

MARSHALS

DB version

remx 2011

series Junior & Expert

Sidcup & DMCC

Sunday 17th April

Canada Heights,
Swanley, Kent



■ Official Programme for conditions of admission see inside

WATLING TYRES

YOUR MOTORCYCLE FRIENDLY DEPOT

MOTORCYCLE TYRES

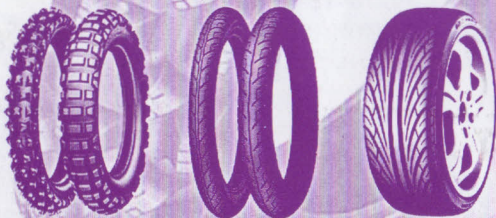
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WATLING TYRES

THE SIDCUP CLUB extend a warm welcome to all at the Spring Motocross here at Canada Heights. Today's event sees the opening round of the South Eastern SEMX series for 2011 for both Junior and Expert classes. We also welcome competitors taking part in the popular NGR series which has its second round here today. For extra information, the positions after the first NGR round are listed in the programme.

In the SEMX Junior section, notice has been taken of riders' comments and entries have been randomised in an attempt to produce a varied line up to try and avoid the same riders racing against each other every meeting. Nothing is perfect, but we hope this attempt to spread competition over the whole Junior class will meet with general approval.

Some of you will have no doubt seen a report which appeared in the national motorcycle press recently, regarding damage to the buildings here that are used by the St. John's crew. Both buildings were damaged beyond repair following a fire started by an act of mindless vandalism less than a week after the successful 2nd round of the Maxxis Championship. Until such time as suitable replacements can be found the St. John's crew will be working from temporary accommodation providing as usual their first class essential service.

Thank you to all officials here today, nice to see some new names on the list. Also to all those volunteer marshals kindly nominated by all you riders.

Have a good day one and all.

Environment Notice

The event today is organised under the guidelines of the ACU. Both riders and spectators are requested to comply with all instructions of the organisers in respect of environmental matters.

Supplementary Regulations

Practice: Experts, Juniors

Minimum 2 laps free practice. A board at the finish line will indicate that timed training has commenced (approx 2 laps)

Juniors seeding to races: 1st 33% from timed training in each group to Junior A, next 33% from timed training in each group to Junior B and the remainder to Junior C.

Start Line Positions: Experts as per timed training results. Juniors alternate positions from timed training results of Group 1, 2 and 3.

Timed Training times and race results will be printed out and displayed at the signing on container. (There are no monitors).

AWARDS :

Experts : 1st : £40, 2nd : £30, 3rd : £24, 4th : £16, 5th : £11, 6th : £9, 7th : £8,

8th : £6, 9th : £5, 10th : £4. (Each Leg)

Junior A : 1st : £30, 2nd : £24, 3rd : £20, 4th : £16, 5th : £12, 6th : £10 (Overall)

NGR: 1st : £30, 2nd : £24, 3rd : £20, 4th : £16, 5th : £12, 6th : £10 (Overall)

Junior B & C: Trophies for top Three (Overall)

Points System :

The following scoring system will be used for all races today. 25: 22: 20: 18: 16: 15: 14: 13: 12: 11: 10: 9: 8: 7: 6: 5: 4: 3: 2: 1.

FLAG SIGNALS

Red	Danger all riders to stop
Black with riders number	That rider to stop immediately
Yellow (static)	Danger take care, drive slowly
Yellow (waved)	Great danger, prepare to stop, no overtaking
Blue (waved)	Warning, you are about to be lapped
Green	Course Clear
Yellow with diagonal black cross	Last Lap
Chequered	Finish

RIDERS NUMBERS

Regulation size. One in front, plus one each side, following colours: MX2 up to 125 two stroke/250 four stroke

Black plates with white numbers

MX1 250 two stroke/450 four stroke

White plates with black numbers

Sidecars yellow plates with black numbers

Make sure your numbers are readable - remember the lap scorers.

