



FIRE TRAINING SUNDAY 23RD MARCH



JOTTINGS FROM THE CHAIR

Well, with the lighter nights now coming in, it can only mean one thing, it's time for the season to start!

I'm sat at my desk looking at all the positive feedback from yourselves at the training weekend. Once again, Bill and his team have done an amazing job in pulling together all the modules, trainers, resources, AV equipment etc to deliver some top-quality training to over 300 members including 41 new marshals and 24 trainees. Thank you Bill, now you can have a rest before the season starts in earnest.

Feedback comments from the training weekend have been taken on board and the committee are looking into how we can improve and update.

New business cards are now available with the updated BRMC logo on them. The email address on the card will take you straight to the taster days section of the website. If you want some, they will be available at the first meeting for you to collect. It's all about getting what we do out there and telling everyone what a great hobby we have. The cards give everyone the opportunity to recruit new members, the more the merrier!

Various improvements to Oulton Park have been done over the winter including barrier replacements and better flagging points. However, parts of the site will still be muddy, so be aware for now of the underfoot conditions.

Whilst the committee spent a lot of time deciding our award winners, in my opinion, all of you deserve recognition for turning

up to events in all weathers, sometimes having short breaks, being under-manned on posts, which has meant some of you having to perform several duties. Thank you all for your commitment, it does not go unnoticed.

Details of all the national and regional award winners will be in the next Outpost.

May I remind you all about the importance of our policy on social media. Social media is a very public platform. If you want to raise any issues or concerns, please approach a member of the committee initially. Let's see if we can resolve it.

Very soon, you will hear those immortal words - 'Lights to green: cars on track.' Then everything will go in a blur. Enjoy your season, keep yourself safe. If you have any questions, please ask a member of the committee and don't forget to use the marshal nomination forms to vote for the marshal who in your opinion, went the extra mile, or helped you!

Mike Broadbent - NW Chairman

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**DON'T FORGET**



**RENEW YOUR  
MEMBERSHIP**

## NW Region Committee, Monday 2<sup>nd</sup> March.

**Attending** were: John Edwards; Dave Smithson; Janette Williams; Rob Wood; Gordon Knight; Eric Ridler; Mike Broadbent; Paul Newns; Rob Mugurian; Bill Grey; Sam Collinson; Mike Thomason.

**Apologies** were received from:  
Ian Briggs and Mark Noble

**Reports** were received from:

*Mike Broadbent - Regional Chair*

*Eric Ridler - Deputy Chair & Outpost Editor*

*John Edwards - Membership Officer*

*Rob Mugurian - Grading Officer*

*Rob Wood - Recruitment Officer*

*Bill Gray - Training Officer*

*Dave Smithson - Regalia Officer*

These were accepted by Committee.

**Additional** topics discussed included:

1. *Specialist suits for the fire truck crews*
2. *Training and recruitment equipment.*
3. *Recognition of long service.*
4. *Membership renewals.*
5. *Several events later in the season.*
6. *Social media and Outpost.*
7. *An app being developed for marshals.*

Meeting ended at 20:58.

The next meeting - Monday 18<sup>th</sup> May.

*If there are any issues you wish to have raised at the next meeting, please contact a Committee member. Unless we are aware of a problem we can't do anything about it.*

*Social media is not an appropriate forum to raise issues and will not see them resolved.*

*The details of all Committee members can be found on our [website](#) and on the last page of the Outpost.*

## LONG SERVICE AWARD



The BMMC has created Long Service woven cloth badges for BMMC members with the relevant amount of marshalling service as shown on the badges above, (not solely with BMMC or BMRMC).

These are issued on the basis of one FREE and extra badges at a cost of £1.00 each, (make cheques payable to the **British Motorsports Marshals' Club Ltd** or the equivalent in usable stamps). They can be obtained by completing the [application form](#) and sending it to **Eric Ridler** the National Regalia Officer.



**\*\*NEW\*\* NEW\*\***

### **BMMC Team Umbrella**

Elegant automatic umbrella made of pongee with comfortable soft grip.

Colours: Black/orange

Club Logo printed on 2 panels.

