



# The Eastern Centre GAZETTE

June 2015 Volume 55 No. 6



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## EASTERN CENTRE OFFICIALS A.C.U. 2014

### President:

Alan Penny 'Culross', Hadleigh Road, Elmsett, Ipswich, Suffolk, IP7 6ND  
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**Life Vice Presidents:** Derek Clampin Dennis Slaughter MBE

### Vice Presidents:

Roger Chaplin	Alan Foskew	Mrs.Margaret Mellish	Geoff Brace
Roy Bannister	Jack(R.G)Hearn	Albert Brace	Mrs.Vera Hearn

### Chairman:

(R.G) Jack Hearn 25, Quinton Road, Needham Market, Suffolk, IP6 8BP  
Tel: 01449 721042. e-mail: jack.vera7@btinternet.com

### Vice Chairmen:

Alan Foskew	9 Ebenezer Close, Witham, Essex, CM8 2HX Tel: 01376 517169 e-mail: alanfoskew29@btinternet.com
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### Treasurer:

Andrew Hay 27, Tizzick Close, Three Score, Norwich.NR5 9HB.  
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### Centre Secretary:

Lyn Berwick 23, Tymmes Place, Hasketon, Ipswich, Suffolk , IP13 6JD  
Tel: 07857 601753 e-mail: lynberwick@hotmail.com

**Life Honorary Member of the Eastern Centre ACU:** Mrs.M.Armes

### Permit Secretary:

Phil Armes 10 Tremaine Close, Hellesdon, Norwich, Norfolk, NR6 5EL  
Tel: 01603 487061 e-mail: permits@easternacu.org

### ACU Benevolent Fund Officer:

Martin Cross 'Magrathea', East Hanningfield Road, Sandon, Chelmsford, Essex CM2 7TQ  
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### Environmental Officer:

Eddie Wass 10, Knights Road, Braintree, Essex. CM7 3YT.  
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(R.G) Jack Hearn 25, Quinton Road, Needham Market, Suffolk. IP6 8BP  
Tel: 01449 721042. e-mail: jack.vera7@btinternet.com

### Eastern Centre Competitions Committee

(The President, Chairman, Vice Chairmen,  
Secretary & Treasurer are ex-officio members)

#### Chairman: P. Armes

10 Tremaine Close, Hellesdon, Norwich, Norfolk,  
NR6 5EL Tel: 01603 487061  
e-mail: permits@easternacu.org

#### Other Elected Members:-

E.Wass, A.Deeks, M.Deeks, C.Ralph, D. Smith,  
C. Dopson

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**Editorial:** Phil Armes

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Eastern Centre Web Site

**www.easternacu.org**

Results, Events Calendar, News, and more



# Foreword

Phil Armes

In the April issue of the gazette we published information about current discussion regarding riders sustaining concussion, and the procedures that should be followed to prevent any such riders competing again before they are deemed fit. The ACU Medical Panel have now issued some guidelines and timescales, which have been distributed to all Centres by the ACU; and subsequently we, as a Centre, have done our best to make all organisers aware of these guidelines. The full text of the document from ACU headquarters is printed in this issue, and I urge all organisers, officials, and especially riders to read the information, and act accordingly.

On a brighter note it is good to see that Jack Sheppard continues to break new ground, and finished 7th in the Scottish Six Day Trial – thwarted by a lock gate which cost him ten minutes, and potentially, a much higher finish.

At the end of the month, June 28th to be precise, the Woodbridge club will be hosting a round of the Maxxis British Motocross Championship at their Blaxhall circuit. It is the first time the club has taken on a round of this championship, and the requirements and responsibilities lead to an awful lot of hard work, over and above a 'normal' event. So let's see if we can, as a Centre, support them on this new chapter, and offer any assistance to help lighten the load.

And finally, in this issue you will find the regs for the East of England Trial which will be at Corton on June 21st. This year the Norfolk & Suffolk Group will be donating the proceeds to the East Anglian Air Ambulance.

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# EASTERN CENTRE ACU TRIALS OFFICIAL ENTRY FORM

Event: ..... Organisers: .....  
Venue: ..... Date of Event: .....  
Permit No: **ACU** ..... Course Lic/Cert No. (*where Applicable*) .....

*This event is held under the National Sporting Code of the Auto-Cycle Union, the Standing Regulations, Supplementary Regulations and any Final Instructions issued for the meeting. The ACU National Sporting Code and Standing Regulations are published annually in the ACU Handbook.*

**Entry declaration:** I/we the undersigned apply to enter the event described above and in consideration thereof.

- I hereby declare that I have had the opportunity to read, and that I understand the National Sporting Code of the ACU, the ACU Standing Regulations, such Supplementary Regulations as have or may be issued for the event, and agree to be bound by them.
- I further declare that I am physically and mentally fit to take part in the event and I am competent to do so. I confirm that I understand the nature and type of event I am entering and its inherent risks and agree to accept the same notwithstanding that such risks may involve negligence on the part of the organisers or officials.
- I accept that insurance arranged on my behalf by the organisers of events that I may enter specifically excludes liability between the participants. I understand that this form may be used in litigation as evidence that any serious injury will be principally the result of my voluntary decision to engage in a high risk activity.
- I consent to details of any injuries I may suffer at this event being passed between all medical services and the Clerk of the Course.
- I consent to the collection and retention of my personal information by the ACU.
- I confirm that the machine(s) as described below which I shall participate on shall be suitable and proper for the purpose. I confirm that I am eligible to compete on the machines for which I have entered.
- I confirm that if any part of the event takes place on a public highway, the machine(s) described below shall be insured as required by the Road Traffic Acts, or equivalent legislation, and that they will comply with the regulations in respect thereof.
- I accept responsibility for any items borrowed from the Organiser during the course of the event. These items include but are not restricted to (safety clothing, transponders, accessories). I understand that I am liable for the cost or replacement of any items lost or not returned and non-payment or non-replacement of items borrowed may affect my entry into subsequent events.
- I confirm that I have not been refused an ACU Licence, nor had an ACU Licence suspended, nor have I been excluded from any ACU competition.

• I/we enclose the entry fee of: £ .....

**Don't forget to put Entry Fee here**

**Acknowledgement of the risks of motorsport:** I understand that by taking part in this event I am exposed to a risk of death, becoming permanently disabled or suffering some other serious injury and I acknowledge that even in the event that negligence on the part of the ACU, any event organiser, any circuit owner, the promoter, the organising club, the venue owner, or any individual carrying out duties on their behalf were to be a contributory cause of any serious injury I may suffer, the dominant cause of any serious injury will always be my voluntary decision to take part in a high risk activity.

I have read the above and acknowledge that my participation in motorsport is entirely at my own risk. I agree that I am required to register on arrival by "signing on" at the designated place before taking part in any Practice Session/Race, Trials or Enduro.

**Don't forget to sign**

**Rider's signature:** ..... Please tick box if you are 18 years of age and over ☐

*If applicable:*

**Passenger's signature:** ..... Please tick box if you are 18 years of age and over ☐

**FOR PARTICIPANTS UNDER AGE OF 18, DECLARATION OF PARENT, PERSON WITH PARENTAL RESPONSIBILITY:**

**(COMPLETE IN BLOCK CAPITALS PLEASE)** I ..... the parent/person with parental responsibility of the above named participant, hereinafter referred to as 'my child', accept that my child may participate in the aforementioned meeting.

I declare as follows: - I have read and understood the "Acknowledgement of the risks of motorsport" which appears above. I appreciate the dangers inherent in motorsport which include the risk of death or permanent disablement. The child does not suffer from any physical, medical or mental disability which would make it unsafe for him/her to participate either as a Competitor or for Practice. I accept that it is my responsibility to ensure that the child and I have had the opportunity to read and understand the National Sporting Code of the ACU, Standing Regulations, Supplementary Regulations and Final Instructions subsequently issued and this Entry Form and that he/she will comply with them. I accept that photographs or video films may be taken of my child by officials dealing with safety issues or accident investigations. Photographs may also be taken for promotional purposes and may appear on the ACU website or in ACU publications.

