

BLAH SUMMER 2005

Club riders on a winning streak

2005 is proving to be one of the most successful years for the club for a long time, with many wins and top 10 placings in road racing, time trials and mountain biking. A steady influx of new members have increased the numbers racing which makes the club more visible and increases our chance of more good placings. The new racing kit has proved to be popular and is quite distinctive showing up well in road race bunches.

A new and successful departure on the social side for the club has been meeting for a drink and a chat on a Friday evening. These informal get-togethers have taken place at the Sportsman, Mogador and have proved to be very popular. The last one saw some riders out on their mountain bikes ending up at the pub, and eventually more than 20 members, friends and partners enjoying the fine summer evening in the garden of the pub.

For details of forthcoming meetings either visit the club's web site or contact Marcus Brueton.

NEW MEMBERS

Marc Ravetto

Nicholas Ffoulkes

Paul Ian Davies

Chris Moores

SURREY CYCLE RACING LEAGUE HANDICAP ROAD RACE

The club's Surrey League Promotion is the Handicap Championship to be held on Sunday 11 September with a 9.30 am start.

There is an urgent need for a volunteer to co-ordinate marshalling, cars and drivers and refreshments. The event is scheduled to be held on the Norwood Hill circuit but may change if Leigh Village Hall is not available. We need a minimum of 11 marshals, 4 cars plus drivers, 2 people to do the catering plus an assistant commissaire.

We promoted this event last year, and were lucky to get away with the poor effort that the club made, few marshals, virtually no refreshments and not enough cars to give sufficient protection to the riders. We really must make more of an effort this year.

This is an important obligation that the club has and if you ride Surrey League events you should help out with the clubs promotion.

Offers of help to Peter Ansell.

INTERCLUB MAP READING

This year the annual test of athleticism and brain power is being promoted by the club on the 30 October, contact Keith Butler for details.

OFF-ROAD CHAMPIONSHIP

The club Off-Road Trophy event will held on Sunday 4th September on the Surrey Hill course between Bracknell and Bagshot. This race is part of the Southern area mountain bike series (round 5) and we will be racing in the Masters category (11.30 start).

This is a great course and is being organised by the Gorrick mbc, who always put on superb events. Entry on the line is available, although you'll save yourself £3 if you enter in advance. Closing date for entries is usually one week prior to the event.

WALKING WEEKEND

The walking weekend will be in the South Downs area based at Seaford, on Saturday 15 Sunday 16 October September .

For details contact John Pocock

PRESIDENTS 12

The Presidents 12 will be held on Saturday 17 September over two laps of the Crowhurst circuit, first man off at 10.30am. Lunch will be at the Royal Oak, Staffhurst Wood.

This event is open to all past, present or even future club members, For details contact Ian Murray.

Urgently required

A marshalling co-ordinator for

**SURREY CYCLE RACING LEAGUE
HANDICAP ROAD RACE**

on 11 September

LES INGMAN MEMORIAL ROAD RACE

This year's Les Ingman Race saw a field of over 60 including some classy riders - Yanto Barker, Rob Hurd (SE Series Leader), Gary Dodd, Gary Baker and Martin Smith to name a few. The 136 km race covered 8.5 laps of the hilly Bletchingley circuit with the finish on the flat at Outwood.

The race kicked into action early with a group of six slipping away on the first lap although they soon whittled this down to five – Gary Baker, Tony Gibb, Chris Parlett, Marcus Brueton and Tom Gardner. Their lead rapidly grew to almost two minutes, as the bunch was slow to react. After three laps away, a chasing group of 12 was bearing down on them and despite Gibby's best efforts to power the break along they were caught as they made the climb up to Bletchingley. With the bunch catching the chasing group at the same time the race was back together.

Over the next few laps several attacks failed to make an impact but, with three laps to go over 10 riders clipped away near the Dog and Duck pub. VinerbikesAgisko rider Andrew Rigg and, once again, Gary Baker were the men to watch with Barker, Hurd and Dodd missing the move. The break's lead grew to over a minute as the chasing bunch split with another ten riders going clear with two laps to go.

