



motor sport UK | Recognised Club

BRITISH RALLYING AT ITS BEST

@nickygriststages  
nicky.grist

# FINAL INSTRUCTIONS

# RALLY GUIDE 2

# 2021



10<sup>th</sup> JULY 2021

[www.nickygriststages.co.uk](http://www.nickygriststages.co.uk)

Image: Elyn Evans | M-Sport



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

*It is fantastic to see so many entries on this years event, and after such a long lay off for gravel rallies in Wales I am sure you are all champing at the bit to start the event on Saturday July 10<sup>th</sup>*

*As a special offer to celebrate our biggest ever entry on the Nicky Grist Stages we are offering the competitors the opportunity to purchase items from Nicky Grist Motorsports with a special discount price. The discounts will vary subject to what you buy, so we are asking for you to call us up to Thursday July 8<sup>th</sup> with any requirements you may have and we can tell you the savings you will get. Once completed all orders will be taken to Builth Wells on Friday July 9<sup>th</sup> and delivered to you in the service park.*

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

Good Luck to you all

## Nicky Grist Motorsports





*Much more than you imagine.*



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

01981 241040    [www.nickygrist.com](http://www.nickygrist.com)



# Nicky Grist Stages

10 July 2021

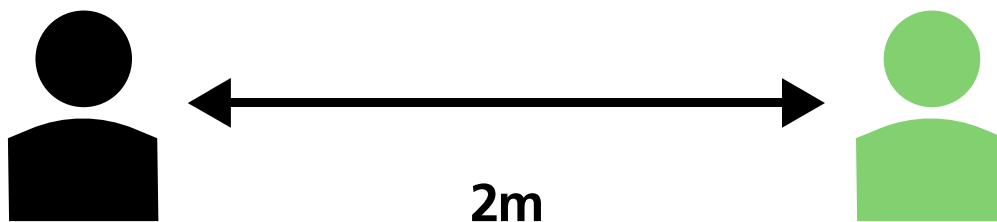
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# CADW PELLTER DIOGEL.

CADW EICH TÎM YN DDIOGEL. CADW CYMRU'N DDIOGEL.



# KEEP YOUR DISTANCE.

KEEP YOUR TEAM SAFE. KEEP WALES SAFE.

Am fwy o wybodaeth ewch i  
[llyw.cymru/coronafeirws](https://llyw.cymru/coronafeirws)

For more information go to  
[gov.wales/coronavirus](https://gov.wales/coronavirus)





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# GOLCHWCH EICH DWYLO.

**ATAL LLEDAENIAD. CADW CYMRU'N DDIOGEL.**

# WASH YOUR HANDS.

**STOP THE SPREAD. KEEP WALES SAFE.**

Am fwy o wybodaeth ewch i  
[llyw.cymru/coronafeirws](https://llyw.cymru/coronafeirws)

For more information go to  
[gov.wales/coronavirus](https://gov.wales/coronavirus)





**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.**



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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 OR YOU HAVE BEEN TOLD TO ISOLATE BY YOUR LOCAL OR NATIONAL HEALTH AUTHORITY**

Rally HQ is located in the Strand Hall, Strand Street, Builth Wells. Please only attend Rally HQ if you are requested to do so

#### NOTICE BOARD

The Official Notice Board will be published on the SPORTITY app, password NGS2021. The Virtual Notice Board is also accessible via the event website, in the Competitors Section

The banner features a purple and pink background with the Sportity logo at the top left. The text reads: 'For direct event information please download the Sportity app and insert this password:'. Below this, the password 'NGS2021' is displayed in a white rounded rectangle. At the bottom, it says 'Sportity app is available in' followed by 'Available on the App Store' and 'Get it on Google play' with their respective logos. Two QR codes are provided for downloading the app. The website 'www.sportity.com' is also mentioned.

The Start list will also be available at MC 0, please do not gather around the Start list and maintain Social Distancing



**ELUSEN AMBIWLANS AWYR CYMRU  
WALES AIR AMBULANCE CHARITY**



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#### 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 Sportivity App and the Event Website from 14:00hrs on Friday 9<sup>th</sup> July and at the Documentation Collection Point on Friday and MC 0 which is located in the Service Area in the Showground.

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 8: Subjective Route Notes and Reconnaissance

Entries in the Nicky Grist Stages – National who take part in the Recce are free to make their own notes

##### Article 11: Awards

1<sup>st</sup> in Class awards will be given to all classes with 3 or more entries

##### Article 12: Entries and other Fees

The entry list closes as per the published programme (SR Article 6). Entries received will be listed on the event website in order of receipt. Entries are only fully valid once all entry details are supplied and all payments made, **in the event of a full entry those who have paid in full will be considered before those who have only part paid the entry fee.**

Entries can only be made on line at [www.nickygriststages.co.uk](http://www.nickygriststages.co.uk)

The Standard Entry Fee for the Nicky Grist Stages – Interclub is **£640**

The Standard Entry Fee for the Nicky Grist Stages – National is **£840**

Competitors that are registered contenders in the BTRDA Rally First Championship will benefit from an entry fee of **£590** if compliance with Rally First Technical Regulations are met

Additionally, the mandatory Tracking system will be added at **£17.50**

You can pay by bank transfer or credit/debit card via PayPal. A split payment scheme is available if paying by bank transfer. The first payment for £200 must be made as soon as the entry is submitted, and the second payment for the balance must be made on Tuesday 23<sup>rd</sup> June 2020.

**If paying by BACS and using the split option, it would be helpful if you can send a screenshot of any future payment**

If paying by online banking, our bank details are 09-01-54 / 23754009. Your driver surname and initial should be used as the reference.

Cancellation of entries must be made in writing or by e-mail, to the Entries Secretary. These will be acknowledged within 3 days. Fees will be refunded as follows **(H 31.1.2)**:

received on or before 20.00hrs 1<sup>st</sup> July 2021 full refund less £20 towards administration

received after 20.00hrs 1<sup>st</sup> July 2021 full refund less £40 towards administration.

*Organised by Quinton Motor Club Ltd*



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REFUNDS: Will be made by bank transfer or cheque, the treasurer will get in touch by e mail to ask for details of your preferred method.

