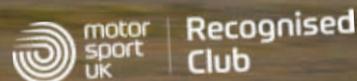


**BRITISH RALLYING
AT ITS VERY BEST**



2025

12th JULY



FINAL INSTRUCTIONS

**BTRDA
BILL TURNER BEST EVENT
2005, 2010, 2012, 2016 & 2024**

**WELSH SPEEDSPORT TROPHY
BEST EVENT NATIONAL
FOREST CHAMPIONSHIP
2015 & 2023**

**BRIAN DAVIES MEMORIAL
AWARD, BEST EVENT ON
EYPNT 2022**



NICKYGRISTSTAGES.CO.UK



carbon
positive
motorsport



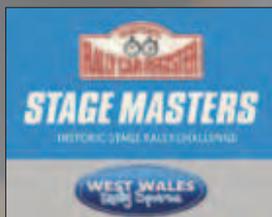


TITLE SPONSOR



ORGANISING CLUB

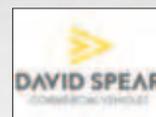
CHAMPIONSHIPS



CHAMPIONSHIP SPONSORS



MEDIA, EVENT SPONSORS & SUPPORTERS





Beat the heat

Plan ahead



Check the weather forecast and the news



Plan ahead to avoid the heat



Schedule activities to cooler times of the day

Keep yourself cool



Drink plenty of fluids and avoid excess alcohol



Wear sunscreen, a hat, and sunglasses



Cool your skin with water and slow down

Find somewhere cool



Close blinds and curtains during the day



Go indoors or outdoors, whichever feels cooler



Avoid closed spaces like stationary cars

Be safe



Be on the lookout for signs of heat related illness



Look after yourself and check in with others



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

For more information go to: [gov.uk/ukhsa/beat-the-heat](https://www.gov.uk/ukhsa/beat-the-heat)



motor
sport
UK



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WITH
RESPECT**

IT STARTS WITH **YOU**



RESPECT



FAIR PLAY



INTEGRITY



SELF-CONTROL



GOOD MANNERS

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www.motorsportuk.org/racewithrespect



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...enough said



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WILDERNESS



Signs

Contact - sales@wildernesssigns.co.uk

For all your MSUK compliant competitor numbers, decals, rally plates, safety signage, arrows, advertising banners, marshals gifts and more...



Get connected

MEWLA RALLY





Nicky Grist Stages

12 July 2025

FINAL INSTRUCTIONS



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

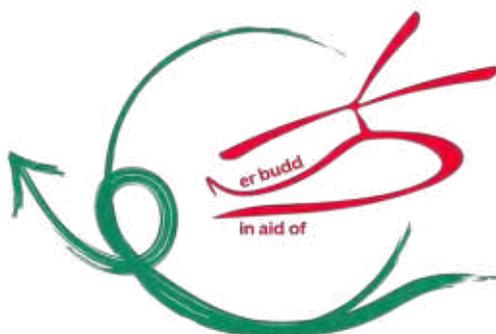
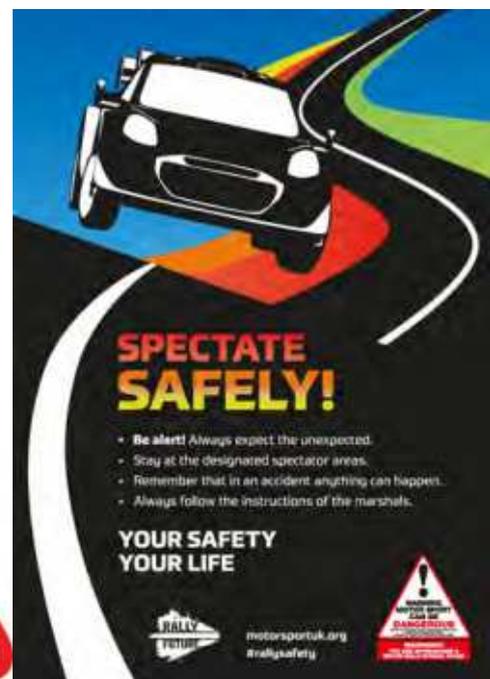
Please take the time to read these instructions carefully, they are written to assist you throughout the event

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.sportivity.com/channel/NGS2025G3n>

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.



Elusen | **WALES**
Ambiwylans | Air
Awyryr | Ambulance
CYMRU | Charity

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Nicky Grist Stages

12 July 2025

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.

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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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

12 July 2025

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, click on the Virtual Notice Board tab on the home page, <https://nickygriststages.co.uk>

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, and other Event Officials throughout the rally

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 11th July 2025 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.

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 12 will be amalgamated with Class 10

Article 11: Awards

There will be no formal Awards Presentation for the event.

1st, 2nd & 3rd 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.

3rd in class will be awarded to any class with 15 or more entries

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Nicky Grist Stages

12 July 2025

FINAL INSTRUCTIONS



Article 13: Officials

Event Steward	delete Jon Aston	add Bryan Hull
Chief Timekeeper	add Jon Aston	
Scrutineer	add Paul Loveridge (Friday only)	

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 07478249002.

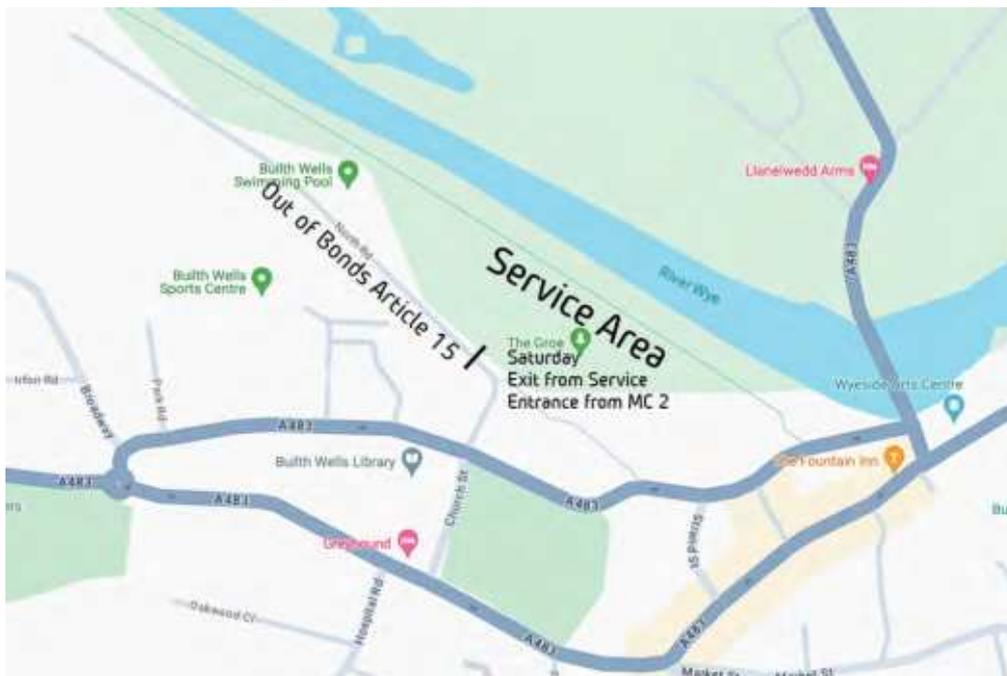
Article 15: Judges of Fact and Driving Standards Observers

