## Things to watch out for

#### Teamwork

Watch out for members of the same club or team working together. If one shoots off to the front of the race, his team mates will not help in the chase. In fact they should get on the front of the bunch and try to slow it down! This happens at the highest level too as no one wins the Tour de France without a strong team supporting him.

#### Cobbles

Not so bad if you go gently, but try racing over them! Some of the riders tonight will be using tyres a little fatter than usual (25 mm or even 28 mm wide rather than the usual 23 mm) to soak up some of the punishment. But it's not just the cobbles in the last few hundred yards that makes this a 'technical' circuit. Lots of tight turns all the way round mean that riders have to be like Formula 1 cars - brake hard at the last minute, into the corner as fast as you dare and sprint out of it till you have to brake for the next one. A short ,sharp climb up Quarry Road and a scary tight turn into the cobbled finishing straight makes for a great circuit.

## **Prizes and sponsors**

#### Regional B Race - 7pm

- 10 minute Prime\* £45 (University of Central Lancashire and Mike's Sportsworld).
- 20 minute Prime\* £55 (University of Central Lancashire and Runner's World).
- 30 minute Prime\* £55 (University of Central Lancashire and The Gatehouse Restaurant).
- 40 minute Prime\* £25 (University of Central Lancashire).
- **Best junior** £25 (The Borough).
- **Best local rider\*\*** £35 (Approved Inspectors).
- 2nd best local rider\*\* £25 (The Fortune Star Restaurant).
- 3rd best local rider\*\* £25 (The Fortune Star Restaurant).

### National B Race - 8pm

- 10 minute Prime\* £50 (Vanilla Bikes and The Borough).
- **20 minute Prime\*** £50 (Vanilla Bikes and The Borough).
- 30 minute Prime\* £80 (Vanilla Bikes, The Borough and The Sultan Restaurant).
- 40 minute Prime\* £80 (Vanilla Bikes, The Borough and The Dalton Rooms).
- **50 minute Prime\*** £50 (Destination Cycles).
- Best junior £25 (The Borough).
- Best local rider\*\* £35 (Approved Inspectors).
- 2nd best local rider\* £25 (The Fortune Star Restaurant).
- 3rd best local rider\* £25(The Fortune Star Restaurant).
- Oldest rider in the top 10 £30 (Approved Inspectors).
  - \*\* A Prime is a special sprint that takes place during the race.
  - \* Local rider means anyone who lives in the LA1 LA5 postcode areas.

#### Other sponsors

- Podium bouquets donated by Dalton Square Florist and The Hanging Basket, Lancaster.
- Winning lady's bouquet donated by Debbie John.
- Winners' bottles donated by Bargain Booze, Greaves Road, Lancaster.
- Special thanks to Lancaster Cycling Club and our volunteer stewards.