**Extract from NSC Article 7.14:** A parent or legal guardian of a rider or passenger participating in a competition requiring consent is deemed to bear mutual responsibility with that competitor.

**Rider's Surname:** ..... **First Name:** ..... D.O.B. ....

**Address:** .....

..... **Postcode:** .....

**Phone No.:** ..... **Email:** .....

**ACU Licence No:** ..... **Club:** ..... (*The ACU affiliated club to which you belong*)

**Passenger's Surname:** ..... **First Name:** .....

**Address:** ..... **Phone:** .....

**ACU Licence No:** ..... **Club:** ..... (*The ACU affiliated club to which you belong*)

**Class Entered** (Tick required)

Expert ☐ Expert B ☐ Inter ☐ Inter B ☐ Novice ☐ Pre 70 ☐ Twinshock ☐

Youth A ☐ Youth B ☐ Youth C ☐ Youth D ☐ Youth E ☐ Sidecar ☐

**Sponsor/Machine Make:** ..... **Engine Size (cc)** .....

Norwich Viking MCC  
Sunday 14th June 2015

Open Permit TRIAL  
Lyng, Norfolk NR9 5AL

### Mallett Cup Trial

Sign On: 09.30am  
National Grid Reference: TG 066174

Start: 10.30am  
Permit No. ACU 44715

**OFFICIALS:-**

**Eastern Centre Steward:** t.b.a.  
**Clerk of the Course:** R Brooks (Licence 110826)  
**Child Protection P.O.C.:** B Douglas  
**Secretary of the Meeting:** B Douglas, The Old Cottages, The Moor, Reepham, Norfolk NR10 4NL

**Club Steward(s):** J Douglas & G Huxtable

Tel: 07775 600382 (Day) 01603 871811 (eve) email: barbara.douglas@hotmail.co.uk

**JURISDICTION:**

Held under the NSC and the Standing Trials Regulations of the ACU and the EASTERN CENTRE, these Supplementary Regulations and any Final Instructions which will have the force of these Regulations. Open to Adult and Youth members of the ACU with an appropriate licence riding solo machines.

**Start / Finish:** Caddes Hill, Lyng

**Course:** Banks & Rocks, 5 laps of 8 sections.

**Classes:** Expert, Inter, Novice, Twinshock, Pre-70, Youth A,B,C,D,E

**Awards:** None

**Entries:** Must be on the OFFICIAL ENTRY FORM and sent to the Secretary of the Meeting with a fee of £16.00 for Adults, and £13.00 for Youth. Include one 9x4 SAE. Cheques/POs to be made payable to Norwich Viking MCC Ltd. (Not presented for payment before 15th June 2015)

**Entries Open:** 4th June 2015

**Entries Close:** At Start

**ENTRIES ACCEPTED ON THE DAY.** All Entrants, Riders or Passengers must be prepared to produce their current Licence/Trials Registration when signing on, N.S.C.7.11

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## Jack gets a top 10 in Scotland.....

Who In the Centre would have thought we would ever one day have a rider in the top 10 of the Scottish six day trial?

This year we have a rider coming home in 7th place, and this does not show the real picture. An oversight in the organisation of the trial left one of the lock gate crossings without a Time control. Jack got stuck at this and had to wait for over 10 minutes costing him not only 13 marks on time at the end of the day, but a would be Wednesday morning share of the lead with eventual winner Doug Lampkin.

So well done Jack who did not let this get him down, but and rode strongly all week to prove he is one of the top riders in this country. Congratulations go to Jack and we wish him well for the start of his World Championship campaign that starts later in the Month.



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**Norfolk & Suffolk Group**

**Sunday 21st June 2015**

**East of England Charity Trial** (All Proceeds to the East Anglian Air Ambulance)

**Open Permit TRIAL**

**Trials Park, Corton NR32 5LE**

**Sign On:** 09.00am

**National Grid Reference:** TM 535981

**Start:** 10.30am

**Permit No.** ACU 44716

**OFFICIALS:-**

**Eastern Centre Steward:** t.b.a.

**Club Steward(s):** C Keeble

**Clerk of the Course:** D Cordle (Licence 5689)

**Child Protection P.o.C.:** D Cordle

**Secretary of the Meeting:** A Keeble, 9 Redwing Close, Ipswich, Suffolk IP2 0RQ

*Tel: 07508 704640 (day) 01473 685139 (eve) email: adamkeeble@yahoo.co.uk*

**JURISDICTION:**

Held under the NSC and the Standing Trials Regulations of the ACU and the EASTERN CENTRE, these Supplementary Regulations and any Final Instructions which will have the force of these Regulations. Open to Adult and Youth members of the ACU with an appropriate licence riding solo & sidecar machines.

**Course:** Woodland & Rocks.

**Routes:** Multi route for solos & sidecars; Wobblers route

**Classes:** Elite, Expert A & B, Inter A & B, Novice, Twinshock, Youth A/ B/ C, Sidecars

**Awards:** None

**Entries:** Must be on the OFFICIAL ENTRY FORM and sent to the Secretary of the Meeting with a fee of £18.00 for solos, and £15.00 for Youth, £21.00 Sidecars. Late entries plus £5 (to charity) Include one 9x4 SAE. Cheques/POs to be made payable to Norfolk & Suffolk Group. (Not presented for payment before 22nd June 2015)

**Entries Open:** 4th June 2015

**Entries Close:** 18th June 2015

**NO ENTRIES ON THE DAY.** All Entrants, Riders or Passengers must be prepared to produce their current Licence/Trials Registration when signing on, N.S.C.7.11

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**Braintree & DMCC**  
**Saturday 27th June 2015**

**Open Permit TRIAL**  
**Little Codham Park, Beazley End, CM7 5JJ**  
**Saturday Evening Trial**

**Sign On:** 16.00  
**National Grid Reference:** TL 769244

**Start:** 17.00  
**Permit No.** ACU 44717

**OFFICIALS:-**

<b>Eastern Centre Steward:</b>	t.b.a.	<b>Club Steward(s):</b>	t.b.a.
<b>Clerk of the Course:</b>	J Yearly (Licence 19961)		
<b>Child Protection P.o.C.:</b>	A Collier		
<b>Secretary of the Meeting:</b>	A. Collier, Holy Cottages, Beazley End, Braintree, Essex CM7 5JH Tel: 07773 878998 email: <a href="mailto:allencollier@wanadoo.co.uk">allencollier@wanadoo.co.uk</a>		

**JURISDICTION:**

Held under the NSC and the Standing Trials Regulations of the ACU and the EASTERN CENTRE, these Supplementary Regulations and any Final Instructions which will have the force of these Regulations. Open to Adult and Youth members of the ACU with an appropriate licence riding solo machines.

**Start / Finish:** Little Codham Park, Beazeley End

**Classes:** Expert, Inter, Novice, Youth A/B/C **Awards:** None

**Entries:** Must be on the OFFICIAL ENTRY FORM and sent to the Secretary of the Meeting with a fee of £10.00 for Adults, and £8.00 for Youth. Include one 9x4 SAE. Cheques/POs to be made payable to Braintree DMCC.

**Entries Open:** 4th June 2015

**Entries Close:** At start

**ENTRIES ACCEPTED ON THE DAY.** All Entrants, Riders or Passengers must be prepared to produce their current Licence/Trials Registration when signing on, N.S.C.7.11

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- I accept that insurance arranged on my behalf by the organisers of events that I may enter specifically excludes liability between the participants. I understand that this form may be used in litigation as evidence that any serious injury will be principally the result of my voluntary decision to engage in a high risk activity.
- I consent to details of any injuries I may suffer at this event being passed between all medical services and the Clerk of the Course.
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- I confirm that I have not been refused an ACU Licence, nor had an ACU Licence suspended, nor have I been excluded from any ACU competition.

