

Issue 545

August 2019

CRANKS

Volume 46

The Magazine of
Deeside Thistle Cycling Club
Sponsored by:



Tierney Strachan

PROCESS CONTROL ENGINEERING

Current Membership 646 (656)
SCU Membership 339 (345)
Scottish Cycling's Largest Club

Editorial:

In the agricultural world diversification is keeping farming alive. In the last few years as disease threatened their livelihood and returns from their produce declined farmers have turned to other means of income to stay afloat. It is said that the last decade has seen about 50% of traditional farms branching out to alternative business.

In the cycling world the last decade and more has seen a steady decline in some of our traditional interests and it is important in order to stay afloat that clubs diversify.

Much though it galls me I am accepting that my own pet interest, time-trialling, is going through a sticky patch. We'll have to wait and hope for a recovery. In the meantime let us diversify and embrace all the alternative sides of our sport.

The youth side of our club is strong. The youngsters have grown from kids on balance bikes to competent riders. They are the future of our club. If only there were more able leaders this group could expand. National rules don't permit unqualified personnel to instruct at any level of the training and in recent years your club has put a lot of resources into qualifying leaders and coaches. I don't see this changing.

At the moment there is a surge of young folk keen to learn more about mountain biking. Without the support we'll lose them even before they start to get involved.

If you are interested, willing and able to go through the process to become a trail leader stand up and make yourself known. A quick email to your club secretary will start the wheels rolling.

PHILOSOPHER'S CORNER

We're here for a reason. I believe a bit of the reason is to throw little torches out to lead people through the dark - — Whoopi Goldberg

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

Fetternear RR 08 Aug 2019

The 6th and final round of the Grampian Evening Road Race Series.

39 riders started after a few couldn't make it along and it was a really competitive field with a mixture of all categories of rider.

The first lap was really quick with a few big names dropping back from the main group. A number of riders made breaks from the front but nothing really established itself throughout the race.

The sprint prime was won by Callum Anderson, with Tom Merry in second and Thomas Gelati in third.

It looked like it was going to rain but while it got much cooler, it stayed dry meaning a competitive race to the finish. The chasing peloton sat up briefly on the last lap before increasing their speed past the HQ.

Back at the hall everyone tucked into the large spread of food, the sausage rolls once again proving to be a hit!

Prizes were handed out including an OTE multipack from Pedal Power Inverurie to the top 4th cat rider, who was Ian Russell.

Congratulations to all and thank you to everyone who made the event possible.

1 Tom Merry EUCC 36miles in 1.25.07, 2 Callum Anderson BMB @ 2secs, 3 Alistair Merry DTRC @ secs, 4 Ewan McDougall PUCC, 5 Jonathan Hunter SB, 6 Malcolm Bain GCRT, 7 Sean Delaney VCRT, 8 Lee Rosie SCC, 9 Martin Reynolds AWCC, 10 Neil Scott DTCC all @ st, 11 Thomas Gelati BMB @12 secs, 12 David Duggan WCTC @ st, 13 Alastair McNicol DC @ 14 secs, 14 Chris Main DTCC, 15 Ian Russell all @ st, 16 Ewan McMillan DTCC @ 19 secs, 17 Chris Williamson VCRT @ 24 secs, 18 Mark Walker DTCC @ 28 secs, 19 Richard Harris DTCC @ 34 secs, 20 Tim Mackley VCRT @ 38 secs, 21 Martin Lonie NSSLRT @ 2.12, 22 David O'Neil @ 4.45, 23 Danny Hedley RT23 @5.49, 24 Calum Gibb HC @ 7.56, 25 David Cowan DTCC @ 8.01, 26 John Alexander @ 8.10, 27 Ross Webster WBC @ 8.37, 28 Kyle McIntosh @ 13.41, 29 Hugh Ramsay DTCC @ 13.42, 30 Steve Rae YCC @ 13.46, 31 Steven Sharp TEN @ 13.47, 32 Stuart King YCC @ 17.13

Aberdeen Wheelers Classified 10TT

11 August 2019

1	Jamie Davidson	BMB	20:09
2	Martin Reynolds	AWCC	20:46
3	Alan Smith	YCC	22:22
4	John Kent	AWCC	22:23
5	Calum Gibb	HC	22:23
6	Ian Russell		22:24
7	Callum White	AWCC	22:29
8	Declan Tuffy	AWCC	22:52
9	Greg Quinn	DTCC	23:19
10	John Blunsdon	DTCC	23:24
11	Andrew Shortt	AWCC	23:30
12	Malcolm Grant	PPI	23:40
13	Stuart King	YCC	24:03
14	Ian Wilson	DTCC	24:14
15	Steve Rae	YCC	24:15

16	Robert Bacon	DTCC	24:23
17	Hugh Ramsay	DTCC	24:47
18	Gordon Paterson	MCC	24:52
19	David Deans	DTCC	25:01
20	Stephen Walton	DTCC	25:08
21	Jim Robb	DTCC	25:12
22	Jamie Liversidge	DTCC	25:19
23	Will Burnish		25:24
24	Scott McCord	TKG	25:41
25	Cameron Stromberg	DTCC	25:46
26	Jennifer Noble	YCC	25:50
27	Lorna Breetzke	ECC	25:54
28	Carol Middleton	YCC	26:16
29	Bruce Tait	MCC	26:17
30	Innis Mitchell	ESW	26:22
31	Wendy Gault	YCC	26:38
32	Martin Lawson	DTRC	27:00
33	Jill Prabucki	DTCC	27:07
34	Margaret McMillan	DTCC	27:17
35	Paul Gordon	YCC	27:32
36	Mark Fraser	PPI	27:48
37	Jenni Nicholson	RT23	27:49
38	Thomas Ramsay	DTCC	29:13
39	Anne Mitchell	ESW	32:54
40	Tommy Hooper	YCC	33:37

Aberdeen Wheelers H/C 11 August 2019

1	Tom Merry	EUCC	03:33.20
2	Callum Anderson	BMB	03:37.92
3	Alistair Merry	DTRC	03:42.99
4	Ewan McMillan	DTCC	03:44.55
5	Jamie Davidson	BMB	03:57.09
6	Tim Turnbull	DTCC	04:04.04
7	Aaron Johnson	HC	04:05.15
8	Benjamin Butler		04:05.74
9	Lee Rosie	SCC	04:08.20
10	John Kent	AWCC	04:11.03
11	Cameron Stromberg	DTCC	04:18.05
12	Stuart Gray	NKYT	04:26.35
13	Jamie Liversidge	DTCC	04:27.90
14	Hugh Ramsay	DTCC	04:39.50
15	Robert Bacon	DTCC	04:58.97
16	David Deans	DTCC	05:22.39
17	Reubens Thomson	GT	05:41.59
18	Thomas Ramsay	DTCC	06:08.93
19	Margaret McMillan	DTCC	06:34.02
20	Jill Prabucki	DTCC	07:09.68

CHANGE TO REPORTING AND CLAIMING OF RESULTS AND AWARDS

This is a timely reminder for all members who are riding time-trials. Time trial Results need to be claimed to be eligible for annual awards. Results must be claimed by sending an email to results@deeside.org. Please send:

- Name
- DoB
- Event/Distance
- Time/Placing
- Copy of results or link to results page

CTT, BC, International UCI and Evening League results are all eligible. The only exception is the Evening League which does not need to be claimed and will be recorded automatically.

