

## Welcome to our CEO, Sarah Sillars OBE

**There's no doubting that since Sarah joined the IAM in February 2015, she has made an impact. The Chorley Group were keen to meet her and hear first hand her vision for the future, so we invited her to meet the North West groups.....**

Sarah kindly accepted, and on 11<sup>th</sup> August 2016 she came up to the North West to talk to us about the IAM's 60<sup>th</sup> anniversary and how she sees the next 60 years unfolding.

An invitation was extended to all members of local groups and people from Preston, Bolton, Altrincham, Sefton, East Lancashire, Wirral, Manchester 500 and Blackpool gathered in a great facility in Bamber Bridge (thanks Lesley!).

**“For many drivers, the most important thing is getting from A to B with as little hassle as possible.”**

Many of you may know about the recent rebrand (from the “Institute of Advanced Motorists” to “IAM RoadSmart”). This refresh is the result of more than a year of extensive research .

One of the more interesting (and to me forward thinking) research channels they used was MumsNet – which you may or may not know as a highly influential online forum where Mums (young and old!) chat about issues that are concerning them and ask each other for advice.



Drivers' biggest concern is actually other drivers. Safety and fuel efficiency came out as the biggest motivators for younger drivers to take further training while insurance continues to be the most effective incentive.

Not unsurprisingly, the research showed a desire amongst young drivers for more use of technology. Another trend was for more “bite-sized” training, with many only being prepared to spend less than two hours and £25 improving their skills.

Since the IAM was formed, roads, vehicles and distractions have changed dramatically. The new rebranding and repositioning ensures that we are ideally placed to support Britain's road users for the next 60 years.

IAM RoadSmart is the IAM's response. In the coming months, we will see the introduction of a number of modular products, with proposed topics including: eco driving, motorways, risk management, driving in unfamiliar places and built-in vehicle technology.

**“You no longer have to marry us, now you can just go out with us”.**

To borrow a quote of Sarah's in the “Bodyshop magazine” when the brand was relaunched “You no longer have to marry us, now you can just go out with us. There are so many people that use their cars or their bikes every single day. We've got to find ways of engaging with people that want just a little bit more help, support, guidance and encouragement in the areas that are relevant to them.

The new modules, combined with the new single brand, with its new engaging, friendly and still authoritative tone of voice will help make us “more accessible” and hopefully reach a wider cross-section of society to spread the safer driving/riding message.

*K Louise*

# From the Editor

Firstly, a big, heartfelt

**SORRY** 

for the lack of newsletters over the last 11 months

No excuses – life took over and I found it difficult to get started again. Anyway, with thanks to Pasco for the encouragement, here’s the September 2016 edition which I hope you will enjoy. In putting it together, I’ve included the significant events from the last 11 months, including Alive to Drive and the Christmas Meal, as well as more recent events such as the recent visit of IAM CEO Sarah Sillars to the North West to talk to the groups.

Alive to Drive 2016 is taking place on Saturday 10<sup>th</sup> and Sunday 11<sup>th</sup> September, at Tesco in Leyland. Please do call in to see us – it’s always good to see you all. Bring your family and friends along too. We are hoping to have again (subject to availability of the police to drive the trailer) one of Lancashire Partnership for Road Safety’s crashed vehicles. Always a sad sight, they are very effective at bringing home the impacts of excessive speed and drinking – even the morning after the night before.

September also sees CAM beginning to deliver courses under the new “RoadSmart” brand. Our new polo shirts have arrived and we will begin using the new course books provided by Head Office, which help ensure (as much as possible) that wherever an Associate does their training, their experience is the same.

Our AGM is towards the end of the month, on Tuesday 27<sup>th</sup> September. I am delighted that we have secured a guest speaker from motor racing world, Peter Roberts. Peter has been Clerk of the Course and Race Director for various motor racing series for many years now (and well as working with me when he could spare the time!). For the last year or so he has worked full time in the racing world, and he has kindly agreed to come and talk to us about his experiences. He has distracted me from my day job more than once with his stories, so I do hope you will come along and hear him speak.

