

BRITISH RALLYING  
AT ITS BEST



8th JULY 2023

2023  
505K

# FINAL INSTRUCTIONS



[WWW.NICKYGRISTSTAGES.CO.UK](http://WWW.NICKYGRISTSTAGES.CO.UK)



carbon  
positive  
motorsport





TITLE SPONSOR



ORGANISING CLUB

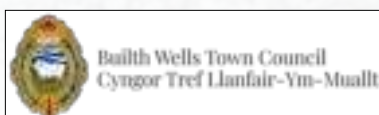
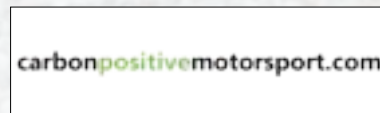
## CHAMPIONSHIPS



## CHAMPIONSHIP SPONSORS



## MEDIA, EVENT SPONSORS & SUPPORTERS



BEST BTRDA RALLY SERIES  
EVENT OF 2005/10/12/16

THE BRIAN DAVIES MEMORIAL AWARD  
FOR THE BEST EVENT IN 2022

BEST EVENT PIRELLI WELSH  
NATIONAL CHAMPIONSHIP 2015

# BRACE'S

*Family Bread*

# WALES' FAVOURITE



...enough said



bracesbakery



@bracesbakery



@bracesbakery

# WILDERNESS

07940 446733

**Signs**

GRAPHICS - SIGNS - DIGITAL PRINT

Tamworth, Staffs

Vehicle Graphics and Signwriting

Advertising Banners

Personalised Party and

Wedding Banners

Selfie Frames

Digital Printed Signs

(h&s, cctv, for sale etc)

Custom Workwear, Teams,

Hen and Stag T-Shirts

*Find us on Facebook*

*or*

*email for a free quote*

wildernesssigns@googlemail.com

# North Road Garage



## Toyota Main Dealer

All Makes Serviced & MOT Tested

### North Road Garage Toyota

Station Road, Llanelwedd, Builth Wells, Powys LD2 3SS

01982 552 600

[northroadgarage.toyota.co.uk](http://northroadgarage.toyota.co.uk)



**RACE  
WITH  
RESPECT**

## Encouraging a positive environment, on and off the track

A socially-minded standard of behaviour is expected from everyone within the motorsport community.

By participating in a Motorsport UK event, in any capacity, you are agreeing to follow the values of the governing body's Respect Code:

- **RESPECT**
- **INTEGRITY**
- **FAIR PLAY**
- **SELF-CONTROL**
- **GOOD MANNERS**

[motorsportuk.org/racewithrespect](http://motorsportuk.org/racewithrespect)

#RaceWithRespect

MEMBER OF





# RACE WITH RESPECT

I pledge to #RaceWithRespect and:

- Contribute to a welcoming and friendly environment that ensures the safety and welfare of all participants
- Always behave with integrity and uphold fairness in the sport; play your part in keeping the sport safe through your actions
- Treat everyone with respect, regardless of their gender, ethnic or social background, language, religious or other beliefs, disability, sexual identity or other status
- Recognise that we all represent the sport and therefore have a duty to be polite and respectful to all staff, officials, fellow competitors, volunteers, as well as fans and supporters
- Respect the rules, regulations and authority of the officials and Motorsport UK

I understand that breaching these obligations may result in disciplinary action.

[motorsportuk.org/racewithrespect](https://motorsportuk.org/racewithrespect)

#RaceWithRespect

MEMBER OF





# Nicky Grist Stages

8 July 2023

## FINAL INSTRUCTIONS



**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 Karl Dawson MBE Welsh Guards**

**TRAINING OFFICER, SENNYBRIDGE**

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





# Nicky Grist Stages

8 July 2023

## FINAL INSTRUCTIONS



Defence  
Infrastructure  
Organisation



With effect from 1 January 2023 all Defence Training Sites will become tobacco free environments. Smoking and the use of all tobacco products (including combustible and chewing tobacco products) is not permitted anywhere in the Defence working environment, which is the entire defence estate and includes all Defence personnel, contractors, visitors and other non-MoD personnel. Vaping and vaping products will be permitted; however their use will be limited to designated areas only.



# Nicky Grist Stages

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# carbonpositivemotorsport.com

We are delighted to offer all Nicky Grist Stages competitors and spectators a 20% discount on their event travel using our range of carbon offsetting services available through our online sales platform.

With prices starting from 22p per litre it's a small cost that makes a big difference.

**Nicky Grist Stages Discount Code CPMNGS2023**  
discount codes are valid between 5/7/23 – 12/7/23

for exclusive content and offers follow us @



We donate 10% of our offsetting and merchandise profits to local environmental projects located in the communities who support motorsport.

