



NORWICH
City Council

**Friday 8th July
at 7pm**



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top?*



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iceni^ovelo

Who is Iceni Velo?

Based in Norwich and founded in 2011 we are Norfolk's newest club with lots of ideas and enthusiasm for our sport. Our aim is to promote all aspects of cycling both competitive as well as for pleasure, fitness and transportation including specialist sessions for ladies and novice riders.



The most 'inclusive' cycle club in Norfolk!

"Whether you are a keen enthusiast or newcomer Iceni Velo will always offer you a warm welcome. We pride ourselves on a strong bond of friendship and support. We really hope to see you soon so please get in touch or join us for a ride out. No one gets left behind!"

2 FREE innertubes
& 2 FREE
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to every full member
(available for a limited time only)



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Gas Hill Gasp Race Time Table

| | |
|--------------------------------------|-------|
| Hopefuls 1st Round | 19-00 |
| Stars 1st Round | 19-15 |
| Hopefuls 'Best of the Rest' Round 2 | 19-35 |
| Hopefuls Round 2 | 19-45 |
| Stars 'Best of the Rest' Round 2 | 19-55 |
| Stars Round 2 | 20-05 |
| Juniors & Ladies | 20-15 |
| Hopefuls & Stars Round 3 | 20-20 |
| Finals from | 20-30 |
| Prize Presentation by the Lord Mayor | 21-00 |

Race Officials

British Cycling appointed.

Chief Commissaire (Referee) - Barry Smith

Asst. Commissaire (Referee) - Nick Esser

British Cycling Police Accredited Marshals -

Chief & Safety Officer - Fraser Tomsett

Asst - Ian Doe & Ray Skipper

Judges & Recorders

Lynn Powley, Jill Guy, Jill Jolliffe, Helen Tomsett

Public Address

Geoff Mayne

Riders Whip

Ben McClusky

Other Marshals & Helpers include.

Dave Anness, Peter Beales, AndyBlackwell, Colin Burrage, Richard Champney; Mark Duckett; Kate & Steve Dunnett; Dave & Sandra

Franks; Roger Jacombe; Pete Johnson; Jenny McKibben;

Andrew Mills; Eileen Oliver; Tina Potter; David Rand; Bryan Walker

Event Organiser

Ken Jolliffe, Walnut Tree Cottage, Garboldisham, IP22 2SD m 07775615360

Race Programme

Hopefuls Round 1

| | No | Name | Club / Sponsor / Town |
|-------------|----|-----------------|--------------------------|
| Race 1 | 53 | Craig Osborne | Norwich |
| | 73 | Cameron Toms | Iceni Velo / Duff Morgan |
| | 40 | Martin Anderton | Hethersett |
| Start 19-00 | 45 | Tim Ford | Tunstead |
| Race 2 | 71 | Simon Lomax | Norwich Amateur BC |
| | 70 | Bill Griffin | Cycles UK |
| | 22 | Rene'e Fox | Outspokin' Augusta |
| Start 19-02 | 46 | Amos Guy | Iceni Velo / Duff Morgan |
| Race 3 | 61 | Martyn Taylor | Taverham |
| | 49 | Diane Mantle | Mildenhall CC |
| | 52 | Rob Norman | West Suffolk Whs |
| Start 19-04 | 63 | Richard Willis | Norwich |
| Race 4 | 51 | Ryan Newell | Norwich |
| | 72 | Nigel Walsh | Wood Daling |
| | 68 | Rob Cholwill | Norwich Amateur BC |
| Start 19-06 | 54 | Anthony Potts | VC Baracchi |
| Race 5 | 59 | Simon Tabiner | Iceni Velo / Duff Morgan |
| | 64 | Andrew Knowles | North Norfolk Whs |
| | 58 | John Swindells | North Walsham |
| Start 19-08 | 65 | Beata Ellis | Billericay |
| Race 6 | 48 | Barney Horne | Norwich Amateur BC |
| | 44 | Mark Fairhead | CC Breckland |
| | 41 | Zac Battams | Reephams |
| Start 19-10 | 42 | Malcolm Black | Norwich |
| Race 7 | 50 | Matthew Mantle | Mildenhall CC |
| | 43 | Simon Browne | Little Plunstead |
| | 60 | Lawrence Taylor | Thorpe St Andrew |
| Start 19-12 | 67 | Robert Chenery | Kessingland |
| Race 8 | 56 | Roger Steggles | CC Breckland |
| | 62 | Matt Williams | Norwich |
| | 55 | Andy Steel | Diss CC |
| Start 19-14 | 57 | Dave Steward | Old Catton |
| Reserve | 69 | Sara Flatt | Iceni Velo / Duff Morgan |

