

## Club Officials

Chairman - Richard Coles
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Club Secretary - Jan Smewing
9 Bowerhill Close, Rechill, Surrey RHI 5 NQ

Membership Secretary - Shelley Wooster 20 Pennyfiedss, Felpham, West Sussex PO22 6BN 01243 855681 shelbysuit@hotmail.co.uk
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## Assistant Competition Secretaries

Pat Lloyd-Jacob - 02086434256
Eric Clarke - 01883650124
Committee Members
David Charman
Danny Haste

## About RRND

We are actually two clubs in one. Reigate \& Redhill North Downs Motor Club was founded in 1935 and is affliliated to the ACU (Auto Cycle Union). In 1993 the Reigate \& Redhill North Downs Motorcycle Club was founded and is affiliated to the AMCA (Amateur Motor Cycle Association). It was necessary to form a second club, as one club can not affiliate to both organisations and we wanted to run our Club trials under the AMCA but also remain associated to the $A C U$ to give our members a wide choice of events to ride in.

Although the main interest is motorcycle trials, we welcome all motorcyclists as members, many of our members also have road bikes and a wide interest in

## Useful Contacts

28 Navigation Way, Mill Park, Hawks Green Lane
Cannock, Staffordshire WSII 7XU
01543466282 www.amca.uk.com
ACU
ACU House, Wood Street, Rugby, Warwickshire CV2I 2 YX 01788566400 wwwacu.orguk

## FINS Motorcyles

Units 4,5 \& 6 Hockley Business Park, Hooley Lane, Rechill. Surrey RHI 6ET
01737768129 m

Gordon Farley Motorcyles
13-15 Barrack Road, Guildford, Surrey GU2 9ZR
01483538485
Stevens Trials
Unit 5, Bentley Street Ind Est. Bentley Street, Gravesend.
Kent DA12 2DH
01474536665 mw w.stevenstrialscentre.co.uk

## BVM Moto

London Road, Stroud, Gloucestershire GL.5 2DA
01453762743 mww.bvm-moto.co.uk
Section Five Trials
Based in Caterham, Surrey
01883345984 mww.sectionfivetrials.co.uk
Betchworth Practice Iand
Saturdays and Sundays from 10.00am - 2.00pm unless official
event pre-booked. Situated off A25 between Reigate and
Dorking. 610.00 per bike ( $10 \%$ discount for Club members on
presentation of membership card). Food available along with
bike wash facilities at $£ 3.00$ per bike (no
NO RIDING ALIOWED IN CAR PARK.
For details contact Roger Farmer - 01372374059 or
07721612037

The Club runs monthly trials (under the AMCA) on Sundays and also evening trials during the summer (June, July and August).

At Club trials we normally lay out 8 sections run
over 5 laps with a break after the 2nd lap and have 4 or 5 routes. Sometimes we lay out 10 sections run over 4 laps (again with a break after the 2nd lap).

The Club also holds a camping weekend over the August bank holiday, and other social events, including a monthly Club night.

Events, results and photos are posted onto our website: wnw.rrnd.co.uk

Athough production issues meant that the last magazine was late, it was well worth the wait with a range of articles that proved interesting reading. A great first effort by Debbie, produced by David to a very high standard. Thank you to those of you who have risen to the challenge and written articles for this year's magazines. We need to keep that initiative going and ensure that our magazine team are supported in their endeavours.

At the Hook Woods trial, I overheard discussion about the "old crock" on the front cover. I leapt to Chris Dark's defence only to find that it was the bike that was being discussed and not the rider! There was a good deal of comment about how effective the older bikes could be - especially given a competent pilot, a point Chris was demonstrating admirably in the execution of quite a difficult climb at Shamley Green.

The date is now fixed for the Old Codger trial (4th October 2009) and the event will be held this year at the Army Test Track at Bagshot South. This is a good day out with the opportunity to see some great old bikes ridden in many cases by equally old riders. Again this year's entry is extended beyond pre-67 including twin shocks like Chris' SWM and the opportunity to ride at Bagshot should lead to a big entry. This is definitely a site to bring your own bike and we need your support to run this high profile and income generating event.