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

**YOUR COMPETITION NUMBER IS SHOWN ON THE ATTACHED ENTRY LIST**

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

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

### 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.**

# 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/>





# Nicky Grist Stages

8 July 2023

## FINAL INSTRUCTIONS



### ADDITIONS & CHANGES TO THE SUPPLEMENTARY REGULATIONS:

#### Article 3: Authorisation

CAO Authorisation 093/23

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

Start times will be published on the official notice board via the Sportivity App and the Event Website from 14:00hrs on Friday 7<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.



ELUSEN AMBIWLANS AWYR CYMRU  
WALES AIR AMBULANCE CHARITY

#### 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. Class and additional awards will be presented at the final MC.

Article 11 has been amended, 1<sup>st</sup> in Class will now be awarded subject to 3 or more entries, 2<sup>nd</sup> in class will be awarded subject to 7 or more in a class and 3<sup>rd</sup> in class will be awarded subject to 10 or more in a class.

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

#### Article 13: Officials

Motorsport UK Steward      delete David Lucas      add Eric Cowcill

Entries Secretary          add Claire Starling



# Nicky Grist Stages

8 July 2023

## FINAL INSTRUCTIONS



### Article 14: Competitor Liaison Officer:

Competitor Liaison Officer: Simon Gronow's phone number is: 07554 423516

During the event any Senior Official can be contacted, by ringing Rally HQ on 07767773862.

### 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.

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!!

### 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 Built 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 Built Wells.

**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 groundsheets, 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 Time Cards will be available for collection from the Pre-documentation Desk prior to scrutineering, please stop and collect the pack before entering the Service Area.

**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 £5 each, they can be purchased from the Pre Documentation area**



### Article 18: FUEL

Competitors are permitted to use only fuel that conforms to the definitions of pump fuels in the 2023 Motorsport UK Yearbook.

Refueling will only be allowed in the designated refuel zone (as per 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.**

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

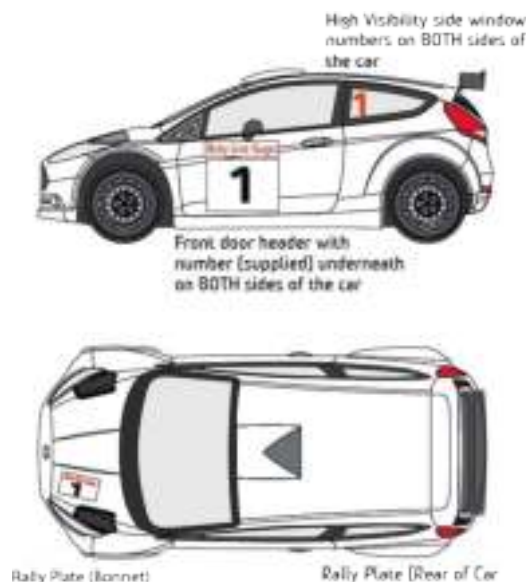
In the unfortunate circumstances that you need to be recovered from the stages, you will be taken to the Recovery Collection Point, detailed below

Llyn Login	Start area of Llyn Login	OS 147/020 436	Sweat.listen.bleaker
Crychan	Dixies	OS 160/ 874 363	Vesting.meanliness.ensemble
Halfway	Dixies	OS 160/874 363	Vesting.meanliness.ensemble
Monument	View point Mabians Way Garth	OS 147/960 468	Cape.predict.beak

### Article 19: IDENTIFICATION

Competitors must display front door panels, on both sides of the car conforming to **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.

