

British Rallying  
At its Best



2024

MOTORSPORT UK PIRELLI WELSH RALLY  
CHAMPIONSHIP 'RALLY OF THE YEAR'  
2023 & 2015

13<sup>th</sup> JULY 2024



# Final Instructions



carbon  
positive  
motorsport





TITLE SPONSOR

MOTORSPORT UK PIRELLI WELSH RALLY CHAMPIONSHIP 'RALLY OF THE YEAR' AWARD 2023 /2015



ORGANISING CLUB

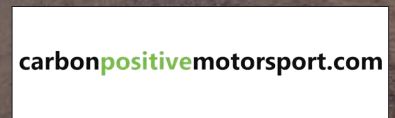
### CHAMPIONSHIPS



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THE BRIAN DAVIES MEMORIAL AWARD FOR THE BEST EVENT IN 2022



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MAKE PIRELLI YOUR CHOICE



FOR INFORMATION ON PIRELLI'S COMPLETE RANGE OF RALLY TYRES PLEASE  
CONTACT:

STEVE HARKNESS : 07840 048725

SPEEDLINE CORSE (FOR ENGLAND AND WALES) : 01952 582825

ANDREW WOOD MOTORSPORT (FOR SCOTLAND) : 01896 820263 or 07971 242401

EARS MOTORSPORT IE (FOR EIRE AND NI) : +353 (0) 2242050 or 07707 125999

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[rallychallenge@live.co.uk](mailto:rallychallenge@live.co.uk)

Tel: 07836 232 531 [www.tcs-plant.co.uk](http://www.tcs-plant.co.uk)

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FOR COMPETITION**

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**www.westwalesrallyspares.co.uk**

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## ...enough said



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# Nicky Grist Stages

13 July 2024

## FINAL INSTRUCTIONS



Welcome to the Nicky Grist Stages. We wish you all a safe and enjoyable day's rallying.

Please take the time to read these instructions carefully, they are written to assist you throughout the event

### IMPORTANT NOTE TO COMPETITORS AND ALL OFFICIALS:

Pursuant to 2024 NCR a.2.4 this event is being run as an event trialing the 2025 motorsport UK ('ASN') National Competition Rules ('NCR'). With limited exceptions referred to in the supplementary regulations the NCR apply in substitution for the 2024 ASN general regulations. All participants must acquaint themselves with the NCR which are only available online and can be found here: <https://www.motorsportuk.org/the-sport/trialncr/>

All regulatory references in the supplementary regulations (and which regulations are an 'official document') are to the 2025 NCR. Former (2024) regulatory references are also shown.

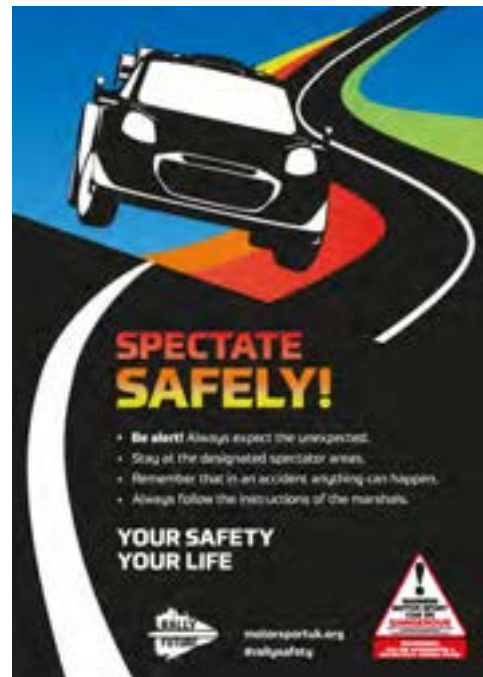
The relevant NCR are Chapters 1 -11 and 13 - Rally.

The organising team wish you an enjoyable and above all, a safe day's motor sport.

YOUR COMPETITION NUMBER IS SHOWN ON THE LINK TO THE SEEDED ENTRY LIST ON THE VIRTUAL NOTICE BOARD <https://webapp.sportcity.com/channel/NGS24Comp>

PLEASE DO NOT ATTEND THE EVENT IF YOU ARE DISPLAYING SYMPTOMS OF CORONAVIRUS

Rally HQ is located in the Strand Hall, Strand Street, Builth Wells.







# Nicky Grist Stages

13 July 2024

## FINAL INSTRUCTIONS



## NICKY GRIST MOTORSPORTS



**Exclusive Competitor Discount!**

FREE COLLECTION @  
NG Racing-Service van on Friday 12th July

**Service Park, Bulth Wells Rugby Club**

### COMPETITORS SPECIAL DISCOUNT

Nicky Grist Motorsports is offering competitors in the Nicky Grist Stages the opportunity to have a special discount on any of their requirements. Products can be viewed online at [www.nickygrist.com](http://www.nickygrist.com).

Items should be ordered and paid for over the telephone at their offices on 01981 241040, when the relevant discount can be applied. All goods will be brought to the rally for you to pick up from the Nicky Grist Racing Service van that will be in attendance at the service park on Friday afternoon.

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# Nicky Grist Stages

13 July 2024

## FINAL INSTRUCTIONS



### NOTICE BOARD

The Official Notice Board will be published on the SPORTITY app. The Virtual Notice Board is also accessible via the event website, in the Competitors Section.

The Start list will also be available at MC 0

Competitors are reminded that they will need to carry their Licence and Club Membership Card with them, spot checks will be conducted by the Entries Secretary prior to MC 0

Documentation collection, including all necessary decals and Guest Passes will be along the A470 at Map Reference SO 0336 5194 what3words ///factor.appraised.lemmings. Competitors must obtain their documentation before heading to Service. Entry to the Service Area will be refused without the appropriate passes.

### ADDITIONS & CHANGES TO THE SUPPLEMENTARY REGULATIONS:

#### Article 3: Authorisation

CAO Authorisation TBC

#### Article 6: Start time and starting procedure

Start times will be published on the official notice board via the Sportity App and the Event Website from 14:00hrs on Friday 12<sup>th</sup> July and at the Documentation Collection Point on Friday and MC 0 which is located in Strand Street.

Any gaps on the entry list will be closed up or reserves slotted in. Competitor's will not necessarily therefore start in numerical order. The order of starting will be as the final published list. It is the competitor's responsibility to check the final list to ensure they book out of MC 0 on their due time.

#### Article 7: Route and Event Format

Ordnance Survey Maps (1:50000) 147 & 160 will be required for the event.

Documentation collection, including all necessary decals and Guest Passes will be along the A470 at Map Reference SO 0336 5194 what3words ///factor.appraised.lemmings. Competitors must obtain their documentation before heading to Service. Entry to the Service Area will be refused without the appropriate passes.

