

Issue 550

January 2020

# CRANKS Volume 46

The Magazine of

**Deeside Thistle Cycling Club**

Sponsored by:



**Tierney Strachan**

PROCESS CONTROL ENGINEERING

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**Current Membership 644 (664)  
SCU Membership 344 (349)  
Scottish Cycling's Largest Club**

## Annual General Meeting Presentation of Awards

### Social Evening

Friday 24 January 2020

Echt Hall

From 6.00pm

To book your place go here

[http://deeside.org/?page\\_id=650](http://deeside.org/?page_id=650)

or just drop an email to

[knockies@aol.com](mailto:knockies@aol.com)

to tell us you'll be there.

#### Editorial:

It was at the Club's AGM on Friday, 29 September 1967, that I nudged Alan Gibb's elbow and asked him to put my name forward as Treasurer of our Club. Soapy Cameron had resigned and the position had to be filled. Desperate to do something for the club in return for what it gave me, taking on a vacant role in the management structure, certainly made me feel better. Shouldering some of the responsibilities in running our group helped repay the debts.

At the time I may have been a bit apprehensive but haven't regretted the move. And I'm sure that among those of you reading this column there are a number who, given the chance, would also take the step.

This year our Annual General Meeting happens on 24 January in Echt Hall. We do have positions to fill and you could be the one. Notably it's Andy Kerr's role. He's spent two years dedicated to our events co-ordination. It's an important role and Andy will pass on the tactics he has used and which you can develop to suit.

We're also looking for someone to help develop our web site and do some PR work. If you've got those skills or are willing to develop them please consider putting your name forward.

If you, too, are apprehensive you could always sit beside Alan Gibb and nudge his elbow.

The AGM is followed by our Presentation of Awards and a social. It's nearly too late to book your place (food has to be ordered) but if you intend to attend go here [http://deeside.org/?page\\_id=650](http://deeside.org/?page_id=650) - or just drop an email to [knockies@aol.com](mailto:knockies@aol.com) to tell us you'll be there.

#### PHILOSOPHER'S CORNER

If you really want to do something, you'll find a way. If you don't, you'll find an excuse - *Jim Rohn*

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](mailto:Knockies@aol.com)

#### Scottish Cycling Awards 2019

Scottish Cycling is delighted to announce that nominations are open for the Scottish Cycling Awards 2019. This year, there will be six awards open for nominations from the public which will recognise the great achievements made by volunteers and riders throughout 2019. Scottish Cycling are extremely proud of those who coordinate clubs, deliver events, coach riders and all the other contributions which make a significant positive impact on the sport.

Nominations are now being welcomed for six categories, from which a short list will be drawn up and a winner selected by our panel of expert judges.

**Nominations are open until 5pm on Sunday 19 January, with the shortlist announced the week of the 27th of January.**

The winner of each award will be announced at the Scottish Cycling Awards on 07 March at the Stirling Court Hotel.

The awards categories, which are open for public nominations are:

- Club of the Year
- Coach of the Year
- Event of the Year
- HSBC UK Recreational Cycling Award
- Rider of the Year
- Volunteer of the Year

Full criteria for the awards can be found [here](#)

Nominate using this form [here](#)

#### AGM & Awards Friday 24 Jan

Book your place now so that we are able to arrange catering

[http://deeside.org/?page\\_id=650](http://deeside.org/?page_id=650)

## Aberdeenshire Sports Council Annual Sports Awards

Aberdeenshire Sports Council are delighted to announce that nominations are now being accepted for our annual sports awards evening to be held on Friday 13 March 2020 at the Garioch Sports Centre, Inverurie.

Last year's event received very positive feedback and we give thanks to all the nominees, sponsors and guests who attended.

The awards evening is a way of rewarding and acknowledging local sports people for their commitment to and/or achievement in sport in 2019. All clubs have worthy recipients for one or more of the awards and are encouraged to make nominations. There were 67 nominees last year, please ensure all club members have the chance to nominate and be nominated.