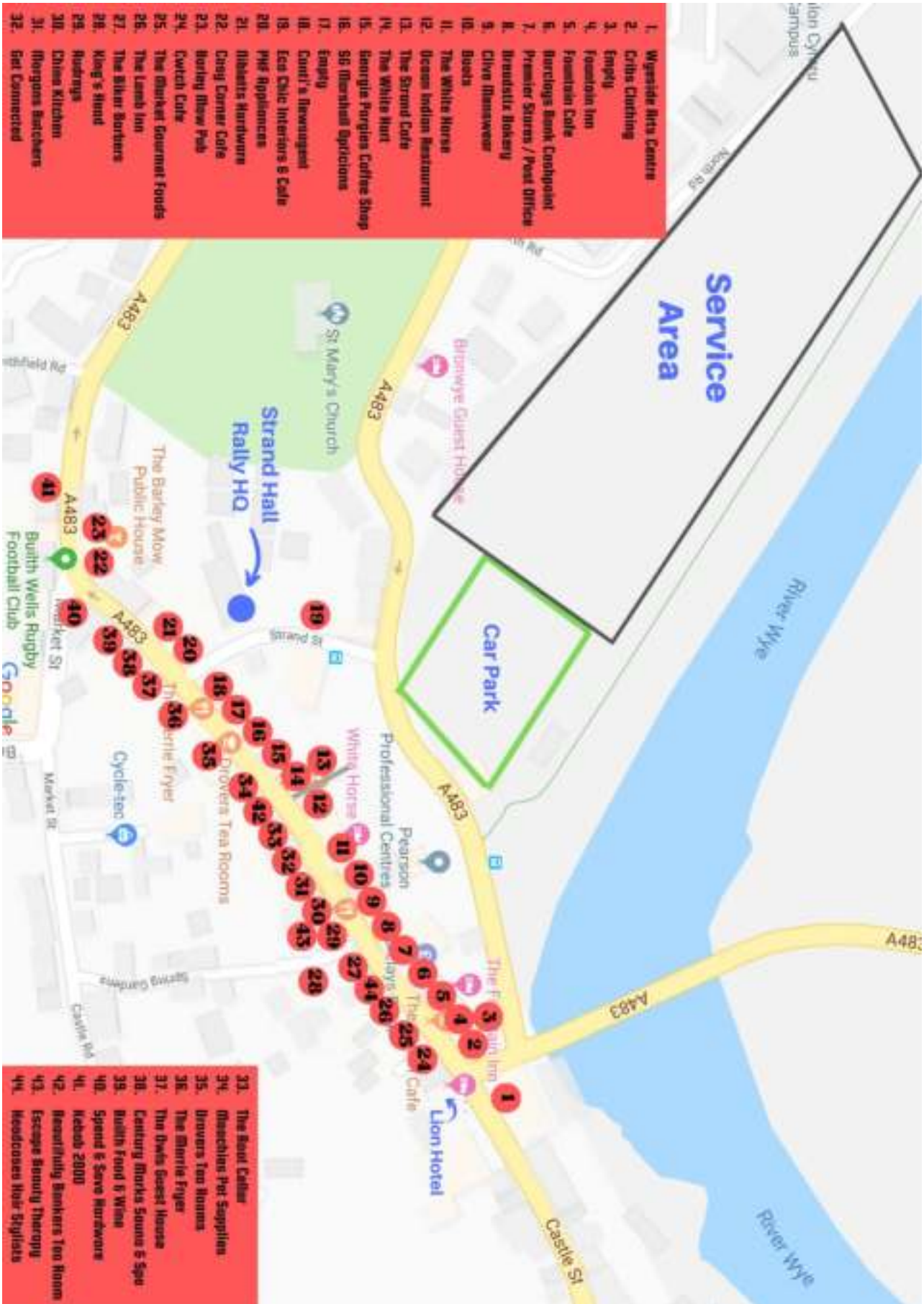




# Nicky Grist Stages

8 July 2023

## FINAL INSTRUCTIONS



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# Nicky Grist Stages

8 July 2023

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### 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. 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. Entry to the Service Area will be refused without the appropriate passes.** You will collect all paperwork, excluding Time Cards, at this point. **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.
- 4.
5. 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.
6. On completion of Noise and Scrutineering proceed back to the Service Area or depart to your overnight accommodation.
7. **NB** Only payments in cash will be accepted at signing-on for any outstanding fees or payments.
8. **Time Cards will be issued at the Yellow Board at MC 0 on Saturday morning, arrived in time to hand in your process card and receive your time cards**
9. 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 Built 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.

The Nicky Grist Racing Service Van will be in attendance in the service park on Friday for any last minute items, they will also deliver pre ordered items form the showroom by arrangement

#### Camping

Camping 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 via the following links:

#### Nicky Grist Stages

#### Toilets, Catering & Rubbish

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





# Nicky Grist Stages

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

**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**

### **Competitors Special Purchase Offer from Nicky Grist Motorsports**

*It is brilliant to see once again that our event is very well supported, and we look forward to welcoming all crews to Builth Wells on Saturday 8<sup>th</sup> of July.*

Nicky Grist Motorsports is offering all competitors entered on the 2023 Nicky Grist Stages a special discount on selected items.

Please browse the collection on [Nickygrist.com](http://Nickygrist.com) and then contact Nicky and the team on 01981 241040 / [info@nickygrist.com](mailto:info@nickygrist.com) for discount information.

Any items purchased in advance may be collected free of charge from the Nicky Grist Motorsports Racing Services van in the Nicky Grist Stages service park on Friday afternoon.

