

Road Book

Introduction

We would like to extend a warm welcome to everyone involved with the Nicky Grist Stages. Please read the following notes carefully as there are some very important points contained in them.

We wish you an enjoyable day's motor sport in the classic mid Wales stages and look forward to seeing you all at the post event celebrations in Bulth Wells.

Driving

The organisers ask all competitors to drive carefully and with consideration to other road users. The organisers will not treat kindly any adverse reports received regarding driving manners, servicing etc., which includes all service vehicles and personnel. It is essential that the event causes no disruption or problems to local residents.

Accountability

Competitors are deemed to be responsible for the actions and behaviour of their support crews with regard to Judge of Fact and Driving Standards Observers reports relating to noise, driving manners, speed, route, out of bounds, illegal assistance and contravention of regulations and official instructions.

Road Sections

We have allowed plenty of time on the road sections and you should find it easy to maintain the time schedule. Please observe all speed limits and drive carefully, particularly on narrow public roads; we may need them next year. It is almost certain that Dyfed Powys police will be about during the day – Don't upset the goodwill we have locally!

Particular care must be taken whilst using the roads on the Ranges. The army have strict policies regarding speeds on the ranges and therefore you will notice that average speeds for range liaison sections are 20mph or below. Please remember these are not closed roads and the public also uses them. The Ranges are used for military training, which will continue irrespective of the rally and most military vehicles are much larger than you. Under no circumstances should you or any members of your team venture away from the prescribed route, or you may find yourself in the middle of an army exercise. Don't be collateral damage!

Retirements

Competitors are reminded of the Motorsport UK requirement to obtain the Stage Commander's permission before leaving any special stage by an exit other than the defined route. On retirement please ensure that Rally HQ are informed as soon as possible and your damage declaration is returned to the organisers

within 48 hours or pass to a time control, course car or Rally HQ.

Recovery

Recovery crews will pass through each stage and extract any cars from immediate difficulty and usually take them out of the stage, normally by the stage exit.

The Stage Commanders will know the current location of retirements and their recovery arrangements. They will decide how and when a service crew will enter a stage and only if this is necessary. Please do not block any access or exit routes whilst waiting for a stage to close.

Competitor Safety Information

First Competitor on Scene

If the competitor is still in the vehicle and the vehicle is on fire **GET THEM OUT IMMEDIATELY.**

If the competitor is still in the vehicle, is responsive and there is no risk of fire:

- Approach from the front, look them in the eyes
- Do they seem aware of their surroundings?
- Speak to them, ask their name - do they respond?
- Any pain, loss of feeling - if yes keep them where they are!
- Keep them calm and keep them talking.
- **DO NOT MOVE THEM UNTIL PROFESSIONAL HELP ARRIVES.**
- Do nothing else

If the competitor is still in the vehicle, is unresponsive and there is no risk of fire:

- Stop any life threatening bleeding by applying direct pressure/ plugging the wound
- Ensure an open airway
- Immobilise the head and c-spine (neck)
- Check if they are breathing
- Treat any non-life threatening bleeding

DO NOT REMOVE THEIR HELMET UNLESS THERE IS NO OTHER WAY TO ENSURE AN OPEN AIRWAY.

If the competitor is out of the vehicle:

- Do not grab hold of them - they might be unaware of what is happening and become combative.
- Guide them to a place of safety away from the incident and other competitors.
- Speak to them, ask if they are OK?
- Keep someone with them.
- Once in a safe place, assess them for injuries:

- Are they aware of their surroundings?
- Any signs of injury / are they experiencing pain?
- DO NOT LET THEM WANDER AROUND, BUT KEEP THEM UNDER OBSERVATION

Afterwards please write a short report for the organisers and either hand it to the first control official that you reach or to the Competitor Relations Officer. This report should cover the facts as you know them and include times of the incident starting and when you left the scene; always include your own details so that the organisers can, if necessary, contact you.

Safety & Accident Procedure

Competitors must carry an A4-size white board with a red SOS on one side and black OK on the other (letters to be a minimum of 12cm high with a minimum stroke width of 1.5cm), with means to secure them on display for oncoming Competitors.

In the case of an accident where urgent medical attention is required, the following applies:

- The SOS display on the safety tracking device (if fitted) must be activated as soon as possible.
- The red “SOS” sign must be displayed as quickly as possible to alert following cars and aid any aircraft attempting to assist.
- The Emergency Red Warning Triangle must be placed at least 100m down the stage, appropriate to the approaching speed of following competitors to provide a visible advanced warning.

Any crew that sees a red SOS sign displayed on a car, or sees a major accident where both crew members are inside the car but not displaying the SOS sign, must immediately and without exception stop to give assistance. Where present the crew must operate the SOS function on the Tracking Console in their own vehicle and that of the crashed vehicle where accessible. All following cars must also stop and the second car arriving at the scene must inform the next radio point. Subsequent cars must leave a clear route for emergency vehicles. All crews stopping under this procedure will be allocated a time.

In the case of an incident where immediate medical intervention is not required, or of a car stopping for any other reason on or beside a special stage, whether temporarily or permanently, the following applies:

- The OK display on the safety tracking device (if fitted) must be activated within one minute.
- The green “OK” sign must immediately be displayed to the following cars and to any aircraft attempting to assist. If the crew leaves the vehicle, the “OK” sign must be displayed so that it is clearly visible to all the other competitors.

- The Emergency Red Warning Triangle must be placed at least 100m down the stage, appropriate to the approaching speed of following competitors to provide a visible advanced warning.

Any crew failing to comply may be Disqualified following a Judicial Hearing and reported to the ASN for further action.

Competitors who misuse the SOS or OK signs will be penalised and may be reported to the ASN for further action.

Where a Tracking System is being used, a competitor encountering a hazard other than described in NCR 13.7.12 must operate the Hazard function on the Tracking Console and await further instructions from officials.

Competitors who misuse the Hazard function may be Disqualified following a Judicial Hearing and reported to the ASN for further action.

A 'hazard' is defined as any situation or incident on a Special Stage which is considered to be creating a safety issue that affects the safe passage of Competitors through that Stage.

Red Flags

The red flag system will be used on all stages.

Tyre Limits Declaration

So as to ensure no Competitors are excluded from competing by the application of a Tyre Limit, this system is designed to be an all encompassing and as simple as possible. However, the onus is on the Competitor to ensure that their Tyre Declaration form is completed at all times. The form is available at the back of this road book and must be an accurate representation of what is on your vehicle.

Below is some scenario-based logic to assist with completing this process:

- At the beginning of the event, record what tyres you have placed on the vehicle, including any spares.
- At the next Service, record any changes in the correct columns, paying close attention to the quantity of tyres you have used.
- Should you not change the tyres and proceed onto the next loop without changing your tyres, you do not have to fill anything in.
- If the Clerk of the Course, together with the Event Stewards, declare that the tyre allowance has been suspended in accordance with NCR 13.16.7.11, you no longer have to fill in the form.

If, at any time, the Scrutineers request to see your Tyre Declaration form, please surrender your form to them in order to facilitate a spot check. At the conclusion of the Event, please hand in your Tyre Declaration form with your damage declaration.



Defence Infrastructure Organisation

Ministry of Defence
DIO OPS/TRG Wales & West
Sennybridge Training Area

Welcome to Sennybridge Training Area.

We are pleased that the army allows the training area to be utilised for rallying; however, as I am sure you appreciate the primary function of the area is to provide a realistic training facility to our armed services. To assist in this task **AND FOR YOUR OWN PERSONAL SAFETY**, please read and observe the following guidelines:

1. Do **not** leave the tarmac roads in the training area.
2. **Only** park in designated car parking areas for the event.
3. Do **not** drive through any barriers left in the down position, whether locked or not, they are there for your own and others' safety.
4. Do **not** interfere with or get involved in, any military training whatsoever.
5. Do **not** enter or interfere with any of the Training Area buildings, installations or equipment.
6. Do **not** pick up or touch any military equipment or debris. **IT MAY EXPLODE AND KILL YOU!**
7. Do **not** leave any litter, please take it home.
8. Do **not** light fires. Even in the winter, the undergrowth on the Training Area can be dry enough to present a significant fire hazard.
9. **Observe** the speed limits set for the roads on the Training Area, they present a challenge to experienced rally drivers and could well prove fatal to you if driven without due care.
10. The Training Area also contains significant agricultural, forestry and nature conservation interests. Please follow the Countryside Code at all times.
11. In the event of any emergency, please contact an official of the rally or Range Staff or use one of the clearly marked Range Emergency Telephones (free of charge), which will provide you with a direct line to Sennybridge Camp Guardroom, who can summon help on your behalf.