Simon Stromberg

Alexander MacLeod

Alexander MacLeod qualified as one of only four boys from Scotland and the North of England for the British National Youth Omnium Finals for the first time. The final was held in Manchester in July. He had a poor start in the 1000m TT but recovered to post top 10 finishes in the Elimination, Scratch and Keirin. He was unable to make up any positions in the Points race and finished a creditable 12th out of 24 qualifiers.

The British Youth Track Champs were held in July in Newport, Wales. Day 1 – Unfortunately he did not qualify from his heat for the Scratch race. Day 2 – He qualified in the Points race for the final and finished 14th after an early attack to secure points in the first sprint. Day 3 – He and his partner Daniel Cutler from East Kilbride qualified for the 20Km Madison final and finished 10th. There was also the 500TT between the heats and in the final of the Madison he managed to knock 0.3s off his PB. Day 4 – The Individual pursuit over 2000m, not his favourite event, however, he put in a great effort to knock over 5s off his PB.

Over the summer Alexander achieved the 50 points required to get his dispensation and entered a Cat 2/3 Crit in Leicester. It was a fast race on a Crit track, and he never needed to change out of his top youth gear. He made a late attack on the final lap and held off the fast charging field to win his first adult race beating a host of cat2 riders and scoping £50 for his efforts.

National 50TT

What a fantastic ride by Aberdeen Wheeler, Iain MacLeod, winning the National 50 up north on 21 July. His time of 1.45.38 was almost 2 1/2 minutes faster than the second placed.

Considering the interest there is today in medium to long distance time-trialling our five riders making up more than 10% of the field was also fantastic.

Our riders returned times of, Ron Lowe 1.58.28, Jim Robb 2.18.40, Jill Prabucki 2.28.18, Neil Howarth 2.29.33 and Stewart Mitchell 2.38.50

Para-Cycling

Congratulations to Colin Wallace, who performed amazingly well at the National Para-Cycling Road Championships in Wales in the middle of July to take home Bronze medals in the MC3 road race and time trials!

Colin has only been involved in para cycling for around a year and narrowly lost out to silver and gold behind two cyclists who are full-time with British Cycling!

Well done, Colin!

National 100 04 August

Ron Lowe was our only member to take part in the National 100 held in the Invergordon area. He returned a very creditable 4.15.16 for 13th spot.

The event was won by Andrew Underwood (COG) with 3.50.14. Catriona McGillivray (RT23), in 5th place, knocked a huge chunk off the Women's National Record with 4.00.53.

Falling Leaves Event – 14/15 September

The upcoming Falling Leaves Stage Race is being organised by Kenny Anderson. He's looking for plenty of entries.

Further details about the event, and entry can be found here:

<https://www.britishcycling.org.uk/events/details/208075/FALLING-LEAVES-Stage-Race->

He'd also appreciate pledges of support. You can offer your help on kennyatstone@gmail.com

MTB Trail Leaders

Have you ever considered becoming a Trail Leader and helping your club look after our young MTBers? We are not in a position to offer anything structured to these riders without qualified leaders.

The entry point for this is Level 2, and British Cycling share all the dates of upcoming courses here.

Are you up for it? Please reply to info@deeside.org

Dates for 2020

Many thanks to Andrew Ramsay, Simon Stromberg, Greg Quinn and Sandy Wilson for their continued support with organising events in 2020.

The following events are currently without organisers:

Fetternear RR - 21st May (negotiable)

Coffee Pot 50TT - negotiable date

Furneaux 100TT - negotiable date

Have we any hands in the air? Full support will be provided should it be required. Please contact me on ajkerr2014@gmail.com *Andy Kerr*

Inverurie Triathlon Club

The Inverurie triathlon club has run a number of Cross Duathlon training events during the summer. The final event is on Thursday 29 August at 7.15pm start at Bennachie / Millstone.

Format is a short 200m dash to bikes, 10km MTB, followed by ~3km trial run. Free to TPT club members, with non-members just needing to join to take part. Attached [flyer](#) has more information. *Jamie Collins*

Proposed Local Calendar for 2019

Links will be added to this list when events start to appear on the National Calendar.

Date	Event	Type	Club
17 Aug	Scottish Youth TT	TT	AWCC
18 Aug	Youth Crit Ellon	RR	YCC
21 Aug	Aberdeen Breeze		
28 Aug	Beach Breeze		
08 Sep	Aberdeen Beginners		
14/15 Sep	Falling Leaves	RR	DTCC
29 Sep	10 TT	TT	TEN
13 Oct	Aberdeen Breeze		
10 Nov	Aberdeen Breeze		

Letters

Sir, I am in Portugal at present and have been shown a product which I am certain would aid safety in, primarily, dark north east winter days.

The idea had been developed for motorcyclists initially and is at a prototype stage only although with further minimal development the inventors have stated that it could be a usable tool for cyclists.

As well as a body waistcoat and a simple handlebar mounted control, the battery powered LED lighting system provides high intensity illumination.

Lindsay and I have been looking and using the prototype; its potential is quite clear. I believe this may provide a relatively low cost opportunity although I have no prices at this stage.

The concept can be viewed online at www.safety4bikers.com *Kind regards, David Milne*

Club Kit Order

The recent kit order from Pactimo is now in stock and ready for collection. You can collect anytime during normal working hours - just state you are there to collect Deeside kit to anyone at reception - no prior email necessary.

If you need an arrangement outwith this time email me with suggestions and I will see what I can do.

Collection address: Tierney Strachan Consulting Limited, Process Control Engineering, 12 Greenbank Place, East Tullos, Aberdeen, AB12 3BT Email: jas@tierney-strachan.co.uk *Jon Strachan*

Deeside Bike Collective

The Deeside Bike Collective (DBC) are seeking public consultation within the Aberdeenshire area for the Banchory Bike Trails project. In brief, the project aim is to create professionally designed and constructed bike trails west of Banchory for the local community and visitors to the area to benefit from, with the trails completed by 2020.

The group are currently in the process of securing the land with Forestry and Land Scotland through the Community Assets Transfer Scheme (CATS).

If you support this recreational amenity project then post your comments to our DBC Facebook page, email direct to info@deesidebikecollective.co.uk, or visit our website www.deesidebikecollective.co.uk and complete the Public Consultation Questionnaire. *Charles Spencer*

Save the Deeside Way

The Deeside Way is at risk from a planning application intending its use for construction.

The Construction Methodology has been refused at Local Level and again by Scottish Government. There has been a resubmission and a number of concerned parties are raising awareness. Many strong and wild objections lodged to date and a deadline of 19 July.

Anything you can do to raise awareness will help protect this unique facility. Please read [attachment](#)

Bob Ruddiman

Cycling in the North East Collisions, Compensation and Civil Law

On Monday 02 Sept Cycle Law Scotland in conjunction with Grampian Cycle Partnership are holding a seminar on your rights as a cyclist. The seminar is free and limited tickets can be obtained from the following link: <https://www.eventbrite.co.uk/e/cycling-in-the-north-east-collisions-compensation-and-civil-law-tickets-64663011809>.