OFFICIALS

S.E. Centre ACU Steward
Andi Deeks

Clerk of the Course
Sten Pringle assisted by Ben Taylor

Chief Scrutineer
Peter Burton

Technical Officers
Bob Kingsmill, 'Thomo'

Finish Flag & Line Judge
Kurt Pringle

Chief Marshal
Jamie Clarke

Transponder Team
Carole Reeves, Liz Argent
Sue Batten, Marge Clarke

Commentator
Andi Deeks

Start Gate Crew
Dick Dickinson, Alan Brooks
Michael Deeks

Main Entrance
Barb Playfoot

First Aid
Edna Worrall MBE and the crew of
St John Ambulance (Northfleet)

Secretary of the Meeting
John Powell

57 Widmore Lodge Road
Bromley
Kent BR1 2QE

This competition is held under the
National Sporting Code of the A.C.U.,
standing Moto Cross Regulations of the
S.E. Centre together with any approved
Supplementary Regulations.

Competitors are reminded to be conscious of security with
regard to all of their equipment and machines at all times.
Do not leave vehicles unattended whilst at this venue.

APPRECIATION

The grateful thanks of the club go to the St John
Ambulance Northfleet Division, Kent County
Council Constabulary, to members and friends
who have acted as Marshals and Officials, also
to the Riders who have made this meeting
possible.

Permit No. ACU31551

ADDITIONAL NOTICES

**Motorcycle Sport can be dangerous
and children should be supervised by
a responsible adult at all times.**

The Organisers, the A.C.U. and the
Landowners, do not hold themselves
responsible for loss or damage
howsoever caused to vehicles or goods
left in the Car Parks.

Spectators who bring dogs should keep
them on a lead at all times, wandering
animals can be dangerous. Suitable
land for events is in short supply. The
Club reminds all spectators and
competitors to have consideration for
the local population by driving carefully
and quietly in the narrow roads leading
to the course. Please do not leave
paper or litter behind, it all has to be
cleared up by tired voluntary helpers
after the meeting.

Crossing the Course

Under no circumstances should
spectators cross the course whilst
racing is in progress. At such points
where it is permissible to cross the
course, a marshal will indicate when it is
safe to do so.

Abandonment or Cancellation

The organisers reserve the right, subject
to the approval of the Stewards of the
Meeting, to cancel, postpone or
abandon the competition if
circumstances should arise which, in
their opinion, render such action
necessary.

Public Address: dpasound
www.dpasound.com

Caterer: Wynnings & Weaver

Caravan Toilets

Please do not empty your chemical toilet
in those used by the general public
during the meeting.

The Spring Motocross

**South Eastern Centre Championship
for Experts & Juniors**

Canada Heights, Button Street, Swanley.

Sunday April 17th 2011

Exhaust Sound Level

The Clerk of the Course may
exclude any machine which
exceeds the maximum
permitted sound level, or which
in his opinion is deemed to be
excessively noisy. Sound
checks will be conducted by an
official throughout the meeting.

Unauthorised Riding

The riding of machines of any
sort in the paddock and areas
surrounding the circuit is totally
forbidden. Because the event
is on private property it does
not place it outside the Road
Traffic Act in terms of
insurance. It cannot be
stressed too strongly, that
liability for a substantial claim
could rest with the owners of
the vehicle and the driver (or
parents in the case of a minor)
in the event of an accident.

Course Length 1.8 Km

MOTORSPORT CAN BE DANGEROUS

Despite the organisers taking all
reasonable precautions,
unavoidable accidents can
happen. Please comply with all
instructions of marshals and
notices and remain in permitted
areas only.

THEY ARE CONCERNED WITH YOUR SAFETY

Programme of Events

7.30 a.m. **Signing On / Technical Control**

9.00 a.m. prompt **Practice order:** Experts, Juniors, NGR

FIRST RACE - immediately after practice

Race 1	SE Centre Championship Experts Leg 1	20 mins. + 1 lap
2	NGR Leg 1	15 mins. + 1 lap
3	SE Centre Championship Junior A Leg 1	15 mins. + 1 lap
4	Junior B Leg 1	15 mins. + 1 lap
5	Junior C Leg 1	15 mins. + 1 lap

