



Founded 1905.



allglass Anglia MiddleWick Stages 2017

**Green Belt Motor Club
Wickford Auto Club
Middlesex County Automobile Club Ltd**



**MOD Woodbridge, near Ipswich
Sunday 21st May 2017**

Supplementary Regulations

The event is a qualifying round of the following 2017 Championships:
The jelfmotorsport.com AEMC/ASCMC Stage Rally Championship,
and the Middlesex Challenge

Shopping online?

Visit all your favourite retailers via our eStore:

[www.easyfundraising.org.uk/causes/
ljmc](http://www.easyfundraising.org.uk/causes/ljmc)

and support people affected by cancer at the same time.

We receive a commission on
all your purchases

gifts ✧ holidays ✧ fashion ✧ music
films ✧ books ✧ finance ✧ groceries
insurance ✧ furniture ✧ technology ✧ flowers

Participating retailers include:

Amazon, M&S, Thorntons, Boots,
Asda, Groupon, Debenhams,
PC World, Interflora, H.Samuel,
Eurooffice, John Lewis, Eurocamp,
Expedia, Argos, Halfords
and many more...



This service is
completely
confidential



Lynda Jackson Macmillan Centre

support & information at Mount Vernon Cancer Centre

... supporting people affected by cancer...

registered charity
1053338



Founded 1905.



allglass Anglia MiddleWick Stages 2017

Middlesex County Automobile Club Ltd, Green Belt Motor Club and Wickford Auto Club are delighted to invite you back to MOD Woodbridge for the ninth running of the MiddleWick Stages rally. As in previous years, we have planned 8 stages of around 7 - 8 miles each to provide about 60 competitive miles over the day. Although based on an old airfield, the buddleia bushes and road layouts enable us to create some interesting stages without using much of the runway.

As normal, scrutineering and documentation is available on the Saturday evening at The Holiday Inn, Ipswich - Orwell, The Havens, 2 Ransomes Europark, Ipswich, IP3 9SJ and we have also been able to negotiate a very competitive twin/double room rate of £75.00, including a full breakfast, which will be available from 06.00. Those wishing to stay overnight should contact the hotel direct by telephone on 01473 272244, quoting "MID" and the date in order to benefit from the discounted rate.

This year we are again supporting our usual charity - the **Lynda Jackson Macmillan Centre** for Cancer Support and Information at Mount Vernon Hospital (LJMC) - together with Isabel Hospice at Welwyn Garden City and the Essex Air Ambulance in memory of Dan Cornwall. We hope you will give generously to these worthwhile causes.

The Regulations are available on the event web page - www.middlewickstages.org.uk - and there is a web entry system to help with submission of entries, plus the facility to pay by bank transfer. Wherever possible, we ask that an e-mail address is given for acceptance, finals etc. in order to reduce paper usage. Obviously, if you have no means of obtaining the Regulations or other information electronically, we will still be more than willing to use the normal mail services.

Naturally, if you are unable to compete on the event, your services will be welcomed as a marshal. Please contact the Chief Marshal, John Davie on 01525-405521, to offer your assistance or by E-mail: marshals@middlewickstages.org.uk . Alternatively, complete and return the form in these regulations.

We look forward to seeing you at Woodbridge.

FOR UP TO DATE INFORMATION VISIT
WWW.MIDDLEWICKSTAGES.ORG.UK



Founded 1905.



Marshals

If you are unable or do not intend to compete on the event, why not consider offering your services as a marshal? No motor sport event can function without an adequate number of volunteer marshals, so what about joining this band of unsung heroes!

We appreciate the time and effort given by marshals and if you are available on the Saturday to assist with the set-up you will also be most welcome.

Please contact John Davie (01525 405521) if you are able to help on either day or complete the form below and forward to Chris as soon as possible.

Thank you.

+++++

Marshal Enrolment Form

I am willing to marshal on the allglass MiddleWick Stages 2017 and will be bringing people with me.

I/we* have/have not* had previous experience in marshalling on a single venue rally.