Stars Round 1

| | | | | |
|-------------|----|-----------------|----------------------------|----|
| Race 9 | 18 | Dan Zagni | Ipswich BC | 2 |
| | 27 | Will Bamber | Cult Racing | 4 |
| | 35 | Paul Moss | Stowmarket & Dist | 4 |
| Start 19-18 | 23 | Paul Hindley | Iceni Velo / Duff Morgan | 3 |
| Race 10 | 16 | Nathan Miller | XRT Elmy Cycles | 2 |
| | 13 | Tom Fitzpatrick | Wyndy Milla / Maxifuel | 2 |
| | 39 | Patrick Cook | Ipswich BC | 4J |
| Start 19-20 | 19 | Ross Birkett | Newmarket / Revel Outdoors | 3 |

| | | | | |
|-------------|----|---------------------|------------------------------|----|
| Race 11 | 14 | Liam Gentry | VC Baracchi | 2 |
| | 28 | Matthew Bullock | VC Norwich | 4 |
| | 32 | Tim Guy | Iceni Velo / Duff Cooper | 4 |
| Start 19-22 | 29 | Warren Coe | Stowmarket & Dist | 4 |
| | | | | |
| Race 12 | 20 | Gordon Cobb | Stowmarket & Dist | 3 |
| | 30 | Sean Cole | Diss CC | 4 |
| | 37 | Hugo Robinson | XRT Elmy Cycles | 2J |
| Start 19-24 | 24 | Peter Ingram | Ipswich BC | 3 |
| | | | | |
| Race 13 | 15 | Chris Guy | Iceni Velo / Duff Morgan | 2 |
| | 84 | Kevin Jennings | Cambridge CC | 4 |
| | 21 | Martyn Dunnett | Diss CC | 3 |
| Start 19-26 | 25 | Tim Snook | Ipswich BC | 3 |
| | | | | |
| Race 14 | 12 | Richard Dunnett | Diss CC | 2 |
| | 33 | Charlie Haines | Iceni Velo / Duff Morgan | 4 |
| | 38 | Keiran Brady | Velo Schils Interbike RT | 3J |
| Start 19-28 | 36 | Nick Rivett | North Norfolk Whs | 4 |
| | | | | |
| Race 15 | 34 | Adrian McTigue | Plomesgate CC | 4 |
| | 31 | Graham Collins | Colchester Rovers CC | 4 |
| | 26 | Jan Strapek | Iceni Velo / Duff Morgan | 3 |
| Start 19-30 | 82 | Joe Skipper | VC Baracchi | 1 |
| | | | | |
| Race 16 | 11 | Mike Auger | VC Norwich | 1 |
| | 17 | Mark Westrup | VC Baracchi | 2 |
| | 79 | Josh Hannan | Glendene CC / Ridley / Lazer | 2J |
| Start 19-32 | 66 | Victoria Williamson | Welwyn Whs | LJ |
| | | | | |
| Reserve | 47 | Peter Hargreaves | VC Norwich | 3 |
| | 74 | Chris Bartlett | | |