The Event Route information, timings and mileages have been sent to each competitor with these Final Instructions; thus, giving you the opportunity to plan your day well in advance, but do not attempt to drive over the stages prior to the event. Any proven incident of trespass will result in a start being refused and a report being made to the Motorsport UK Steward for further action.

Colour Map Books will be provided in Competitors Packs at signing on.

#### Article 9: Classes

Due to low entry numbers Class RF 1.4 and RF 2.0 will be amalgamated into one class, Rally First

#### Article 11: Awards

There will be no formal Awards Presentation for the event.

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Overall will be presented at the final MC, all other awards will be posted out post event.

Rally First "Stars of the Day" will be awarded to the highest placed Rally First crew.



# Nicky Grist Stages

13 July 2024

## FINAL INSTRUCTIONS



### Article 13: Officials

Motorsport UK Steward	delete Phil Jones	add Rod Parkin
Event Steward	delete Rod Parkin	add Jon Aston
Safeguarding Officer	add Neil Cross 07767773862	
	Add Tim Harding 07702440633	

### Article 14: Competitor Liaison Officer:

Competitor Liaison Officer:

Simon Gronow's phone number is 07554 423516

Ryland James phone number is 07773 346878

During the event any Senior Official can be contacted, by ringing Rally HQ on 07476442281.

### Article 15: Judges of Fact and Driving Standards Observers

Tarmac Range Roads: All access roads on the Epynt Ranges are deemed to be 30 mph regardless of whether there is a note in the Road Book or a sign by the road. Gravel Roads are deemed to be 15mph regardless of whether there is a note in the Road Book or a sign by the road. There will be Driving Standards Observers operating during the day on the range roads. They may be equipped with Speed Detection Equipment. They will be named Judges of Fact so there will be no appeal against their findings.

The speed limit in the Service Area is **5mph** this will be monitored by Driving Standards Observers.

**North Road, Builth Wells is strictly out of bounds on Friday. On Saturday the only section not out of bounds is between the exit from Groe Park and the junction with the A483, Church Street after service and the junction of A483, Church Street and the gate into Groe Park after the finish, both as per the Road Book.**

We are working locally with the Dyfed Powys Police and engaging with Go Safe Wales who will be out and about watching speeds. So, beware!!



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# Nicky Grist Stages

13 July 2024

## FINAL INSTRUCTIONS



### Article 16: Service

The following Health & Safety statement MUST be shown to all your personnel.

*"Every person participating in the Nicky Grist Stages, whether employed or voluntary shall take reasonable care for the safety of themselves and other persons, who may be affected by their actions or omissions during the operation of the event."*

**This is your responsibility and by completing the event entry form you are acknowledging this fact.**

One category of support will be permitted: Service Vehicle.

Service Vehicles will remain in Central Service in Builth Wells. Service crews may service competing cars only within the bounds of the specified service area. The service area will be accessible only to vehicles bearing official "Service" plates **FIXED** to the front of the vehicle. Trailers are not allowed in the Service Area, there will be a separate trailer park in Builth Wells, see page 10.

**EACH COMPETITOR WILL HAVE A SERVICE AREA 8M X 8M, COMPANIES SERVICING MULTIPLE CARS WILL HAVE A SPACE 8M DEEP AND MULTIPLES OF 8M WIDE PER COMPETING CAR**

***No Auxiliary Service is allowed***

A competitor receiving assistance contrary to these SR's will be excluded from the results.

All Servicing in the Service Area must take place on a groundsheet, failure to do this will result in exclusion from the event. This is at the request of the land owners

Competitor Plates and Service Identification plates, Road Books, Service Books, Map Books and any Guest passes will be available for collection from the Pre-documentation Desk prior to scrutineering, please stop and collect the pack before entering the Service Area.

### Article 18: FUEL

Competitors are permitted to use only fuel that conforms to the definitions of pump fuels in the 2024 ASN NCR's Motorsport UK Yearbook.

Refueling will only be allowed in the designated refuel zone as per NCR Ch.13 App.18 Art.9 (formally R38.1.7) which can be accessed on the Friday evening and Saturday on the way to SS 1 & 5, or at fuel stations using pump fuel bought from that fuel station. **There will be no re-fueling from Service Vehicles in the Service Area.**

Service Crews wishing to go to refuel must leave the Service Area via the competitor exit onto North Road. Refueling of rally cars must at all times be in accordance with Health & Safety Guidelines. Competitors are reminded of all safety regulations. The penalty for contravention will be exclusion.

Vital Equipment will be providing an on-event refuelling service, supplying both Carless Hiperflo Turbo Ultimate and Super Unleaded. Please contact them direct on 01981 241169, e-mail: [orders@vitalequipment.co.uk](mailto:orders@vitalequipment.co.uk) or visit [www.vitalequipment.co.uk](http://www.vitalequipment.co.uk)

We would encourage all competitors to use these facilities; especially as the use of an on-event Refuelling Rig improves safety for competitors and their support teams. No petrol stations in the area sell Super Unleaded petrol.

### Vehicle Recovery Collection Points

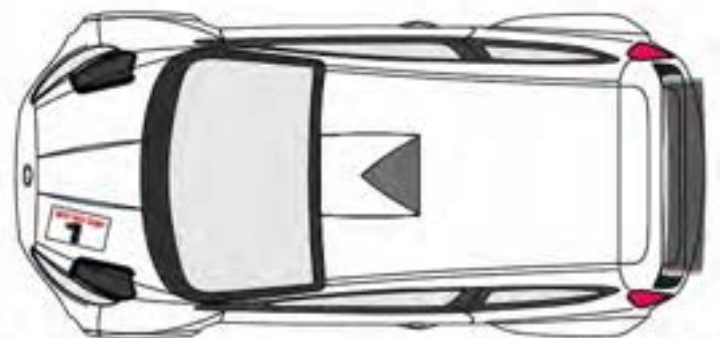
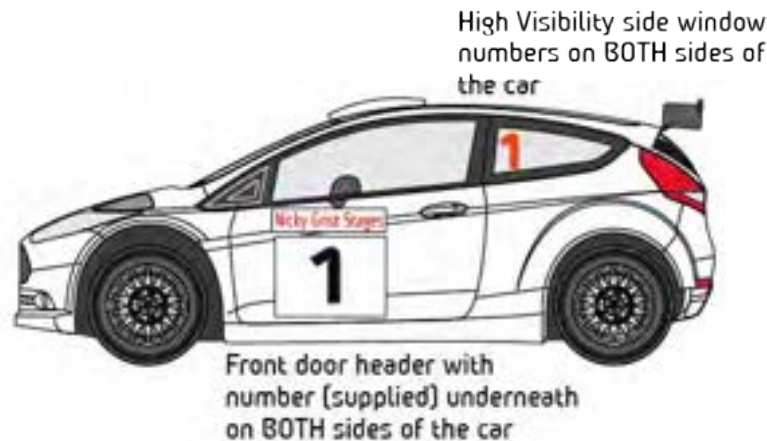
In the unfortunate circumstances that you need to be recovered from the stages, you will be taken to the Recovery Collection Point, detailed below

Llyn Login	Start area of Llyn Login	OS 147/020 436	Sweat.listen.bleaker
Halfway	Dixies	OS 160/ 875 365	Mini.dance.indicated
Monument	PC 2	OS 160/ 889 407	Bulk.assist.squaring
Bowlsey	PC 4	OS 160/ 812 387	Cakewalk.benched.baguettes

### Article 19: IDENTIFICATION

Competitors must display front door panels, on both sides of the car conforming to **NCR Ch.13 App9 Art.27 & Ch.7 App10 (R 6.1.3(a) & J.4) (Traditional Style door headers and numbers)**. Competitors are reminded that these numbers must be removed after the event, or upon retirement.

