

Issue 533

August 2018

CRANKS

Volume 45

The Magazine of

Deeside Thistle Cycling Club

Sponsored by:



Current Membership 656 (661)
SCU Membership 345 (339)
Scottish Cycling's Largest Club

Editorial:

The league rules!

That some members make the Evening League a principal target during the year is commendable. That the league is the main reason for others to be a member is equally admirable. But things must be taken in context.

The league is not a World Championship; it is not a National Championship; it is not even a Local Championship. It is a series of events confined to club members.

Its origins were in providing some sportsmanlike competition for new and improving riders. The handicapping system which evolved over the years undoubtedly favoured these riders. No apology, for the fast riders could get their gravy in Open events.

Nonetheless the overall leader at the end of the series is almost always one of these fast guys.

The league rules are flexible to accommodate each event as it occurs. They are not bent or broken, more stretched a bit when necessary.

One contentious issue this year has centred round missing events to do a duty. I may be naïve, or apt to look at things too simplistically, but if I was still a rider and had the league as one of my main aims of the season I'd go out of my way to ensure that I provided an adequate substitute for any duty assigned to me.

I'm not now a rider with any aspiration to succeed at any level of competition but I do remember the angst when things didn't quite go as planned. However, I also remember Tuesday nights as being the calm, relaxed period before the pressure of the races at the weekend.

PHILOSOPHER'S CORNER

Om Mani Padme Hum

Do you have a view on life? Why not submit your favourite few words of wisdom for public consumption in this exclusive corner of your magazine. Send now to Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ or email Knockies@aol.com

Massie Shield 2018

20-Jun-18

1	Tom Broadbent	ECC	55:30
2	Jamie Davidson	AWCC	56:03
3	Martin Reynolds	AWCC	56:51
4	Matthew Cockerell	AWCC	57:04
5	Colin Duncan	ECC	58:58
6	Danny Hedley	RT23	59:05
7	Myles Taylor	DTCC	59:32
8	Andrew Leith	YCC	59:44
9	Ron Lowe	DTCC	59:45
10	Alan Smith	YCC	59:53
11	Andrew Ramsay	DTCC	1:02:39
12	Andrew Brailsford	DTCC	1:03:01
13	Greg Quinn	DTCC	1:03:23
14	Michael Giles	YCC	1:04:21
15	Jordan Stronach	YCC	1:05:24
16	Amanda Tweedie	RT23	1:06:44
17	Ian Grant	DTCC	1:06:49
18	Gavin Thomas	DTCC	1:07:39
19	Stephen Walton	DTCC	1:08:07
20	Jackie Donald	ECC	1:14:08
21	Kirst Smart	ECC	1:28:02

Ian Brodie 10TT

01-Jul-18

1	Iain Macleod	AWCC	21:21
2	Martin Reynolds	AWCC	21:28
3	Michael Cheney	DTCC	21:33
4	Andrew Ennis	DTCC	21:59
5	Brian Duncan	SB	22:09
6	Danny Hedley	RT23	22:15
7	Dominic Cordner	DTCC	22:17
8	Myles Taylor	DTCC	22:45
9	Keith Robertson	GCRT	22:46
10	Andrew Ramsay	DTCC	23:16
11	Malcolm Grant	PPI	23:30
12	Andrew Brailsford	DTCC	23:36
13	Benjamin Wood	DTCC	23:49
14	Charles Mackintosh	DCC	24:05
15	Kenneth Dey	FCC	24:20
16	Andrew McDonald	DTCC	24:24
17	Steve Rae	YCC	24:26
18	Michael Spalding	GCRT	24:34
19	Gordon Smith	DTCC	24:37
20	Declan Tuffy	AWCC	24:41
21	Simon Stromberg	DTCC	24:44
22	Jamie Collins	DTCC	24:48
23	David Deans	DTCC	24:59
24	Ian Grant	DTCC	25:04
25	Stephen Walton	DTCC	25:04
26	Will Burnish		25:07
27	Stuart King	YCC	25:21
28	Ian Sinclair	DTCC	25:34
29	John Leal	DTCC	25:38
30	Jim Robb	DTCC	25:39
31	Michael Ferguson	DTCC	26:00
32	Calum Smith	DTCC	26:17
33	Cameron Stromberg	DTCC	26:24
34	Carol Middleton	YCC	26:40
35	Martin Lawson	DTRC	26:46
36	Hugh Ramsay	DTCC	26:54
37	Steven McBain	YCC	27:10
38	Gordon Paterson	MCC	27:25
39	Timothy Griffin		27:34
40	Elliot Rowe	DTCC	27:56

41	John Ure	AWCC	27:56
42	Jamie Liversidge	DTCC	28:17
43	Sam Griffin		28:57
44	Erin Murphy	DTCC	29:50
45	Isla Long	DTCC	29:54
46	Lewis Dey	FCC	30:42
47	Megan Stronach	YCC	33:33
48	Norman Fraser	YCC	33:56
49	Evie White	DTCC	34:15

Grampian Evening Series RR #4 35 miles 12-Jul-18

1 Tim Shoreman DCRT, 2 Struan Pryde PHRT, 3 Sean Delaney VCRT, 4 Zak Loney ERC, 5 Andrew Ennis DTCC, 6 Tim Mackley VCRT, 7 Brian Duncan SB, 8 Jonathan Hunter AWCC, 9 Finn Harrod CC, 10 Scott Johnston, 11 Chris Williamson DTCC, 12 Mark Madigan ECC, 13 Nathan Kinch DTCC, 14 Richard Harris DTCC, 15 Thomas Gelati BPGO, 16 David Duggan, 17 Michael Gordon AWCC, 18 Myles Taylor DTCC, 19 Kris Urquhart DTCC, 20 Neil Scott DTCC, 21 Danny Hedley RT23, 22 Jody Hall VCRT, 23 Chris Petrie AWCC, 24 Chris Main V44RT, 25 Lester Grant AT, 26 Alan Smith YCC, 27 David Menzies AWCC, 28 Steven Sharp EN, 29 Callum White DTCC, 30 Calum Cormack, 31 Liam McNamara, 32 Chris Kelly DTCC, 33 Craig Christie DTCC, 34 Sandy Wilson DTCC, 35 Darren Sutherland DTCC

Coffee Pot 50

27 July 2018

Windy conditions [rain stayed off] did not deter Carlos Riise [1:54:22] from turning in a stonker of a ride to win the annual Coffee Pot 50. A small field due to late addition to the calendar. Event went off well in spite of the conditions and those DNS deterred by the forecast. Well done to Chris Kelly for taking this on, late on calendar and without a course to start with.

1	Carlos Riise	SWCC	1:54:22
2	Sean Quinn	LWCC	1:57:17
3	Iain Dobbie	WLC	1:59:49
4	Keith Robertson	GCRT	1:59:59
5	Andrew Ramsay	DTCC	2:02:52
6	Ron Lowe	DTCC	2:07:53
7	Neil Anderson	DTCC	2:08:25
8	Mike Giles	YCC	2:09:02
9	Steve Beech	RT23	2:09:25
10	Amanda Tweedie	RT23	2:11:12
11	Hugh Ramsay	DTCC	2:16:03
12	Dan Ewing	AWCC	2:18:13
13	Steve Walton	DTCC	2:21:31
14	Carol Middleton	YCC	2:22:29
15	Margaret Anderson	DTCC	2:45:45

Grampian Series RR #5 09 Aug 2018

42 riders lined up at the start on an evening which was mild in the sun but with some localised showers, likely helping control the pace going down some of the descents. Two riders immediately broke away at the start and were later joined by three others, holding a relatively stable gap to the main bunch. A sprint prime on the 3rd lap had Mark Walker pip Brian Duncan and Chris Main to the line, before the five continued on working well together. Back to the hall and everyone tucked into some well-deserved food of which the star of the whole evening was definitely the sausage rolls!! From all of us at TEN and our sponsor Northboats, thank you once

again. Our first foray into race organising ended in a really great event and our thanks goes to everyone who gave up their time in the various roles required, and all the riders who made it a safe yet competitive race.

So it was left to the breakaway to contest the sprint, with Alistair Merry of Dundee Thistle RC taking the spoils ahead of Thomas Gelati and Brian Duncan. Our own Jacqueline Ross won the ladies prize with a strong ride. The peloton briefly started to close the gap, in part due to the efforts of Martin Lonie, but with most clubs represented in the break, there was not a lot of willing volunteers to continue the push. We loved the experience and look forward to doing it all again next year.

