



# ACU EASTERN GAZETTE

**Volume 59 No. 12**

Centre President, Alan Penny receives his Honorary membership of the ACU from Chairman, Roy Humphrey.



## REGULATIONS IN THIS ISSUE

Date	Club / Promoter	Type	Status	Venue	Page
22nd December	Braintree & DMCC	Trial	OPEN	Beazley End	4
26th December	Ipswich MCC	Trial	OPEN	Raydon	9
29th December	Woodbridge & DMCC	Trial	OPEN	Butley	12
29th December	Sudbury MCC	Enduro	OPEN	Foxborough	16
1st January	Norwich Viking MCC	Trial	OPEN	Lyng	17
19th January	Ipswich MCC	Trial	OPEN	Raydon	18

# 2019 OFFICIALS OF ACU EASTERN

## President:

Alan Penny 'Culross', Hadleigh Road, Elmsett, Ipswich, Suffolk, IP7 6ND  
Tel: 01473 658768 e-mail: apenny@nwsld.f9.co.uk

**Life Vice Presidents:** Dennis Slaughter MBE, Albert Brace

**Honorary Life Vice Presidents:** Roy Bannister

## Vice Presidents:

Roy Bannister	Roger Chaplin	Alan Foskew	
Geoff Brace	Sidge Kenny	Vera Hearn	Margaret Mellish

## Chairman:

(R.G) Jack Hearn 25, Quinton Road, Needham Market, Suffolk, IP6 8BP  
Tel: 01449 721042 Mob: 07774 801205 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
Geoff Brace	15 Ozier Court, Safron Walden, Essex, CB11 4BH Tel.: 01799 520336 e-mail: geoffmx94b@hotmail.com

## Treasurer:

Andrew Hay 27, Tizzick Close, Three Score, Norwich.NR5 9HB.  
Tel: 01603 734700 e-mail: andrew.hay10@btinternet.com

## Centre Secretary:

Lyn Ralph 23, Tymmes Place, Hasketon, Ipswich, Suffolk, IP13 6JD  
Tel: 07857 601753 Mob: 07857 601753 e-mail: lynralph@outlook.com

**Life Honorary Member of the Eastern Centre ACU:** Mrs. M.E. 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  
Tel: 01245 478910 e-mail: xfamily@nildram.co.uk

## Environmental Officer:

Eddie Wass 10, Knights Road, Braintree, Essex. CM7 3YT.  
Tel: 01376 331111 (Work)

## National Council Delegate:

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

## ACU Eastern 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:- Charlie Ralph, Eddie Wass, Alex Wright

Sub Committee Chairmen

*Motocross* – Charlie Ralph *Enduro* – Jack Hearn  
*Trials* – Paul Nash & Chris Cook *Grass Track* – Alan Foskew

## ACU Eastern Gazette

Editorial: Phil Armes

Treasurer & Distribution:

Ron Greengrass  
58, Dell Road West, Oulton Broad, Lowestoft,  
Suffolk. NR33 9NS.  
Tel:- 01502 563566  
e-mail: rjg@rongg58.plus.com

ACU Eastern Web Site

**www.easternacu.org**

Results, Events Calendar, News, and more



I'll start this month by noting that our Centre President, Alan Penny was awarded Honorary membership of the ACU on Saturday 2nd November at the ACU head office in Rugby. Congratulations to Alan, who received the award to recognise his dedication and contribution over many years to motorcycle sport.

And while on the subject of awards, I would like to thank those who proposed and voted for me at the Centre November Board meeting to receive the Bill Spurrell Trophy. It was certainly a surprise, and I am truly grateful.

November's board meeting could prove to be a pivotal point in the future direction of the Centre as there were several changes to the Bye-Laws (which have been updated on the website) which will shape the way the Centre is run, and hopefully develops over the coming years. Board meetings have been reduced to two, from four, and a new meeting has been introduced into the calendar specifically to look at ways of developing the Centre so that it remains strong and relevant in today's climate where volunteers are becoming very thin on the ground, and digital technology is changing the way we run the sport. We are a very strong and active Centre, and we do need to look to the future, using and learning from the experience of the past.