As the bell sounded, the leading break was clear. Behind, Barker and divisional champion James Holland jumped across to the second group leaving Dodd and Hurd to neutralize each other as the two contest the Gizmondo, Sigma Sport South East series.

Team Milton Keynes' Martin Smith and the resilient Gary Baker escaped the leading group in the closing stages leaving Smith to outsprint a tired Baker. Andrew Rigg won the sprint for third place. The second group was led in by Yanto Barker (10th place) after a dicey coming together of wheels almost saw three riders brought down in the last 100 m.

There could be some changes in the SE Series overall positions with Hurd and Dodd off form and Anders Christensen being the best placed SE rider.

Many thanks to all club members who assisted with the running of the event and to the event organiser Simon Richardson. A special thanks to Maureen Ingman for her generous donation.

<i>Pos</i>	<i>Name</i>	<i>Club/Team Cat</i>	<i>Time</i>
1	Martin Smith	Team Milton Keynes	3:35:45
2	Gary Baker	Angliasport RT	st
3	Andrew Rigg	Viner Bikes Agisko	st
4	Anders Christensen	VC Meudon	st
5	Steven Richards	VC Meudon	st
6	Andrew Mielak	Poshbikes.com	st
7	Jamie Higgins	Tunbridge Wells RT	st
8	Steve Gower	Pacific RT	st
9	Warwick Spence	London Dynamo	@ 0:05
10	Yanto Barker	Team DFL	@ 1:57
11	Nigel Williams	Python RT	st
12	Chris McNamara	Tunbridge Wells RT	st
13	Simon Hanley	Team Milton Keynes	st
14	Tom Gardener	Stilton RT	st
15	Adrian Goatley	Agiskoviner.com	st
16	James Holland-Leader	Agiskoviner.com	st
17	Andy Lyons	Stilton RT	st
18	Dan Duguid	Evans RT	st
19	Paul Holdsworth	Hounslow & Dist Whlrs	st
20	Tom Hemmant	London Dynamo	st

A total of 36 riders finished the race

Thought for Today by old sod

There's nothing in the world like the devotion of a married woman. It's a thing no married man knows anything about.

A flying start to the season for the Club

The Norwood Paragon has had a great start to the season as the club enters its 2nd century of cycle sport.

The highlights include:

20 March – winning Team in the CDCA 21m Sporting TT at Bletchingley for Steve Calland, Simon Warren and James Shrubsall.

2 April – Justin Lomas' dramatic victory at the John Smith Memorial 3/4 RR at Norwood Hill with Steve Calland 2nd and Russell Painter 3rd.

3 April – two victories in two days for Justin Lomas who won the Surrey League Barcombe 3/4 RR.

3 April – 1st MTB win at the Gorrick, Deepcut – Hannah Reynolds (2nd claim) won the Open race.

10 April – Southern Area XC MTB race, East Grinstead – Marcus Brueton won the Masters race.

16th April – National Points MTB Series Plymouth – 2nd claim member Jon Webb won the short course MTB race beating Nick Craig.

17 April – bunch sprint victory for Steve Calland at Surrey League Goodwood 3/4 RR.

23 April – Evans/Surrey League 4/w RR win for Simon Warren.

As well as these results the club has had several top five finishes in road races and top ten's in Time Trials plus two pairs in the top 15 at the Enduro MTB race at Catton Park.

20th June – 3rd July

The Jaunts Stage race is for 2/3 cat riders and covered five stages across Sussex and Surrey culminating on the hilly Bletchingley circuit on stage five. Justin Lomas, Mike Hawkins, Steve Calland, Russell Painter and 2nd claim member Jon Webb rode well as a team netting five stage wins between them with Lomas' ride at Cutmill providing the pivotal lead to put him in the yellow Jersey.