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

12 July 2025

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 Bulth Wells, except those wishing to go to the refuel area to self refuel. 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" or plates **FIXED** to the front of the vehicle. Trailers are not allowed in the Service Area, there will be a separate trailer park in Bulth Wells, see page 11.

EACH COMPETITOR WILL HAVE A SERVICE AREA 6M X 6M, COMPANIES SERVICING MULTIPLE CARS WILL HAVE A SPACE 6M DEEP AND MULTIPLES OF 6M 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

Article 18: FUEL

Competitors are permitted to use only fuel that conforms to the definitions of pump fuels in the 2025 ASN National Competition Rules.

Refueling will only be allowed in the designated refuel zone as per **NCR Ch.13 App.18 Art.9** 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 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 or visit 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

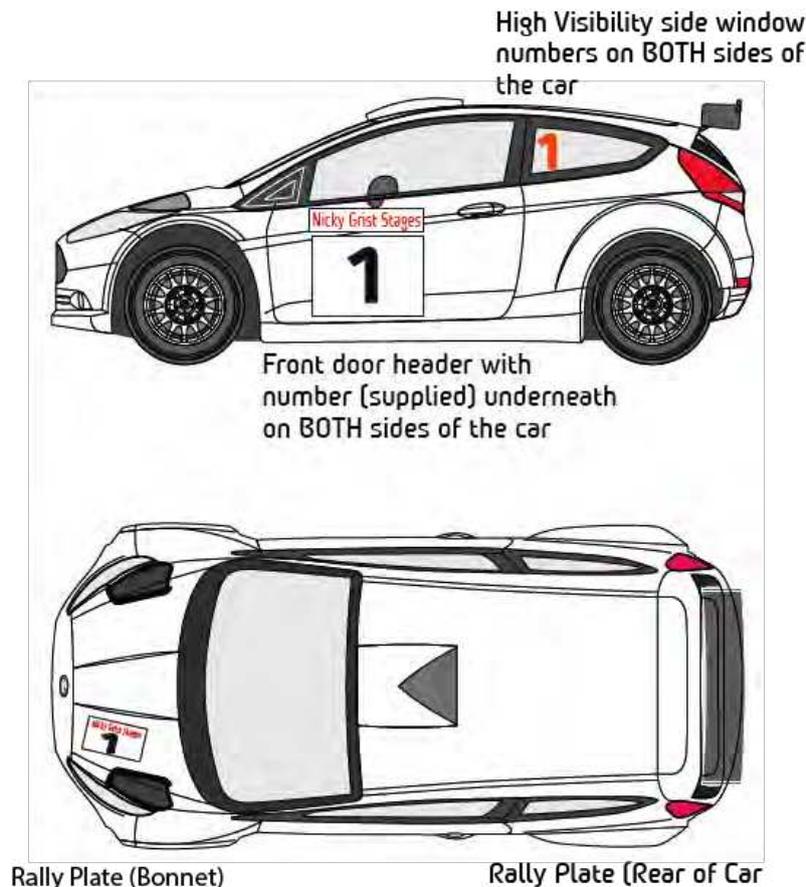
In the unfortunate circumstances that you need to be recovered from the stages, you will be taken to the Recovery Collection Point, detailed below

Monument	PC 2	OS 160/ 889 407	Bulk.assist.squaring
Route 60	Dixies	OS 160/ 875 365	Mini.dance.indicated
Halfway	Dixies	OS 160/ 875 365	Mini.dance.indicated
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 (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

12 July 2025

FINAL INSTRUCTIONS



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, cash only I'm afraid



Nicky Grist Stages

12 July 2025

FINAL INSTRUCTIONS



1. Wyeside Arts Centre
2. Cribs Clothing
3. Empty
4. Fountain Inn
5. Fountain Cafe
6. Empty
7. Premier / Post Office / ATM
8. Breadstix Bakery
9. Clive Menswear
10. Boots
11. The White Horse
12. Ocean Indian Restaurant
13. The Strand Cafe
14. The White Hart
15. Georgie Porgies Cafe
16. SG Marshall Opticians
17. Discount Delights
18. Conti's Newsagent
19. Eco Chic Interiors & Cafe
20. Corner Collection
21. Empty
22. Cosy Corner Cafe
23. Barley Mow Pub
24. Cwtch Cafe
25. The Market Gourmet Foods
26. The Lamb Inn
27. The Biker Barbers
28. King's Head
29. Audreys
30. China Kitchen
31. Morgans Butchers
32. Get Connected

33. The Root Cellar
34. Bloomopium Florists
35. Drovers Tea Rooms
36. The Merrie Fryer
37. The Owls Guest House
38. Century Marks Sauna & Spa
39. Built Food & Wine
40. Spend & Save Hardware
41. Kebab 2000
42. Beautifully Bonkers Cafe
43. Escape Beauty Therapy
44. Headcases Hair Stylists



Nicky Grist Stages

12 July 2025

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 and Scrutineering will start at **13:30**. ***There is strictly no access before that time***
2. 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. You will collect all paperwork, excluding Time Cards, at this point. The Entries Secretary will be based here for any last-minute queries. Entry to the Service Area will be refused without the appropriate passes.

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 the top end of the Service Area. Should you fail return to the Service Area to work on your car prior to representation.

3. 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.
4. 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.
5. On completion of Noise and Scrutineering proceed back to your Service Bay or depart to your overnight accommodation.
6. **NB** Only payments in cash will be accepted at signing-on for any outstanding fees or payments.
7. **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**
8. 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.