Lunch 15 minute Break with Marshals change over

Race 6	SE Centre Championship Experts Leg 2	20 mins. + 1 lap
7	NGR Leg 2	15 mins. + 1 lap
8	SE Centre Championship Junior A Leg 2	15 mins. + 1 lap
9	Junior B Leg 2	15 mins. + 1 lap
10	Junior C Leg 2	15 mins. + 1 lap
11	SE Centre Championship Experts Leg 3	20 mins. + 1 lap
12	NGR Leg 3	15 mins. + 1 lap
13	SE Centre Championship Junior A Leg 3	15 mins. + 1 lap
14	Junior B Leg 3	15 mins. + 1 lap
15	Junior C Leg 3	15 mins. + 1 lap

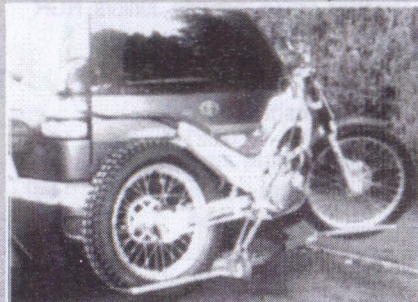


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JUNIOR RACKS 50cc-80cc

SENIOR RACKS 100cc-600cc

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Lightboards, tie down straps and double racks also available.

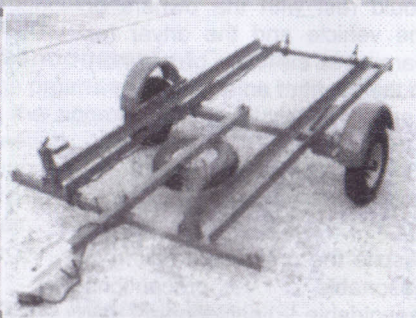
TRAILERS

Single bike £229

Double bike £279

Treble bike £329

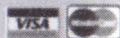
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NEW wall mounting brackets – to hang trailer on your garage wall £15.00 pair. Price includes lightboard & ramp



NGR Positions after Round 1 - Sudbury 10th April 2011

	Over 30's		Over 40's		Overall Championship
1st	Jake Morphey	133	Shaun Lock	135	Shaun Lock 133
2nd	Paul Hubbard	127	Steve Bottoms	125	Jake Morphey 121
3rd	Matthew Ely	123	Mark Sandle	123	Steve Bottoms 119
4th	Lee Keyton	117	Dave Whitehead	113	Mark Sandle 117
5th	Kevin Gore	107	Mark Lloyd	111	Paul Hubbard 114
6th	Simon Neal	104	Adrian Salmon	101	Dave Whitehead 104
7th	Michael Hockney	101	Adrian Coppen	101	Mark Lloyd 100
8th	Dean Evans	96	Steve Gilby	100	Matthew Ely 97
9th	Aaron Dalrymple	75	Martin Orford	95	Lee Keyton 95
10th	Gareth Robertson	33	Alan Curnick	91	Adrian Salmon 89
11th			Andy Godbold	91	Adrian Coppen 89
12th			Mark Waller	86	Steve Gilby 85
13th			Jonathan Wood	84	Martin Orford 80
14th			Sam Boak	83	Andy Godbold 79
15th			Wayne Fulcher	76	Kevin Gore 78
16th			Austin Darton	74	Alan Curnick 75
17th			John Smith	73	Mark Waller 67
18th			Dave Watson	72	Jonathan Wood 66
19th			Robert Farrow	61	Simon Neal 65
20th			John Russell	60	Sam Boak 65
21st			Scott Roberston	57	Wayne Fulcher 57
22nd			Paul Leakey	52	Austin Darton 54
23rd			Clive Smith	52	Aaron Dalrymple 54
24th			Chris Impett	51	Michael Hockney 51
25th			Richard Beadle	50	John Smith 51
26th			Glenn Skidmore	43	Dave Watson 50
27th					Clive Smith 39
28th					Robert Farrow 37
29th					John Russell 36
30th					Scott Roberston 34
31st					Glenn Skidmore 28
32nd					Paul Leakey 27
33rd					Chris Impett 26
34th					Richard Beadle 25
35th					Dean Evans 23
36th					Gareth Robertson 17