Malcolm and I are very familiar with Bagshot as the two Surrey Police Events have been held there for the last fifteen years. I have only missed one and Malcolm has been to most! He had the opportunity to see it as a competitor in March when he rode a Yamaha WR250 in the Surrey Police Enduro. This was a hard event and he did well despite never having ridden the bike (or a four stroke for that matter) before, and suffering the normal starting problems of a hot stalled/dropped kick start only four stroke. A second enduro at Tilgate looms in June and it's possible that I may also enter. Mr Haste has been making positive noises so we may find that we have a regular RRND enduro contingent. RRND members Joe Beard and Jim Bringlow ride the SE Enduro rounds but tend to do so under the Croydon banner.

The Don and Dark families have been assisting in other ways in the last few months, laying out at both Shamley Green and Hook Woods. Our thanks to them and a reminder that we are always looking for volunteers to assist with setting up / laying out, signing on, and at the end of the day clearing away. If you cannot help with any of that there are always the results to do!

It seems incredible that the evening trials will soon be upon us. Roger Farmer and the Thomas family have kindly accommodated us for all three trials and will allow us to run our barbecue retaining the evening's social scene - see you there.


## CHUBINF:

## RRND Club Nights

These are held on the first Wednesday of each month at the Home Cottage PH, Redstone Hill, Redhill, Surrey (off A25) from 8.30pm onwards. All Club members are welcome to come along, socialise and chat with other members, and make their views known to the Club's Committee (who hold their monthly meeting earlier on the same night). It would be nice to see more of you there!

Check the Club's website for dates at wnw. rrnd.co.uk.

## Observers

The Club runs several trials during the year where volunteers are needed to observe. If you are thinking about having a go at observing, but would like some assistance, you can be paired up with someone more experienced to 'learn the ropes', so please do not let your inexperience put you off volunteering! Please contact Pete Jenkins if you would like to have a go, and assist at one of this year's observed events.

## Laying out and signing on

 It is always good to have volunteers for laying out trials, and if you would like to have a go, you can join a team to do so. Likewise, it is always a rush on trial days to get everything ready and to sign everyone on so any volunteers to sign people on would be very welcome and you will be told what to do etc. Please contact Pete Jenkins if you can help in either of these ways.If you are riding a Club trial, do not forget that you can download the entry form from the Club's website - it will save time if you can come with this fully completed and with the correct entry fee.

## Social events

Ideas and suggestions are always welcome for social events, so please pass your suggestion to any of the Committee and we will see what can be arranged.

## Photos

We now have quite a number of junior members of the Club, and on occasion photos may be taken at trials and other events which are used in this Newsletter and on the Club's website. Parents or guardians who do not wish their child's photo to appear should make this clear to the photographer, and to the trial or event organisers.

## Evening Trials

The Club will be running a series of evening trials over the summer months. These will be held on Wednesdays on the IOth June, 8th July and 19th August with a start time of 6 pm. These trials will be held at the Old Quarry Betchworth, and the Club will be running its own BBQ at each of them. A great opportunity to have a ride, and bring the family and socialise afterwards with a good burger or two. In the event of bad weather, please check the website at www.rrnd.co.uk to ensure the event is still running.

## August Camping Weekend

 This year's camping weekend will be held over the August bank holiday weekend, 28th to 31st August. Full details will be made available on the website at www.rrnd.co.uk. There will not be an open trial this year on the 31 st August, but other events will be arranged for the campers instead - watch this space!
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## Round One: Sheffield 3/1/09

For my birthday last year, I was lucky enough to receive a pair of tickets from my family, to go and watch the first round of the 2009 World Indoor Trials Championship at Sheffield Arena. Matt was the lucky family member chosen to come with me to watch this event.