Speaking of the AGM, the Committee would love some help, especially as our numbers have dwindled over the last couple of years as people’s lives change and they move on. The IAM is changing too and we need to keep up. You don’t have to take on a formal role or even join the Committee, but if you felt able to offer some time to help, for example, with manning the stand at Alive to Drive at Leyland Tesco on 10<sup>th</sup> & 11<sup>th</sup> Sept (every hour counts!), or stuffing the newsletter into the envelopes every couple of months, that would be great. If you ARE interested in joining the Committee, please contact our Group Secretary, Lesley Routh, (details on the back page) and she will be delighted to help you.

The IAM turned 60 this year and this has coincided with the rebranding to IAM RoadSmart. Further developments are on their way, including a revamp of the Masters qualification (for those who are already advanced drivers) and we will bring you more about this as things develop.

Happy reading!

*K Louise*

## Inside this issue...

### Membership News

Welcome and congratulations P3  
AGM P7  
In Focus P8  
Certificate presentation by Sarah Sillars P10  
Friends and family discount P10

### Features

Alive to Drive 2015 P4 & 5  
“Let me tell you a tale...” P6  
CAM Christmas Meal P9  
Pasco’s Great North Run P10  
Lesley’s getting  
“Pretty Muddy”® P10

### Regulars

WebCAM P3  
What’s on this month P11  
Last issue’s puzzle answers P11  
Observations P11  
Thought for the Month P11  
Puzzle Corner P12  
Your Committee P12

# Welcome...

to the new Associates who have joined us for the 03-16 course:

Chris Dillon  
Ruth Smith

Janet Aspin  
Sean Tweedale

Louise Ashworth  
Stephen Wright

Richard Inglis  
Thomas Berry

# and congratulations...

to those Associates who have joined us and passed their test since the last newsletter.

CAM is pleased to welcome you as full members of the IAM:

Craig Richmond  
Paul Barnard (F1RST)

Douglas Pope  
Paula White

Janina Owczarek  
Peter Ratcliffe (F1RST)

Jennifer Smith  
Trevor Blanchard (F1RST)

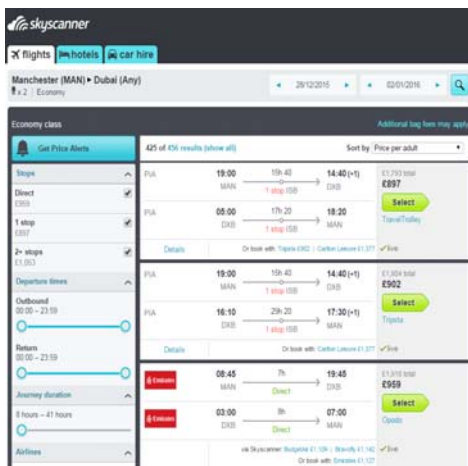
Julie Richmond  
Viv Clayton

## WebCAM

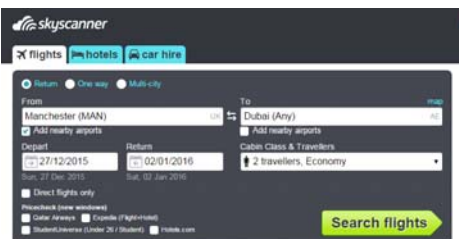
This edition Simon looks at SkyScanner, a website that helps you find cheap flights for that much needed break in the sun!

Its that time of year when the weather gets cold and windy and our thoughts turn to holidays in the sun! A useful website if you plan your own holidays is skyscanner.net.

All you need to do is input your departure airport (you can select the option to include nearby airports, so that you can check flights from Liverpool and Manchester at the same time). If you know where you want to go, then input the destination, or you can select a country, or even leave it blank and see where you can go with the cheapest flights!



You can change the dates at the top if you have flexibility and see if you can find better prices. If you use the skyscanner mobile app, you can click on a button to get it to show you graphs of the best prices across several days to see if moving your trip by a day may save you money.



On the next screen you can select your flight preferences to filter the list of options down until you find the best value flight options

Don't forget that you can get cashback using quidco.com, as described a few issues ago.

*Simon K*

## The IAM has a new brand!

One of the key developments that Sarah Sillars has instigated since taking over as our CEO is the rebranding and repositioning of the Institute of Advanced Motorists to "IAM RoadSmart".



