



THE BUSH NEWS



LEOMINSTER CLASSIC MOTOR CYCLE CLUB
NEWSLETTER

Website: www.lcmcc.uk Email: lcmcc@ymail.com

JULY 2015



Bob and Frank's Run

The photo above was taken on the 7th June club run by a club member who had the forethought to jump off ahead of the pack and get this lovely picture. In my humble opinion this sums up the best our club has to offer. The organisers made great efforts to plan this run for the pleasure of us the members, so the sun shone and it was dry which always helps but planning is the key to success and despite your editor making a cock up on the fuel planning front and getting lost to boot, we were guided into lunch by Bob.

We didn't make the afternoon as we had some repairs to make to the Guzzi before the Germany trip, but comments made to me were how wicked the views from the Long Mynnd were. Well done boys and girls, 24 bikes started the day, nice pace set by the front which allowed us to view the scenery, 160 miles seems to be the mileage tally of most. More photos below



Editor's notes - editor.lcmcc@yahoo.co.uk

Please don't forget it is the club's open night on the 1st July at the Bush Inn, helpers would be good please, if you can make it early great, from 16.00 onwards, but before 18.30 to help get parked. If you are bringing items for the sale table remember the label, which must include contact details and price, no label no sale!

A little in advance but we need to get people to think about organising the winter meets, this is only needs to be one event, or more if you wish, not as hard as putting on a run, just a good place for a noggin and natter on a Sunday lunch time, you would need to visit the venue and test it out (that's not a hardship) speak to the landlord and agree then post it to Dave Peake or via the new web site.

This month sees a club run to Germany, to the Mosel valley, near the famous Nurburgring, this is a week-long adventure starting on Sunday 14th June. We are all booked up and raring to go, 8 off us on 5 bikes, so by the time you read this we should have tasted the Riesling Reserve and the Bitburger beer. Full report next month. The panic over the poor running Motoguzzi now makes sense to those confused above, as it starts to fluster at low revs 7 days before the off!! throttle position sensor needed a tweak. So if anybody else fancies being a bit adventurous get the maps out and start planning, Manx classic anybody??

I have an idea to run a slow riding competition this year; I am a great advocate of slow riding skills being key to a good rider, it is also fun and something you can practise almost anywhere

So you can get practising the format will be as follows.

1. Ride the plank – slowest time from end to end wins
2. Slalom through the cones – slowest time wins
3. Lock to lock figure of 8 – least number of complete 8's in 2 mins
4. Full lock circle – least number in 2 mins
5. Feet up non moving balance – longest time

This is meant as a bit of fun but I will sort out some prizes, and the overall winner will be held in high esteem. I will set up a handicap system to allow a level playing field, so don't worry if your skills need a sharpen you still have a chance of glory. I plan to run it at Arrow Plant's yard in Kington, date to be confirmed.

At the end of the news letter is an explanation of the drop-off system we use on club runs, for those new and existing members please take a moment to review and digest this system, when stuck to it works very well and has done us proud for many years, considering we have over 20 bikes on a sunny Sunday run this is a triumph

Web Site

The new site has now been live for a month or so now and has received positive responses, it will be refined and bits added as needed, the for sale section has just been added as well as the ability to book runs on line as well. And you thought we just drunk beer and ate pork scratchings at committee meetings. To find it just type LCMCC.UK into your search box (Google to you and me) you should all have received the password for the restricted parts, if not let us know and we will tell you.

Biker Down

Some of our members recently attended a "Biker Down" first on scene course at Llandod fire station. The course covers what to do in the event you are first on scene of a Biker accident, it covers first aid, helmet removal and loads of other very useful information, and includes a free first aid kit. We have been offered the chance to run a course for the members, we would need to get 20 people at a cost of a donation, suggested amount £20. If you are interested please let us know, it wont happen if you don't tell us. You can also show interest via the web site.