We do not wish to labour the above points, but they are important and failure to observe them may jeopardise future rallying on the Sennybridge Ranges.

We hope you enjoy your days Motorsport on the training area.

ISSUED BY: Major Andrew Butcher

TRAINING OFFICER, SENNYBRIDGE

**IN ASSOCIATION WITH THE MILITARY, EPYNT & CAERWENT LIAISON OFFICER, WELSH
ASSOCIATION OF MOTOR CLUBS, & THE ORGANISING MOTOR CLUB OF THIS EVENT.**

2026 Nicky Grist Stages

Nicky Grist Stages

1.0

Saturday 11th July 2026

TC SS	Location	SS Dist. Miles	Liaison Dist. Miles	Section Time	1st Car Due
MC 0	Start - Builth Wells	-	-		08:31
Refuel	<i>Builth Wells</i>	-	-		
	<i>Distance to next Refuel</i>	<i>20.71</i>	<i>45.01</i>		
1		-	11.36	0:40	09:11
SS 1	Monument 1	-	-		09:14
SF 1		3.19	-		09:20
PC 1		-	-		(09:23)
2		-	4.45	0:12	09:32
SS 2	Bowlsey 1	-	-		09:35
SF 2		7.44	-		09:46
PC 2		-	-		(09:48)
3		-	2.28	0:06	09:52
SS 3	Halfway 1	-	-		09:55
SF 3		6.25	-		10:07
PC 3		-	-		(10:09)
4		-	3.45	0:10	10:17
SS 4	Route 60 1	-	-		10:20
SF 4		3.83	-		10:26
PC 4		-	-		(10:30)
4A	Regroup - In	-	23.40	0:50	11:16
4B	Regroup - Out / Service - In	-	0.07		11:30
	Service A - Builth Wells	(20.71)	(45.01)	0:50	
MC 1	Service - Out	-	-		12:20
Refuel	<i>Builth Wells</i>	-	-		
	<i>Distance to Finish</i>	<i>20.71</i>	<i>45.01</i>		
5		-	11.72	0:40	13:00
SS 5	Monument 2	-	-		13:03
SF 5		3.19	-		13:09
PC 5		-	-		(13:12)
6		-	4.45	0:12	13:21
SS 6	Bowlsey 2	-	-		13:24
SF 6		7.44	-		13:35
PC 6		-	-		(13:37)
7		-	2.28	0:06	13:41
SS 7	Halfway 2	-	-		13:44
SF 7		6.25	-		13:56
PC 7		-	-		(13:58)
8		-	3.45	0:10	14:06
SS 8	Route 60 2	-	-		14:09
SF 8		3.83	-		14:15
PC 8		-	-		(14:19)
MC 2	Finish - Builth Wells	-	23.11	0:50	15:05
Totals		41.42	90.02		

Symbols used in the Road Book



Time Control



Special Stage Start



Special Stage Finish



Passage Control



Rescue & Medical Location



Radio Point



Service Park



Traffic Lights



Care



Two way Competitor Traffic

(Llywel)

Name not shown on sign



Direction NOT to follow



Bridge



Crest



Grid



Gate



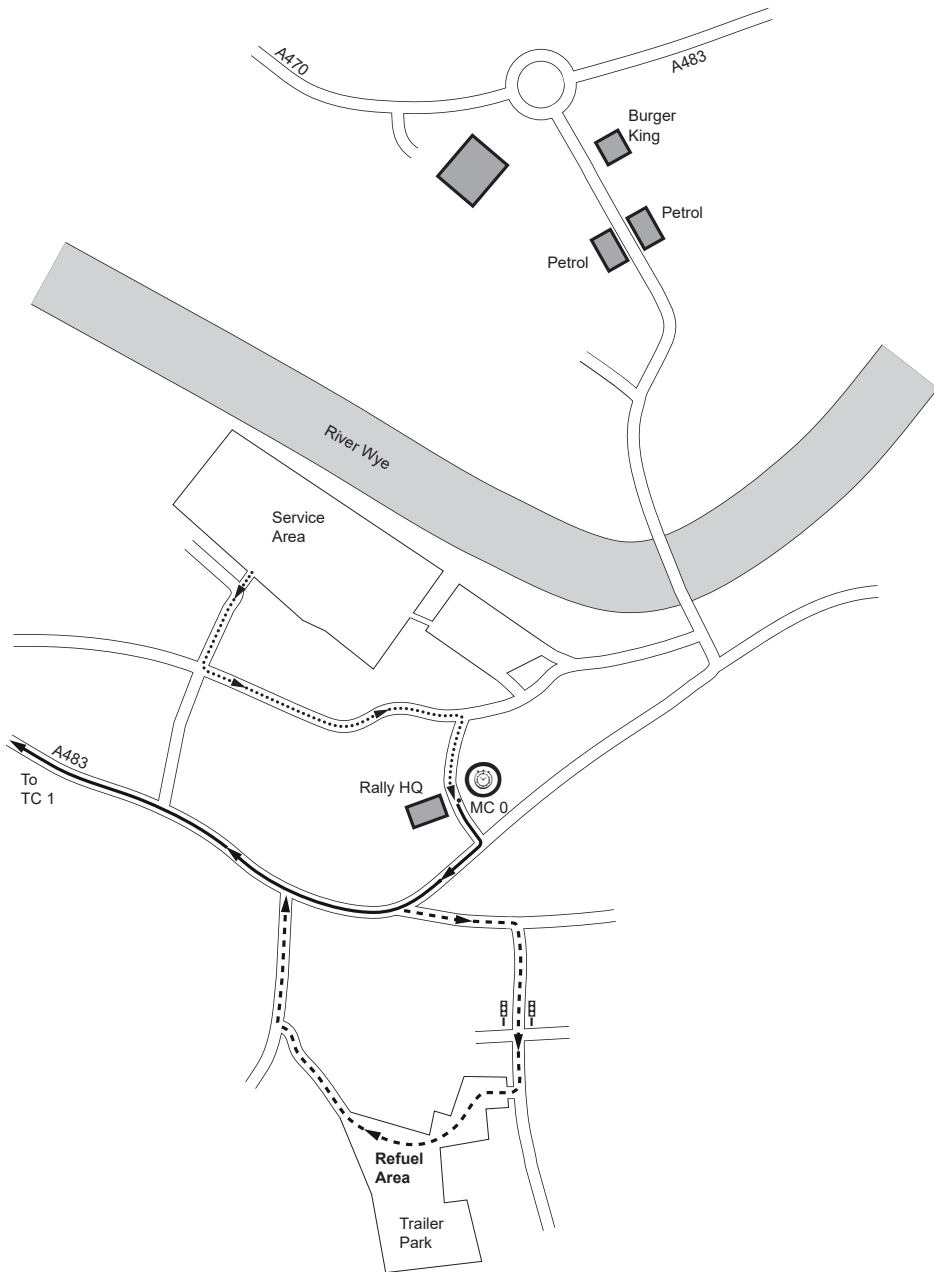
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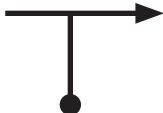
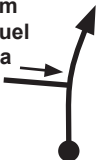


Track

Symbols used in the Road Book

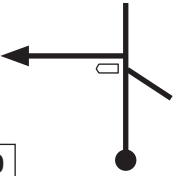
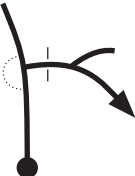
Distance		Direction	Information	Miles to TC
Total	Partial			
6.26	0.26	6	Special Stage	22.74
7.14	0.88	7	Gravel	21.86
7.22	0.08	8	When the distance to the next instruction is 0.10 miles or less the horizontal line is omitted.	21.78
7.54	0.32	9	Road Section	21.46