**Price - £10.00**



## **POST TRAUMATIC STRESS**

Unlike when an incident suddenly presents itself to a passer-by out on the street, marshals have set procedures to follow when trouble occurs at the race-track. As a result they usually feel in control and go on to enjoy a great sense of pride after an accident has been successfully dealt with.

Nonetheless it would not be uncommon – and certainly quite understandable – if some sort of negative psychological impact was also felt in the aftermath of such a scenario. After all, marshals come from all walks of life and most probably do not deal with such difficult situations every day.

This may lead to a condition known medically as Post Traumatic Stress which can be caused as a result of witnessing distressing scenes, the feeling that the person did not do the "right thing" or losing the sense of safety and security that is part of our usual state of mind.

The symptoms which could arise can take a number of forms, might not be constantly present and may not necessarily become apparent for sometime after the episode that triggered them.

One of the most likely effects is that the incident is repeatedly replayed in the imagination. This can happen both as a "flashback" in the day or as nightmares during sleep. These can be so realistic that it feels as though the person is living through the experience all over again.

Sometimes people can become withdrawn as they try to avoid thinking about whatever is troubling them or they could suffer from anxiety and be hyper vigilant.

Having any or all of these symptoms for a period of time after enduring a trauma is quite common and is part of the body's way of coming to terms whatever has happened but if the problems continue for any length of time then an appointment with a GP should be made.

To help deal with trauma and lessen its ef-

fects, talking about the incident and the associated emotions is widely regarded as the best approach. In particular, chatting to those who were involved with the same incident – or similar incidents in the past – gives the opportunity to share experiences and understanding.

Fortunately, the marshalling community has a wealth of knowledge that has been built up over more than 60 years and there are many people who would be more than willing to give advice and support.

Following a major incident, all those involved can expect immediate support and contact from the Rescue Team and the organising club or Motorsport UK.

After Billy Monger's crash at Donington Park in 2017, BARC made telephone support available to the marshals who attended the scene.



## **MANAGING STRESS AWAY FROM THE TRACK**

Many organisations offer confidential counselling services because, aside from their moral obligations, when their minds are not weighed down with worry people function much better. These schemes are called Employee Assistance Programmes (EAPs) which offer advice across all areas of life – work, family, financial, mental health, etc.

The BMMC recently introduced an EAP scheme of its own. Colin Baines, the club's Treasurer, explains, "The board is always looking to arrange meaningful benefits for its members and some of those who attend Council have Human Resources backgrounds which has given them first-hand knowledge of the value of EAPs."

Our facility is part of the club's Aviva insurance policy although it is operated by the dedicated counsellors from a company called DAS- not to be confused with the latest gizmo on Lewis Hamilton's steering wheel!

Their service is available to members of the BMMC, and those in their family who live with them, who are over the age of 18 (plus 16 - 18 year olds in employment) on a 24 hours a day, 365 days a year basis and is completely confidential. Those who staff the telephones are members of The British Association for Counselling and Psychotherapy and are covered by their code of Ethics and Practice.

DAS have their roots in a German company that was formed after the Second World War and, rather appropriately for those of us of a motoring persuasion, the initials stand for Deutscher Automobil Schutz ("German Automobile Protection") although soon they were specialising across Europe in Legal Expenses Insurance - a product which wasn't permitted in the UK until 1967 which meant DAS didn't move into this country until 1975. The counselling help-lines are an extension of the insurance services they offer.

There are two main areas where DAS counsellors can provide assistance - Personal Issues (care of elders, family breakdown, stress, anxiety, depression, bereavement, relationships, domestic abuse, substance abuse) and Work Issues (pressure, bullying, harassment, work conflict/overload/changes, redundancy, work life balance).

Often talking through problems such as these with an impartial person is helpful, particularly if they are a trained counsellor, and enables issues to be resolved quicker than they otherwise would be. Therefore those who use this sort of service can perhaps enjoy life and become fully effective in whatever endeavours they undertake sooner.

This is a great initiative to look after the welfare of those in orange.

**Dave (Fasttoes) Williams**



## **Milkfloat or Racing?**

Whether we petrol heads like it or not, the internal combustion engine's days are numbered. The future at the moment looks to be electric (although I'm sceptical it's as green as it's claimed to be). So where does that leave motor sport? Manufacturers are going to become less inclined to invest in dead technology.