• I/we enclose the entry fee of: £.....

**Don't forget to put Entry Fee here**

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**Don't forget to sign**

**Rider's signature:** ..... Please tick box if you are 18 years of age and over ☐  
*If applicable:*

**Passenger's signature:** ..... Please tick box if you are 18 years of age and over ☐

**FOR PARTICIPANTS UNDER AGE OF 18, DECLARATION OF PARENT, PERSON WITH PARENTAL RESPONSIBILITY:**

**(COMPLETE IN BLOCK CAPITALS PLEASE)** I ..... the parent/person with parental responsibility of the above named participant, hereinafter referred to as 'my child', accept that my child may participate in the aforementioned meeting.

I declare as follows: - I have read and understood the "Acknowledgement of the risks of motorsport" which appears above. I appreciate the dangers inherent in motorsport which include the risk of death or permanent disablement. The child does not suffer from any physical, medical or mental disability which would make it unsafe for him/her to participate either as a Competitor or for Practice. I accept that it is my responsibility to ensure that the child and I have had the opportunity to read and understand the National Sporting Code of the ACU, Standing Regulations, Supplementary Regulations and Final Instructions subsequently issued and this Entry Form and that he/she will comply with them. I accept that photographs or video films may be taken of my child by officials dealing with safety issues or accident investigations. Photographs may also be taken for promotional purposes and may appear on the ACU website or in ACU publications.

**Extract from NSC Article 7.14:** A parent or legal guardian of a rider or passenger participating in a competition requiring consent is deemed to bear mutual responsibility with that competitor.

**Rider's Surname:** ..... **First Name:** ..... D.O.B. ....

**Address:** ..... **Postcode:** .....

**Phone No.:** ..... **Email:** .....

**ACU Licence No:** ..... **Club:** ..... (*The ACU affiliated club to which you belong*)

**Passenger's Surname:** ..... **First Name:** .....

**Address:** ..... **Phone:** .....

**ACU Licence No:** ..... **Club:** ..... (*The ACU affiliated club to which you belong*)

**Class Entered** (Tick required)

Expert ☐ Expert B ☐ Inter ☐ Inter B ☐ Novice ☐ Pre 70 ☐ Twinshock ☐

Youth A ☐ Youth B ☐ Youth C ☐ Youth D ☐ Youth E ☐ Sidecar ☐

**Sponsor/Machine Make:** ..... **Engine Size (cc)** .....

# Eastern Centre Solo Motocross Championships



The first two rounds of the centre championship for 2015 saw full line ups at Wakes Colne and Blaxhall, both events saw fifteen races apiece on the day.

Luke Benstead took the overall win at Wakes, with two wins and a third place, then took the maximum 75 points at Blaxhall.

Kent visitor, Daniel Arnold, was second overall at round one, and at Blaxhall, he finished 2nd and 3rd in the first two races, but a crash in the first turn of the last race saw him retiring with an injury. Brad Tomlin was fast at Wakes, finishing third overall, then three solid rides in the sand in round two, holds third place in the standings.

Shaun Southgate, despite not yet dialing in his fast starts this year, is currently fourth, ahead of South African Brad Woodroffe and the ever popular Jason Morland.

In the Junior Championships, tall James Miles looked the biz, winning all three races at Wakes. Lincolnshire's Andrew Stephenson scored three second places ahead of two Halstead members, Jordan Cutting and John Hinz.

With Miles a non starter at Blaxhall, Stephenson capitalised on his absence with another second overall to lead the series. Overall winner, with three stunning rides was teenager Joe Jeffries, with Ethan Winchester, another up and coming youth rider, third, ahead of last year's Eastern Youth champion, Kane Fisher.

Top six in both classes after two rounds. Experts, Luke Benstead 145 points, Daniel Arnold 107, Brad Tomlin 89, Shaun Southgate 84, Brad Woodroffe 81, Jason Morland 68

Juniors Andrew Stephenson 130 points, Jordan Cutting 87, John Hinz 86, Joe Jeffries 75, James Miles 75, Mark Hunt 69.

The Chambers Roofing sponsored holeshot challenge has been shared so far out of the twelve races in the Centre Championships. In the experts group, Shaun Southgate and Brad Woodroffe have two apiece, and Luke Benstead and Brad Tomlin have one each..

The junior class has had six different winners, Austin Eary, Cameron Harris, Connor Sutherland, Scott Pope, Tim Clark and Joe Jeffries.

The Norwich Vikings promoted round three of the Eastern motocross championships at a dry Cadders Hill circuit in Norfolk on Sunday, with a bumper entry of 160 junior grade riders, plus a decent line up of experts.

Luke Benstead was again in great form, winning all three expert races, further increasing his lead in the series. Race one saw Brad Woodroffe storming to the front, chased by Harry McKenna, Ben Talbot and Declan Whittle. Benstead was down in 11th place at the end of lap one, but quickly scythed through the pack, and after ten minutes had moved to the front. Talbot held onto second place for a few laps, but at the finish it was Whittle in second place, having his best result so far this year. Brad Tomlin fought through to third with Talbot in fourth place.

Woodroffe took the holeshot in race two again, but Benstead soon took over at the front, leaving Talbot, Woodroffe and Jason Morland to battle over second place.

Race three saw holeshot hotshot, Brad Woodroffe, at the front, but by the end of lap one, Benstead led, and was over twenty seconds ahead at the end of the race. Woodroffe held on to second place, chased by Morland and Whittle.

On the last lap, Whittle grabbed third place ahead of Morland, who was followed by Jack Gregory, Talbot and Tomlin.

The three junior championship races saw some closely fought battles between series leader Andrew Stephenson, James Miles and newcomer to the series, Jordan Moxey. Race one saw Moxey taking over at the front from a fast starting James Miles, with Stephenson third in a high speed battle. George Ellis rode well for fourth place ahead of Ryan Nock.

In the second leg, Miles took the win from the consistent Stephenson with Daniel Norman, making a return to the sport, in third place. Nock was fourth after a good scrap with Ellis. Moxey was involved in a clash with Tim Clark, and could only get back to 19th place at the finish. He made up for it in race three though, taking the win ahead of a fast improving George Ellis. Miles was third ahead of Kane Fisher, and a tiring Stephenson.

The supporting junior races saw overall wins for James Suckling, who had two wins and a second place in group B. Overall winner in group C was Andy Cattermole, with Tony Rooke taking the win in D group.

Full results of all events can be found on the [easternacu.org](http://easternacu.org) website.

#### **Charlie Ralph**

*Eastern Centre motocross sub-committee chairman.*



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# EASTERN CENTRE ACU SOLO MOTOCROSS OFFICIAL ENTRY FORM

Event: ..... Organisers: .....  
Venue: ..... Date of Event: .....  
Permit No: **ACU** ..... Course Lic/Cert No. (where Applicable) .....