We thought we would travel in style, so booked first class train tickets, (actually cheaper than second class when booked APEX). However, on boarding the train, we found that my allocated seat was not there - it was, in fact, a luggage rack! After much hilarity on Matt's part, and a decision from me that I would rather not fold myself into the allocated space, we found a pair of spare seats and settled down for the journey.

Following our arrival at Sheffield Station we jumped on the tram to the Arena, (a 10 minute journey time). We had been booked into a hotel for the night opposite the Arena, and arrived there in the late afternoon to relax prior to going to watch the event.

The event was spectacular! The results
chased by Adam Raga and our own Dougie Lampkin. Toni Bou is in a class of his own. The sections had to be seen to be believed - huge tree trunks, massive box like structures, skips, giant tyres plus a waterfall - there was little or no margin for error when riding these sections.

The atmosphere was electric with massive support for Dougie who looked at one stage to be heading for the win. The head to head racing is great with some of the riders really going for it.

Our journey home was uneventful (with a proper seat this time). Matt and I would thoroughly recommend this event to others. The evening was brilliant and well worth the travelling. I am hoping that the family will be as generous next birthday (it's a big one, so you never know!

Colin Don


## J0's Misht

The night of Saturday 28 March certainly goes down as one to remember for a long time.

That was the night when Pete and Jo Jenkins kindly opened their doors and laid on a 70's themed party for Club members to replace the dinner dance that had to be cancelled.

Among the guests were funky disco dudes, crew members from the Star Ship Enterprise, Michael Jackson, one of the Pink Ladies from the cast of Grease, John Lennon (arisen from the grave) and ABBA who, (like so many lately of the bands from that era), reformed for a special one off performance.

One young man was suitably attired in Oxford Bag trousers and platform shoes which were both genuine articles from the period - we know that because they actually belong to his Dad - all enquiries for hire to Antony Read!

The nostalgia extended to the dinner menu - a lovely prawn cocktail to start, chilli \& rice, followed by black forest gateaux. There was even a cheese and pineapple hedgehog for authenticity.

Agnetha and Frida from ABBA did their best to entertain, but having forgotten their microphones had to make do with the salt and pepper grinders from the dinner table. Don't get excited and think that ABBA will get back together permanently, because it seems the girls have lost their once amazing voices (and some of the moves looked decidedly dodgy as can be evidenced from some of the photos in circulation). The boys, Benny and Bjorn also seemed to suffer from stage fright, and whilst happy to dance, did not contribute to the vocal 'harmonies'

As in parties held in the 70 's, much gathering in the kitchen and putting of the world to rights whilst indulging in alcohol took place.


All good things must come to an end, so the guests reluctantly left for home some time around midnight - but oh dear, the clocks changed that night, so it was little sleep for some who were riding a trial at Betchworth the next day!

All in all a great night, and on behalf of the Club members present, I would like to say a big thanks to Pete and Jo for hosting this event - and yes, I have to confess that I was one of the ABBA members!


In April this year, six riders from our Club went on a trail riding day out in North Wales. We all stayed at a nearby $B \& B$ the night before, as a four hour drive on the day would be pushing it a bit too far. Luckily for us, the town of Machynlleth had a good few pubs to investigate the night before!
In the morning we drove up a 13 mile long mountain road to a little farm house in the middle of nowhere to collect the bikes and protective gear. In the yard was a selection of trail bikes to choose from. As Pat was the tallest, we volunteered him onto the Husqvarna 510 and the rest of us jumped onto the 5 other more sensible bikes. All the bikes had electric starters so we were soon away and off into our adventure.
Our expedition leader: Marianne, led the way on her 650 sidecar outfit with her daughter Lucy in the chair.The first 20 minutes
was fairly easy riding. We were then sent up a rocky gully type path that the sidecar could not fit down. This was where Marianne could see what standard we could ride so she could pick a route for the day to match our abilities. Only one "cock up" on this bit committed by yours truly. got off line on a tricky double rock step, and could not get going again as the bike was so high I could not touch the ground to paddle it through. Thankfully Dan gave me a push and off I went again, but the rest of the boys then had only a short run up to climb the step behind me. Despite this, Marianne said we were actually quite good so we could ride the harder style route for the rest of the day. Looking back now, she may just have said that to make us feel good and there may have only have been one route anyway
The rest of the morning we rode on all sorts of terrain including very deep water,
rocks, mud, grass, open fields and gravel roads. As well as this, we had to open and shut farm gates as we went and some were only 20 yards apart