**A total of 9 Awards will be presented to the winners in each of the following categories:**

- \*Disability Sport Award
- \*Young Male Sports Person of the Year (U18 at 1/1/20)
- \*Young Female Sports Person of the Year (U18 at 1/1/20)
- \*Adult Male 18+
- \*Adult Female 18+
- \*Coach of the year Award
- \*Team of the year Award (Performance)
- \*Club of the year Award (Development)
- \*Service to Sport Award (Please note that previous winners of this award are not eligible for Nomination)

Please take a few minutes to complete and return the [nomination form](#) with full details and any supporting information to ensure that our local sportsmen and sportswomen are acknowledged and rewarded for their efforts.

If you have any queries on the above or require further information please do not hesitate to contact us.

## Aberdeen Cycle Forum

Aberdeen Cycle Forum have a special meeting taking place on Tuesday 28 January (7.30pm in the Belmont Filmhouse). They will be presenting the winners of their 'Best in Cycling (Aberdeen and Aberdeenshire)' Awards. CTC Grampian Try Cycling Leaders were nominated in the 'Cycle Hero' category.

The meeting will also include a Question & Answer session with Cllr Sandra MacDonald who is the Council's Transport Spokesperson and also Chair of NESTRANS. Questions can be submitted in advance to [info@aberdeencycleforum.org.uk](mailto:info@aberdeencycleforum.org.uk) preferably by 22 Jan.

All welcome! If we want to impress on the Council that cycling issues matter, a packed room would be a good way to begin!

**Have you paid your Fees?**

[http://deeside.org/?page\\_id=29](http://deeside.org/?page_id=29)

## Transport Strategy Consultation

The Transport Strategy and Programmes Team are carrying out a [public consultation](#) by way of an online questionnaire which began on Friday, 10 January 2020. A press release has been prepared by the Corporate Communications Team and is available to read [here](#).

The purpose of the consultation is to ensure that we can accurately capture and reflect the public's priorities and aspirations in respect of walking and cycling within the emerging Action Plan and ensure that there is public buy-in and acceptability of the plan as this will provide for the best possible outcomes when implementing the plan.

Should you require any further details or have any questions or feedback on this matter, then please do not hesitate to contact me, Tony Maric, on [tmaric@aberdeencity.gov.uk](mailto:tmaric@aberdeencity.gov.uk)

## John Chalmers

Fourteen years ago, Dave Jackson, the son-in-law of John (Jack) Chalmers got in contact to say that he was being told (repeatedly) over a number of years that John and a mate had been the founder members of the Deeside Road Club, from which our club, Deeside Thistle Cycling Club was formed.

Following this John made a trip from his home in the south of England to Aberdeen where he re-established contact with the club and early member, Aileen Ledingham.

John had worked on the railway in Aberdeen after leaving school but his family took him to the south of England where he started a new job as a prison warder.

Dave has been in contact again saying that his father-in-law, after a long illness, died in December.

He says that one of John's greatest interests was to get his monthly copy of Cranks which he read from cover to cover. This would invigorate tales of his old cycling days on Deeside.

## Letter

**Sir,** It was with interest that I read your item on New Year resolutions.

I am currently considering doing some time trials next season after a very long absence. However, I am also very concerned about the risks involved given the volume of traffic on the well-established courses.

I assume this will be a widely held concern and could pose a significant challenge to resurrecting time trialling in this area. It's certainly not a concern that would have crossed my mind when I last raced >15 years ago.

For now therefore I would say I'm undecided about whether or not to dip my toe in the water again.

*Kind regards, Chris Good*

## Changed Days

I stumbled across my old Youth Hostelling membership book this morning and was surprised by how much cycle touring I did at the ages of 14, 15 & 16 either with mates or on 2-week tours led by Sandy Lindsay of DTCC.

All of these rides were undertaken on bikes loaded down with Carradice saddlebags packed to the gunnels and on the 2-week tours there were also many miles of 'rough stuff' ridden over hill passes, sometimes on tracks through the heather that were barely wider than our tyres, sometimes with no tracks at all and also with many river crossings.

All of these were ridden on road bikes as they were the only option available at the time. There were many bikes and bodies damaged on the 'rough stuff'. I recall Dougal Bannerman breaking many things, including his neck on one occasion....!

One of the Petrie bros, snapping his handlebars and having to use a branch as handlebars until he could get to a bike shop.

Mike Robertson, thinking it a good idea to have a bulbous air-horn stuck on his handlebars until the routine falls into the heather approx. once every 10 minutes had this air-horn blasting out every time he fell and after one too many 'parps', he let rip with a tirade of abuse, tore it clean off its bracket and launched it into a glen in the middle of nowhere, where it likely still lies to this day.