IAM RoadSmart positions us to better serve the drivers of tomorrow. It brings together all four of the IAM's businesses under a single brand to simplify our offering. With the new name comes a new logo and a new colour palette. Light blue, black and grey replace the red, white and black of previous years.

The roundels have not been replaced though, as many people still identify with them, and they can still be used to show a group of Advanced Drivers/Riders



## Alive to Drive 2015



Police

Alive to Drive 2015 was held at Asda, Clayton Brook. Over the two days, CAM was joined by friends from the police, the fire and rescue service, the volunteer Blood Bikes, South Lancashire Advanced Motorcycle Group and Preston Advanced Motorist Group.



Blood Bikes



Police



SLAM



Lancashire Partnership for Road Safety (LPRS) were unable to join us in person, but they very kindly arranged for one of their Crashed vehicles to attend.



The fire engine, police car and balloons proved a big hit with the children.....



Daniel Birch was a loving big brother and a son to be proud of. He was 23. In the early hours of Mother's Day, he decided to drive home after a night out.



...who had great fun posing for photographs! (NOTE: I did ask (and receive) the parents' permission to take these)



Daniel lost control of his car close to home, collided with a brick gatepost and was killed instantly. Daniel was three times over the drink drive limit. His parents will never know why Dan was driving home. To try and prevent this happening to other families, they gave his car to LPRS to use in their work with young drivers. The car drew a lot of attention, with people coming back with other family members to show them the consequences of drink driving.





We were privileged to be joined by two mayors and two councillors. On Saturday, the mayor of Chorley, Councillor Marion Rowe (left) and the Mayor of South Ribble, Councillor Mary Green (right) came to see and hear about what the annual Alive to Drive event is all about. Then on the Sunday, County Councillor Kim Snape (below left) and County Councillor Mike Otter (below right) also came down. Both of them had kindly given us grants towards our work which had gone towards providing 6 free skills for life courses for young drivers. Asda's Local Community Champion, Sharon, (below middle) drew the winners of the free courses at the end of the Sunday event.



## The team

Slight variations of the usual suspects were there from the Chorley Group on the Saturday (left) and Sunday (below left)..

We were also joined by members of the Preston Advanced Motorists Group on both the Saturday and Sunday.



**“Alive to Drive” moves back to Tesco Leyland for 2016....**



As always, we will be supported by the emergency services, who give up their time to raise awareness of road safety.

The Police, Fire and Rescue Service and Lancashire Partnership for Road Safety will join us for two full days on **10<sup>th</sup> & 11<sup>th</sup> September**

Why not drop in with your son, daughter, grandchildren, niece, nephew and other friends and family to see the emergency vehicles up close and learn more about road safety

## Let me tell you a tale...

Let me tell you a tale about car theft. Arriving a work one morning, I noticed my colleague's car was not in its usual place. 'Wow, I've actually beaten him into work'. On entering the office he's sat there. 'Eh, he must have parked somewhere else'. At lunch time he went out, came back a few minutes later, picked up the phone and started to report the theft of his car to the police. I overheard 'of course I've checked it's not somewhere else', in a very annoyed voice. He recounted the same information to his insurance company, with the same questions being asked several times, I'm sure to try and trip him up with his story. What was worse was that all the Christmas presents he had bought over the last few weeks were in the boot, it's only a week to Christmas. How was he going to find new ones at such a late stage? To top that, the phone call to his wife was torturous.

Anyway, it got me thinking. How could his car could be stolen, when the keys were in his pocket, the spare set at home, it has a factory fitted immobiliser and alarm? Theft of vehicles has fallen from 700,000 in the 1990's to 75,000 in 2013, but theft of high value vehicles is on the increase. In the past, theft was opportunistic, messy by smashing a window, hammering out the lock and hot wiring, these days we see 'theft to order' using more sophisticated electronic means. This is done by overriding the car's security via the On Board Diagnostic system (OBD). Cars with keyless entry are even more vulnerable as the key isn't required to release the steering lock.

Key theft is still a problem with around 19,000 cars stolen each year as a result of domestic burglary.