*This event is held under the National Sporting Code of the Auto-Cycle Union, the Standing Regulations, Supplementary Regulations and any Final Instructions issued for the meeting. The ACU National Sporting Code and Standing Regulations are published annually in the ACU Handbook.*

**Entry declaration:** I/we the undersigned apply to enter the event described above and in consideration thereof:

- I hereby declare that I have had the opportunity to read, and that I understand the National Sporting Code of the ACU, the ACU Standing Regulations, such Supplementary Regulations as have or may be issued for the event, and agree to be bound by them.
- I further declare that I am physically and mentally fit to take part in the event and I am competent to do so. I confirm that I understand the nature and type of event I am entering and its inherent risks and agree to accept the same notwithstanding that such risks may involve negligence on the part of the organisers or officials.
- I accept that insurance arranged on my behalf by the organisers of events that I may enter specifically excludes liability between the participants. I understand that this form may be used in litigation as evidence that any serious injury will be principally the result of my voluntary decision to engage in a high risk activity.
- I consent to details of any injuries I may suffer at this event being passed between all medical services and the Clerk of the Course.
- I consent to the collection and retention of my personal information by the ACU.
- I confirm that the machine(s) as described below which I shall participate on shall be suitable and proper for the purpose. I confirm that I am eligible to compete on the machines for which I have entered.
- I confirm that if any part of the event takes place on a public highway, the machine(s) described below shall be insured as required by the Road Traffic Acts, or equivalent legislation, and that they will comply with the regulations in respect thereof.
- I accept responsibility for any items borrowed from the Organiser during the course of the event. These items include but are not restricted to (safety clothing, transponders, accessories). I understand that I am liable for the cost or replacement of any items lost or not returned and non-payment or non-replacement of items borrowed may affect my entry into subsequent events.
- I confirm that I have not been refused an ACU Licence, nor had an ACU Licence suspended, nor have I been excluded from any ACU competition.
- **I understand and accept that if the Supplementary Regulations state the insurance cover for this event is "Basic" there is no Personal Accident cover and Liability cover in respect of any claim made by third parties is limited to £10 million and £5 million for Medical Mal-practice.**  
**Premium Insurance will be assumed unless otherwise stated.**

• I/we enclose the entry fee of: £.....

**Don't forget to put Entry Fee here**

**Acknowledgement of the risks of motorsport:** I understand that by taking part in this event I am exposed to a risk of death, becoming permanently disabled or suffering some other serious injury and I acknowledge that even in the event that negligence on the part of the ACU, any event organiser, any circuit owner, the promoter, the organising club, the venue owner, or any individual carrying out duties on their behalf were to be a contributory cause of any serious injury I may suffer, the dominant cause of any serious injury will always be my voluntary decision to take part in a high risk activity.

**I have read the above and acknowledge that my participation in motorsport is entirely at my own risk. I agree that I am required to register on arrival by "signing on" at the designated place before taking part in any Practice Session/Race, Trials or Enduro.**

**Don't forget to sign**

**Rider's signature:** ..... Please tick box if you are 18 years of age and over ☐

**FOR PARTICIPANTS UNDER AGE OF 18, DECLARATION OF PARENT, PERSON WITH PARENTAL RESPONSIBILITY:**

**(COMPLETE IN BLOCK CAPITALS PLEASE)** I ....., the parent/person with parental responsibility of the above named participant, hereinafter referred to as 'my child', accept that my child may participate in the aforementioned meeting.

I declare as follows: - I have read and understood the "Acknowledgement of the risks of motorsport" which appears above. I appreciate the dangers inherent in motorsport which include the risk of death or permanent disablement. The child does not suffer from any physical, medical or mental disability which would make it unsafe for him/her to participate either as a Competitor or for Practice. I accept that it is my responsibility to ensure that the child and I have had the opportunity to read and understand the National Sporting Code of the ACU, Standing Regulations, Supplementary Regulations and Final Instructions subsequently issued to this Entry Form and that he/she will comply with them. I accept that photographs or video films may be taken of my child by officials dealing with safety issues or accident investigations. Photographs may also be taken for promotional purposes and may appear on the ACU website or in ACU publications.

**Extract from NSC Article 7.14:** A parent or legal guardian of a rider or passenger participating in a competition requiring consent is deemed to bear mutual responsibility with that competitor.

**Rider's Surname:** ..... **First Name:** ..... **D.O.B** .....

**Address:** .....

**Postcode:** .....

**Landline (inc. area code):** ..... **Mobile:** .....

**Email:** ..... **Expert** ☐ **Junior** ☐ **NGR** ☐ ..... ☐

**ACU Licence No:** ..... **Club:** .....  
(The ACU affiliated club to which you belong)

**Sponsor /**  
**Machine Make:** ..... **cc** ..... **Two Stroke** ☐ **Four Stroke** ☐

**Preferred Riding No. (if available)** ..... tick have purchased this no. in the Centre's Reserved Number Scheme

**Note:** For electronically timed meetings all riders **MUST** purchase a reserved number for the season from [www.easternacu.org](http://www.easternacu.org)

This section for meetings using  
electronic timing only (see event regs)

Please tick box if you will be hiring a transponder for this event ☐

If you have your own transponder, enter its number .....



**Diss MCC**

**Wednesday 1st July 2015**

**Open Permit MOTOCROSS**

**Wattisfield Hall, Wattisfield, Diss, Norfolk IP22 1NX**

**GH Motorcycles Evening Motocross Championship**

**Sign On:** 4.00pm

**Practice:** 5.30pm

**Start:** 6.00pm

**National Grid Reference:** TM 127782

**Permit No.** ACU 44815

**OFFICIALS:-**

**Eastern Centre Steward:** J Nickerson

**Club Steward(s):** A Waters

A Taylor

**Clerk of the Course:** P Grantham (Licence 9938)

**Child Protection P.o.C.:** L Taylor

**Secretary of the Meeting:** L Taylor, 2 Martins Meadow, Gislegham, Eye, Suffolk, IP23 8HZ

*Tel: 07980 939162 (between 7 - 9pm) email: laura.dissmcc@hotmail.co.uk*

**JURISDICTION:**

Held under the NSC and the Standing Motocross Regulations of the ACU and the EASTERN CENTRE, these Supplementary Regulations and any Final Instructions which will have the force of these Regulations. Open to Adult members of the ACU with an appropriate licence riding solo machines.

**Course:** Undulating Grassland with jumps and pits.

**Classes:** Allcomers Motocross Class Allcomers Enduro Class

**Awards:** Minimum £600 prize fund

**Entries:** Entry for this event is via the ACU online entry system - Go To <https://members.acu.org.uk> LOGIN or REGISTER then go to 'Search for an Event'; find the event and follow process to enter. As an option, entries may be made on the OFFICIAL ENTRY FORM and sent to the Secretary of the Meeting with a fee of £45.00. Include one 9x4 SAE. Cheques/POs to be made payable to Diss MCC Ltd.

**Entries Open:** 4th June 2015

**Entries Close:** 28th June 2015

**NO ENTRIES ON THE DAY.** All Entrants, Riders or Passengers must be prepared to produce their current Licence/Trials Registration when signing on, N.S.C.7.11

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**Wymondham & DMCC**  
**Saturday 4th July 2015**

**Open Permit TRIAL**  
**Hill House Farm, Gt Ellingham, Norfolk NR17 1AQ**  
**July Trial**

**Sign On:** 4.30pm  
**National Grid Reference:** TM 028980

**Start:** 5.30pm  
**Permit No.** ACU 44719

**OFFICIALS:-**

**Eastern Centre Steward:** t.b.a.  
**Clerk of the Course:** M Neale (Licence 10981)  
**Child Protection P.o.C.:** M Neale  
**Secretary of the Meeting:** M Neale, 11Flixton Rd, Bungay, Suffolk NR35 1HQ

**Club Steward(s):** R Beales

*Tel: 07867 543199 (day) 01986 894836 (eve) email: mneale@hwca.com*

**JURISDICTION:**

Held under the NSC and the Standing Trials Regulations of the ACU and the EASTERN CENTRE, these Supplementary Regulations and any Final Instructions which will have the force of these Regulations. Open to Adult and Youth members of the ACU with an appropriate licence riding solo machines.

**Start / Finish:** Hill House Farm, Gt Ellingham

**Course:** Ditches & Banks.

**Routes:** Red/Blue, White, Orange

**Classes:** Expert A, Expert B, Inter A, Inter B Novice, Twinshock, Pre-65, Youth A,B,C

**Awards:** None

**Entries:** Must be on the OFFICIAL ENTRY FORM and sent to the Secretary of the Meeting with a fee of £10.00 for Adults, and £10.00 for Youth. Include one 9x4 SAE. Cheques/POs to be made payable to Wymondham & District MCC Ltd.