*Please call us on – 01981 241040 or email [info@nickygrist.com](mailto:info@nickygrist.com)*

*Good Luck to you all*



## 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)

PHF publications gateway number: 3118871



# Nicky Grist Stages

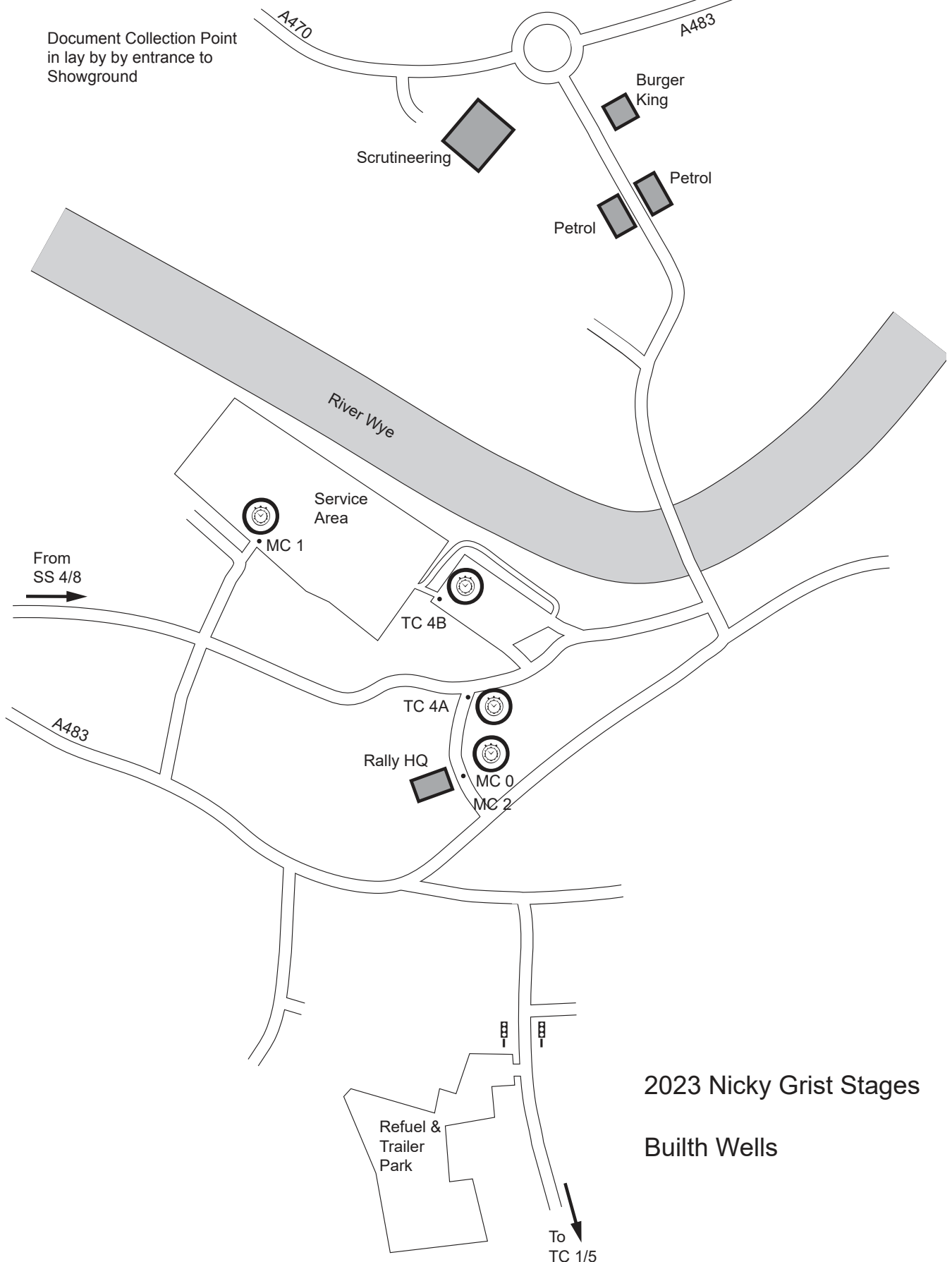
8 July 2023

## FINAL INSTRUCTIONS



Service

Builth Wells



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# Nicky Grist Stages

8 July 2023

## FINAL INSTRUCTIONS



### Schedule

### Nicky Grist Stages

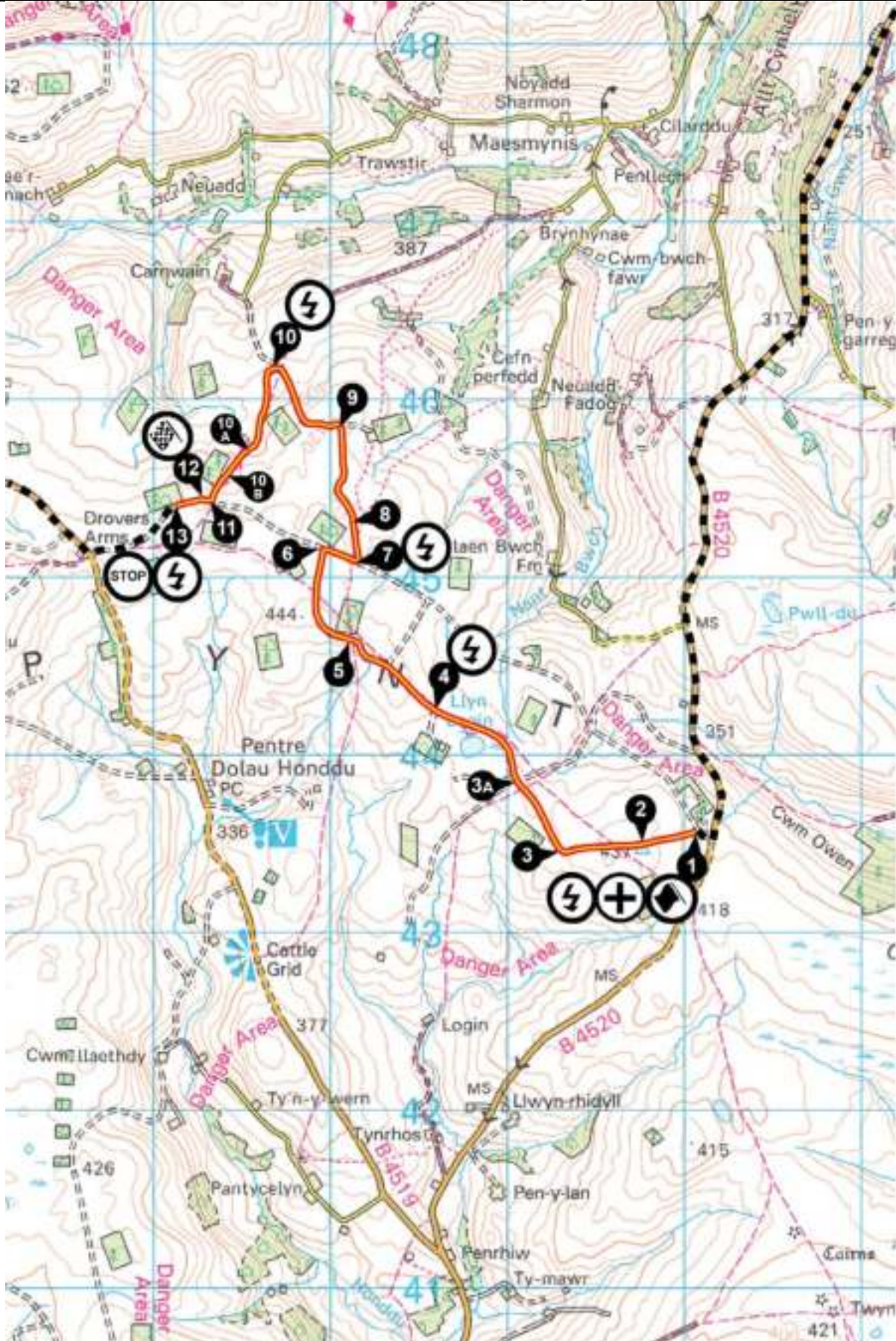
1.1

Saturday 8th July 2023

TC	Location	SS Dist. Miles	Liaison Dist. Miles	Section Time	1st Car Due
MC 0	Start - Builth Wells	-	-		08:31
1		-	5.65	0:18	08:49
<b>SS 1</b>	<b>Llyn Login 1</b>	-	-		<b>08:52</b>
<b>SF 1</b>		<b>3.50</b>	-		08:57
PC 1		-	-		
2		-	21.30	1:00	09:57
<b>SS 2</b>	<b>Crychan 1</b>	-	-		<b>10:00</b>
<b>SF 2</b>		<b>6.95</b>	-		10:12
PC 1		-	-		
3		-	4.30	0:12	10:24