Hopefuls 'Best Of Rest' Round 2

| | |
|-------------|------------|
| Race 16 | 3rd Race 1 |
| | 3rd Race 2 |
| | 4th Race 3 |
| | 4th Race 4 |
| Start 19-36 | |
| | |
| Race 17 | 3rd Race 3 |
| | 3rd Race 4 |
| | 4th Race 1 |
| Start 19-38 | 4th Race 2 |
| | |
| Race 18 | 3rd Race 5 |
| | 3rd Race 6 |
| | 4th Race 7 |
| | 4th Race 8 |
| Start 19-40 | |
| | |
| Race 19 | 3rd Race 7 |
| | 3rd Race 8 |
| | 4th Race 5 |
| Start 19-42 | 4th Race 6 |
| | |

Hopefuls Round 2

| | |
|-------------|--|
| Race 20 | 1st Race 1 1st Race 2 2nd Race 3 2nd Race 4 |
| Start 19-46 | |
| Race 21 | 1st Race 3 1st Race 4 2nd Race 1 2nd Race 2 |
| Start 19-48 | |
| Race 22 | 1st Race 5 1st Race 6 2nd Race 7 2nd Race 8 |
| Start 19-50 | |
| Race 23 | 1st Race 7 1st Race 8 2nd Race 5 2nd Race 6 |
| Start 19-52 | |

Stars 'Best Of Rest' Round 2

| | |
|-------------|--|
| Race 24 | 3rd Race 9 3rd Race 10 4th Race 11 4th Race 12 |
| Start 19-56 | |
| Race 25 | 3rd Race 11 3rd Race 12 4th Race 9 4th Race 10 |
| Start 19-58 | |
| Race 26 | 3rd Race 13 3rd Race 14 4th Race 15 4th Race 16 |
| Start 20-00 | |
| Race 27 | 3rd Race 15 3rd Race 16 4th Race 13 4th Race 14 |
| Start 20-02 | |

Stars Round 2

| | |
|-------------|---|
| Race 28 | 1st Race 9 1st Race 10 2nd Race 11 2nd Race 12 |
| Start 20-06 | |
| Race 29 | 1st Race 11 1st Race 12 2nd Race 9 2nd Race 10 |
| Start 20-08 | |
| Race 30 | 1st Race 13 |

Start 20-10
1st Race 14
2nd Race 15
2nd Race 16

Race 31
1st Race 15
1st Race 16
2nd Race 13
Start 20-12
2nd Race 14

Juniors

| | | | |
|-------------|----|---------------|--------------------------|
| Race 32 | 27 | Hugo Robinson | XRT Elmy Cycles |
| | 69 | Josh Hannan | Glendene CC / Biketrack |
| | 28 | Keiran Brady | Velo Schils Interbike RT |
| Start 20-18 | 29 | Patrick Cook | Ipswich BC |

Ladies

| | | | |
|-------------|----|---------------------|--------------------------|
| Race 33 | 39 | Diane Mantle | Mildenhall CC |
| | 22 | Rene'e Fox | Outspokin' Augusta |
| | 55 | Beata Ellis | |
| Start 20-20 | 56 | Victoria Williamson | Welwyn Whs |
| Reserve | 59 | Sara Flatt | Iceni Velo / Duff Cooper |

Hopefuls Round 3

Race 34
1st Race 20
1st Race 21
2nd Race 22
Start 20-22
2nd Race 23

Race 35
1st Race 22
1st Race 23
2nd Race 20
Start 20-24
2nd Race 21

Stars Round 3
Race 36
1st Race 28
1st Race 29
2nd Race 30
Start 20-26
2nd Race 31

Race 37
1st Race 30
1st Race 31
2nd Race 28
Start 20-28
2nd Race 29

Hopefuls 'Best Of Rest' Final

Race 38
1st Race 16
1st Race 17
1st Race 18
Start 20-34
1st Race 19

Stars 'Best Of Rest' Final

| | |
|-------------|-------------|
| Race 39 | 1st Race 24 |
| | 1st Race 25 |
| | 1st Race 26 |
| Start 20-36 | 1st Race 27 |