The following vehicle/event identification items will be provided by the Organisers and must be fixed to the vehicle as per the diagram.



Rally Plate (Bonnet)

Rally Plate (Rear of Car)



We are indebted to our Officials, Marshals and Safety Crews who, without their help, this event would not run. For those who have already brought a thanks for marshalling sticker or two we thank you, for those still wishing to show your support it's not too late to buy a sticker or two at £10 each, they can be purchased from the Pre Documentation area





# Nicky Grist Stages

13 July 2024

## FINAL INSTRUCTIONS



### ADDITIONAL INFORMATION

#### SCRUTINEERING AND DOCUMENTATION PROCEDURE

#### PLEASE ALSO REFER TO THE PLAN IN THIS DOCUMENT

1. The Service Area is open from 12:00 on the Friday. ***There is strictly no access before that time***
2. The Service Area is located on the Rugby Pitch off Groe Street Car Park, see plan, and servicing will take place on the Rugby Pitch. Cars **MUST** be serviced on a ground sheet. Spreader plates must be used beneath jacks and axle stands. Please report any mineral spills as soon as possible to the Service Area Commander.
3. Before heading to the Service area collect your documentation and passes from the **Documentation collection point along the A470 at Map Reference SO 0336 5194 what3words ///factor.appraised.lemmings**. Competitors must obtain their documentation before heading to Service.
4. **Entry to the Service Area will be refused without the appropriate passes**. You will collect all paperwork, excluding Time Cards, at this point.
5. **There is no traditional Signing on**, Images of your licence and club membership car must be uploaded to the entries system as part of the online signing on process.
6. The Entries Secretary will be based here for any last-minute queries  
At Pre-documentation you will have been issued with a process card, door header strips, **door numbers**, rally plates, high visibility side window numbers and your Service Plate. You should position these on your car as described in SSR Article 19 prior to noise and scrutineering. Proceed to the Noise Check and Scrutineering at North Road Garage. Should you fail return to the Service Area to work on your car prior to representation.
7. On completion of Noise and Scrutineering proceed back to the Service Area or depart to your overnight accommodation.
8. **NB** Only payments in cash will be accepted at signing-on for any outstanding fees or payments.
9. **Time Cards will be issued at the Yellow Board at MC 0 on Saturday morning, arrive in time to hand in your process card and receive your time cards**
10. Trailers may be left overnight in the Trailer Park or taken to your overnight accommodation. There will be Security on site, but trailers are left at your own risk. The final control for the event is in Strand Street, so all cars will be driving back to Builth Wells therefore there is no reason to move your trailer unless necessary to recover retired competing cars.

#### A Message from the Scrutineer

Foreign competitors must produce a Motorsport UK (MSA) Competition Log Book at Scrutineering. These cannot be obtained on the day. They must be obtained beforehand from Motorsport UK.

#### Camping

Camping in the Service Area is by prior arrangement only

#### Results

To avoid any pinch points there will be no results terminal in the Service Area, competitors can log on to live results [here](#).



# Nicky Grist Stages

13 July 2024

## FINAL INSTRUCTIONS



### Toilets, Catering & Rubbish

The Toilet Block marked on the Service plan is open for competitor use

There will be no Catering Unit in the Service Area, competitors and crews are encouraged to use the various cafes in Builtth Wells

Competitors are responsible for taking their own rubbish off site, the site is covered by CCTV anyone found leaving rubbish may face a post event charge for its disposal

There are new rules around recycling in Wales at events such as the Nicky Grist Stages please see the following link <https://en.powys.gov.uk/article/15553/Event-recycling>

There will be 2 skips on site, one for General waste and another for recycling, please ensure you use the correct skip for your waste.

**Nicky Grist Motorsport will be providing competitors, marshals, and officials with water again this year. Water will be available to competitors at each passage control and there will be bins available at the next time control for any rubbish to be collected for recycling. Competitors found to be littering may be reported to the Clerk of the Course for further action to be taken**

## Beat the Heat

**Keep in touch**

- Look after yourself, older people and the young
- Listen to the weather forecast and the news
- Plan ahead to avoid the heat

**Keep well**

- Drink plenty of water, cut back on alcohol & caffeinated drinks
- Dress appropriately for the weather
- Slow down when it is hot

**Find somewhere cool**

- Know how to keep your home cool
- Go indoors or outdoors, whichever feels cooler
- Cars get hot, avoid closed spaces

**Watch out**

- Be on the lookout for signs of heat related illness
- Cool your skin with water, slow down and drink water
- Stay safe when swimming
- Get help. Call NHS 111 or in an emergency 999