1 Alistair Merry DTRC, 2 Thomas Gelati BPGO, 3 Brian Duncan SB, 4 Chris Main V44RT, 5 Mark Walker DTCC, 6 Callum Anderson BPGO, 7 Andrew Ennis DTCC, 8 Chris Williamson DTCC, 9 Karl Daly DTCC, 10 Sean Delaney VCRT, 11 Tim Mackley VCRT 12 Kris Urquhart DTCC, 13 Chris Petrie AWCC, 14 Steven Bunting RCC, 15 Greg Quinn DTCC, 16 Myles Taylor DTCC, 17 Martin Reynolds AWCC, 18 David Duggan, 19 Danny Hedley DJCC, 20 Richard Harris DTCC, 21 Noel Baxter MFCC, 22 Neil Scott DTCC, 23 Jonathan Hunter AWCC, 24 Nico Anelli BPGO, 25 Mark Madigan ECC, 26 Steve Shand AWCC, 27 Richard Taverner, 28 Garry Russell, 29 Steven Sharp AWCC, 30 Gavin Baxter DTCC, 31 Alex Marr HRT, 32 Darren Sutherland DTCC, 33 Jacqueline Ross TEN, 34 Will Burnish

AWCC Classified 10

12 May 2018

A blustery day with later riders probably getting the worst of it. Occasional rain. Not fast! A great 1, 2 for the host club with Jamie D taking top honours and team mate Martin Reynolds pushing him to within 4secs.

CLASS A

1	Jamie Davidson	AWCC	21:51
2	Martin Reynolds	AWCC	21:55
3	Daniel Kain	SS	22:22
4	Jody Hall	VCRT	22:41
5	Brian Duncan	SB	22:47
6	Zak Loney	ERC	22:48
7	Andrew Ennis	DTCC	22:59
8	Alan Smith	YCC	23:26
9	Keith Robertson	GCRT	23:29
10	John Blunsdon	DTCC	24:16
11	Michael Spalding	GCRT	25:22

CLASS B

1	Chris Petrie	AWCC	23:18
2	Lee Jones		23:50
3	Malcolm Grant	PPI	23:56
4	Andrew Ramsay	DTCC	24:14
5	Declan Tuffy	AWCC	24:23
6	Mark Wood	ECC	24:32
7	Michael Giles	YCC	24:56
8	Simon Stromberg	DTCC	25:44
9	Ian Grant	DTCC	26:21
10	John Christie	HC	26:34

CLASS C

1	Ian Wilson	DTCC	23:43
2	Matthew Howe	AWCC	24:30
3	Charles Mackintosh	YCC	24:33
4	Douglas Glen	MCC	24:40
5	Robert Bacon	DTCC	24:41

6	Robert Cowie	AWCC	24:44
7	Andrew McDonald	DTCC	24:55
8	Matt Nicoll	DTCC	24:55
9	Thomas Roberts	AWCC	25:25
10	Steven Fyfe	MCC	25:26
11	Mark Higgins	GCRT	25:27
12	Gordon Smith	DTCC	26:01

CLASS D

1	Ross Webster	WBC	23:36
2	Steve Shand	AWCC	24:20
3	Matthew Reid	YCC	25:08
4	David Deans	DTCC	25:27
5	Will Burnish		25:52
6	Robert Lindsay	DTCC	26:10
7	Stuart King	YCC	26:25
8	Laurent Schirrer	DTCC	26:34
9	Carol Middleton	YCC	27:40
10	Martin Lawson	DTRC	27:45
11	Kenny Anderson	DTCC	28:17
12	Steven McBain	YCC	28:26

CLASS E

1	Gordon Paterson	MCC	26:06
2	Hugh Ramsay	DTCC	27:13
3	James Jamieson	YCC	27:58
4	Margaret Anderson	DTCC	28:04
5	Jim Davidson	DTCC	28:27
6	Paul Gordon	YCC	28:27
7	Jill Prabucki	DTCC	29:10
8	Brian Goldring	YCC	29:27
9	Bert McIntosh	DTCC	31:48

CLASS F

1	Erin Murphy	DTCC	30:04
2	Terri Reid	YCC	34:15
3	Megan Stronach	YCC	36:37

AWCC Hillclimb 12 May 2018

Rain stayed off for this 0.9ml challenge on the ITV Transmitter access road from the Slug. It took a hundredths split to separate 2nd and 3rd and a tenth split to separate 4th and 5th. Stonking ride by overall winner Callum Anderson. Good day for Wheelers' Jamie Davidson who won the SCNEG CJ Else Trophy, for Cameron Stromberg (DTCC) who won the SCNEG Mitsubishi Shield for Under 18 Champion and for Emma Smith (DTCC) who won the Ladies Championship.

1	Callum Anderson	BPGO	03:54
2	Jamie Davidson	AWCC	04:03
3	Ewan McMillan	DTCC	04:03
4	Fraser Gault	ERC	04:13
5	Zak Loney	ERC	04:13
6	Jonathan Hunter	AWCC	04:14
7	Cameron Stromberg	DTCC	04:17
8	Alexander MacLeod	GT	04:27
9	Mike Gordon	AWCC	04:30
10	Daniel Kain	SS	04:31
11	Gregg Quinn	DTCC	04:36
12	Robert Cowie	AWCC	04:44
13	Steve Shand	AWCC	04:45
14	Alex Marr	HC	04:48
15	Neil Anderson	DTCC	05:02
16	Cameron Matthew	DTCC	05:04
17	David Deans	DTCC	05:05
18	Laurent Schirrer	DTCC	05:12
19	Rubens Thomson	GT	05:24

20	Emma Smith	DTCC	05:25
21	Michael Giles	YCC	05:25
22	Thomas Roberts	AWCC	05:29
23	Margaret Anderson	DTCC	05:34
24	Matthew Howe	AWCC	05:43
25	Erin Murphy	DTCC	06:20
26	Carol Middleton	YCC	06:39
27	Jill Prabucki	DTCC	06:48

Racing Shorts:

Jim Robb was our only contender in the National 50TT held in Ross-shire on 22 July. He got a personal best and took 2nd handicap with a 2.19.45. The winner was Kyle Gordon RT 23 in a new Scottish Record time of 1.41.16

Scottish National 100ml TT

As you will be aware Deeside Thistle is hosting the Scottish National 100ml TT which includes the Furneaux Trophy and the SVTTA associated Trophies, on 26 August. Final entries for the event closed on Sunday 12 August at 23.55pm.

So as to make this a big success I require 8 Marshals and people to assist with registration and some catering chores.

If you can assist, please drop me an e-mail to kennyatstone@gmail.com *Kenny Anderson*

Date Fixing for 2019

We are about to enter the date setting phase for the 2019 events calendar.

(Touching Wood), we've had a very successful 2018 season with no cancellations to date with 3 DTCC organized TT's remaining (Youth, Furneaux and Hill Climb).

To continue this success into next season, I would very much appreciate your assistance in organizing events in 2019.

Would you be willing to do so, and if so, what would your preference for event and dates be?

I'm working hard to make some of the more difficult volunteer roles easier to fill for 2019. I will have a full list of commissaires, timekeepers and first aiders available to help with organization. We will target mandatory volunteering from all members in 2019 which will hopefully also make things easier to organize.

For info, we have filled approximately 130 individual volunteer roles in 2018 so far. These roles have been filled by ~80 different people (ie some people have volunteered on multiple occasions).

In the short term, if you could indicate your provisional willingness to assist that would be much appreciated. First in gets the pick of the dates!!

If you need to discuss further, please give me a call on the number below or email ajkerr2014@gmail.com.

Andy Kerr
Events Secretary
07951 500 691

Proposed Calendar for 2018

Links will be added to this list when events are added to the National Calendar. Members who have put their name down to organise an event and have not yet registered should do so soon.

Date	Event	Type	Club
18 Aug	SC Youth TT	TT	DTCC
19 Aug	Ellon Youth Crit	Youth	YCC
26 Aug	Furneaux 100 + Nat 100	TT	DTCC
8/9 Sep	Falling Leaves Stage race	RR	GCRT
23 Sep	3 Braes TT	TT	DTCC
30 Sep	Regional Champs TT	TT	TEN

Look Who Made Eurosport

It's a few weeks ago now but still well worth the watching:

<https://twitter.com/realstephens/status/1019318728280936448?s=21>

Strive Campaign

More details about Strive and what it is doing can be found at www.strive.buzz.

The Strive organisation, based in Stonehaven, is working in association with Stonehaven Cycling Club and Mackie Rugby Club Former Pupils RFC with the aim of raising £75,000 in support of the My Name's Doddie Foundation set up by Doddie Weir following his diagnosis with MND in 2017.

A cycle event led by Robert Lindsay has already taken place. It went round Scotland visiting rugby clubs along the way and has kick started the fund-raising.

Development Proposals at Banchory Devenick

I am a committee member of a new community group called "Protect Banchory Devenick" that has been set up to oppose development plans for the area.

Banchory Devenick has significant amenity value in providing access to the countryside right on the edge of Aberdeen city. I am contacting Deeside Thistle as the Causey Mounth road is very popular with cyclists and development will certainly threaten the current rural nature of the road. As well as providing immediate access to the countryside it provides an alternative to the South Deeside road that can be an intimidating road for cyclists during busy periods.