SEM X Juniors Group 1

m = marshal

No.	Name	Machine	Club	Points
52	Ivano Chiesa	Kawasaki KX 250F	Sidcup	
m 54	Symon McDowell	Yamaha YZ 250F	Sidcup	
57	Nick Lynds	Yamaha YZ 250	Sidcup	
m 62	Sam Baker	KTM SX 250F	GEST	
m 76	Richard Tapley	Suzuki RMZ 450F	GEST	
m 84	Mathew Savage	Honda CR 250F	Sidcup	
87	Grant Golding	Suzuki RMZ 450F	Sidcup	
m 94	Danny Lawrence	Honda CR 450F	GEST	
m 95	Jonathan Court	Honda CR 450F	Twickenham	
m 98	George Hedden	KTM 250	Sidcup	
99	Trevor Semark	Honda CR 250F	Sidcup	
m 102	Glenn Smith	Honda CR 450F	Sidcup	
m 111	Paul Bradshaw	Honda CR 250F	Twickenham	
m 114	Alistair Paterson	Honda CR 250F	Sidcup	
m 125	Ryan Hill	KTM SX 250F	Twickenham	
m 131	Jason Buffery	Yamaha YZ 450F	GEST	
135	Willie Morrison	KTM SX 250F	Sidcup	
137	Lawrence Osborne	KTM SX 450F	Crawley	
140	John Powell	Honda CR 250	Sidcup	
143	Neil Jago	Suzuki 250	Halstead	
m 145	Bobby Tibble	Honda CR 450F	GEST	
m 155	Warren Phillips	Honda CR 250F	GEST	
157	Jason Allen	Honda CR 250	Sidcup	
m 161	Joe Pooley	Kawasaki KX 450F	GEST	
m 162	Nicky Barrow	Kawasaki KX 250F	Sidcup	
166	Charlie Downes	Honda CR 450F	Sidcup	
m 175	Duncan Brown	Suzuki RM 250	Sidcup	
m 177	Adam Gordon	Honda CR 450F	Sidcup	
m 185	Tim Mayhew	Yamaha YZ 250	Twickenham	
m 192	Adam Cunningham	Honda CR 250	Twickenham	
m 194	Graig Price	Twickenham	Honda CR 250F	
195	Mark Reeves	Twickenham	Honda CR 125	
m 199	Tim Straight	Twickenham	KTM SX 250F	
m 207	Jamie Kennalrd	Horsham	KTM 250	
m 215	Marc Ablitt	Honda CR 144	GEST	
m 218	Gary Brown	Honda CR 250F	Twickenham	
m 228	Isaac Bell	Yamaha YZ 125	GEST	
238	Paul Burr	Honda CR 450F	GEST	
m 243	Trevor Hadlow	Kawasaki KX 250F	GEST	
m 244	Jamie Tranckle	Kawasaki KX 250F	Sidcup	
m 264	Joe Sasse	KTM 450 SXF	GEST	
m 270	Mark Johnson	KTM SX 250F	Sidcup	
m 277	Tim Connor	Honda CR 250	Twickenham	
288	Martin Goss	Suzuki RM 250	Sidcup	
293	Greg Marshall	Honda CR 250	Sidcup	

