



# Thunderbird Times

APRIL 2016

Newsletter of the Mighty South London branch of the **TRIUMPH** Owners Motor Cycle Club

## A New Season`

The weather is beginning to improve, so hopefully we'll get out more. First Tuesday evening run on 26<sup>th</sup>. Have a look at the branch website, Dave has been busy with some new photos & videos. <http://www.tomccmsl.co.uk/> Another addition to events list – Sunday June 12<sup>th</sup>, Headcorn (Kent) Merlins & Motorcycles show. Godstone pond, 10am.

<http://www.bmf.co.uk/news/show/merlins-and-motorbikes-headcorn-aerodrome-june-10-13>

Not a bad start this month, our new social sec, Greg, took us for a run up to the Ace Café for the Classic & British day. We were probably a bit early, 'cos by the time we left around mid-day there wasn't too much sign of either.

The following week we went up to Epsom Downs to see Bernard off on the Pioneer Run.

*Just to let you know that I had a very good trouble free ride to Brighton, in a record time for me of 2 hours 10 , It was as usual, appreciated and nice to see some of the guys from the club at the start, I will try to get to the club night in a week or so, once again many thanks.*

*All the best,*

**Bernard**



## Bun Run



Good Friday, and 14 of us met up and rode down to Copthorne to see off the VMCC run. Many interesting old bikes, all tastes catered for there, including excellent bacon sandwiches! After the VMCC had all left, we went on a little run of our own. Fred took us around the lanes for a while before stopping for a rest at a pub with a deeply-gravelled car park. Just right on a bike.

## Last Chance Run

*After a wet night, but a dry day 25 bikes met at Godstone pond for the 2016 run to the Last Chance Animal Rescue Centre. A pleasant ride through the Kent countryside, where we encountered cyclists, horses and a crossing for toads - only in England, I hear you say! We were welcomed at the Last Chance with the usual tea, coffee and BBQ.*

*After much needed refreshments, a collection raised a super £1100.00. A big thank you to all who donated money, food etc and also to club members from the Mighty South London and Surrey branches of the TOMCC*





Also a big thank you from all of Charlie Goddard's family for your continued support for this charity

**Dean**

Anybody looking for a dog, cat, or even a rabbit, the Last Chance is a good place to start. Situated near Edenbridge and now they have a branch at New Romney.

[www.lastchanceanimalrescue.co.uk/](http://www.lastchanceanimalrescue.co.uk/)

**Why riding a motorcycle can be a pain!!**

For years I've wondered why my right shoulder always ached after an hour or so's riding, and it didn't matter whether it was summer, winter or whatever. Long trips abroad doing several hundred miles/kms a day were always a bit of a chore when they should have been really enjoyable. Was it the bike style? Was it that I was riding in a slovenly manner, slouching and not sitting properly upright?! It certainly wasn't my leather jacket! It can't be the bike and 'wind strain' I reasoned, as I ride a tourer, which is about the most comfortable format of bike to ride anyway.

So it was only as I was sitting in the office, slaving over a hot computer all day I suddenly reasoned that I was suffering from 'RSI' – Repetitive Strain Injury! I was feeling the same level of aching pain moving a damn mouse about and typing! Similarly, sitting there in the saddle for hours at a time is certainly enough to create RSI.

What we need is a low grade heat pad just for the shoulder muscle area, trouble is, everything produced is designed for cold weather, so full vests, gloves etc, when you don't want that much heat. You just want localized warmth to ease muscles. Let's face it, many motorcyclists are senior riders these days, and I'll bet that there are many riders that don't relish a long ride because they'll 'get the aches', and not just in the backside!

I believe that a strategically placed low-grade heat pad located inside your jacket, to contact with your upper shoulder area, could make all the difference. To this end, I have made contact with [www.heated-motorcycle-clothing.co.uk](http://www.heated-motorcycle-clothing.co.uk) and requested that they consider making something that fits the bill. Watch this space. Regards, **Paul Skeet**

**EVENTS**

April 26<sup>th</sup> Club Run. Skimmington Castle, Reigate Heath, RH2 8RL  
April 29<sup>th</sup>-May 2<sup>nd</sup> Trifest St. Audries Bay, Somerset

**CLUB CONTACTS:**

**Website**

<http://www.tomccmsl.co.uk/>

Chairman	Paul Cooper	020 8394 1909
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Social Secretary	Greg Miller	<a href="mailto:gregrussellmiller@gmail.com">gregrussellmiller@gmail.com</a>
Regalia	Amanda Dawson	

**THE BRANCH:**

**Meets at the Prince of Wales,**

98 Morden Road, London SW19 3BP

(Tel: 020 8542 6084) every Tuesday from 8.00 pm

**Runs** leave the pub at **8.00pm sharp,**

**4<sup>th</sup> Tuesday** of the month, April to Sept.

**Please ensure you have a full tank of petrol!**