President's Platform

Do you ever have a thought! What am I doing here? I did a few weeks ago – I found myself cruising and moving down the M42 around Birmingham on my Royal Enfield Bullet (1957). I was told it was going to be very cold that day, so full winter gear, long johns, very heavy top coat, full boots, gloves etc and I'm behind a full fairing. Then some plonker turned the heater on the sun came out and the temp rose by 12 degrees. So I turned off the motorway to find some leafy country roads and stripped off, that's better. Plodding along on an old British single on country roads, so much better...(couldnt agree more – Ed)

Another day another machine, we got the Bonnie out and went to the Trumpet Pub at Ledbury. Meeting of the Hinckley Triumph owners club, it was a good gathering with nice machinery. We also met Sue and Bob Moore on their bikes. Mark came along on his Triumph Bonnie, he was telling me about a run he did a week earlier (Bigfoot's Clywedog) He said a chap came along on an old bike, I asked what it was : Mark described the bike to me, it had no petrol tank, a couple of cylinders down the front of the frame and somebody said it was a two stroke, "never seen anything like it" he commented. Between us we decided it would have to be a Scott (sorry Jon Hodges I think it was yours). So had some lunch at the Trumpet , by then Terry turned up. Good effort by the newly formed Hinckley owners club but I think they need to look at the drop-off system for their ride outs. Good day for Chris and I, off home on the Bonnie.

Must go I have to get to get the outfit ready for club night (Ariel Huntsmaster 1958 & Charnwood Meteor)
Ron Moore

Chris's Comments

Don't forget our open night 1st July and bring friends if you have any – It starts at 7.00pm and the car park fills up quickly (no cars allowed on the Bush car park this evening) and don't go filling up on food before you come the pig roast is delicious and always popular.

There will be a table to sell any unwanted bits especially motorcycle related items, make sure you label it to say whose it is and how much you would like for the item, otherwise it will go to club funds or charity. As I write it feels like autumn but we're assured summer is just around the corner.

Dave and Pauline and their merry gang are off to Germany soon, can't wait to hear how that goes; no doubt we will get photos next month. See you all around and hope you're all well. Any motorcycling experiences – We'd love to hear them, whether we've met you or not. By now Sue Moore will be the proud owner of a Triumph as she sat on as many as she could at the Hinckley Triumph meet, very grateful to Terry for letting us all know what's on via email or whatever.

Chris Moore

Chairman Bigfoot's Ramblings

What has happened to our spring after a lovely sunny April, May seems to have gone belly up, we were so lucky with Withington show, let's hope its going to get better. The next big event is the open night; we need the weather Gods to be on our side again so we can beat last year's 178 bikes on site. If you can help out in any way, please let us know.

Our third big event this year is a visit to Lluest horse and pony rescue in September, another big turn out please.

I would just like to say a big thanks to all of you who came on my 1st Classic run, it was good to see birthday boy Richard Trip who has given himself a nice prezzie a K75 the bike of his youth, also it was good to see Jon Hodges on his 1927 Scott which he has owned since Adam was a boy, were was my Ariel I hear you say, it was in the naughty corner with a poorly petrol tap, not just a leak more like a gush, after a pleasant hour draining the tank we now have a new tap so we are back on the road.

Ride safe – **Bigfoot**

LCMCC Animal Charity Run 2015

This year we are going to Lluest horse and Pony Trust near Llangadog, they take in horse and ponies that have been abandoned or ill treated, after getting them sorted they will try re-home or put them out on loan. This is where we come in, I need you to show the Trust that a bunch of roughy-toughty tea-swilling cake-munching motorcyclists can come up trumps with loads of money, so start saving, if you can stuff the odd bale of hay into your top box or tank bag that will help too, these horse and ponies did not ask to be abandoned & ill treated so let's help them the best way we can. If anybody wants to give a few pounds then see Lynn or myself at any club events, but I want loads of you to turn up on Sunday 27th Sept with pockets full of money to help them look after the horses and ponies.