One area that has acknowledged the changing times is the devolution of some of the disciplines from the Competitions Committee. Trials has been devolved, as a pilot, for some years and motocross will follow in 2020. The guidelines for the way devolved disciplines operate are now included within the Bye-Laws and it will be interesting to see how this develops.

The annual discipline forums have been taking place over the last few weeks, which of course is the opportunity for all involved in the sport to have their say. And as a last minute reminder the MX Open Forum will be held on Wednesday 4th December at Gt Blakenham Parish Rooms commencing at 7.30pm (Post Code IP6 0NJ).

For those of you who have officials licences please check to see when they are due for renewal and if necessary book your place on one of the seminars that are coming up over the next month or so to keep up to date. There will be a Trials Seminar for Clerk of the Course/Stewards on 25th January; Clerk of the Course/Stewards seminar for MX on Saturday 1st February commencing at 9.30am and a Tech Seminar commencing at 1.30pm. Both seminars will take place at Gt Blakenham Parish Rooms IP6 0NJ. Please contact the Centre secretary for further details.

And finally, it just leaves me to say thank you for all the support and input from everyone this year, I hope you have a terrific festive season, and a hugely successful new year.

## Foreword

*Phil Armes*



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**Braintree & DMCC**  
**Sunday 22nd December 2019**

**OPEN Permit TRIAL**  
**Codham Little Park Farm, CM7 5JJ**

### **Turkey Trot Trial**

**Sign On:** 9.00am  
**National Grid Reference:** TL 769244

**Start:** 10.30am  
**Permit No.** ACU 57968

**OFFICIALS:-**

**Eastern Centre Steward:** tbc

**Club Steward(s):** tbc

**Clerk of the Course:** J Yearly (Licence 19961)

**Child Protection P.O.C.:** W Butcher

**Secretary of the Meeting:** W Butcher, 22 Newland St, Witham, Essex CM8 2AQ

*Tel: email: wesley.butcher@atrium-uw.com*

**JURISDICTION:**

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

**Start / Finish:** Codham Little Park Farm, Beazley End, Braintree, CM7 5JJ **Course:** Woodland & Pit.

**Classes:** Expert A & B, Inter A & B, Novice, Youth A, B, & Electric, Pre-65, Twinshock **Awards:** Seasonal Fayre

**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 £15.00 for Adults, and £10.00 for Youth. Late Entries + £10.00. Include one 9x4 SAE. Cheques/POs to be made payable to Braintree DMCC.

**Entries Open:** 4th December 2019 **Entries Close:** 14th December Postal 20th December Online

Entries accepted on the day - Fee + £10.00. 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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# ACU EASTERN - 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 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 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 confirm that I am not currently suspended from ACU permitted competition or on the ACU Stop List as a result of incurring a Concussion injury.
- 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 have I 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**

Contact and phone  
no. in the event of an  
emergency:

**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)** .....

**Indicate your preferred route:** Yellow ☐ 50/50 ☐ Red/Blue ☐ 50/50 ☐ White ☐ Beginners ☐

# **Paul Nash**

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- I 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 confirm that I am not currently suspended from ACU permitted competition or on the ACU Stop List as a result of incurring a Concussion injury.
- 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.
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• I/we enclose the entry fee of: £.....

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

Contact and phone  
no. in the event of an  
emergency:

**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.

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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 ☐

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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) .....

Indicate your preferred route: Yellow ☐ 50/50 ☐ Red/Blue ☐ 50/50 ☐ White ☐ Beginners ☐

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Ipswich MCC  
Thursday 26th December 2019

OPEN Permit TRIAL  
Raydon Pit, IP7 5QP

## Boxing Day Trial

Sign On: 9.00am

National Grid Reference: TM 042389

Start: 10.00am

Permit No. ACU 57995

### OFFICIALS:-

Eastern Centre Steward: tbc

Club Steward(s): E Hood & C Smith

Clerk of the Course: D Cordle (Licence 5689)

Child Protection P.O.C.: D Cordle

Secretary of the Meeting: K Hood, 22 Chapelfield, Bramford, Ipswich Suffolk IP8 4HR