Should any payment be returned unpaid the organisers will require reimbursements of any charges that they incur as a result and retain the right to accept any further payment only in cash.

One Service Vehicle Pack per competing car is included in the entry fee and will be distributed at documentation.

Any additional Service Plates and Guest Passes ordered will be refunded

Competitors can show their appreciation for our marshals and officials by buying "thanks for marshalling" stickers at £5 each, there is no limit to the number you can buy

The maximum entry for the meeting, excluding reserves, across both events is 170. The minimum number of entries for the meeting is 100. Should the minimum figure not be reached, the organisers reserve the right to cancel the meeting, or amalgamate classes as necessary (**H 30.1.3(g)**). Should the meeting be cancelled, a **full** refund will be made to the person who paid the entry fee.

The Entries Secretary to whom all entries must be sent is:

Bob Cross 58 St Johns Road Pelsall Walsall WS3 4HA

**Should a competitor be involved in an incident causing third party damage they are liable to pay the Motorsport UK insurance excess, currently £450, if a claim is made or the actual cost of the damage should it be less than the current excess amount. Either way a copy of the invoice will be provided to show what payments have been made**

#### Article 13: Officials

Motorsport UK Steward	add Ian Howells
Timekeeper	delete Sam Myers add Richard Blackshaw
COVID Officer	add Nic Quinlan-Hull
Environmental Scrutineer	add Rob John
Scrutineers	add Peter Farrington, Richard Williams, John Morgan, Paul Loveridge
BTRDA Scrutineer	add Geof Doe
BRC Scrutineer	add Stuart Cant
Recce Manager	add Bryan Hull

#### Article 14: Competitor Liaison Officer:

Competitor Liaison Officer: Ryland James's phone number is: 07773 346878

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!!





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#### 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 or the Auxiliary Service Areas, there will be a separate trailer park in Built Wells. Only one Service vehicle per competitor will be allowed in the Service Area

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 Due to Social Distancing, and at the request of the Local Authority, each crew are limited to a maximum **Service Crew of three\***, four will be allowed if the fourth person is the parent or guardian of a competitor under 18 years old.

Each Entry will be issued with 5 wrist bands, two for the competing crew and three for the Service Crew. These MUST be worn at all times.

The names and contact details of each member of the Service Crew is required for Track and Trace purposes. The form at the end of the finals must be handed in when collecting your paperwork pack

\*The restriction on the number of Service Crew is a condition imposed on the event by the Local Authority when granting permission to run

#### ***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 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.

There will be a refuelling zone at the Cattle Market Car Park, Built Wells as shown on the enclosed plan. Vital Equipment will be providing this on-event refuelling service, supplying both Turbo Ultimate Dev 2 and Super Unleaded. Please contact them direct on: 01981 241169, e-mail:orders@vitalequipment.co.uk, or visit their website: vitalequipment.co.uk. We would encourage all competitors to use this facility, 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. The Road Section following Main Service includes time to refuel if you are using Vital Equipment.



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#### Article 18: FUEL

Competitors are permitted to use only fuel that conforms to the definitions of pump fuels in the 2021 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)

Old Hall Performance will be providing the VP Racing control fuel for the British Rally Championship. Please visit their website [www.oldhallperformance.com](http://www.oldhallperformance.com) where the BRC fuel order form can be found. Alternatively contact them direct on 02476717100 or email [racefuel@oldhallperformance.com](mailto:racefuel@oldhallperformance.com).

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.

#### Awards

There will be no formal Awards Presentation for the event. Class and additional awards will be presented at the final MC.



**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**

#### 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	SO 02035 43618	Sweat/listen.bleaker
Monument	T Junction with middle road, Tirabad	SN 88974 40753	Decompose.salad.amid
Halfway	Dixies Car Park	SN 87410 36380	Vesting.meanliness.ensemble
Crychan	Picnic area stage finish	SN 84897 40993	Saddens.crew.populate



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#### ADDITIONAL INFORMATION

#### SCRUTINEERING AND DOCUMENTATION PROCEDURE

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

1. Please only enter and leave the venue via the entrance shown on the map, the Showground is also in use as a Mass Vaccination Centre and Mass testing Centre and we need to keep the three events separate
2. The Service Area is open from 12:00 on the Friday. **There is strictly no access before that time**
3. The Service Area is located in the Royal Welsh Showground, see plan, and servicing will take place on the levels on hardstanding. Cars MUST be serviced on a ground sheet. Please report any mineral spills as soon as possible to the Service Area Commander.
4. As you pass the Pre-documentation Gazebo, situated where the start and Service Out will be, collect your pack and proceed to the Service Area. You will collect all paperwork, including Road Books and Competitor Time Sheet at this point. There is no traditional Signing on.

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 if selected, Scrutineering. Should you fail return to the Service Area to work on your car prior to representation.

5. On completion of Scrutineering proceed back to the Service Area and place your completed process card in the box provided

**NB** Only payments in cash will be accepted at signing-on for any outstanding fees or payments.

6. 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 the Showground, 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.

Rally Marketing will be in the Service for any last-minute items

#### 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:

National Rally: <https://results.djames.org.uk/results/?e=602&simple>

Interclub Rally: <https://www.btrdarallyresults.co.uk/results/?e=603&simple>

#### Toilets, Catering & Rubbish

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

A Catering Unit will be in the Service Area on Friday & Saturday

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

*Organised by Quinton Motor Club Ltd*

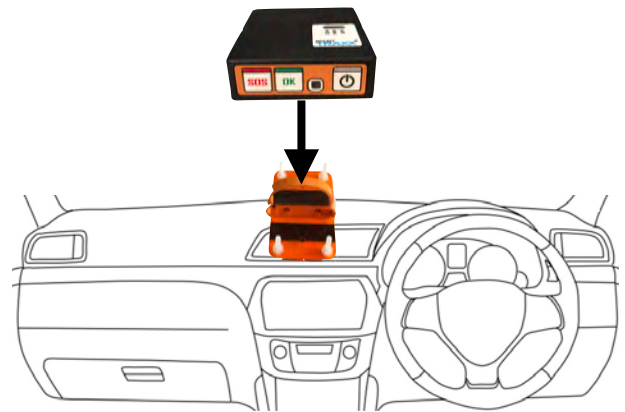
### Assembling The Cradle

- The cradle must have the adhesive tape on the bottom side of the cradle.
- Place the nylon screws in the corner holes and make sure the nuts are screwed down tightly.
- Place the rubber band around the cradle.
- Do not cut off screws after tightening the nuts.
- An instruction video is available at [www.onthepacenote.co.uk](http://www.onthepacenote.co.uk)