SEM X Juniors Group 2

m = marshal

No.	Name	Machine	Club	Points
71	Ian Barber	Suzuki RMZ 450F	Sidcup	
80	Luke Fulford	Suzuki RMZ 250F	GEST	
m 83	Lee Fulford	Suzuki RMZ 250F	GEST	
85	Lee Powell	Kawasaki KZ 450F	Sidcup	
89	John Reynolds	Honda CR 250F	Sidcup	
90	Steve Barber	Yamaha YZ 450F	Sidcup	
91	Ryan Whitehead	Honda CR 250	Sidcup	
m 96	Jake Houckham	Suzuki RMZ 250F	GEST	
100	Paul Barrand	250	Sidcup	
103	Wayne Jackson	Yamaha YZ 250	Woodbridge	
104	Steve Cornwall	Kawasaki KX 250F	GEST	
106	Danny O'sullivan	Kawasaki KX 250F	Sidcup	
110	Karl Hannaway	Honda CR 250F	Sidcup	
112	David Castle	Suzuki 250	Sidcup	
113	Kieran Clarke	Honda CR 250	Sidcup	
115	Danny Hannaway	Honda CR 250F	Sidcup	
120	Darren Homewood	Honda CR 250F	GEST	
126	Michael Powell	Honda CR 250	Sidcup	
m 129	Steven Penfold	Yamaha YZ 125	GEST	
130	Timmy Andrews	Yamaha YZ 250	Sidcup	
m 132	Alex Fountain	Suzuki 250	Luton	
133	Martin Cuddy	KTM SX 250	Sidcup	
141	Billy Shepherd	KTM 250	South Hants	
152	Sam Cheesman	Honda CR 250F	Sidcup	
154	Josh Tilyard	Honda 250	GEST	
164	Darren Simmonds	Suzuki RMZ 250F	Sidcup	
172	Danny Malone	Honda CR 450F	Sidcup	
176	Derrick Straun	KTM SX 450F	Sidcup	
191	Kurt Richardson	450	Sidcup	
201	Christian Elliott	Suzuki RMZ 250F	Halstead	
202	Ben Rocks	Honda CR 450F	Sidcup	
203	Ben Hankin	Yamaha YZ 250F	Twickenham	
204	John Maynard	Honda CR250	Sidcup	
206	Tony Mayo	Yamaha YZ 450F	Twickenham	
217	Lee Goldsmith	Honda CR 450F	Halstead	
224	Justin King	Kawasaki KX 250F	Sidcup	
226	Rhys Harrison	Yamaha YZ 450F	GEST	
229	Mick Sims	Kawasaki KX 250F	West Devon	
235	Darren Jones	KTM SX 350F	Sidcup	
242	Matt Sloman	KTM SX 250F	Sidcup	
250	Matt Tilyard	Kawasaki 250	GEST	
255	Robert Powell	Kawasaki KX 250F	Sidcup	
259	Chris Freeman	Yamaha 250	Woodbridge	
m 263	Adam Cafer	Yamaha YZ 450F	GEST	
291	Liam Hicks	Suzuki	Sidcup	

113 JASON SUFFANY

Has

204 JAMIE KENNARD

SEM X Juniors Group 3

m = marshal

No.	Name	Machine	Club	Points
51	Tom Smith	Yamaha YZ 450F	Twickenham	
53	Darren Micallef	Honda CR 250F	Sidcup	
59	Danny Pomphrett	Suzuki RMZ 450F	Sidcup	
m 60	Sonny Naylor	Honda CR 250F	Sidcup	
64	Sam Bates	Suzuki RM 250	Sidcup	
69	George French	Yamaha YZ 250F	Sidcup	
m 70	Lee Scott	Honda CR 250F	GEST	
m 73	Mark Robinson	Yamaha YZ 144	GEST	
74	David Cecy	Honda CR 250F	Sidcup	
75	Brenton Clarke	Suzuki 250	Sidcup	
77	Luke Paul Hodgkinson	Suzuki RM 250	Woodbridge	
92	Nathan Fribbence	Honda CR 450F	Sidcup	
101	Tom Downes	Yamaha YZ 250F	Twickenham	
NS m 108	Christopher Potter	KTM SX 250F	GEST	
118	Jason Robinson	Yamaha YZ 250	GEST	
119	Aaron Smith	KTM SX 350F	Braintree	
123	Paul Roeton	Suzuki RMZ 250F	GEST	
m 124	Anthony Twiddle	KTM SX 250F	GEST	
138	Billy Fountain	Suzuki 250	Luton	
139	Chris Stemp	Honda CR 450F	GEST	
142	Josh Mayo	Yamaha YZ 450F	Twickenham	
156	Michael Fisk	Yamaha YZ 250	Sidcup	
159	Harry Smith	KTM SX 250F	Sidcup	
160	Charlie Smith	KTM SX 250F	Sidcup	
167	Nicky Marsh	Honda CR 250F	Sidcup	
168	Sean Marsh	Suzuki RMZ 450F	Sidcup	
171	Dudley Hardy	Honda CR 450F	Sidcup	
184	Charlie Cundle	Yamaha YZ 125	Sidcup	
m 187	Scott Hayward	KTM SX 450F	Sidcup	
m 190	Joshua Blunt	Yamaha YZ 450F	Luton	
m 193	Samuel Pocock	Honda CR 250F	Sidcup	
m 200	Paul Austin	Yamaha YZ 450F	Sidcup	
m 208	Andy Holand	Honda CR 450F	Woodbridge	
237	Tony Nye	Suzuki RM 250	Sidcup	
240	Tony Powell	Honda CR 125	Sidcup	
246	Joe Cundle	Yamaha YZ 250	Sidcup	
m 251	John Currie	Honda CR 250F	Sidcup	
252	Micky McComb Thorne	Suzuki RM 250	Sidcup	
Here m 271	John Bavin	Yamaha YZ 450F	Diss	
272	Alan Naylor	Honda CR 250F	Sidcup	
273	Scott Naylor	Honda CR 250F	Sidcup	
285	David Bavin	Yamaha YZ 250	Diss	
m 287	Andy Wakefield	Yamaha YZ 450F	Sidcup	