Cycle Law Scotland deal with personal injury claims for injured cyclists across Scotland every day. Grampian Cycle Partnership are delighted to announce this presentation from one of Cycle Law Scotland's specialist solicitors, Roz Boynton. Roz will share information on and explain:

- Criminal v Civil Law
- Common cycling incidents
- Primary causes of cycling collisions
- What to do in the event of a collision
- The claims process and why it is important
- Dealing with Insurers
- The role of Police Scotland
- The role of Specialists
- Witnesses
- Case Law and how we apply it
- Preparing a case
- The use of CCTV and Video footage
- Valuing injury, damage and loss
- Rehabilitation and why it is important
- Damaged bike assessments
- Case study examples
- Video footage
- Presumed liability and Road Share update

See [poster](#) for more detail.

New Members

This offer is still open.

Many of the folk riding bikes today are not members of our club, indeed any club. For many of them there won't be an interest in getting involved but I bet that there are equally as many just need that wee push to join up.

I imagine that you'll be acquaint with some of those who are needing that nudge.

How about, the next time you are in contact with any of your friends, acquaintances, colleagues, who ride bikes, and you know aren't already members of our club, or any other club, making the suggestion that they enrol in our organisation? All you need do is ask them to go to http://deeside.org/?page_id=29 to get an Application Form and details of Fees. Alternatively they can drop me a text on 07867 857221, or email members@deeside.org and I'll get back to them.

Oh, and as an incentive how about offering them Membership at the Under 18 rate?

Thanks to you I look forward to a spate of applications.

Sandy L

Sisterland Challenge

I'm delighted with the donations you are giving my sponsorship efforts as travelling support on a fundraising cycle trip for Sisterland during September.

Please check this [JustGiving](#) page so that you get an idea what it's all about and maybe more of you will be moved enough to make a donation.

Sandy Lindsay

Club Handbook

Incorporating changes agreed at our recent AGM an updated version of your club Handbook is now online. You can access it [here](#). In addition to all the Rules and Regulations it contains contact details for your club officials for this year, details of 2018 Club Champions and a complete list of club records.

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

Toonser Group

33% of our members live in Aberdeen City. There's a page for the new Toonser group, just hit 'LIKE' to get involved. Go here:

<https://m.facebook.com/DTCCtoonsers/>

Ride Etiquette Document

You are reminded that a paper detailing the etiquette to follow when on club/training runs has been prepared and is here for your interest. The document is posted on the club's website and links will start to appear on club publications so that you can make reference to it. It will also be highlighted to new members

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.zafiropoulos@gmail.com or phone 07977 4666889

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

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.

Welfare Officer

Club Welfare Officer is Ian Wilson who can be contacted by telephone on 07919 280656. The email address to use is welfare@deeside.org

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

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.

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](#)

25 Years Ago

CHRIS BOARDMAN'S FIRST TOUR DE FRANCE

Alan Campbell interviewed Chris Boardman of the French GAN team in Poitiers on Sunday 10 July. The Tour was one week old. Boardman had taken the yellow jersey with a brilliant prologue ride and kept it for a couple of days. Sean Yates, quite unexpectedly, had taken the yellow jersey the day after the race's two-day excursion to England. He lost it the following day.

Both English riders looked fit and relaxed as they waited for the stage to begin. It was hot, very hot - the mountains lay ahead and the tour had two weeks still to run.

My overall impression of Chris Boardman was of a relaxed, ambitious and communicative rider. Not big headed, he appreciated he was an apprentice. A gentleman, yes - he will be a huge asset to the sport if he can demonstrate that he has abilities in the mountains and the constitution to keep at it for three whole weeks.

AC You look fit and on-form - how do you feel?

CB Very, very tired. There's just no time to recover and each day is hard. Always chasing breaks.

AC Tomorrow's time-trial is likely to have a crucial impact on the overall classification. After your superb performance in the prologue you must fancy your chances for a top place.

CB I've been over the course and it's likely to suit Indurain. But I won't be starting it fresh like the prologue. Today's stage is not going to be easy so I'll be starting tired.

AC But you must be in with a chance in the time-trial

CB Yes, it's possible. And that would increase the pressure on me to remain in the race. Really, in my first season, I should be packing quite soon. Certainly that was my intention.

AC Your team mate, Greg Lemond, has already abandoned. What's the problem?

CB Greg seems to be going well in training and is still a strong rider. But he is not recovering. After the shooting incident they had to leave lead pellets in his system and there is a theory that Greg's slow recovery is related to some form of lead poisoning from these pellets.

AC A couple of years ago your trainer, Peter Keen, spoke to the Deeside Thistle in Aberdeen. He seems to be a world-class expert.

CB Yes, he's a huge asset. I'm sure the GAN team are also gaining from his expertise.

AC What do you think of the Tour so far?

CB Well, apart from how tiring it is there is so much to learn. In fact, I'm writing notes after each stage since there is just so much to take in.

AC Best wishes for tomorrow's time-trial from the Deeside Thistle in Scotland and congratulations on what you've already achieved.

Alan Campbell

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 £20.00 and £25.00 for couples. Standards: multiple attempts at all distances - £10. Details: <http://www.svttta.org.uk/downloads.html>

Recent New Members

The following new or returning members have joined in recent weeks

2912	Andrew Gordon	Aberdeen	50
2913	Andrew Cormack Speak	Aboyne	12

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

**Support
Club
Activities**



Britain's National Cyclists' Association

Working for all Cyclists

Newcomers are welcome particularly on the Morning/Slower Full Day runs.

Medium and Faster Full Day runs are for the more experienced

For more information visit our website:
ctcgrampian.org.uk

Office Bearers

Chairman	John B	01224 571984
Secretary	Sheila	01224 639012
Runs Co-ordinator	Alberto	
Social Secretary	Heather	01224 699399
Treasurer	John C	
Membership	John T	01224 639012

Right to Ride Representatives

South Aberdeenshire	Vacant	
Central Aberdeenshire	Hamish	013398 82333
North Aberdeenshire	Rod	01467 623317
Aberdeen City	Gerard	01224 734799

Runs Co-ordinators

Try Cycling Rides	Gerard	01224 734799
Morning Runs	Cindy	01224 310719
Slower Full Day Runs	Heather	01224 699399
Medium Full Day Runs	Sheila	01224 639012
Faster Full Day Runs	John S	01224 790269

Newcomers: We welcome newcomers, particularly on the 'Try Cycling' and 'Morning' runs. You do not need to be a member of the Cycling UK to join our runs, but after 3 runs you would be expected to join Cycling 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 recommended that all cyclists carry a First Aid kit.

Try Cycling: rides are intended for those who have not been on the saddle for a while and for those who want a quiet ride around Aberdeen.

These are easy rides followed or interrupted by a coffee stop, families are welcome.

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 pace. Distance normally 30-45 miles.

Medium Full Day Runs: Moderate pace. Distance normally 45-60 miles.

Faster Full Day Runs: Fast pace. Distance normally 60-75 miles (* runs are longer).