Tel: 07795 844578 email: kevinhood@hotmail.co.uk

### JURISDICTION:

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

**Start / Finish:** Raydon Pit, Wades Lane, Raydon Suffolk IP7 5QP

**Course:** 4 laps of 10 sections. **Routes:** Yellow; Red/Blue; White;

**Classes:** All adult solo; Youth A & B **Awards:** Winners

**Entries:** Must be on the OFFICIAL ENTRY FORM and sent to the Secretary of the Meeting with a fee of £15.00 for Adults and £10.00 for Youth. Cheques/POs to be made payable to Ipswich MCC

**Entries Open:** 4th December 2019

**Entries Close:** 23rd December 2019

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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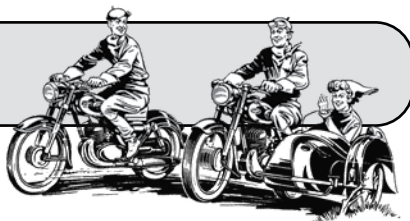
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# Recollection Section

*Sidge Kenny*



From my early days of fiddling about with motorbikes and engines, I was always intrigued about the way two-stroke engines were lubricated. My formation was at a time when you plopped in ordinary engine oil into the petrol at a ratio of 16 to 1, and gave the tank a good shake. Even then, it seemed to me that “thinning out” the oil like that could never be good for the internals. My logic told me the moving parts would never be properly lubricated. If a four-stroke engine needed oil with a “body” of SAE 30, 40 or 50 to be properly oiled, then thinning it out to 1/16, was lunacy. Of course, I and many others over-did the oil - “just to be safe” and as a result, there was a lot more smoke about than nowadays. The oil content, however slender, did the job but also generated carbon around the exhaust port and silencer and “decoking” was a fairly regular maintenance task.

Nowadays by virtue of synthetic oils and moving in to “bio`s”, we can thin out the mixture to 50 to 1 or even lower. Some outboard motors would run – as recommended by the manufacturers - on a ratio of 100 to 1 – frightening! For many years now, the more sophisticated two-strokes fitted to motorcycles, have utilised a separate oil tank and pump to more accurately supply the engine with the oil it needs under its various working conditions. The pump being connected to the throttle cable and thus opened up as the throttle is also increased. Oddly and irrationally, many competition riders would remove these devices and go back to mixing the oil in the fuel. I remember when I bought a new Suzuki trials bike fitted with a pump system, I was tempted to do the same. It was the time of the Earles Court motorcycle show and therefore I went to the Suzuki stand and asked their advice. Their reaction was total horror. An engineer who was visiting from the factory, was summoned – and through interpretation, he explained that the efficiency of the oiling process would be seriously reduced. He quoted that at tick-over, the pump cut the oil ratio to 200-1! I therefore did as I was told – the little pump stayed in place. However, some good men queried the value of oil pumps, most particularly in road racing and in the 1970s, when the hideously fast Kawasaki two-strokes were coming to the fore, American engineer, Kevin Mackenzie, ran them with both oil pump and petrol/oil mixture – presumably as a double precaution against seizure at high speed – the deadly plague in early racing two-strokes.

The virtue of the system over the four-stroke’s circulatory method of oiling does mean the lubricant, scant as it is, will always be clean oil and if the mixture is accurately measured, the engine will last a long time. The issue of the smoking two-stroke is almost a thing of the past. Nonetheless for their naughtiness in emitting other pollutants besides smoke, California banned their use many years ago and this set virtually the whole of the motorcycle industry – for a while – on a “four-stroke only” path. Oddly – bearing in mind all the gloom and dire prophecy over the global heating situation, the two strokes seem to be making a cautious comeback.

My fears over the apparent inadequacy of oiling in two-strokes were recalled some time ago, when I watched a T.V. film on railway locomotives – the proper steam powered ones. It dealt with the old-time trains which these locos conveyed over the length of the country and their speeds would sometimes exceed 120 mph! The point here is, you get to see the outside cylinders, con-rods and big-ends, flying round at incredible revs whilst also hauling a massive load. The train eventually slows and pulls into the station and the next thing you see, is the engine driver or his mate, climb out and give the con-rods and bearings, an oil-up from a long spouted can with seemingly, less than a pint of oil in it. Now, that is thinning it out,,,,!



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• 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)** .....

