Trackstar
Adrian Flux Arena
Saddlebow Road
King's Lynn
Norfolk
PE34 3AG

F1 STOCK CAR HEALTH & SAFETY NOTICE & INFORMATION SHEET

18th October 2026

Dear F1 Stock Car Driver

It is great to be able to welcome you back to King's Lynn for the season finale here – many thanks for your support today and in 2026.

A reminder- all staff and officials should be treated with respect and courtesy – anyone who doesn't will risk an ORCi Ban.

We have seen an increase in the number of wheels/ tyres and other general racing debris being left in our pit area – please be advised we now have CCTV installed – any found leaving anything behind will face a ban or fine – please take it home with you.

We would like to take the opportunity to remind you of some of our important Rules of Racing.

Start of Races – NEW PLACE FOR GREEN TYRE AND STARTING RACES

PLEASE NOTE THAT THERE ARE GREEN TYRES BETWEEN TURN 3 AND TURN 4. THE LEAD WHITE TOPS START AT THE FIRST GREEN TYRE. IN A RESTART THE LEAD DRIVER STARTS AT ANY POINT IN BETWEEN THE TWO GREEN TYRES. DRIVERS STARTING BEFORE REACHING THE FIRST GREEN TYRE WILL BE DOCKED PLACES. IT IS IMPORTANT THAT ALL DRIVERS FROM ALL GRADES GO AT A STEADY ROLLING PACE UNTIL THE RACE STARTS. ANY DRIVER WHO STARTS RACING BEFORE THIS WILL BE DOCKED OR EXCLUDED FROM THE RACE. YOU HAVE ALL BEEN WARNED. THE LEAD WHITE TOP MUST SET A STEADY PACE AND THE POLE SITTER IN EACH GRADE IS RESPONSIBLE FOR MAINTAINING THE GAP BETWEEN GRADES. YOU MAY START RACING WHEN THE GREEN FLAG IS WAVED AND GREEN LIGHTS SHOW AND YOU ARE TOLD OVER YOUR RACEIVER.

Deliberate riding of the wall to gain an advantage can be penalised

IN THE EVENT OF A STOPPAGE AND MID RACE WATERING DRIVERS IT WILL BE ANNOUNCED HOW MANY LAPS WILL BE DONE UNDER YELLOWS OVER THE RACEIVERS

No driver must exit their car on the infield or on track unless there is a major problem – IE Fire. If you go on the infield you must remain in your car with belts and helmet on for the duration of the race and this also applies if you are tractored onto the centre following an incident you must also remain in your car unless you need to exit for medical attention.

No attacking cars on the Concrete Safety Area. All of the concrete area is designated as a safety area.

No Driving at a speed above walking pace on the Concrete Safety Area.

If you enter the concrete area inside the ring of tyres you should stop immediately and under no circumstances exceed walking pace.

UNDER NO CIRCUMSTANCES MAY MECHANICS AND TOOLS GO ON TRACK AND CARS BE WORKED ON THE CIRCUIT.

Under no circumstances can any alcohol be brought into the stadium. This is a stipulation under the stadium's licence and anyone found doing this will be ejected from the premises and if they are part of a racing team that driver will not be allowed to race and will be reported to BriSCA.

PLEASE NOTE THAT IN THE EVENT OF A CAUTION SHOULD THE TRACK REQUIRE WATER IT WILL BE WATERED!

The format for the meeting is below

Format

1. **F1 Stock Car Whites and Yellows**
2. F2 Stock Car Last Chance
3. Saloon Stock Car Heat 1
4. **F1 Stock Car Heat 1**
5. **F1 Stock Car Heat 2**
6. F2 Stock Car World of Shale Championship
7. Saloon Stock Car Heat 2
8. **F1 Stock Car Consolation**
9. F2 Stock Car Consolation
10. Saloon Stock Car Heat 3
11. **F1 Stock Car Final**
12. F2 Stock Car Final
13. Saloon Stock Car ORCi Championship
14. **F1 Stock Car Grand National Ben Turner Memorial**
15. F2 Stock Car Grand National
16. Saloon Stock Car Allcomers

Meeting formats are subject to car availability and time constraints, which could result in a change.