The final tally of results included Stage one – 1st place for Calland and 7th and 8th for Lomas and Hawkins respectively; Stage 2 – 1st place for Lomas, 5th and 8th for Calland and Hawkins; Stage three – 9th place for Calland and 17th for Lomas; Stage four – 1st place for Lomas and 14th for Calland; Stage five – 4th place for Calland.

The team's great results and strong riding to support both Lomas and Calland saw them dominating the race taking the lead overall in both the general classification and the points competitions for Justin Lomas with Calland in 8th place overall and joint 6th with team mate Hawkins in the points competition.

The Saab Salomon 24 hour 2005 race is an MTB team relay which was held in the Malverns and is the blue riband event of UK and European Endurance MTB racing. The Paragon has been keen followers of 24 hour MTB racing with regular teams over the last 6 years. This year there were two teams of five in the Mixed Category in what proved to be a huge event with the SSMM '05 attracting almost 1900 racers. The course was a tough hilly route with lots of singletrack and plenty of mud after Friday's rain. It covered 17 km with 500 metres of climbing per lap.

The Norwood Paragon A Team featured Dave Mascal, Marcus Brueton, Simon Richardson, Steve Watkins and Vere Perry whilst the Y Team starred Phil Earl, Marc Ravetto, Stephen Roach, Nick Ffoulkes and Kay Patton. Despite a last minute rider change the teams got off to a good start with the Paragon A Team in 9th and the Paragon Y Team in 15th in the early stages. They both moved up to 5th and 10th, then frustratingly dropped back down to 12th and 13th as night fell. The darkness proved to their advantage when their regular night rides paid off pushing them back into the top 10.

As 2 o'clock and the 24 hour deadline approached the A Team was in 4th and the Y Team was 7th with Ace RT/Impsport comfortably in the lead. They held onto those positions at the finish although Climb On Bikes were only 3 secs behind in 8th place. Ace RT won mixed with 22 laps covered ahead of Loughborough

Students and Ride Beyond.

The following Wednesday evening the Paragon's A Team captain Dave Mascall was racing at Eelmore in the evening 3/4/J race. Mascall used his handling skills on the tight circuit to maintain his position at the front of the bunch and came 3rd in the final gallop placing him 5th overall as L Atkins (Glendene) and J Boyman (Agiskoviner) had both jumped clear for 1st and 2nd places.

Rob Douglas continued his TT campaign on Sunday at the SCCU 50 mile TT in Horsham where he was a strong 8th place with a time of 1.57.46 with K Coffey (Bec CC) winning in 1.51.00.

26th June – 10 July

Steve Calland followed on from his stage win in the Surrey League Jaunts with an impressive ride in the Welsh 4 day Stage race later in the same week. He captained the Surrey League team made up of four riders including Jaco Ehlers (De Rosa), Yves Milliere (Kingston) and Nick Dawes.

This race was sponsored by Lifeforce UK with a spectacular prize list valued at £25,000 and consequently attracted a strong field of riders from across the UK. As most of the Surrey League Team had raced in the Jaunts race earlier they took a while to find their racing legs, finishing in the bunch on the first and second stages. However stage three was where they made their mark with Calland getting into the key break along with Milliere and Dawes, then working hard to take the win. The break's lead over the bunch also lifted the Surrey League in the team rankings overall.

Stage four saw the Surrey riders in the thick of the action once again with Milliere taking 5th place and Calland just behind in 7th. The final stage had a lot of tactical racing as the Isle of Man A Team tried to protect their lead and keep Cook in the yellow jersey. Whilst Cook succeeded in keeping yellow, his team mates lost out overall, as a well-timed attack in the closing stages saw Calland and Milliere break away to get 4th and 6th and crucially gain a few seconds over the bunch.

Calland's Surrey League team put in a fine performance overall to take the first place by 20 seconds ahead of the Isle of Man A Team. Cook won the general classification with Calland 5th, Milliere 9th, Dawes 13th and Ehlers 25th overall. These recent results have pushed Calland up to first category status along with his club mate Justin Lomas – winner of the Surrey League Jaunts.

