

A GUIDE TO MOTORSPORT DISCIPLINES

Autocross

Autocross events run on off-road circuits of about 1000m, normally on grass or stubble. Timing is against the clock, with up to four cars on track at the same time. Track conditions can change rapidly, so you need to be adjusting your driving technique all the time to find the best traction to achieve the fastest time. The event starts with practice followed usually by at least two timed runs, with the fastest time to count for results. You can start to compete in Autocross events from the age of 14 and with a Interclub Motorsport UK Competition Licence, the basic safety equipment - fire resistant overalls and gloves, crash helmet and fire extinguisher - you can take your everyday car and have a go. Cars vary from standard road cars through rally cars, lightweight Autocross cars and specials. Full regulations and requirements are in Section 'N' of the Motorsport UK Competitors Year Book. Minimum Age: 16 (Juniors - 14). Motorsport UK Competition Licence required: any Interclub.

Autosolo

Autosolos are run on sealed surfaces only, normally a large car park or airfield, with car classes ranging from standard cars to modified and sports cars. Courses of numbered cones are laid out around the venue and competitors take turns to drive the tests. The tests are 'forward only' and competitors can drive the course without needing to shunt or use the handbrake. Penalties are applied if course markers are hit or the wrong route is driven, the winner being the driver with the lowest total time from qualifying runs on the tests, typically the best two of three runs. Competitors may be required to marshal on some events and are split into groups, so that one group is competing, one marshalling and the other readying their cars. The groups then rotate until all drivers have completed the tests. All Autosolo cars must be driven to the events, so need to be insured, taxed and have a valid MOT. Full regulations and requirements can be found in Section 'M' of the Motorsport UK Competitors Year Book. Minimum Age: 14. Motorsport UK RS Clubman Licence is required.

Stage Rallying

Stage Rallies can be held on sealed or loose surfaces and comprise several competitive special stages, with the winner being the crew (driver and co-driver) that completes them all in the lowest aggregate time. To start you will need a full driving licence and then a Motorsport UK 'Go Rallying' pack, pass the BARS test and then apply for a RS Interclub-Stage Rally competition licence. Co-drivers not intending to drive can apply for a Navigator's licence any Interclub, RS National, Race National, RS Rally National Navigator and International License is valid without having to pass the BARS course. Cars are modified to Motorsport UK regulations, including the fitting of safety components such as a roll-over protection system, special seats and harnesses, and fire

extinguishers; the vehicle is then issued with a Motorsport UK Log Book certifying that it has been prepared to the correct specification. Stage Rally cars using the public highway to travel between stages also need to be taxed, insured and have a valid MOT certificate. As stage rallying involves much higher speeds on closed roads, you will need Motorsport UK-compliant safety equipment – a homologated helmet, frontal head restraint, fireproof overalls, boots and gloves. Full regulations and requirements are in Section 'R' of the Motorsport UK Competitors Year Book. Minimum Age: Driver: 17 + RTA, Navigator: 16. Motorsport UK Competition Licence required: Driver - RS Interclub-Stage Rally; Navigator - any Interclub, RS National, Race National, RS Rally National Navigator and International License.

Targa Road Rallying:

Targa Road Rallies are comprised of timed Tests off the public highway on a variety of surfaces. The Tests challenge the Driver to complete the Test as rapidly as possible without incurring penalties, while the Navigator has to guide the Driver through the Test using supplied Test Diagrams or Tulip instructions. Safety equipment such as helmets and flame proof overalls are not required. Some events require rear roll cages and harnesses plus underbody guards are recommended, but standard cars are suitable for many other events. Targas can vary significantly in their format, but essentially there are two types – single venue and multi venue. Single venue Targa Rallies do not use the public highway and can be suitable for standard cars. It can be possible to both drive and navigate on single venue Targas, sharing a car. Multi venue Targas use the public highway between Tests and require some basic navigation using maps or tulip diagrams. Cars must be taxed, insured and have a valid MOT certificate. Engines must have no more than 4 cylinders, turbos permitted under 1500cc. 4 wheel drive is usually prohibited. Minimum Ages: Driver: 17 + RTA . Navigator: 12. Motorsport UK Competition Licence is Interclub.

Hill Climb & Sprint

Hill Climbing is our most popular discipline. Cars tackle an uphill course individually, with the quickest time determining the winner. Competitors are usually given two practice runs, and then two competitive timed runs (subject to incidents and/or bad weather), with your best time counting in the final results. Course lengths tend to be between 600m and 1200m on sealed surfaces only and venues use the same course every year, so you are not only competing against other competitors on the day, you can also aim to beat your own personal best time for that hill. Sprints are based on flat circuits or airfields; courses tend to be from 800m up to 3000m; again, courses rarely change, so you can return to challenge your personal best time year on year. There are currently 18 Classes, ranging from standard road cars to F1 spec single seaters. For both disciplines, you will need safety equipment such as a helmet, frontal head restraints (for some classes), fireproof overalls and gloves. Full regulations and requirements are

detailed in Section 'S' of the Motorsport UK Competitors Year Book. Minimum Age: 16
Motorsport UK Competition Licence required: Interclub.

Car Trials Car

Trials are without doubt one of the cheapest forms of motorsport. The aim is to drive the car between markers over a fixed course, this will often be a slippery field, you must achieve this without striking the marker posts or stopping. Courses are marked out with penalty points ranging from 12 to 1, if you make it through to the end of the course without touching the marker posts, you won't incur any penalties. Several tests will be laid out and the overall winner is competitor with the lowest index of performance (a calculation of your individual performance versus the other competitors in your class). Competitors are split into classes, such as engine over driven wheels etc. and championship points are awarded on class position, not the overall position. A standard car is all that is needed to start in Car Trials and you can start from the age of 14. So whatever car you have, you're in with a chance. Full regulations and requirements can be found in Section 'T' of the Motorsport UK Competitors Year Book. Minimum Age: Driver: 14, Front Passenger: 12. Motorsport UK RS Clubman Licence is required.

Classic Reliability Trials

Classic Trials are run over multiple venues using old lanes and sections in wooded areas, road mileage is involved, so all vehicles need to comply with the Road Traffic Act. Marking is the same as Car Trials with marker posts going from 12 down to 1, some sections will include a restart for some classes, where the car must stop astride a line and then pull away without running back, events also incorporate special tests, which are against the clock, these are used as tie breakers for competitors who finish on the same marks at the end of the day. Cars used vary from vintage to modern and are generally modified to provide extra ground clearance as sections can be quite rough with deep ruts. Full regulations and requirements can be found in Section 'T' of the Motorsport UK Competitors Year Book. Minimum Age: Driver: 17 + RTA, Passengers Front: 14, Rear: 2, Note 2 to 12 Years in a Child Seat. Motorsport UK RS Clubman Licence is required.

Sporting Car Trials Sporting Trials use purpose built lightweight trials cars. The sections have marker posts starting at 12 down to 1, and can be very steep and involving very sharp turns. The driver and passenger need to work as a team, with the passenger moving their weight to where the traction is needed as these cars climb hills that are difficult to walk up. Cars will need to be transported to events, so a trailer or large van will also be required. Full regulations and requirements can be found in Section 'T' of the Motorsport UK Competitors Year Book. Minimum Age: Driver: 16, Front Passenger: 14.