Name: I/we have experience of the following:

Address: Stage Arrival Control: yes / no *

Stage Start Control: yes / no *

Postcode: Stage Finish/Stop Control: yes / no *

Telephone (home): Junction Marshal: yes / no *

(work) Service Area: yes / no *

(mobile) * delete as appropriate

E:mail:

I am / we are available on Saturday to help set-up: yes / no *

I am / we are available on Sunday: yes / no *

Please complete and return this form to the Chief Marshal:

John Davie, 18 Hazelwood Lane, Ampthill, Beds MK45 2HA

or email the information to : marshals@middlewickstages.org.uk



Specialists in Glazing and Window solutions. Over 25 years' experience.
Call; 01394 420600
Contact; info@allglass-anglia.co.uk
Visit; www.allglassangliatltd.co.uk



allglass Anglia MiddleWick Stages

Sunday 21st May 2017

Supplementary Regulations

Article 1 - ANNOUNCEMENT

- 1.1 Green Belt Motor Club will organise, and Middlesex County Automobile Club Ltd. and Wickford Auto Club will co-promote, a National B Status Multi-Use Stage Rally on Sunday 21st May 2017 at MOD Woodbridge, Otley Road, Sutton, Woodbridge, Suffolk, IP12 3HY. Entrance via Map Ref: 169/322478.

Article 2 - JURISDICTION

- 2.1 The event will be held under the General Regulations of The Motor Sports Association (incorporating the provisions of the International Sporting Code of the F.I.A.), these Supplementary Regulations and any written instructions that the organising clubs may issue for the event.

Article 3 - AUTHORISATIONS

- 3.1 MSA National B Permit 99455.

Article 4 - ELIGIBILITY & CHAMPIONSHIPS

- 4.1 The event is open to competitors (whether Entrant, Driver or Co-Driver) holding a valid MSA Competition Licence appropriate for the event, who are fully elected members of:
- a. One of the organising Clubs,
 - b. Clubs affiliated to any of the following associations:
The Association of Central Southern Motor Clubs
The Association of Eastern Motor Clubs
The South Eastern Association of Motor Clubs
- 4.2 The event is a qualifying round of the following 2017 championships:
The jelfmotorsport.com AEMC/AEMC Stage Rally Championship
Registration Number: 16/2017 (Paul Barrett: 01245 290902)
The *Middlesex Challenge* (Brian Catt: 020 8952 9404)
- 4.3 Competitors are reminded of the requirement to produce valid 2017 Competition and Entrants Licences (NB - Stage Rally Licences can no longer be applied for on the day of the event but must be held prior to competing), Club Membership Cards and Championship Registration Cards (if applicable) at Documentation.
- 4.4 Vehicles **MUST** possess a valid MOT Certificate (if applicable) and an MSA Rally Car Log Book.
- 4.5 Vehicles need not be taxed or insured for the public highway.
- 4.6 All vehicles must have mud flaps fitted behind all four road wheels (GR R48.1.12), adequate towing eyes (GR R48.1.13 and Q19.1.3), window film (GR R48.1.10) and carry a small spill kit (GR R46.1.5 and GR J5.20.13).
- 4.7 The crew must also wear FIA approved FHR, fitted in accordance with FIA regulations.

Article 5 - TIMETABLE

5.1 The timetable for entries and the event is as follows:

Sat 13th May Entries close at discounted fee

Sun 14th May Final Instructions posted/e-mailed/on website

Thurs 18th May Final closing date for entries at the late fee.

Sat 20th May

17.00 - 19.30 Scrutiny & Documentation at The Holiday Inn, Ipswich - Orwell, The Havens, 2 Ransomes Europark, Ipswich, IP3 9SJ.

Sun 21st May

06.45 - 08.45 Noise, Scrutiny & Documentation at MOD Woodbridge.

08.50 Drivers briefing at Rally HQ

09.12 First car starts rally

16.30 approx Last car finishes

17.00 approx Provisional results announced

17.30 approx Results become final and Awards Presentation.

Article 6 - CLASSES

6.1 The event will consist of 7 classes:

2-Wheel Drive vehicles:

Class 0 - under 1000cc

Class 1 - 1001cc to 1400cc

Class 2 - 1401cc to 1600cc

Class 3 - 1601cc to 2000cc

Class 4 - Over 2000cc

4-Wheel Drive vehicles:

Class 5 - All 4-wheel drive vehicles irrespective of capacity

Historic Vehicles:

Class 6 - Historic Vehicles complying with GR R49

6.2 Vehicles with rotary engines or engines having forced induction will be considered as having a capacity increase of 70% and should be entered in the class applicable to this multiplication factor.