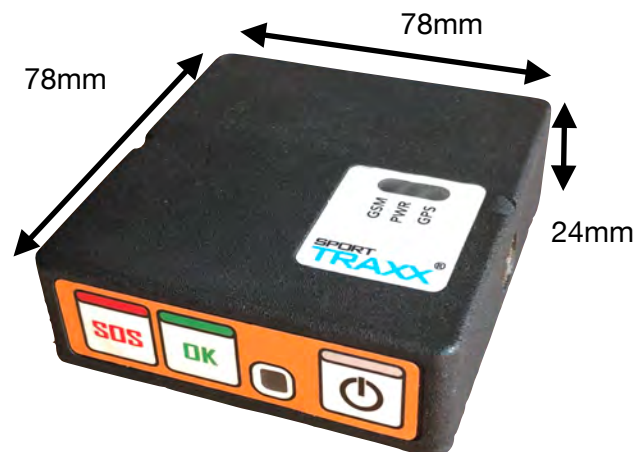
### How and where to fit the Cradle

- Place the cradle in the centre of the dashboard using the adhesive tape to hold it in place.
- Make sure the rubber band is in the correct place.
- Using the 2 screws provided fix the cradle to the dashboard.
- We encourage that the cradle remains in place for future events.



### Tracker Instructions

- The tracker will be handed to the crew before the first TC switched ON ready to go.
- Under the supervision of a sporttraxx representative the crew will fit the tracker to the cradle.
- The unit must remain ON at all times even if you have retired from the event.
- If you require medical assistance press the **SOS button for 3seconds and repeat again after 5 seconds.**
- A blue LED light will show on the tracker to notify the crew their SOS request has been received.
- If you have stopped in the stage for any other reason you must press the OK button for 3 seconds this will notify us that you are OK and don't need assistance.
- At the final control Sporttraxx personnel will collect the tracker
- Should you retire please hand the tracker to the sweep car or return to Rally HQ with your damage declaration.
- Failure to return the tracker or any damage caused to the unit will result in a £300 penalty to replace the unit. If the tracker isn't returned or payment hasn't been made for loss or damage to the unit you will be reported to MSUK (regulation C.1.1.13) and your licenses suspended until payment is made or tracker has been returned.



## LIMITED CONTACT TIMEKEEPING AND DOCUMENT UPLOAD

### COMPETITOR'S INSTRUCTIONS FOR THE NICKY GRIST STAGES

With the restrictions imposed due to the Corona-19 virus it is not currently possible for marshals to handle and fill in time cards. Times will be recorded by the marshals on checksheets and competitors will complete their own time cards with the time on the clock shown to you by the marshal and possibly on a large display clock.

Whilst the times sent direct from clocks to the results service and times recorded on the checksheets will be used by the results team to calculate results, it will be useful for the results team to have a copy of your completed time cards.

To achieve this we now have software which runs in the web browser on your phone to enable you to photograph and send to the results team a copy of each time card, damage declaration, results query or other document NB make sure you select the correct document type before uploading.

The QR code shown below is unique to this event.

You are encouraged to upload a document prior to the event (it does not really matter what it is) so that you are familiar with the procedure.

#### STEP 1



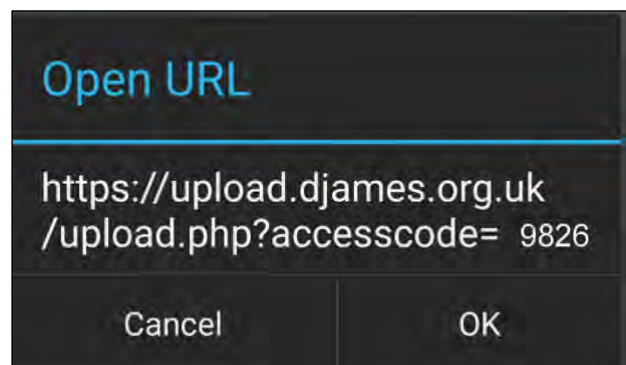
Scan the QR code with your phone. Some phones will do this by just pointing the camera at the QR code; some may have a QR scanner app installed or you can install one from the Google or Apple Store.

Alternatively, you can enter the following URL into the browser address bar of your phone:

<https://upload.djames.org.uk/upload.php?accesscode=9826>

The access code for this event is 9826

#### STEP 2



On scanning the QR code this or a similar message will be displayed depending on your phone. Tap to accept.

### STEP 3

Your car number will be remembered for subsequent uploads. **Please make sure you have entered your car number correctly. Also write the car number on all the actual time cards.**

The first time card number will be displayed. After uploading the photo this will change to the next card number. You can manually change the number.

The down arrow (▼) displays other options to select when necessary.