Number plate theft is another issue. It may seem trivial, but plates stolen and put on another car can result in other crimes being committed, at the very least car parking charges, penalty points from speeding or worse armed robbery! Report it immediately.

The theft of the catalytic converters is again on the increase for the precious metals they contain and of course there's leaving sat-navs and mobiles on show. Even think about removing the mark the suction cup left on the windscreen.

Anyway, back to the tale. My colleague found out the times of the bus home as he lives 20 miles away, it only took 90 minutes. Just as he is about to walk down his drive he had a phone call.....

'Hi, it's me, I'm stood by your car and it looks fine. You've parked in your usual spot but two floors down. I thought you said you had looked for it?' There were a few expletives. The best of all was the phone call to the police whilst his wife drove him back to work. 'Don't worry sir, it happens all the time, tee hee. I'd better take it of the system so the ANPR doesn't get you, tee hee. Have you told your insurer, tee hee'.

As you can imagine, he was the butt of many a joke for quite a while, but at least the presents were safe, he had his car back and it made us all think a bit more about our vehicle's safety.

*Lesley Routh*

## Things to remember

We all think its common sense to protect our belongings.

- Don't leave anything on show, including CDs. On another point, data protection, don't leave work documents containing personal details in the car.
- Don't leave keys on the table by the front door, it's easy to push a fishing rod through the letter box and lift them. Keep them out of sight, or even better, take them and your wallet/purse upstairs with you at night.
- Don't just 'zap' the car and walk away. Always check you vehicles is locked by trying the handle. If you've locked it and it's still open, it maybe that someone is using a jamming device to block the lock signal from the key fob, just waiting for you to walk away.
- If you can, keep your vehicle in a locked garage, and again make sure it is in fact locked.
- Don't start the car on the drive to defrost the windows, then walk away. Surely not, but in one theft in Greater Manchester, January 2015, a gang stole three cars in the same area worth £70,000 in this way. In addition, there will be a 'reasonable care' clause, whereby the insurer may reject a claim on the grounds of the policyholder being 'reckless' in not safeguarding the vehicle.
- Consider fitting an independent immobiliser, this won't be vulnerable to attack through the OBD. Similarly, fitting a tracking device.
- Don't forget for some vehicles, your insurance provider may also require addition security devices as well.

# 32<sup>nd</sup> Chorley Advanced Motorists Annual General Meeting

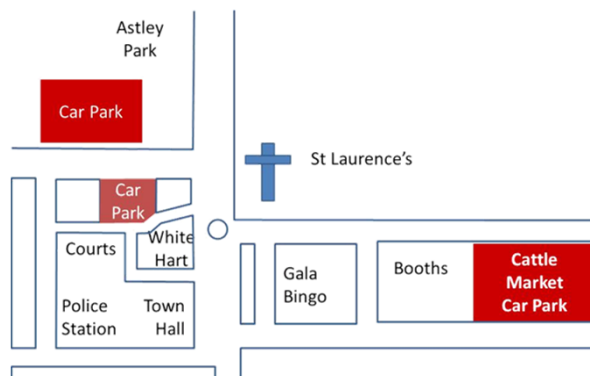
7.45pm 27<sup>th</sup> September 2016  
St Laurence's Parish Church,  
Union Street Chorley, PR7 1EB

NOTICE IS HEREBY GIVEN by order of the Group Committee that the 32<sup>nd</sup> Annual General Meeting of 'CHORLEY ADVANCED MOTORISTS' will be held at 7.45pm on Tuesday 27<sup>th</sup> September 2016 in the Refectory at St Laurence's Parish Church, Chorley to enable The Trustees of the Group (Registered Charity no 518945) to present their Annual Report and Accounts for the year ended 31st July, 2016, for the approval of Group Members.

Secretary: Lesley Routh Group No.: 5151  
Date: 31<sup>st</sup> August 2016

All members, associates and friends are invited to attend (only fully paid up members of The Institute and of the Group may vote). You may also stand or propose/second someone to stand as either an Officer or Committee Member using the nomination form enclosed with this newsletter.