**Indicate your preferred route:** Yellow ☐ 50/50 ☐ Red/Blue ☐ 50/50 ☐ White ☐ Beginners ☐

Contact and phone  
no. in the event of an  
emergency:

**Woodbridge & DMCC**  
**Sunday 29th December 2019**

**Laurie Bird Memorial Trial inc ACUE Class C Rd 6**

**OPEN Permit TRIAL**  
**Butley, IP12 3NZ**

**Sign On:** 9.00am  
**National Grid Reference:** TM 365505

**Start:** 10.00am  
**Permit No.** ACU 57997

**OFFICIALS:-**

**Eastern Centre Steward:** E Hood  
**Clerk of the Course:** I Barfield (Licence 123652)  
**Child Protection P.O.C.:** T Andrews

**Club Steward(s):** W Harvey & A Miller

**Secretary of the Meeting:** T Andrews, 7 Metfield Road, Fressingfield, Eye, Suffolk, IP21 5QF  
*Tel: 07803 270853 (Day) 01379 586016 (eve) email: tjandrews12@sky.com*

**JURISDICTION:**

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

**Start / Finish:** Butley, Woodbridge, Suffolk IP12 3NZ

**Course:** Woodland & Sand sections. **Routes:** Yellow; Red/Blue; White;

**Classes:** Pre-70, Pre-Unit, Unit, Two Stroke, Twinshock

**Awards:** Laurie Bird Cup - Best Woodbridge Club Member

**Entries:** Must be on the OFFICIAL ENTRY FORM and sent to the Secretary of the Meeting with a fee of £17.00 for Adults and £15.00 for Youth. Cheques/POs to be made payable to Woodbridge & DMCC

**Entries Open:** 4th December 2019

**Entries Close:** 22nd December 2019

**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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Already plans are taking shape for the Eastern Centre's motocross events for 2020, and a minimum seven rounds of the Eastern Championship have been confirmed, with the possibility of an eighth round in the pipeline. At the

ACU Eastern board meeting in November, the board approved the devolution of the motocross discipline in the Eastern Centre from January 2020. It means that the sub committee title will be known as the ACU Eastern motocross committee. Made up of clubs who organise meetings within the Centre, the committee will deal with items such as fixing dates, rider grading, sponsorship deals etc.

The committee will also invite race secretaries, Eastern officials etc to meetings, and if any persons have new ideas to enhance our sport, they will be very welcome to be invited to a meeting to air their views.

Items such as finance, legal issues and disciplinary action, will still be the remit of the Eastern Competition Committee. Great news that Paul Bickers of Bickers Lifting and Anthony Skerry of Stebbings Car Superstore at Kings Lynn have confirmed that they will support the championship again. Their support is much appreciated by the organising clubs, as costs such as medical teams, land lease charges, etc, etc are increasing each year.

There is also a possibility of another sponsor who is interested in helping to boost the series, and recognises that the Eastern Centre has a healthy rider entry interest, and despite the fact that the Centre organisers are purely a voluntary committee, is impressed with the way the series is developing.

We certainly have a good influx of young riders in our Centre, which bodes well for the future of our sport. Upgraded to expert status from January 1st are, William Farrow, Max Bickers, Jack Youngs, Ollie Brader, Toby Avis, Daniel Sultana, and MX2 National rider, Tom Murphy. Also Tomas Hardcastle and Perry Galloway, both of whom reside from just outside our region, but regularly competes in the Eastern Centre. This will mean that the next batch of young riders will have a chance of winning in the Eastern Junior Championships in 2020.

One rider who looks likely to miss some of 2020 is young Ryan Allison, who is having a couple of operations to repair his injuries. We wish the fast Ipswich lad well. Other news is that Braintree's Ben Clark is recovering from his shoulder injury which he sustained at an MX2 Euro round earlier this year, and is raring to go again.

Good news that Jake Nicholls is continuing to ride the Buildbase Honda in 2020, with his new team mate, current British champion, Tommy Searle. Jake has been putting in the practise hours and would love to win that elusive British title. Meanwhile, GH Motorcycles have recently announced that they will be helping several riders again next year, including Luke Benstead, Ben Cole, Jason Morland and youngster, Joe Phillips, who, in case readers are not aware, is the grandson of the late Ipswich football legend, Ted Phillips.