# **Velocity Cycle Race Programme**

Lancaster City Centre, Friday 22 June, 7pm and 8pm





#### **Regional B Race - 7pm start** (45 minutes + 5 laps)

eg.o.	iat D itac	c /piii stait	(45 minutes : 5 taps)		
No.	Forename	Surname	Club / Team Name	Category	DOB
1	John	Agnew	Lune RCC	3rd	16 Jul 1963
2	Austin	Aldred	Cleveleys RC	4th	19 Apr 1972
3	Christophe	er Anderson	Biketreks Racing Team	3rd	10 Dec 1963
4	Doug	Arnold	Liverpool Century RC	4th	12 Jan 1983
5	Sandra	Ashton	Salt Ayre Cog Set	4th	27 Sep 1963
6	Luke	Beswick	Buxton CC/Sett Valley Cycles	3rd	13 Jan 1989
7	Stanley	Boyd St Helens (	CRC/D.Sparrow Plumbing & Heating Services	4th	17 Feb 1977
8	John	Callaghan	Ravensthorpe CC	4th	02 Dec 1989
9	Alex	Caws	Vita Cycle Team	4th	01 Aug 1992
10	James	Chamberlain	Cyclesport International RT	3rd	31 Jul 1975
11	Graham	Charlton	BC Private Member	3rd	05 May 1953
12	Steven	Clarke	WHEELBASE.co.uk/MGD	2nd	25 Mar 1985
13	Stuart	Clifton-Smith	Cyclesport International RT	4th	10 Jun 1972
14	Jake	Cowen	Biketreks Racing Team	3rd	14 May 1995
15	Adrian	Dalgleish	Lune RCC	3rd	26 Nov 1971
16	Eve	Dixon	Maxgear RT	2nd	09 Jul 1994
17	Sam	Dobson	Lune RCC	3rd	02 Apr 1970
18	Alan	Dorrington	Planet X	4th	02 Sep 1968
19	Paul	Dughan	Adidas Group Cycling Club		17 Jul 1972
20	Connor	Furness	Biketreks Racing Team	3rd	06 Apr 1995
21	Philip	Gray	Kuota - Spinergy - GSG	3rd	09 Oct 1989
22	David	Haygarth	Planet X	3rd	09 Jan 1970
23	Colin		CRC/D.Sparrow Plumbing & Heating Services	3rd	16 Oct 1965
24	Aidan	Holgate	North Lancashire RC	3rd	11 Nov 1992
25	Clayton	Howard	Southport CC	3rd	13 Apr 1995
26	Jonathan	Huck	Adidas Group Cycling Club		01 Feb 1982
27	Michael	Jacklin	Cyclesport International RT	4th	02 Jan 1981
28	Matthew	James	<b>3</b> 1	4th	01 Mar 1986
29	Alex	Kinvig		3rd	05 Sep 1989
30	Richard	Line	Stourbridge Velo	3rd	12 Sep 1973
31	Sandy	Lockett	Biketreks Racing Team	3rd	10 Jun 1992
32	Robert	Lockhart	Cyclesport International RT	3rd	23 Jun 1975
33	James	Lyon	•	3rd	25 Sep 1977
34	Andrew	Markham	Lancaster CC	4th	18 Jun 1983
35	Dave	Martin	National Clarion Cycling Club		30 Oct 1968
36	Graham	McMurray	Cleveleys RC	4th	03 Jan 1979
37	James	Milligan	Cyclesport International RT	4th	07 May 1976
38	mark	monkhouse	Lancaster CC	4th	06 Feb 1970
39	Craig	Morgan	VC St Raphael	3rd	23 Oct 1977
40	Gordon	Park	NFTO	3rd	22 Mar 1972
41	Andrew	Parker	Lancaster University Cycling Club	4th	31 Dec 1984
42	Hillard	Remmers	PV Triathlon Witten, GER	4th	27 Feb 1984
43	Andrew	Richardson	Lancaster CC	4th	07 Oct 1962
44	Jordan	Rigby	Teamwallis CHH Racing Team	3rd	24 Jan 1995
45	Keith	Robertson	Lancaster CC	4th	31 May 1966
46	Jonathan	Rooke	Wills Wheels Cycling Club	3rd	07 Feb 1984
47	Ian	Rutherford	Lune RCC	3rd	16 Aug 1978
48	Richard	Sagar	North Lancashire RC	3rd	14 Feb 1983
49	Adam	Sant St Helens (	CRC/D.Sparrow Plumbing & Heating Services	4th	01 Feb 1988
50	Nicola	Soden	Champion System/Maxgear/Kyklos	3rd	23 Apr 1987
51	James	Truscott	Adidas Group Cycling Club		22 May 1987
52	Mark	Turner	Cycle Sport Pendle	4th	10 Apr 1967
53	Neil	Welsh	Cycle Sport Pendle	4th	03 Feb 1971
54	Callum	Young	Biketreks Racing Team	4th	18 Jul 1994

# **Race competitors**

\*Correct at time of print. Some riders may turn up on the night.