**For more information go to [www.nhs.uk/heatwave](http://www.nhs.uk/heatwave)**





# Nicky Grist Stages

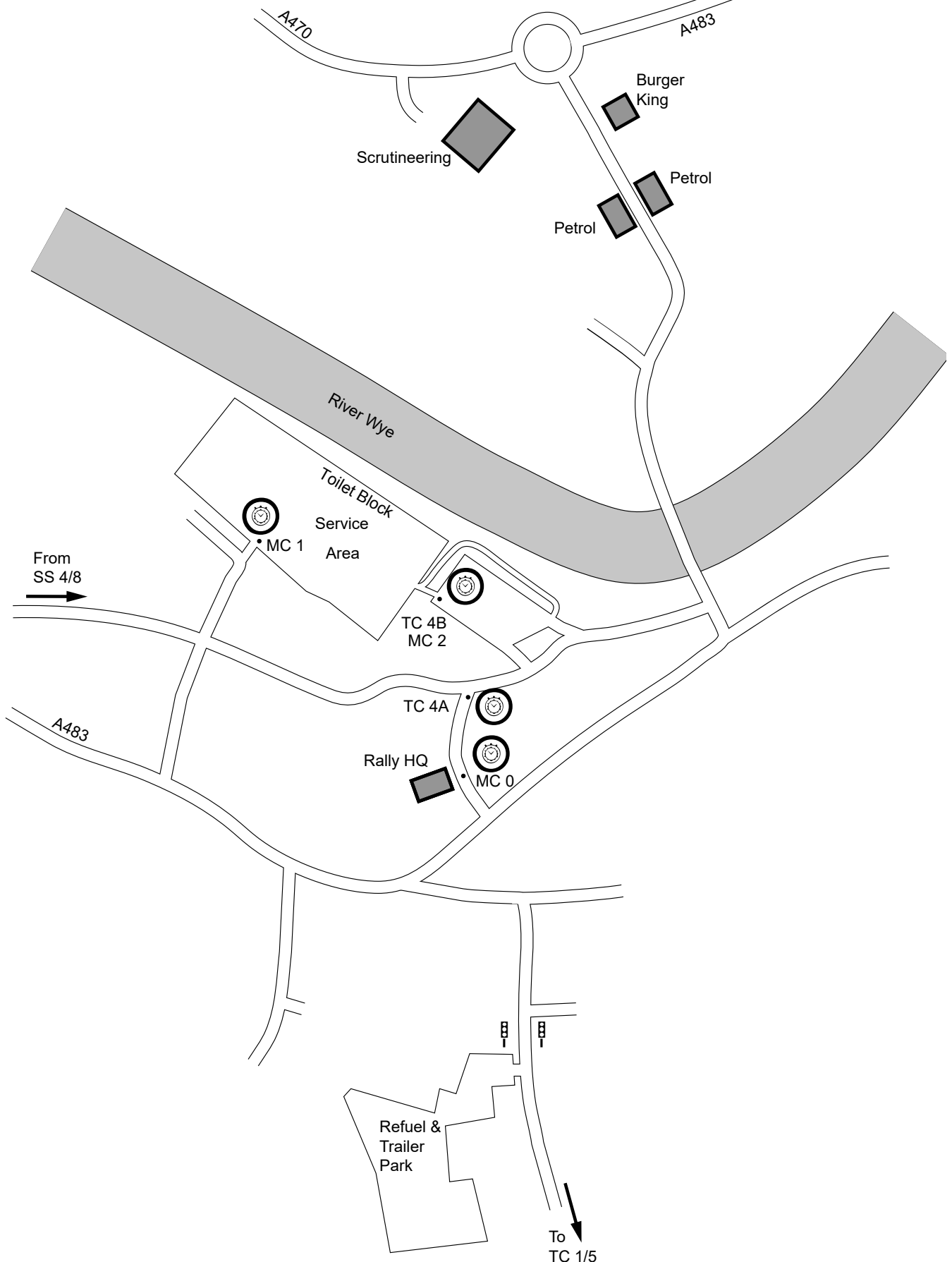
13 July 2024

## FINAL INSTRUCTIONS



Service

Penmau Bars Built Wells



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# Nicky Grist Stages

13 July 2024

## FINAL INSTRUCTIONS



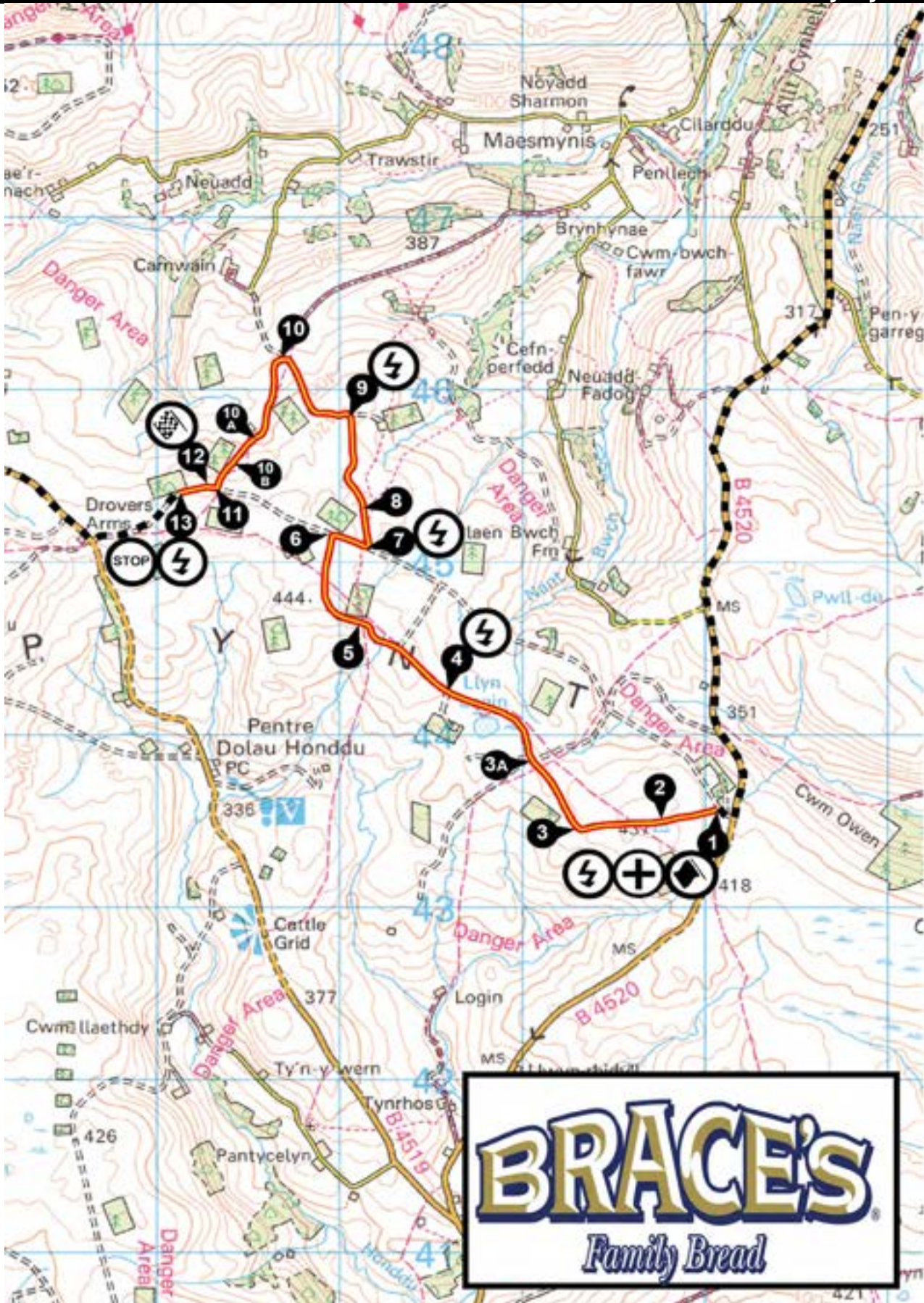
### Schedule

#### Nicky Grist Stages

1.2

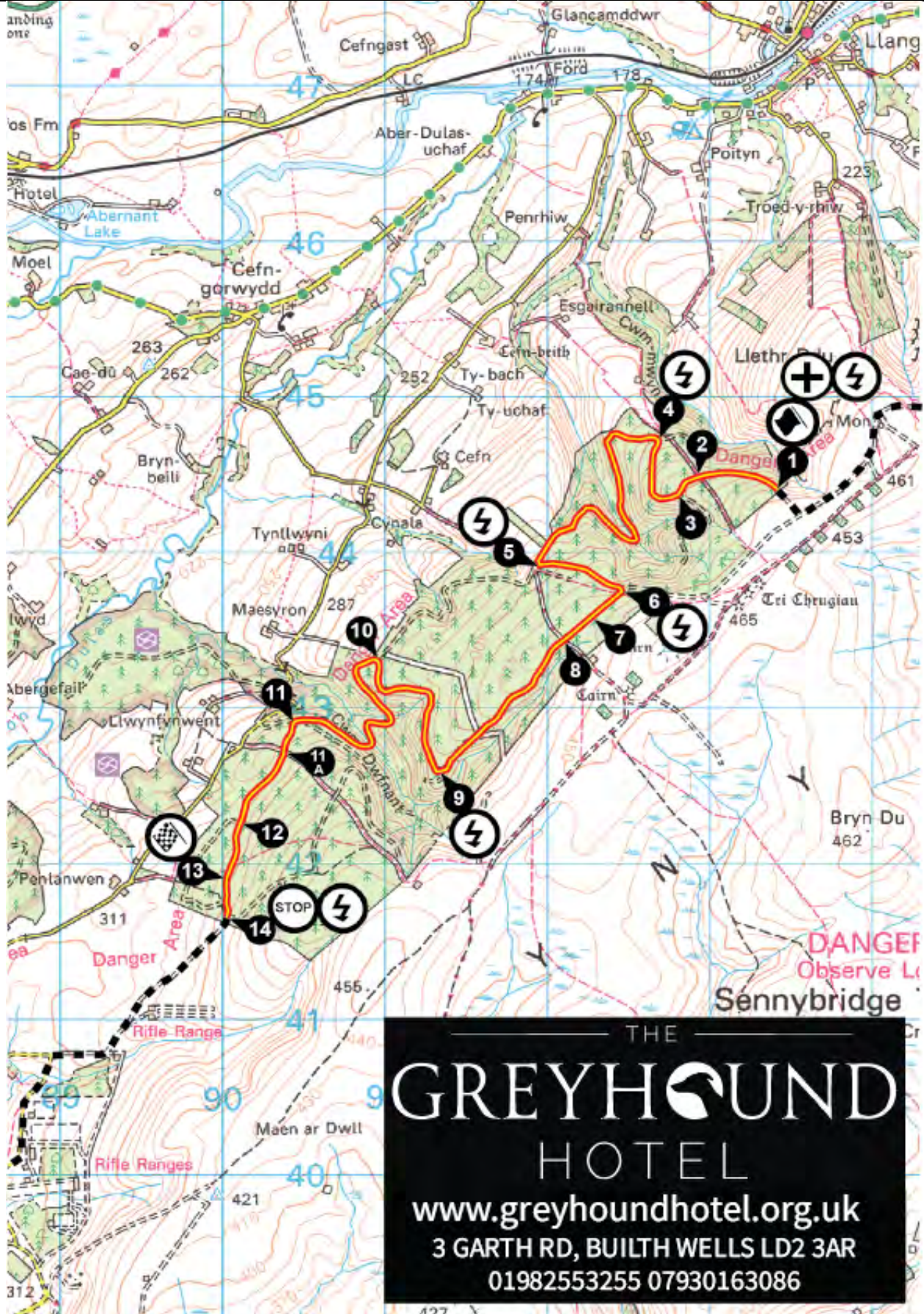
Saturday 13th July 2024

TC SS	Location	SS Dist. Miles	Liaison Dist. Miles	Section Time	1st Car Due
MC 0	Start - Builth Wells	-	-		09:01
1		-	5.65	0:18	09:19
<b>SS 1</b>	<b>Llyn Login 1</b>	-	-		<b>09:22</b>
<b>SF 1</b>		<b>3.50</b>	-		09:27
PC 1		-	-		
2		-	4.53	0:14	09:41
<b>SS 2</b>	<b>Monument 1</b>	-	-		<b>09:44</b>
<b>SF 2</b>		<b>5.68</b>	-		09:53
PC 1		-	-		
3		-	4.73	0:16	10:09
<b>SS 3</b>	<b>Halfway 1</b>	-	-		<b>10:12</b>