6.3 There will not be any capacity increase for any vehicle having more than 2 valves per cylinder.

6.4 The event is open to all vehicles complying with GRs R46 to R49. All vehicles must comply with MSA Regulations.

6.5 The organisers reserve the right to re-classify any vehicle where they deem it fair so to do.

Article 7 - ROUTE & FORMAT

7.1 The entire event, including Noise Test, Scrutiny and Documentation, other than Saturday scrutiny & documentation, will take place within the confines of MOD Woodbridge. Maps will not be required.

7.2 The event will comprise of 8 special stages with an approximate distance of 60 miles, all on sealed surface.

7.3 The event will NOT include sections on the public highway.

7.4 Any competitor not signed on 30 minutes before their due start time may be excluded without refund and their place allocated to a reserve.

- 7.5 At Documentation, competitors will receive a Road Book, containing details of all special stages. The route will be defined by diagrams contained in the Road Book. Time Cards will be issued at documentation after passing the sound test.
- 7.6 Arrows will be used to show the correct route at junctions. Chevron type marker boards and/or Keep Left/Keep Right Arrows will also be used to indicate the correct entry point at chicanes or other hazards.
- 7.7 Samples of all stage markers and control boards will be available upon request at Documentation on the Sunday morning.
- 7.8 At the Passage Check after each special stage a marshal, under the supervision of the MSA Timekeeper, will issue competitors with their due time of arrival at the following stage arrival control.
- 7.9 Competitors will be required to start special stages at 30-second intervals.
- 7.10 Competitors will be provided with time record cards and these will be required to be surrendered at points indicated in the Road Book. It is the responsibility of the competing crews to ensure that all record cards are completed correctly and the organisers reserve the right to use whatever means are at their disposal to establish times taken in the event of illegible or disputed times.
- 7.11 Details of the Noise Test, Scrutiny and Documentation will be advised in the Final Instructions, together with individual reporting times.

Article 8 – AWARDS

- 8.1 Awards for the event will be presented as follows:

1 st Overall Driver	The MiddleWick Driver's Trophy and Replica
1 st Overall Co-Driver	The MiddleWick Co-Driver's Trophy and Replica
2 nd Overall	2 Awards
3 rd Overall	2 Awards
1 st in Class	2 Awards
2 nd in Class	2 Awards (Subject to 6 starters in the class)
3 rd in Class	2 Awards (Subject to 8 starters in the class)
Best Mixed Crew	2 Awards (Subject to 5 eligible starters)
Best MCAC Crew	The Green Trophy and 2 Awards
Best GBMC Crew	The 21 Trophy and 2 Awards
Best WAC Crew	2 Awards
- 8.2 All awards are perpetual except The MiddleWick Trophies and the Best Club Trophies, which must be returned after 10 months or earlier at the request of the organizers.
- 8.3 No competitor may win more than 1 award other than Best MCAC.
- 8.4 To be eligible for the Best MCAC, Best GBMC or Best WAC Awards, both crew members must have been fully elected members prior to 1st April 2017.
- 8.5 MCAC members will be presented with their awards at the Club's Annual Dinner and Awards Presentation in February 2018.
- 8.6 The organisers reserve the right to amend the awards list at their discretion and additional awards may be presented.
- 8.7 Award winning competitors must be present to collect their award. Failure to do so may result in forfeiture of the award, but will not affect placing in the results.