At this stage we are just seeking to make people aware of the threat to the area. To keep you informed as plans develop and applications are submitted later this year we would encourage and welcome any of your members to join the group at our website <http://protectbanchorydevenick.org/>

There is also a community group Facebook page and Instagram account.

I would be very grateful if you could forward this message to your membership.

Thanks & regards, Richard Woollcombe

Prudential Ride London

Ian Ord - Sorry to have missed you all, story of a puncture and broken spoke within minutes of the start; the consolation was I was back in my bed by 7.00 for a further 3 hours sleep. Hope you all got back safely, I hear stories of many punctures and some incidents out on the road

Alan Campbell - That was really tough after all the preparation and travel. Conditions were very poor indeed and in addition to dodging punctures I was really chilled by the end-and would have relished a warm bed! The earlier predictions of a heatwave lingered in my subconscious and I was underdressed for the reality. It was clear at the outset that it wasn't going to be a day for a fast time so particular congratulations to Robert for charging on regardless. And well done to all for coping and for dealing with a puncture and still coming in with a good time. I rode the edition in 2014, I think, when a monsoon the night before caused the route to be abbreviated to 84 miles with Leith and Box hills removed from the course. My recollection is that conditions in that event were better than this year – **Time** - 5.12.54

Brian Gourlay - A tough morning out on the bike for sure. Strong winds, rain, poor surface conditions and low temperatures. My Garmin said it's was only 11 Deg for most of ride. Rain pre 6.52 start meant I already had my jacket on and it stayed on. Curiously the spray off the road wasn't cold on my feet but I too suffered from the wind chill & slowed pace in middle section. No mechanicals for me this year so that was a bonus. 80 psi worked a treat. Bald Schwalbe One's fared better than most on GP4000s. Chapeau to all those under 5 hrs ... that is impressive in any conditions. An extremely well organised event as always, more vigilance by start marshals on being in correct wave but I suspect Alan managed to slip by. The hills got closed to later starters due to accidents - **Time** - 5.12.15

Hamilton Huxham - I agree a tough morning on the bike. I joined the 6.04 group and marshals didn't notice. Didn't feel as bad as 2014 but was pretty horrendous. Froze at the end so quick escape home. I was impressed that within 2 mins of puncturing I was surrounded by 3 marshals so got the impression they were everywhere. Well run event except the chaos at the start. Well done all; maybe I will venture up next year for the Stonehaven beer festival ride – **Time** - 4.50.47

Robert Lindsay - I only saw Alan and Simon at the end. By this time I was getting rather cold. Also saw another few Aberdeenshire folks at "A". Very cold, very wet, very windy, very well organised. Groups did not form as usual and when they did the enthusiasm was not evident. Well done to everyone for just getting round. Will I be back? Not sure.... maybe it was just the weather that did not work – **Time** - 4.25.18

Simon Campbell - Well done all. What a difference a week makes! The warmth and stillness of this morning in sheer contrast to last week. I was over some of the roads this morning and it was so much better. Hasn't put me off for next year. Remember the ballot is already open – **Time** - 4.35.42

Iain Lindsay - **Time** - 6.07.23

Peter Herrell - **Time** - 5.02.40

Ride Etiquette Document

A paper detailing the etiquette to follow when on club/training runs has been prepared and is [here](#) for your interest. Comments are very welcome to ajkerr2014@gmail.com. The document will be posted on the club's website and a link provided on club publications as well as being highlighted to new members.

Ventoux for Lena

Laurent Schirrer has a new challenge. He's going to relive a teenage dream at the end of this month. Donation page and all details on: <https://www.justgiving.com/crowdfunding/ventoux>.

Preparation, stories and ride report on his public Facebook sports-related page: <https://www.facebook.com/ventouxsportspage/>

Letters

Sir, Another great Garlogie season, albeit traffic increases. My encounter with a tractor load of bales in the last event was scary; however no incidents recorded of injury over the season. Will the opening of the AWPR increase or decrease the volume of traffic? I say there will be longer traffic trails which is not good for the push off section. The MPH centre is noting greater traffic movements. In conclusion I thank the team who gave all us bikers again a pleasure in being a Deeside member. The new youth members are a great club achievement.

Regards, Bert McIntosh

Sir, Saturday Pedal Feedback - Thanks for organising the ride on 11 August. It was one of the best rides I've had in a while. It was a nice group of riders. And that must be some of the prettiest scenery that Aberdeenshire has to offer. Even though I was struggling by the end - no matter what Stuart might tell you - I really enjoyed myself. Thanks again

Regards, Duncan McIntosh

Haig's Tours

Now on full flight and bringing Aberdeen Wheelers and Deeside together Haig Tours offers an alternative to the usual outings. Haig Tours is not a training session but the intensity is in the climbing. Interested? Contact Doug on doughaig59@gmail.com

Wild Cycle Pit Stop

Ever had a problem with or on your bike out Lumsden way? Here's how to rescue yourself. Contact the Wild Cycle Pit Stop on alexis.zafiroopoulos@gmail.com or phone 07977 4666889

Car Clinic Offer

A special offer has been made to companies who want to set up staff discount schemes for their employees which allows them to register their own details and get discount automatically when they visit Car Clinic. It has been a roaring success so far and I thought that maybe I should extend to include members of the Deeside Thistle. Please follow this link for register detail <https://www.car-clinic.co.uk/employee-discount/>
Sandy Wilson

Donside Bunch - Spring/Summer Schedule

The main group will have regular Sunday rides throughout the summer with coffee rides interspersed with longer "specials" as the calendar permits. All rides will be advertised in advance on Facebook and via the Kintore.sunday@gmail.com distribution list. If it's not on Facebook, or you've not received an email, it's not on!

As the evenings get longer, lookout for Ad-Hoc midweek rides which will again be advertised via Facebook and Email.

If you'd like added to the email list, please drop me a line on Kintore.sunday@gmail.com

Kintore Beginners - Sunday

Confidence and mile building for the less experienced every Sunday throughout the year. Target pace is 14mph, but can vary according to group make up. This is a social, no drop ride, building distance up to 60 miles. Currently at 40 miles, average speed of 14 - 15mph.

Kintore Beginners - Wednesday:

An ideal start to group cycling, no drops and support on tap. Confidence building and mid-week mileage for the less experienced cyclist.

Departing either Kintore Primary School or Kemnay Academy each Wednesday at 6pm through the summer months. Target pace is 14mph and typical route is 18 miles.

Experienced riders most welcome on the beginners ride to provide support. You will be expected to abide by the pace and no-drop rules!

Saturday Pedal

The Saturday Pedal from Banchory now has two distinct speed groups - 15/17mph and 17/20mph.

The fast group will leave Banchory carpark at 08:55 and the moderate group 09:05.

The faster group will not be regrouping /stopping (other than for mechanicals / incidents). The moderate paced group will still be a DTCC group club ride / non-drop and regroup.

Social Media

Those members who wish to use Facebook to chat about club matters including training sessions go here: <https://www.facebook.com/groups/DTCCChat/>.

Roy Milne has set this up on our behalf. He asks that if there are other sessions which take place you should contact him with details. He's on milne.roy@icloud.com

Club Handbook

Your Club's Handbook has been updated and is available to view [here](#). It contains all the Club's Rules and Regulations, contact details for various aspects of club life, current officials and their contact details, lists of current competition records and all previous Championships and Trophies Winners

Alpine Bikes

We are running double discount throughout the store. All you need to bring with you is your Outdoor Experience card. All club members are entitled to a free OE card, just pop in past the store and we can sort them out with one

Youth Awards Scheme

Clubs with youth cyclists have put together an awards scheme for the riders. This is a North East wide scheme so all the riders who take part will be able to work towards a series of certificates and badges as their cycling develops.

Colin Allanach

Club Clothing

A sizing facility is available for members who wish to order new club clothing. There is also a small stock of garments available for emergency needs. Contact clubkit@deeside.org. There is also a small stock of clothing with outdated logos at discounted prices.

Youth Free Membership

Deeside Thistle Cycling Club is delighted to offer free membership to new youth riders for their first year. If you would like to take advantage of this offer please see: <http://www.deeside.org/membership.html>

SVTTA

Membership of the SVTTA: Solo £15.00 and £20.00 for couples. Standards: multiple attempts at all distances - £10. Details: <http://www.svtta.org.uk/downloads.html>

Welfare Officers

Club Welfare Officers are: Ian Wilson who can be contacted by telephone on 07919 280656 and Gillian Watt who's number is 01975 564520. The email address to use is welfare@deeside.org

Bike Box Hire

Aberdeen Bikebox hub, hires Velovaults to cyclists transporting their bikes to and from holidays and races for £6 a day. We also assist with purchases of Velovaults through the try before you buy, allowing hire cost to be reclaimed from the purchase value (up to £50) following rental. For further information please email the Aberdeen Hub on info@pedalpowercyclecentre.com or go to the web site at www.bikebox-online.co.uk.