Tap "Take photo". The camera will open automatically

- Card 1
- Damage Declaration
- Query Form
- Other document

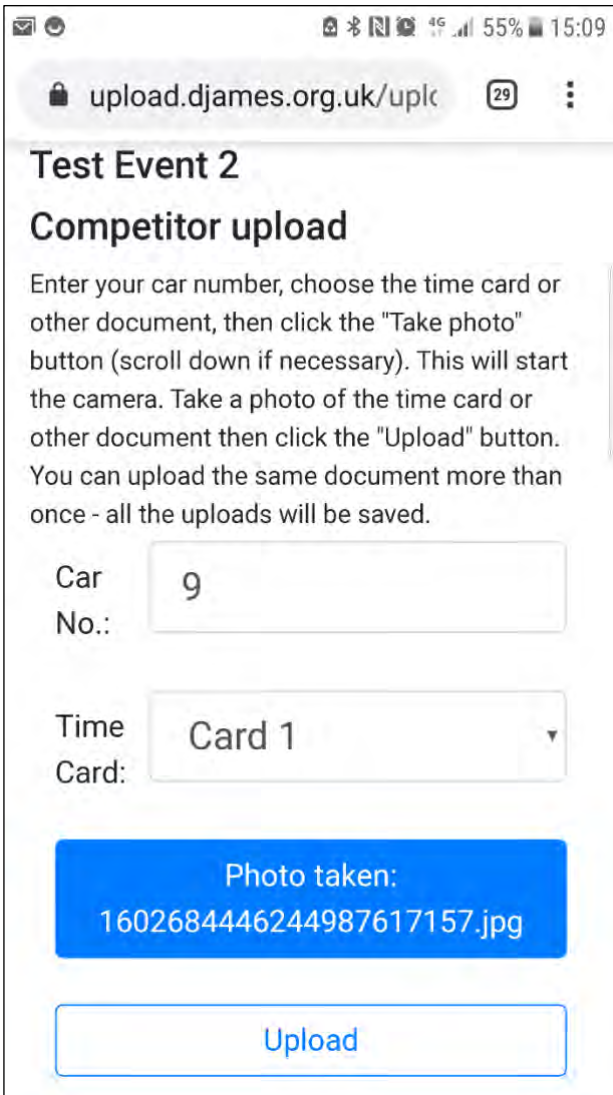
### STEP 4

After the photo has been taken, it will be displayed on screen (example above).

If you are happy with it, tap "OK" (or the equivalent) to accept, when you will be taken to the screen shown in Step 5.

If you are not happy with the photo select "Retry" (or the equivalent) which will return to Step 3

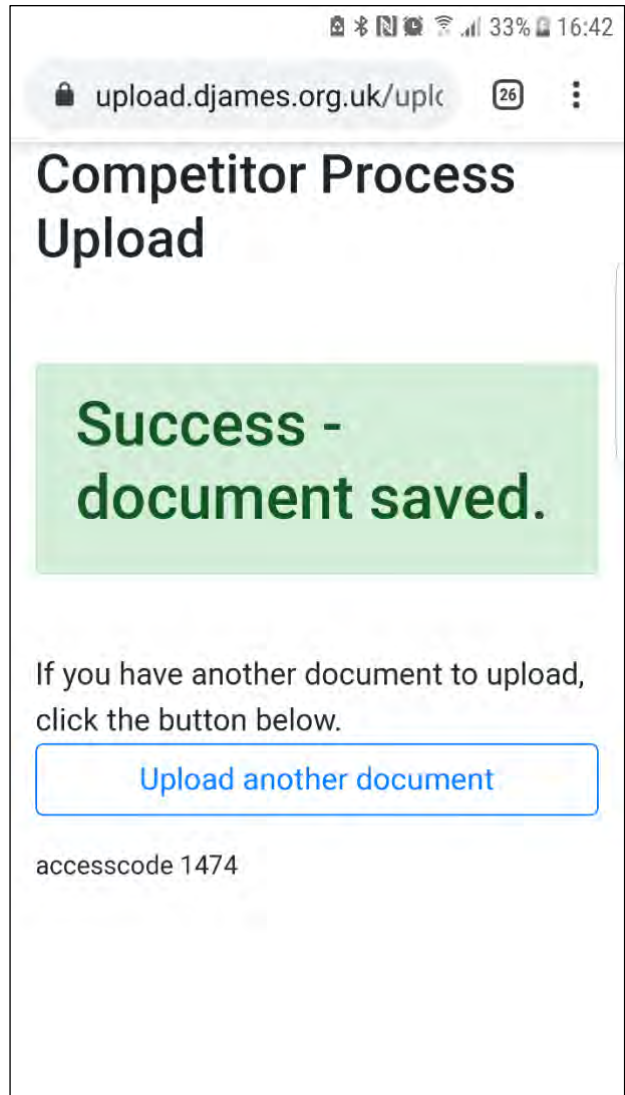
STEP 5



Tap "Upload"

There may be a delay of several seconds depending on the speed of your connection

STEP 6



If you have another document to upload, click the button below.

Upload another document

accesscode 1474

If you get a failure through lack of an Internet connection you will have to take and send the photo again when you have a signal.