Article 9 - ENTRIES

- 9.1 Entries will open on publication of these Supplementary Regulations and CLOSE on Thursday 18th May 2017. However, it should be noted that entries received on or after 13th May may not be seeded and may not appear on the official entry list.
- 9.2 The discounted entry fee, for entries RECEIVED up to Saturday 13th May 2017, is £225.00 (or £200.00 for Class 0). For entries received on or after 14th May the standard entry fee for all Classes is £250.00.
- 9.3 All entries must be made on the official entry form and be accompanied by the appropriate fee.
- 9.4 An on-line entry form is available at www.middlewickstages.org.uk, please use this facility if possible.
- 9.4.1 For those unable to use the on-line system, postal entries should be submitted to the Entries Secretary:
Irene Lewsey
1 Hayes Chase
Wickford
Essex
SS11 7QT
Mob: 01245-329254
E-mail: entries@middlewickstages.org.uk
- 9.5 Cheques should be made payable to GBMC/WAC.
- 9.5.1 If your payment cheque bounces, your entry will be rejected and any new payment must then include a bank handling charge of £15.00.
- 9.6 The entry fee may be paid by bank transfer, but please ensure that the name of the driver is quoted on the payment details and the entry form shows "BACS Payment":
Bank Account: GBMC/WAC
Bank: NatWest Bank,
Account Number: 04348257
Sort Code: 60-07-38
- 9.6.1 The entry fee may also be paid by cash (or cheque) into any branch of NatWest Bank, to the credit of GBMC/WAC - details as above. If using this method, please advise the Entries Secretary (by post or email) of the branch reference used.
- 9.7 Withdrawn entries must be advised to the Entries Secretary **in writing** by post or e-mail, and the date of withdrawal will be the date of receipt. Verbal withdrawals will not be accepted without written confirmation.
- 9.8 Entries withdrawn up to and including the 13th May will be refunded in full, less a £10.00 administration fee. Entries withdrawn after 14th May and before 18th May will be refunded less an administration fee of £20.00. Any entry cancelled after 18th May 2017 will not be refunded.
- 9.9 Entry fees will not be refunded to any entry that fails to start or meet the noise/scrutiny requirements.
- 9.10 The first 60 entries will be accepted in order of receipt. Any further entries received will be placed on a reserve list.
- 9.11 The order of starting will be at the organizers discretion and will be based on the seeding information supplied on the entry form. No discussions will be entered into regarding the starting order of any competitor.
- 9.12 The maximum number of starters for the event is 60.

- 9.13 The minimum entry for the event is 30.
- 9.14 The minimum entry for each class is 5.
- 9.15 Should any of the above figures not be reached the organisers reserve the right to cancel the event or amalgamate classes as appropriate.

Article 10 - OFFICIALS

10.1 The Officials of the meeting will be:

MSA Steward	<i>tba</i>	
Club Stewards	Tony Phillips	
	Alan Barnard	
Clerk of the Course	Clive Grounds	
Deputies Clerk of the Course	Chris Hunt	07802 882182
	Mike Hurst	07774 672110
Secretary of the Meeting	Chris Deal	07920 840689
	chris.deal@greenbeltmc.org.uk	
Entries Sec	Irene Lewsey	01245-329254
	entries@middlewickstages.org.uk	
Chief Marshal	John Davie	01525 405521
	marshals@middlewickstages.org.uk	
Safety Officer	Paul Jeeves	
Service Area Safety Officer	Stuart Kingham	
Safety Car Crew	Mike Hurst and Paul Jeeves	
Chief Medical Officer	<i>tba</i>	
Child Protection Officer	Adele Candy	
MSA Chief Scrutineer	Mike Madden	07786 545044
MSA Environmental Scrutineer		
MSA Timekeeper	Gary Nicholls	01245 351468
Results	MCS Rally Services	
Radio Controller	Brian Catt	020 8952 9404
	radios@middlewickstages.org.uk	

Please DO NOT telephone officials after 21.30 hours

Article 11 - SERVICE

- 11.1 Competitors are reminded that ALL persons entering the venue having connection with their entry are subject to the rules and regulations governing servicing and service personnel.
- 11.2 Servicing will only be permitted in the designated central service area for the entire event.
- 11.3 There will be a designated refuelling area (GR R.38.1.7).
- 11.4 Competitors are reminded of the requirements under the Health & Safety At Work Act regarding the refuelling of vehicles. All entrants must ensure that all persons connected with their entry have read and fully understood the following statement 'Every person participating in this event, whether employed or voluntary, shall take reasonable care for health and safety of them selves or other people who may be affected by his/her acts or omissions during the operation of the event'.