**Support
our
Advertisers**

Britain's National Cyclists' Association



Working for all Cyclists
Newcomers are welcome
particularly on the Morning/
Slower Full Day runs.
Faster Full Day runs are for
the more experienced



Contact numbers: Please do not phone after 9pm - In case of bad weather, you may wish to phone that day's designated run leader to check if the run is going ahead

Office Bearers

Chairman	John B	01224 571984
Secretary	Sheila	01224 639012
Runs Co-ordinator	John S	01224 790269
Social Secretary	Heather	01224 680749
Treasurer	Doug	07760 720428
Membership Records	John T	01224 639012

Right to Ride Representatives

South Aberdeenshire	Mark	01330 823418
Central Aberdeenshire	Hamish	07547 953000
Aberdeen	John T	01224 639012

Runs Co-ordinators

Try Cycling Rides	Gerard	01224 734799
Morning Runs	Cindy	01224 310719
Slower Full Day Runs	Heather	01224 680749
Medium FDay Runs	Dave W	01569 730313
Faster Full Day Runs	Dave B	01224 876136

Additional Runs Leaders

Alan	01224 861209
Derek	01224 630669
Gordon	01224 318507
Irene	01224 869434
Joe M	01224 583195
Liz L	01224 314127
Sandy	01224 682781

Newcomers: We welcome newcomers, particularly on the 'Try Cycling' and 'Morning' runs. You do not need to be a member of the CTC to join our runs, but after 4 or 5 runs you would be expected to join the CTC. Ask the run leader for a membership form or join through the CTC website: www.ctc.org.uk/

Runs start promptly at the time stated. Distances are calculated from the meeting place. Bring spare inner tube, puncture repair kit, tools, wet weather gear, some food, drink and LIGHTS where relevant. It is contact coffee/lunch stops with eta.

Try Cycling: Runs aimed at beginners, at a slow pace with frequent stops, about 10 - 15 miles long. They may include a coffee stop. The start point (Duthie Park, Riverside Drive) has parking for those bringing their bikes to the start by car.

Morning Runs: These runs are at a relatively slow pace and are usually about 25-30 miles long. A coffee or picnic stop will usually be made.

Full Day Runs: These are all-day runs intended for experienced cyclists. A coffee stop and lunch/picnic stop will be made. Distances and speeds vary as outlined below:

Slower Full Day Runs: Slowish - distance normally 30-45 miles

Medium FDay Runs: Moderate - distance normally 45-60 miles

Faster Full Day Runs: Fast pace - distance normally 60-75 miles

Pub Runs: Start prompt at the time stated, to reach the pub by 21:00 approximately. LIGHTS! For further information, contact Sheila

Bike & Hike: These runs are generally from Aberdeen to a beauty spot for a short walk and picnic, before returning

Social Evenings: Partners & friends welcome. Please arrive at 19:45 for a start at 20:00 and take a bottle and/or some food. Please also give a contribution of £3.00 per head

Tea & Biscuits: Visits to member's homes. Please give a contribution of £2.00 per head

Runs

Wed 15 Aug Pub Run D 19:30 Tesco Danestone to Shepard's Rest, Westhill **Alberto**

Thu 16 Aug Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop **Cindy**

Sat 18 Aug Faster Full Day A* 09:00 Old Mill Inn, Maryculter, coffee at Grassic Gibbon Centre, Arbuthnott (01561 361668), picnic lunch at Edzell Castle. **Alberto**

Sat 18 Aug Morning Run D 09:30 Hazlehead Park, Groats Road to Ceann Torr, Kintore (01467 633996) **Cindy**

Sun 19 Aug Slower Full Day C 09:30 Airyhall Library, coffee at The Mains of Drum (01330 811000), picnic lunch at the Forest of Birse church **Cindy**

Sun 19 Aug Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. **Gerard**

Wed 22 Aug Pub Run D 19:30 Duthie Park Riverside Drive to Archibald Simpson **John B.**

Thu 23 Aug Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop. **Cindy**

Sat 25 Aug Medium Full Day B 09:30 Peterculter (west end), coffee at Inchmarlo Golf Club (01330 827080), picnic lunch at Glen Cat **Sheila**

Sat 25 Aug Try Cycling E 10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome. **Irene**

Sun 26 Aug Faster Full Day A* 09:00 B&Q, Bridge of Don, coffee at Lochters, Oldmeldrum (01651 872000/78), picnic lunch at Delgatie Castle, Turriff (01888 563479). **John T.**

Sun 26 Aug Morning Run D 09:30 Seaton Park, St Machar Cathedral to Craibstone Golf Course (01224 716777) **Heather**

Wed 29 Aug Pub Run D 19:30 Brig O Balgownie to Atholl Hotel, 54 Kings Gate **Alberto**

Thu 30 Aug Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop. **Cindy**

September

Sat 1 Sep Social 00:00 Let Alberto know if you will attend the End of Pub Run Season Dinner on 05 Sep.

Sat 1 Sep Slower Full Day C 09:30 Airyhall Library, coffee at Flora's Cafe Cullerlie (01330 860848), picnic lunch at Muriel's in Monymusk (or playpark in Monymusk if unavailable) **Gordon**

Sat 1 Sep Try Cycling E 10:00 Seaton Park, Don St Entrance, Short easy rides, all welcome. **Joe**

Sun 2 Sep Faster Full Day A 09:00 Old Mill Inn, Maryculter, coffee at Kondit Bakery, Inverbervie (01561 361221), picnic lunch at Johnshaven or The Anchor, Johnshaven (01561 362288), if wet. **John B.**

Sun 2 Sep Morning Run D 09:30 Brig o' Balgownie to The Barn, Foveran (01358 788083) **Gordon**

Wed 5 Sep Social 19:30 End of Pub Run Season Dinner. Details via ctc grampian yahoo group.

Thu 6 Sep Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop. **Cindy**

Sat 8 Sep Faster Full Day A* 09:00 Peterculter (west end), coffee at Platform 22, Torphins (01339 882807), picnic lunch at Ballater. **Alberto**

Sat 8 Sep Morning Run D 09:30 Leggart Terrace to Peterculter Parish Church (07854054090) **Cindy**

Sat 8 Sep SPECIAL Visit <https://awprgonortheast.co.uk/> for AWPR event

Sun 9 Sep SPECIAL Visit <https://awprgonortheast.co.uk/> for AWPR event

Sun 9 Sep Medium Full Day B 09:30 Old Mill Inn, coffee at Kirktown Garden Centre (01569 764343), Stonehaven, picnic lunch in Inverbervie **Sheila**

Sun 9 Sep Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. **John C.**

Thu 13 Sep Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop. **Sheila**

Sat 15 Sep Faster Full Day A 09:00 Parkhill Bridge, Dyce, coffee at Ross's Coffee Shop, Inverurie (01467 620764), picnic lunch at Haughton Park, Alford or Bistro, Alford (019755 63154), if wet. **John T.**

Sat 15 Sep Morning Run D 09:30 Airyhall Library to Drum Garden Centre (01330 811000) **Anne**

Sun 16 Sep Slower Full Day C 09:30 Parkhill bridge Dyce, coffee at The Barn in Foveran (01358 788707), picnic lunch at Haddo House **Sheila**

Sun 16 Sep Try Cycling E 10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome. **Moir**

Thu 20 Sep Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop. **Anne**

Sat 22 Sep Medium Full Day B 09:30 Westhill Shopping Centre, coffee at Forest Café (01330 830000), Midmar, picnic lunch in Tarland **Wilf**

Sat 22 Sep Try Cycling E 10:00 Seaton Park, Don St Entrance, Short easy rides, all welcome. **Mike**

Sun 23 Sep Faster Full Day A 09:00 Westhill Shopping Centre, coffee at Lochters, Oldmeldrum (01651 872000/78), picnic lunch at Fyvie Castle, Fyvie. **Alberto**

Sun 23 Sep Morning Run D 09:30 Duthie Park, Riverside Drive to "Tin Coo" Banchory Devenick Farm Shop **Gordon**

Thu 27 Sep Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop **Cindy**

Sat 29 Sep Slower Full Day C 09:30 Westhill Shopping Centre, coffee at Ceann Torr, Kintore (01467 633996), lunch at Morris' Hotel, Oldmeldrum (01651 872251). **Cindy**

Sat 29 Sep Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. **Gerard**

Sun 30 Sep Morning Run D 09:30 Hazlehead Park, Drum Garden Centre (01330 811000) **Heather**

Sun 30 Sep Faster Full Day A 09:00 B&Q, Bridge of Don, coffee at The Coffee Apothecary, Pitmedden (01651 842253), picnic lunch at Back O Bennachie Car Park or Kellockbank, Insch (01464 851114), if wet. **Alberto**

Distance (miles): A*:75+ A:60-75 B:45-60 C:30-45 D:20-30 E:10-15

25 Years Ago

THE MINIGAIG

It gave me a bit of pleasure, and a sneaky bit of satisfaction to read in the media that the long-running battle waged by the Duke of Atholl to prevent walkers crossing parts of his estate during the stalking season had been lost.