MC 0			Start - Builth Wells			TC 1			Monument 1		
Distance		11.36 Miles		Time		0 Hr 40 Min		Speed		17.04 Mph	
Distance		Direction				Information				Miles to TC	
Total	Partial										
0.00	0.00	1  				 MC 0 N52° 08.952' W03° 24.188' ///reports.eyelashes.impressed				11.36	
0.04	0.04	2 								11.32	
0.08	0.04	3  To Refuel Area				Turn left for Refuel Area See plan on Page 9				11.28	
0.13	0.05	4  From Refuel Area				Rejoin from Refuel Area				11.23	
0.19	0.06	5 				 Llanymddyfri A483 Llandovery Caerfyrddin (A40) Carmarthen				11.17	
0.37	0.18	6 				Llandovery A483 Llanymddyfri Carmarthen (A40) Caerfyrddin 				10.99	
1.79											

2026 Nicky Grist Stages

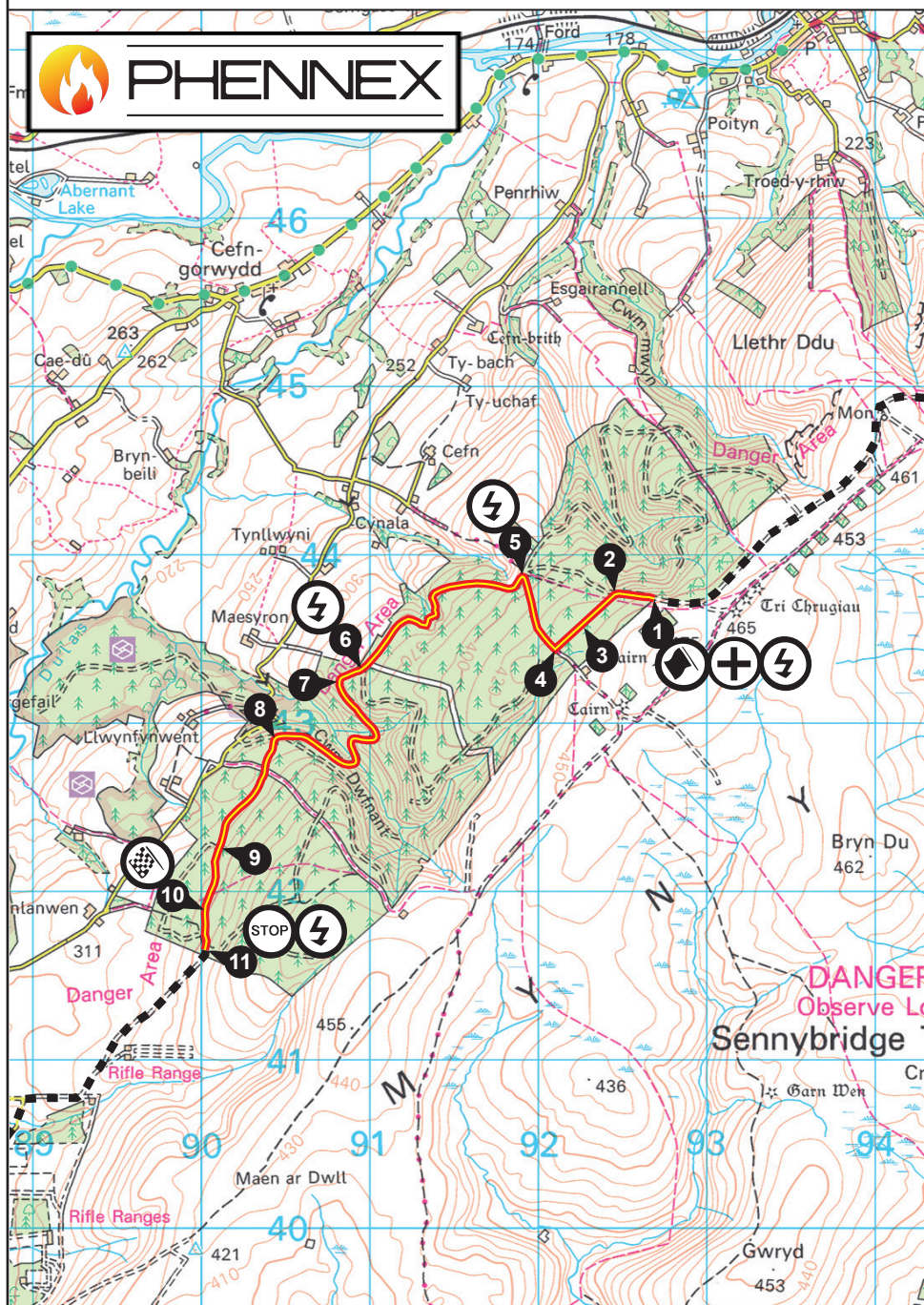
Page 10

MC 0 Start - Built Wells			TC 1 Monument 1		
Distance		11.36 Miles	Time	0 Hr 40 Min	Speed 17.04 Mph
Distance		Direction	Information		Miles to TC
Total	Partial				
2.16	1.79	 7	 CILMERI CILMERY Safle marw Llywelyn II Site of Llywelyn IIs death		9.20
5.65	3.49	 8	 GARTH Gyrrwch yn ofalus Please drive carefully		5.71
5.87	0.22	 9	 Upper Chapel Capel Uchaf 8		5.49
8.35	2.48	 10			3.01
10.78	2.43	 11			0.58
11.36	0.58	 12	 TC 1 N52° 04.876' W03° 33.809' ///fans.lined.unafraid		0.00

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PHENNEX

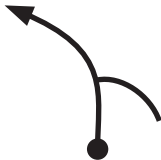


SS 1 - 5 Monument 1 & 2					
Distance		3.19 Miles	Bogey	2 Min 34 Sec	Target 6 Minutes
Distance		Direction		Information	Miles to FF
Total	Partial				
0.00	0.00	1		 SS 1 - 5 Monument 1 & 2 N52° 04.888' W03° 34.054' ///lengthen.slopes.initial	3.19
0.18	0.18	2		Do not cut - Rock on inside	3.01
0.33	0.15	3		 ! Jump !	2.86
0.46	0.13	4		Do not cut - Rock on inside	2.73
0.78	0.32	5			2.41
1.64	0.86	6			1.55
0.11					

SS 1 - 5 Monument 1 & 2					
Distance		3.19 Miles	Bogey	2 Min 34 Sec	Target 6 Minutes
Distance		Direction		Information	
Total	Partial				
1.75	0.11	 7		 ! Drop on outside !	1.44
2.47	0.72	 8			0.72
2.94	0.47	 9			0.25
3.19	0.25	 10		 Flying Finish N52° 03.869' W03° 36.333' ///carpets.flooding.hiked	0.00
3.36	0.17	 11		  SF 1 - 5 N52° 03.730' W03° 36.330' ///homeward.replenish.buzzer	



SF 1 - 5 Monument 1 & 2			TC 2 - 6 Bowlsey 1 & 2		
Distance		4.45 Miles	Time	0 Hr 12 Min	Speed 22.25 Mph
Distance		Direction	Information		Miles to TC
Total	Partial				
0.00	0.00	1	STOP SF 1 - 5 N52° 03.730' W03° 36.330' ///homeward.replenish.buzzer		4.45
0.90	0.90	2	STOP GIVE WAY PC 1 - 5 N52° 03.241' W03° 37.230' ///intruded.button.denoting		3.55
1.81	0.91	3	Llywel 6¾		2.64
2.21	0.40	4			2.24
3.59	1.38	5			0.86
3.67	0.08	6	Onto Gravel		0.78