<b>SF 3</b>		<b>6.79</b>	-		10:22
4		-	0.89	0:05	10:27
<b>SS 4</b>	<b>Bowsey 1</b>	-	-		<b>10:30</b>
<b>SF 4</b>		<b>6.27</b>	-		10:39
PC 4		-	-		
4A	Regroup - In	-	22.77	0:50	11:29
4B	Regroup - Out / Service - In	-	0.07		11:45
<b>Service A - Builth Wells</b>		<b>(22.24)</b>	<b>(38.64)</b>	0:50	
MC 1	Service - Out	-	-		12:35
5		-	5.88	0:18	12:53
<b>SS 5</b>	<b>Llyn Login 2</b>	-	-		<b>12:56</b>
<b>SF 5</b>		<b>3.50</b>	-		13:01
PC 5		-	-		
6		-	4.53	0:14	13:15
<b>SS 6</b>	<b>Monument 2</b>	-	-		<b>13:18</b>
<b>SF 6</b>		<b>5.68</b>	-		13:27
PC 6		-	-		
7		-	4.73	0:16	13:43
<b>SS 7</b>	<b>Halfway 2</b>	-	-		<b>13:46</b>
<b>SF 7</b>		<b>6.79</b>	-		13:56
8		-	0.89	0:05	14:01
<b>SS 8</b>	<b>Bowsey 2</b>	-	-		<b>14:04</b>
<b>SF 8</b>		<b>6.27</b>	-		14:13
PC 8		-	-		
MC 2	Finish - Builth Wells	-	22.53	0:50	15:03
<b>Totals</b>		<b>44.48</b>	<b>77.20</b>		