# Nicky Grist Stages

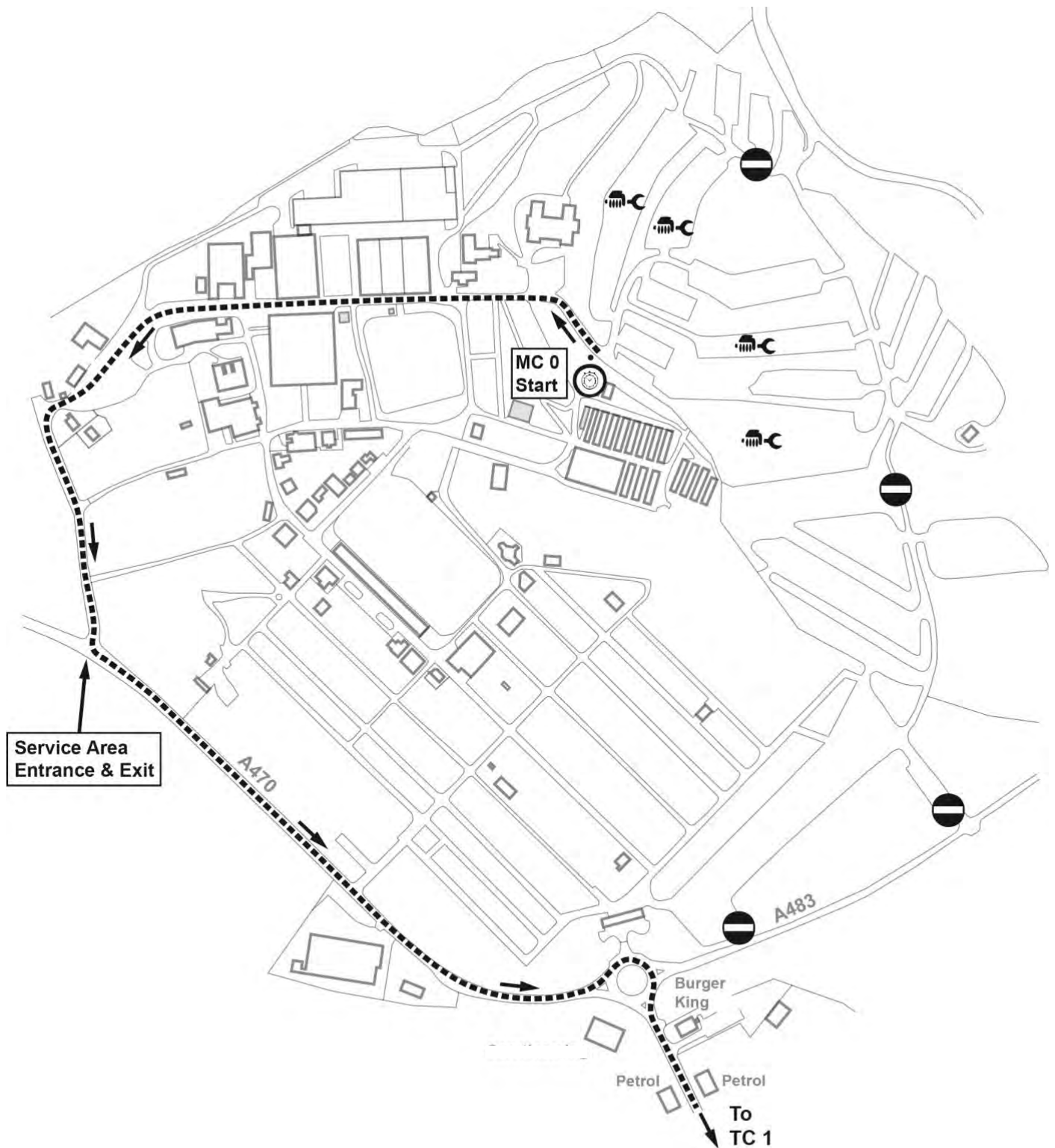
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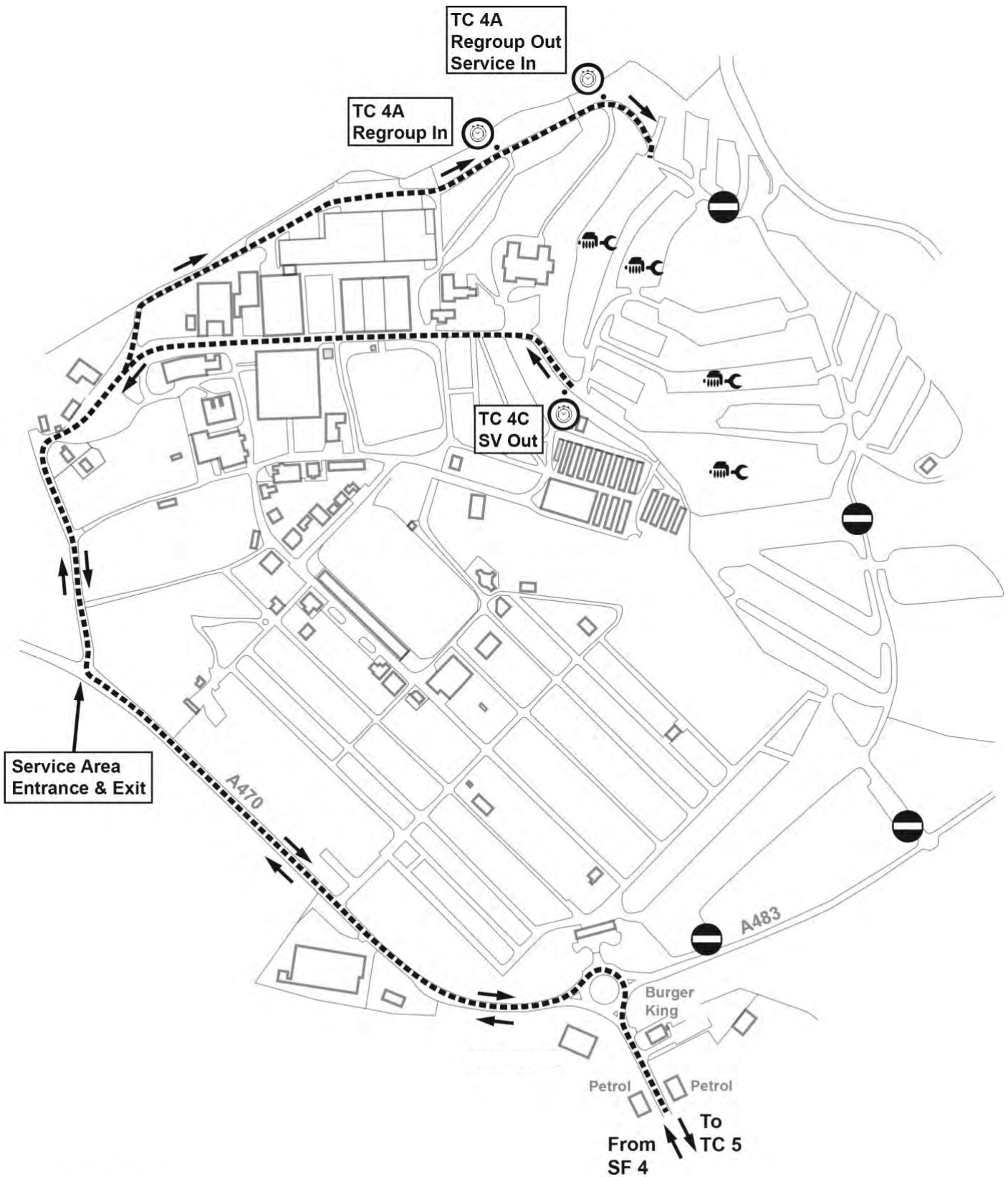