SF 1 - 5 Monument 1 & 2			TC 2 - 6 Bowlsey 1 & 2		
Distance		4.45 Miles	Time	Speed	22.25 Mph
Distance		Direction	Information		Miles to TC
Total	Partial				
3.74	0.07	 7			0.71
3.98	0.24	 8			0.47
4.45	0.47	 9	 TC 2 - 6 N52° 02.245' W03° 40.183' ///forensic.unhappily.answers		0.00
	0.10	 1	 SS 2 - 6 N52° 02.278' W03° 40.322' ///formless.they.selection		

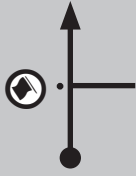


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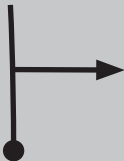
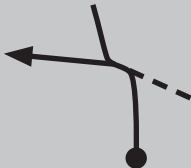
SS 2 - 6 Bowlsey 1 & 2

Distance	7.44 Miles	Bogey	5 Min 58 Sec	Target	15 Minutes
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Distance		Direction	Information	Miles to FF
Total	Partial			
0.00	0.00	 1	   SS 2 - 6 Bowlsey 1 & 2 N52° 02.278' W03° 40.322' ///formless.they.selection	7.44
0.21	0.21	 2		7.23
0.34	0.13	 3		7.10
1.08	0.74	 4		6.36
1.15	0.07	 5		6.29
1.36	0.21	 6		6.08

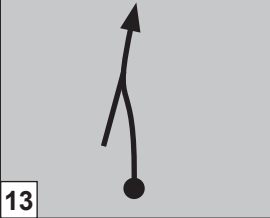
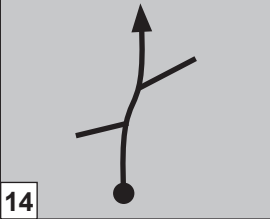
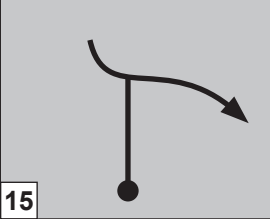
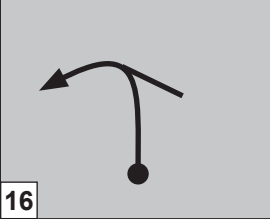
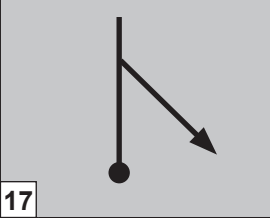
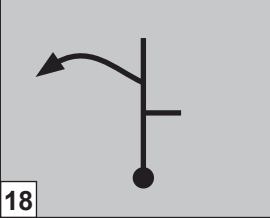
SS 2 - 6 Bowlsey 1 & 2

Distance	7.44 Miles	Bogey	5 Min 58 Sec	Target	15 Minutes
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Distance		Direction	Information	Miles to FF
Total	Partial			
1.82	0.46			5.62
2.03	0.21			5.41
2.34	0.31			5.10
2.67	0.33			4.77
3.42	0.75			4.02
4.10	0.68			3.34

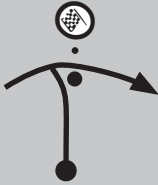
0.62

Distance	7.44 Miles	Bogey	5 Min 58 Sec	Target	15 Minutes
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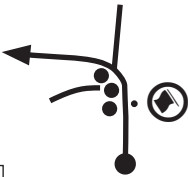
Distance		Direction	Information	Miles to FF
Total	Partial			
4.72	0.62			2.72
5.33	0.61			2.11
5.43	0.10			2.01
5.55	0.12			1.89
5.74	0.19			1.70
6.96	1.22			0.48

SS 2 - 6 Bowlsey 1 & 2

Distance	7.44 Miles	Bogey	5 Min 58 Sec	Target	15 Minutes
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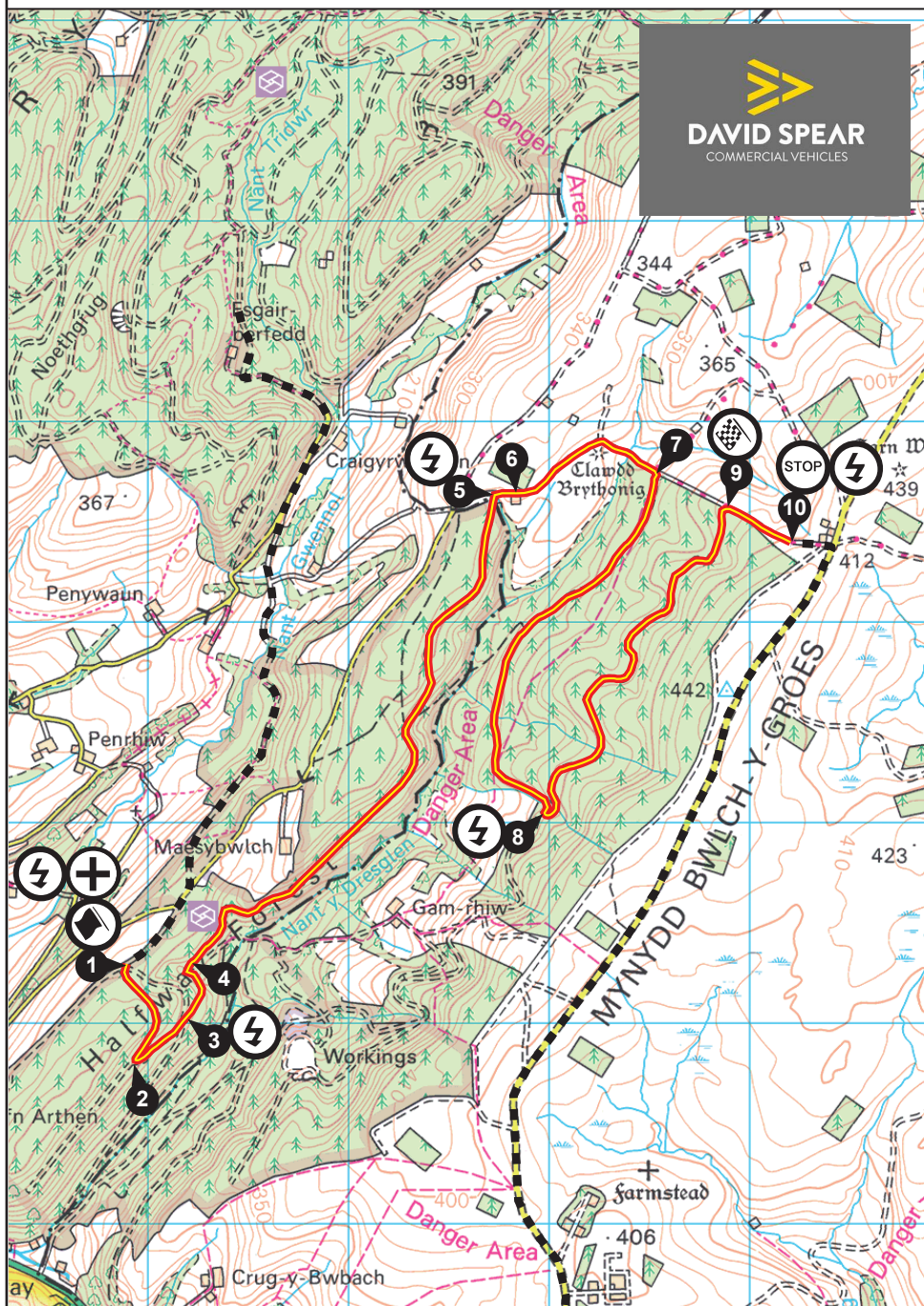
Distance		Direction	Information	Miles to FF
Total	Partial			
7.44	0.48	 19	 Tightened Junction Flying Finish N52° 01.668' W03° 41.121' ///hobby.operated.meatball	0.00
7.78	0.34	 20	 SF 2 - 6 N52° 01.380' W03° 41.071' ///grazed.winds.litigate	