Lynn and BigFoot

News Snippets

Welcome, welcome New Members: We are now a healthy 163 members, not to rest on our Laurels we still need to encourage new members to join, we now have credit card size leaflets which we can hand out to interested parties, these will be available at the next club night.

Any new members who wish to make use of the club facebook pages, please make a friends request in the usual way and either Terry or myself (editor) will approve your request. For anybody who wishes to use this club-only facility but unsure of how let one of us know and we will try to help, even if you don't wish to use facebook for anything else the club page is restricted to club members only and is a useful way of keeping in touch with club members and their bike related stories and events, I know it is a modern piece of tech but sometimes these new things are useful!!

Bike sales are on the up, by 10%, 101277 new registrations last year and the trend is up again this year, CBT and direct access courses are up again this year, which is good, we need new blood in this sport to prop up us dinosaurs and keep us from becoming a novelty, with high insurance premiums.

Club night Raffle

Prizes Donated by: Frank and Rose, Steve Keith, Phil Ball and Allan Kiley, and the Raffle Boy was Bob Dean. Amount raised for club funds £55

Kington Show 15th & 16th August, this is a great show for vintage types, steam engines, bikes cars and everything inbetween, camping is available with music on Saturday night.

Skittles Match at Malvern Motorcycle Club 31st July (Friday)

Interesting event - There is an **Open Classic Car Event** "Summer Solstice" on Saturday 20th June in aid of St Richards Hospice at Shelsley Walsh. WR6 6RP

11th Meriden Motorcycle Mega ride – Sunday 28th June run by the Rotary club of Meriden – check the web page www.megaride.co.uk

Runs organisers please note,

Why regular breaks are essential (editorial taken from another motorcycle club site)

Half of all UK motorcyclists risk leg problems and in worst cases deep vein thrombosis due to riding long distances without rest breaks, according to the Institute of Advanced Motorists (IAM). Up to 600,000 motorcyclists could be at risk of problems such as varicose veins and other vein diseases due to spending long periods without moving their lower legs, the IAM said. This may be due to a riding position that puts pressure on the major blood vessels, restricting blood flow to the legs.

Ellie Lindsay, Chair of The Lindsay Leg Club Foundation charity, said varicose veins and leg ulcers can be caused by restricted blood flow to the legs. "Bikers risk having blood from their legs redirected to the superficial veins, the ones near the surface of the skin, causing extra pressure that can lead to problems in later life," said Ms Lindsay. Family history of venous disease can add to this. The classic riding position of the motorcyclist means that the calf muscle may go unflexed for long periods. The pumping action of the calf muscle during activity is key to blood flowing back to the heart unimpaired.

Ellie Lindsay informed the audience that early intervention can prevent serious damage. Being aware of the importance of regular stops, relieving pressure and taking good care of your skin are simple but effective techniques for preventing venous damage in later life. Motorcyclists must be aware of the signs that venous blood flow is being impaired by the riding position and riding gear. These include: red patches of skin between the knee and ankle, or redness and skin depression as a result of constriction from clothing. Compression socks and hosiery are able to assist the body's own natural mechanism for returning blood to the heart.

IAM Chief Examiner Peter Rodger responded to the presentation by advising that the solution is to consider taking a break from riding every two hours or so, in order to flex the calves and ankles. "It's good to take a break for all sorts of reason. As a regular rider, I know that concentration starts to dip after about two hours. Even if we feel mentally alert when we are riding, that doesn't mean the whole body is functioning at its best. So a short walk around to 'stretch the legs' is refreshing and essential for circulation purposes. "Compression socks/hosiery to aid the blood returning to the heart is a key part of dealing with

the problem", said Mr Rodger. "Wearing a leg support underneath the leathers can avoid long-term circulation problems such as DVT (deep vein thrombosis)". Deep vein thrombosis (DVT) is the formation of blood clots in deep veins, often in the lower leg. It can lead to complications ranging from swelling and pain to, in rare cases, death. The condition is more commonly linked to long-haul flights.