- 11.5 In accordance with 1997 Environmental Legislation, generators etc. must be placed within the confines of a 'catch tray' of sufficient size in order to contain any spillage of fluids (fuel and oil). A suitable fire extinguisher must be placed alongside all generators.
- 11.6 All service work should be carried out on a suitable 'floor cloth'.
- 11.7 Petrol and water will not be available at the venue.
- 11.8 Hot food and drink will be available throughout the day.
- 11.9 Open fires and barbecues are prohibited at all times.
- 11.10 No engines should be run before 08.50 hours on the Sunday, other than for movement or Noise Test purposes. Please assist us by keeping the noise in the service area to a minimum at all times.
- 11.11 Service personnel, and all other persons associated with an entry, must remain within the designated service area AT ALL TIMES. Any competitor, or person associated with their entry, found on the stage route without due reason will result in the exclusion of that competitor.
- 11.12 The site speed limit of 10 mph must be strictly observed within the venue and on all access roads, other than when competing.
- 11.13 Tyre warming is not allowed.

Article 12 - MARKING AND PENALTIES

- 12.1 Timing and marking will be as per GR R31 - Target Timing.
- 12.2 Penalties will be in accordance with GR R32.2, except as modified below:

(e) Making a false start	30 seconds
(m) Excessive vehicle sound (Article 13.3)	EXCLUSION
(o) Breach of GR R38.1.2 to R38.1.4 (Servicing)	EXCLUSION
(q) Unauthorised presence on the stage route	EXCLUSION
(t) Hitting or driving through chicane / course markers	15 seconds (1 st offence)
(u) Breach of Articles 17.4 - 17.7	EXCLUSION and removal from the venue
- 12.3 Please note that GR R32.2(c) is deemed to include deliberately hitting chicane elements or taking short cuts in order to gain an advantage and taking the wrong routes at split junctions or otherwise. The track is defined as the roadway ONLY (NO corner-cutting), with 'gate' arrows defining the route. We must preserve the grass verges so any corner cutting onto the grass will also be penalised under GR R32.2(c), resulting in a stage maximum for the first offence and EXCLUSION for the second.

Article 13 - MODIFICATIONS TO THE GENERAL REGULATIONS

All other General Regulations of The Motor Sports Association apply, except for the following which are modified:

- 13.1 D17 Vehicles may be 'double entered' with separate crews at the organiser's discretion.
- 13.2 H30.1.3(e) Competitors may be required to carry advertising material supplied by the organisers.
- 13.3 J5.17-18 All vehicles must comply with a mandatory maximum noise level of 100 dB(A) at tests carried out in accordance with GR J5.18 (100 dB(A) at 0.5 metres or 88dB(A) at 2.0 metres). Competitors should ensure that they have the means of complying with the requirements of the noise test at 4500 rpm. Vehicles may be subject to additional noise tests during the event. In all cases the decision of the Clerk of the Course, in conjunction with the MSA Environmental Scrutineer, shall be final.
- 13.4 R5.4.3 Only the nominated driver shall drive on special stages.
- 13.5 R24.4.5 Yellow Flags WILL be used. If a yellow flag is shown, you must cease competition immediately and proceed SLOWLY to the stage finish as directed by the marshals. You should NOT pass any safety vehicle or another competitor. After the stage finish, you should then report to the Passage Control.
- 13.6 R25.7.2 The stage starts will be operated by Traffic Lights linked direct to a Digital Clock with a Jump Start Detection Beam. No verbal warnings will be given and competitors should leave the start on the Green Light. The traffic light sequence is as follows:
 - 15 seconds Red light
 - 10 seconds Red and amber light
 - 5 seconds Red light is extinguished and the amber clusters count down 5-4-3-2-1
 - 0 seconds Green light
- 13.7 R25.8.1 As all stages start at 30-second intervals, the '30-seconds to go' warning will be dispensed with if it is necessary to revert to manual timing.
- 13.8 R30.1 Stages will open on arrival of the Course Opening Car and close 6 minutes after the due time of the last car.
- 13.9 R31.2.5 Maximum permitted lateness is 5 minutes.
- 13.10 R31.2.6 There is no penalty-free lateness.
- 13.11 R31.2.9 Competitors will start all stages at 30-second intervals, therefore two cars will be due at each main control per minute.
- 13.12 R46.1.1 The requirement for Road Fund Licence is relaxed.

Article 14 - RESULTS, TIES AND PROTESTS

- 14.1 Interim, provisional and final results will be published on the Official Notice Board, which will be located at the Rally HQ throughout the event.
- 14.2 Results will be published as soon as possible after the finish of the event.
- 14.3 Ties will be resolved in accordance with GR R40.1.2.
- 14.4 Protests must be in accordance with GR C5 and Appeals in accordance with GR C6.