<b>SS 3</b>	<b>Halfway 1</b>	-	-		<b>10:27</b>
<b>SF 3</b>		<b>4.87</b>	-		10:34
PC 3		-	-		
4		-	4.33	0:12	10:46
<b>SS 4</b>	<b>Monument 1</b>	-	-		<b>10:49</b>
<b>SF 4</b>		<b>5.83</b>	-		10:58
PC 4		-	-		
4A	Regroup - In	-	10.98	0:25	11:23
4B	Regroup - Out / Service - In	-	0.07		11:40
<b>Service A - Builth Wells</b>		<b>(21.15)</b>	<b>(46.63)</b>	<b>0:50</b>	
MC 1	Service - Out	-	-		12:30
5		-	5.88	0:18	12:48
<b>SS 5</b>	<b>Llyn Login 2</b>	-	-		<b>12:51</b>
<b>SF 5</b>		<b>3.50</b>	-		12:56
PC 5		-	-		
6		-	21.30	1:00	13:56
<b>SS 6</b>	<b>Crychan 2</b>	-	-		<b>13:59</b>
<b>SF 6</b>		<b>6.95</b>	-		14:11
PC 6		-	-		
7		-	4.30	0:12	14:23
<b>SS 7</b>	<b>Halfway 2</b>	-	-		<b>14:26</b>
<b>SF 7</b>		<b>4.87</b>	-		14:33
PC 7		-	-		
8		-	4.33	0:12	14:45
<b>SS 8</b>	<b>Monument 2</b>	-	-		<b>14:48</b>
<b>SF 8</b>		<b>5.83</b>	-		14:57
PC 8		-	-		
MC 2	Finish - Builth Wells	-	10.73	0:25	15:22
<b>Totals</b>		<b>42.30</b>	<b>93.17</b>		