Service



**Start**  
**Royal Welsh Showground**  
**Builth Wells**





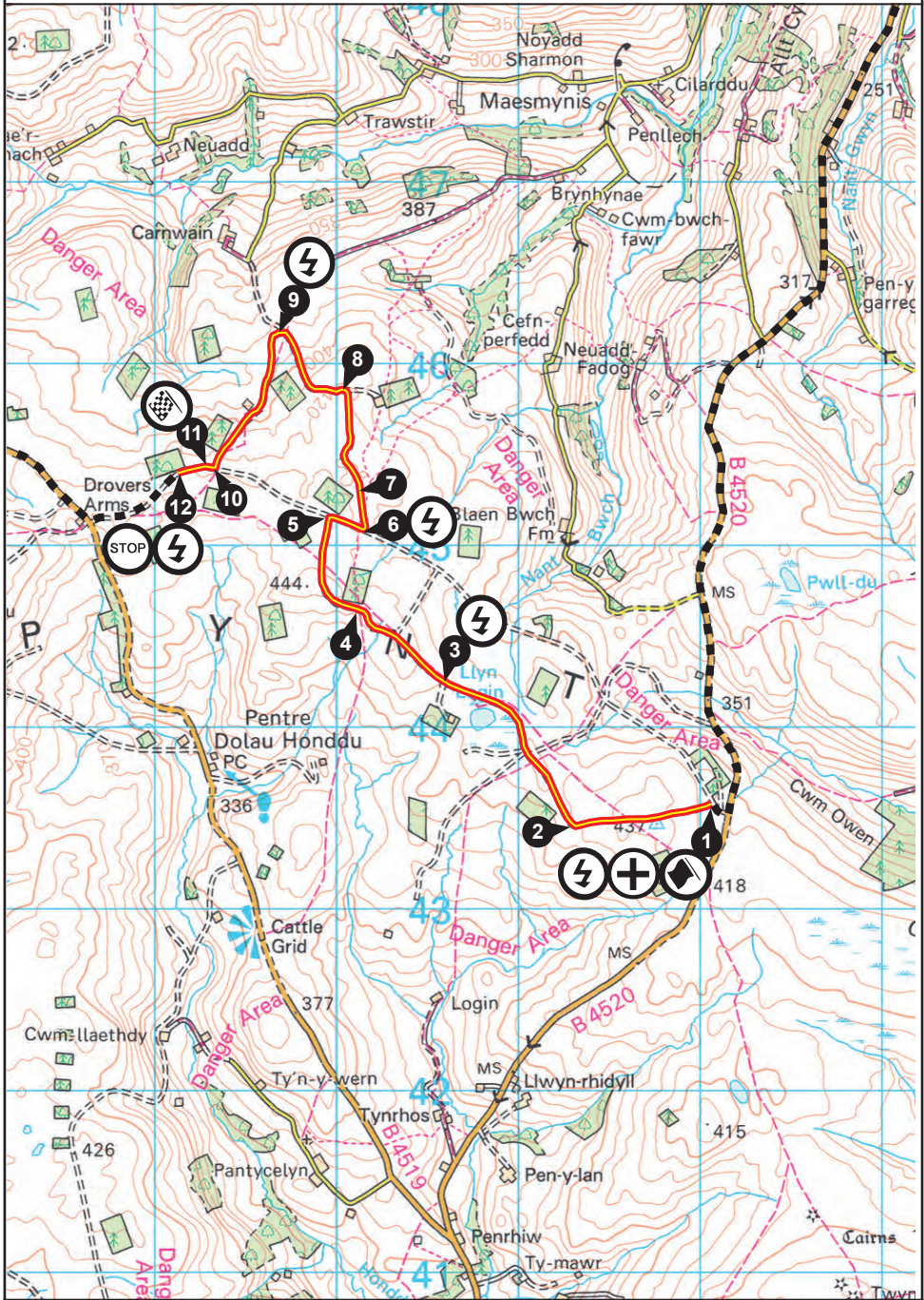
**Service**  
**Royal Welsh Showground**  
**Builth Wells**