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](#).

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Nicky Grist Stages

12 July 2025

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 Built 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



COMPETITION FRICTION SPECIALISTS



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- Technical advice at events and over the phone.
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and more.



LOOK OUT FOR OUR VANS

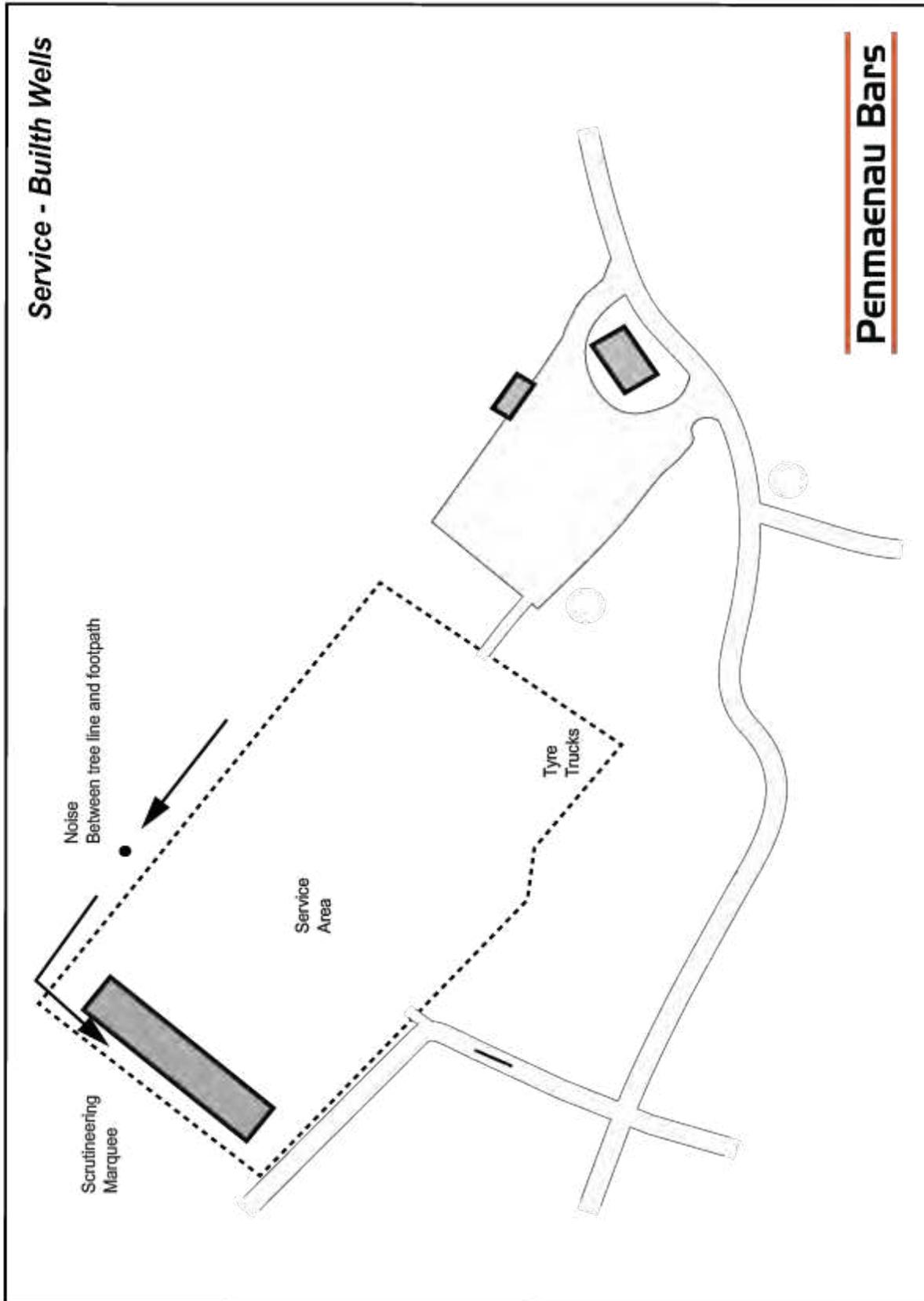


The Lodge, Meadowcroft Mill,
Off Bury Rd, Bamford,
Rochdale, Lancashire,
United Kingdom, OL114AU



Phone: +44 (0) 1706 36 39 39
Fax: +44 (0) 1706 36 39 49
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Nicky Grist Stages

