

Chairman Writes

Hello,

At the time of writing I had half a tank of petrol and an announcement on the news of a strike by tanker drivers.

With the memories of the last strike in mind I thought it might be a good idea to fill up the tank.

Tank filled I then had the resolve to see how far I could make this fuel last. It is expensive enough and I don't know when I will get any more.

I would normally easily manage somewhere around the two hundred and eighty miles to and from work, shopping etc and so thought by trying a bit harder would easily manage to get into the three hundreds.

Begin by putting all the usual tips into place to improve mileage;

- Tyres correctly inflated to reduce rolling resistance
- Windows closed to reduce drag
- Empty the car of clutter to reduce weight
- Only using the lightest of touches on the accelerator



Tim Starkey
(Chair)
Sefton Advanced Motorists

BILL STARK

It is with regret that I tell you of the recent death of one of our past members, Bill Stark. Bill died after a long illness and his funeral took place at St Peter's Church, Formby, on Saturday, 20th July.

Bill was an observer with the group and audited the annual accounts for many years.

Ray Woods.

New Associates

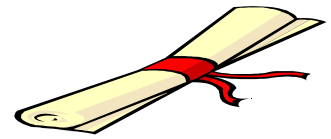
Sefton Group extends a warm welcome to



Bernard Ashton	from	Churchtown
Chris Hill	from	Tarleton
Laura Nelson	from	Birkdale

Test Passes

Hearty congratulations go to



Nathaniel Singleton

Observed by
Kathleen Tattersall

Motoring Editor Champions Safer Driving

The motoring editor of the Champion newspaper, Mike Montgomery, passed his advanced driving test earlier this year and is pictured receiving his certificate from Steve Burns, his Observer from the Sefton Group.



"I was a bit sceptical at first," said Mike "but found the course very rewarding and I feel I am now a better and safer driver."

Save pounds at the pump

As soaring fuel prices continue to hit the headlines, motorists cannot fail to be interested in ways to get the most miles out of every tank of petrol.

Regardless of your choice of vehicle, there are techniques you can use to save fuel and at the same time minimise your impact on the environment. These techniques are part of the IAM (Institute of Advanced Motorists) course, which has delivered eco-benefits through fuel efficiency methods since the IAM was established in 1956.

Ask yourself: "Do I really need to drive?": Short journeys that are generally less than two miles cause the most pollution and are inefficient in terms of fuel consumption. A straining cold engine will produce 60 per cent more pollution than a warm one. Walk or cycle where possible instead.

Plan your route: Take the most direct route and go at off-peak times if possible to save fuel and time. Sitting in congestion means you are often doing zero miles per litre. Consider car sharing, Park and Ride schemes or public transport.

Have your vehicle serviced regularly: Inefficient, under-serviced engines can reduce fuel economy by 10 per cent or more. Catalytic converters are environmentally friendly - but only if they are properly maintained.

Check your tyres: Correct tyre pressures reduce wear and helps fuel economy. Under-inflated tyres need replacing more often (itself an environmental problem) as well as being dangerous. Make a point of checking them at least once a week.

Obey the speed limits: Try to 'feather' the throttle when you reach your cruising speed. Doing 56mph uses 25 per cent less fuel than 70mph and a smoother driving style can bring significant fuel saving.

Reduce the drag factor: Remove roof racks and carriers when they're not in use as well as unnecessary boot luggage and heavy accessories. Driving with the window open and using air conditioning increases drag and lowers fuel economy, so use the vent settings instead.

Buy green fuel: And use less of it. If you get stuck in traffic, switch off the engine. Find out if you can buy low sulphur diesel (city diesel) or cleaner petrol (low sulphur/aromatics) locally.

Use "accelerator" sense: Save fuel by planning ahead and reading the traffic in advance to gently join a queue rather than braking suddenly as you hit traffic.

Reverse when you park: The engine will be cold and at its most fuel inefficient when you start it. If you can drive away without having to reverse when the engine is cold, you will save fuel and have better visibility.

Watch your levels: If you fill your fuel tank up to the brim, you may be carrying around additional fuel which in turn means that you have more weight on board than is necessary and this will itself reduce fuel efficiency.