SEM X Experts

m = marshal

No.	Name	Machine	Club	Points
1	David Williams	Honda CR 450F	Sidcup	
2	Justin Collier	Suzuki RMZ 450F	GEST	
3	Stuart Morrison	KTM SX 450F	Sidcup	
4	Paul Willis	Yamaha YZ125	Sidcup	
5	Toby Harkness	KTM SX 350F	Twickenham	
6	Jamie Skuse	Honda CR 450F	Broadhembury	
7	Phil Burton	Suzuki 250	Halstead	
8	Shaun Springer	Honda 250	Sidcup	
9	Craig Palmer	Honda CR 450F	Sidcup	
10	Darryl Maxwell	KTM SX 450F	Sidcup	
12	Daniel Arnold	Honda CR 250	Sidcup	
13	Gareth Morley	Honda CR 450F	Sidcup	
14	Nicky Watts	KTM SX 450F	Twickenham	
15	Paul Anderson	Kawasaki KX 450F	Sidcup	
16	Paul Watts	Suzuki RM 250	Twickenham	
17	Michael Chapman	Suzuki RMZ 450F	Eastleigh	
18	John Hinz	Honda CR 450F	Halstead	
19	Craig Handley	Honda CR 450F	Sidcup	
21	Neville Bradshaw	Honda CR 450F	Sidcup	
22	Scott Robinson	Yamaha 450	Twickenham	
23	Lee Foyle	Suzuki RMZ 250F	Portsmouth	
24	Ben Reeves	Honda CR 250F	Twickenham	
25	Mark Dyer	KTM SX 350F	GEST	
m 26	Oliver Champness	Honda CR 450F	Halstead	
27	Sam Connor	Honda 450	Twickenham	
28	Owen Bridgewater	Honda CR 250	Twickenham	
29	Chris Thorpe	Suzuki RMZ 250F	Sidcup	
31	Adam Reeve	Honda CR 450F	Cambridge	
32	Matt Coles	Honda CR 250	Sidcup	
35	Phillip Doe	Kawasaki	Sidcup	
36	Phillip Sims	Kawasaki KX 250F	West Devon	
37	Kevin Green	KTM 250	Sudbury	
38	Max Tranah	KTM SX 350F	Twickenham	
40	Tom Norton	Honda CR 450F	Sidcup	
m 41	Daryl Hall	Suzuki RM 250	Twickenham	
42	Brett Fisher	Honda CR 250	Sidcup	
43	Alex Butler	Kawasaki KX 450F	Northampton	
44	Ryan Copperthwaite	Suzuki RMZ 250F	Sidcup	
45	Sam Whymark	Suzuki RMZ 450F	Sidcup	
46	Oliver Weeks	Honda CR 250	Sidcup	
47	Arron Jenner	Honda CR 450F	Sidcup	
48	Justin Robinson	Suzuki RM 250	Witley	
49	Greg Kingston	Suzuki RM 450F	Twickenham	