12 July 2025

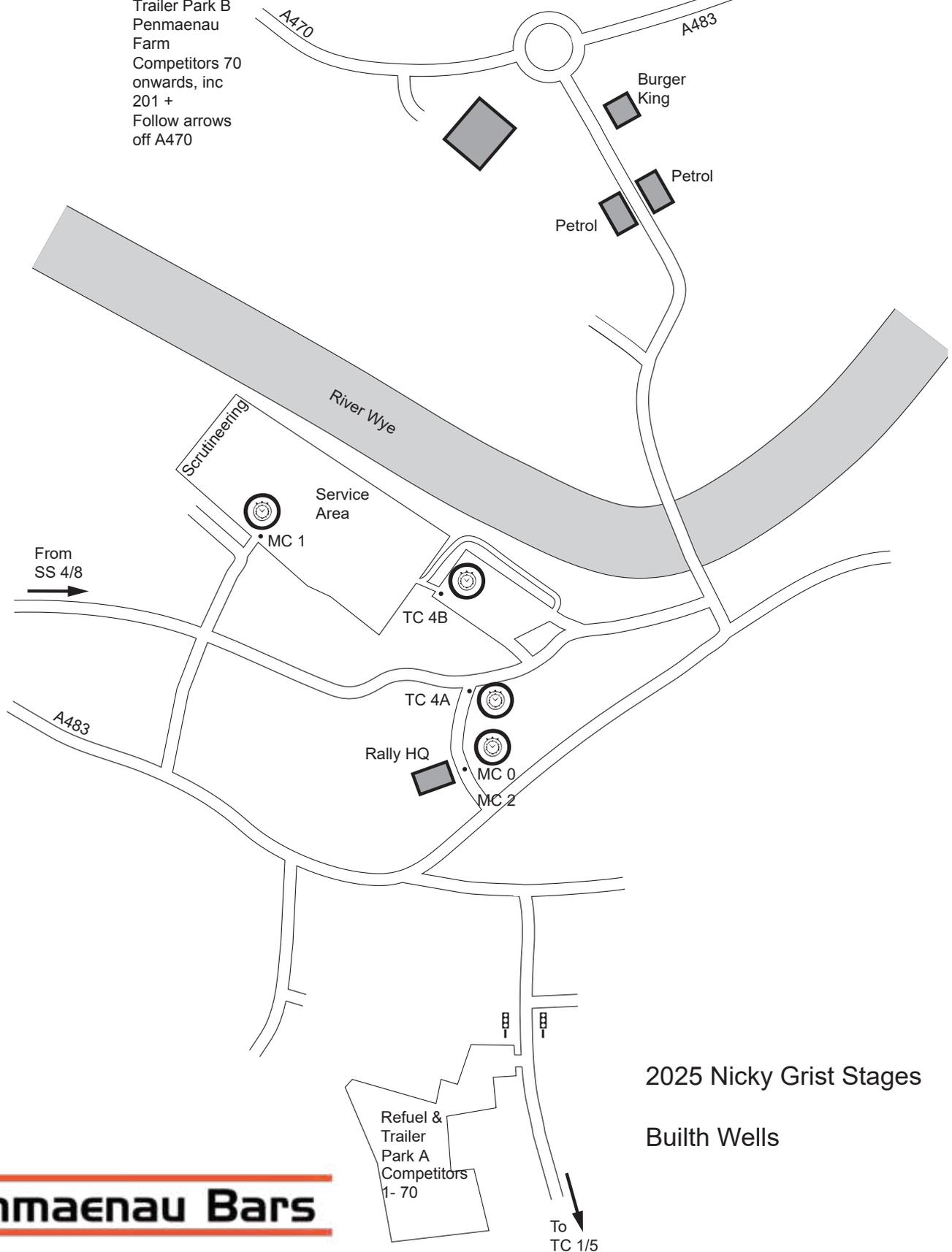
FINAL INSTRUCTIONS



Service

Penmaenau Bars Built Wells

Trailer Park B
Penmaenau
Farm
Competitors 70
onwards, inc
201 +
Follow arrows
off A470



2025 Nicky Grist Stages

Built Wells

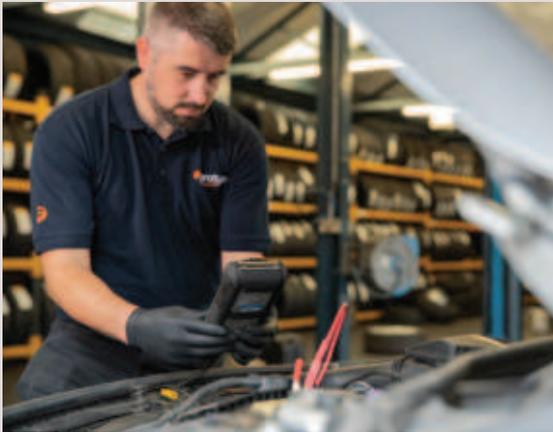
Penmaenau Bars

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**BEHIND YOUR
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CHALLENGING STAGES.**

CHOOSE PIRELLI TYRES.
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0330 174 4683

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Motorsport Teams,
Event Organisers,
Motorsport On-Track

kingfisherinsurance.com/motorsport

Previously known as Reis Motorsport Insurance

Photos courtesy of Andy Manston at M&H Photography, Kev Money, and Malcolm Almond

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RACE PROVEN PERFORMANCE PRODUCTS.



Engine Oil
FUCHS TITAN RACE PRO S 5W-30

As used by 2024 FUCHS LUBRICANTS BTRDA
Gold Star Champion Elliott Payne - Pictured



FUCHS TITAN RACE is the ultimate high performance lubricant range providing optimum protection whilst releasing your engine's maximum power. Our products have been tested on the track and are recommended by many winning race teams. In-house expert research and development has created the TITAN RACE range utilising the latest technology and equipment.