Pub Runs: Start prompt at the time stated, to reach the pub by 21:00 approximately. LIGHTS

Runs

August

Wed 21 Aug Pub Run	D 19:30	Duthie Park, Riverside Drive to Krakatoa	John B.
Thu 22 Aug Thursday Run	D 09:30	Airyhall Library, destination to be decided on the day, morning ride with coffee.	Cindy
Sat 24 Aug Medium Full Day	B 09:30	Peterculter (west end), coffee at Raemoir Garden Centre (01330 825059), picnic lunch at Glen Cat	Sheila

Sat 24 Aug Try Cycling	E 10:00	Seaton Park, Don St Entrance, Short easy rides, all welcome.	Joe
Sun 25 Aug Faster Full Day	A* 09:00	B&Q, Bridge of Don, Coffee at Lochters, Oldmeldrum (01651 872000/78). Picnic at Delgaty Castle, Turriff (01888 563479)	Alberto
Sun 25 Aug Morning Run	D 09:30	Seaton Park, St Machar Cathedral to Flora's (01330 860848)	Gordon
Wed 28 Aug Pub Run	D 19:30	Brig O Balgownie to Atholl Hotel, 54 Kings Gate	Alberto
Thu 29 Aug Thursday Run	D 09:30	Airyhall Library, destination to be decided on the day, morning ride with coffee.	Cindy
Sat 31 Aug Social Let Alberto know by this date if you want to attend the End of Season Dinner on 4th Sep.			Alberto
Sat 31 Aug Faster Full Day	A 09:00	Old Mill Inn, Maryculter, Coffee at Kondit Bakery, Inverbervie (01561 361221). Picnic at Johnshaven or The Anchor, Johnshaven if wet.	Jacqui
Sat 31 Aug Morning Run	D 09:30	Duthie Park, Riverside Drive to Teacake, Chapelton of Elsick (07917762464)	Dave W.

September

Sun 1 Sep Slower Full Day	C 09:30	Park hill Bridge Dyce coffee the Apothecary Ellon (01358721946) picnic Collieston	John T.
Sun 1 Sep Try Cycling	E 10:00	Hazlehead, Groats Rd Car Park, Short easy rides, all welcome.	Irene
Wed 4 Sep Social	19:30	End of Season Dinner. Details via CTC Grampian yahoo group.	
Thu 5 Sep Thursday Run	D 09:30	Airyhall Library, destination to be decided on the day, morning ride with coffee.	Anne
Sat 7 Sep Faster Full Day	A* 09:00	Peterculter (west end), Coffee at Platform 22, Torphins (01339 882807). Picnic at Ballater	Jen
Sat 7 Sep Morning Run	D 09:30	Brig o' Balgownie to Bake 'N Butty, Newmachar Community Centre	John S.
Sun 8 Sep Medium Full Day	B 09:30	Old Mill Inn, coffee at Kirktown Garden Centre (01569 764343), picnic Inverbervie	Sheila
Sun 8 Sep Try Cycling	E 10:00	Duthie Park, Riverside Drive, Short easy rides, all welcome.	John C.
Thu 12 Sep Thursday Run	D 09:30	Airyhall Library, destination to be decided on the day, morning ride with coffee.	Sheila
Sat 14 Sep Slower Full Day	C 09:30	Brig o Balgownie coffee Barn Foveran (01358788707) picnic lunch Monymusk	Alan
Sat 14 Sep Try Cycling	E 10:00	Seaton Park, Don St Entrance, Short easy rides, all welcome.	Peter
Sun 15 Sep Faster Full Day	A 09:00	Parkhill Bridge, Dyce, Coffee at Ross's Coffee Shop, Inverurie (01467 620764). Picnic at Haughton Park, Alford or Bistro, Alford if wet.	Alberto
Sun 15 Sep Morning Run	D 09:30	Leggart Terrace to "Tin Coo" Banchory Devenick Farm Shop (01224 782476)	Gordon
Thu 19 Sep Thursday Run	D 09:30	Airyhall Library, destination to be decided on the day, morning ride with coffee.	Cindy
Sat 21 Sep Medium Full Day	B 09:30	Westhill Shopping Centre, coffee at Forest Café (01330 830000), Midmar, picnic lunch at Tarland	John S.
Sat 21 Sep Try Cycling	E 10:00	Hazlehead, Groats Rd Car Park, Short easy rides, all welcome.	Moir
Sun 22 Sep Faster Full Day	A 09:00	Westhill Shopping Centre, Coffee at Kellockbank, Insh (01464 851114). Picnic at Fyvie Castle, Fyvie	John T.
Sun 22 Sep Morning Run	D 09:30	Airyhall Library to Drum Garden Centre (01330 811000)	Anne
Thu 26 Sep Thursday Run	D 09:30	Airyhall Library, destination to be decided on the day, morning ride with coffee.	Cindy
Sat 28 Sep Morning Run	D 09:30	Hazlehead Park, Groats Road to Green Pastures Cafe, Westhill (01224 740291)	Gordon
Sat 28 Sep Faster Full Day	A 09:00	B&Q, Bridge of Don, Coffee at The Coffee Apothecary, Pitmedden (01651 842253). Picnic at Back O Bennachie Car Park or Station Hotel, Insh if wet.	Jacqui
Sun 29 Sep Slower Full Day	C 09:30	Woodend Hospital Eday Road coffee Marshall's Farm Shop. Picnic lunch the Linn Waterfall, Bennachie Centre. Follow the Turnpike Trail, bike and hike map grid NJ69423	Anne
Sun 29 Sep Try Cycling	E 10:00	Duthie Park, Riverside Drive, Short easy rides, all welcome.	Mike

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

Historical Reminiscences

(Part 11)

Nothing is new; it's only that folk go about things in different ways. So it is with off-road cycling.

There is a group of great longevity that delight in taking their bikes where-ever and whenever. This is the *Roughstuff Fellowship*. In the *Cycling* magazine exploits filled pages.

Mountain bikes hadn't been invented. That, though, didn't deter folk going off-road. Indeed, you can well imagine that very early bikes, as a matter of course, had to use roads in far poorer condition than many of our forest trails and hill tracks. *Telford* and *McAdam* may have come and gone but their influence on road building didn't cover all side-roads and by-ways. It is only 100 years since *Tarmac* held down the dust.

Bits broke easily, punctures were common, gearing always too high, which led to development.

Saddle bag supports had to have at least three point fixing. Even then they'd rattle loose meaning extra brackets had to be fitted to hold the carrier in place.

Punctures were minimised by the addition of a subcutaneous layer. Worn tyres had the wire bead removed before carefully fitting them inside a good tyre. These worked as well as any fancy *Kevlar* band.

Modifying a *Williams C34D* chainset meant a third, granny ring, could be fitted. Tackling most hills and surfaces became much more manageable.

Mounting a *Primus Stove* to the top tube was easy using the bent steel bracket produced for the purpose. Only it didn't last longer than a couple of outings. Brazing a hinged brass clip, with a butterfly nut, to the side of the fuel tank solved the problem

Rain swept in, stinging cold, chased by a strong north-east wind. Sitting on a tussock of crumbling, wet peat, efforts were made to light some newspaper stuffed under a few damp twigs of old heather. The paper, turning grey, as the wet blots spread and joined, refused to even smoulder, so taking emergency action a tent was built over the proposed fire using an oilskin cape as the canvas.

Pulling the last treasured piece of newspaper from his mussette and pushing it among the heather twigs another match was applied. This time it worked. The paper caught and burned. Flames spreading they reached the damp paper and attacked the twigs. Billowing white clouds rose and issued with a gasp from the top of the tepee. Moments later a head followed with a pop and staggering around, eyes streaming, R coughed and spluttered.