**Entries Open:** 4th June 2015

**Entries Close:** At Start

**ENTRIES ACCEPTED ON THE DAY.** All Entrants, Riders or Passengers must be prepared to produce their current Licence/Trials Registration when signing on, N.S.C.7.11

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# ***Paul Nash***

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# EASTERN CENTRE ACU TRIALS OFFICIAL ENTRY FORM

Event: ..... Organisers: .....  
Venue: ..... Date of Event: .....  
Permit No: **ACU** ..... Course Lic/Cert No. (*where Applicable*) .....

*This event is held under the National Sporting Code of the Auto-Cycle Union, the Standing Regulations, Supplementary Regulations and any Final Instructions issued for the meeting. The ACU National Sporting Code and Standing Regulations are published annually in the ACU Handbook.*

**Entry declaration:** I/we the undersigned apply to enter the event described above and in consideration thereof.

- I hereby declare that I have had the opportunity to read, and that I understand the National Sporting Code of the ACU, the ACU Standing Regulations, such Supplementary Regulations as have or may be issued for the event, and agree to be bound by them.
- I further declare that I am physically and mentally fit to take part in the event and I am competent to do so. I confirm that I understand the nature and type of event I am entering and its inherent risks and agree to accept the same notwithstanding that such risks may involve negligence on the part of the organisers or officials.
- I accept that insurance arranged on my behalf by the organisers of events that I may enter specifically excludes liability between the participants. I understand that this form may be used in litigation as evidence that any serious injury will be principally the result of my voluntary decision to engage in a high risk activity.
- I consent to details of any injuries I may suffer at this event being passed between all medical services and the Clerk of the Course.
- I consent to the collection and retention of my personal information by the ACU.
- I confirm that the machine(s) as described below which I shall participate on shall be suitable and proper for the purpose. I confirm that I am eligible to compete on the machines for which I have entered.
- I confirm that if any part of the event takes place on a public highway, the machine(s) described below shall be insured as required by the Road Traffic Acts, or equivalent legislation, and that they will comply with the regulations in respect thereof.
- I accept responsibility for any items borrowed from the Organiser during the course of the event. These items include but are not restricted to (safety clothing, transponders, accessories). I understand that I am liable for the cost or replacement of any items lost or not returned and non-payment or non-replacement of items borrowed may affect my entry into subsequent events.
- I confirm that I have not been refused an ACU Licence, nor had an ACU Licence suspended, nor have I been excluded from any ACU competition.

• I/we enclose the entry fee of: £.....

**Don't forget to put Entry Fee here**

**Acknowledgement of the risks of motorsport:** I understand that by taking part in this event I am exposed to a risk of death, becoming permanently disabled or suffering some other serious injury and I acknowledge that even in the event that negligence on the part of the ACU, any event organiser, any circuit owner, the promoter, the organising club, the venue owner, or any individual carrying out duties on their behalf were to be a contributory cause of any serious injury I may suffer, the dominant cause of any serious injury will always be my voluntary decision to take part in a high risk activity.

I have read the above and acknowledge that my participation in motorsport is entirely at my own risk. I agree that I am required to register on arrival by "signing on" at the designated place before taking part in any Practice Session/Race, Trials or Enduro.

**Don't forget to sign**

**Rider's signature:** ..... Please tick box if you are 18 years of age and over ☐  
*If applicable:*

**Passenger's signature:** ..... Please tick box if you are 18 years of age and over ☐

**FOR PARTICIPANTS UNDER AGE OF 18, DECLARATION OF PARENT, PERSON WITH PARENTAL RESPONSIBILITY:**

**(COMPLETE IN BLOCK CAPITALS PLEASE)** I ..... the parent/person with parental responsibility of the above named participant, hereinafter referred to as 'my child', accept that my child may participate in the aforementioned meeting.

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**Extract from NSC Article 7.14:** A parent or legal guardian of a rider or passenger participating in a competition requiring consent is deemed to bear mutual responsibility with that competitor.

**Rider's Surname:** ..... **First Name:** ..... D.O.B. ....

**Address:** ..... **Postcode:** .....

**Phone No.:** ..... **Email:** .....

**ACU Licence No:** ..... **Club:** ..... (*The ACU affiliated club to which you belong*)

**Passenger's Surname:** ..... **First Name:** .....

**Address:** ..... **Phone:** .....

**ACU Licence No:** ..... **Club:** ..... (*The ACU affiliated club to which you belong*)

**Class Entered** (Tick required)

Expert ☐ Expert B ☐ Inter ☐ Inter B ☐ Novice ☐ Pre 70 ☐ Twinshock ☐

Youth A ☐ Youth B ☐ Youth C ☐ Youth D ☐ Youth E ☐ Sidecar ☐

**Sponsor/Machine Make:** ..... **Engine Size (cc)** .....

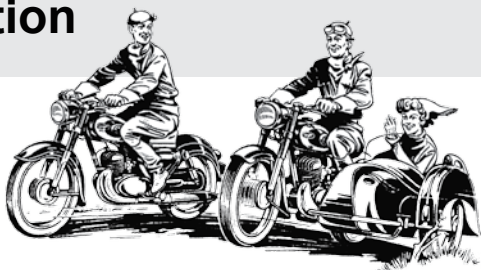
# The Recollection Section

Sidge Kenny

Geoff Duke, OBE, was my boyhood hero and for many others as well. He was mainly the reason I came into motorcycle sport and I thank him for a other reasons. He died on his beloved Isle of Man early in May at the good age of 92, having left a tremendous record in the Sport and a successful media business. He came

to prominence in the late 1940's as a potential champion after serving in the Royal Signals as a dispatch rider and where being well educated, he recalled he deliberately turned down military promotion in order to remain in the motorcycle section – considered to be the 'lower orders'. It is not generally known that he was a gifted Trials rider as well as the leading road racer of the early and middle 50's. Indeed in 1950 when he won his first Senior TT, he also won the prestigious: "Victory Trial" (recording the only clean sheet of the day) and won many trials awards when representing Norton. Yet it was in road racing and the T.T. that he made his name as a real superstar at a time when motorbikes were more socially acceptable in a nation where the majority had no personal powered transport at all.

It was perhaps fortunate that Duke's rise clicked with the emergence of the Norton: "Featherbed" frame, which suited his "tucked in" neat style so perfectly. The word "styish" is not obviously applied to motorcycle riders – particularly today's road racers with their hectic and universal: "all-hang-out" technique - yet for Duke this was a regularly used description of his total unity with his bike - particularly on the Nortons - though also later with the Italian Gileras to which he perhaps reluctantly had to switch to in order to remain competitive. As with many riders, he suffered several instances of bad luck which certainly affected his racing results and a rare major set-back by being suspended by the FIM for six months in 1956 for sympathising with lesser riders engaged in "strike" action with race organisers on the Continent. A late career change to BMW did not help either but he did win a Swedish Grand Prix – back on a Norton - towards the end of his riding career.



I only met him once, at a gathering of Ex.T.T. riders and it was there that I asked a question which had intrigued me for years. Geoff had been invited to Japan some time before their motorcycle industry unleashed their might upon the Western World and long before their machines became household names. He was out there to more or less lecture and demonstrate European road racing techniques – the Jap's raced largely on dirt tracks at the time – and Honda also invited him to look around their factory and there he had a preview of their early road racing bikes – noting particularly the early four-cylinder 250. "Had you any idea what was to eventually come out of Japan with that visit?" I asked. Geoff seemed taken aback by my question. There was a pause To me his answer wonderfully defined the two eras of the motorcycling world. "Had anybody?" was all he said.