By the afternoon, we arrived at Barmouth Railway Bridge. For $£ 2$ return we rode across on the narrow footpath on the Bridge to get fuel on the other side. A very unique experience indeed. In the afternoon we tended to stick to one bike that suited our own style, rather than swapping all the time. Enic was obviously having a hoot on the 510, Dan loved the 250 two-stroke Suzuki, Pat stuck to the tall DRZ 400 even when he fell off in the water, Rick and I had CRF 230 Hondas and Colin preferred the 250 Husqvarna.

The only bike damage all day was a plastic number plate snapped in half. Quite good really as we did fall offa few times, generally due to not being able to touch the ground when stationary!

By 4pm we had finished a fantastic day of trail riding in the Welsh countryside. My only regret was not taking time to look at more of the amazing views as I rode along - that and the fact that the only team picture we took had us standing outside a toilet block! Thanks to Dan, Pat, Rick, Colin and Eric for a memorable days ride, I know they all enjoyed it just as much as me.

Pete Jenkins



## Part Two: Bike Preparation

How do I prepare my trials bike to ride a trial?

Trials is a precision sport, and you will find it a lot easier on a correctly set up bike, which will reflect in your results at trials.

## Basic set up

The 3 most important and basic parts you use to control your bike are:

- the throttle;
- the brakes; and
- the clutch.


## The throttle

I. Check that it is secured correctly on the handlebars and that it snaps shut by itself when released.
2. The cable should have the absolute minimum amount of play -5 mm of play will result in a delay when you twist the throttle. Make sure the cable is routed and secured correctly.
3. Start the bike and let it idle while turning the handlebars onto full lock both ways. The engine revs should not increase - if they do, the cable may be routed incorrectly.
4. As a beginner you may wish to use a slow action throttle, which gives you more control when accelerating.

## The brakes

I. All cables/hoses should be routed correctly, be in good working order and the cables well lubricated.
2. Brake pads should be regularly checked and replaced if worn or if they get an oily substance on them.
3. The front brake should be able to be locked by only using one finger - this lets you keep a good grip on the handlebars.

## The clutch

I. Older bikes may have a cable operated clutch - ensure the cable is in a good condition and well lubricated.
2. You should be able to fully engage and disengage your clutch by using one finger, which then allows you to keep a good grip on the handlebars.
3. The state of your gearbox oil and clutch plates are very important. Gearbox oil should be changed regularly using the oil recommended by your bike's manufacturer. Clutch plates should be checked regularly and replaced when worn.

## Positioning of Handlebars and Levers

## Handlebars

Ensure that your handlebars are not bent. Bent handlebars will cause you to have an uneven stance on the bike.
Position the handlebars so they are in the 'middle position', centrally and comfortably.

Note that: Handlebars pulled back will give you slower steering and a cramped ride, but may be better for drop offs and getting traction; Handlebars pushed forward will give faster steering, which may be better for rear wheel hops, turns and steps, but will not be so good for drop offs etc.

Experiment to find what suits you best.

## Levers

Your levers should be slightly lower than horizontal, and you should be able to reach and
operate both the clutch and brake with your index finger.

Top Tip Time! If you leave the lever clamps slightly loose but tight enough so they stay in place with normal riding, if you have the misfortune to crash they will rotate on the handlebars instead of breaking.

## Setting up your bike suspension

Proper adjustment can make manoeuvres much easier.

It is important to find the correct balance between front and rear suspension. If the forks are too soft and the rear too hard, the bike will react differently than if the situation was reversed. Suspension should always be even front \& rear.