Spasm over, the flame was nursed into greater heat. Adding more twigs R crouched, back to the wind facing the welcome torch. Establishing a good heart, soon, he had sausages cooked. Squeezing these into a slice of

bread and with a billie of hot tea life couldn't be more replete.

Negotiating the last of the boulders R gained the head of the glen. He promptly rode straight into a peat bog.

This was new territory and though he'd been told of the problems scant heed had been paid.

The front wheel sank and kept going down as his last pedal rev drove him forward and over the bars. Great gobs of goo spewed out from under the front mudguard. Landing flat on his back, staying prone would have been the best plan for as he struggled upright one foot sank. Pulling this foot sucking and slurping from the mud his other foot went down, plunged into the knee. In his struggles he felt his shoe come off.

Using his head he sat down to spread the load and carefully eased both feet out of the black mess

Removing his jacket he leaned forward thrusting his arm to the shoulder into the yielding porridge. Feeling like cold lumpy semolina pudding the black giving goo oozed around his arm pit as he searched frantically for his best touring shoe. Once found he pulled it free amidst the bursting of sulphurous bubbles and putrescent odour of decaying vegetation.

With the progress of day and disdaining the questionable comforts of a bothy two miles distant and into the strengthening wind R elected to spend the night in the open. His bivouac was simple.

After dinner of fried sausages and rice topped with pineapple, washed over with scalded tea R carefully extinguished the fire, flattened and buried the cans. He laid out his cape and crawled inside. Taking off his wet shoes and socks he lay prone, feet and legs bare to the knees poking out one end of his yellow coverall, a tousled head jutting from the other. Sleep came soon.

Turning in the middle of the night, he awoke to the soft drum of rain. Like a tortoise he retracted legs and head to disappear inside his yellow shell. Pulling the cape tight about his legs the inside became as wet with condensation as the outside with precipitation. The rain increased and a steady trickle found its way through the neck and collected in a pool around his shoulder. Smiling bravely he settled down to a rough night in his wet suit.

Far away a stag barked. Another crossed the skyline and looked down where this yellow thing reflected what little light there was. A pine martin slunk close and nibbled the remnants of some uncooked sausage, while winging its way homeward after a day's fishing an osprey hovered briefly and wondered at the huddled shape.

R got involved with sorts of cycling including leading groups of youngsters on tour in the western highlands and elsewhere.

One trip took them to Carbisdale Castle where a resident ghost wanders the corridors at night.

Just after lights out as sleep began to drift slowly over the dormitory soft footsteps were heard padding along the corridor. For half an hour they tip-tapped gently to and fro outside the door.

Conversation at breakfast revealed the fears of the youngsters. They'd imagined all sorts of horrors in the darkness. Neil MacRae, always the practical joker, had slept closest to the door.

He smiled smugly and said little.

Lit by many arc lamps the Loch Kishorn oily base rumbled away below the Applecross massive. As dusk arrived a grey zig-zag line could still be seen reaching upwards through the dark blue cleft which is Bealach Na Ba, the Pass of the Cattle.

Leaving word with the warden that they expected to be late, Doug Haig and the tour leader set off to climb the hill in the gathering gloom.

Reaching the steepest part lowest gears were engaged and they were cheered on by some French tourists. At the top with darkness fast approaching and bathed in sweat they didn't hang about.

Three miles of 70mph on a single track road, half dark, scraping bushes on one side and then the crash barrier on the other, the noise of the air through the bikes drowning the roar from the Kishorn yard, it was all over in a few minutes. The exhilaration of the descent had been well worth the half hour struggle to the top of the climb.

At 2.30am four nocturnal travellers headed west through Dunecht to Tarland and Burn o' Vat. Soup and sausages were prepared on a *Primus* in the comfort of a shelter. A short snooze took them to daylight and breakfast at 8.00am in the Square at Ballater.

Loch Muick had hardly a ripple as the quartet roughstuffed along the little used path on the south bank. Alan Christofferson on his inaugural outing and only 12 years of age, struggled manfully. Regularly coupling over, he always got back to his feet, wiping the sweat and blood off his brow but never a tear.

At Ballater YH Alan could hardly stay awake during the meal, conking out soon afterwards and not re-emerging till 14 hours later

Tarmac abruptly stopped at the humpbacked bridge of Garvamore and progressively the surface worsened. After a few miles the track climbed steeply and traced along Garbh Bheinn to the bottom of a dozen zig-zags which went into the Corrieyairick. This is the Pass.

Taking a prolonged rest at the foot of the climb in the hope of a miracle proved pointless. Whatever it is that moves mountains was missing from this group. They'd no choice but go over the top.

For some taking shortcuts across the corners proved less onerous than trying to pedal heavily laden touring bikes round the bends.

From the summit of the pass they looked over Lochaber to the west and north to Loch Ness. Then plunging downhill over a loose jaggy surface they stopped every now and then to let wheel rims cool.

Loch Garry when camped beside had shone silent and silver but as darkness fell the surface began to break up. Settling into the tent small explosions of steam rising from the embers of the fire heralded rainfall.

The morning, too, was dirty; rain slanted in, lacing the puddles with pearls; grey wavelets, white flecked, scurried frantically to the shore; a blustery wind blew from the west.

The morning turned horrific. Bowed low, frequently tipping gallons of water from capes the tandemnists slid down the steep road, green with algae, to the floor of the Kinlochourn valley.

An old gamekeeper told about the climb out of the valley towards Arnisdale, the old drovers' road. It traced over the plateau. Streams had been bridged but these might have gone and it could be dangerous if it started raining again. The streams could become torrents in a few minutes.

Gaining the plateau beside one of the streams a meal of gruel was prepared before the descent to Glen Arnisdale.

Reaching the valley floor the tandem was taken through the swollen river. Water reaching half way up the frame, tugged and splashed at the panniers. Herculean efforts only prevented everything being rolled over.

A wet that floated greyly to the ground, stirred by a freshening wind, lapped out of the grey green trees and slid off the window ledge as the cyclists battled at breakfast time for the use of the single stove.

Once fed and gear loaded onto protesting mounts they headed out into the cloying mist, still swept along by a now stiffer breeze.

They headed along an avenue of trees bowed and swished by the wind which blew the last remnants of the water vapour away revealing a blue sky with a white furnace, blazing hot.

Struggling manfully they ascended from Glen Doll to Crow Craigies at over 3000 feet, reached via the high level bothy, an underground refuge for stranded and weary climbers.

In the open now, a gentle climb over heath grass bent flat to the ground by the wind which souged and whined in gusts took them to Tolmount, the world ceiling. Lots of snow still lay in sheltered spots and though the sun shone brightly, with sweat flowing freely the chill factor meant they didn't tarry long before heading down to Glen Callater

Once rerouted they crossed the Clyde and headed out Clarkston to Eaglesham with the mid-day sun glaring white from a completely cloudless sky. They shimmered their way south to join the A77 for a brief busy mile

before gaining the quiet road to Galston. Skirting Kilmarnock and avoiding much of the traffic the afternoon wore on but the heat stayed, the sun shining mercilessly down. Arms burned, noses reddened, legs tartanned, speed slowed; wearily feet turned leaden cranks southward through Mauchline to Auchinleck.