The future may already be upon us in the form of Formula E. It comes in for criticism because it's "too quiet", "too slow", and any number of other reasons. True, it's not Formula 1. However, you can't easily dismiss a category that has so much manufacturer support. Porsche; Nissan; Jaguar; BMW to name just some.

I'll confess now. I like Formula E. I marshalled both of the Battersea races, and I hope to do Excel later in the year. So why does someone who has followed motorsport with big, noisy engines (and I do like 5 litre V8s and 3 litre Ferrari V12s!) for over forty years like electric racing?

Well, mainly because the racing is close and unpredictable. It's not just the same handful of drivers and couple of teams doing the winning. Each round, almost all the field is in with a chance of a win or at least a good result. The drivers come from backgrounds in F.1; WEC; Le Mans. They're not make weights.

The cars are interesting with quirky aero and design. Downforce isn't that important because of the tracks they race on, slow street type circuits. So they can follow closely and overtake because they aren't so critical aerodynamically as most single seaters.

The races mainly shy away from permanent circuits. It could be said (with some justification) it's because they are slower than traditional formulae and they wouldn't compare favourably against them. There's more to it than that, though.

The concept of Formula E is to demonstrate the clean credentials of electric engines. It races mainly in city centres. Even Switzerland has held races, and motorsport was generally banned there since the Le Mans tragedy of 1955. It brings racing to a new audience.

Not only is there racing, the organisers bring a package of off-track entertainment to involve everyone. There's a "fanzone"; side shows; things to have a go at. It can be a full day of varied entertainment.

And it is a day. The entire meeting is designed as a one-day event. Practice followed by qualifying in the morning, and the race in the afternoon. So people, especially families, don't have to commit to two or three days. We are all busy these days and most simply can't (or won't) spend three days at a race track, with the expense of hotels or camping that entails. London was, and will be, a double header, but each day is a self-contained meeting. If people want to attend on just one day they can, without missing anything.

Someone I know had my spare ticket for the second Battersea race. He took his young son along. They had a great day, thoroughly enjoyed themselves. They live in London but they would never have gone to Brands Hatch, yet alone Silverstone.

Most of these new fans will never get interested in motorsport in general but some will. That has to be good for the sport in general.

There are things I don't like. I'm a purist. I like racing, and I don't appreciate attempts to spice up the "show" by false means.

Fanboost. Through social media, fans can vote for their favourite driver to get a short power boost. It strikes me that it's the same drivers who receive this every time because they have the biggest fan base.

Attack mode. Used three times during a race by every driver, it increases the available power for three minutes. I rate this on a level with DRS in F1 and I dislike both. A driver can't defend a position if the opponent has significantly more power.

Let drivers race. No tricks. No assistance. At least Formula E doesn't have tyres that are shot after fifty miles, and races are not won or lost in the pits.

If the world is going towards electric vehicles, motorsport will have to do likewise. So don't dismiss Formula E. Touring cars will go that way before too much longer because that's what manufacturers will demand. Rallying has already had a look at it, and so has rallycross.

The future may not be what we'd prefer but motorsport will continue. Maybe we'll just have to stick to historics for our fix of fumes and noise.

**Paul Newns - NW Region Secretary**



## 2020 FORTHCOMING EVENTS

### RACE MEETINGS

|        |                    |          |
|--------|--------------------|----------|
| Mar 28 | BRSCC NW - Fun Cup | Oulton   |
| Apr 04 | BARC NW            | Oulton   |
| Apr 11 | MSVR - GT/F3       | Oulton   |
| Apr 13 | MSVR - GT/F3       | Oulton   |
| Apr 26 | Time Attack        | Anglesey |
| May 09 | BARC NW            | Anglesey |
| May 10 | BARC NW            | Anglesey |
| May 23 | CSCC               | Oulton   |
| May 23 | BARC NW - Fun Cup  | Anglesey |
| May 24 | BARC NW - Fun Cup  | Anglesey |
| May 25 | CSCC               | Oulton   |
| May 30 | VSCC               | Oulton   |

### SPRINT MEETINGS

|        |               |               |
|--------|---------------|---------------|
| Mar 28 | BARC Mids     | Three Sisters |
| Mar 29 | BARC Mids     | Three Sisters |
| Apr 04 | Longton & DMC | Anglesey      |
| Apr 05 | Longton & DMC | Anglesey      |
| Apr 25 | Liverpool MC  | Aintree       |
| Jun 06 | Liverpool MC  | Barbon Manor  |