Rumours are that former Eastern champion, Luke Parker, is returning to the motocross scene after a year of riding in European and British enduro events. Word has it that he could be riding a green machine.

At present, the motocross committee are making a few tweaks to the motocross rules for the Eastern handbook for 2020. We will welcome any new ideas which may be brought up at the motocross forum on December 4th.



## Charlie's Chat

*Charlie Ralph*

**Sudbury**  
**Sunday 29th December 2019**

**OPEN Permit EXTREME ENDURO**  
**Foxborough Quarry, CO9 3AN**

***Foxborough Extreme Enduro***

**Sign On:** 9.00am

**National Grid Reference:** TL 794325

**Start:** 11.00am

**Permit No.** ACU 57998

**OFFICIALS:-**

**Eastern Centre Steward:** tbc

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

**Clerk of the Course:** G Hockey (Licence 18929)

**Child Protection P.O.C.:** S Mays

**Secretary of the Meeting:** G Mays, 55 Alan Way, Colchester, Essex CO3 4LB

*Tel: 07906 092513 email: grahammays787@gmail.com*

**JURISDICTION:**

Held under the NSC and the Standing Enduro Regulations of the ACU and ACU EASTERN, these Supplementary Regulations and any Final Instructions which will have the force of these Regulations. Open to Adult & Youth members of the ACU riding solo machines.

**Start / Finish:** Foxborough Quarry, Sible Hedingham, Nr. Halstead CO9 3AN

**Course:** Natural terrain and extreme sections.

**Classes:** Pro, Expert, Clubman, Trials

**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 Adult £47.00; Youth £30.00. Include one 9x4 SAE. Cheques/POs to be made payable to Sudbury MCC Ltd.

**Entries Open:** 4th December 2019

**Entries Close:** 28th December 2019

**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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**Norwich Viking MCC**  
**Wednesday 1st January 2020**

**OPEN Permit TRIAL**  
**Caddes Hill, NR9 5QZ**

### **New Years Day Trial**

**Sign On:** 9.30am  
**National Grid Reference:** TG 066174

**Start:** 11.00am  
**Permit No.** ACU 57999

**OFFICIALS:-**

**Eastern Centre Steward:** tbc  
**Clerk of the Course:** B Douglas (Licence 70441)  
**Child Protection P.O.C.:** B Douglas  
**Secretary of the Meeting:** B Douglas, The Old Cottage, The Moor, Reepeham, 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 ACU EASTERN, these Supplementary Regulations and any Final Instructions which will have the force of these Regulations. Open to Adult & Youth members of the ACU riding solo and sidecar machines.

**Start / Finish:** Caddes Hill, Lyng, Norfolk NR9 5QZ

**Course:** Banks & Roots. 5 laps of 8 sections. **Routes:** Red/Blue; White; Beginners

**Classes:** Inter, Novice, Twinshock, Pre-70., Sidecar; Youth A,B,C,D,E **Awards:** None

**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 Adult £15.00.00; Sidecar £20.00; Youth £13.00. Include one 9x4 SAE. Cheques/POs to be made payable to NVGCC Ltd.

**Entries Open:** 15th December 2019

**Entries Close:** On the Day

**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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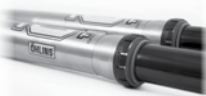
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# Notes from ACU Eastern Trials Forum

November 7th 2019

The 2019 Trials Forum on November 7th was attended by 30 riders or organisers representing 12 clubs, the full minutes will be posted on the ACU Eastern website, here are some points of note.