The Minigaig has been declared a right-of-way. Councillor for the area, Kathleen Scott, said, "It is important that the public is allowed to continue to have access to rights-of-way."

Whether Ms Scott actively supports mountain bikes in her view was not made clear but Natural Heritage are careful to point out that mountain bikes fall into a grey area and that they have established themselves as legitimate users of many cross country rights-of-way. These include the Lairig Ghru and Jock's Road.

Before the construction of the military road over Drumochter Pass in 1720 by General Wade the Minigaig was the main route between Atholl and Speyside.

Recent New Members

The following new or returning members have joined in recent weeks

2058	Robert Wilkie	Westhill	32
2662	Gregor Stankiewicz	Aberdeen	42
2833	Miles Newman	Aboyne	55
2834	Isabel Davies	Aboyne	54
2835	Edward Downer	Stonehaven	44

Any friend, family member, work colleague, who is interested in cycling but not involved with a club, should be dropped the hint to look at www.deeside.org or to email members@deeside.org asking for information

KNOCKBURN LOCH MANAGEMENT

John Huston Knockburn Site Manager
Knockburn Loch
Strachan
AB31 6LL

info@knockburn.co.uk, 01330 822234 / 07741314999
www.knockburn.co.uk. You can like us on [FaceBook](#) and follow us on [Twitter](#)

Outdoor Experience Card

Get a FREE Outdoor Experience Card, which entitles you to 10% OFF Everything at Tiso, Blues the Ski Shop and Alpine Bikes. Normally £10 this is a good offer to Deeside members. Not sure what proof you need but maybe your club membership card will do. Pop in and request one at one of the shops.

DEESIDE TRAINING

Training/Clubruns/Chaingangs

a) Monday - Metafit Class - Metafit Airyhall Community Centre, Countesswells Road. Every Monday night 7.25 – 7.55pm. £3.50/class. High intensity interval session. Contact helenewen1@btinternet.com mobile 07736247911 Facebook page Metafit Airyhall

b) Tuesday - Road Race Team ride leaving from Peterculter bus stop opposite Spar at 6pm. Check Facebook page for weekly ride info. The training is road race orientated, good group riding skills are essential. Mechanicals, nature breaks and dropped riders may not be waited on by the group (emergencies / injuries excepted). Please be self-sufficient, ensure your bike is in good working order and carry appropriate spares / tools. Rides managed through Facebook page - <https://www.facebook.com/petercultertuesdaynightrides/>

c) Tuesday – (summer only). Leaving at 1800 from Banchory Cycles. Approx. 2 hrs riding. Normal route is Tilquhillie > Garrol > AA Box > Shooting Greens > Monument > Banchory. Ridden as a series of 5 - 10 min hill efforts, regrouping and steady riding between these, then fast pace back to Banchory from Finzean. Route may vary some weeks for variety. Contact David Stewart dgstewart3dgs@gmail.com

d) Tuesday - Turbo Session - FFT turbo training sessions started Tuesday, 6th of October at the Cults Sports Complex in Quarry Road (next to Cults Academy). Sessions are suitable for both Cyclists and Triathletes. Doors will open at 6.30pm in the main gym hall. Over the winter we will progressively develop bike skills and fitness starting with the skill of pedalling quickly and smoothly. It is useful if you have a computer which can measure cadence for these sessions. Cost, £4 for FFT members, £6 for non-members.

e) Wednesday - Very civilised run with a coffee stop. Pace is moderate to fast. Start from Banchory Town Hall at 10:00hrs. Around 50 miles, returning well before 14:00hrs. Contact bill.byth@gmail.com to join the email list

f) Wednesday - Kintore Beginners - An ideal start to group cycling, no drops and support on tap. Confidence building and mid-week mileage for the less experienced cyclist. Departing either Kintore Primary School or

Kemnay Academy each Wednesday at 6pm through the summer months. Target pace is 14mph and typical route is 18 miles. Experienced riders most welcome on the beginners ride to provide support. You will be expected to abide by the pace and no-drop rules! If you'd like added to the email list, please drop me a line on Kintore.sunday@gmail.com

g) Thursday – Every Thursday 10am – 11am at Knockburn Sports Academy (£5 per session). Weekly progression – all abilities catered for. The sessions will be structured, progressive and continue throughout the winter months. This is the ideal way to get fit over the winter and to be ready to enjoy the spring and summer. If you are interested please contact Sarah Rowe (ABCC and BC Level 3 Coach) for more details on srowe2020@btinternet.com or 07970 919453

h) Thursday – Banchory Chain-Gang @ Bellfield Car Park 1800. Ride approx. 50K, grouping depends on quantity and who turns up. For details contact Nelly on banchorythursday@gmail.com - Nelly Shand

i) Thursday - Kirkton of Skene (KOS) Chain-gang leaving the Red Lion Pub Car Park @ 6pm, ideal for APR road training, in groups as required, 40/50km weather / legs dependant. Contact Greg Quinn gregpquinn@hotmail.com

j) Friday – Very civilised run with a coffee stop. Pace is moderate to fast. Start from Banchory Town Hall at 10:00hrs. Around 50 miles, returning well before 14:00hrs. Contact bill.byth@gmail.com to join the email list

k) Saturday - The Road Race Team meet on Saturday mornings at Peterculter bus stop, opposite Spar. Usual start time of 9, but may change with weather / ride type - check Facebook page for weekly ride info. The training is road race orientated, good group riding skills are essential. Mechanicals, nature breaks and dropped riders may not be waited on by the group (emergencies / injuries excepted). Please be self-sufficient, ensure your bike is in good working order and carry appropriate spares / tools. Ride is managed through the following page - <https://www.facebook.com/petercultertuesdaynightrides/>

l) Saturday 8:55/9.05 - DTCC group club ride / non-drop and regroup. Meet in Bellfield car-park. (For those wishing a faster spin please join the Peterculter Road Race group) – Mark on headmard@gmail.com

m) Sunday – 10.00am - Banchory, The Square Car Park, Town Hall. Two or three groups depending on numbers: a Fast group leaving at 10:00am, a second Fast group at 10:03 and a Steady group at 10:05 for new or recovering riders. The Steady group will try not to drop anyone. All head to Ballater for coffee and then may choose different return routes. To join email group, contact Bill Byth bill.byth@gmail.com

n) Sunday - Donside Bunch - Spring/Summer Schedule - The main group will have regular Sunday rides throughout the summer with coffee rides interspersed with longer "specials" as the calendar permits. All rides will be advertised in advance on Facebook and via the Kintore.sunday@gmail.com distribution list. If it's not on Facebook, or you've not received an email, it's not on! As the evenings get longer, lookout for Ad-Hoc midweek rides which will again be advertised via Facebook and

Email. If you'd like added to the email list, please drop me a line on Kintore.sunday@gmail.com

o) Sunday - Deeside Thistle - Donside Bunch brings you Kintore Sunday Beginners - Confidence and mile building for the less experienced every Sunday throughout the year. Target pace is 14mph, but can vary according to group make up. This is a social, no drop ride, building distance up to 60 miles. Currently at 40 miles, average speed of 14 - 15mph. If you'd like added to the email list, please drop me a line on Kintore.sunday@gmail.com

More detail

Organised runs take place throughout the northeast. Leaders are invited to publish details in this column and to post them on <http://www.deeside.org/knockies/biketrainingridescaw.doc>.

To confirm any particular run prospective participants should make prior arrangement with the organiser. Or, indeed, you are welcome to advertise your run here.

To keep this column accurate please update your information. If sessions have ceased or if you have a new session started please contact Knockies@aol.com.

Banchory - Bill Byth

Very civilised midweek & Sunday club runs arranged by email with a stop for coffee and scones. Pace is moderate to fast. Depending on levels of fitness we may set off a faster group first followed by a moderate group five minutes later. Start from Banchory Town Hall at 10:00hrs. The route is decided on the day but is usually up the Dee Valley to Ballater for coffee, around 50 miles, returning well before 14:00hrs. Midweek runs are usually Wednesday and Friday but may also be on other days. Contact bill.byth@gmail.com to join the email list.

Stonehaven Training Sessions - Fleet-Foot Triathletes

Multiple training sessions are available through Fleet-Foot. These include circuit training, interval running, swimming and trail running. See www.fleet-feet.com for more information.

If you'd like to add any training sessions to this column please get in contact with Sandy on knockies@aol.com.