Parking is very limited at the church but there are three public car parks (FREE after 6pm) very close by:



## “Tales from the racecourse”

International Race Director, Peter Roberts, is our guest speaker at our AGM. Peter is Race Director / Clerk of the Course for the Porsche Mobil 1 Supercup, Pirelli World Challenge, Dubai 24 Hour race and the Renault Clio Cup UK championship. Peter will give us an insight into behind the scenes of the international motor racing world.



### CURRENT OFFICERS

*Chairman* Bill Evans  
*Vice Chairman* Norman Leigh  
*Secretary* Lesley Routh  
*Treasurer* Derek Whittle

### CURRENT COMMITTEE MEMBERS

Alan Whitworth  
Julie Whitworth  
K Louise Parkinson  
Norman Gill  
Pasco DePalma

### POSTS OPEN FOR NOMINATIONS

Chairman  
Vice Chairman  
Secretary  
Treasurer  
General Committee Posts

### OFFICERS STANDING FOR RE-ELECTION

*Chairman* Bill Evans  
*Vice Chairman* Norman Leigh  
*Secretary* Lesley Routh  
*Treasurer* Derek Whittle

### COMMITTEE MEMBERS RETIRING BY ROTATION AND STANDING FOR RE-ELECTION

Alan Whitworth  
Julie Whitworth

### COMMITTEE MEMBERS RETIRING AND NOT STANDING FOR RE-ELECTION

Pasco DePalma

### COMMITTEE MEMBERS NOT RETIRING

Norman Gill  
K Louise Parkinson

## In focus...

As "In Focus", we meet Norman Leigh, Vice Chairman of the Chorley Advanced Motorists group, to catch up on changes since we interviewed him in the first new look edition of Streets Ahead back in 2013...

**Streets Ahead (SA):** Morning Norman, good to catch up again. It's been about three years since I last interviewed you for Streets Ahead. What has been the most significant event that's happened in the CAM/IAM world since 2013?

**Norman Leigh (NL):** Well, it has to be the introduction of the IMI National Observer qualification. Compared to the old Senior Observer qualification, it puts more emphasis on the Observer's ability to communicate effectively with an Associate and to coach the advanced driving techniques, rather than just on the Observer's own driving ability.

### "The IMI National qualification puts more emphasis on the Observer's ability to communicate effectively"

**SA:** What do you think about it?

**NL:** I think it's a really good idea because it brings out more of the Observer's knowledge. More importantly, it brings out how good the Observer is at transferring their knowledge into easily understandable steps, bitesize chunks you might say, which are easy for an Associate to absorb. The new assessment brings into focus whether the Observer has the skills to pass their knowledge on or not.

As a Group, Chorley has been very successful and the majority of our Observers have passed the IMI National Observer qualification. This is quite an achievement and is quite a few more than many of the other groups in our area have currently. It says a lot about how high our Group's standards are.



Norman believes that the greatest challenge facing the IAM and CAM is recruiting younger drivers

**SA:** You were in the wars last year – what have you been up to?

**NL:** Tree climbing!

**SA:** Seriously?!

**NL:** Yes! I was pruning a tree and when I lobbed the last branch off it got stuck. Rather sillily, after 40 years in the building trade and ALWAYS observing the best health and safety practice, I had Paulette catching the branches rather than footing the ladder. [When I was working] if one of my team of 32 had done that, I would have roasted them alive! So when I reached out to get the branch, the ladder twisted and I fell 10 foot down to the ground. Luckily a hawthorn hedge broke some of my fall I ended up with a dislocated shoulder, a chipped bone in my elbow and a broken thumb!

**SA:** Maybe we should get Lesley [Routh – the Group Secretary and a Health & Safety Adviser in her day job] to give you a refresher course!

**NL:** Possibly – she's not caught up with me yet!

It was really annoying as I never had an accident in 40 years working in construction [SA: He started work very young!] I just got complacent. I thoughtless act and I end up in hospital and not driving for 3 months.

**SA:** Is there a parallel lesson in their for us as advanced motorists?

**NL:** It's easy to get blasé about your driving. Many of us are on autopilot especially on journeys we do regularly such as driving into work. How often have you asked yourself "How did I get here?"