1. For 2020 the format of all centre trials championships will remain the same as 2019.
2. After discussion it was decided to continue calculating championship points for Twin shock C and Pre 70 C. For all Pre 70 classes the 2019 method to determine machine eligibility should continue but that this should be made more transparent. The method was explained at the early 2019 events and will be included in the January Gazette. There remains no commitment to supply trophies for these classes.
3. As reported in the October Gazette the wording of Pre 70 machine eligibility rules will be changed in 2020 to clarify the interpretation of the rules.
4. For 2020 the trials committee will be Paul Nash (Chairman), Clive Dopson (Secretary), Alan Foskew (Stewards Coordinator), David Cordle (Recorder), Kevin Hood, Paul Fenn, Eddie Hood, Matthew Neale, Nick Ogden, James Newstead, Andrew Barrell and Richard Snowden.
5. The meeting was reminded that NSC requires, "All entry forms shall be available at the start of all competitions. ", it is recommended that all on line entries are downloaded and preferably printed
6. It was agreed parents of youth riders should write their mobile numbers on the riding numbers, but can opt out at signing on, to assist in informing them if there is a problem. The centre rules to show that this can be checked at the youth rider lanyard check.
7. Two sessions will be arranged by Chris Cook on 25th January for licences to be renewed for Trials Clerks of Course and Stewards. Details will be on the website and in the gazette.

**Ipswich MCC**  
**Sunday 19th January 2020**

**OPEN Permit TRIAL**  
**Raydon Pit, IP7 5QP**

**Joe Cordle Trial**

**Sign On:** 9.30am  
**National Grid Reference:** TM 042389

**Start:** 10.30am  
**Permit No. ACU 57996**

**OFFICIALS:-**

**Eastern Centre Steward:** tbc

**Club Steward(s):** G Timms & C Smith

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

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

**Secretary of the Meeting:** P Cordle, 4 Bullen Close, Bramford, Ipswich, Suffolk IP8 4JE

*Tel: 01473 462274 email: the.cordles@tlaktalk.net*

**JURISDICTION:**

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

**Start / Finish:** Raydon Pit, Wades Lane, Raydon Suffolk IP7 5QP

**Course:** 4 laps of 10 sections. **Routes:** Yellow, 50/50; Red/Blue; White

**Classes:** All adult solo; Youth A & B **Awards:** To Winners

**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 £12.00 for Youth. Cheques/POs to be made payable to Ipswich MCC

**Entries Open:** At Start

**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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# ACU EASTERN - 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 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 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 confirm that I am not currently suspended from ACU permitted competition or on the ACU Stop List as a result of incurring a Concussion injury.
- 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: .....  
 .....  
 .....  
 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) .....

Indicate your preferred route: Yellow ☐ 50/50 ☐ Red/Blue ☐ 50/50 ☐ White ☐ Beginners ☐

Contact and phone no. in the event of an emergency:

# Motocross Memories

*Charlie Ralph*



Having only recently started admitting that I am getting old, it suddenly dawned on me that for seventy years I have been involved in watching men and machines in all kinds of weather, at lots of different venues in the Eastern Centre, throughout the UK, and on the Continent. Obviously, there are several other people in our region of the same age who can relate to their own take on the sport, but here is mine.

The first scramble meeting that I attended was at Prowse's farm at Hadleigh in Suffolk on September 19th 1948. My father had bolted a seat onto the crossbar of his bicycle which carried me to the meeting, organised by the Ipswich Triangle Club. I cannot remember too much of that event as I was a toddler, but the scant programme included names such as the current Woodbridge president, Wilf Harvey, along with Bob Henderson, the founder of Hendersons PA systems, Monty Lockwood and Braintree's Jack Hubbard. The final was won by Bob Henderson, with Jack Hubbard in second place.

For the next couple of years, father's cycle took us to other local venue's, such as Raydon, Capel St Mary and Bentley, but i was finally hooked by the sport when we made my first trip to Shrubland Park, Claydon on the traditional August Bank Holiday Monday in around 1951. I had read about the leading riders of the time in my father's "motor cycle" magazine, and from that day, I have been a staunch fan of the sport.

My school pals would always discuss football topics on Mondays, chatting about Nat Lofthouse, Tom Finney and Stanley Matthews, but I was far more interested in the likes of Basil Hall, Geoff Ward, John Avery, and my dad's favourite, Les Archer. I seem to remember in the early fifties, Les Archer arrived at Shrubland by helicopter after racing in France a day earlier. His trusty Norton was there for him to compete, and sure enough, he went home with the main Shrubland trophy.

In those days, of course, there was no football matches on Sunday's, no supermarkets, and none of the dreaded car boot sales etc, therefore, for the working class, scramble events were



cheap to watch, and even at local events in various villages, several thousand spectators was not unusual on any given Sunday.