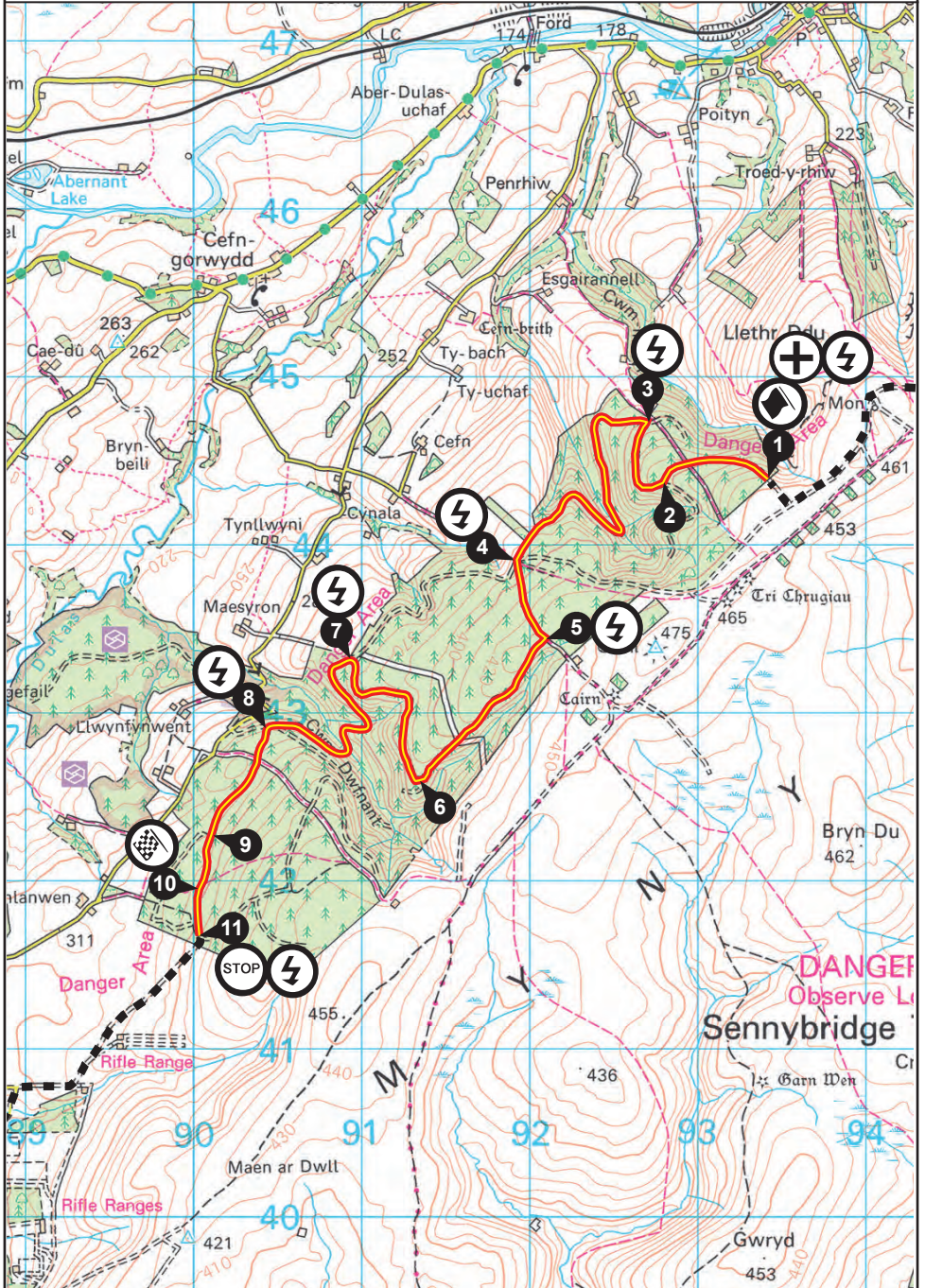
**Nicky Grist Stages**

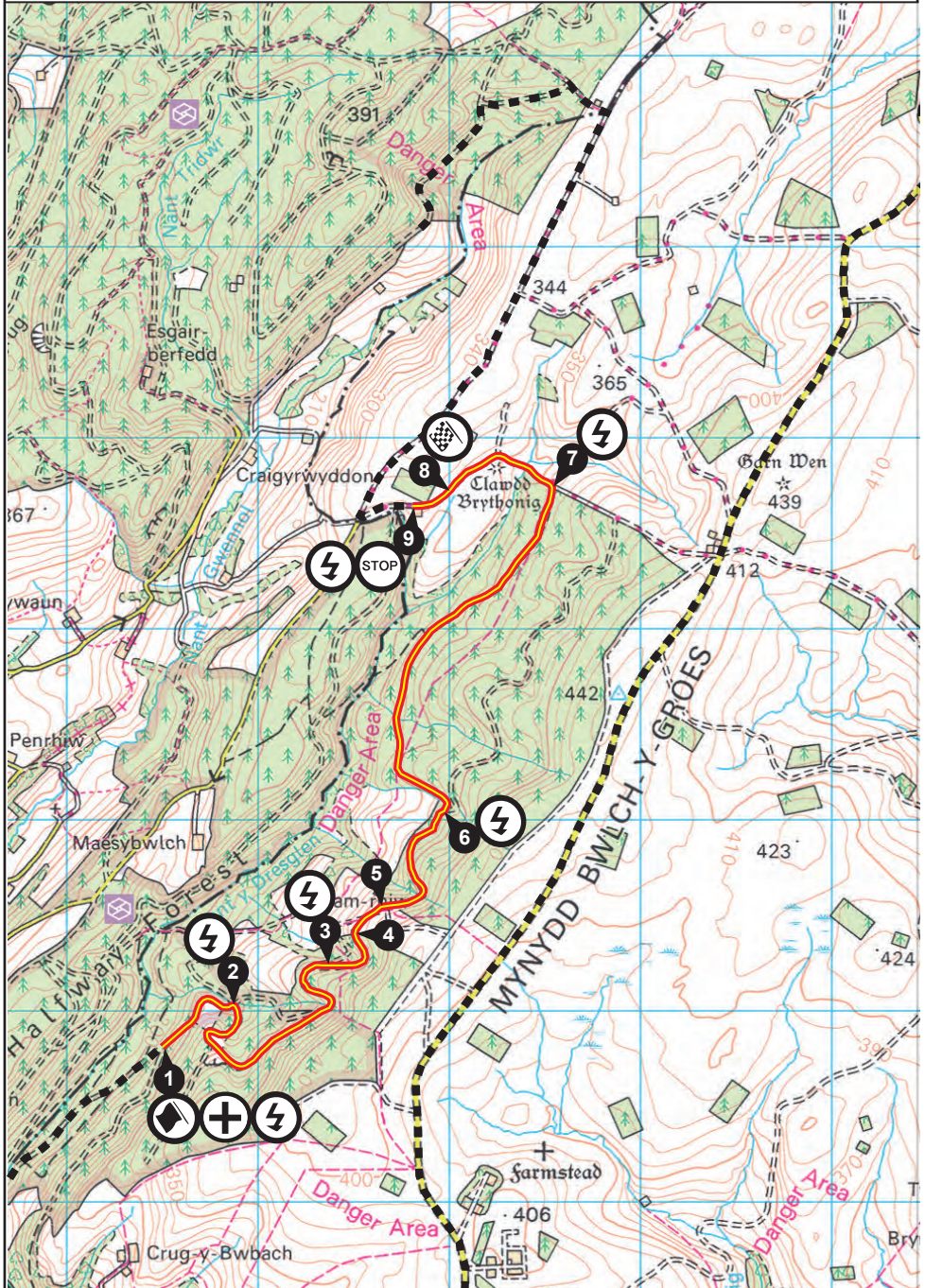
1.3

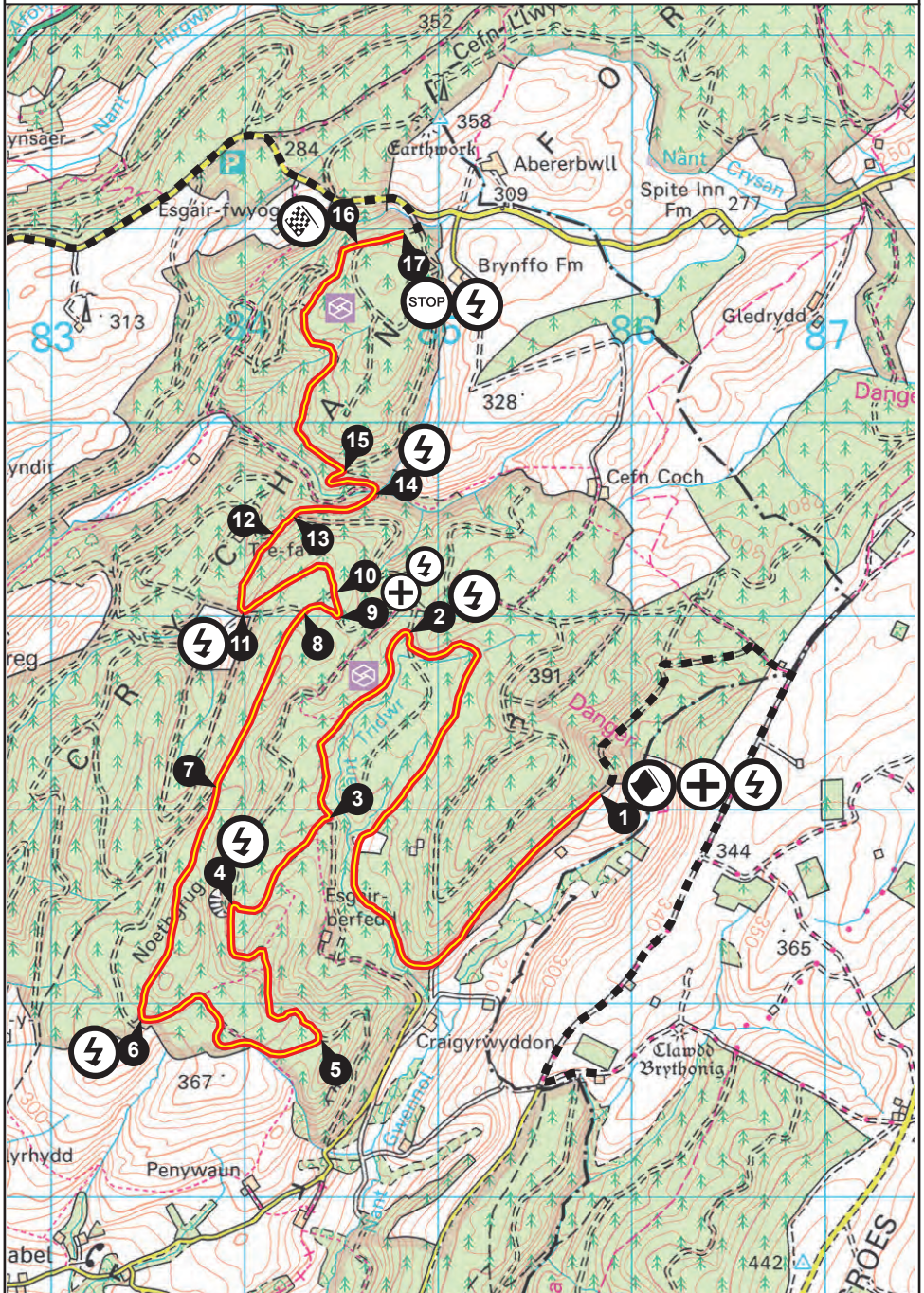
**Saturday 10th July 2021**

TC SS	Location	SS Dist. Miles	Liaison Dist. Miles	Section Time	1st Car Due
MC 0	Start - Royal Welsh Showground	-	-		08:01
1		-	6.78	0:24	08:25
<b>SS 1</b>	<b>Llyn Login 1</b>	-	-		<b>08:28</b>
<b>SF 1</b>		<b>3.50</b>	-		08:34
2		-	4.54	0:25	08:59
<b>SS 2</b>	<b>Monument 1</b>	-	-		<b>09:02</b>
<b>SF 2</b>		<b>5.39</b>	-		09:10
3		-	12.69	0:35	09:45
<b>SS 3</b>	<b>Halfway 1</b>	-	-		<b>09:48</b>
<b>SF 3</b>		<b>4.08</b>	-		09:56
4		-	2.66	0:15	10:11
<b>SS 4</b>	<b>Crychan 1</b>	-	-		<b>10:14</b>
<b>SF 4</b>		<b>9.05</b>	-		10:29
PC 4		-	-		(10:30)
4A	Regroup - In	-	23.91	1:01	11:30
4B	Regroup - Out / Service - In	-	0.05		11:52
	<b>Service A - Showground</b>	<b>(22.02)</b>	<b>(50.63)</b>	1:00	