Norwood Paragon's James Shrubsall and Simon Warren rode the Hertford Wheels evening open Time Trial on the F20/10 course with setting some fast times. Shrubsall powered round the course in 21.02 improving on his personal best by 50 seconds, whilst Warren finished in a time of 22.44. These times placed Shrubsall in 16th and Warren in 56th with D Alexander winning in 19-38.

Russell Painter rode in the Hillingdon Evening series on Tuesday in the 28 mile E/1/2 race. A break quickly formed with 4 riders including Painter breaking clear. They worked well to stay away finishing over a minute ahead of the bunch. London Dynamo's Tom Hemmant won whilst Painter was in third – his highest ever placing at Hillingdon.

On Sunday four of the Norwood Paragon mountainbikers rode in the Southern MTB Championships which took place at Checkendon. This was incorporated into the Southern XC series and proved to be a particularly tough event with the heat and hilly course conspiring to give the riders a real challenge. Alison Butler rode in the Women's Sport race although retired due to a nasty crash and ensuing mechanical failure. Phil Earl, Marcus Brueton and Stephen Roach rode in the Masters race which covered 3 laps of a 6 mile circuit. Brueton had a good start and was leading the charge for the single track, however this was short-lived as his wheel pulled across jamming in the frame! The whole race proceeded to pass the hapless Paragon as he sorted out his bike and then had to chase for the rest of the race.

Meanwhile Earl and Roach were making good progress working their way into the top 20 as Brueton began to overtake the back-markers. Unfortunately Roach pulled out with a mechanical, and Earl suffered from transmission problems costing him a few minutes overall. By the end of the race Brueton had overtaken 30 riders and salvaged 5th place whilst Earl was 16th. These results have put both Paragon riders in the top 10 of the Southern XC Series. D Compton won the Masters race and is the 2005 Southern Champion. Evans RT's Jamie Newall won the elite race and 2005 championship.

6-12 July

Simon Richardson, Simon Warren and Mike Hawkins rode the 3/J/W race at Cutmill on the Sunday morning.

In the early stages seven riders including Warren went up the road in ones and twos and the bunch wasn't looking very interested so with four laps to go Richardson jumped across to them and they started working well and were soon out of sight. On the last little climb up from the main road, with about 2 km to go, Richardson jumped, taking Evans rider J Wakelin with him. They immediately got a gap and kept working to the finish line where the Paragon rider led out the uphill sprint but went a little too early allowing Wakelin to just pass him on the line. Warren finished at the back of the group in 8th place while Hawkins, who had been at the front of the bunch covering the moves, came 2nd in the bunch kick, placing him 11th.

The afternoon saw a return to Cutmill for Lomas and Steve Calland in the 72 m 2/3 race with a full field of 80 riders. The bunch stayed together in the early part of the race although after a couple of laps three riders got a gap and at half race distance had a lead of 1.15, as the main field was whittled down each time the climb was tackled.

A few attacks saw small groups of riders go clear but each time they were unable to bridge to the leading trio and the field soon reeled them back in. With just under four laps to go, the Paragon pair of Calland and Lomas attacked and quickly closed the gap to the leading trio, leaving five riders at the head of affairs with three laps to go. The chasing bunch splintered as the pace increased in an attempt to pull back the break. Lewis Atkins (Glendene CC) showed his strength by bridging the gap to the Calland/Lomas group on his own.

On the approach to finish at the bell, with the remnants of the field having caught the leading six, Calland powered up the climb, leaving Lomas drifting to the back of the 25-strong bunch. Once through the finish, Lomas recovered and bridged the gap to a small group of 10 riders that had gone clear. Down the narrow road through The Sands, Calland attacked again and quickly established a 15 2nd gap. Lomas made a tactical error which may have cost him a high placed result. Instead of waiting for a tow across to Calland in the slipstream of another rider, he tried to bridge the gap himself but floundered before making contact and was unable to react when Atkins jumped and finally made contact with Calland about four miles from the finish. Calland showed his class and experience by taking the victory, with Lomas left to contest the sprint for the minor placings, finishing 6th overall.