2025 Support includes:

FUCHS LUBRICANTS BTRDA Gold & Bronze Star Championships

FUCHS LUBRICANTS Motorsport UK British Historic Rally Championship

www.fuchs.com/uk

MOVING YOUR WORLD



Nicky Grist Stages

12 July 2025

FINAL INSTRUCTIONS



Schedule

Nicky Grist Stages

1.1

Saturday 12th July 2025

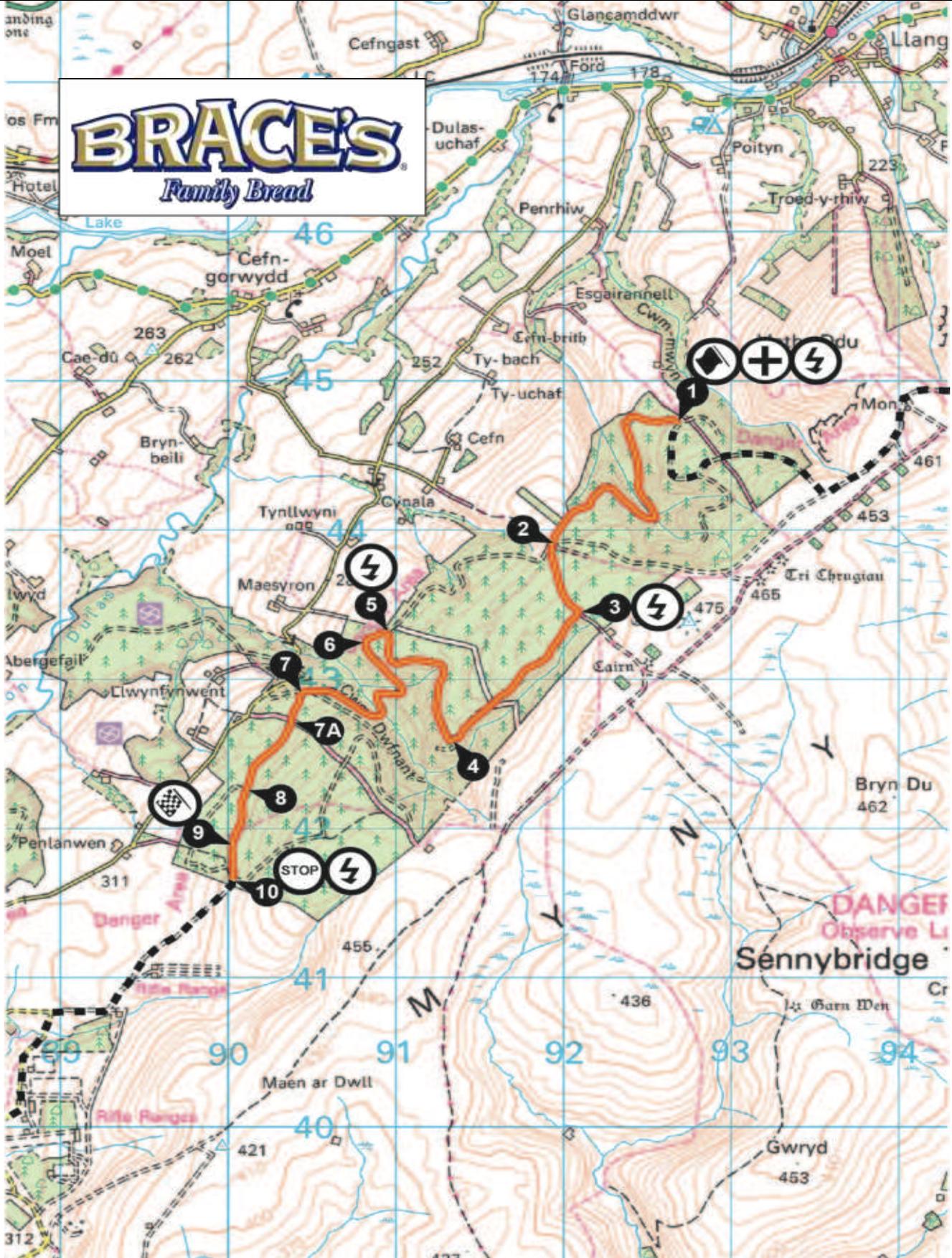
TC SS	Location	SS Dist. Miles	Liaison Dist. Miles	Section Time	1st Car Due
MC 0	Start - Builth Wells	-	-		08:31
1		-	13.22	0:40	09:11
SS 1	Monument 1	-	-		09:14
SF 1		4.54	-		09:21
PC 1		-	-		(09:24)
2		-	4.35	0:14	09:35
SS 2	Route 60 1	-	-		09:38
SF 2		4.92	-		09:46
PC 2		-	-		(09:48)
3		-	3.83	0:12	09:58
SS 3	Halfway 1	-	-		10:01
SF 3		4.86	-		10:08
PC 3		-	-		(10:10)
4		-	2.53	0:08	10:16
SS 4	Bowlsey 1	-	-		10:19
SF 4		7.77	-		10:30
PC 4		-	-		(10:34)
4A	Regroup - In	-	23.67	0:52	11:22
4B	Regroup - Out / Service - In	-	0.07		11:35
Service A - Builth Wells		(22.09)	(47.67)	0:50	
MC 1	Service - Out	-	-		12:25
5		-	13.58	0:40	13:05
SS 5	Monument 2	-	-		13:08
SF 5		4.54	-		13:15
PC 5		-	-		(13:18)
6		-	4.35	0:14	13:29
SS 6	Route 60 2	-	-		13:32
SF 6		4.92	-		13:40
PC 6		-	-		(13:42)
7		-	3.83	0:12	13:52
SS 7	Halfway 2	-	-		13:55
SF 7		4.86	-		14:02
PC 7		-	-		(14:04)
8		-	2.53	0:08	14:10
SS 8	Bowlsey 2	-	-		14:13
SF 8		7.77	-		14:24
PC 8		-	-		(14:28)
MC 2	Finish - Builth Wells	-	23.38	0:50	15:14
Totals		44.18	95.34		