### HILLCLIMB MEETINGS

|        |               |            |
|--------|---------------|------------|
| Mar 28 | Hagley & DLCC | Loton Park |
| Mar 29 | Hagley & DLCC | Loton Park |
| Apr 11 | Hagley & DLCC | Loton Park |
| Apr 12 | Hagley & DLCC | Loton Park |
| May 16 | Hagley & DLCC | Loton Park |
| May 17 | Hagley & DLCC | Loton Park |

### RALLYING

|        |                                  |
|--------|----------------------------------|
| Mar 14 | Malcolm Wilson Rally - Grizedale |
| Mar 21 | NW Stages - Trough of Bowland    |
| Apr 11 | Rallynuts National Tour of Epynt |
| Apr 18 | Rallynuts Stages Rally           |
| Apr 18 | 75 <sup>th</sup> Scottish Rally  |

### NW REGION COMMITTEE MEETING

May 18 Blue Cap, Sandiway, Northwich

### NATIONAL DIRECTORS MEETING

May 31 Jurys Inn Milton Keynes

## REGALIA PRICE LIST

| <u>Description</u>                             | <u>Price</u> |
|------------------------------------------------|--------------|
| BMMC CLOTH BADGES, LAPEL BADGES & STICKERS     | £2.00        |
| UNION FLAG CLOTH BADGE c/w WEBSITE             | £2.00        |
| BMMC GRADING BADGES                            | £1.00        |
| 'HEROES' CLOTH BADGES, LAPEL BADGES & STICKERS | £2.00        |
| LEATHER WELDERS GLOVES                         | £4.50        |
| HI-VIS ORANGE WATERPROOF GLOVES                | £4.50        |
| WOOLLEN SKI HATS - BLACK or ORANGE             | £4.50        |
| BASEBALL CAPS - BLACK or ORANGE                | £7.00        |
| OUTBACK SUN HATS SP50                          | £14.50       |
| BMMC UMBRELLAS                                 | £10.00       |

Catalogue and Order forms can be downloaded from the club website or from Eric Ridler, BMMC NRO

For details of BMMC sponsored overalls, go to the Regalia section of the BMMC website.

For all other enquiries contact the Regional Regalia Officer,

### NEXT NEWSLETTER

Next Copy Date - 6<sup>th</sup> April 2020

Publishing Date - 13<sup>th</sup> April 2020

### WELCOME - NEW MEMBERS

The NW Committee would like to extend a warm welcome to the new members below. We sincerely wish you a happy and safe marshalling future.

|                   |                 |
|-------------------|-----------------|
| Alan Sawyer       | Preston         |
| Paul Woodward     | Prestatyn       |
| Jake Cairns       | Stoke-on-Trent  |
| Mark Barret       | Bath            |
| Caitlan Butler    | Stafford        |
| Allan Tommis      | Holyhead        |
| Jason Smith       | Sale            |
| Oz-Lloyd Phillips | Waterfoot       |
| Ian Davies        | Buckley         |
| Carl Austin       | Liverpool       |
| Mark Bennett      | Dyffryn Ardudwy |
| David Dobbs       | Llanfechell     |
| Andrew Lees       | New Moston      |
| Stephen Mills     | Middlewich      |

## Committee Members Information

### Chairman

**Mike Broadbent**  
184 Crewe Road  
HASLINGTON  
CW1 5RT

Mobile: 07548 258546

Email: [NW.Chair\(at\)marshals.co.uk](mailto:NW.Chair(at)marshals.co.uk)

### Secretary

**Paul Newns**  
9 Cefn Blodwel  
OSWESTRY  
SY10 9EH

Tel: 07855 544779

Email: [NW.secretary\(at\)marshals.co.uk](mailto:NW.secretary(at)marshals.co.uk)

### Vice Chair & Newsletter Editor

**Eric Ridler**  
41 Norwood Drive  
TIMPERLEY  
WA15 7LD

Tel: 0161 904 9724

Email: [NW.News\(at\)marshals.co.uk](mailto:NW.News(at)marshals.co.uk)