Many bottles of orange, cans of coke and ice-cream passed parched lips beginning to swell and crack under the unrelenting heat of nature's furnace. They climbed out of Cumnock with no let-up in the downpour of the sun's rays. Swinging east with less than 20 miles left they had another dragging climb before dropping to Dalmellington.

Time was marching on but still that dancing orb glared white hot above. Half-way to the next stage town even at their snail pace the group started to split with some stopping to plug head and shoulders deep into a water trough conveniently set on the verge. The cooling descent to Dalmellington refreshed them just a little.

From Dalmellington on to Carsphairn, where at every junction or change in direction as far as the hostel, outposts were left to guide the stragglers. Absolutely destroyed but toasted well they trickled in. The hostel had no warden in residence, so scorning the usual formality of signing in and getting settled they grabbed towels and shot off to the nearest burn to lie and recover in glorious mountain water until the sun edged low and finally disappeared behind the trees.

Kendoon is a particularly fine hostel, obviously built with cyclists in mind. It is a low wooden building, with only a few beds. Smells of creosote accompany you to bunk but the atmosphere is typically hardened cycle tourist.

Ian Keith-Falconer rode home from Cambridge to Inverurie in 1878. A century later an Audax ride would commemorate the feat. Riders had to be checked through Arbroath.

It had been a glorious Sunday, fast times in a 50 at Stirling – Drew Brunton, Glen RC, won in 1.55.35 and R managed a 2.03.22.

Dropped off at the Milk Bar just north of Arbroath the place seethed with holidaymakers. Promises for the Milk Bar to stay open overnight came to nothing as the stock of cakes and pies dwindled. At 5.30, just 10 minutes after Eric Mellington, the earliest rider, stroked his way north, the café closed.

Someone had boobed! Riders had been told that when they reached Arbroath they'd find an all-night café, happy to supply their every need; somewhere to rest battered limbs and collapse a travel dizzy head. Not so. The place was shut and wouldn't open until 9.00am Monday. And there was R with a one-man tent and a little *Primus* hoping to cater for half the world of Audax riders.

Sitting with nothing to do except count cars is boring. Even when the disco started and the Stranglers screamed abuse at him he failed to liven up. Daylight faded. Time creaked slowly by. Then bobbing out of the street lights and into his darkness came the next two riders looking for food and getting nothing more than a cup of tea. They

left as others arrived. Chris Fussle crawled into the tent and slept from 10.30 to 4.00 the next morning.

The disco closed down. Silence descended as midnight approached. Riders started to pour in and soon bodies were curled in plastic bags in shop doorways or yellow heaps lay huddled in corners. One rider squeezed into the tent beside Fussle.

R snatched brief, fitful moments of sleep lounged against a fence but constantly arriving riders jerked him awake until with light creeping into the sky from the direction of Europe no longer could he rest. At 6.45am after a 45 minute lull, spent pacing around stealing raspberries from a field of canes, Alan Campbell and two other riders arrived. These must be the last.

Dispatching them quickly R phoned Ray Harris who had manned the previous checkpoint at East Linton. He told R that his last rider had left the previous evening but would catch some sleep before passing through about 9.30 in the morning. Oh, Lord! R lay and slept on a low wall by the roadside as the morning traffic built up.

That rider had succumbed in Edinburgh and even then was on a train heading south to Newcastle while R could have been at home eating breakfast. *Roughstuffer*

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/petercultertuesdaynightride/>

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 email list

f) **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 rowe2020@btinternet.com or 07970 919453

g) **Thursday** – Banchory Chain-Gang @ Bellfield Car Park 1800. Ride approx. 50K, grouping depends on quantity and who turns up. For details contact dgstewart3dgs@gmail.com

h) **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 gregquinn@hotmail.com

i) **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 list

j) **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/>

k) **Saturday** Club ride. No drop with regroup at designated points as required. All abilities welcome. Meet in Bellfield Car Park for an 8.30am departure. Contact Steve Brechin on dtcc-banchory.saturday@outlook.com or search for DTCC Banchory Rides on Facebook

l) **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

m) **Sunday** - Donside Bunch and Kintore Sunday Social rides continue when weather permits, building the mileage through to the end of March. If you want to know more, keep your eye on the FaceBook page <https://www.facebook.com/dtcc.donside/> or drop an email to kintore.sunday@gmail.com to get added to the email list

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** - Donside Bunch brings you Kintore Sunday Social - 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 mile, often with a coffee stop. If you'd like added to the email list, please drop me a line on Kintore.sunday@gmail.com

More detail

Leaders are invited to publish details in this column and 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.

Evening League 2019

The League is over for another year. Perhaps overall a little less well attended than some years but there has been an upsurge in the number of young riders.

The social after the final event last Tuesday was well supported and those who had been instrumental in keeping the show on the road were thanked by our President, Alan Campbell.

Results given are only provisional while final checks are made. Alterations to standings will be notified next month.

Event No 10 1ml Hill Climb

16/07/2019

	Time	Fpts	Hpts	Tpts	
1 Turnbull, Tim	04:00	04:00	80	80	160
2 Ennis, Andrew	04:08	04:08	79	79	158
3 Smith, Calum	04:09	04:09	78	78	156
4 Liversidge, Jamie	04:12	04:12	77	77	154
5 Stromberg, Cameron	04:17	04:17	76	76	152
6 Lowe, Ron	04:22	04:22	75	75	150
7 Rough, Ali	04:26	04:26	74	74	148
8 Rowe, Elliot	04:28	04:28	73	73	146
9 Anderson, Neil	04:31	04:31	72	72	144
10 Ritchie, Colin	04:34	04:34	71	71	142
11 Blunsdon, John	04:44	04:44	70	70	140
11 Wood, Ben	04:44	04:44	70	70	140
13 Leal, John	04:54	04:54	68	68	136
14 White, Evie	05:01	05:01	67	67	134
15 Long, Ailsa	05:09	05:09	66	66	132
16 Long, Isla	05:23	05:23	65	65	130
17 Watt, Michael	05:24	05:24	64	64	128
18 Murphy, Erin	05:36	05:36	63	63	126
19 Prabucki, Jill	06:14	06:14	62	62	124
20 Campbell, Alan	06:23	06:23	61	61	122
21 Murphy, Gregor	06:29	06:29	60	60	120
22 Farquhar, Mark	06:44	06:44	59	59	118

Event No 11 9ml Floras/Drum

23/07/19

1 Ennis, Andrew	21:05	18:52	80	79	159
2 Lowe, Ron	21:32	19:00	79	77	156
3 Leal, John	22:52	18:45	75	80	155
4 Smith, Calum	22:30	19:06	78	74	152
5 Ramsay, Hugh	23:51	18:56	71	78	149
6 Quinn, Greg	22:43	19:34	77	69	146
7 Rowe, Elliot	24:49	19:03	68	76	144
7 Smith, Gordon	23:17	19:29	74	70	144
9 Holmes, Spencer	22:47	19:55	76	66	142
10 Matthew, Cameron	26:33	19:03	65	76	141
10 Vaughan, Ian	24:07	19:18	69	72	141
10 Liversidge, Jamie	23:58	19:27	70	71	141
13 Wood, Ben	23:24	19:53	73	67	140
14 Marshall Dawson, A	26:45	19:15	64	73	137
14 Deans, David	23:47	19:59	72	65	137
16 Robb, Jim	24:56	19:39	67	68	135
17 Long, Ailsa	26:50	20:13	62	64	126
18 Walton, Steve	25:18	21:05	66	58	124
19 Prabucki, Jill	27:11	20:59	61	62	123
20 Reid, Graham	27:24	20:14	59	63	122
21 Watt, Michael	27:15	21:01	60	60	120
21 Farquhar, Mark	26:49	21:38	63	57	120
23 Ramsay, Thomas	28:30	21:00	57	61	118
24 Long, Isla	27:37	21:03	58	59	117
25 Thomson, Millie	28:58	21:42	55	56	111
26 Murphy, Erin	28:31	22:22	56	55	111