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SS 1 & 5

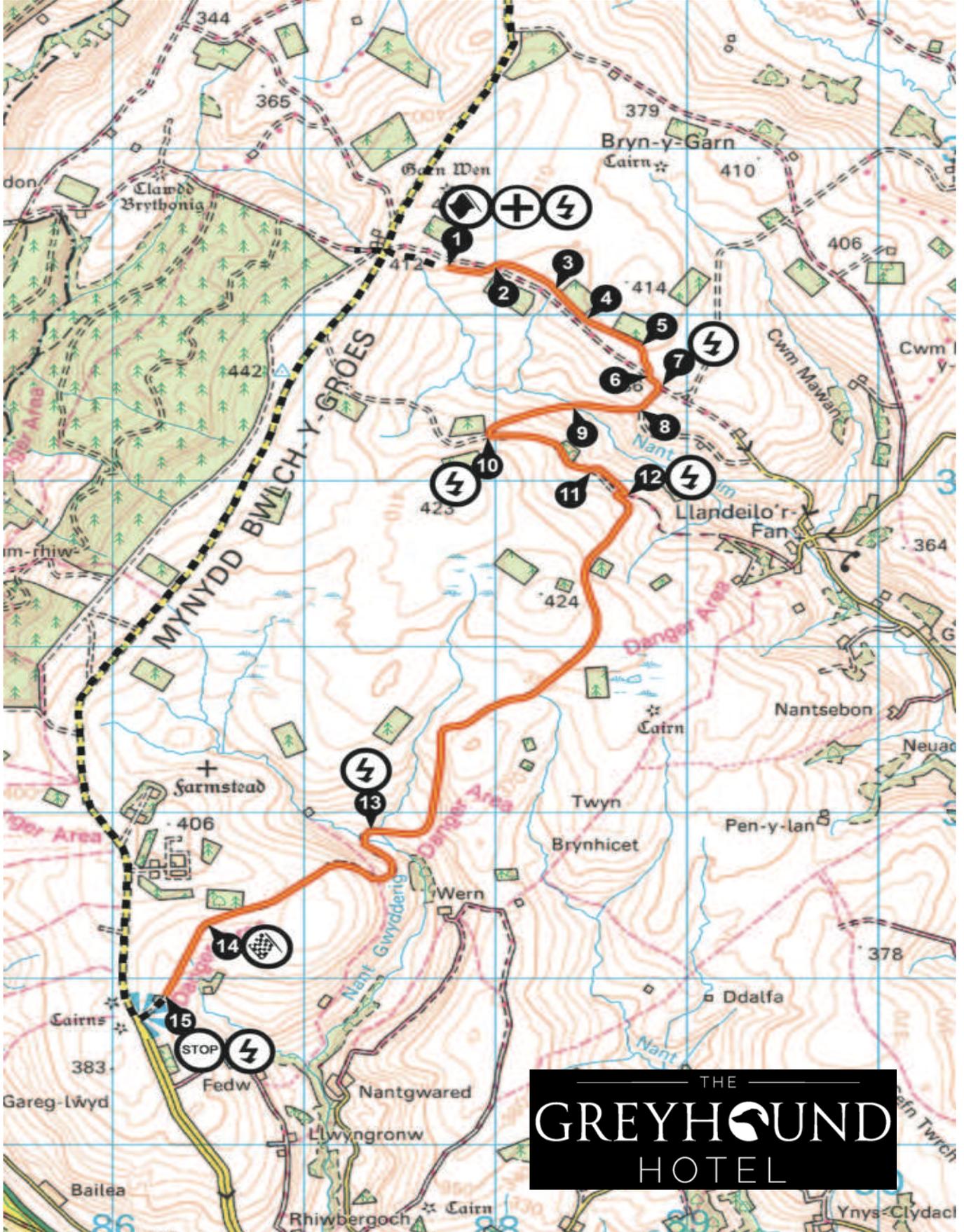
Braces Bakery Monument



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SS 2 & 6

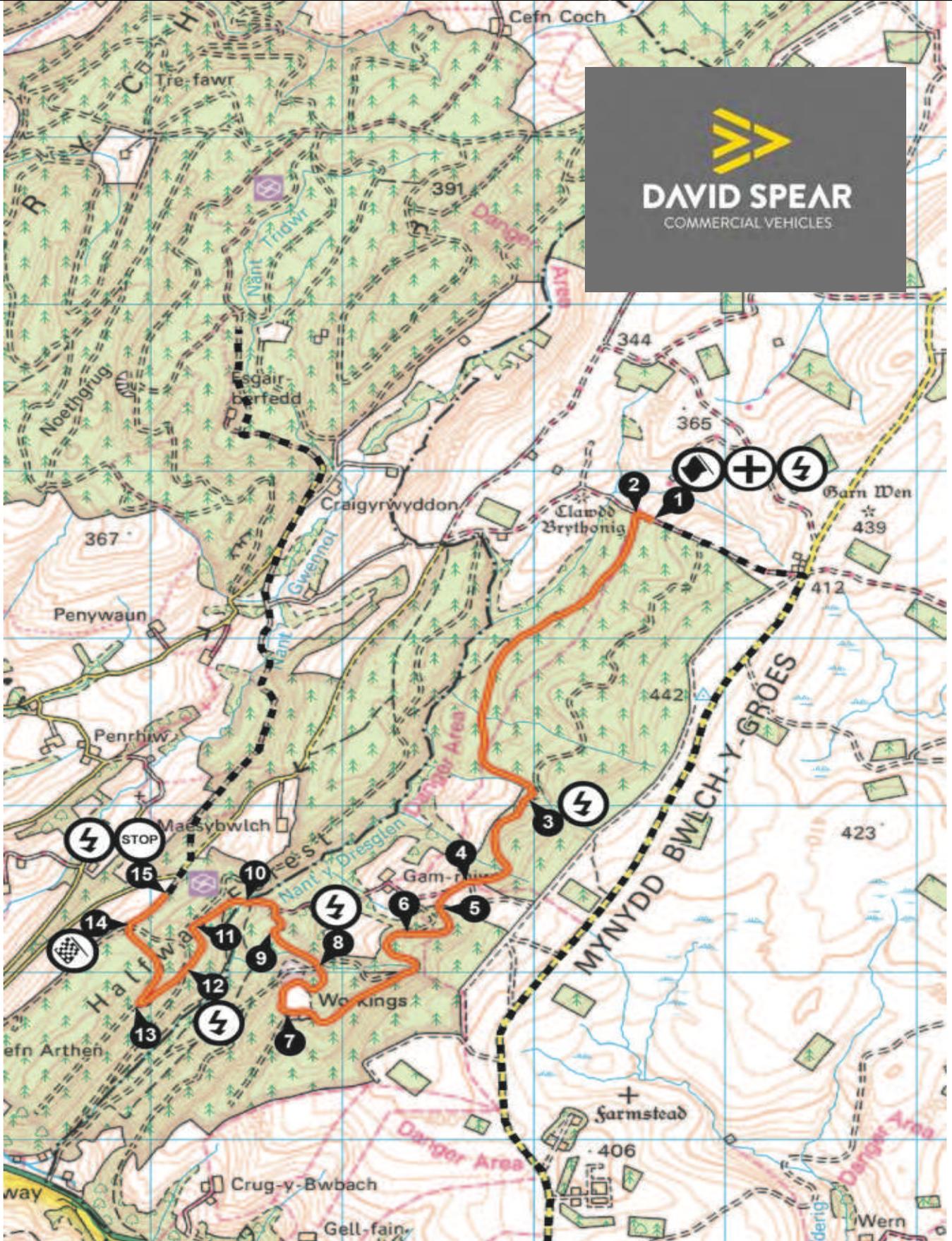
The Greyhound Hotel, Builth Wells Route 60



