

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

LADY BANGERS HEALTH & SAFETY NOTICE & IMPORTANT INFORMATION

7th June 2025

Dear Lady Banger Driver

Welcome to today's Unlimited Lady Banger Double Points Special – thank you for choosing us to race today, we hope you enjoy your evening and look forward to seeing you again soon.

PLEASE NOTE THERE IS A STRICT walking pace SPEED LIMIT IN 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.

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

No forceful fencings or follow ins.

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

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.

Please remember Lady Bangers are a light contact formula only. Absolutely no Follow Ins or stationary car hits.

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. If you are on track you must not exit your car unless there is a race stoppage. If a stoppage occurs you must go to the safe area which is through one of the exit gates to the other side of the catch fencing. If you are on track and feel unsafe or there is a problem please signal to a marshall for the race to be stopped with a clear “thumbs down”.

- Please note that if a race is stopped just to allow a driver to exit his car, no cars on track will be moved if there is a line through the cars. Drivers must quickly exit their cars and move to the safety area and the race will be restarted as quickly as possible.

Please be aware that any breach of the rules will be dealt with very seriously. Should you commit a “follow in” or attack a stationary car etc you will be loaded up and will also serve a minimum of a full year ORC Ban. THERE WILL BE NO SECOND CHANCES FOR WHAT THE STEWARD AND BOARD REGARD AS A DANGEROUS DRIVING OFFENCE – YOU HAVE BEEN WARNED!!

Start of Races – NEW STARTING POSITION FOR RACES

PLEASE NOTE THAT THERE ARE GREEN TYRES BETWEEN TURN 3 AND TURN 4. THE LEAD WHITE TOPS MAY START AT ANY PERIOD BETWEEN THESE TWO TYRES. THE SAME GOES FOR ANY RESTARTS. 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.

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

Meeting Format

A – 1300cc Stock Car Charity Mechanics Race - 4.30pm

1. Junior Bangers Heat 1
2. **Unlimited Lady Banger Heat 1**
3. 1300cc Stock Car Heat 1
4. 1300cc Stock Car Heat 2
5. Micro Banger Heat 1
6. Junior Banger Heat 2
7. 1300cc Stock Car Consolation
8. **Unlimited Lady Banger Heat 2**
9. Micro Banger Heat 2
10. Junior Banger Heat 3
11. 1300cc Stock Car Final
12. **Unlimited Lady Banger Final**
13. Junior Banger Final
14. 1300cc Stock Car Allcomers
15. Micro Banger Final and Destruction Derby

SCRUTINEERING - Once you have parked and unloaded your car please take it to the scrutineering area as early as possible. You must take your helmet, gloves, overalls and licence with you and your car bonnet must be in place but be ready for removal. Please note that if you are in queue for scrutineering when racing starts you will have to leave the track and go the other side of the catch fencing. Scrutineering will take much longer when racing starts so make sure you go and get scrutineered as soon as possible,

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

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

No driver must exit their car on the infield or on track unless there is a major problem – IE Fire. At the end of a race you must remain in your car whilst recovery takes place. In the event of a stoppage and your car being recovered unless you need to exit the car for a medical reason you must remain in it.

If you win a race or have a trophy to come please pull up next to the trophy table on the middle and wait for an official to tell you to exit your car.

In the event of a stoppage the race will be restarted with any backmarkers between the top six drivers which are on the lead lap removed and sent to the back of the grid. These drivers will gain a lap back in the race. No driver must attempt to overtake or unlap themselves without being instructed to do so by an official. Any driver doing so OR moving on red flags without being instructed to do so will be excluded from the race.

Grades

Drivers grades are below. Please note that you must start in your correct grade. Novices may start at the back of the grid.

Red:	85							
Blue:	110	150	232	488				
Yellow:	28	100	473	626	696	841		
White:	8	27	139	298	585	910	988	

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.

Children must be accompanied in the pit area at all times.

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.

Trophies

Today is a fun day. There is no Prize Money but each race has got a trophy for the top three.

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.