**Our club is only as
strong as its
membership
By being a member you
are committed to help
ensure that all aspects
of our organisation run
smoothly**

Evening League

Event No 10 1ml H/C Cairn Mon Earn 17/07/2018

	Time	Fpts	Hpts	Tpts
1	McMillan, Ewan	3:55.30	80	80 160
2	Ennis, Andrew	3:55.81	79	79 158
3	Cordiner, Dominic	4:06.42	78	78 156
4	Cheney, Mike	4:08.13	77	77 154
5	Stromberg, Cameron	4:09.40	76	76 152
6	Quinn, Greg	4:15.82	75	75 150
7	Rough, Ali	4:23.42	74	74 148
8	Gibb, Calum	4:23.88	73	73 146
9	Antony, Jon	4:29.15	72	72 144
10	Thomas, Gavin	4:30.50	71	71 142
11	Ritchie, Colin	4:32.10	70	70 140
12	Anderson, Neil	4:38.68	69	69 138
13	Smith, Gordon	4:46.84	68	68 136
14	Dawson, David	4:51.83	67	67 134
15	Liversidge, Jamie	4:56.66	66	66 132
16	Leal, John	5:14.54	65	65 130
17	Arthur, Coralie	5:26.93	64	64 128
18	Anderson, Margaret	5:26.94	63	63 126
19	Chalmers, Alfie	5:30.37	62	62 124
20	McMillan, Margaret	6:08.68	61	61 122

Event No 11 9ml CTT Garlogie/Floras 24/07/2018

	Time	Fpts	Hpts	Tpts
1	Cheney, Mike	20:44 18:14	80	79 159
2	Antony, Jon	22:06 18:23	78	78 156
2	Ennis, Andrew	20:49 18:24	79	77 156
4	Ramsay, Andrew	22:09 19:16	77	69 146
5	Smith, Gordon	22:51 18:40	72	73 145
5	Deans, David	22:49 19:01	73	72 145
5	Quinn, Greg	22:21 19:12	75	70 145
8	Stromberg, Cameron	23:53 17:03	64	80 144
9	Ritchie, Colin	23:19 18:38	68	75 143
10	Holmes, Spencer	22:37 19:26	74	68 142
11	Nicoll, Matt	22:57 19:03	70	71 141
12	Thomas, Gavin	23:54 18:35	63	76 139
12	Dawson, David	22:16 19:42	76	63 139
14	Ramsay, Hugh	25:14 18:38	61	75 136
15	Mcdonald, Andrew	23:12 19:39	69	65 134
16	Pirie, Sandy	24:39 19:39	62	65 127
16	Stromberg, Simon	23:36 19:52	66	61 127
18	Collins, Jamie	23:44 19:52	65	61 126
18	Anderson, Neil	23:34 20:01	67	59 126
18	Edgley, Phil	22:56 20:33	71	55 126
21	Davidson, Jim	25:49 19:27	58	67 125
21	Anderson, Margaret	25:40 19:36	59	66 125
23	Robb, Jim	25:15 19:45	60	62 122
24	Murphy, Erin	27:32 20:02	54	58 112
25	Efimova, Vera	27:35 20:05	53	57 110
26	Arthur, Coralie	26:52 20:39	55	54 109
26	Rowe, Elliot	25:49 21:27	58	51 109
28	Walton, Steve	25:53 21:22	56	52 108
29	Chalmers, Alfie	27:57 20:27	51	56 107
30	Reid, Graham	27:57 20:47	51	53 104
31	Campbell, Alan	27:53 21:47	52	48 100
32	Byth, Bill	28:43 21:29	47	50 97
33	Prabucki, Jill	28:32 22:05	49	46 95
34	Edwards, Ian	29:00 21:30	45	49 94
34	Thomson, Millie	28:32 24:10	49	45 94
36	McIntosh, Bert	28:44 21:54	46	47 93

Event No 12 10ml TT Garlogie (Novice) 31/07/18

1	Anthony, Jon	23:03 19:20	78	79 157
1	Taylor, Myles	22:31 19:34	80	77 157

3	Lowe, Ron	23:05	20:06	77	75	152
3	Dawson, David	22:59	20:08	79	73	152
5	Thomas, Gavin	25:04	19:10	69	80	149
6	Smith, Gordon	24:46	20:07	74	74	148
7	Rough, Ali	24:46	20:13	74	69	143
8	Stromberg, Cameron	25:23	19:33	64	78	142
9	Ramsay, Andrew	23:42	20:30	76	65	141
10	Ritchie, Colin	25:21	20:09	65	72	137
11	Leal, John	25:09	20:16	68	68	136
11	Edgley, Phil	24:11	20:53	75	61	136
13	Nicoll, Matt	24:57	20:37	71	64	135
14	Collins, Jamie	24:57	20:39	71	63	134
15	Ramsay, Hugh	27:05	19:45	57	76	133
15	Walton, Steve	25:18	20:17	66	67	133
17	McDonald, Andrew	24:56	20:59	72	59	131
18	Arthur, Coralie	27:03	20:09	58	72	130
19	Pirie, Sandy	25:56	20:23	62	66	128
20	Stromberg, Simon	25:13	21:04	67	57	124
21	McMillan, Margaret	28:30	20:10	52	70	122
22	Rowe, Elliot	27:27	20:49	56	62	118
22	Deans, David	25:35	21:22	63	55	118
24	Prabucki, Jill	28:04	20:54	55	60	115
25	Schirrer, Laurent	26:35	21:44	60	52	112
26	Davidson, Jim	28:10	21:05	54	56	110
27	Efimova, Vera	29:23	21:03	51	58	109
27	Farquhar, Mark	26:55	22:04	59	50	109
27	Grant, Ian	26:07	22:20	61	48	109
30	Campbell, Alan	28:25	21:38	53	54	107
31	Long, Isla	30:02	21:42	49	53	102
32	Byth, Bill	29:53	21:47	50	51	101
33	Long, Ailsa	30:29	22:09	46	49	95
34	Matthew, Cameron	30:07	22:34	48	46	94
35	Murphy, Erin	30:42	22:22	44	47	91
36	Reid, Graham	30:39	22:41	45	45	90
37	Wallace, Colin	30:16	25:25	47	41	88
38	Chalmers, Alfie	31:22	23:02	42	44	86
39	McIntosh, Bert	31:06	23:30	43	42	85
40	Thomson, Millie	31:27	23:07	41	43	84

Event No 13 5ml TT Garlogie (Out) 07/08/18

1	Ennis, Andrew	11:36	10:22	80	77	157
1	Keenon, Ashley	12:37	10:03	77	80	157
1	Gray, Stuart	12:24	10:04	78	79	157
4	Scott, Neil	11:43	10:42	79	76	155
5	Worms, Swiad	13:09	10:43	72	75	147
6	Quinn, Greg	12:47	11:02	74	72	146
7	Ramsay, Hugh	13:39	10:21	66	78	144
7	Dawson, David	12:43	11:21	76	67	143
9	Ritchie, Colin	13:28	11:06	71	71	142
10	Brailsford, Andy	13:29	11:13	69	69	138
11	Strachan, Jon	14:09	10:43	62	75	137
11	Smith, Ray	13:40	10:44	64	73	137
11	Nicoll, Matt	13:29	11:19	69	68	137
14	Anthony, Jon	12:52	11:28	73	63	136
15	Taylor, Myles	12:46	11:36	75	60	135
16	McDonald, Andrew	13:28	11:30	71	62	133
17	Rough, Ali	13:33	11:25	67	65	132
18	Pirie, Sandy	13:59	11:23	63	66	129
19	Murphy, Erin	15:16	11:06	52	71	123
19	Arthur, Coralie	14:29	11:27	59	64	123
21	Lowe, Ron	13:39	12:15	66	53	119
22	Anderson, Kenny	14:25	11:49	60	57	117
22	Fraser, Stuart	14:20	11:54	61	56	117
24	Anderson, Margaret	14:59	11:37	55	59	114
25	Harrington, Andrew	14:41	11:55	57	55	112

25	Fraser, Jackie	14:37	12:11	58	54	112
27	Reid, Graham	15:32	11:33	50	61	111
27	Macpherson, Lynne	15:14	11:38	53	58	111
29	Milne, Roy	14:41	12:15	57	53	110
30	Mackie, Kevin	15:05	12:39	54	51	105
31	Heady, Mark	15:20	12:54	51	50	101
32	White, Evie	15:32	13:06	50	48	98
33	Byth, Bill	17:01	12:58	45	49	94
33	Campbell, Alan	16:31	13:07	47	47	94
35	McIntosh, Bert	16:55	13:07	46	47	93
35	White, Liz	16:10	13:44	48	45	93
37	Baird, Francesca	17:06	14:40	44	44	88
38	Eastwood, David	19:27	17:01	43	43	86