Article 15 - JUDGES OF FACT

- 15.1 Judges of Fact will be appointed as per GR G10 to adjudicate and report on breaches of GR R24.7.
- 15.2 A full list of Judges of Fact will be available on the Notice Board.

Article 16 - IDENTIFICATION

- 16.1 Vehicles will be required to carry identification numbers in accordance with GR J4, which will be on sale at Documentation.

Article 17 - ADDITIONAL INFORMATION

- 17.1 The Official Photographer for the event will be Andrew Manston - MandH Photography (01795 479224 or mandh_photography@live.co.uk)
- 17.2 The Official Video will be by Ian Maddison - Mad Video (01469 561281 or 07834 839001).
- 17.3 Final Instructions, having the same force as these SRs, will be posted and/or e-mailed to the nominated co-driver, unless otherwise specified on the entry form, during the week preceding the event.
- 17.4 Any misbehaviour may result in the removal of team members from the venue.
- 17.5 **ANIMALS ARE NOT PERMITTED AT THE VENUE.** Any person bringing animals into MOD Woodbridge will be excluded from the event and removed from the venue.
- 17.6 Anywhere other than the service area is designated an OUT OF BOUNDS area. Anyone found in an Out of Bounds area will result in the exclusion of the associated crew and removal from the venue.
- 17.7 Drones, Quad bikes, mopeds, motorcycles etc. are not allowed within the service area. Any person found using drones, quad bikes, mopeds, motorcycles etc. will be penalised as per Article 12.2(u).
- 17.8 At the conclusion of their competition, competitors shall sign a Damage Declaration in accordance with GR R40.1.3.
- 17.9 Competitors causing damage to any third party property may be liable for any excess payable under the MSA Master Policies (currently £425.00) or for any uninsured losses.
- 17.10 A tyre van, operated by Slicks Tyres (www.slickstyres.co.uk), will be at the venue over the weekend. Please contact Andrew Knott on 01142 470485 or email sales@slickstyres.co.uk if you have any specific requirements for the event and to guarantee supplies. Supplies cannot be guaranteed if not ordered in advance.
- 17.11 We have negotiated a special twin/double room rate of £75.00 including full English breakfast, at The Holiday Inn, Ipswich - Orwell, The Havens, 2 Ransomes Europark, Ipswich, IP3 9SJ. Those wishing to stay overnight should contact the hotel direct by telephone on 01473 272244, quoting "MID" and the date in order to benefit from the discounted rate.

About the Clubs

Middlesex County Automobile Club Ltd (www.mcac.co.uk) originally called the North London Automobile Club, was formed in 1905 when half a dozen enthusiasts decided to form a motor club. It is one of the oldest motor clubs in the UK and had a long association with the Royal Automobile Club until the motoring association was sold. MCAC also operated its own legal defence scheme, predating that of the RAC by several years, and was the first Club to obtain written permission from the Police to hold a hill-climb competition on a public road - if only it was that easy now!

On the home front the MCAC continues to offer its members an eclectic mix of events, as it has since its foundation. As well as being affiliated to The Motor Sports Association, the Club has for many years been a member of the Association of Central Southern Motor Clubs, the Association of Eastern Motor Clubs and the Welsh Association of Motor Clubs which has enabled our members to compete in a wide variety of events. In December 2004, to conclude a century of motorsport, the Club used its well-practiced organisational skills in co-promoting and running the first single venue stage rally to be held at the Rockingham Motor Speedway - now an annual 2-day event.

Keeping in touch with trends in motor sport has resulted in the Club providing what its members desired and there is little doubt that this has been the key aspect of the Club's survival and success for over 100 years. Present day events bear little resemblance to those earlier ones but the Club now organises events with a modern outlook, backed by well-earned experience. These include single-venue Stage Rallies, grass and sealed surface Autotests, Night Scatters, 12 Car Rallies and a Treasure Hunt combined with a barbeque - an event designed for all the family.

Middlesex County Automobile Club have a varied social programme and meet on the first Thursday of almost every month from about 8.30 p.m. at **Uxbridge Sports Club**, Park Road, Uxbridge, Middlesex, UB8 1NR, where hot food is available until 10.00 pm. Prospective new members are always welcome at these informal gatherings.