Top Tip Time! Sit on the bike and bounce up and down - ask someone to watch both ends of the bike, they should compress and rebound at the same rate.

As a beginner or novice rider, it is probably best to have your suspension a little soft as you will gain better grip in the wet - experts may prefer the suspension a little harder as they tend to hit obstacles faster and harder.

## Tyres

It goes without saying that tyres should be regularly examined for wear - worn tyres = less grip.

Tyre pressures should be checked with an accurate gauge before riding.

As a very rough guide:
Front: Dry conditions 7-8 psi wet 5-6 psi Rear: Dry conditions 5-6 psi wet 4-5 psi.

## Next Edition - Part Three:The Basic Art of Riding!

Debbie Don

FORSATE
2004 Beta 270cc Rev 3.
Good condition, owned by me from new. Ready to go and recently serviced. $£ 1,350$. Call Peter Jenkins on 077404 | 437 I or 01883370045.


## CTIUBHRTATIS

## Old Quarry Betchworth - 19 April 09

Thirty-five riders enjoyed a dry day for our April Club trial at the Old Quarry Betchworth.
The best of the riders on the day were as follows:

| Class | Ist | Marks lost | 2nd | Marks lost | 3rd | Marks lost |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Experts | Luke Thomas | 10 | Stuart Read | 16 | Eric Clarke | 22 |
| Inters | Antony Read | $28^{*}$ | Simon Mepham | $28^{* *}$ | Matt Don | 35 |
| Blues | Pete Jenkins | 1 | Emma Thompson | 18 | David Charman | 22 |
| Blue Over 40s | Kevin Thompson | 0 | Richard Coles | 12 | Richard McCormack | 15 |
| Blue Under 16s | Sam Brightman | 8 | Tom Charman | 25 |  |  |
| Red | Paul Ray*** | 7 | Mark Stubberfield | 15 | Peter Steer | 21 |
| Red Over 40s | Robert McKenzie | 17 | Ken Cornish | 40 | Paul Brightman | 71 |
| Red Under I6s | Eliott Tickner | 21 | Grace Dark | 80 |  |  |
| Yellow | Toby Smith | 3 | Millie Ray*** | 7 |  |  |

* $=30$ cleans. ${ }^{* *}=19$ cleans, ${ }^{* * *}=$ Guest Riders


## CIUB TRTAT ENTRY DETATIS

Faygate 21th June and Betchworth 19th July

| Start: | 11.00 am |
| :---: | :---: |
| Entry: | 16 and over $£ 12.00$ under $16 £ 8.00$ Guest riders (non-members) 16 and over $£ 15.00$ under $16 £ 11.00$ |
| Clerk: | Peter Jenkins |
| Course: | Usually five laps of eight sections, however some venues may be run over four laps of ten sections with a break after second lap. It is preferred that riders ride the course as laps starting at whichever section they prefer and not keep riding the same section continuously. |
| Sections: | This trial will have four routes and there will be a break after two laps when sections may be changed. |
| General | Please note all parents/guardians are responsible for under 18 year old riders and it is required that you sign their entry forms. Also schoolboy/girl riders DO NOT have personal insurance cover, only third |
|  | party. For safety reasons it is preferred that riders do not ride around the course alone but in small |
|  | groups observing each other in the sections. Always check that a section is clear before entering and no practicing before or during the trial in the sections, if caught practicing you may be disqualified. |
|  | Helmets are optional but you are strongly advised to wear one. |
|  | All under 18 riders MUST wear a helmet. |
|  | This is an AMCA event run by Reigate \& Redhill North Downs Motorcycle Club. |
|  | Entry forms can be downloaded from the Club website to save time signing on. |

## Hook Woods - 17 May 09

This trial was laid out on the previous day by Chris \& Scott Dark and Colin \& Matt Don, although on the actual day of the trial neither Chris nor Matt rode. They both claimed to be feeling ill, but perhaps they knew what was in store!