Ellie, chair of a leg charity called the Lindsay Leg Club Foundation, said: "Motorcyclists must be aware of the signs that venous blood flow is being impaired by the riding position and riding gear." She says that these included red patches and "skin depression" between the knee and ankle. For further information visit the Lindsey Leg Club Foundation <http://www.legclub.org/>

Footnote: *The advice given to rest after 2 hours riding might apply to A Roads, given the terrain we often ride the majority being B&C Roads, every hour would be more appropriate*

FOR SALE

Honda Pan European ST1100, 2001, X reg, only 14,908 genuine miles; Burgundy, in excellent condition with standard panniers. Full Service carried out on 11/11/14, all new plugs, front brake pads, brake fluid, clutch fluid, coolant, carbs stripped, cleaned and balanced. MoT until 17/01/16. £4,200 o.n.o. (50 litre Givi top-box available separately £75). Contact Dave on: 07967720245

Mercedes tow hitch, complete kit to fit Sprinter van/motor caravan, £50.

Trailer wheels & tyres, a pair, 8 inch, £15.

For either of the above contact Ron Moore 01544 388621

Ladies Two piece Leathers – Red/White/Black

Very elegant and excellent condition, size 12 , make a sensible offer

Contact Member Ann Evans 01981 240882 (Ron has seen these and would have them himself, but the waist was a little snug, he said first to see will buy).

MEMBER SERVICES

Eric Rees Motorcycles: Barton Road, Hereford. (Run by club member Ray Griffiths) Discount MoTs for club members: £23.00 (25% off, normally £28.65), MoT sidecar outfits £26.50 (normally £38.55). General repairs & servicing on all bikes. Agent for Helite AirBag jackets. Phone 01432 266164.

John Baber sells Car Components, Service Equipment, Motorcycle Batteries and makes Car Number Plates all at Discount to Members. 07798 573337 or 01981 250004

Richard Logan provides welding services 01886 888419.

Terry Bass: Chainsaw chain, ultrasonic cleaning for motorcycle carburettors, stockist of Peek Metal Polish, genuine parts available to order for Hinckley Triumph & Honda 1990 to date, including bikes, mowers, generators etc. Up to 10% discount on genuine parts and massive savings on pattern parts (normally in stock for lawnmowers generators etc). Phone: 07968 648237 or see www.terrybass.co.uk

Bill Wilson operates his own transport business. If you need anything moved please ring Bill on 07791 751954 (anytime).

Lynda Wilshaw Classic Cakes. Homemade cakes baked for any occasion. Phone 01432 760540

Dave Robinson (Kington Farm Supplies) offers 10% discount on production of club membership card for Morris Oils including Classic single grade SAEs or Classic Film multi-grades (for old bikes), semi & full synthetic oils (for modern bikes) and good quality tools including AF & some Whitworth. Phone 01544 230661 and ask for Dave.

Sew Bright Clothing Alterations, Repairs, Tailoring, Bridal, Military, Leather, Curtains, Cushions
Celia at, Sew Bright, Berrows House, Bath Street Hereford. Opposite Hereford Police Station
Tel 01432 352622 Open Weds, Thurs, Fri 9.30am – 5.00pm. Saturday 10am - 1.00pm
Same day alteration available. (Highly recommended by many club members)

Seat Repairs – Buck Hardman in Kington, 07788633722, he did Bigfoot's seat on the Ariel and a nice job too.

CLUB SHOP

Club shirts & other clothes etc: Clubsport have set up an online shopping facility for us:

www.clubsport.co.uk/index.php/clubshops/category/85-leominster-classic-motorcycle-club

Or you can order at any of their shops: Leominster (South Street), Hereford (All Saints Court), Ledbury (Bye Street), Ludlow (Old Street), Newtown (Broad Street), Ross on Wye (High Street) and Kington (Church Street). Please note: The design for the club logo is held at the Clubsport base in Kington but staff at any branch can find it amongst the local sports clubs listed on their in-house computer system.