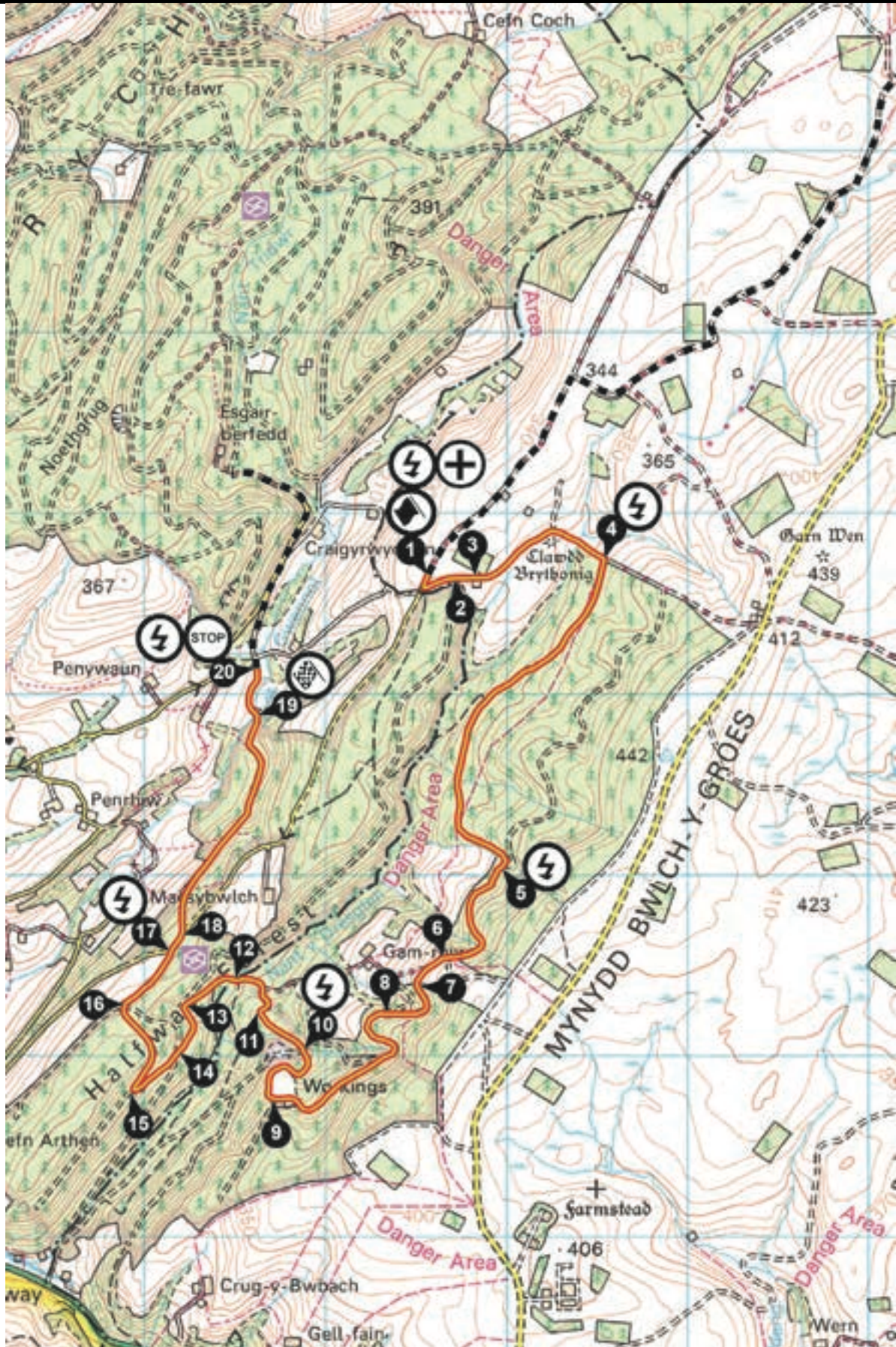
**SS 2 & 6**

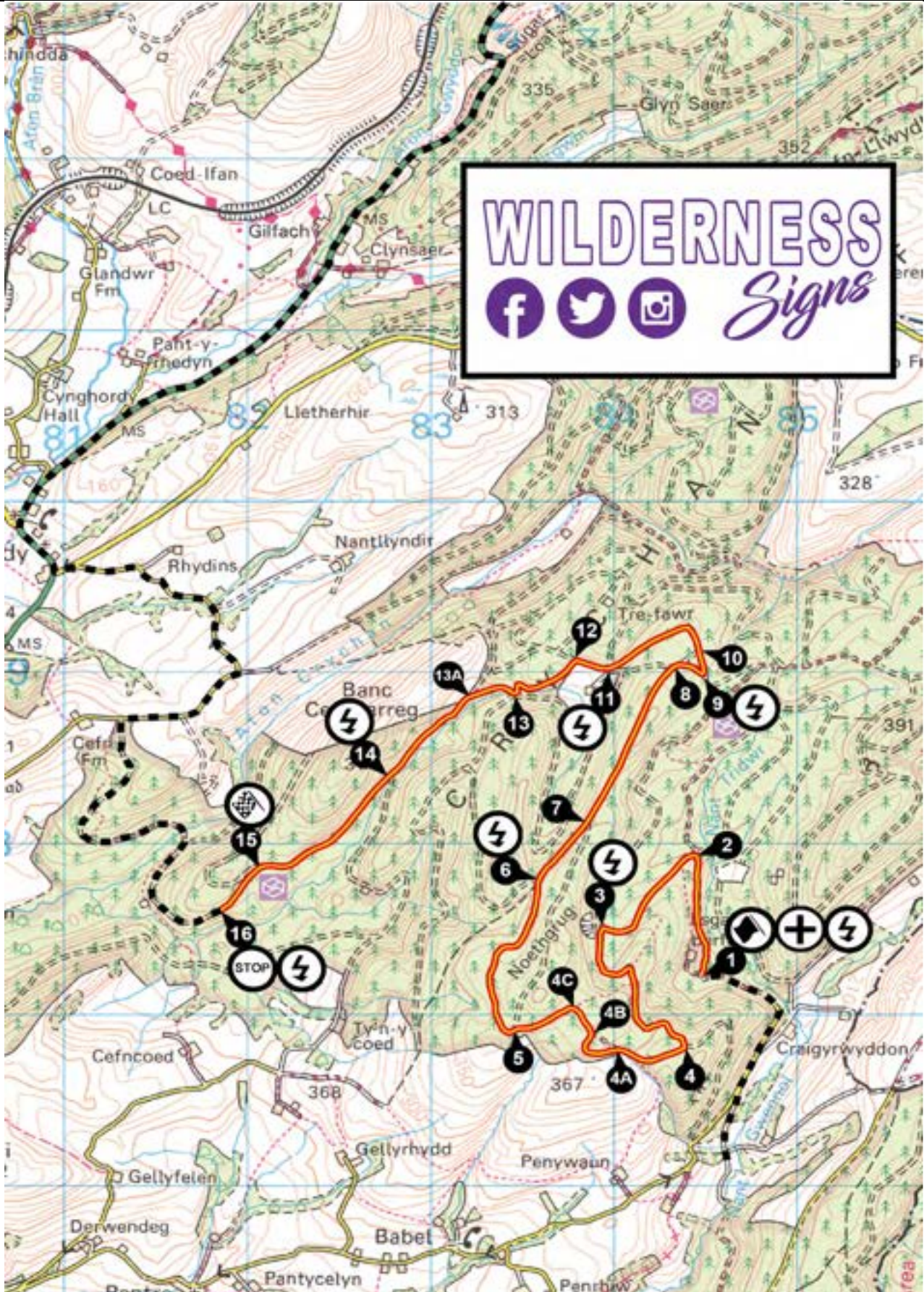
**The Greyhound Hotel, Builth Wells Monument**



THE  
**GREYHOUND**  
 HOTEL  
[www.greyhoundhotel.org.uk](http://www.greyhoundhotel.org.uk)  
 3 GARTH RD, BUILTH WELLS LD2 3AR  
 01982553255 07930163086

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## How to use the Sporttraxx FIA/22 Rally Tracker

### Collection of mounting kit

The mounting kit and the installation instructions will be provided at scrutineering. The competitor must install the cradle before the technical scrutineering, strictly following the provided instructions. There is no need for any power supply cable nor installation of antennas.

