updated 8th July 2025

Information for those new or fairly new to Canada Heights Enduros

Before the day

- Check brake pads, chain and sprockets condition carefully - you will be riding the equivalent of about four motocrosses during the day.
- Bring enough petrol for four hours riding (20 litres should do it).
- Bring plenty to drink (non-alcoholic!) - a catering vehicle will be on site for your family / helpers during the day.

On the day - before the start

- Sign on (don't forget your Comp. Licence or proof of identity). You will be loaned a wristband transponder, but please don't forget to hand it back at the end of the event.
- Also collect a coloured wristband for your mechanic (if you have one) to allow him/her access to the refuelling area. Only one mechanic per rider and only those with wristbands will be allowed into the refuel area. The area is considered as part of the track - no children, hangers-on, etc. are allowed.
- A notice on a board will tell you how many minutes you must do each lap without incurring any penalty points. Make a careful note of these. Timing will be by transponder – we don't use physical timecards any more. Many riders stick a piece of duct tape on their petrol tank and write on it each lap number and target time as a reminder.
- Take petrol cans, tools, drink, environmental mat to the refuelling area - you should not return to your vehicle once the event has started.
- Push your bike to the Scrutineer then the start area in good time to start exactly on your right minute.
- There will be a Riders' Briefing around the Signing-On area about 15 minutes before the first riders' start time. Please attend as there will be important information to hear.
- Keep your vehicles locked when unattended, and do not leave "nickable" things outside. Sadly, things have gone missing from Canada Heights paddocks before. Keys can be left with the Secretary of Meeting if required.

Riding the event

- Your aim is to complete each lap EXACTLY in the time allowed. ***The <u>end</u> time for one lap is the <u>start</u> time for the next - there are no scheduled breaks during the event*!**
- You must 'Clock in' at the check point on **EVERY LAP**. If you are EARLY on any lap except the last, pull into the refuelling area (**<u>just before</u>** the check point). Use the time to refuel, have a drink, check the bike. **STOP YOUR ENGINE before refuelling (penalty for not stopping it is exclusion from the event).**
- At exactly the right time on the master digital clock, ride to the check and wave your wristband against the reader. There's no need to bash the reader! Don't come in early – it's 60 marks per minute EARLY as well as late.

  Note: In all ACU enduros (not just Sidcup's) you may come in EARLY on the last lap without any penalty.
- **<u>Time lost on any lap CANNOT be made up in the next lap.</u>** If you are late at the end of any lap you get 60 penalty points per minute - you then have the full time allowance to do the next and subsequent laps. Don't forget that the times you noted before the start will all slip back by the number of minutes you are late.
- **The Special Tests**. This will be part of the circuit (details at the Riders' Briefing on the day), and on the early laps you must stop at the "Special Test Start" sign. At 'Go', touch the reader with your wristband and ride as quickly as possible and STOP at the "End" sign. Wave your wristband against the reader here. Your elapsed times will be added to your time penalty points in the results. The quicker test times, the less seconds added. **The number of Tests during the day will be part of the riders' briefing**.
- **Blue Tape Areas**: Blue tape alongside the track means WALKING PACE while you are between the tapes. That's no more than 5 m.p.h. Action will be taken against anyone we see riding faster – you may be held at the checkpoint for several minutes, or exclusion for persistent offenders. You have been warned!

Hints and tips

- The first lap time schedules for every rider will be set so that every rider will easily be able to do the first lap, so TAKE IT EASY on the first lap. Use the early laps to find where the track goes and the best lines to take, ready for the tighter time schedules later.
- Make a mental note of how long you take to ride an average lap. You will then know if you will have to speed up for the tighter schedules or you can ease off a bit.
- Before the start and at every pit-stop, HAVE A DRINK. If you wait till you are thirsty, it is too late - you are already de-hydrated! If you have a camelback, use it, especially if the weather is hot.
- There are riders of all abilities on the track at the same time. Fast riders: please don't shout or shove slower riders into the bushes, and slower riders please let the quicker riders through – they are not competing against you in your class.

If anything is unclear, or you have any more queries, please phone, text or email me – before the day of the meeting!

Peter Burrell, **020 8300 5572** **07885 682647** peter@sidcupmcc.co.uk