**Norwich Viking MCC**  
**Sunday 5th July 2015**

**Open Motocross incl NGR Championship Rd 4**

**Open Permit MOTOCROSS**  
**Lyng, Norfolk NR9 5AL**

**Sign On:** 08.00am  
**National Grid Reference:** TG 068175

**Practice:** 10.00am

**Start:** 11.30am  
**Permit No.** ACU 44624

**OFFICIALS:-**

**Eastern Centre Steward:** P Grantham  
**Clerk of the Course:** A Hay (Licence 22472)  
**Child Protection P.O.C.:** V Hay  
**Secretary of the Meeting:** V Hay, 27 Tizzick Close, Norwich, Norfolk NR5 9HB  
Tel: 01603 734700 email: andrew.hay10@btinternet.com

**Club Steward(s):** D Kingsnorth D Mills

**Electronic Timing**  
**Transponder Required**

**JURISDICTION:**

Held under the NSC and the Standing Motocross Regulations of the ACU and the EASTERN CENTRE, these Supplementary Regulations and any Final Instructions which will have the force of these Regulations. Open to Adult members of the ACU with an appropriate licence riding solo machines.

**Course:** 1460 metres, undulating land and natural hillside, primarily sand.

**Classes:** Allcomers (Expert & Junior), NGR Championship (solos) **Awards:** Allcomers Min Prize Fund £500.00

**Entries:** Entry for this event is via the ACU online entry system - Go To <https://members.acu.org.uk> LOGIN or REGISTER then go to 'Search for an Event'; find the event and follow process to enter. As an option, entries may be made on the OFFICIAL ENTRY FORM and sent to the Secretary of the Meeting with a fee of £50.00 Include one 9x4 SAE. Cheques to be made payable to Norwich Viking MCC Ltd

**Entries Open:** 4th June 2015

**Entries Close:** 27th June 2015

**NO ENTRIES ON THE DAY**

**NO DOGS ALLOWED.** All Entrants, Riders or Passengers must be prepared to produce their current Licence/Trials Registration when signing on, N.S.C.7.11

**ENVIRONMENTAL MATS - USE THEM** or you may lose your ride

The insurance cover for this event will be **BASIC** (limit of liability £10M) and Medical Malpractice insurance (limit of liability £5m) is included. There is **NO** Personal Accident Insurance for Competitors. Competitors are therefore strongly recommended to purchase such Cover - which is available through the Locktons website ([www.locktonmotorsport.com](http://www.locktonmotorsport.com)) or the ACU website ([www.acu.org.uk](http://www.acu.org.uk))

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# Woodbridge & DMCC Club Notes

Charlie Ralph



Work continues down at the Blaxhall facility, the girls and boys have been beavering away to make the area and circuit even more inviting for the Maxxis British championship round, and our media guru, Richard, has been very active with advertising and publicity. The refurbished timing cabin is starting to take shape, thanks to the work by Stean and "Vapour" Dean.

Round two of the Centre mx championships saw a big entry at Blaxhall, and overnight rain on Saturday evening saw the circuit in pristine condition. Luke Benstead took the overall experts win with three first places to increase his lead in the series. In the junior championships, with first round winner, James Miles, a non starter, Andrew Stephenson was second overall to lead the standings. Mark Hunt, Daniel Patterson and Dexter Wharton all scored good points. In the support races, Roger Freaan had a win and third place in B group, and Josh Keeble had three wins in the C group.

A couple of weeks earlier at Wakes Colne, Luke took the overall win, with Shaun Southgate fifth. Shaun is still suffering from niggling injuries, but hopefully he will soon hit last year's form. James Miles was unbeatable in the juniors, with three wins, Andrew Stephenson was second overall and a fast improving Aaron Holloway was fifth.

Jake Nicholls was in action at Canada Heights for round three of the British Championships, and although not back to full fitness yet, he had three good rides for 6th overall in the mx1 group. Luke scored points in two of the races, and Sonny Oliver grabbed a couple of points. Another of our club riders, James Cottell, is also fighting to get fully fit, but James had two points scoring rides in mx 2, his best was a 9th place. The Diss club ran an enjoyable slick meeting at Wattisfield, which included a very good line up of sidecars. Our top riders on the day in the solo races were youngsters, Adam Day and James Miles, who were 4th and 5th overall.

Rounding up motox news, it was good to see Adam Day and little Drew Kemp having wins at Mildenhall.

It was good to hear that Toby Morley is back on a bike after his dreadful injury last year, and at the two man team enduro at Hawkendon, he took the win with his team mate, Tom Braddock, who was the top rider on the day. Aston Bird and Carl Grantham teamed up to claim third best on the day.

A message to the "feet up" lads, Matt Dye and his mates have announced two dates for Saturday evening trials at Blaxhall. July 25th and August 22nd. If anyone fancies a go at these "low key" events, please contact Matt.



# mpm

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Dear All

We plan to hold an Event Secretaries meeting on Saturday 25th July at ACU House in Rugby commencing at 10.30am. This is the first time we have held a meeting of this kind and it is designed to assist the Event Secretaries by giving advice, guidance and hopefully clarify any issues that anyone attending may have.

An outline of what will be discussed is as follows:

Orientation of the ACU Website ie. what information is available and how to find it  
Event Paperwork

The importance of reporting Injury/incidents at events

Orientation of the Online Licencing system

Orientation of the Online entry system

Please let me know if you wish to attend and also if there are matters you would like to raise other than those outlined above.

Kind regards

Gary Thompson MBE BEM

General Secretary

Telephone: 01788 566414

Fax: 01788 573585

Website: [acu.org.uk](http://acu.org.uk)

# Halstead & DMCC Club Notes

Kieran Doherty

We start this month's round up at the Sudbury clubs Trialcross. Jason Morland won the event leading from start to finish. It was great to see him as the fans favourite coming out of the spinney jumping the furthest each lap. In the non-qualifiers it was a solid ride for Tom Crees who finished third.

At round 2 of the championship our rider struggled with Brad Tomlin highest placed at 10th overall. However we had more luck at Wattisfield where in the final race we had 6 Halstead riders in the top 7 riders. Many of the Halstead riders featured in the results throughout the different classes.

I would also like to congratulate some of the members off of the track firstly with Dan Richardson on his marriage with Kerry at the start of May. We also congratulate Vice Chairman Mark Relland on the Birth son George.

Looking forward to our evening meeting on the 19th it would be great to see you all there entries are filling up fast for the flat out 4 lap dashes. So it should be a great evening.

## Electronic Timing

Transponder Required

**Halstead & DMCC**  
**Sunday 12th July 2015**

**Open Permit MOTOCROSS**  
**Little Loveney Hall, Wakes Colne, Essex CO6 2BH**  
**Richard Fitch Trophy Meeting**

**Sign On:** 7.30am  
**National Grid Reference:** TL 890314

**Practice:** 10.00am

**Start:** After Practice  
**Permit No.** ACU 44789

### OFFICIALS:-

**Eastern Centre Steward:** D Mills  
**Clerk of the Course:** G Garrod (Licence 39584)  
**Child Protection P.o.C.:** R Butler  
**Secretary of the Meeting:** J Salmon, 7 Well Field, Halstead, Essex CO9 1JB

**Club Steward(s):** R Game T Claydon

*Tel: 01787 479258 between 7pm-9pm email: juliette1@tesco.net*

### JURISDICTION:

Held under the NSC and the Standing Motocross Regulations of the ACU and the EASTERN CENTRE, these Supplementary Regulations and any Final Instructions which will have the force of these Regulations. Open to Adult members of the ACU with an appropriate licence riding solo machines.