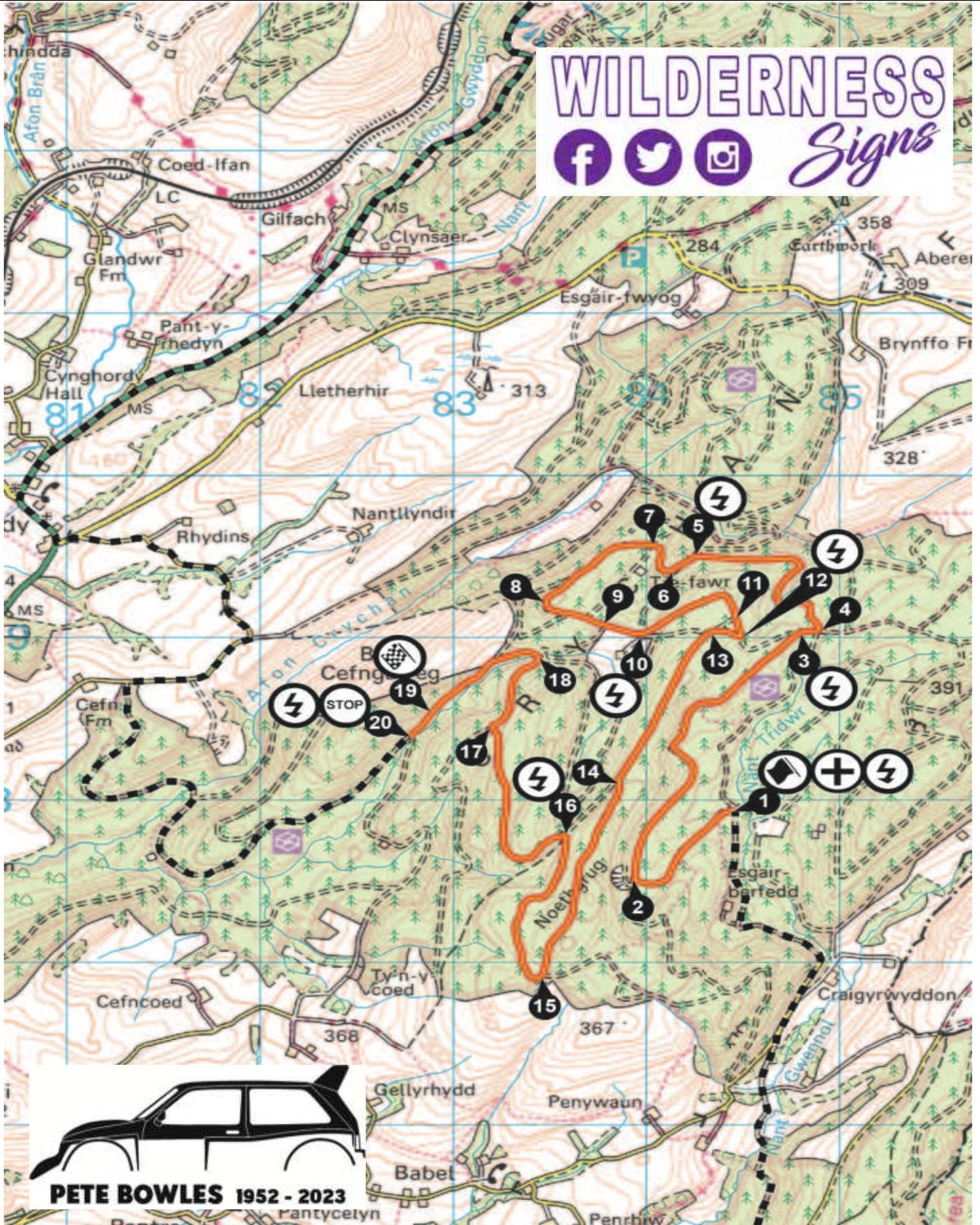
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SS 3 & 7

David Spear Commercial Vehicles Halfway



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Tracking

The new Sporttraxx Rally 2G/4G Tracker with external Keyboard

The best Sporttraxx Tracker ever

Easier installation :

- Fully battery operated for up to 5 days
- No power cables needed
- No holes drilled in the roof thanks to internal antennas
- Tracker is fitted to windscreen with nanogel
- Keyboard is fitted with nanogel, or cableties or screws
- Smallest size and weight
- Maximum flexibility in positioning the Keyboard for an



Easier compliance with the basic FIA safety requirements:

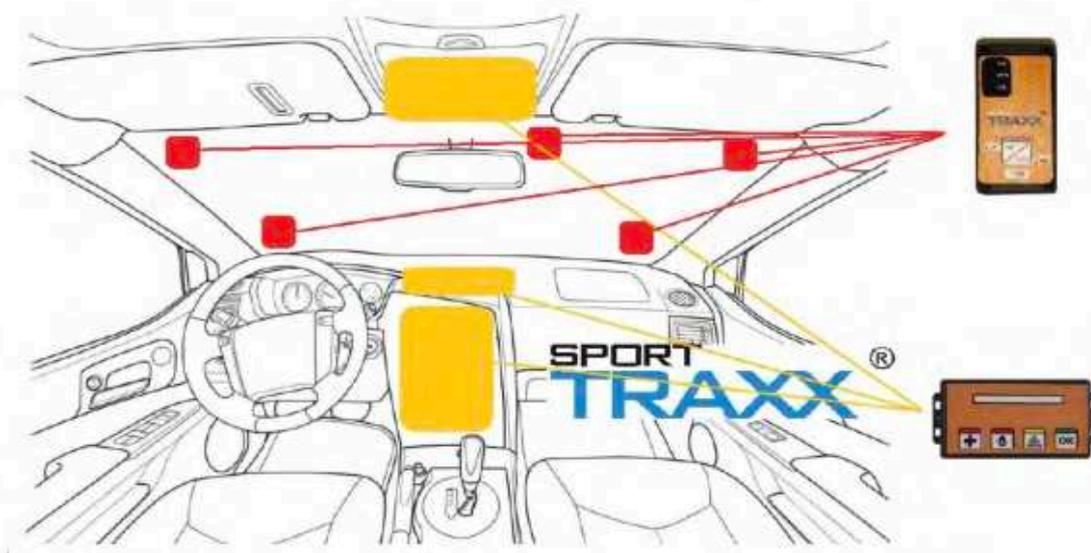
- SOS Med/SOS Fire/Hazard/OK buttons are easily reachable by both members of the crew even in a rolled over car, with fastened seat belts
- Full visibility of RED Flag notifications, and its easy acknowledgement by both members of the crew

Extended GSM coverage

- Access to both 2G (GPRS) and 4G (LTE-M) networks
- Multiroaming SIM Cards connecting to EE, Vodafone, O2, 3, EIR networks
- New watchdogs for better and faster reconnections in difficult areas

Higher GPS resolution

- Up to 1 position per second when car is moving, typically 5 seconds for battery saving purposes
- Improved internal buffer



Installation procedure

The tracking set is made of 3 parts:

1. The USB-C Cable
2. The Tracker
3. The Keyboard

Collect Cable and Keyboard at administrative checks.

Install the Keyboard according to the suggested positions using nanogel or cable ties.

Connect the Cable (straight connector) to the Keyboard and position it in order to reach the suggested positions on the windscreen.

You can purchase the cable and keep it in the car for the next rally that will use the Sporttraxx Trackers with Keyboards. That highly recommended solution makes it easier the next time.

At scrutineering, Sporttraxx will check the correct installation, fit the Tracker on the windscreen using nanogel, connect the 90° connector and will start the Tracker. Sporttraxx will reject an installation which does not comply with the FIA prescriptions.