#### National B Race - 8pm start (50 minutes + 5 laps)

			(55		
No.	Forename		Club / Team Name	Category	DOB
1	Stephen	Abbott	Teamwallis CHH Racing Team	1st	11 Jan 1977
2	Thomas	Armstrong	Mountivation Development Academy	2nd	27 Aug 1994
3	Michael	Ashurst	Champion System/Maxgear/Kyklos	2nd	24 Aug 1988
4	Lee	Baldwin	Buxton CC/Sett Valley Cycles	2nd	18 Oct 1981
5	Kieren	Banlin	Vanillabikes.com	2nd	09 Feb 1988
6	Sam	Boast	Team Hope Factory Racing	2nd	08 May 1993
7	Luke	Boulton	Tameside Cyclesports/Base2Racecycles.co.uk	2nd	13 Apr 1993
8	Paul	Cheetham	Base2Racecycles.co.uk	2nd	05 Mar 1969
9	Jonathan	Cregeen	Biketreks Racing Team	2nd	13 Jan 1993
10	John	Crellin	Teamwallis CHH Racing Team	1st	28 Sep 1979
11	Matt	Cronshaw	Node4 - Giordana Racing	Elite	30 Dec 1988
12	John	Dodgin	Biketreks Racing Team	2nd	11 Apr 1975
13	James	Dunlop	Biketreks Racing Team	2nd	31 Jan 1992
14	Matt	Flynn	Mountivation Development Academy	2nd	09 Jul 1995
15	Karl	Freeman	Team Wheelguru	2nd	22 Jan 1980
16	Harry	Grey	Vanillabikes.com	1st	29 Apr 1988
17	James	Gullen	Metaltek - Scott	1st	15 Oct 1989
18	Samuel	Jackson	Vanillabikes.com	1st	25 Aug 1976
19	Matthew	Jones	www.ribblecycles.co.uk	2nd	24 Feb 1990
20	Joshua	Knights	Mountivation Development Academy	2nd	12 May 1995
21	Julian	Pearson	Vanillabikes.com	1st	11 Feb 1992
22	Patrick	Pennefather	Beacon Wheelers	2nd	23 Jun 1979
23	Ryan	Pike	High On Bikes	2nd	01 Jul 1991
24	Francis	Pilkington	Bill Nickson Cycles RT	2nd	16 Jun 1988
25	Jack	Pullar	WHEELBASE.co.uk/MGD	1st	15 Nov 1989
26	Michael	Rawson	Champion System/Maxgear/Kyklos	2nd	10 Nov 1992
27	Stuart	Reid	WHEELBASE.co.uk/MGD	Elite	08 Jan 1981
28	Neil	Robinson	Lune RCC	2nd	22 Jul 1980
29	Alistair	Rutherford	Vanillabikes.com	Elite	23 Aug 1981
30	Jack	Sadler	Herbalife/Wheelbase.co.uk	2nd	25 Jan 1995
31	Jacob	Tipper	Teamwallis CHH Racing Team	Elite	02 Dec 1991
32	Jack	Waller	Teamwallis CHH Racing Team	2nd	19 Jul 1992
33	Andy	Warren	Base2Racecycles.co.uk Bikeshack	2nd	19 Jul 1983
34	James	Warren	Bill Nickson Cycles RT	2nd	15 Jan 1986
35	Dan	Whelan	Maxgear RT	2nd	22 Oct 1993
36	Martin	Woffindin	Cycle Sport Pendle	2nd	05 Oct 1992
			-		

### Did you know? Some useful facts about cycle racing

- Everyone racing here tonight has a license from British Cycling.
- Every cyclist starts in the 4th category and if they win or are placed highly in races (like tonight) they work their way up to 3rd, 2nd, 1st and ultimately Elite.
- Nearly all the riders here tonight belong to a club or team, some of which are sponsored by businesses.
- Lancaster has one of the best cycle racing circuits in the North West at Salt Ayre Sports Centre. Why not come and test out your cycling speed? Every Thursday evening CogSet and LancasterCC run timing sessions for children and adults and on Saturday mornings there is racing training for children.
- More races like this happen every Tuesday night at Salt Ayre. Spectators are always welcome.