NO RE
BACOT

NGR

No.	Name	Machine	Club	Points
51	Shaun Brooker	KTM 250	South Hants	
52	Robert Jerams	KTM 250	South Hants	
53	Ben Brainton	Suzuki RM 125	South Hants	
54	Jody Dockrell	Yamaha YZ 250	Sidcup	
63	John Chambers	KTM 250	Ilford	
68	Simon Walters	Kawasaki 500		
72	Paul Leahey	Honda CR 250	Dunmow	
73	Steve Bottoms	Yamaha YZ 450F	Chelmsford	
75	Nick Bell	Kawasaki KX 450F	Sidcup	
77	John Smith	KTM SX 450F	Braintree	
90	Dave Whitehead	Honda CR 450F	Sidcup	
91	Mark Waller	KTM SX 150	Sudbury	
105	Simon Neal	Kawasaki KX 250i	Chelmsford	
115	Martin Orford	Suzuki RMZ 450F	Sidcup	
121	Dave Watson	Kawasaki KX 500	Southend	
123	Gene Barfield	KTM SX 350F	Woodbridge	
125	Paul Hubbard	KTM SX 350F	Diss	
128	Kevin Gore	Honda CR 450F	Norwich	
142	Richard Nunn	KTM SX 450F	Sudbury	
146	Clive Smith	Honda 250	Woodbridge	
147	Steve Gilby	Honda CR 450F	Sidcup	
148	Sam Boak	Honda	Sidcup	
151	Maciey Berdysz	Honda CR 250F	Sidcup	
152	Dean Evans	Honda CR 450F	Diss	
170	Mark Sandle	Suzuki RM 250		
181	Rob Farrow	Kawasaki KX 450F	Diss	
212	Darren Stone	Suzuki 250	Woodbridge	
221	Austin Darton	Yamaha YZ 250	Dunmow	
222	Nerys Warner	Honda CR 250F	Sidcup	
241	Liam Gill		Sidcup	
246	Paul Breakspear	Yamaha YZ 250	Sidcup	
247	Lee Keyton	Yamaha YZ 250	Woodbridge	
250	Adrian Coppen	Yamaha YZ 250	Sudbury	
281	Scott Robertson	Kawasaki KX 450F	Dunmow	
293	Mathew Eley	KTM SX 350F	Woodbridge	

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Competition Mind

Sharing the Secrets of Success

- Do you feel as though you could go faster, get better results, and enjoy your competition more but don't quite know where the answers are?
- Do you suffer with limiting beliefs about your ability? Or find yourself holding back and don't quite know why; you may feel intimidated by other riders or had an accident that has slowed you down.
- Is there a part of your competition that causes you difficulties and try as you might you can't get it right? Maybe you know your best is yet to come but feel you can't wait any longer for it all to fall into place.

These are just some of the difficulties that can be easily overcome. Last year I helped riders from many different disciplines, MX1, MX2, Club motocross, International Enduro, Club Enduro, Trials and Speedway at every level.

A typical example is of a club Motocross rider who came to me because he was having some bad results. He was worried and intimidated by other riders, had also suffered accidents and bad starts, and found himself getting angry and frustrated. We spent five hours working together producing an immediate effect on his results and this year he is competing within a higher group.

Most people think that this is all strange music and Hypnosis, it isn't. This is about basic thinking patterns, it's about understanding how we create our problems and thus limit how we think. It's the undoing of old habits and learning the same behaviour and ways of thinking of the successful riders. My work is conversational, educational, qualified and experienced, results always follow.

What you can expect?

Amateurs - an increase in performance, results and consistency of around **75%**

Top level riders - an increase in performance, results and consistency by **15-20%**

Visit www.competitionmind.co.uk to learn more about how I can help you achieve your goals and increase your success. Look at the case studies, FAQ's and much more, or phone me for a chat and get a feel for how I work.

Neil Drew – www.competitionmind.co.uk 01279-841050 / 07879-282526

Perry Green, Herts.

Race Programme

Race 1 SE CHAMPIONSHIP EXPERT Leg 1

1st.....2nd.....3rd.....4th.....5th.....
 6th.....7th.....8th.....9th.....10th.....
 11th.....12th.....13th.....14th.....15th.....
 16th.....17th.....18th.....19th.....20th.....

Race 2 NGR Leg 1

1st.....2nd.....3rd.....4th.....5th.....
 6th.....7th.....8th.....9th.....10th.....
 11th.....12th.....13th.....14th.....15th.....
 16th.....17th.....18th.....19th.....20th.....

Race 3 SE CHAMPIONSHIP JUNIOR A GROUP Leg 1

1st.....2nd.....3rd.....4th.....5th.....
 6th.....7th.....8th.....9th.....10th.....
 11th.....12th.....13th.....14th.....15th.....
 16th.....17th.....18th.....19th.....20th.....

