee are given below.

Officers

Chairman:	Derek McMullan	Standing down/seeking re-election
Vice Chair:	Brian Morgan	Seeking Election
Secretary:	Barbara Dalloway	Standing down/seeking re-election
Treasurer	Eric Reynolds	Standing down/seeking re-election

Committee Members

Events Organiser	John Hodges	Standing Down
Events Assistant	Steve Edwards	Standing Down
Membership	Andy Peckston	Continuing
Newsletter Editor	Tony Davis	Standing Down
Publicity	Vacant	
Ride Coordinator	Allan Wright	Continuing
Chief Observer	Tim Hutt	Committee Appointment
Blue Group SO/Webmaster	James Dickson	Seeking Election
Red Group SO	Guy Jenkins	Seeking Election

Current Known Intentions

Brian Morgan will be seeking election as Vice Chairman

Barbara Dalloway has been co-opted by the Committee to be Secretary and will be seeking election in this post.

Steve Edwards will be seeking election as Events Organiser

John Hodges will be seeking election as Events Assistant and Newsletter Editor

Tony Davis will be seeking election as Assistant Newsletter Editor

James Dickson will be seeking election as Blue Group Senior Observer and Website Master.

Guy Jenkins will be seeking election as Red Group Senior Observer.

Derek McMullan will only stand as Chairman for one more year, 2010, due to commitments within the IAM Nationally.





Any WHAM full member wishing to put themselves forward for any of the officer posts or the vacant committee posts should complete the attached nomination form.

Voting will take place to fill the three officer posts and vacant Committee positions at the AGM.

In the event of 2 or more nominations for a post, a secret ballot will take place on the evening.

Nomination forms are attached to this notice.

Please remember, only fully paid up members of the Institute and the Group may nominate or be nominated.

Please return nomination forms to any of the Officers/ Committee Members as soon as possible or hand them in to the Secretary at the start of the Annual General Meeting.

All members are invited and indeed, encouraged to attend the A.G.M., not only to participate in voting in your committee, but also to volunteer your ideas, express your views, and discuss where/how you would like the Group to progress. No one will be pressured into taking on a role they do not want.





Nomination Form

for the election of Worcester and Hereford Advanced Motorcyclists
2010 Committee Officers and Members

**TO BE HANDED TO ANY OFFICER/COMMITTEE MEMBER OF
WORCESTER & HEREFORD ADVANCED MOTORCYCLISTS
PRIOR TO THE AGM
OR TO THE SECRETARY ON THE EVENING OF THE AGM ON
27th JANUARY 2010**

I(name in block capitals)
wish to stand for election in the position of:

.....

Signature..... Date.....

Proposed by: (Name in Capitals)

Signature..... Date.....

Seconded by: (Name in Capitals)

Signature..... Date.....

Nomination Accepted by.....

In the event of 2 or more nominations, I agree to a vote by ballot on the night and will abide by the majority decision.

Please note: You may not stand for the committee if the law debars you from being a charity trustee.

If you want to volunteer for the committee but do not know someone who can nominate you or second your nomination, please contact the Secretary Barb Dalloway on 07947 442468 or E-mail: whamsec@hotmail.co.uk





WHAM Membership Renewal Form 2010

(Renewals due before 27th January 2010)

To renew your WHAM membership, please fill in the renewal form and give it, with the Group Membership fee of £15.00 if applicable, to a Committee Member or return it to me, at the address shown below before 28th January 2010. We need this form completed to ensure our records are up to date. Renewals will be accepted at the AGM.

No membership fee can be accepted without a completed form.

If anyone has any questions regarding their membership please contact me on:-
01905 723531 or andrew.peckston@cspic.com

IAM No:IAM Membership Expiry Date:.....

(You must be a member of the IAM to be a member of WHAM)

Personal details

Title: ___ Initials : _____ First Name: _____
Last Name _____ D.O.B _____

PLEASE ADVISE IF THERE HAVE BEEN ANY CHANGES TO YOUR CONTACT DETAILS. **IF
NO CHANGES, PLEASE LEAVE CONTACT DETAILS BLANK.**

CONTACT DETAILS:

Address:

_____ *Postcode:

Home Phone or preferred contact telephone number: _____

Email: _____

STATUS

Membership status: **Full / Associate**

Observer status: **Observer / Group Qualified / Senior**

Please give completed form and membership fee to any Committee Member or return to:

Andy Peckston, 26 Snowberry Avenue, Worcester, WR4 0JA

DATA PROTECTION ACT: As a member of WHAM, the personal information given on this form will be held in confidence on a computer file for membership records and newsletter distribution purposes only. If you wish to see your own details please contact the Membership Secretary.

Membership Fees - £ 15.00. Cheques payable to WHAM.

**Membership renewals will be accepted at the AGM on 27th January 2010
which then entitles full members to vote.**





Your WHAM! Committee



Chairman & Webmaster:

Derek McMullan..
Bikes: BMW 800GS
BMW650 X Moto

email: d.mcmullan@tiscali.co.uk



Treasurer & Senior Observer:

Eric Reynolds.. Bike
Suzuki Bandit 1200GT

email: ericbike@hotmail.com



Events & Senior Observer:

John Hodges Bike:
Honda STX1300 Pan
European

email: whamsec@tiscali.co.uk



Ride Coordinator:

Alan Wright.. Bike..
Suzuki SVR1000

email: iamretired@talktalk.net



Newsletter Editor:

Tony Davis.. Bikes:
Honda CB1300S
Yamaha Fazer 600

email: tonyzzr@hotmail.com



Group Secretary:

Barbara Dalloway
Bike - Suzuki SV650

email: whamsec@hotmail.co.uk



Chief Observer:

Tim Hutt. Bike -
Honda CB1300S

email: whamchiefobserver@hotmail.com



Contacts & Membership Secretary:

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Suzuki GSX1000R

email: Andrew.peckston@cspc.com



Asst. Events coordinator

Steve Edwards. Bike:
Triumph Tiger 1050.

email: sales@dampproofingman.co.uk



Senior Observer - Blue group

James Dickson. Bike:
BMW K1300GT

email: j.a.r.dickson@gmail.com



Senior Observer - Red group

Guy Jenkins. Bike:
Honda Blackbird

email: guy.jenkins1@btopenworld.com