**Course:** Undulating grassland with jumps.

**Classes:** Allcomers Solos - 4 groups; Evo Class - 1 group **Awards:** tbc

**Entries:** Entry for this event is via the ACU online entry system - Go To <https://members.acu.org.uk> LOGIN or REGISTER then go to 'Search for an Event'; find the event and follow process to enter. As an option, entries may be made on the OFFICIAL ENTRY FORM and sent to the Secretary of the Meeting with a fee of £45.00. Include one 9x4 SAE. Cheques to be made payable to Halstead & DMCC

**Entries Open:** 4th June 2015

**Entries Close:** 1st July 2015

**NO ENTRIES ON THE DAY** All Entrants, Riders or Passengers must be prepared to produce their current Licence/Trials Registration when signing on, N.S.C.7.11

**ENVIRONMENTAL MATS - USE THEM** or you may lose your ride

The insurance cover for this event will be **BASIC** (limit of liability £10M) and Medical Malpractice insurance (limit of liability £5m) is included. There is **NO** Personal Accident Insurance for Competitors. Competitors are therefore strongly recommended to purchase such Cover - which is available through the Locktons website ([www.locktonmotorsport.com](http://www.locktonmotorsport.com)) or the ACU website ([www.acu.org.uk](http://www.acu.org.uk))

# EASTERN CENTRE ACU SOLO MOTOCROSS OFFICIAL ENTRY FORM

Event: ..... Organisers: .....  
Venue: ..... Date of Event: .....  
Permit No: **ACU** ..... Course Lic/Cert No. (*where Applicable*) .....

*This event is held under the National Sporting Code of the Auto-Cycle Union, the Standing Regulations, Supplementary Regulations and any Final Instructions issued for the meeting. The ACU National Sporting Code and Standing Regulations are published annually in the ACU Handbook.*

**Entry declaration:** I/we the undersigned apply to enter the event described above and in consideration thereof:

- I hereby declare that I have had the opportunity to read, and that I understand the National Sporting Code of the ACU, the ACU Standing Regulations, such Supplementary Regulations as have or may be issued for the event, and agree to be bound by them.
- I further declare that I am physically and mentally fit to take part in the event and I am competent to do so. I confirm that I understand the nature and type of event I am entering and its inherent risks and agree to accept the same notwithstanding that such risks may involve negligence on the part of the organisers or officials.
- I accept that insurance arranged on my behalf by the organisers of events that I may enter specifically excludes liability between the participants. I understand that this form may be used in litigation as evidence that any serious injury will be principally the result of my voluntary decision to engage in a high risk activity.
- I consent to details of any injuries I may suffer at this event being passed between all medical services and the Clerk of the Course.
- I consent to the collection and retention of my personal information by the ACU.
- I confirm that the machine(s) as described below which I shall participate on shall be suitable and proper for the purpose. I confirm that I am eligible to compete on the machines for which I have entered.
- I confirm that if any part of the event takes place on a public highway, the machine(s) described below shall be insured as required by the Road Traffic Acts, or equivalent legislation, and that they will comply with the regulations in respect thereof.
- I accept responsibility for any items borrowed from the Organiser during the course of the event. These items include but are not restricted to (safety clothing, transponders, accessories). I understand that I am liable for the cost or replacement of any items lost or not returned and non-payment or non-replacement of items borrowed may affect my entry into subsequent events.
- I confirm that I have not been refused an ACU Licence, nor had an ACU Licence suspended, nor have I been excluded from any ACU competition.
- **I understand and accept that if the Supplementary Regulations state the insurance cover for this event is "Basic" there is no Personal Accident cover and Liability cover in respect of any claim made by third parties is limited to £10 million and £5 million for Medical Mal-practice.**  
**Premium Insurance will be assumed unless otherwise stated.**

• I/we enclose the entry fee of: £.....

**Don't forget to put Entry Fee here**

**Acknowledgement of the risks of motorsport:** I understand that by taking part in this event I am exposed to a risk of death, becoming permanently disabled or suffering some other serious injury and I acknowledge that even in the event that negligence on the part of the ACU, any event organiser, any circuit owner, the promoter, the organising club, the venue owner, or any individual carrying out duties on their behalf were to be a contributory cause of any serious injury I may suffer, the dominant cause of any serious injury will always be my voluntary decision to take part in a high risk activity.  
**I have read the above and acknowledge that my participation in motorsport is entirely at my own risk. I agree that I am required to register on arrival by "signing on" at the designated place before taking part in any Practice Session/Race, Trials or Enduro.**

**Don't forget to sign**

**Rider's signature:** ..... Please tick box if you are 18 years of age and over ☐

**FOR PARTICIPANTS UNDER AGE OF 18, DECLARATION OF PARENT PERSON WITH PARENTAL RESPONSIBILITY:**

(**COMPLETE IN BLOCK CAPITALS PLEASE**) ..... the parent/person with parental responsibility of the above named participant, hereinafter referred to as 'my child', accept that my child may participate in the aforementioned meeting.

I declare as follows: - I have read and understood the "Acknowledgement of the risks of motorsport" which appears above. I appreciate the dangers inherent in motorsport which include the risk of death or permanent disablement. The child does not suffer from any physical, medical or mental disability which would make it unsafe for him/her to participate either as a Competitor or for Practice. I accept that it is my responsibility to ensure that the child and I have had the opportunity to read and understand the National Sporting Code of the ACU, Standing Regulations, Supplementary Regulations and Final Instructions subsequently issued to this Entry Form and that he/she will comply with them. I accept that photographs or video films may be taken of my child by officials dealing with safety issues or accident investigations. Photographs may also be taken for promotional purposes and may appear on the ACU website or in ACU publications.

*Extract from NSC Article 7.14: A parent or legal guardian of a rider or passenger participating in a competition requiring consent is deemed to bear mutual responsibility with that competitor.*

**Rider's Surname:** ..... **First Name:** ..... **D.O.B** .....

**Address:** .....

**Postcode:** .....

**Landline (inc. area code):** ..... **Mobile:** .....

**Email:** ..... **Expert** ☐ **Junior** ☐ **NGR** ☐ ..... ☐

**ACU Licence No:** ..... **Club:** .....  
(*The ACU affiliated club to which you belong*)

**Sponsor /**  
**Machine Make:** ..... **cc** ..... **Two Stroke** ☐ **Four Stroke** ☐

**Preferred Riding No. (if available)** ..... *tick have purchased this no. in the Centre's Reserved Number Scheme*

**Note:** For electronically timed meetings all riders **MUST** purchase a reserved number for the season from [www.easternacu.org](http://www.easternacu.org)

**This section for meetings using electronic timing only (see event regs)**

Please tick box if you will be hiring a transponder for this event ☐

If you have your own transponder, enter its number .....

Dear All

Of late, Concussion sustained by an Injury at ACU events has come to the fore and the question has been raised - how do Organisers of ACU events find out that someone has been injured and as a result are suffering from Concussion?

As soon as ACU Head Office are made aware that an individual has been injured and consequently diagnosed with concussion, the rider is placed on the Stop List. However, we are aware that the Stop List does not reach some Organisers in time to stop riders participating in an event and also if someone was injured on a Saturday, how would an Organiser on a Sunday know he had been injured?

Solution to this. If a competitor has been injured on a Saturday and is suffering from Concussion – and the Organiser is aware that the rider was intending to ride or is scheduled to ride somewhere else the next day, the Organiser is requested to inform the Organiser of the event being held the next day so they are aware of the rider's injuries and as such he is prevented from participating in that event. Also, in addition please inform me of any rider who has been concussed so I can do a quick search on the ACU system remotely on the Saturday and then inform Organisers for events being held the next day that a rider has been concussed in case he has entered or intends to ride at their event.

In all cases, please inform ACU Head Office on the Monday morning following your event of any rider who has suffered Concussion through injury and the respective discipline Secretary will inform respective Organisers. The recovery time for anyone diagnosed with concussion was recently discussed at the ACU Medical Panel and are as follows:

Over 20 years of age: Excluded immediately for the following 48 hours, with a further 7 days (as a minimum) suspension from competition (nine days in total).