Also on Sunday Rob Douglas competed in the SPOCO sporting 50 mile TT in Essex. This was on a tough hilly course in windy conditions which saw competitors battling round for three laps. Douglas struggled on his 3rd lap which saw many riders actually giving up. He finished in a time of 2.06.07 in 11th place behind M Cox who won in 1.55.00. Douglas now lies 11th overall in the SPOCO Series.

Meanwhile off-road, Marcus Brueton raced in the round 3 of the Southern XC MTB series held in Bristol. This was on a fast single-track course in Ashton Park with two short climbs and lots of lots of roots to catch unwary riders. Brueton raced in the Masters (over 30) category and had a bad start unfortunately, losing position entering the single-track and had to chase his way up from 15th place. He started overtaking on the 1st hill once the track opened up, by which time the two leaders were well away.

On the 2nd lap Brueton was with two others chasing the leading pair having charged through the field. They gained ground and on the 3rd lap Brueton had them in sight, having dropped his two companions, however he just failed to catch them. The Norwood Paragon rider entered the finish area 20 2nds behind the leaders, then dramatically crashed on the grassy left hand turn rolling his front tyre and puncturing in the process. He limped on to the finish line, cornering gingerly as 4th placed Ian Gait bore down on him, holding onto 3rd place by just one 2nd. Justin Painton (AW Racing) took the win ahead of A Baker (Leisure Lakes).

11-17 July

This week saw some strong rides from the Norwood Paragon in both road racing and time trials. On Thursday's handicap 36 mile race at Kitsmead Lane, Mike Hawkins rode well keeping up with scratch when they caught his group. The race came down to a bunch sprint with Team Quest's Colin Roshier taking the win and Hawkins in 8th place.

On Saturday at Rob Douglas rode the A3CRG 10 mile time trial in Liss, Hampshire. There was a slight drag on the way back from the turn which most riders found tough, however Douglas flew round using his speed gained from the sporting TT series to finish in a time of 21.41. This was his 2nd fastest time ever and placed

him 3rd veteran and 10th overall. In-Gear's Ben Instone won in 19.35.

Saturday also saw the road racers in action – this time at MOD Chertsey in the Surrey League races. Simon Warren rode in the 3/4 race and attacked on the final lap gaining a 15 2nds gap, but unfortunately the bunch caught him in the sprint for the chequered flag and he finished mid-field.

Russell Painter and Marcus Brueton rode the E/1/2 event on the same course with both rides featuring in the breaks. Brueton got into a break of seven riders with 11 laps to go. They built up a strong lead, having passed the 3/4 race ahead, but lost their momentum when two Liphook riders jumped across and were caught with three laps to go relegating Brueton and Painter to also finish in the bunch.

Special mention should be given to Steve Calland for his French exploits last week. Calland rode in L'Etape du Tour which followed the route stage 14 of the Tour de France in the Pyrennees. This was a huge event attracting almost 10,000 riders including several hundred Brits. Calland set off in the 3rd wave of riders meaning he had 3,000 riders ahead of him on the road. He climbed strongly and worked his way through the peloton to finish 74th and was the 1st Brit into the finish at Pau after 180km of racing.

18-24th July

Thursday's handicap at South Nutfield saw Mike Hawkins and Marcus Brueton in action with Brueton in scratch and Hawkins in the group ahead. Sigma Sport's Gary Dodd helped power the scratch group along to catch the others up the road with the race coming together by the last lap and both Paragons working at the front. On the final charge up the hill to the finish, Dodd just edged ahead of Ewhurst Control's J Edwards with Hawkins hot on their heels in 3rd and Brueton 5th. This result helped the club's current standings in the overall Surrey League Handicap Series with Steve Calland 3rd, Brueton 10th and Hawkins 13th, Dodd is leading overall.