Up until the mid 1950's, the leading Eastern Centre riders were Ipswich's Geoff Revett(BSA and Triumph), Jack Hubbard,(Matchless), Dickie Rix from Norwich (Ariel) and Ron "Tubby" Argent. At most meetings, they took most of the honours, however, when Cambridgeshire's Brian Stonebridge made an appearance, things were different then. "Strawberry" Stonebridge was an absolute master on a machine, whether he was riding the big Matchless or BSA'S, or the occasional outing on a little BSA Bantam. He then, of course, was instrumental in developing the two stroke Essex based Greeves machine. Before that, the Manchester based DOT factory were the leading two stroke outfits, but Stonebridge changed all that, and at the end of the 1950's, the majority of riders who rode the twostroke bikes, were on the Greeves.

After taking the Greeves to second place in the 1959 250cc European Championships, (classified as world championship status from 1962), Stonebridge tragically died in a car crash later that year, and such was his popularity, at his memorial meeting at Hawkstone Park, first won by Oxfordshire farmer, Dave Curtis, an estimated 60000 people paid tribute to him. One national newspaper claimed the attendance was 91000 !

Before then of course, Stonebridge had taken under his wing, Suffolk's favourite son, the truly great Dave Bickers, who won the European title in 1960 and 1961 on the Greeves. It was a pity that it was not classified as a world championship at the time, but Stonebridge would have been so proud of the Coddtenham flyer.

So into the 1960's, which many consider the golden era. Now called motocross, with twostrokes battling with four strokes, what a great decade.

*To be continued.*



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# ACU EASTERN - ENDURO 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 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 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 confirm that I am not currently suspended from ACU permitted competition or on the ACU Stop List as a result of incurring a Concussion injury.
  - 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 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 Numbers

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

**Email address:** .....

**ACU Licence No:** ..... **Club:** .....

**Tick Class Entered** (The ACU affiliated club to which you belong)

Championship ☐ Expert ☐ Expert Vets ☐ Clubman ☐ Clubman Veteran ☐ Clubman Supervet (+50) ☐

## Machine:

**Make:** ..... **Capacity (cc):** .....

**Sponsor (if applicable)** .....

If TWO MAN, Partner's Name ..... SEPARATE ENTRY FORM REQUIRED

**PLEASE INDICATE WHO WILL BE RIDING FIRST** .....

# What's on



## December

1st	Lowestoft Invaders	Trial	Restricted	Corton	ACU Eastern Trials B Class Rd 7
4th	<i>Gt. Blakenham Parish Rooms - Motocross Forum</i>				
8th	Norwich Viking	Trial	Open	Lyng	Norfolk & Suffolk Group Trials Chamionship Rd 6
15th	NSJMCC	Trial	Open	Santon Downham	
22nd	<b>Braintree</b>	<b>Trial</b>	<b>Open</b>	<b>Beazley End</b>	
26th	<b>Triangle</b>	<b>Trial</b>	<b>Open</b>	<b>Raydon Pit</b>	
28th	Braintree	Trial	Open	Twinstead	
29th	<b>Woodbridge</b>	<b>Trial</b>	<b>Open</b>	<b>Butley</b>	ACU Eastern Trials C Class Rd 6
29th	<b>Sudbury</b>	<b>Enduro</b>	<b>Open</b>	<b>Foxborough</b>	

## January 2020

1st	<b>Norwich Viking</b>	<b>Trial</b>	<b>Open</b>	<b>Lyng</b>	
5th	EFA	Trial	Restricted	Little Bealings	
12th	Wymondham	Trial	Open	Gt Ellingham	Norfolk & Suffolk Group Trials Chamionship Rd 1
19th	<b>Ipswich</b>	<b>Trial</b>	<b>Restricted</b>	<b>Raydon</b>	Norfolk & Suffolk Group Trials Chamionship R2

*Events in bold denote regs in this issue*

Full events calendar available on [www.easternacu.org](http://www.easternacu.org)

## The Return of the King.

It was wonderful to see 'The King of Lyng', Dennis Slaughter MBE, looking so well on his return to the Caddes Hill circuit for the final round of the 2019 Centre motocross championships. He is seen here pictured with a few of his loyal subjects.



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