Event No 12 10ml TT Garlogie

30/07/19

1 Brailsford, Andy	24:00	19:27	79	78	157
2 Turnbull, Tim	24:17	19:26	76	79	155
2 Lowe, Ron	22:33	19:44	80	75	155
4 Leal, John	24:11	19:37	77	77	154
5 Ramsay, Hugh	25:11	19:43	73	76	149
5 Quinn, Greg	24:07	20:37	78	71	149
7 Liversidge, Jamie	24:58	19:57	74	73	147
7 Rough, Ali	24:30	20:26	75	72	147
9 Marshall Dawson, A	27:37	19:17	64	80	144
10 Rowe, Elliot	26:19	19:55	69	74	143
11 Walton, Steve	25:32	20:51	71	70	141
12 Collins, Jamie	25:11	21:02	73	66	139
13 Campbell, Alan	27:13	20:51	65	70	135
14 Robb, Jim	26:54	21:02	67	66	133
15 Stromberg, Cameron	25:45	21:23	70	62	132
16 McMillan, Margaret	27:41	20:57	63	67	130
17 Thomson, Millie	28:59	20:54	58	68	126
17 Gordon, Stuart	26:35	21:44	68	58	126

19 Murphy, Erin	28:12	21:22	62	63	125
20 Watt, Michael	28:28	21:33	61	61	122
21 Reid, Graham	29:13	21:15	57	64	121
22 Dobson, Ron	28:38	21:33	59	61	120
22 Deans, David	26:56	22:43	66	54	120
24 Prabucki, Jill	28:34	21:41	60	59	119
25 Evans, Molly	29:58	21:53	56	57	113
26 Ramsay, Thomas	30:15	21:55	55	56	111
27 Baird, Francesca	30:53	22:33	54	55	109
28 Edwards, Ian	32:25	24:05	53	53	106

Event No 13 5ml Garlogie/Echt (out)

06/08/2019

1 Ritchie, Colin	11:05	08:43	80	80	160
2 Turnbull, Tim	11:53	09:57	79	78	157
3 Wallace, Colin	12:28	10:02	77	76	153
4 Quinn, Greg	12:02	10:16	78	72	150
5 Ramsay, Hugh	12:36	10:18	74	71	145
6 Collins, Jamie	12:34	10:30	75	68	143
7 Matthew, Cameron	13:44	09:34	62	79	141
7 White, Evie	13:31	10:01	64	77	141
9 Leal, John	12:30	10:37	76	64	140
10 Stromberg, Cameron	12:43	10:32	72	67	139
10 Deans, David	12:40	10:34	73	66	139
12 Watt, Michael	13:33	10:05	63	74	137
13 Farquhar, Mark	13:19	10:26	66	69	135
14 Gordon, Stuart	13:02	10:36	69	65	134
15 Ramsay, Thomas	14:14	10:04	57	75	132
15 Evans, Molly	14:09	10:07	59	73	132
17 Stromberg, Simon	13:02	10:52	69	62	131
18 Wilson, Ian	12:54	11:00	70	58	128
18 Davidson, Terry	12:53	11:05	71	57	128
20 Reid, Graham	14:15	10:23	56	70	126
21 Harrington, Andrew	13:24	10:58	65	59	124
22 Robb, Jim	13:53	10:57	60	60	120
22 Lowe, Ron	13:09	11:58	67	53	120
24 Ramsay, John	14:51	10:41	55	63	118
25 Vaughan, Ian	13:50	11:10	61	56	117
26 Baird, Francesca	15:04	10:54	54	61	115
27 Heady, Mark	14:12	11:46	58	54	112
28 Dobson, Ron	15:11	11:39	53	55	108
29 Edwards, Ian	16:12	12:02	51	52	103
30 Campbell, Alan	15:34	12:28	52	51	103

League Table after Event No 13

	Events	Fpts	Hpts	Tpts
1 Ennis, Andrew	6	479	468	947
2 Lowe, Ron	6	479	461	940
3 Smith, Calum	6	462	455	917
4 Wilson, Ian	6	465	448	913
5 Liversidge, Jamie	6	435	467	902
6 Quinn, Greg	6	464	431	895
7 Ramsay, Hugh	6	431	458	889
7 Rough, Ali	6	447	442	889
9 Ritchie, Colin	6	440	444	884
10 Leal, John	6	443	437	880
11 Collins, Jamie	6	450	425	875
12 Stromberg, Cameron	6	436	437	873
13 Nicoll, Matt	6	432	412	844
14 Vaughan, Ian	6	408	435	843
15 Smith, Gordon	6	428	400	828
16 Deans, David	6	426	391	817
17 Robb, Jim	6	392	410	802
18 Campbell, Alan	6	388	412	800
19 Grant, Ian	6	411	364	775
20 Murphy, Erin	6	373	401	774
21 Watt, Michael	6	371	394	765
22 McMillan, Margaret	6	374	389	763
23 Walton, Steve	6	396	366	762
24 White, Evie	6	348	409	757

25	Prabucki, Jill	6	368	384	752
26	Blunsdon, John	5	380	368	748
27	Farquhar, Mark	6	373	367	740
28	Reid, Graham	6	350	377	727
29	Wood, Ben	5	368	355	723
30	Rowe, Elliot	5	337	373	710
31	Long, Isla	6	342	364	706
32	Mitchell, Stewart	6	351	351	702
33	Ramsay, Thomas	6	327	350	677
34	Thomson, Millie	6	308	356	664
35	McIntosh, Bert	6	323	327	650
36	Baird, Francesca	6	301	315	616
37	Long, Ailsa	5	282	308	590
38	Anderson, Neil	4	297	288	585
39	Matthew, Cameron	4	247	314	561
40	Marshall Dawson, Archie	4	249	311	560
41	Strachan, Jon	4	271	288	559
42	Edwards, Ian	5	276	280	556
43	Davidson, Terry	4	283	243	526
44	Pirie, Sandy	4	266	257	523
45	Turnbull, Tim	3	235	237	472
46	Cordiner, Dominic	3	235	229	464
47	Ferguson, Jak	3	237	225	462
48	Evans, Molly	4	205	232	437
49	Holmes, Spencer	3	227	207	434
50	Anthony, Jon	3	223	204	427
51	Dobson, Ron	4	206	206	412
52	Efimova, Vera	4	192	198	390
53	Wallace, Colin	3	201	187	388
54	Smith, Emma	3	187	197	384
55	Eadington, Emily	3	175	163	338
56	Brailsford, Andy	2	158	157	315
57	Bavidge, Bill	2	141	133	274
57	Dennison, Mike	2	132	142	274
59	Gordon, Stuart	2	137	123	260
60	Lindsay, Robert	2	119	120	239
61	Ferguson, Michael	2	112	118	230
62	Liversidge, Lauren	2	94	92	186
63	Bacon, Robert	1	71	75	146
64	Lynch, Steve	1	60	78	138
65	Smith, Brian	1	61	70	131
65	Stromberg, Simon	1	69	62	131
67	MacLeod, Alexander	1	65	63	128
68	Fontaine, Noah	1	60	64	124
68	Harrington, Andrew	1	65	59	124
68	Smart, Peter	1	62	62	124
71	Murphy, Gregor	1	60	60	120
72	Ramsay, John	1	55	63	118
73	Brown, Glenn	1	60	56	116
74	Long, Sam	1	62	51	113
75	Heady, Mark	1	58	54	112
76	Arthur, Coralie	1	55	56	111
77	Brown, Glen	1	46	56	102
78	Thomson, Isabella	1	50	49	99
79	Farnsworth, Daniel	1	42	42	84
80	McCallum, Graham	1	43	39	82
80	Robertson, Neil	1	41	41	82
82	Glennie, Petra	1	40	39	79
83	Esslemont, Colin	1	38	38	76