Badges, stickers etc: Enamel lapel badges £2.00. Club stickers £1.50. Club drinks coasters: £1.00.

All available from Frances Bass at club nights or phone 07968 648237.

Club book: Copies of Sheila Whittingham's history of the club can be ordered direct from Blurb. The web-page to order is <http://www.blurb.com/bookstore/detail/2563482> Price: £13.95 + p&p

Disclaimer: The Leominster Classic Motorcycle Club and committee cannot accept liability or be held responsible for any loss, accident, injury, death or loss of claims due to tips or suggestions given in this newsletter. The articles in this newsletter do not necessarily reflect the views of the editor or club committee.

Note: Any information that Leominster Classic Motorcycle Club holds remains confidential. Your personal data is stored on digital media in accordance with the provisions and requirements of the Data Protection Act of 1988 and will only be used to contact you on club matters.

RUN SHEET

Title: Three Musketeers Run

Date: Sunday 14th June

Start: 09:00 Total Garage, North end of Leominster Bypass(A49)

Additional Pick up point 9.45 A44 Roundabout Worcester Finish: A44 roundabout Worcester

Distance approx 100-150 miles

Route: Ride around Worcestershire villages, suitable for all bikes

Meal/drink stops – St Peters garden center morning coffee, lunch Evesham picnic by river Avon

Afternoon- scenic route to Croome court for refreshments(tea and cakes)

Organiser: Allen & Lorraine Turner Contact: 01905 355756 or Scott Mason 07801 613473

Title: Mid-Week Meet: Bottle & Glass, Picklescott, SY6 6NR

Date - 17th June

Meet at 12 noon for a noggin and natter.

Title – Life's a Beach

Date - 21st June

Start point – 9.00 sharp! Texaco Garage Holmer road Herefordshire

Additional pick up points – approx 10.00 Built wells show ground roundabout.

Distance and route – approx 225 miles on great riding roads to Carmarthen bay

Please note- it's a long way so we will be making progress so no slow bikes please

Meal/drinks stops – Morning Llandoverly – lunch Picnic on the beach or pub/cafe afternoon

Sennybridge

Finish – Bronllys 6.30pm

Special Requirements – bring sunshine and a full tank of fuel

Organiser – Will Morgan Contact – 01600 890057 or 07811 059185

Title – Around and about the Malverns
Run Type - Beetle(steady but active – good for all)
Date- 28June
Start time – 10 am
Start point - Ok Dinner Leominster
Approx Distance -100 miles
Route - mostly A and B roads
End Point – Bringsty Cafe
Special Points of interest – Scenic run around the Malvern hills
Meal/drinks stops – Morning coffee at the Little Verzons Fruit farm
Lunch at the Plume of feathers
afternoon coffee at Bringsty Cafe
Please bring sunshine
Organiser – Terry Bass
Contact - 07968 648237

Title - Club Open night and show
Date 1st July
Venue – Bush Inn Bush Bank
Time - from 7pm till late

Title – John and Lynda Wilshire's run
Date - 5th July
Start point – OK dinner Leominster at 9.30
Distance and route – approx 130 miles, a mixture of A and B roads, including some lanes
Suitable for all bikes
Meal/drink stops – Coffee stop in Knighton, Lunch Montgomery, pub lunch, Ivy cafe or bring a picnic
Finish – 4.00pm with tea and cakes at the watering hole Mortimers Cross
Special requirements – please start with a full tank of fuel

Mid week meet
15th July
Stockton Inn Kimbolton, near leominster HR6 0HD
Meet at midday for noggin and a natter