Do not hesitate in contacting Sporttraxx for any question.

### Tracker delivery

The tracker will be installed in the rally car by a Sporttraxx technician before the first time control. In case the installation of the cradle is not respecting the provided guidelines and the location of the tracker is technically not suitable for its correct functioning, the Sporttraxx technician will inform the competitor who will have to follow the given prescriptions.





### Tracker always ON

The tracker will be provided in ON status. Any attempt of turning it OFF or tampering with the device, is transmitted to Race control, logged in the tracker and will be reported to the Stewards.

The internal batteries will last for the duration of the race.





## On special stage

### Crash or Stop

- Press and hold  till beep in case urgent medical intervention is needed
- Press and hold  till beep in case of fire on board
- Press and hold  till beep to report a dangerous situation or a road block
- Press and hold  till beep to report you are OK and do not need any special assistance

### Multiple information

You can send more than one message, in a sequence based on importance. Examples:

- You stopped, you send  but also  as your car is an obstacle for the following competitors
- You crashed, you need medical help  and you have also a fire problem 

### Acknowledgement

Few seconds after the transmission of a message, and the green LED bar confirm the message has been received in race control.




Missing this acknowledgement, please repeat again the procedure.

### Red Flag

The flashing red LED bar + buzzer sound is signalling a RED FLAG instruction from Race Control.




Press and hold the  button to quit the warning and to acknowledge its reception. Behave accordingly.


### On road sections


#### Call back

The flashing green led bar are asking you to call Race Control using your phone, for important information.

Press and hold the  button to quit the request and to acknowledge its reception to Race Control.

#### Note:

The  button can have different meanings depending on the regulations of each event.

Usually the  button must be pressed within 1 minute from a stop in SS. That may vary. Please check the rules of your event.





## What Is Race with Respect?

The National Governing Body's Respect Code champions a **high standard of behaviour** from everyone within the motorsport community underpinned by our commitment to make motorsport an inclusive and safe sport for everyone, across all levels of motorsport.

The Respect Code will help to grow and strengthen the sport by making it **accessible and welcoming for everyone** and we cannot stress enough how important it is that it is embraced by all participants.

Ultimately Motorsport UK will deal with cases of disrespect, however **Clubs and Championships have an integral role to play** in the positive enforcement of the Respect Code and subsequently in dealing with poor behaviour in the initial phases. The range of actions that can be taken in response to deliberately disrespectful behaviour start with helping the individual understand why their behaviour is below the standard expected and can be escalated as needed.

A recorded verbal warning will be the basic level of penalty and in extreme cases disqualification from the Club or Championship and also onward referral to Motorsport UK. It is important that we have a **meaningful process** for handling and where appropriate, penalising breaches of the Code.

**This in no way replaces the usual judicial process** and is set apart from that. However, it may need to be considered in parallel to that process if the behaviour is, for example, deemed disrespectful, whilst appreciating that on event incidents can and will occur.

Utilising this campaign we can **educate, engage and support** the community in situations where needed. Although Motorsport UK will not hesitate to hold people accountable for their behaviour where necessary.

Whether you are a Competitor, Parent, Official, Marshal, Team Manager, Mechanic, Spectator or any other participant in the Event it is incumbent on us all to **Respect our fellow participant** and to **'call out' poor standards of behaviour**.

## Race with Respect code of conduct for Competitors

A socially-minded standard of behaviour is expected from everyone within the motorsport community. We all have a responsibility to follow the values of the Race With Respect Code of Conduct, embodying respect, integrity, fair play, self-control and good manners.

As a competitor I agree to demonstrate RESPECT by:

- Treating everyone with respect regardless of their gender, ethnic or social background, language, religious or other beliefs, disability, sexual identity or status.
- Being polite and respectful to all staff, officials, competitors, volunteers, as well as fans and supporters
- Never engaging in or tolerating offensive, insulting or abusive language or behaviour.
- Respecting my team mates, competitors from other teams and all other participants.

As a competitor I agree to demonstrate INTEGRITY by:

- Always taking part to the best of my ability.
- Behaving responsibly.
- Raising concerns when something isn't right and reporting any incidents of bullying to an Officer of the club or to Motorsport UK.

As a competitor I agree to demonstrate FAIR PLAY by:

- Respecting the rules and regulations, decisions and authority of the officials.
- Not cheating.
- Not breaking or bending the rules

As a competitor I agree to demonstrate SELF CONTROL by:

- Always speaking to other competitors with respect.
- Always being considerate of others and appreciating that everyone has a different level of skill and talent.
- Taking responsibility for my behaviour and the way I speak to other people.

As a competitor I agree to demonstrate GOOD MANNERS by:

- Placing an emphasis on fun and enjoyment, making our sport a friendly and welcoming place to be.
- Celebrating when I win and being gracious when I lose.

In accordance with regulation 10.1. Motorsport UK reserves the right to take appropriate disciplinary action for breaches of these codes of conduct. This may include being asked to leave Motorsport UK affiliated activities and being excluded from future activities.

## Race with Respect code of conduct for Team Personnel

*A socially-minded standard of behaviour is expected from everyone within the motorsport community. We all have a responsibility to follow the values of the Race With Respect Code of Conduct, embodying respect, integrity, fair play, self-control and good manners.*

As a member of a motorsport team I agree to demonstrate RESPECT by:

- Treating everyone with respect regardless of their gender, ethnic or social background, language, religious or other beliefs, disability, sexual identity or status.
- Being polite and respectful to all staff, officials, competitors, volunteers, as well as fans and supporters.
- Never engaging in or tolerating offensive, insulting or abusive language or behaviour
- Respecting all competitors and teams.

As a member of a motorsport team I agree to demonstrate INTEGRITY by:

- Always behaving with integrity, adhering to the regulations and upholding fairness in the sport.
- Respecting the rules, regulations and authority of the officials and Motorsport UK.
- Behaving responsibly and reporting any concerns I have with an Event Official, Officer of the Club or Motorsport UK.
- Encouraging drivers to take responsibility for their behaviour and performance.
- Always displaying the highest possible standards and being a role model to my drivers and attending personnel.