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 Trek Madone 5.2 (size 56). Full Carbon, Ultegra 6800 kit all round. Just had a full service, new GP4000 tyres, new brake pads, new bar tape – ready to go. Very good condition. £950. For more details please contact me on 07792518435 or fouby2@gmail.com (1)
- 2 Cervélo P3 Time Trial Bike £2225. In mint condition having only been ridden for 1 season, please see [attached](#) for further details. Contact Mona Mackley 07966 174126 (2)
- 3 Shimano R8000 eleven speed groupset 50/34 175 mm crank length 11/32 cassette. Brand new, still in the box £450.00 (3)
Mavic Kysyrium Elite UST 10/11 speed 700c tubeless ready wheels, complete with tyres, and wheel bags. Brand new £400.00 (3)
Contact Andy on email andy.tivendale@gmail.com

EVENING LEAGUE VETS ON STANDARD COMPETITION 2019

Name	Age	Ev01	Ev02	Ev03	Ev04	Ev05	Ev06	Ev07	Ev08	Ev09	Ev11	Ev12	Ev13	Count	Total	
1 Lowe, Ron	54	50	49		50	50		50		50	50	50	43	6	300	1 ST & 50+M
2 Ennis, Andrew	46	49	50	50	49		50		50	49	49			6	298	40+M
3 Quinn, Greg	54		47	47	46	48	48		49	48	48	48	50	6	291	
4 Wilson, Ian	51	46		46	47	47	49	49	47	47			47	6	286	
5 Mitchell, Stewart	79		47	45	48	45	46	47	40					6	278	70+M
6 Leal, John	53	43	41	39		41		46		45	47	47	49	6	277	
7 Walton, Steve	69			48		39			42	44	44	49		6	266	60+M
8 Campbell, Alan	72	36	43	38	43	43	47	42				45	36	6	263	
9 Smith, Gordon	49	44		41	44			44	43	42	45			6	262	
10 McMillan, Margaret	55	41		35	41	42	44	44		39		44		6	256	1 ST & 50+F
11 Rough, Ali	42	35	44	40	45			45				43		6	252	
12 Grant, Ian	55	30	40	34		40	45	39	45	41				6	250	
13 Deans, David	44	39	35	36	42		42	38			40	37	46	6	247	
13 Reid, Graham	77	25	33	25	39		37		41		41	41	48	6	247	
15 Prabucki, Jill	59	34	39			36	41			43	39	42		6	240	
16 Robb, Jim	62	31	38	33		38		40		38	42	40	38	6	236	
17 Watt, Michael	64	27	36	29			39	37			38	38	44	6	232	
18 McIntosh, Bert	75		32		38	34	38	35	38					6	215	
18 Farquhar, Mark	52	29	34	28	40			36			37		39	6	215	
20 Anderson, Neil	56	47			49	49		48						4	193	
20 Blunsdon, John	49	48	48	49						48				4	193	
22 Edwards, Ian	68				37		35		39			35	34	5	180	
23 Wood, Ben	43	42		42		44					43			4	171	
24 Pirie, Sandy	60						43	41	44	41				4	169	
25 Strachan, Jon	54		42	37		35	40							4	154	
26 Holmes, Spencer	43								46	46	46			3	138	
27 Dobson, Ron	63	26		26								36	35	4	123	
28 Eadington, Emily	40	37	45	32										3	114	40+F
29 Brailsford, Andy	49					46						46		2	92	
30 Bavidge, Bill	53	45		45										2	90	
31 Dennison, Mike	53	40		43										2	83	
32 Collins, Jamie	40											39	42	2	81	
33 Brown, Glenn	57						36	34						2	70	
33 Esslemont, Colin	45	20	20	10	20									4	70	
35 Lindsay, Robert	49	33		31										2	64	
36 Ferguson, Michael	48	28		27										2	55	
37 Ramsay, John	78												45	1	45	
38 Stromberg, Simon	50												41	1	41	
39 Harrington, Andrew	55												40	1	40	
40 Smith, Brian	51	38												1	38	
41 Bacon, Robert	43					37								1	37	
41 MacLeod, Alexander	46		37											1	37	
41 Heady, Mark	61												37	1	37	
44 Lynch, Steven	49	33												1	33	
44 Robertson, Neil	52							33						1	33	
46 Long, Sam	44			30										1	30	
47 Glennie, Petra	47	24												1	24	

NB: Competition is based on total points from 6 best scoring League events excluding the Hill Climb.

Lower points not included in 6 best on the Table (Sheet 2) are marked, eg, "30

Standard Times are taken from the VTTA 2012 revised tables which you can find at <http://www.vtta.org.uk/information/standardstables.php>.

*Age Category is determined by age at Ev1 but Standard Time is updated on birthday (it's a wee present).

COACHED TURBO SESSIONS

Wednesday – Stonehaven Community Centre
11.15am to 12.15 (doors open at 11am)
31 Oct 2018 – 27 Mar 2019

Thursday – Knockburn Sports Academy
10.00am to 11.00am (doors open at 9.45am)
01 Nov 2018 – 28 Mar 2019

Weekly Progression – All Abilities Catered For

The sessions will be structured and progressive throughout the winter months. This is the ideal way to get fitter over the winter and to be ready to enjoy the spring and summer.

****NOTE** YOU NEED TO BRING A BIKE AND TURBO TRAINER!!**

Cost (Blocks are payable in advance):

BLOCK 1: 8 sessions in Nov/Dec - £48 (£6 per session) when paid in advance or £7.50 per drop in session

BLOCK 2: 12 sessions in Jan/Feb/Mar - £72 (£6 per session) when paid in advance) or £7.50 per drop in session.

For more information please contact:
SARAH ROWE (ABCC Level 3 and BC Level 3 coach) srowe2020@btinternet.com or 07970919453

Ian Grant

Gardening: - Grass Cutting
General Tidying - Rotovation
Pressure washing - Tree Surgery,
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£9.00/hr or estimates

30 Sclettie Park, Bucksburn, Aberdeen
Tel (01224) 713033

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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

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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



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Saturday 9 am - 5.30pm

Sunday Closed

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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

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5 Crown Street