SF 2 - 6 Bowlsey 1 & 2				TC 3 - 7 Halfway 1 & 2			
Distance		2.28 Miles	Time		0 Hr 06 Min	Speed	22.80 Mph
Distance		Direction		Information		Miles to TC	
Total	Partial						
0.00	0.00			 SF 2 - 6 N52° 01.380' W03° 41.071' ///grazed.winds.litigate		2.28	
		1					
0.13	0.13					2.15	
		2					
0.41	0.28			Onto Asphalt		1.87	
		3					
0.84	0.43			Onto Gravel		1.44	
		4					
2.10	1.26			 Onto Asphalt PC 2 - 6 N51° 59.910' W03° 41.285' ///muddy.positions.stutter		0.18	
		5					
2.18	0.08			Onto Gravel		0.10	
		6					
0.10							

SF 2 - 6 Bowlsey 1 & 2			TC 3 - 7 Halfway 1 & 2		
Distance		2.28 Miles	Time	Speed	22.80 Mph
Distance		Direction	Information		Miles to TC
Total	Partial				
2.28	0.10	 7	 TC 3 - 7 N51° 59.773' W03° 41.438' ///trainers.mere.redeemed		0.00
	0.12	 1	 SS 3 - 7 N51° 59.705' W03° 41.564' ///regulates.dozed.kennels		

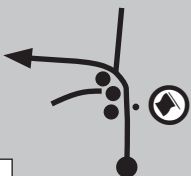


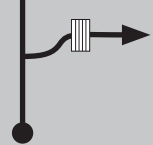
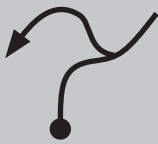
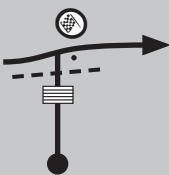
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SS 3 - 7 Halfway 1 & 2

Distance	6.25 Miles	Bogey	5 Min 00 Sec	Target	13 Minutes
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Distance		Direction	Information	Miles to FF
Total	Partial			
0.00	0.00	 1	   SS 3 - 7 Halfway 1 & 2 Tightened Junction N51° 59.705' W03° 41.564' ///regulates.dozed.kennels	6.25
0.38	0.38	 2		5.87
0.60	0.22	 3		5.65
0.77	0.17	 4		5.48
2.73	1.96	 5	 Onto Asphalt	3.52
2.82	0.09	 6	 Onto Gravel	3.43

SS 3 - 7 Halfway 1 & 2				
Distance		6.25 Miles	Bogey	5 Min 00 Sec
		Target		13 Minutes
Distance		Direction	Information	Miles to FF
Total	Partial			
3.37	0.55	7 		2.88
4.81	1.44	8 		1.44
6.25	1.44	9 	 Flying Finish N52° 00.968' W03° 38.929' ///prevented.skims.alien	0.00
6.48	0.23	10 	  SF 3 - 7 N52° 00.872' W03° 38.663' ///skater.nerd.whoever	



SF 3 - 7 Halfway 1 & 2			TC 4 - 8 Route 60 1 & 2			
Distance		3.45 Miles	Time	0 Hr 10 Min	Speed	20.70 Mph
Distance		Direction	Information		Miles to TC	
Total	Partial					
0.00	0.00	1	SF 3 - 7 N52° 00.872' W03° 38.663' ///skater.nerd.whoever	3.45		
0.07	0.07	2	PC 3 - 7 N52° 00.864' W03° 38.553' ///dumplings.outdone.glad	3.38		
0.11	0.04	3	Onto Asphalt (Dixies)	3.34		
0.49	0.38	4	Pass SS 4 & 8 exit	2.96		
3.36	2.87	5	TC 4 - 8 N51° 58.403' W03° 39.460' ///beep.revision.payback	0.09		
3.45	0.09	6		0.00		
0.06						

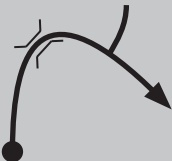
2026 Nicky Grist Stages

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[illegible]

NOTES



SS 4 - 8 Route 60 1 & 2					
Distance		3.83 Miles	Bogey	3 Min 04 Sec	Target 8 Minutes
Distance		Direction		Information	
Total	Partial				
0.00	0.00			   SS 4 - 8 Route 60 1 & 2 N51° 58.445' W03° 39.439' ///purse.spells.transmits	
		1			3.83
1.09	1.09				
		2			2.74
2.91	1.82			 Bale on inside of both corners	
		3			0.92
3.07	0.16			Bale	
		4			0.76
3.50	0.43				
		5			0.33
3.83	0.33			 Flying Finish N52° 00.358' W03° 38.335' ///scout.failed.basket	
		6			0.00
0.33					

SS 4 - 8 Route 60 1 & 2

Distance	3.83 Miles	Bogey	3 Min 04 Sec	Target	8 Minutes
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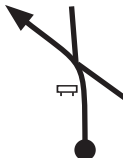
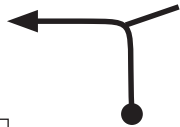
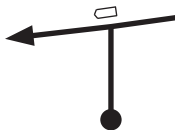
Distance		Direction	Information	Miles to FF
Total	Partial			
4.16	0.33		 SF 4 - 8 N52° 00.476' W03° 38.716' ///sending.suits.speaker	

After SS 4 turn to Page 37 for the route to TC 4A

After SS 8 turn to Page 49 for the route to MC 2

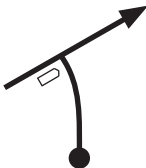
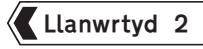
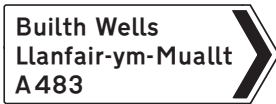


SF 4			Route 60 1			TC 4A			Regroup - In		
Distance		23.40 Miles		Time		0 Hr 50 Min		Speed		28.08 Mph	
Distance		Direction		Information		Miles to TC					
Total	Partial										
0.00	0.00	1			SF 4 N52° 00.476' W03° 38.716' ///sending.suits.speaker	23.40					
0.13	0.13	2			Onto Asphalt PC 4 N52° 00.575' W03° 38.766' ///savers.products.dissolves	23.27					
0.51	0.38	3			Pass exit from SS 3 (Dixies)	22.89					
0.60	0.09	4			Tirabad 4½ ↗	22.80					
1.45	0.85	5				21.95					
1.65	0.20	6				21.75					
0.32 ↻		2026 Nicky Grist Stages					Page 37				

SF 4 Route 60 1			TC 4A Regroup - In			
Distance		23.40 Miles	Time	0 Hr 50 Min	Speed	28.08 Mph
Distance		Direction	Information		Miles to TC	
Total	Partial					
1.97	0.32	7 			21.43	
2.81	0.84	8 	← Tirabad 2¼		20.59	
2.93	0.12	9 	Tirabad 2 →		20.47	
3.85	0.92	10 			19.55	
4.50	0.65	11 	LOWWICH GIVE WAY ← Tirabad ¼		18.90	
4.78	0.28	12 	20 Quiet & Slow (Tirabad)		18.62	
0.11						

2026 Nicky Grist Stages

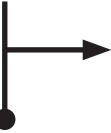
Page 38

SF 4 Route 60 1			TC 4A Regroup - In		
Distance		23.40 Miles	Time	Speed	28.08 Mph
Distance		Direction	Information		Miles to TC
Total	Partial				
4.89	0.11	 13	 		18.51
7.86	2.97	 14	 		15.54
8.07	0.21	 15			15.33
9.66	1.59	 16	 (Llanwrtyd Wells) Slow & Quiet		13.74
9.79	0.13	 17			13.61
10.02	0.23	 18	 		13.38
4.18					

