

## FINAL INSTRUCTIONS

**Start/Finish:** The event will start and finish within Thetford Forest at Forest Ride 22 on the Thetford to Mundford Road. It will be sign posted from Thetford. The start time will be 09:00 hours on Sunday 15 November 2009. All riders will start four per minute.

**Parking:** Is limited along the fire road. Please park sensibly and do not erect large awnings in the parking areas or the refuelling area.

**Signing On:** Sunday 15 November from 07:30 to 08:30 at the **start area**.

**Insurance:** Riders must belong to a club affiliated to the ACU or the Scottish ACU. Any other riders, including Irish participants **must** obtain personal accident insurance, produce a licence issued by their sport governing body and show that they have received permission to ride this event and that they have taken out insurance. Ensure that you have sufficient insurance to protect you, your machine and your possessions (see also security below).

**Noise Control:** Riders must ensure their machines are not noisy and that the piston stroke is clearly marked on the crankcase. If your machine is tested and it exceeds the limit, the penalty is exclusion. Noise checks will be undertaken at the event. (Limit is 94 dBA measured (50cm from the exhaust outlet) at 11 m/sec.).

**Working lights:** As per ACU standing enduro regulations, lights must be fitted and working. As per Eastern Centre regulations a 60 point penalty will be imposed if one or both lights are not fitted and working. Random checks will be undertaken at scrutineering.

**Rider Numbers:** Riders must provide their own numbers - minimum height 100mm. Red plates all-round Champ- white numbers, Green plates all-round Exp – white numbers, Yellow plates all-round Clubman – black numbers, Black plates all-round Sportsman – white numbers as per 2008 ACU handbook.

**Machine examination:** Competitors should present their machines for examination between 07:30 and 08:30 on Sunday 15 November.

**Crash Helmets:** Please ensure your crash helmet is provided in good condition and with the appropriate approved ACU transfer. The presentation of a non approved helmet for scrutineering will result in the helmet being retained by the Chief Scrutineer for the duration of the meeting.

**Work area/Parc Ferme** There is no official work area or Parc Ferme – you are required to present your machine at the start at your scheduled start time.

**Event Security:** It will be up to individual riders to ensure that their machine and all other equipment are secured at **ALL** times. The club does not accept any liability for the storage or security of any machines or equipment. It is strongly recommended that all machines and equipment are locked at all times when not being supervised.

**No riding in the start area:** Strictly **no** machines including mini bikes, pit bikes, quads etc to be ridden in the forest, including the start area at **any** time during the weekend

**Check Times:** Check Times will be available on Sunday morning from 07:30am.

**Start Area:** This will consist of one time control plus special test near the start and finish. A rubbish skip will be provided within the start/finish area. Please ensure all your rubbish, litter etc. is placed within it or taken home.

**Refreshments and toilets:** Will be provided within the start/finish area

**Route:** The lap mileage will be approximately 13 miles with one time control per lap. It is anticipated that championship will ride 6 laps, experts 5 and clubmen 4 but the final instructions will confirm the number of laps, as always, subject to weather conditions. Details of this and accurate mileage will be available when signing on.

**Special Test:** near to the start area. This can be viewed **on foot** from 10:00 am on Saturday 14 November. Viewing the special test by bicycle is prohibited. The test is 1.6 miles in length.

**Blue Tape Restricted Speed Areas:** The refuelling points and approach to the time control are designated restricted speed areas. These will be marked with blue tape and riders **must not exceed walking pace**. The penalty for failing to comply with this regulation is exclusion!

**Re-fuelling:** Is only permitted within the designated area. This is within the start/finish area. **Smoking in the re-fuelling area is forbidden! All mobile phones must also be switched off.** There will be a bypass direct to the time check avoiding the re-fuelling area.

**Outriding/Support Vehicles:** Under no circumstances is outriding permitted with motorcycles or other vehicles. Failure to carry out these instructions by either rider or support crew will result in the rider being excluded from the competition. No mini bikes or paddock bikes are allowed.

**First Aid:** First Aid cover for the event will be provided by St Johns Ambulance and a qualified Paramedic. The First Aid Centre and Raynet Control HQ will be provided within the Start/Finish area where ambulance cover will be available. Additional first aid cover will be available at a number of other points. All first aid points will be linked with radio and cover is provided by Raynet Radio operators.

**Hospital:** The nearest hospital is the West Suffolk Hospital at Hardwick Lane, Bury St Edmunds, Suffolk, IP33 2QZ (approximately 18 miles via the A134),

**Telephone 01284 713000. Accident and Emergency Telephone 01284 713333.**

**Retirement:** If you retire, you must ensure that your time card is handed in immediately at the time control to enable the club to account for all riders at the conclusion of the event.

**Course Cutting:** Any rider course cutting will be excluded immediately.