The first race will be for White and Yellow Graders. We then will be a running a full format, the heat splits are below. The top 10 from the heats and 12 from the consolation will qualify for the final. The Final will be open to qualifiers only. The Grand National will be open to all available cars, but only the first 33 cars on track plus the top three from the Final. However, the format might change if numbers drop after Mildenhall. This will be communicated on the day if so.

Heat 1								
Shootout		1	368	418	446			
SS								
R	55	96	166	259	457			
B	12	53	127	242	335	349	463	523
Y	210	268	326	352	550			
W	61	499	561					

Heat 2								
Shootout		16	120	212	515			
SS	97							
R	22	138	217	H75				
B	18	151	216	289	345	453	525	587
Y	221	339	372	H28				
W	44	545						

Pit Safety
Please note there is no smoking in the pits

There is a strict walking pace speed limit in the pits

When working under your car you must make sure it is supported by either a proper axle stand or with some wheels and not just left on a jack so if the car slips of the jack there is something to stop it causing a serious injury to whoever is underneath it. If a Hiab is used ensure part of the car is over the flatbed area of the lorry.

All fuel must be kept in sealed containers.

- In the pit area the speed limit shall not exceed walking pace at all times! Drivers and mechanics are reminded they must not encourage members of the public (especially children) into the pit area. Members of the public are not permitted to gain entry to any racing venue via the pit gate entrance under any circumstances.
- When drivers are working on their car in the pits they should be aware at all times that members of the public may be in the pit area, as well as other competitors, mechanics and members of their families. The driver should make sure that a member of their crew is responsible for ensuring no-one is placed in danger by their work. Members of the public should be at least 2 metres away when carrying out any mechanical work.
- Normal Health and Safety rules apply within the Pit area. This particularly applies when mechanical equipment is being used like hiabs, stihl saws and welding equipment. Drivers must ensure that the people who are operating this equipment are fully qualified to do so and have the appropriate personal protective equipment such as goggles and footwear. The actions of the drivers crew remain their responsibility throughout the raceday.
- Fuel should be stored in approved containers and well away from public areas. When re-fueling a vehicle, a second person must be present with a fire extinguisher. Extra care should be taken if the engine is still hot. Members of the public should be at least 2 metres back when re-fueling.
- It is an ORCi rule in all formulas that a fully operational Fire Extinguisher is kept with all tow vehicles and its position is known to all your pit crew.
- When driving any vehicle in the pits you must always obey the 5 mph limit.
- Children must be accompanied by an adult at all times.

  Drivers should not have Smart-devices on their person during racing. Some have technology built into them, which could trigger responses form Emergency Services on impact.

Wheels and Tyres
Please ensure you take all your rubbish with you including wheels and tyres. Any driver leaving wheels and tyres in the pits will be subject to an ORC ban.

Cooling of Cars
When a race finishes all mobile drivers (including trophy winners) must drive slowly onto the outer concrete under the scoreboard bend and stop (Please do not park on the track for cooling purposes). **The only exception to this is any driver who is to receive a trophy and they should drive slowly onto the centre and park by the trophy table. These drivers will have cars**

cooled by officials on the centre and they can then exit their cars and trophy presentations may begin. Once all drivers have stopped the steward will announce over the race receiver that the pit gate is to be opened and one mechanic in their hi vis supplied by the BSCDA will be allowed on the track to cool the cars. (Mechanics should not enter the track for drivers who are parked next to the trophy table). No other machinery will be allowed on track at this point. Once all cars have been cooled and mechanics have left the track the steward will give the instruction for the tractors to come on track and once the gate is clear and instruction will be made over the race receivers for cars to leave the arena and return to the pits. NO CARS MUST MOVE UNTIL THIS INSTRUCTION IS GIVEN. All cars which are mobile will then return to the pits whilst any drivers with a trophy to collect will drive next to the trophy table and await instructions to exit their vehicle when it is safe to do so. Tractors will take any immobile cars back to the pits.

Please note that if your car needs recovering after a race you must wait inside your car and not get out of it. Please note that “doughnuts” are not allowed

Many thanks for your support and we look forward to seeing you again soon
Trackstar