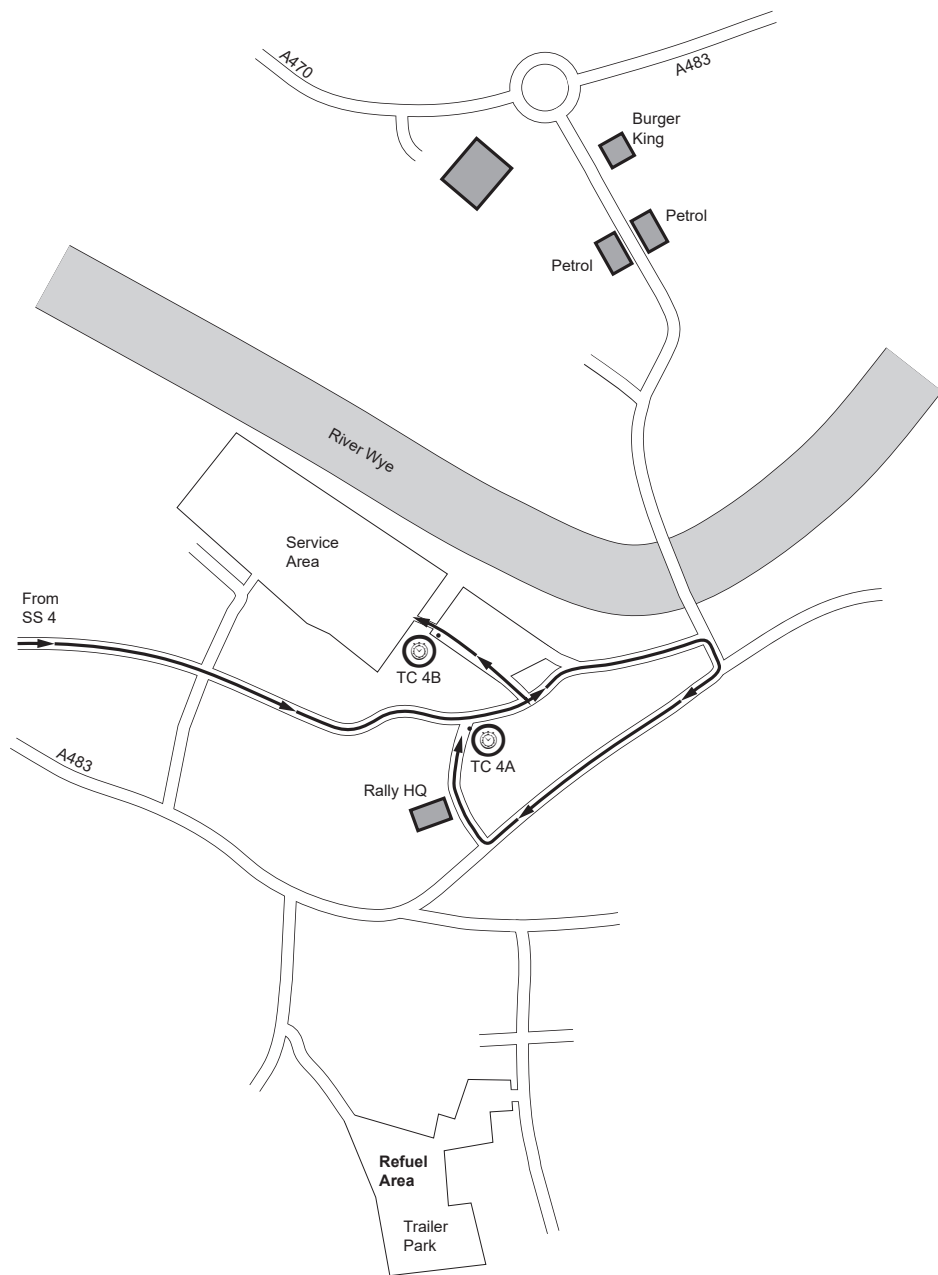
SF 4 Route 60 1			TC 4A Regroup - In			
Distance		23.40 Miles	Time	0 Hr 50 Min	Speed	28.08 Mph
Distance		Direction	Information			Miles to TC
Total	Partial					
14.20	4.18	19 	40 BEULAH Gyrrwch yn ofalus Please drive carefully			9.20
16.86	2.66	20 	40 GARTH Gyrrwch yn ofalus Please drive carefully			6.54
20.47	3.61	21 	40 CILMERI CILMERY Safle marw Llywelyn II Site of Llywelyn II's death			2.93
22.42	1.95	22 	40 (Builth Wells)			0.98
22.61	0.19	23 	20			0.79
22.79	0.18	24 	 Llandrindod Llandrindod Wells A483 Aberhonddu Brecon A470			0.61
0.19						