Rob Douglas continues to get faster as the Time Trial season goes on with a new PB in the South Eastern RC 10 on G10/53 course – Horsham to Crawley. He finished in 21.25 which was 12 seconds quicker than he has previously managed, placing 5th and 2nd Veteran. Paul Mill won in 20.02.

Meanwhile Simon Warren, James Shrubsall and Stephen Roach rode in the Crawley CC Two Day 3rd Category stage race. Stage 1 was a 1.8mile uphill prologue, which suited Warren in particular who was fresh back from riding in the Alps. Warren was 3rd in 5.19 which put him in the green Points Jersey for stage two with M Green (Evans) winning in 5.15. Roach and Shrubsall were 33rd and 49th.

Stage two in the afternoon covered 47 miles with a nasty hill at the end of each of the eight laps. Two laps into the race and the yellow jersey punctured, pushing Warren into 2nd overall. The Paragons worked together to chase down attacks on the hill each lap to protect Warren, however a strong attack on the final lap split the field shelling out 25 riders by the finish. Warren charged up the hill claiming 5th place while his team mates came in behind the bunch tired after their earlier efforts. Kingston Wheelers C Salt won the stage.

Sunday's final stage was wet and hilly and once again the Yellow Jersey (T Djeddour - Kingston) punctured pushing Warren into virtual yellow! This made things tough for Warren as the eight Kingston Wheelers would no longer be policing the break-aways leaving him to chase on his own as his team mates were now suffering the effects of their work the day before. Warren succeeded in getting the breaks back with the help of the bunch until Agiskoviner's Mark Leggett attacked on the hill. Leggett (formerly with Norwood Paragon) stayed away to win by 29 seconds thus taking the overall lead as well. Warren finished in 14th and maintained his 2nd place overall by just one second.

The delighted Paragon said at the finish "Many thanks to my team mates, although they weren't up there at the end, their support was vital to my success."

Southern MTB Champs at Checkendon

by Allison Butler

Memories of cow poo, stinging nettles and Steve's first race

You know you're onto a interesting day when you arrive at the start line feeling not fit, not even nervous, but starving hungry! I should have packed there and then.

The day had started well enough, we'd had an easy journey, the sun was shining, I'll spare you the saga of Rosie and the cow poo (actually it was sheep's but you couldn't tell her). I decided to try to sort out my bike handling problems. Which is always a good thing to do just before the start! This involved borrowing Steve's bike (it being about an inch shorter than mine). Then I needed to have his shoes as well (mine weren't compatible with his pedals) and of course then the gears wouldn't work. Seems this was my fault though, I was expecting just to click the front changer, when actually one had to hold it down till the chain begrudgingly moved across! Anyway, it was all finally sorted and the day could begin.

By the time I got on the start line it was stiflingly hot (not bad for 10.30am!) and I was just congratulating myself on remembering my bottle when, as I said, I realized I was hungry. Not deterred, I set off somewhere near the back of the field as befits my lowly status. Was even further back by the time I got my feet into Steve's single sided pedals-they'd seemed such a good idea at the time too. Finally got going, though not feeling brilliant, but actually managed to overtake a couple of girls. Came down a hill only to find one of those lumps that I'm sure the organiser expected us to leap over with wild abandon. As I'm not over-endowed with wild abandon and I certainly didn't fancy leaping off into the unknown (yes, I know this is why you pre-ride the course, but that requires fitness), I approached gingerly, rather too gingerly as my crank hit something, the bike stopped and I collapsed ignominiously astride the top of the bump with my foot trapped under the bike. It took hours to free my foot from the pedal, and those girls caught me up.

Now in dire need of sustenance I carried on and had to stop at the side of the path to devour half a bottle of Isostar. The next scary bit was a vertical drop, where I shut my eyes-it seemed to work though, I was only slightly off centre when I opened them again.

Still feeling bad, despite the Isostar, I decided my best option was to get to the finish and stop, blow the second lap! I came to a short steep descent into a field, lined with cursing men... cursing at the course, you understand, not me... it did make me feel a bit better, even though they were probably 'fun' or 'beginner' riders! We all looked at this descent. Some rode it, some walked, I ended up walking and at the bottom my tyre just deflated for no apparent reason. With no spare, my only option was to walk back to the finish in the blazing sun. Seems I was at the furthest end of the course from the car park and, just to add to my pleasure, I took a short cut down a path which turned out to be overgrown with stinging nettles!

The one advantage of all this was that I got back in time to see everyone else race. Had a grandstand view of Marcus going from the front to the back of the field in 5 seconds, then (impressively nearly) back to the front again. How he managed to overtake so many people defeats me, there didn't seem enough space to get one bike through a lot of the time. Big Steve looked as if he was feeling like I'd been feeling, only Phil seemed unfazed.

Finally sent Steve off with the Open race. It was his first one, so I was curious to see what he'd make of it (lest anyone suspect I badgered him into it, I should state that it was his own idea). Anyway, we waited, and waited, and waited. Just as I was getting seriously concerned he turned up, wheeling the bike. He'd actually got further than me, but had gone A over T, landed on his head, the back wheel had blown out and he'd walked back along the course!

So results-wise, not a brilliant day for family Butler, who need to do some serious practice. Congrats to the guys for their rides - getting round was quite a feat, the consensus of opinion seemed to be that it was a pretty hard course!

Les Ingman

by Alan Bristow

A true all rounder, twice National Hillclimb champion and an Olympic representative

Les was born in Barrow-in-Furness in 1927/28. He joined the Apollo CC riding his first event in 1945 clocking 1.24.05, in the Kentish Wheelers Novices 25. Eventually he became a force on Southern roads also proving he could 'twiddle' by winning in 1951 the Dartford Wheelers medium gear (72 inch limit) 25 in 1.4.10.

In 1952 while still a member of the Apollo he turned his attention to massed start racing with immediate success gaining a place in the Olympic road team in Helsinki after he won a 90 mile selection road race at Stapleford Tawney. In the Olympic road race he was pushed off in the first 800 yards.

In January 1953 he joined the Paragon winning the medium gear 25 in 1.4.26 a 2 minute victory over Ron Stretton. He gained victories in the Calleva and Actonia 25's. Other time trials included a win in the Club's open 50 and on a atrocious morning recorded 2.7.04 and winning the Catford Hill Climb in 2m 4²/₅ sec just outside the record. In the previous year he won their open 50 completing a Catford double and up to then the only other rider to achieve this distinction was George Fleming. Further club events included 2nd place 1.00.55 behind Ron Palmer in the Mayne Cup and first in the hill climb up Ranmore his 3m 58s some 11 seconds faster than second place Wally Happy.

On the road racing front he won the bunch sprint for second place, about 10 lengths behind winner Ron Stretton in the Paragon's Brighton RR. Photographs at the time indicate wet weather throughout. His other bunch events included 6th place in a Gosport Track League event at Lee-on-Solent. He eventually finished in 3rd place behind Ron Stretton and Wally Happy in the club massed start championship. Riding the track he acted as a pacer in the 50 mile tandem paced championship.

1954 saw a return to time trialling with a 1.6.05 in the Dartford Wheelers medium gear 25. He beat Robin Buchan in the club 25, 59.29 to Robin's 1.0.36, and was 2nd to Ron Palmer in the Purley to Brighton 1.36.58, 42 seconds adrift. Further events of note were 2nd place to Vic Gibbons in the Chichester 50 breaking club record with 1.59.26, won the Jubilee 50 in 0.46 (two changes of bike) and led the winning team. A new club 30 record was set in the Redmon event 1.10.12, led the winning team in the Addiscombe 50 (2.0.36) and gained another club record at 25 miles with 57.49. The club 25 was won in 58.28 plus 1st place in the Ranmore hill climb with 4m 3²/₅ seconds. He tried a 100 but was not happy with his 4.32. Pride of place was his win in the National Hill Climb Championship a feat he repeated in 1956.

1955 saw him enter the London 10 mile track championship at Herne Hill with the aim of helping Wally Happy, with 5 laps remaining he kicked hoping to give Wally a lead out, unfortunately his front wheel lifted throwing him off, Wally still managed 3rd place.

Les was hospitalized after a bike accident. It was rumored he had done a Madison type handsling off panel beading on a bus, a training specialty. He was married in October 1955 to Maureen the nurse who cared for him.

1956 saw him riding the Easter Rally, on the Isle of Wight commenting on the toughness of the course, also rode the Tour of Ireland, was placed 7th in the Paragon's Brighton RR the winner being the Sydenham Wheelers Bill Best.

A description of him in 1956 was as follows: Trade - Plumber; Height 5' 4¹/₂"; Weight 8st 6lbs to 9st 4lbs. Typical of the training regime, he was part of a group of well known riders that would spend 10 days on full time training, meeting in London with bottles and musettes of food setting off for coastal towns like Brighton, Worthing, Hastings or Eastbourne every other day, bit and bit all the way until the final sprint. Then it was lunch, again bit and bit back finishing with another sprint. Other days would be a return ride to Guildford sprinting for everything then back for lunch and a rest. It was then off to Heme Hill. Warm up, engage in practice sprints or pursuits finishing off with a couple of 25 lap bashes. Evening rides were also a feature, the route always chosen by Les. Three big hills were always on the itinerary. Among the 'favourites' were Titsey, Westerham, Mogadoor, Box & Reigate.

An amusing incident occurred whilst in Venice with a group of Paragonians in a gondola. Wearing dark

glasses he fell overboard, he surfaced still wearing the dark glasses.

Emigrating to Canada in 1959 he joined the Canadian Army as a tradesman plumber. He became interested in marathon running and cross-country skiing and competed for the Canadian Army at both disciplines. At one period he was posted with the Royal Canadian Signals to Soest, Germany.

After serving with the RCA for 20 years he returned to England with his wife Maureen and daughter Toni and took over a small business in Winchester. Still a keen cyclist he joined the local VC Ventna and took part in a few timetrials. The family moved to Hounslow in 1983 when he took an appointment as a Warden/Superintendent to the retired Butchers Federation. He rejoined the Paragon in 1988. During his earlier time with the Paragon he had a reputation on club runs as a "BI--dy Tare A—e". He was a prolific winner of short distance time trials and hill climbs in addition to his road racing ability. He was described as a superb bike handler with a professional approach. Les considered one of his best rides was winning the Isle of Man T/T in 1.37.00, the year may have been 1952. He favoured variable gears between 54 to 96 and ironically most of the pictures in the archives of him he is riding fixed. He had a simple ambition and that was to win. He died of a heart attack in 1990.

The photo of Les was probably taken in his Apollo days most likely on the old "Cherry Tree" course just after the start near Redhill hospital approaching the old school house just before Salfords. He is riding a RO Harrison frame, the shop that used to be in Peckham High Street.

LESLIE ALFRED ADAMS *by Alan Bristow*

In the last *Blab!* the passing of Les Adams was reported. Little is known about him so digging through the archives I came up with the following.

He joined the Paragon as a junior in Sept 1938, his address was 16 Acre Lane, Brixton SW2. There is a polo report circa 1939/40 which mentioned that some junior players had been involved but no names are given so we are unable to confirm he had any polo connections. In the paRAGon of 1941 Jan/Feb he is mentioned as follows:

Les Adams Leading Airman Fleet Air Arm. 'Les is one of our younger members who may not be known to all. He expects to be sailing on foreign service soon'.

From the April 1946 paRAGon. SOS from the General Secretary askifor addresses of several named members which included L.Adams serving in the Fleet Air Arm. His home at 16 Acre Lane was destroyed by a flying bomb in 1944 and unfortunately his mother was killed. No other mention of him is made after this time.

There was a L Adams polo player of some repute but he turned out to be Len W Adams. He played in the early part of World War Two and is mentioned in polo reports of 1946/7.

The paRAGon was the forerunner of *Blab!*