League Table after Event No 13

		Events	Fpts	Hpts	Tpts
1	Cheney, Mike	6	480	467	947
1	Ennis, Andrew	6	477	470	947
3	Lowe, Ron	6	468	459	927
4	Ferguson, Jak	6	460	444	904
5	Taylor, Myles	6	465	426	891
6	Dawson, David	6	462	425	887
7	Quinn, Greg	6	446	427	873
8	Stromberg, Cameron	6	397	474	871
9	Ramsay, Andrew	6	453	414	867
10	Ritchie, Colin	6	411	453	864
11	Brailsford, Andy	6	423	436	859
12	Smith, Gordon	6	424	430	854
13	Rough, Ali	6	423	429	852
14	Keenon, Ashley	6	407	439	846
15	Thomas, Gavin	6	395	450	845
16	Leal, John	6	400	432	832
17	Deans, David	6	423	399	822
18	Collins, Jamie	6	416	405	821
19	Stromberg, Simon	6	414	378	792
20	McDonald, Andrew	6	418	372	790
21	Ramsay, Hugh	6	356	428	784
22	Pirie, Sandy	6	370	395	765
23	Thomson, Michael	6	387	372	759
24	Arthur, Coralie	6	348	390	738
25	Sinclair, Ian	6	376	361	737
26	Grant, Ian	6	400	335	735
27	Robb, Jim	6	351	377	728
28	Walton, Steve	6	372	342	714
29	Anderson, Margaret	6	340	368	708
30	Wood, Ben	5	353	351	704
31	Wilson, Tom	5	362	332	694
32	Edgley, Phil	5	376	312	688
33	Strachan, Jon	6	319	366	685
34	McMillan, Margaret	6	311	364	675
35	Howarth, Neil	6	317	352	669
36	Murphy, Erin	6	313	340	653
37	Campbell, Alan	6	316	320	636
38	McGraw, Bob	5	309	305	614
39	Huston, John	5	311	299	610
40	Cordiner, Dominic	4	303	297	600
41	Anthony, Jon	4	301	292	593
42	Gibb, Calum	4	303	287	590
43	Blunsdon, John	4	298	287	585
44	Chalmers, Alfie	6	287	297	584
45	Mitchell, Stewart	6	296	287	583

46	Prabucki, Jill	6	287	293	580
47	Byth, Bill	6	278	294	572
48	Efimova, Vera	6	269	292	561
49	Anderson, Neil	4	280	265	545
49	Wilson, Ian	4	294	251	545
51	Nicoll, Matt	4	271	252	523
52	McIntosh, Bert	6	256	255	511
53	Edwards, Ian	6	245	259	504
54	Smith, Brian	4	243	260	503
55	Ferguson, Michael	4	223	237	460
56	Liversidge, Jamie	4	217	237	454
57	Davidson, Mark	4	241	202	443
58	Eadington, Emily	4	232	204	436
59	Davidson, Jim	4	205	227	432
60	Mathieson, Richard	4	180	226	406
61	Vaughan, Ian	3	164	198	362
62	Lindsay, Robert	3	174	176	350
63	Morice, Kevin	4	175	158	333
64	Duthie, Andrew	3	148	184	332
65	Scott, Neil	2	158	151	309
66	Reid, Graham	3	146	159	305
67	Rowe, Elliot	3	159	144	303
68	White, Kelvin	2	160	142	302
69	Long, Isla	3	139	162	301
70	Holmes, Spencer	2	146	148	294
71	Enright, Jonathan	3	140	136	276
72	Smith, Calum	2	115	159	274
73	Matthew, Cameron	3	132	118	250
74	Dennison, Mike	2	122	112	234
75	Bryson, Ken	2	106	89	195
76	Thomson, Millie	2	90	88	178
77	Cleland, Jennifer	2	87	87	174
77	Ramsay, John	2	75	99	174
79	White, Evie	2	89	83	172
80	McMillan, Ewan	1	80	80	160
81	Gray, Stuart	1	78	79	157
81	Williamson, Chris	1	77	80	157
83	Daly, Karl	1	76	77	153
84	Gillespie, Andrew	1	71	77	148
85	Long, Ailsa	2	72	75	147
85	Worms, Swiad	1	72	75	147
87	Urquhart, Kris	1	69	72	141
88	Long, Sam	1	71	67	138
89	Smith, Ray	1	64	73	137
90	Kedar, Lauren	1	55	76	131
91	Anderson, Kenny	1	60	57	117
91	Fraser, Stuart	1	61	56	117
93	Fraser, Jackie	1	58	54	112
93	Harrington, Andrew	1	57	55	112
93	Schirrer, Laurent	1	60	52	112
96	Macpherson, Lynne	1	53	58	111
97	Milne, Roy	1	57	53	110
98	Farquhar, Mark	1	59	50	109
99	Mackie, Kevin	1	54	51	105
100	Fee, Joe	1	50	52	102
101	Heady, Mark	1	51	50	101
102	Lynch, Steven	1	52	47	99
103	Liversidge, Lauren	1	47	49	96
103	Pritchard, Iain	1	49	47	96

105	White, Liz	1	48	45	93
106	Kadar, Lauren	1	49	42	91
107	Baird, Francesca	1	44	44	88
107	Wallace, Colin	1	47	41	88
109	Eastwood, David	1	43	43	86
110	Fontaine, Noah	1	45	38	83

For Sale

For sale items will appear here for three consecutive issues. If the item sells before the final appearance please contact knockies@aol.com so that the details can be removed

- 1 Ladies Specialized Dolce. Size small to suit person 5' to 5' 4". 27 speed Shimano equipped. Good condition £300 Ono. Photo available. Contact mickfowkes52@gmail.com (1)
- 2 Nearly new "Oxford Bike Works" 30 speed tourer. Ideal for smaller person 5' to 5'4" Hydraulic rim brakes, braze ons for front panniers and fitted with rear pannier rack. Very little use £1400 new selling for £550 Ono. Photo available. Contact mickfowkes52@gmail.com (1)
- 3 YT Capra AL (medium) with various upgrades. Converted to Shimano XT 1x10, Easton rear wheel with Hope hub, DT Swiss front wheel, Hope tech3 front brake, SRAM Guide rear. Rockshox suspension and dropper seat post. Just serviced - new bearings and suspension service brake bleed etc by Bennachie Bike bothy. Brand new rear swing arm direct from YT following manufacturing error. Not been ridden since work carried out so will feel like new! £1700ono, contact Gareth on gareth.hunt33@btinternet.com (1)
- 4 Size M BMC Timemachine TM01 with Ultegra group set, powertap hub and Enve 6.7 carbon clinchers. £2,750 ono. Equipped to take Di shifters and comes with caps to convert (if needed). Includes spacers to change the cockpit position. Seat can be moved in three different fore and aft positions. My preference is sell the TT before selling the wheels. Contact Peter on peter@ellingtonkitchens.com or 07788 316144 for more information (1)
- 5 A pair of Sidi Ergo 4 Carbon Composite Road Shoes (Brand New – Never Used) size 44. Price £130.00. Contact Neil Robertson on neilfrob@yahoo.co.uk or 07788 435220 (3)

Wanted

- 1 Upgraded from Vector 3s to Vector 3? Do you have a normal Rt pedal going spare? Care to sell it to me? It's a long story but I have Vector 3 and want to use my Keo cleated shoes on another bike, without power obviously. Problem is that I can't reliably unclip from normal Keo Classic with my right foot due to restricted rotation of titanium hip (with ceramic ball!). No problem with the Garmin pedal. I should add that I can't unclip from any pedal with my wonky left foot. I should probably try for the geriatric Paralympics. Or a para-Evening League section? Let me know if you can help. bill.byth@gmail.com (2)