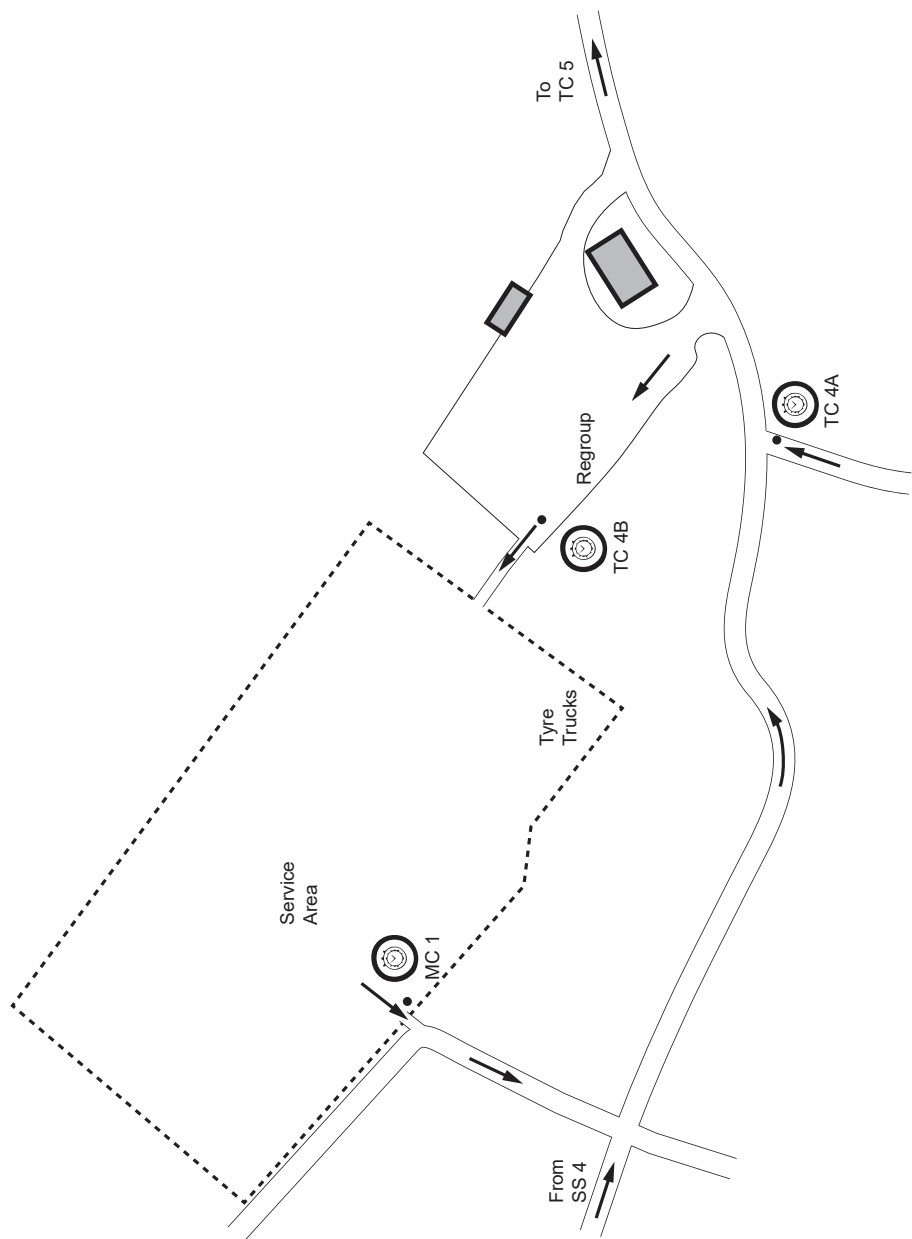
2026 Nicky Grist Stages

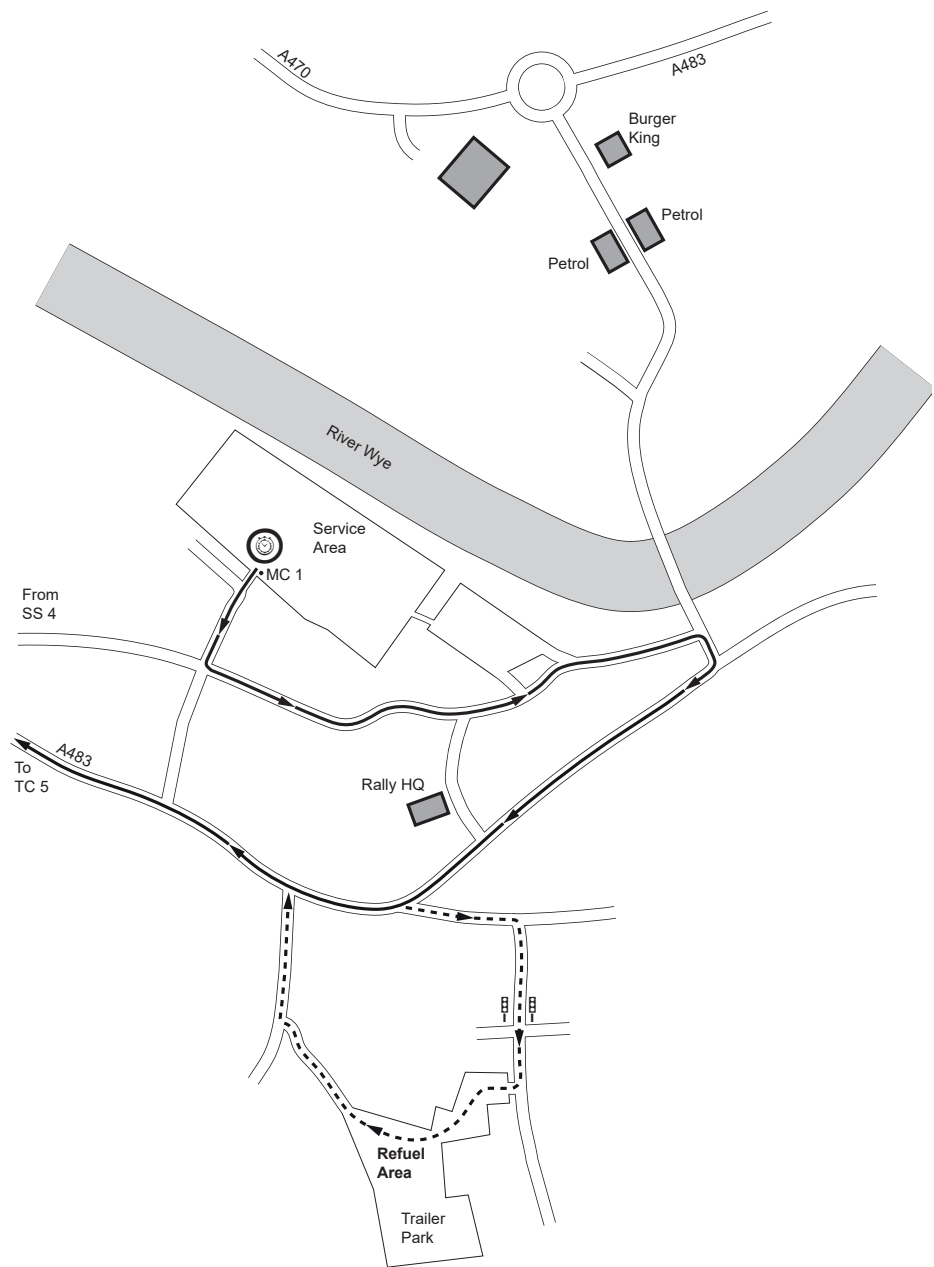
Page 40

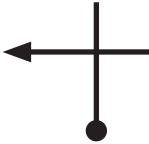
SF 4 Route 60 1			TC 4A Regroup - In		
Distance		23.40 Miles	Time	Speed	28.08 Mph
Distance		Direction	Information	Miles to TC	
Total	Partial				
22.98	0.19	 25	Service exit on Left	0.42	
23.10	0.12	 26	Regroup on Right Service entrance on Left	0.30	
23.20	0.10	 27	 Canol y dref Town centre	0.20	
23.34	0.14	 28	 Into Strand Street	0.06	
23.40	0.06	 29	 TC 4A Regroup - In N52° 08.964' W03° 24.189' /////unlocking.shin.newsreel	0.00	

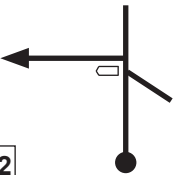


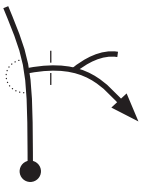






MC 1 Service - Out			TC 5 Monument 2		
Distance		11.72 Miles	Time	0 Hr 40 Min	Speed 17.58 Mph
Distance		Direction	Information	Miles to TC	
Total	Partial				
0.00	0.00	 1	 MC 1 Service - Out N52° 09.021' W03° 24.321' ///ecologist.daredevil.worked	11.72	
0.04	0.04	 2	Rally Traffic from Right	11.68	
0.16	0.12	 3	Rally Traffic crossing from Regroup to Service	11.56	
0.26	0.10	 4	 Canol y dref Town centre 	11.46	
0.40	0.14	 5	Rally Traffic turning Right to Regroup	11.32	
0.44	0.04	 6	Turn left for Refuel Area See plan on Page 44	11.28	

MC 1 Service - Out			TC 5 Monument 2		
Distance		11.72 Miles	Time	0 Hr 40 Min	Speed 17.58 Mph
Distance		Direction	Information	Miles to TC	
Total	Partial				
0.49	0.05		Rejoin from Refuel Area	11.23	
		7			
0.55	0.06		 Llanymddyfri A483 Llandovery Caerfyrddin (A40) Carmarthen	11.17	
		8			
0.73	0.18		Llandovery A483 Llanymddyfri Carmarthen (A40) Caerfyrddin 	10.99	
		9			
2.52	1.79		 CILMERI CILMERY Safle marw Llywelyn II Site of Llywelyn II's death	9.20	
		10			
6.01	3.49		 GARTH Gyrrwch yn ofalus Please drive carefully	5.71	
		11			
6.23	0.22			5.49	
		12			
2.48					

MC 1 Service - Out			TC 5 Monument 2		
Distance		11.72 Miles	Time	Speed	17.58 Mph
Distance		Direction	Information		Miles to TC
Total	Partial				
8.71	2.48	 13			3.01
11.14	2.43	 14			0.58
11.72	0.58	 15	 TC 5 N52° 04.876' W03° 33.809' ///fans.lined.unafraid		0.00
	0.17	 1	 SS 5 N52° 04.888' W03° 34.054' ///lengthen.slopes.initial		

Turn back to Page 15 for SS 5 to SS 8

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NOTES

SF 8			Route 60 2			MC 2			Built Wells - Finish		
Distance		23.11 Miles	Time		0 Hr 50 Min	Speed		27.73 Mph			
Distance		Direction	Information					Miles to TC			
Total	Partial										
0.00	0.00	1	SF 8 N52° 00.476' W03° 38.716' ///sending.suits.speaker	23.11							
0.13	0.13	2	Onto Asphalt PC 8 N52° 00.575' W03° 38.766' ///savers.products.dissolves	22.98							
0.51	0.38	3	Pass exit from SS 7 (Dixies)	22.60							
0.60	0.09	4	Tirabad 4½	22.51							
1.45	0.85	5		21.66							
1.65	0.20	6		21.46							
0.32											

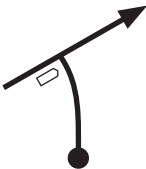
2026 Nicky Grist Stages

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SF 8			Route 60 2			MC 2			Builth Wells - Finish		
Distance		23.11 Miles		Time		0 Hr 50 Min		Speed		27.73 Mph	
Distance				Direction		Information		Miles to TC			
Total	Partial										
1.97	0.32	7								21.14	
2.81	0.84	8				 Tirabad 2¼				20.30	
2.93	0.12	9				 Tirabad 2				20.18	
3.85	0.92	10								19.26	
4.50	0.65	11				  Tirabad ¼				18.61	
4.78	0.28	12				 Quiet & Slow (Tirabad)				18.33	
0.11											