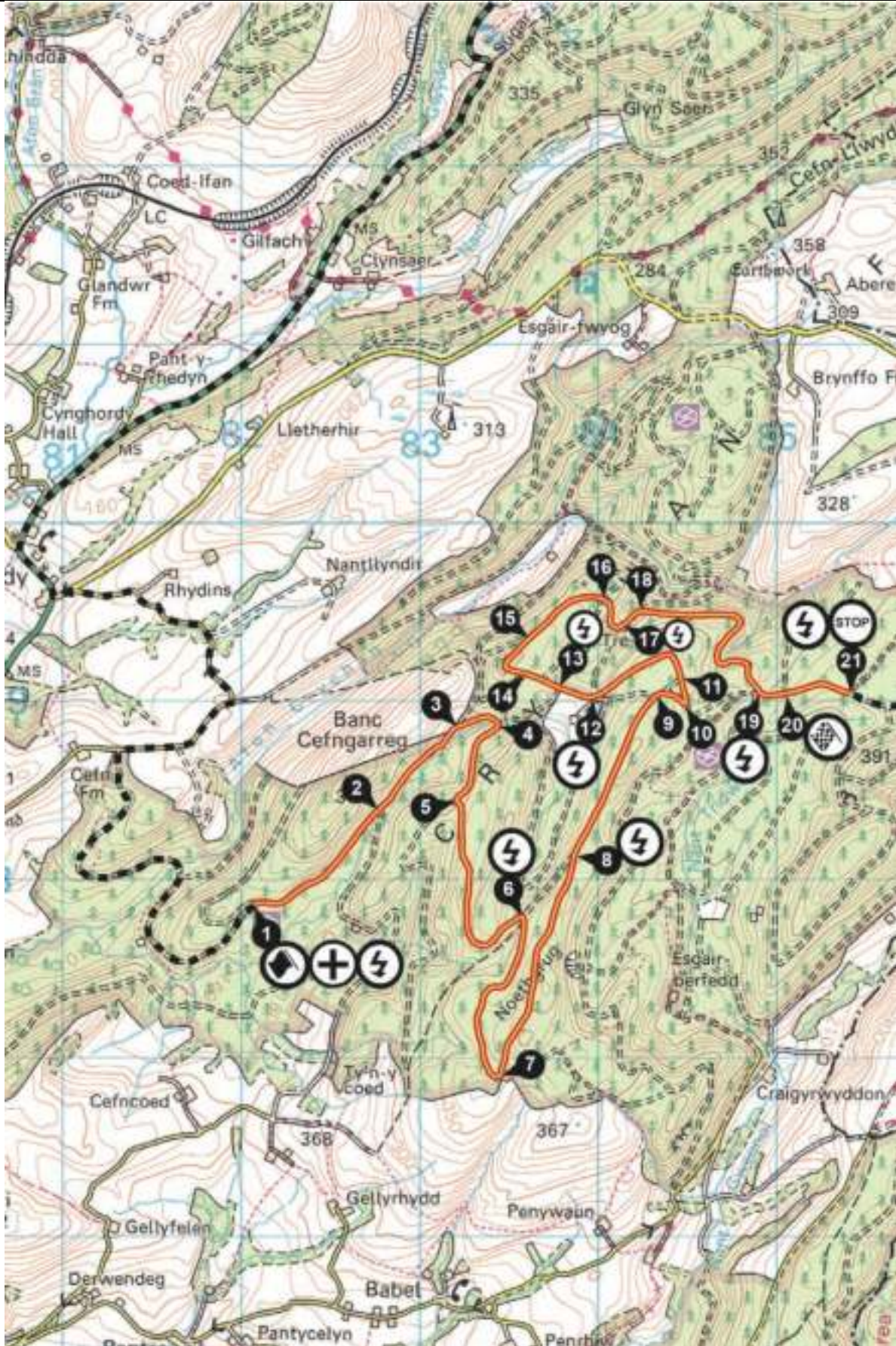
**SS 1 & 5**

**Llyn Llogyn**



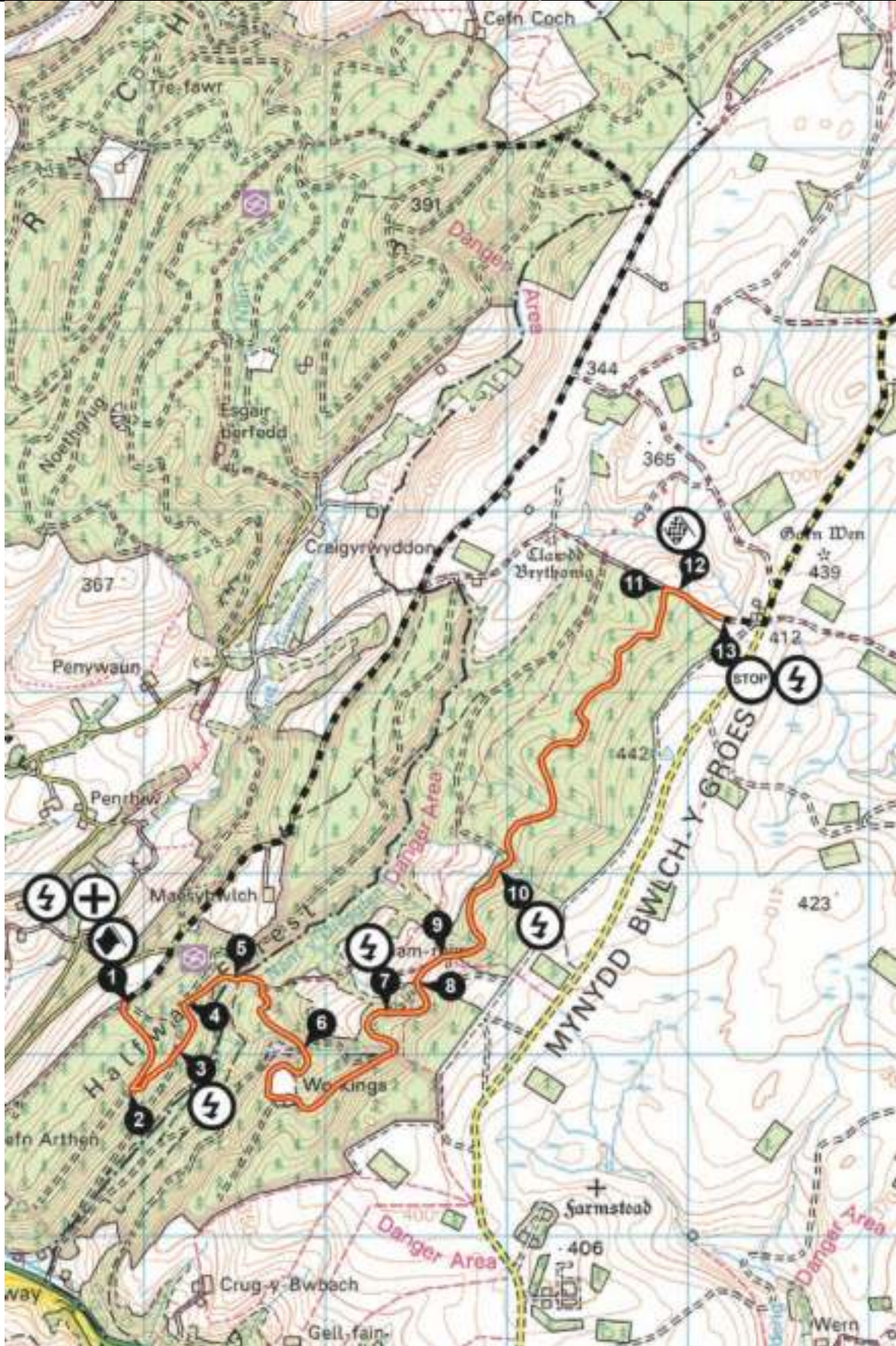
SS 2 & 6

Crychan



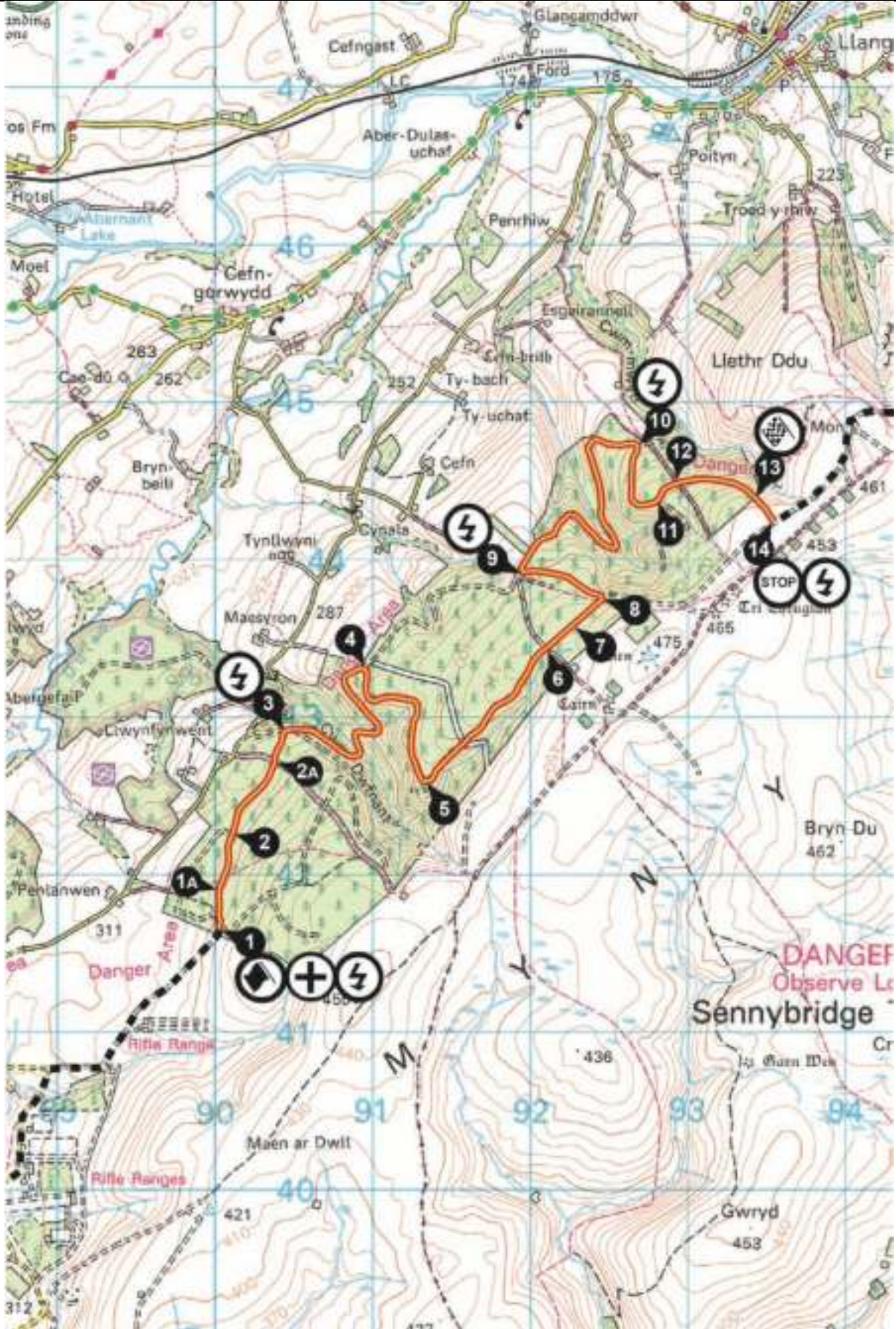
**SS 3 & 7**

**Halfway**



SS 4 & 8

Monument







# Nicky Grist Stages

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## FINAL INSTRUCTIONS



### Tracker Instructions



## Tracker Instructions



## Fighting Motor Neurone Disease.



Dave Hirst, one of Ian Joel Rallying key members was diagnosed with Motor Neurone Disease in the latter part of 2021. Dave has been a constant member of Ian's team since 1995 and has contributed massively to their rallying efforts particularly on the BTRDA Rally Championship.

Motor Neurone Disease is a fatal rapidly progressive neurological disease with no current cure. Life expectancy once diagnosed, is on average no more than five years although each case can be very different. MND has a degenerative effect on the nervous system and muscle control which effects the use of hands and arms, walking, speaking, swallowing and breathing. It is without doubt a horrible disease.

Ian Joel Rallying are raising the profile of Fighting MND and aiming to raise money with a variety of Fundraising Merchandise including Car Stickers (150mm x 150mm) in various colours all for minimum donations to the Charity.

Please look out for them in the Service Area adjacent the MRF Tyres van where there will be collection boxes and Fundraising Merchandise. Alternatively, you can make a donation on the JustGiving page;

[www.justgiving.com/page/dave-hirst-mnd-2023#updates](https://www.justgiving.com/page/dave-hirst-mnd-2023#updates)

Let's try and make a difference and support Dave and his fight against Motor Neurone Disease.

**NG**  
nickygrist.com



**FASTIME GARMIN**



**TURN ONE**



**FASTMATE RACING**



**"Experience counts."**

01981 241040

info@nickygrist.com

www.nickygrist.com

Nicky Grist Motorsports Limited, Unit 5B, Westwood Industrial Estate, Pontrilas, Herefordshire, HR2 0EL