



Introduction

When I began as Radio 2's first dedicated traffic reporter, a lot of people said that national traffic news just couldn't be done with any accuracy or authority. They were sceptical that one person could, in around two minutes, give a comprehensive picture of the state of the nation's roads. I took this on as a challenge, made a few rules for myself, and got started. One way or another it's worked out OK, but on my way to understanding what it is that drivers want, I've learned an awful lot. So I thought I'd share some of that knowledge with you – things that I've discovered about driving around the roads of Britain, rules that might help make your journeys more bearable.

I understand only too well that driving isn't the joy or pleasure it once was. Our roads are overcrowded, drivers are much more stressed, and the expense of driving has hit an all-time high. Add to this other, controversial, new factors such as speed cameras and congestion charging and it's not surprising that Britain's motorists are feeling fed up, put upon, and under attack. I reckon those of you who traverse our roads daily – commuters, mums on the school run, reps,

taxi drivers, coach drivers, delivery drivers, and of course truckers – could all do with a little help. Don't despair. I've learned that some of these stresses can be circumvented, you don't always have to sit in miles of traffic, and a few simple ideas can make your life much easier.

In recent years, Radio 2 has become the most listened to station in the country, and I want to tell you something about the way we work, and in particular how the traffic news is created and presented, the times it's gone wrong, the times when my heart races, and my special relationship with the truckers of Great Britain.

Above all, I want to show you the fun side of driving and how you can get the most out of your mileage. It's not all doom and gloom, and driving can still be a pleasure if you plan it properly. Some of the most beautiful and scenic routes in the world are right here on our doorstep, from the lochs of Scotland to the coastal routes of Cornwall.

So, despite the queues, the delays, the speed cameras, the congestion charges, and the Green Guilt, the drivers of Great Britain seem to take everything in their stride and, well, just get on with it. You're all heroes to me, and this book is dedicated to you all.

Oh, and by the way, my traffic hotline number is 08700 100 200. I'll be waiting for your call!

A handwritten signature in black ink, appearing to read 'Sally', with a long, sweeping horizontal line underneath it.