

# Knowles stays upright

A TEAM of six from Hastings and St Leonards Cycling Club competed in the Kent League two-day event at the weekend.

Sixty riders set off on Sunday afternoon to cover the 86k first road race stage based around Benenden in Kent. The cold, wet and windy conditions were to take their toll, leaving just 24 finishers, including five of the Hastings men.

Mark Knowles finished highest in seventh place, followed by John Sharples ninth, Frank McCleod 12th,

---

## CYCLING

---

Chris Kitchenham 21st and Paul Panagi 22nd. Both Chris and Paul were suffering chest infections and colds.

The following morning a 16k time trial was held at Frant where the intrepid five's placings were reshuffled with Mark Knowles fifth, Chris Kitchenham ninth, Frank McCleod 13th, John Sharples 15th and Paul Panagi 18th.

With tired legs, 21 riders set off on the afternoon's 100k final road race stage around Frant and Wadhurst.

All five club members finished with these overall positions: 5 Mark Knowles, 10 John Sharples, 12 Frank McCleod, 15 Chris Kitchenham, 16 Paul Panagi.