Name of Run – The wiggly way down
Type of run – brisk(energetic -best for modern bikes)
Date 19 July
Start time – 09.30
Start point – Holmer Garage, Hereford
Additional Pick up points – B4347 Pontrilas/Grosmont Junction 10.15
Approx distance – 120 miles
General description – B and C roads – hopefully no gravel or grass in the middle of the road
Finish point – Lucksall Caravan site, Mordiford approx 15.30
Highlights – Wye valley scenary
Meal/drink stops- 10.45 Steel horse cafe, 12.30 Tintern, 15.30 Lucksall
Special Requirements – Lots of places for lunch in Tintern, or bring your own. Hard standing for bikes at Lucksall

Title: Bigfoot's Cos We Can.
Date: Wednesday 22nd July
Start: 9.00am BP garage A49 Leominster Finish: Honeybrook Cafe Nantmel 4 - 4:30pm
Additional Start Point. Little Chef Bulth 10 - 10:15am
Route: A run to Abereron on A, B and Mountain roads about 150 milesto finish.
Meal/Drink Stops: Little Chef Bulth Wells for coffeee. Lunch find your own in Abereron very good fish & chips and ice cream. Tea and cake Honeybrook cafe, Nantmel at finish.
Special Requirements: A good sunny day yourself and a bike.
Organizer: Mike Davies Contact: 01432 277720 or 07967 350254

CALENDAR OF EVENTS 2015
(Events in italics are non club events)

	JULY		AUGUST
Wed 1 st	Open Night	Sun 2 nd	Dave Browning's Run
Sun 5 th	John & Lynda Wilshaw's Run	Wed 5 th	Club Night
Wed 8 th	Committee Meeting	Sun 9 th	Bigfoot's Classic Bike Run
Sun 12 th		Wed 12 th	Committee Meeting
Wed 15 th	Mid-Week Meet: (Terry Bass)	Sun 16 th	John Peters & Dave Peake's Tenby Run
Sun 19 th	Steve Hackett's Run	Wed 19 th	Mid-Week Meet: Steel Horse Café, near Abergavenny, NP7 9AY.
Wed 22 nd	Bigfoot's 'Cos We Can Run	Sun 23 rd	Den's Burn Up Run
Sun 26 th	<i>Aberdare Races</i>	Wed 26 th	
Wed 29 th		Sun 30 th	Dave Browning's Run
	SEPTEMBER		OCTOBER
Wed 2 nd	Club Night	Sun 4 th	Memorial Run
Sun 6 th	Will's Run	Wed 7 th	Club Night
Wed 9 th	Committee Meeting	Sun 11 th	
Sun 13 th	Shelsley Walsh BikeFest	Wed 14 th	AGM & Committee Meeting
Wed 16 th	Mid-Week Meet: Old Station, Tintern, NP16 7NX	Sun 18 th	
Sun 20 th	Bigfoot's Classic Bike Run	Wed 21 st	Mid-Week Meet: Bell Inn, Pensax, WR6 6AE
Wed 24 th		Sun 25 th	
Sun 27 th	LCMCC animal charity run	Wed 28 th	
Wed 30 th			
	NOVEMBER		DECEMBER
Sun 1 st	Brass Monkey Run	Wed 2 nd	Committee Meeting
Wed 4 th	Club Night	Sun 6 th	Winter Idiots' Run
Sun 8 th	<i>(Remembrance Day)</i>	Wed 9 th	Christmas Club Night
Wed 11 th	Committee Meeting	Sun 13 th	
Sun 15 th		Wed 16 th	Mid-Week Meet: Queenswood, HR6 0PY
Wed 18 th	Mid-Week Meet: Bush Inn, HR4 8EH	Sun 20 th	
Sun 22 nd		Wed 23 rd	
Wed 25 th		Sat 26 th	Boxing Day Meet.
Sun 29 th		Sun 27 th	
		Wed 30 th	

(Events in italics are non club events)