As a member of a motorsport team I agree to demonstrate FAIR PLAY by:

- Promoting the rules and regulations of motorsport and not encourage cheating.
- Celebrating effort and good racing by all involved.
- Not making or publishing negative comments which may bring individuals, teams or Motorsport UK into disrepute.

As a member of a motorsport team I agree to demonstrate SELF CONTROL by:

- Engaging in events in a positive, calm and confident manner.
- Not placing undue pressure on young drivers or criticise their performance in a unconstructive, unhelpful or negative way
- Being gracious in victory and defeat.
- Not drinking alcohol or using illegal drugs during practice or competition.

As a member of a motorsport team I agree to demonstrate GOOD MANNERS by:

- Being a positive role model by promoting good behaviour to everyone involved in motorsport.
- Placing the well-being, safety and enjoyment of competitors above everything, including winning.
- Contributing to a welcoming and friendly environment that ensures the safety and welfare of all participants.

In accordance with regulation 10.1. Motorsport UK reserves the right to take appropriate disciplinary action for breaches of these codes of conduct. This may include being asked to leave Motorsport UK affiliated activities and being excluded from future activities.

# PLAY YOUR PART

HERE'S HOW YOU CAN HELP TO MAKE OUR SPORT MORE SUSTAINABLE

## RECYCLE



USE RECYCLE BINS  
AND PICK UP  
YOUR RUBBISH

## TRAVEL



CAR SHARE WITH FRIENDS  
OR USE PUBLIC TRANSPORT  
IF YOU CAN

## COMMUNITY



BUY LOCALLY  
TREAT EVERYONE  
WITH RESPECT

## FOOD AND DRINK



CONSIDER PLANT-BASED  
OPTIONS AND  
AVOID SINGLE USE ITEMS

To find about more about sustainability in motorsport scan the QR code  
<https://www.motorsportuk.org/about-us/environmental-sustainability/>



# COMMERCIAL RECYCLING

**Working with businesses in Powys**



# Plastic and Cans



- Clean food and drink cans
- Aluminium foil
- Clean plastic bottles  
(rinsed, squashed and lids removed)
- Plastic bottle tops and lids
- Metal bottle tops and jar lids
- Aerosol cans
- Clean plastic food tray
- Clean pots and tubs



- ✗ Polystyrene
- ✗ Cling film
- ✗ Crisp packets
- ✗ Electrical items
- ✗ Large plastic items
- ✗ Paint tins and oil cans
- ✗ Yoghurt pot lids
- ✗ Plastic wrappers and bags
- ✗ Bubble wrap
- ✗ Mixed material – plastic items
- ✗ Pill blister packs

# Food



- Leftover cooked or raw food, including:
- Meat, fish and small bones
  - Cheese
  - Vegetables and fruit
  - Eggshells
  - Stale bread, cakes and pastries
  - Cereals
  - Rice, pasta and beans
  - Tea bags and coffee grounds



- ✗ Food trays, plastic bags, foil
- ✗ Carrier bags
- ✗ Newspaper
- ✗ Large bones
- ✗ Liquids
- ✗ Garden Waste  
(flowers and plants)
- ✗ Card
- ✗ Animal litter and straw  
from hutches etc

# Glass



- Clean glass bottles and jars (lids removed)



- ✗ Broken glass
- ✗ Plate glass
- ✗ Mirrors
- ✗ Glass cookware (Pyrex)
- ✗ Light bulbs

# Paper and Card



- Newspapers and magazines
- Catalogues and directories
- Junk mail
- Paper
- White envelopes
- Shredded paper (in envelope or wrapped in paper)
- Brown card (as long as it fits in the container)



- ✗ Wallpaper
- ✗ Metallic or glittery wrapping paper
- ✗ Tissues
- ✗ Tetra Pak type drink cartons

# Garden Waste



- Leaves
- Grass Cuttings
- Flowers
- Branches & Twigs
- Woodchip & Bark



- ✗ Kitchen Waste
- ✗ General waste
- ✗ Soil & Rubble
- ✗ Logs
- ✗ Invasive species

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Your collection dates can be found online using your account number at **[www.powys.gov.uk](http://www.powys.gov.uk)** or by contacting the Commercial Recycling Team

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- ➔ Your containers must be out for collection **by 7.30am** on your collection day.
- ➔ Your recycling should be placed loose in the containers, and the lid closed and locked, and not in plastic bags. **We will not collect side waste.**
- ➔ **Contact us** if you need to change, or would like to review, your collection service requirements.
- ➔ Further information can be found by accessing your account found online at **[www.powys.gov.uk](http://www.powys.gov.uk)**. Please contact the team if you do not have your account number.
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**FR /<sub>Jmp</sub> 80 ! ML → KR + Ć**

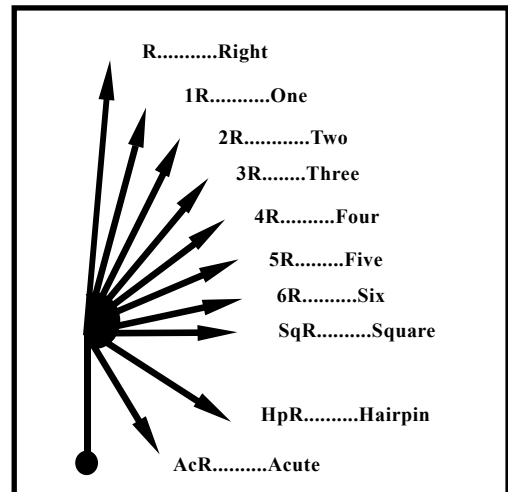
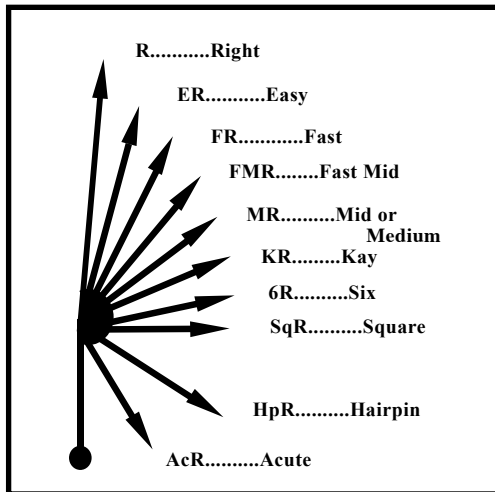
Fast Right over Jump 80 (yds) Caution Medium Left into Kay Right and Flat Crest

**2R /<sub>Jmp</sub> 80 ! 4L → 5R + Ć**

Two Right over Jump 80 (yds) Caution Four Left into Five Right and Flat Crest

These notes are designed to describe the road ahead, for a wide cross section of drivers and cars. They are not speed related, and must be interpreted according to road width, surface and conditions.

**Bend Indication**



**Descriptive**

1-9, 6 Fastest No 1st, Direction 1st etc. also available

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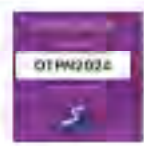
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