4C	Service - Out	-	-		12:52
5		-	6.78	0:24	13:16
<b>SS 5</b>	<b>Llyn Login 2</b>	-	-		<b>13:19</b>
<b>SF 5</b>		<b>3.50</b>	-		13:25
6		-	4.54	0:25	13:50
<b>SS 6</b>	<b>Monument 2</b>	-	-		<b>13:53</b>
<b>SF 6</b>		<b>5.39</b>	-		14:01
7		-	12.69	0:35	14:36
<b>SS 7</b>	<b>Halfway 2</b>	-	-		<b>14:39</b>
<b>SF 7</b>		<b>4.08</b>	-		14:47
8		-	2.66	0:15	15:02
<b>SS 8</b>	<b>Crychan 2</b>	-	-		<b>15:05</b>
<b>SF 8</b>		<b>9.05</b>	-		15:20
MC 2	Finish - Royal Welsh Showground	-	23.91	1:01	16:21
<b>Totals</b>		<b>44.04</b>	<b>101.21</b>		











Public Health  
England

## 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

10 July 2021

Rally Guide 2

FINAL INSTRUCTIONS



Comp No

## Service Crew Details

Name	Address	Phone number



**GanBwyll**  
**GoSafe**<sup>®</sup>

CADW FFYRDD CYMRU'N FWY DIOGEL  
KEEPING WELSH ROADS SAFER