The weather varied from bright sunshine to torrential showers, making things a little interesting. Having laid out the red route, I opted to ride the blue, but after an 'over the head' experience with the bike, I am not sure that was a wise decision!

The more memorable sections on the blue route for me were:

- Section 2 , which was a climb uphill over rocks, then a traverse over more rocks, followed by a drop off into mud and a climb out up a bank to finish;
- Section 4 , which was up a rock gully with a step in the middle, followed by logs and a right turn to the finish;
- Section 6 , which was a steep downhill start with a turn into a muddy bottom with a big double step up through more mud, over logs, over a hump and drop off logs and out. This Section was a good opportunity to give the bike the 'beans' in 3rd gear!
- Section 8 , which was in the big sand area, where a lot of digging out has taken place. This was another section where a good blast up a climb was the order of the day
The general standard for the blues was quite challenging but all the sections were 'do - able' for the better riders - this unfortunately did not include me! Although at the time of writing the results have not been published, my scores on the day were more darts than trials










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| 21 June 09 | Club Trial, Faygate. Start 11 am |
| :---: | :---: |
| 28 June 09 | Beginner Training Trial, Harts Lane, South Godstone. Start llam |
| 1 July 09 | Club Night, Home Cottage PH, Redstone Hill, Redhill (A25) from 8.30pm |
| 8 July 09 | Evening Club Trial, Old Quarry Betchworth, Start 6.00pm |
| 12 July 09 | South Coast Group Trial, Brighton Club, Ilford nr Lewes. Start 10.30am |
| 12 July 09 | Star Group Trial, Horsham MCC, Wealdbarkfold Farm, Plaistow. |
| 19 July 09 | Club Trial, Old Quarry Betchworth. Start 11 am |
| 26 July 09 | Beginner Training Trial, Harts Lane, South Godstone. Start llam |
| 26 July 09 | Road Ride -Lunchtime get together with Burgess Hill MCC |
| 5 August 09 | Club Night, Home Cottage PH, Redstone Hill, Redhill (A25) from 8.30pm |
| 9 August 09 | South Coast Group Trial, RRND Club, Old Quarry Betchworth. Start 10.30am. Observers will be required - please volunteer! |
| 9 August 09 | Star Group Trial, Sunbeam MCC, TBA |
| 19 August 09 | Evening Club Trial, Old Quarry Betchworth, Start 6.00pm |
| 28-31 August 09 | CAMPING WEEKEND - No open trial |
| 30 August 09 | Beginner Training Trial, Harts Lane, South Godstone. Start 11 am |
| 9 September 09 | Club Night, Home Cottage PH, Redstone Hill, Redhill (A25) from 8.30pm |
| 13 September 09 | South Coast Group Trial, Southern Trials Club, Steep. Start 10.30am |
| 13 September 09 | Star Group Trial, Croydon MCC, Holmens Grove, Brooke. |
| 27 September 09 | Beginner Training Trial, Harts Lane, South Godstone. Start 11 am |
| 27 September 09 | Club Trial, Hookwoods. Start 11 am |
| 4 October 09 | Old Codger Trial or pre 67 British Bikes and all Twinshocks, Bagshot South. Observers will be required - please volunteer! |
| 7 October 09 | Club Night, Home Cottage PH, Redstone Hill, Redhill (A25) from 8.30pm |
| 11 October 09 | South Coast Group Trial, Eastbourne Club, TBA. Start 10.30am |
| 11 October 09 | Star Group Trial, Thames MCC, Bagshot South |
| 31 October 09 | Beginner Training Trial, Harts Lane, South Godstone. Start llam |
| 1 November 09 | South Coast Group Trial, Eastbourne Club, TBA. Start 10.30am |
| 1 November 09 | Star Group Trial, Streatham MCC, Blacklands Farm. |
| 7 November 09 | Club Night, Home Cottage PH, Redstone Hill, Redhill (A25) from 8.30pm |
| For the very latest information and updates vist the website at www.rrnd.co.uk |  |
| Dates \& Venues | provisional and may change. Club championship points will be scored at all weekend Club |