Top 5 most economical cars

(According to Richard Aucock writing for cars.uk.msn.com)

1. Seat Ibiza Ecomotive, 74.3 mpg

The Spanish company's tidy three-door supermini shoots straight to the top of the fuel-efficiency chart, courtesy of well-judged aero mods and an incredibly economical 1.4-litre turbodiesel engine. Gear ratios normally seen on intercontinental trains, plus tweaks here and there to reduce friction, boost economy to a remarkable 74.3mpg.

Yet don't think it's slug-like. It still hits 60mph in 12.8 seconds and goes on to 109mph. When has economical driving ever been this satisfying? It even gets air con as standard, for £10,995 all-in. The Ibiza will be replaced in 2008, so there's even potential there to haggle dealers down from that bargain-tastic list price.



2. Volkswagen Polo BlueMotion, 74.3mpg

The Polo achieves exactly the same fuel returns as the SEAT. So why isn't it top? Because of the small matter of over £1k extra on the asking price but, really, they're the same car underneath, and feel little different to drive.



3. MINI Cooper D, 72.4mpg

BMW's EfficientDynamics programme has extended down to the MINI with dramatic effect. It's now the most economical car the company produces. Tricks such as automatically turning off the engine at traffic lights help here. But don't think the MINI has become a dullard because of them. It's well up for the traffic light GP; courtesy of 110bhp, it's able to hit 60mph in 9.9 seconds. We know, this does nothing for fuel economy, but MINI driving's in-

evitably as much about fun as it is about fuel economy.

4. MINI Clubman Cooper D, 68.9mpg

The Clubman is one of the coolest things in town. And while it can't match its dinkier, lighter baby brother for fuel efficiency, it's still way beyond anything you could achieve in most other cars.



5. Citroen C1/Toyota Aygo 1.4 HDi, 68.9mpg

These tiny cars are, when fitted with PSA's 1.4-litre HDi diesel, officially the most fuel-efficient in the UK. The only problem is that this diesel engine isn't available in the similar Peugeot 107. Anyway, they'll cover no less than 68.9 miles for each gallon of fuel and they won't be miserable miles, either. Indeed, the only problem is their steep £1,000 cost over the 61.4mpg-capable petrol, which is a nicer engine to use.

If a new car is not within your budget, why not consider one of these second-hand models that are considered to be

The Ten Most Economical Cars for less than £5,000.

1. Peugeot 107/Toyota Aygo/Citroen C1

- CO2: 109g/km
- Economy: 61.4mpg
- £5,000 buys: a 2006 107 Urban

2. Renault Clio 1.5 dCi

- CO2: 115g/km
- Economy: 65.7mpg
- £5,000 buys: a 2004 1.5 dCi 86 Dynamique



3. Toyota RAV4 D-4D

- CO2: 190g/km
- Economy: 39.8mpg
- £5,000 buys: a high-miles 2002 2.0 D-4D GX five-door.

4. MGF

- CO2: 178g/km
- Economy: 38.3mpg
- £5,000 buys: the absolutely best 2001 pre-TF models

5. Smart Fortwo

- CO2: 118g/km
- Economy: 57.6mpg
- £5,000 buys: 2004 City Coupe Cabrio Passion

6. Peugeot 206 CC

- CO2: 166g/km
- Economy: 40.9mpg
- £5,000 buys: 2001 1.6 S

7. Citroen C4

- CO2: 125g/km
- Economy: 60.1mpg
- £5,000 buys: a leggy 2004 1.6 HDi SX 5dr

8. Renault Grand Scenic

- CO2: 144g/km
- Economy: 52.3mpg
- £5,000 buys: a 2005 1.5 dCi Authentique/Expression

9. Audi A6 1.9 TDI

- CO2: 154g/km
- Economy: 49.6mpg
- £5,000 buys: 2001/2002 1.9 TDI SE saloon

10. BMW 320d



- CO2: 148g/km
- Economy: 51.4mpg
- £5,000 buys: a 2001 320d SE

Courtesy of cars.uk.msn.com

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