**SA:** Once or twice (!) What would you recommend to stop complacency creeping into people's driving?

**NL:** All IAM affiliated groups offer refresher courses FREE OF CHARGE to their members. It's inevitable that if you passed [your advanced driving test], say, 20 years ago, some bad habits will have crept back in. If you don't keep them up, you lose the skills. Any form of mental stimulation is good – for example, every now and then give yourself a commentary about what you are seeing/doing/deciding. It doesn't have to be an advanced level commentary (although that would be good). It just needs to be enough to get your brain working.

Also forward observation is still one of the most important things you can do. Remember – FAR – MIDDLE – NEAR and repeat!

### "I'm just going to take every day as it comes"

**SA:** What do you see as the main challenges facing the IAM as it moves forward in 2016?

**NL:** Definitely recruiting more younger people. All groups are struggling with this and their average ages are increasing. In the Chorley Group, we've tried almost everything over the years but we still struggle. These days we rely on our annual Alive to Drive event.

**SA:** Unfortunately you missed it this year because of your accident but it was quite successful - the draw for free courses for young people, funded jointly by grants from several local councillors and CAM, got quite a bit of interest.

**SA:** What are your plans for the future?

**NL:** Nothing! I'm just going to take every day as it comes. In a morning I look at the obituaries and if I'm not there, I get up and face the day!

*K Louise*



# Christmas Meal 2015

On Saturday 5th December 2015 a group of CAM members met at The Millstone in Mellor for an enjoyable evening of good food, convivial company and the odd libation! See if you can spot any familiar faces....



**HOLD THE DATE!**

The CAM Christmas Meal 2016 is planned for  
**Saturday 10<sup>th</sup> December**

at the Millstone, Mellor. Please contact Julie if you  
would like to come - 07813 987 991 /  
julie@chorleyiam.com



## Pasco's Great North Run

Pasco is once again attempting the Great North Run in memory of his wife Jo. He will run the half marathon, a long 13.1 miles, on 11<sup>th</sup> September 2016 (his birthday!).

Every day in the UK, 14 people are diagnosed with multiple sclerosis. It's a life-long, chronic condition for which there is currently no cure. The MS Society is fighting to improve treatment and care to help people with MS take control of their lives and funding research to beat MS for good. If you would like to support Pasco and this important work, please visit his just giving page: <https://www.justgiving.com/Pasco-DePalma>



## Lesley's getting Pretty Muddy®!

### Cancer plays dirty, but so can we!

Our former Treasurer, Lesley Curley, is doing the Cancer Research Race for Life "Pretty Muddy®" event on 17<sup>th</sup> September 2016 in Blackpool.

Almost everyone knows someone who has been affected by cancer. Pretty Muddy® isn't like any other fundraising event. It is a muddy obstacle course that women of any ability can climb over, crawl under, and charge through to show cancer that hell hath no fury like a woman in pink. Please support Lesley by sponsoring her and making her efforts count:

[www.justgiving.com/fundraising/lesleycurley](http://www.justgiving.com/fundraising/lesleycurley)

### NEWSLETTER COPY DEADLINE

Please send all contributions for the next newsletter to Klouise by **20<sup>th</sup> October 2016**



Douglas Pope (above) and Paul Barnard (F1RST and right) were presented with their certificates by IAM CEO Sarah Sillars when she visited the North West on 11<sup>th</sup> August 2016.

## Friends & family discount

Do you know someone who would enjoy doing the Skills for Life course? Refer a friend or family member for the Skills for Life course through the Chorley group, and Chorley Advanced Motorists will give them a £10 discount on the course. Contact the Group Secretary, Lesley Routh on 07764 366226 or [lesley@chorleyiam.com](mailto:lesley@chorleyiam.com)

**£10**  
**discount**  
**on**  
**referral**

### Certificate Presentation by Sarah Sillars



You're four times  
It's hard to  
more likely to have  
concentrate on  
a road accident  
two things  
when you're on  
at the same time.  
a mobile phone.

**THINK!**  
Switch it off when you drive.

## What's on this month

Key dates including Committee Meetings, Observed Drives and Presentation Evenings.