Race 4 JUNIOR C GROUP Leg 1

1st.....2nd.....3rd.....4th.....5th.....
 6th.....7th.....8th.....9th.....10th.....
 11th.....12th.....13th.....14th.....15th.....
 16th.....17th.....18th.....19th.....20th.....



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Race 5 **JUNIOR C GROUP** **Leg 1**

1st.....2nd.....3rd.....4th.....5th.....
6th.....7th.....8th.....9th.....10th.....
11th.....12th.....13th.....14th.....15th.....
16th.....17th.....18th.....19th.....20th.....

Race 6 **SE CHAMPIONSHIP EXPERT** **Leg 2**

1st.....2nd.....3rd.....4th.....5th.....
6th.....7th.....8th.....9th.....10th.....
11th.....12th.....13th.....14th.....15th.....
16th.....17th.....18th.....19th.....20th.....

Race 7 **NGR** **Leg 2**

1st.....2nd.....3rd.....4th.....5th.....
6th.....7th.....8th.....9th.....10th.....
11th.....12th.....13th.....14th.....15th.....
16th.....17th.....18th.....19th.....20th.....

Race 8 **SE CHAMPIONSHIP JUNIOR A GROUP** **Leg 2**

1st.....2nd.....3rd.....4th.....5th.....
6th.....7th.....8th.....9th.....10th.....
11th.....12th.....13th.....14th.....15th.....
16th.....17th.....18th.....19th.....20th.....

Race 9 **JUNIOR B GROUP** **Leg 2**

1st.....2nd.....3rd.....4th.....5th.....
6th.....7th.....8th.....9th.....10th.....
11th.....12th.....13th.....14th.....15th.....
16th.....17th.....18th.....19th.....20th.....

Race 10 **JUNIOR C GROUP** **Leg 2**

1st.....2nd.....3rd.....4th.....5th.....
6th.....7th.....8th.....9th.....10th.....
11th.....12th.....13th.....14th.....15th.....
16th.....17th.....18th.....19th.....20th.....

Race 11 **SE CHAMPIONSHIP EXPERT** **Leg 3**

1st.....2nd.....3rd.....4th.....5th.....
6th.....7th.....8th.....9th.....10th.....
11th.....12th.....13th.....14th.....15th.....
16th.....17th.....18th.....19th.....20th.....

Race 12 **NGR** **Leg 3**

1st.....2nd.....3rd.....4th.....5th.....
6th.....7th.....8th.....9th.....10th.....
11th.....12th.....13th.....14th.....15th.....
16th.....17th.....18th.....19th.....20th.....

Race 13 SE CHAMPIONSHIP JUNIOR A GROUP Leg 3

1st 2nd 3rd 4th 5th
 6th 7th 8th 9th 10th
 11th 12th 13th 14th 15th
 16th 17th 18th 19th 20th

Race 14 JUNIOR B GROUP Leg 3

1st 2nd 3rd 4th 5th
 6th 7th 8th 9th 10th
 11th 12th 13th 14th 15th
 16th 17th 18th 19th 20th

Race 15 JUNIOR C GROUP Leg 3

1st 2nd 3rd 4th 5th
 6th 7th 8th 9th 10th
 11th 12th 13th 14th 15th
 16th 17th 18th 19th 20th

Rounds in the SEMX Series

May 15th	Twickenham	Rusper	Junior & Expert
Monday May 30th	Sidcup	Canada Heights	Junior & Expert
June 26th	Sidcup	Canada Heights	Junior & Expert
July 3rd	GEST	Brede	Junior & Expert
July 17th	Twickenham	Rusper	Junior, Expert & Sidecar
September 11th	Twickenham	Rusper	Junior & Expert
October 2nd	Sidcup	Canada Heights	Junior & Expert



SEMX Championship Rounds for 2011

May 15th	Twickenham	Rusper	Junior & Expert
May 30th	Sidcup	Canada Heights	Junior & Expert
June 26th	Sidcup	Canada Heights	Junior & Expert
July 3rd	GEST	Brede	Junior & Expert
July 17th	Twickenham	Rusper	Junior, Expert & Sidecar
September 11th	Twickenham	Rusper	Junior & Expert
October 2nd	Sidcup	Canada Heights	Junior & Expert

Two reserve dates are allocated, 29 May & 9 October which can be Championship dates if required.

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