

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

F1 STOCK CAR HEALTH & SAFETY NOTICE & INFORMATION SHEET

30th August 2025

Dear F1 Stock Car Driver

It is great to be able to welcome you back to King's Lynn for today's F1 Stock Car meeting – what a mega night we have lined up. We're so thankful that so many of you have chose to race here this evening; many thanks for your support. Thank you so much!

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.

[illegible]

 2025 WORLD FINAL CONSOLATION SEMI GRID KING'S LYNN 30TH AUGUST 2025		
	ROW	
FINN SARGENT 526	1	120 CASEY ENGLESTONE
JOE NICKOLLS 242	2	5 CHARLIE SWORDER
LEWIS HUNTER 22	3	463 JAMES MORRIS
THOMAS ANDREW 453	4	20 LIAM GILBANK
AUSTIN MOORE 127	5	345 JAKE HARRY
GEORGE ELWELL 501	6	132 JAMES HALL-MORTON
JOELAN MAYNARD 151	7	525 NIGEL DE KOCK
JOE BOOTH 446	8	67 HENRY ROBSON
SIERD DE VRIES 554	9	12 MICHAEL SCRIVEN
BRADLEY BLYTH 352	10	532 DAZ KITSON
WILLIAM ADAMS 545	11	469 JONATHAN DAVISON
MARK GILBANK 21	12	








The first two F1 Heats will be half car races of the remaining drivers with the third F1 Stock Car race the Consolation Semi Final. The grid will need to be formed in order in the pits. The top 8 from these races will qualify for the meeting final. There will be two consolations planned, a driver can choose either consolation, but they can only race in one. The top 4 from each will qualify for the meeting final.

The Grand National will be open to the first 33 cars on track, plus top three from the Final. Drivers not in the meeting final, but wish to race in the Grand National, should line up ready whilst the Final is on track. In the event we need two Grand Nationals, a call will be made at the time, depending on cars and time.

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 off 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 from 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