

Bikers' winter training aid

FOLLOWING a winter of long training miles in harsh conditions, Hastings and St Leonards Cycling Club members are beginning to stretch their legs with some early season racing.

Several have been active in the Surrey and Kent road racing league series with John Willis, Frank McLeod and Paul Panagi contesting the 3rd and 2/3rd category events.

Young Chris Kitchenham, now in the junior ranks after three suc-

cessful years as a schoolboy, looks to be starting the season on a high note.

Following his ninth place in the Sussex C.A. 25-mile time trial at Arundel earlier this month, he astounded fellow club members with a scorching 22min 19sec ride in the Elite C.C. 10-mile promotion at Brentwood on Saturday.

In a class field featuring some of the south's top riders, Chris swept to the 4.99-mile turn in less

than 10 minutes while averaging speeds in excess of 35 mph.

On the return leg to the finish with the last half mile on tricky and narrow Essex lanes, he was hampered by a rising chill northerly wind which reduced his speed to just under the 25 mph barrier.

Beaten into second junior position by a mere 15 seconds, Chris took consolation in the knowledge that his real speed training has not yet started.