16-19 years of age: 12 days

15 and under of age: 23 days

In all cases, evidence is required that the individual is fit to participate in competition which means they will be required to produce a doctors' letter/statement. This should then be forwarded to ACU Head Office (email: [licence@acu.org.uk](mailto:licence@acu.org.uk)) for further action.

Again for ease, my mobile number is 07976 548375 should any Organiser need to contact me to let me know that a rider has Concussion resulting from a racing incident which other Organisers need to be made aware.

With kind regards

Gary Thompson MBE BEM

General Secretary



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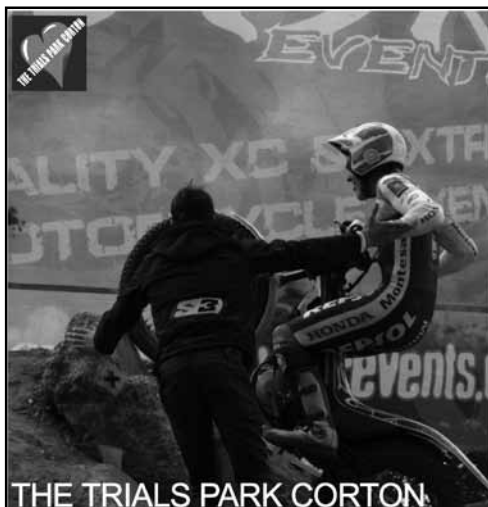


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# Sudbury MCC Club Notes

Roger Chaplin

With this lovely weather I am in the back garden mowing the lawn, trimming a large hedge and weeding a path, this is over three days instead of writing these notes.

A reminder for the 4th round of the G H Motorcycles/Husqvarna/Eastern Centre Enduro Championship on 14th June the regs being in the May Gazette. At the May committee meeting I was told the timing for the special tests will be as usual but there may be a change to the time cards system so please bring along your new wrist band transponders.

Our second Dave Roper Memorial Enduro went very well, the course was in excellent condition and the weather behaved itself. Alex Rampton won his three qualifying events with ease but it was a different story for him in the A Qualifiers Final Event because he came up upon the top riders with Jason Morland winning all his qualifying events and final with ease and there was nobody to touch him. Behind in second was Glenn Walsh who slipped past Jake Gregory when he made a mistake so Jake had to be content with 3rd. Glenn & Jake were in constant battle with Steve Mason and Jamie Roper and any of these four could have been second. Jamie Roper dominated the three qualifying events in the EVO/Twinshock/Pre 65 Class on the Mark Chapman's 440 Maico however in the Final he couldn't get the bike into gear and was left on the line so could he do the same as last year start last and finish first. Gary Gladwin got the start followed by Paul Bennett and the end of the first lap Jamie was in 4th place with a lot of work to do. Gradually Jamie caught up on the leaders, passed Paul then later passed Gary to take the win with Paul 2nd and Gary 3rd. There is footage of this event which Gary has mixed from his helmet cam and my video he has done a good job. In the C Final event Josh Kell was first and Andy Mason 2nd. The cake stall which took £200 last year took over £300 this year and the icing on the cake was the appearance of smiling Jeff Sharp after his two heart attacks when he was out of this world for 29 minutes and a few days later he called upon a fellow Tendring resident a startle Sidge Kenny.

Congratulations to the Bury Club on the first round of the Dave Barkshire Motorcycles Two Man Championship well run event and it was nice to see the sponsor smiling Dave Barkshire. The Club's successes were : Expert Class 6th Graham Mays/Nigel Ross, 7th Alex Walton/Jamie Lagdon, 11th Phil Roper/Paul Belton and 12th Stephen & Mark Green. Clubman Class 3rd Paul Bailey/John Austin, 5th Jeff Turner/Stephen Tuffin, 6th Adam Kempster/Keith Potter, 7th Terry Allen/Martin Baker, 8th Jason Carsboul/John Roach, 10th Dean Curry with Duncan Griffin and 12th Perry Miller/Phil Whiting.

Congratulations to Daisy Martin and Mark Fenwick (Fenners) on the birth of their son and I am told that young Freddie has been measured up for his first KTM. Unfortunately he will not be old enough to ride in our next Extreme Enduro which we are planning for 3rd January 2016.



# What's on



## JUNE

6th	Ipswich	Trial	RES	Bramford	
7th	Braintree	Motocross	OPEN	Stisted	
7th	Bury St Edmunds	Trial	RES	Hawkedon	Centre Trials Champs B Class Rd 6
13th	Norwich New Stars	Grass Track	Trng	Felthorpe	
<b>14th</b>	<b>Norwich Viking</b>	<b>Trial</b>	<b>OPEN</b>	<b>Lyng</b>	
14th	Sudbury	Enduro	OPEN	Hadham	GH MCs Husqvarna ECC Rd 4
14th	Littleport	Motocross	OPEN	Mildenhall	Centre Solo MX Champs Round 4
17th	COMPETITIONS COMMITTEE				GT BLAKENHAM
19th	Halstead	Motocross	OPEN	Wakes Colne	
<b>21st</b>	<b>Nfk &amp; Sfk Group</b>	<b>Trial</b>	<b>OPEN</b>	<b>Corton</b>	<b>Nfk &amp; Sfk Group Rd 3</b>
21st	NSJMCC	Motocross	OPEN	Gt Hockham	ECC Youth Championship Rd 3
21st	GW Racing	Grass Track	Open	Gt. Moulton	
<b>27th</b>	<b>Braintree</b>	<b>Trial</b>	<b>OPEN</b>	<b>Beazley End</b>	
28th	Norwich New Stars	Grass Track	RES	Frettenham	
28th	NSJMCC	Trial	RES	Rendham	
28th	Woodbridge	Motocross	Nat	Blaxhall	Maxxis British Championship

## JULY

<b>1st</b>	<b>Diss</b>	<b>Motocross</b>	<b>OPEN</b>	<b>Wattisfield Hall</b>	
4th	Norwich New Stars	Grass Track	Trng	Felthorpe	
<b>4th</b>	<b>Wymondham</b>	<b>Trial</b>	<b>OPEN</b>	<b>Gt Ellingham</b>	
<b>5th</b>	<b>Norwich Viking</b>	<b>Motocross</b>	<b>OPEN</b>	<b>Lyng</b>	
11th	Ipswich	Trial	RES	Raydon Pit	
<b>12th</b>	<b>Halstead</b>	<b>Motocross</b>	<b>OPEN</b>	<b>Wakes Colne</b>	
16th	COMPETITIONS COMMITTEE				STANWAY
18th	Norwich New Stars	Grass Track	Trng	Felthorpe	
18th	Southend	Trial	OPEN	tbc	
19th	Woodbridge	Enduro	OPEN	Blaxhall	Dave Barkshire MCs 2 Man Rd 2
22nd	BOARD MEETING				GT BLAKENHAM
25th	Woodbridge	Trial			
26th	Bury St Edmunds	Trial	RES	Hawkedon	Nfk & Sfk Group Rd 4
26th	Chelmsford	Motocross	OPEN	Chippenham	ECC Rd 5
26th	VMCC	Gymkhana		Attleborough	

**Events in bold - regs in this gazette**

*Events in italics - Date change*

Full events calendar available on the Centre website

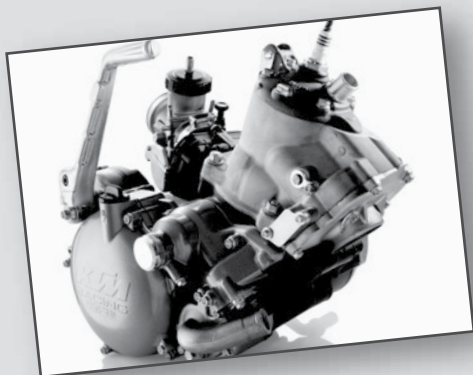
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