### Membership Secretary

**John Edwards**  
5 Chiltern Close  
GWERSYLLT  
LL11 4XE

Mobile: 07800 587391

Email: [NW.Members\(at\)marshals.co.ukk](mailto:NW.Members(at)marshals.co.ukk)

### Grading Officer

**Rob Mugurian**  
15 Nesfield Drive  
SANDBACH  
CW11 4NT

Tel: 01270 211414

Email: [NW.Grading\(at\)marshals.co.uk](mailto:NW.Grading(at)marshals.co.uk)

### Volunteering Coordinator

**Janette Williams**  
3 Chesterfield Close  
WINSFORD  
CW7 2UX

Mobile: 07739 166149

Email: [NW.Volco\(at\)marshals.co.uk](mailto:NW.Volco(at)marshals.co.uk)

### Training Coordinator

**Bill Gray**  
2 Oakford Close  
BANKS  
PR9 8BP

Tel: 01704 220839

Email: [NW.Training\(at\)marshals.co.uk](mailto:NW.Training(at)marshals.co.uk)

### Regalia Sales

**Dave Smithson**  
34 Edgewell Lane  
Eaton, Tarporley  
CW69AD

Mobile: 07776 187005

Email: [NW.regalia\(at\)marshals.co.uk](mailto:NW.regalia(at)marshals.co.uk)

### Marshal Liaison

**Mark Noble**  
11 Bransdale Close  
Great Sankey, WARRINGTON  
WA5 3FW

Mobile: 07580 504411

Email: [NW.Liaison\(at\)marshals.co.uk](mailto:NW.Liaison(at)marshals.co.uk)

### Social Media Officer

**Sam Collinson**  
8 New Street  
PUDESEY  
LS28 8AQ

Mobile: 07821 969418

Email: [NW.Media\(at\)marshals.co.uk](mailto:NW.Media(at)marshals.co.uk)

### Rally Representative

**Ian Briggs**  
12 Kilburn Close  
HEALD GREEN  
SK8 3LP

Tel: 0161 436 5071

Email: [north\(at\)brmc.org.uk](mailto:north(at)brmc.org.uk)

### Speed Representative

**Bill Gray**  
2 Oakford Close  
BANKS  
PR9 8BP

Tel: 01704 220839

Email: [NW.Speed\(at\)marshals.co.uk](mailto:NW.Speed(at)marshals.co.uk)

### Recruitment Officer

**TBA**

Email: [NW.Recruiting\(at\)marshals.co.uk](mailto:NW.Recruiting(at)marshals.co.uk)

### Committee Member

**Gordon Knight**  
1 Brackley Road  
MONTON  
M30 9LG

Tel: 0161 707 4833

### Committee Member

**Mike Thomason**

## National Officers Information

### National Chairman

**Nadine Lewis**  
'Catalina', 2 The Nursery  
Beach Road  
HARTFORD; CW8 4UH

Email:

[Bmmc.Chair\(at\)marshals.co.uk](mailto:Bmmc.Chair(at)marshals.co.uk)

### National Secretary

**Paul Wiltshire**  
23 Lansdown Close  
MELKSHAM  
SN12 7JR

Email:

[Nat.Secretary\(at\)marshals.co.uk](mailto:Nat.Secretary(at)marshals.co.uk)

### National Treasurer

**Colin Barnes**  
24 Tewkesbury Close  
Poynton, Cheshire  
SK12 1QJ

Email:

[Nat.Treasurer\(at\)marshals.co.uk](mailto:Nat.Treasurer(at)marshals.co.uk)

### National Membership Secretary

**Dave Reed**  
The Berries, 26 Little London  
SILVERSTONE  
NN12 8UP

Email:

[Nat.Members\(at\)marshals.co.uk](mailto:Nat.Members(at)marshals.co.uk)

### National Grading Officer

**Rob Mugurian**  
15 Nesfield Drive  
SANDBACH  
CW11 4NT

Email:

[Nat.Grading\(at\)marshals.co.uk](mailto:Nat.Grading(at)marshals.co.uk)

### Brand & Communications

**Dave Smithson**  
34 Edgewell Lane  
Eaton, Tarporley  
CW69AD

Email:

[Comms@marshals.co.uk](mailto:Comms@marshals.co.uk)

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