At the end of the rally, remove both Tracker and Keyboard and return them to Sporttraxx team with the cable (if not purchased) at the finish. In case of early withdrawal from the rally, make sure to return them to Race Control or a Sporttraxx technician.

If you purchased the cable, keep that in position for next use.

The Tracker is always fitted to the windscreen using nanogel. To remove it, do not pull it, but twist it.

Best fitting place for the Keyboard is on the upper rollcage, using nanogel or cableties.

The keyboard can also be fitted on the top of the dashboard or on its front side, as long as the surface is allowing the use of nanogel. Alternatively you can use screws but it makes it more difficult to remove at the end of the event.

Not returning the Tracker and/or the Keyboard will lead to a charge of 250 and 200 euro each.

How to use it

The Tracker will be delivered/installed and turned ON by Sporttraxx technicians.

You are not allowed to switch OFF the tracking device during the whole duration of the rally.

- If a Medical Intervention is required, press the  button till you hear the Beep
- When a Fire is reported, press the  button till you hear the Beep
- To inform Race Control about a Hazard situation or a Road Block, press the  button
- To confirm to Race Control that you are fine, after your stop, press the  button

 The green led bar confirms the reception of any of your transmissions
It also means a "call back" request when on Road Sections. Reset it by pressing OK

 The red flashing led bar (+ buzzer) means RED FLAG. Press the OK button to quit the warning and acknowledge its reception. React accordingly



Nicky Grist Stages

12 July 2025

FINAL INSTRUCTIONS



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Final Instructions - 21



Refurbishment of Historical Buildings
Basement Conversions
Masonry & Ground Stabilisation
Wall Tie Replacement
Cavity Insulation Extraction
Concrete Repairs
Damp Proofing & Condensation Control
Timber Preservation
Installation of Cavity Wall Insulation

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Y Cod Cefn Gwlad

Eich canllaw ar gyfer mwynhau parciau, dyfrffyrdd, arfordir a chefn gwlad

Parchwch bawb

- byddwch yn ystyriol o'r rhai sy'n byw yng nghefn gwlad, yn gweithio ynddo ac yn ei fwynhau
- gadwch giatiau ac eiddo fel yr oeddent
- peidiwch â rhwystro mynediad i giatiau neu dramwyfeydd wrth barcio
- byddwch yn gyfeillgar, dywedwch helo, rhannwch y gofod
- dilynwch arwyddion lleol a chadwch at lwybrau wedi'u marcio oni bai bod mynediad ehangach ar gael

Diogelwch yr amgylchedd

- ewch â'ch sbwriel adref – peidiwch â gadael unrhyw ôl o'ch ymweliad
- peidiwch â chynnuau tân - barbeciws yn unig os bydd arwyddion yn caniatáu hynny
- cadwch gŵn dan reolaeth ac yn y golwg bob amser
- baw cŵn – bagiwch a biniwch mewn unrhyw fin gwastraff cyhoeddus neu ewch ag ef adref
- gofalwch am natur – peidiwch ag achosi difrod nac aflonyddwch

Mwynhewch yr awyr agored

- cadarnhewch eich llwybr a'r amodau lleol
- cynlluniwch eich antur – dylech wybod beth i'w ddisgwyl a beth allwch chi ei wneud
- mwynhewch eich ymweliad, gan gael hwyl a chreu atgofion

The Countryside Code

Your guide to enjoying parks and waterways, coast and countryside



Respect everyone

- be considerate to those living in, working in and enjoying the countryside
- leave gates and property as you find them
- do not block access to gateways or driveways when parking
- be nice, say hello, share the space
- follow local signs and keep to marked paths unless wider access is available

Protect the environment

- take your litter home – leave no trace of your visit
- do not light fires and only have BBQs where signs say you can
- always keep dogs under control and in sight
- dog poo – bag it and bin it in any public waste bin or take it home
- care for nature – do not cause damage or disturbance

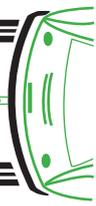
Enjoy the outdoors

- check your route and local conditions
- plan your adventure – know what to expect and what you can do
- enjoy your visit, have fun, make a memory

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www.cyfoethnaturiol.cymru/cod-cefn-gwlad

Scan me for the full code or visit:
www.naturalresources.wales/countryside-code





FR /_{Jmp} 80 ! ML → KR + Ć

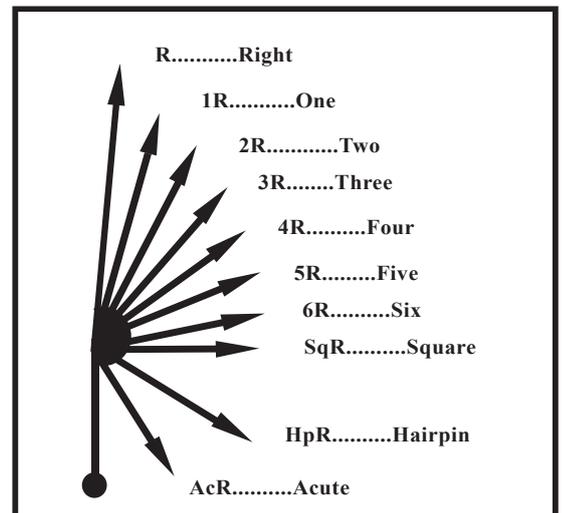
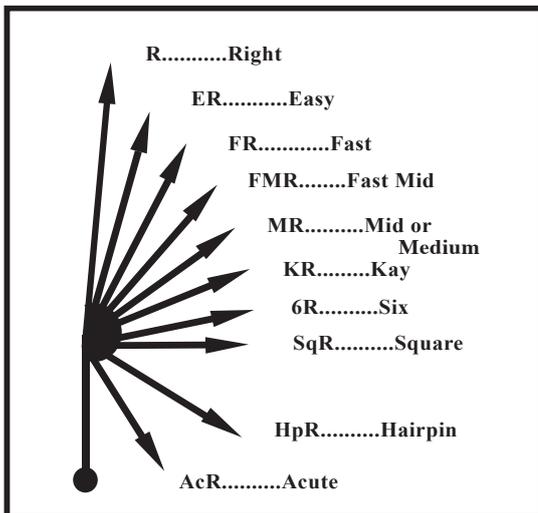
Fast Right over Jump 80 (yds) Caution Medium Left into Kay Right and Flat Crest

2R /_{Jmp} 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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