Hopefuls Minor Final

| | |
|-------------|-------------|
| Race 40 | 3rd Race 34 |
| | 3rd Race 35 |
| | 4th Race 34 |
| Start 20-38 | 4th Race 35 |

Hopefuls Final

| | |
|-------------|-------------|
| Race 41 | 1st Race 34 |
| | 1st Race 35 |
| | 2nd Race 34 |
| Start 20-40 | 2nd Race 35 |

Stars Minor Final

| | |
|-------------|-------------|
| Race 42 | 3rd Race 36 |
| | 3rd Race 37 |
| | 4th Race 36 |
| Start 20-42 | 4th Race 37 |

Stars Final

| | |
|-------------|-------------|
| Race 43 | 1st Race 36 |
| | 1st Race 37 |
| | 2nd Race 36 |
| Start 20-44 | 2nd Race 37 |

21-00

Prize Presentation by the New Lord Mayor

Prize List

Stars

| | |
|---------|--------|
| 1st | |
| £100.00 | |
| 2nd | £60.00 |
| 3rd | £50.00 |
| 4th | £35.00 |
| 5th | £25.00 |
| 6th | £15.00 |

Stars Best of the Rest

| | |
|-----|--------|
| 1st | £25.00 |
| 2nd | £15.00 |

Hopefuls

| | |
|-----|--------|
| 1st | £40.00 |
| 2nd | £30.00 |
| 3rd | £20.00 |
| 4th | £10.00 |
| 5th | £10.00 |

Hopefuls Best of the Rest

| | |
|-----|--------|
| 1st | £15.00 |
| 2nd | £10.00 |

1st Junior £20.00

1st Lady £20.00

Total £500.00

Thought about riding with a club?
Think they may go too fast?
Think you might not keep up?

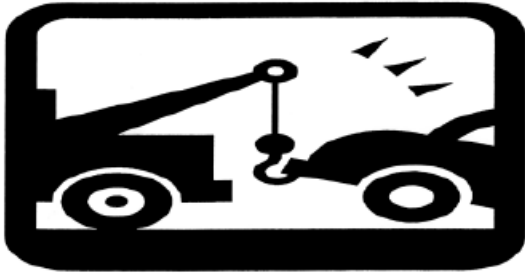
Then Try

Cyclists Touring Club (CTC)

where

Speed is at the pace of the slowest
Distances usually around 30 miles
Midway Refreshment Stops

3 sections in Norfolk,
Norwich, Diss & West Norfolk
Details: www.norfolkcycling.co.uk
Click on link
Cyclists Touring Club Norfolk



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**Come on Give it Try
We even have some bikes for you to use!**

For more details contact: SaraFlatt@britishcycling.org.uk

The Gas Hill Gasp
Organized By
Lotus Cars Cycle Race League
Under British Cycling Rules .

The LCCRL was set up in 2006
When use of the Lotus Cars Test Track was obtained
On Wednesday evenings during the summer months there is :-

Coaching/racing for the under 16's.
A 30 minute Race for Novices 16+
A 60 minute Race for British Cycling Members

Total attendance each week is 100+

Details on www.norfolkcycling.co.uk

Acknowledgements

The LCCRL wish to thank the following. Without their help & support the
Gas Hill Gasp would not have been possible.

The Lord Mayor

For Presenting the Prizes

St John Ambulance

First Aid

The Red Lion, Bishopsgate, NR1 4AA 01603 620154

Event HQ, Race Officials & Disabled Toilets

Greens Gym, Barrack Street, NR3 1TD. 01603 760600

Competitor Parking

Norwich City Council Events Team

Norfolk Police

Support & advice in making the 'Gasp' possible.

Norfolk Cyclists

Who have given their time to act as officials & marshals etc.

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