EVENING LEAGUE VETS ON STANDARD COMPETITION 2018

Name	Age	Ev01	Ev02	Ev03	Ev04	Ev05	Ev06	Ev07	Ev08	Ev09	Ev11	Ev12	Ev13	Count	Total	Award
1 Cheney, Mike	44	"0	50	"0	"49	50	49	"48	49	50	50	"0	"0	6	298	40+
2 Ennis, Andrew	45	"48	"0	"0	"48	"48	50	49	50	49	49	"0	50	6	297	
3 Lowe, Ron	53	"49	49	49	50	49	"0	50	"0	"0	"0	50	"54	6	297	50+
4 Quinn, Greg	53	"0	"0	"47	47	"0	48	"46	47	48	48	"0	49	6	287	
5 Walton, Steve	68	"0	46	45	"0	47	45	"0	46	"0	"38	49	"0	6	278	60+
6 Brailsford, Andy	49	"35	"0	41	"0	41	44	45	"0	46	"0	"0	46	6	263	
7 Mitchell, Stewart	78	43	47	46	41	44	38	"0	"0	"0	"0	"0	"0	6	259	70+
8 Smith, Gordon	48	"33	"0	40	"0	40	"0	"33	43	43	45	46	"0	6	257	
9 Sinclair, Ian	61	42	"0	43	40	43	"41	44	42	"0	"0	"0	"0	6	254	
10 Stromberg, Simon	49	41	43	42	"37	"0	"0	43	"40	"39	41	42	"0	6	252	
11 Leal, John	52	"0	42	40	38	"35	42	41	"0	"0	"0	45	"0	6	248	
12 Grant, Ian	54	38	"0	44	"0	"37	"0	39	45	42	"0	39	"0	6	247	
13 Pirie, Sandy	59	"36	"0	"37	"31	38	39	37	"0	"0	39	44	44	6	241	
14 Thomas, Gavin	53	"25	38	"33	"30	"33	40	35	"0	41	40	47	"0	6	241	
15 McGraw, Bob	67	47	48	48	44	"0	43	"0	"0	"0	"0	"0	"0	5	230	
16 Deans, David	43	40	"0	35	"34	36	"0	39	"0	37	42	"0	"0	6	229	
17 Rough, Ali	41	"0	"0	39	35	"0	37	35	"0	"0	"0	41	40	6	227	
18 Anderson, Margaret	L60	44	"0	"0	45	"0	"0	"0	"0	44	46	"0	47	5	226	1stL
19 Thomson, Michael	48	39	40	36	36	"0	"0	32	38	"0	"0	"0	"0	6	221	
20 Robb, Jim	61	"31	35	34	"0	"30	33	"28	36	40	37	"0	"0	6	215	
21 Campbell, Alan	71	34	"0	"0	"0	"0	"0	"26	37	38	33	38	33	6	213	
22 Prabucki, Jill	L58	"26	39	31	29	"0	"0	26	"0	"0	31	43	"0	6	199	50+L
23 Wood, Ben	42	37	41	"0	42	39	"0	40	"0	"0	"0	"0	"0	5	199	
24 Byth, Bill	78	24	"0	30	"0	34	"0	"23	"0	"0	35	40	35	6	198	
25 Ramsay, Andrew	48	"0	"0	"0	"0	"0	"0	"0	48	47	47	48	"0	4	190	
26 Howarth, Neil	61	29	37	33	26	"0	36	28	"0	"0	"0	"0	"0	6	189	
27 Blunsdon, John	48	46	45	"0	46	46	"0	"0	"0	"0	"0	"0	"0	4	183	
28 Wilson, Ian	50	"0	44	46	"0	45	46	"0	"0	"0	"0	"0	"0	4	181	
29 McMillan, Margaret	L54	23	"0	"0	25	31	"0	24	"0	36	"0	37	"0	6	176	
30 Strachan, Jon	53	"0	"0	27	24	"0	32	20	"0	34	"0	"0	39	6	176	
31 McIntosh, Bert	74	"0	"0	26	"0	"0	31	21	"0	"0	32	31	32	6	173	
32 Edwards, Ian	66	21	30	"0	23	"0	"0	17	34	"0	30	"0	"0	6	155	
33 Davidson, Mark	47	30	37	"0	"0	"0	50	29	"0	"0	"0	"0	"0	4	146	
34 Anderson, Neil	55	45	"0	"0	"0	"0	"0	"0	"0	45	43	"0	"0	3	133	
35 Smith, Brian	50	"0	"0	"0	32	32	"0	30	39	"0	"0	"0	"0	4	133	
36 Davidson, Jim	58	"0	"0	"0	"0	"0	"0	18	35	"0	34	32	"0	4	119	
37 Ferguson, Michael	47	"0	32	"0	"0	"0	"0	19	33	35	"0	"0	"0	4	119	
38 Mathieson, Richard	71	27	34	"0	27	"0	"0	31	"0	"0	"0	"0	"0	4	119	
39 Reid, Graham	76	"0	"0	"0	"0	"0	"0	"0	"0	"0	36	34	43	3	113	
40 White, Kelvin	45	50	"0	50	"0	"0	"0	"0	"0	"0	"0	"0	"0	2	100	
41 Lindsay, Robert	49	32	33	28	"0	"0	"0	"0	"0	"0	"0	"0	"0	3	93	
42 Morice, Kevin	41	22	"0	"0	22	"0	"0	16	32	"0	"0	"0	"0	4	92	
43 Duthie, Andrew	48	19	"0	30	28	"0	"0	"0	"0	"0	"0	"0	"0	3	77	
44 Ramsay, John	76	28	"0	"0	"0	"0	"0	37	"0	"0	"0	"0	"0	2	65	
45 Cleland, Jennifer	L50	"0	31	"0	"0	"0	29	"0	"0	"0	"0	"0	"0	2	60	
46 Bryson, Ken	58	"0	"0	"0	"0	"0	35	23	"0	"0	"0	"0	"0	2	58	
47 Smith, Ray	58	"0	"0	"0	"0	"0	"0	"0	"0	"0	"0	"0	48	1	48	
48 Fraser, Jackie	L51	"0	"0	"0	"0	"0	"0	"0	"0	"0	"0	"0	46	1	46	
49 Holmes, Spencer	42	"0	"0	"0	"0	"0	"0	"0	"0	"0	44	"0	"0	1	44	
50 Wilson, Tom	50	"0	"0	"0	43	"0	"0	"0	"0	"0	"0	"0	"0	1	43	
51 Anderson Kenny	62	"0	"0	"0	"0	"0	"0	"0	"0	"0	"0	"0	42	1	42	
52 Gillespie, Andrew	46	"0	"0	"0	42	"0	"0	"0	"0	"0	"0	"0	"0	1	42	
53 Long, Sam	43	"0	"0	"0	"0	"0	"0	"0	41	"0	"0	"0	"0	1	41	
54 Fraser, Stuart	51	"0	"0	"0	"0	"0	"0	"0	"0	"0	"0	"0	38	1	38	
55 Harrington, Andrew	54	"0	"0	"0	"0	"0	"0	"0	"0	"0	"0	"0	37	1	37	
56 Heady, Mark	60	"0	"0	"0	"0	"0	"0	"0	"0	"0	"0	"0	37	1	37	
57 Schirrer, Laurent	48	"0	"0	"0	"0	"0	"0	"0	"0	"0	"0	35	"0	1	35	
58 White, Liz	L47	"0	"0	"0	"0	"0	"0	"0	"0	"0	"0	"0	34	1	34	
59 Farquhar, Mark	48	"0	"0	"0	"0	"0	"0	"0	"0	"0	"0	33	"0	1	33	
60 Mackie, Kevin	41	"0	"0	"0	"0	"0	"0	"0	"0	"0	"0	"0	31	1	31	
61 Prichard, Ian	61	"0	31	"0	"0	"0	"0	"0	"0	"0	"0	"0	"0	1	31	
62 Eastwood, David	79	"0	"0	"0	"0	"0	"0	"0	"0	"0	"0	"0	30	1	30	
63 Fee, Joe	45	"0	"0	"0	"0	"0	30	"0	"0	"0	"0	"0	"0	1	30	

Helping at Events

Members should remember it's a condition of Club Membership that you are seen to help at events as well as take part as a competitor

It's always said that since we're a big club each member doesn't have to help very often

In fact, with a number of members devoting a huge amount of time to ensuring your club is run successfully, the amount of time everyone else has to commit is even shorter

When requests go out please respond positively. There's little doubt you'll get a surprise at how much you enjoy the involvement

Ian Grant

Gardening: - Grass Cutting
General Tidying - Rotovation
Pressure washing - Tree Surgery,
Welding (electric) and small repairs
£9.00/hr or estimates

30 Sc lattie Park, Bucksburn, Aberdeen
Tel (01224) 713033

MITCHELL SCHOOL of DRAMA

Workshops, Musical Theatre, Performance
Class, Exam classes

Rhona Mitchell, BA (Hons), Dip S&D, TQSE,
LGSM, LLAM (Hons), MSTSD.

www.rhonamitchell.co.uk

01467 621861

CAR CLINIC

Car Clinic contacts: -

greatservice@car-clinic.com,
<http://www.car-clinic.co.uk/>

Car Clinic, Unit 2, Hillview Road, East
Tullos, Aberdeen, AB12 3HB
(01224) 891414

Car Clinic, Broadfold Road, Bridge of
Don, Aberdeen, AB23 8EE Phone:
(01224) 821010

Total Endurance

Scientific Cycle Coaching for Fitness, Bike
Racing & Multisport. One to one coaching and
personalised training to help you to reach your potential
as a bike rider. Substantial discounts for DTCC
Members

For more information contact Ken Bryson -
Email ken.bryson@talk21.com
Tel 01224 877533

This small area has been reserved to persuade each member who has read this far, to invite anyone showing an interest in cycling to apply for membership of Britain's biggest cycling club

Membership Application

Name:

Address:

.....

Phone Number:.....

Email:

Date of Birth:

Please complete and return to Sandy Lindsay, Rowan
Cottage, Inveramsay, Inverurie, AB51 5DQ Telephone
(01467) 681330 or email: Knockies@aol.com



Grampian Health Foods

Mon - Fri 9 am - 6 pm
Saturday 9 am - 5.30pm
Sunday Closed
34 Market Street
Aberdeen
AB11 5PL
01224 590 886
www.grampianhealthfoods.co.uk

Grampian Health Foods Cycling Club publishes this magazine. The Editor is Sandy Lindsay MBE, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ. Tel: Pitcaple (01467) 681330 – Email: knockies@aol.com

Mon - Fri 9 am - 6
pm

Saturday 9 am -
5.30pm

Sunday Closed