2026 Nicky Grist Stages

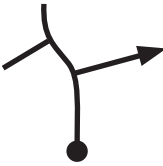
Page 50

SF 8 Route 60 2			MC 2 Builth Wells - Finish		
Distance		23.11 Miles	Time	0 Hr 50 Min	Speed 27.73 Mph
Distance		Direction	Information	Miles to TC	
Total	Partial				
4.89	0.11	 13	 Llangammarch 6 	18.22	
7.86	2.97	 14	 CEFN GORWYDD Gyrwch yn ofalus Please drive carefully	15.25	
8.07	0.21	 15	 Llanwrtyd 2	15.04	
9.66	1.59	 16	 (Llanwrtyd Wells) Slow & Quiet	13.45	
9.79	0.13	 17		13.32	
10.02	0.23	 18	 Builth Wells Llanfair-ym-Muallt A483 	13.09	
4.18 		2026 Nicky Grist Stages			Page 51

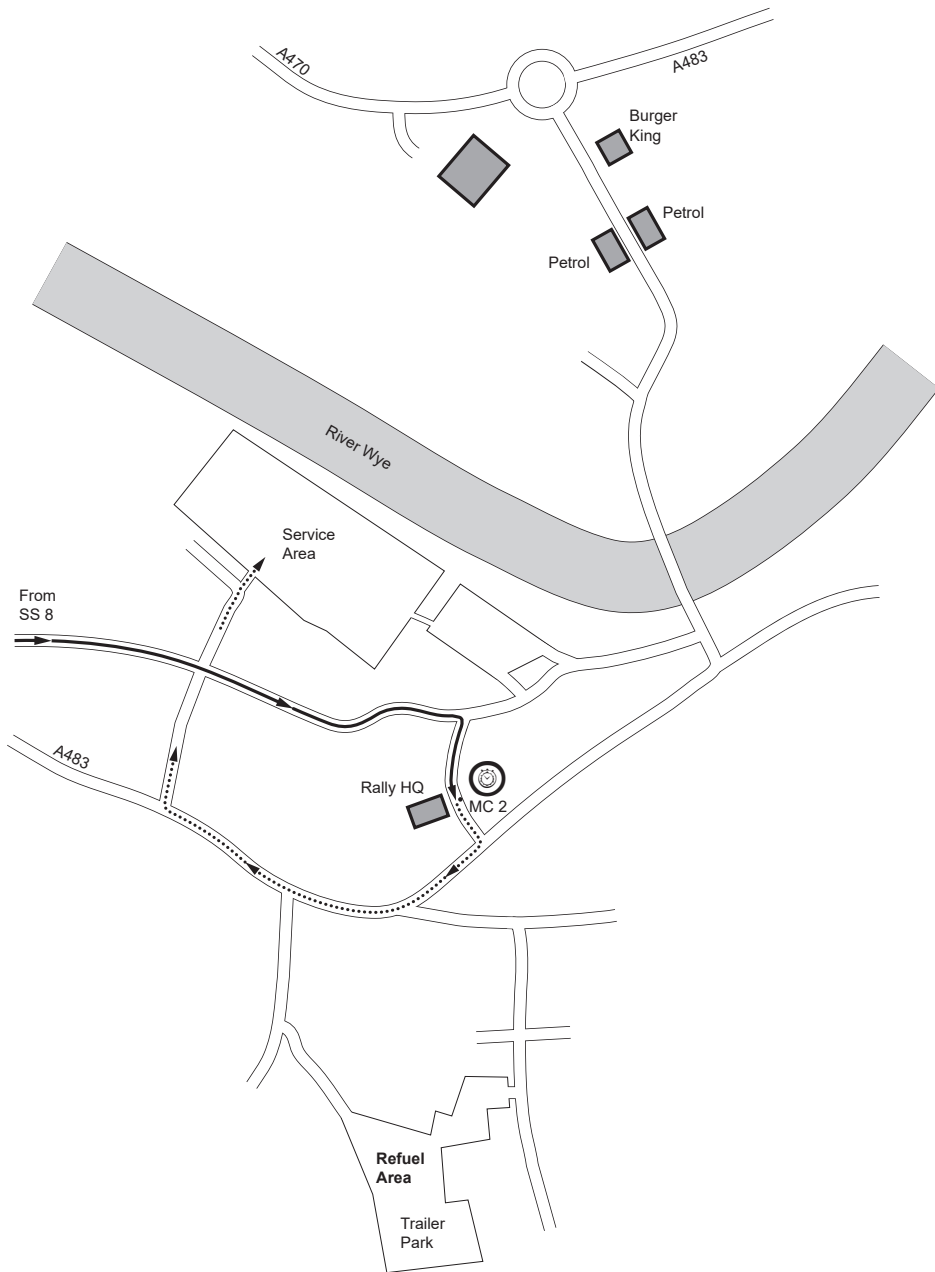
SF 8 Route 60 2			MC 2 Builth Wells - Finish			
Distance		23.11 Miles	Time	0 Hr 50 Min	Speed	27.73 Mph
Distance		Direction	Information			Miles to TC
Total	Partial					
14.20	4.18	19	40 BEULAH Gyrrwch yn ofalus Please drive carefully			8.91
16.86	2.66	20	40 GARTH Gyrrwch yn ofalus Please drive carefully			6.25
20.47	3.61	21	40 CILMERI CILMERY Safle marw Llywelyn II Site of Llywelyn II's death			2.64
22.42	1.95	22	40 (Builth Wells)			0.69
22.61	0.19	23	20			0.50
22.79	0.18	24				0.32
0.19						

2026 Nicky Grist Stages

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SF 8 Route 60 2			MC 2 Builth Wells - Finish		
Distance		23.11 Miles	Time	Speed	27.73 Mph
Distance		Direction	Information		Miles to TC
Total	Partial				
22.98	0.19	 25			0.13
23.10	0.12	 26			0.01
23.11	0.01	  27	 MC 2 Finish N52° 08.952' W03° 24.188' ///reports.eyelashes.impressed		0.00





2026 NICKY GRIST STAGES

ENQUIRY SHEET

Note: This form should be handed to the Competitor Liaison Officer at Rally Headquarters.

Car No: _____

This Enquiry relates to:

Special Stage No: _____ **OR** Liaison to Time Control No : _____

Nature of Enquiry: _____

Name of Person lodging Enquiry: _____

Signature: _____

Date: _____ Time: _____

✂ -----

ACTION

Name of Official: _____

Title: _____ Signature: _____

Date: _____ Time: _____

 TYRE RECORD FORM Quinton MC - Nicky Grist Stages 11-Jul-26												Crew Details		COMPETITOR NUMBER
												Driver Name		
												Co-Driver Name		
												Contact Telephone Number		

Tyre No.	FIA BARCODE												TYRE BRAND / OTHER IDENTIFYING MARKS (REQUIRED ONLY IF NO BARCODE PRESENT)	Control / Fitment Point		
														TC48	MCO	
1																
2																
3																
4																
5																
6																
7																
8																
9																
10																
11																
12																
												TOTAL WHEELS IN SECTION:				

THIS TYRE RECORD FORM MUST BE CARRIED IN THE COMPETING CAR AT ALL TIMES.

THE CREW ARE RESPONSIBLE FOR FILLING THIS FORM IN CORRECTLY.

ALL ENTRIES MUST BE MADE USING A PERMANENT MARKER - PENCIL OR ERASABLE PENS MUST NOT BE USED.

PLEASE PRESENT THIS FORM FOR INSPECTION WHEN REQUESTED BY A SCRUTINEER OR OFFICIAL OF THE EVENT.

2026 NICKY GRIST STAGES

DAMAGE DECLARATION

I confirm that I HAVE / HAVE NOT been involved in any incident that may have caused damage to persons or property

Complete details of any incident below;

Name of Driver: _____ Car No: _____

Date: _____ Time : _____

Location: _____

Details of any other Party involved:

Name: _____

Address: _____

Description of Incident:

Nature of any Injuries: _____

Nature of any Property Damage: _____

Reason for retirement:
