

# blah

XMAS 2008



COMING  
HOME FOR  
CHRISTMAS



## *A Christmas BLAH Special*

Welcome to a Festive edition of Blah, its short and sweet but will hopefully be an entertaining few minutes of your life! Our cover star is Mike Hawkins who managed to break himself recently while cycling in France. He returned home in an air ambulance but we thought an RAF chopper would look better, here's wishing him a speedy recovery.

The year is almost over and once again our riders are thinking about next years cycling targets, I heard

one club mate speaking about the Perfs road race just the other day. Quite a few of us have flights booked for the Mallorca training camp and I can't wait to get out there for the warm weather.

In the past few weeks we've seen Keith Butler crowned darts champion and by the time you read this we'll know who has won the downhill championship – will Keith do it again now Mike is out of the running due to injury!

Merry Christmas & here's to an enjoyable and successful 2009 for our club!

*A tale from the park.....Chris, Russ, Jase & Anthony have been training regularly on Tuesday and Thursday evenings in Richmond park doing weighted intervals. As the climbs are getting too easy they have taken to catching baby deer, lashing their legs together with toe straps and putting them on their shoulders. It makes training a little tougher as the little buggers struggle quite a bit, it sharpens up the bike handling skills as well as developing the legs. Russ has even acquired a taste for veal and has become quite a specialist at sprinting them down. It all started when Jase wore his deer mask one evening around the park in the summer. One of them must have thought Jase was his mother or was it the badly shaved legs. Anyway the silly things trust us now so they are easy game. Deer Burger anyone?*

## *Rollapaluza*

There has been a recent roller racing resurgence driven by Rollapaluza, but long gone are the days of racing in a club room with only your club mates for support as they knock back their third cup of tea. Now the events are held in packed out pubs or clubs in the heady metropolis of London town. Onlookers are drinking alcohol accompanied by the sounds of DJ's laying down the 'tunes'. The 'Brass Monkey Winter League' has



Did you hear about the dyslexic devil worshipper? He sold his soul to Santa



seen some of our club members compete with notable results. If you fancy a pedal then give it a go or simply go along and soak up the atmosphere.  
[www.rollapaluza.com](http://www.rollapaluza.com)



Any votes on who has the best s\*x face?

## New Year Resolutions

I want to win a handicap having done no training whatsoever. I'm just going to ride a really fast bike. *Simon R*

To try and give up cycling but still stay fit and 70kg. *Simon W*

I plan to do more Wednesday night MTB rides and learn how to wheelie properly. *Marcus B*

Do more miles on my bike than in my car. *JR*

Always look better / classier than my peers when on a club run. *A. Member, Surrey*

Do the most miles at the Mallorcan training camp.

Don't draft vans, you'll go fast but if the van stops you'll be screwed! *Mike H*

Pay more attention to routine bike maintenance.

## Prize Presentation

This years event was a great success, with John Cleeve doing a sterling job in organising everything. Our guest of honour, British Cycling's Peter King gave a very entertaining speech and Simon Richardson's reply was just right, although thankfully he didn't slip in the gag about the British Paralympic medallist who was investigated for using performance enhancing stabilisers!

## Interclub map reading

The event was promoted by the Paragon this year and Keith Butler set an interesting course. 16 riders started and Marcus won by a large margin but the team honours went to Colchester Rovers. The win could so easily have been ours if Simon Richardson hadn't been disqualified for visiting the wrong farm, despite having a GPS on his bike! There's always next year.

## 2008 Racing Summary

We've continued our winning ways in 2008 with over 85 podiums and 26 wins in races, competitions and team events throughout the year. This is a great achievement and underlines our strength in depth with 12 different riders claiming victories in 2008. Once again several riders have been moving up through the ranks building on the progress made last year with Chris Moores the first ever Paragon to move up to Elite.

Following on from another successful training

camp in Mallorca the Paragon team has bonded well to work as a cohesive unit on the road helping ensure there is always a Paragon in the break or lining out the bunch for the sprint with Mike Hawkins in particular proving to be a force to be reckoned with.

Once again the club has been able to improve on its results of the previous year with victories across all disciplines and at all levels. We have reinforced our position as one of the premier clubs in the South East and continue to

flourish against many sponsored clubs and teams. This was demonstrated by winning eight events in six weeks at the end of the season.

It has been great to see team spirit blossom throughout the year, with the popular training camp, La Marmotte Alpine trip and Newbury weekend providing more opportunities for some challenging riding in good company.

## Festive Wordsearch

Lets get the grey matter working with this topical wordsearch. Can you find the following words: **Norwood, Paragon, Roadracing, Christmas, KeithButler, JesusChrist, MTB, Tilburstow, LesIngman, HillClimb, RobinBuchan, Winter, Spring, Blah, Bike, AGM, Wheel, Hub, Gears, Spoke, Nipple, Tyre, Autumn, Summer, TimeTrial**

W O T S R U B L I T H U B J R  
I E A P B Z L S P O K E E A O  
N K X R M G A B U N M S S U B  
T I P I Y D H E A V U N K T I  
E B I N H K L M B S W E U U N  
R M K G K P G K C G I T Y M B  
M I H x P N E H N T S Y L N U  
T L E I I J R I H H S R A R C  
B C N S P I C B M G J E I E H  
Y L E Y S A U W H E E L R M A  
H L G T R T R O Y A Y Y T M N  
I I S D L R E A R R Q K E U M  
L H A E R V J I G S J C M S U  
N O R W O O D V X O C O I F Y  
R C H R I S T M A S N C T E V

### Dear Santa

Santa, I've recently been cycling hard at the weekends, the evenings and when I have days off work but I find I'm getting really tired and then my wee turns red! Any ideas what I can do to fix this?

*from MB, Reigate.*

Santa says, maybe you're over doing it and your body is telling you something? Try not riding so much, maybe doing less volume and more structure.

Santa, Could you please give me half wheel for Christmas as I always struggle when riding with my club mates. I was hoping to get one from John Pocock but I gather he isn't finished with it yet! *from A. Member*