### September

- 4<sup>th</sup> Observed Drive (CMC)
- 7<sup>th</sup> Meet the Examiner (CCFS)
- 10<sup>th</sup> Alive to Drive, Tesco Leyland
- 11<sup>th</sup> Alive to Drive, Tesco Leyland
- 11<sup>th</sup> Observed Drive (CMC)
- 18<sup>th</sup> Observed Drive (CMC)
- 19<sup>th</sup> Induction Evening (CCFS)
- 20<sup>th</sup> Committee Meeting (CCFS)
- 25<sup>th</sup> Observed Drive (CMC)
- 26<sup>th</sup> Observer Evening (CCFS)
- 27<sup>th</sup> AGM, St Laurence's Church, Chorley

### October

- 2<sup>nd</sup> Observed Drive (CMC)
- 3<sup>rd</sup> Committee Meeting (CCFS)
- 9<sup>th</sup> Observed Drive (CMC)
- 10<sup>th</sup> Theory Evening (CCFS)
- 16<sup>th</sup> Observed Drive (CMC)
- 22<sup>nd</sup> National Conference (AU)
- 23<sup>rd</sup> Observed Drive (CMC)
- 30<sup>th</sup> Observed Drive (CMC)

#### KEY

- CCFS** Chorley Community Fire Station (Washington Hall)
- CMC** Cattle Market Chorley

## Observations

Yet another summer has been and gone in the blink of an eye. Whilst it's still August as I write, some of the leaves on the trees have already started turning, the evenings are getting darker and I've already had the wood burner on!

It's the start of a time of year that I love – crisp, cold mornings, cool evenings when you can smell autumn in the air and (hopefully!) bright sunny days which make your heart lift.

It's also the time when I start to look forward to Christmas. Ridiculously early, I know, but for me half the fun is in the planning. Who I am going to visit and when, who is visiting me and when, what new decorations I can find (I LOVE fairy lights – but they have to be warm white, not that horrible harsh blue-white that seem to be all the fashion now, not just in fairy lights but in car headlights too!).

Sadly, the changing season is also the indicator that it's the time of year again when I have to MoT my car, renew the insurance, oh, and renew the house insurance too! I just love these jobs (not!). I'm a bit of a technophobe and despite running all the quotes on the price comparison websites recommended by moneysavingexpert.com, I still prefer to actually speak to someone before I commit!

This reminds me of something that Bill told us about last year regarding the new road tax legislation. A husband had died and the children transferred the registration of the vehicle to their mother, only to find that after a few days the road tax was reimbursed to them meaning the car was not taxed. This is so easy to miss, so please make sure if you buy or sell a vehicle you make sure you keep an eye open for this and that the tax is up to date.

*K Louise*

## Last issue's puzzle answers

How did you do with the puzzles in the last edition? Check your answers here....

8	6	4	5	9	3	2	7	1
2	3	9	8	1	7	4	5	6
5	1	7	6	2	4	8	9	3
3	7	6	2	5	1	9	4	8
1	2	8	7	4	9	3	6	5
4	9	5	3	8	6	7	1	2
7	8	3	4	6	5	1	2	9
9	5	2	1	7	8	6	3	4
6	4	1	9	3	2	5	8	7

Q					M	U	I	N	N	E	L	L	I	M
	U													K
		E		V	I	L	L	A	P	A	R	K	R	L
	T	E									R		A	E
	W	L	N						A				P	I
	I	L		E	B		P					K	S	C
K	C		A			L	R	C				M	E	E
I	K		N				I			W		M	M	S
N	E		D			P	G	Z		E		U	A	T
G	N		R		M		H		A	M		I	J	E
S	H		D	Y			T			B		D	T	R
H	A		L				O			L	E	A	S	C
O	M	O					N			Y		T		I
L		S	A	D	N	Y	P	A	R	K		S	H	T
M	A	N	C	H	E	S	T	E	R	C	I	T	Y	Y

## Thought for the month.....

Not all who wander are lost

*J R R Tolkien*

## Puzzle Corner

5				9	8	2		
	3	6		4				
		8		2	6	3	5	
	6		2		9	1	4	5
		4				6		
1	5	2	6		4		7	
	2	1	9	8		5		
				6		7	9	
		9	5	1				8

Test yourself in our puzzle corner. As the Olympic Games dominate the news, see how many of our GB medalists you can find. Plus there's a Sudoku to test your logic. Answers in the next edition.