The Green Belt Motor Club (www.gbmc.org.uk) has been organising road rallies, special stage rallies, autotests, sprints, autocrosses, etc for 50 years. In the latter months of 2007 it incorporated and now includes members from the Stort Valley Auto Club previously based in Bishops Stortford.

The Club also holds a number of social events each year, including an annual Dinner and Dance and a Concourse D'Elegance, and runs a total of seventeen Annual Championships which are open to all members. Awards are presented to the most successful competitors in most areas of motor sport.

The Club enjoys a first class Club Magazine which is published every month, detailing club activities, motor sport and social events. Previews, reports, results and opinions on all kinds of event feature regularly. All members may contribute and advertise in the magazine and through the web pages.

Meetings are held weekly, with a varied programme of motoring videos, guest speakers, quizzes and other activities which include an annual series of **Rally School** classes, designed to teach Novices the sport of rallying.

Green Belt Motor Club meets every Wednesday evening from 9.00 p.m. onwards at Old Owens Sports Social Club, Northaw, Hertfordshire. Potential new members are very welcome to attend these informal meetings.

Wickford Auto Club is one of the few motor clubs remaining in Essex and has been going strong for more than 30 years. We have a wide ranging membership - including competitors, marshals, organisers, spectators - and we have a wide geographical reach across the whole of East Anglia and beyond.

Wickford Auto Club has a great reputation for providing good quality events at cost effective prices for competitors. The main event we run is: the allglass MiddleWick Stages with GBMC & MCAC at MOD Woodbridge in Suffolk in May each year.

We also run a Sprint and 2 Single Venue Targa rallies.

We work with other Car Clubs to run events by providing trained marshals and organisational resource. Novice marshals are always welcome and are partnered by experienced marshals at the beginning. As an MSA registered club we have access to regional training days which novices can attend to help build their confidence and knowledge of how to cope with a range of rally situations.



Lynda Jackson Macmillan Centre

support & information at Mount Vernon Cancer Centre

Mount Vernon Cancer Centre, Northwood, Middlesex HA6 2RN

One in three people will develop cancer at some stage in their lives so it is not surprising that cancer is, perhaps, the disease that people fear most.

A diagnosis of cancer can lead to a wide range of emotions such as fear, anxiety and stress.

The Lynda Jackson Macmillan Centre (LJMC) provides a service that supports patients and their families and helps them cope with all aspects of the disease from diagnosis, through treatment and beyond.

Opened in 1993, the LJMC was the first centre of its kind to offer a full range of support and information services, including counselling and complementary therapies, to cancer patients and their carers.

Since opening, the centre has won many awards for its innovative work and the quality of information it provides.

The LJMC forms part of the Mount Vernon Cancer Centre in Northwood

**Drop-In Centre • Patient Information
Counselling • Complementary Therapies
Relaxation Classes • Benefits Advice
Look Good...Feel Better™**

Telephone Helpline: 020 3826 2555

Website: www.ljmc.org

with a large catchment population encompassing Herts, Beds, parts of Bucks and Berks, Middlesex and North London. The LJMC receives more than 20,000 requests for help each year.

The LJMC is partially funded by the NHS but relies on voluntary donations and fundraising activities for the remainder of its running costs – in excess of £600,000 each year.

Thank you for your support of the centre. Every penny that is given to the LJMC goes directly towards the provision of our services.

If you would like more information about the LJMC and how you can be involved, including opportunities for volunteers, please get in touch.



*... supporting people
affected by cancer...*

Registered Charity: 1053338 (East & North Hertfordshire NHS Trust)

BARTS INSURANCE BROKERS LTD

4 Queensbury Circle Parade • Stanmore • Middx HA7 1EY

t 020 8206 0088 f 020 8206 2072 e enquiries@bartsinsurance.co.uk
www.bartsinsurancebrokers.co.uk



For advice and quotations on:

Motor

Household

Commercial

Travel

Personal Accident

Permanent Health

Private Medical

Life Assurance

Critical Health

Mortgages

Written details on request

Your home is at risk if you do not keep up your payments on a mortgage or other loan secured on it

Directors: J. Baxter, R. Baxter
Registered in England No: 1448786 Registered Office: 64 New Cavendish Street, London W1G 8TB
Authorised & Regulated by the Financial Conduct Authority