M	A	R	K	C	A	V	E	N	D	I	S	H	J	E
Z	P	A	C	F	T	T	O	R	T	A	R	U	A	L
C	H	R	I	S	F	R	O	O	M	E	M	A	G	C
H	T	V	I	C	K	Y	H	O	L	L	A	N	D	O
W	B	R	S	K	N	A	M	E	S	R	O	D	N	K
J	M	O	J	A	S	R	A	L	A	T	S	Y	I	C
M	A	R	E	D	A	U	G	S	L	T	R	M	C	O
H	D	S	F	Y	C	Q	W	E	L	I	A	U	O	L
A	A	R	O	R	F	U	K	T	Y	B	E	R	L	T
R	M	C	S	N	H	S	V	P	C	A	M	R	A	I
R	P	V	A	H	K	H	D	Z	O	A	S	A	A	H
A	E	H	N	C	L	E	Y	C	N	M	I	Y	D	W
F	A	I	I	A	T	S	N	X	W	V	R	O	A	X
O	T	N	R	V	T	P	R	N	A	D	H	D	M	A
M	Y	E	L	A	D	M	O	T	Y	E	C	N	S	M

- Adam Peaty** (gold, 100m breaststroke)
- Andy Murray** (Gold, men's tennis singles)
- Chris Froome** (Bronze, men's time trial)
- Chris Mears** (gold, men's synchronised 3m springboard)
- Jason Kenny** (gold, team sprint; gold, individual sprint cycling; gold, kieran)
- Laura Trott** (gold, women's cycling team pursuit; gold, omnium)
- Mark Cavendish** (silver, men's omnium)

- Max Whitlock** (bronze, all-round gymnastics; gold, indiv pommel horse)
- Mo Farrah** (Gold, men's 10,000m; Gold, men's 5,000m)
- Nick Skelton** (gold, individual showjumping)
- Nicola Adams** (gold, women's flyweight boxing)
- Sally Conway** (brOnze, women's 70kg judo)
- Tom Daley** (bronze, synchronised 10m platform)
- Vicky Holland** (bronze, women's triathlon)

## Your Committee and other key roles

### OFFICERS OF THE GROUP

- Chairman:** Bill Evans  
01772 436194 / [bill@chorleyiam.com](mailto:bill@chorleyiam.com)
- Vice Chairman:** Norman Leigh  
01772 816610 / [n.leigh@chorleyiam.com](mailto:n.leigh@chorleyiam.com)
- Secretary:** Lesley Routh  
07764 366 226 / [lesley@chorleyiam.com](mailto:lesley@chorleyiam.com)
- Treasurer/Membership Secretary:** Derek Whittle  
07472 417013 / [derek@chorleyiam.com](mailto:derek@chorleyiam.com)

### OTHER ROLES

- Chief Observer:** Norman Gill  
01257 266385 / [norman.gill@chorleyiam.com](mailto:norman.gill@chorleyiam.com)
- Social Secretary, Publicity and Recruitment**  
Julie Whitworth  
07813 987 991 / [julie@chorleyiam.com](mailto:julie@chorleyiam.com)
- Newsletter Editor:** K Louise Parkinson  
[klouise@chorleyiam.com](mailto:klouise@chorleyiam.com)
- Committee Members**  
Alan Whitworth  
01254 830121 / [alan@chorleyiam.com](mailto:alan@chorleyiam.com)  
Pasco De Palma  
07803 034776 / [pasco@chorleyiam.com](mailto:pasco@chorleyiam.com)
- NON-COMMITTEE KEY ROLES**  
**Webmaster and Newsletter Team:** Simon Kirkman  
07808 475481 / [simon@chorleyiam.com](mailto:simon@chorleyiam.com)  
**Associate Co-ordinator**  
Derek Whittle 07472 417013 / [ac@chorleyiam.com](mailto:ac@chorleyiam.com)

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All external sources referenced where possible.