Then there was the time we were at a remote hostel around 5 miles from the nearest tarmac and on opening the hostel door in the morning, we found Norman Skene fast asleep on the doorstep, having ridden through the night and navigated his way over the hills only to find the hostel door locked when he arrived.

Good Times and great memories. *Colin Sim*

## Garlogie Circuit Sessions

The ever popular Circuit Sessions at Garlogie allow you to exercise at your own level and though the intensity does increase over the weeks those who are able to attend regularly will tell you just how valuable they consider the efforts to be.

Doors open about 6.30 on a Wednesday evening with the session running 7.00 to 8.00. All members are welcome to attend regardless of level of fitness. The evenings cater adequately for all abilities, gender and ages. It's gradual progression.

Arrive ready to start; shorts/longs and t-shirt is the order of the day. Bring a towel. Exercise mats are provided. There is no charge; cup of tea and a chat afterwards. Any queries to [info@deeside.org](mailto:info@deeside.org).

## Midsummer Beer Happening

Entries for the Midsummer Beer Happening 2020 Sportive are now open!

<https://www.eventbrite.co.uk/e/msbh-2020-dinnaedo-100m-redo...>

## 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 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*

## New Courses

There is a major concern that the Garlogie courses on Tuesday evenings are not fit for purpose. The speed and concentration of commuting traffic has led to major safety concerns and we are looking for solutions. If you have any ideas make them known. Drop a reply to [info@deeside.org](mailto:info@deeside.org) giving brief details of what you consider will give us safer alternatives to using the Garlogie Straight on a Tuesday evening

## Crathes Turbo Sessions

Thursdays 1800-2000, November through March. Usual structured and progressive sessions through that period. Doors would open at 1800, warm up kicking off at 1815 and all completed and out of the hall by 2000. Cost will be around £2-£4 depending on numbers. Please drop an email on [banchorythursday@gmail.com](mailto:banchorythursday@gmail.com) if you'd like to join *Nelly Shand*

## 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

## 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.

## Recent New Members

The following new or returning members have joined in recent weeks

2956 Sioux Shand                      Drumoak                      52

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](http://www.deeside.org) or to email [members@deeside.org](mailto:members@deeside.org) asking for information

## 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](mailto:alexis.zafiroopoulos@gmail.com) or phone 07977 4666889

## Proposed Local Calendar for 2020

Provisional date	Description	Organising Club
08/03/2020	Youth dirt crit	Ythan CC
23/03/2020	Spring Bunny TT	Deeside Thistle
05/04/2020	Suie Road Race	Velocita Coaching RT
23/04/2020	Evening series 1	Ythan CC
07/04/2020	Evening series 2	Aberdeen Wheelers
16/05/2020	Woman's Road race	Aberdeen Wheelers
17/05/2020	Grampian GP	Deeside Thistle
21/05/2020	Evening series 3	Deeside Thistle
04/06/2020	Evening series 4	Deeside Thistle
10/06/2020	10 mile TT	Ythan CC
17/06/2020	25mTT	Ythan CC
20/06/2020	Ian Brodie 10mTT	Deeside Thistle
25/06/2020	Evening series 5	Aberdeen Wheelers
28/06/2020	Neish Low 25 mile TT	Aberdeen Wheelers
12/07/2020	Jolibar Road Race	Granite City RT
23/07/2020	Evening series 6	Aberdeen Uni CC
09/08/2020	Classy 10 (10 mile TT)	Aberdeen Wheelers
13/08/2020	Evening series 7	Aberdeen Uni CC
22/08/2020	National Youth Time Trial	Deeside Thistle
23/08/2020	Ellon Youth Crit	Ythan CC
12/09/2020	Falling Leaves	Deeside Thistle

Dates yet to be confirmed:

Coffee Pot 50	Deeside Thistle
District TT Champs	No Organiser

# Deeside Thistle Annual Subscriptions

**It's that time of year again. Our Financial Year runs from 01 October and that's when Fees become due**

Please go here to renew yours:  
[http://deeside.org/?page\\_id=29](http://deeside.org/?page_id=29) or

- pop along to the clubrooms at Garlogie between 6.30 and 8.00pm on a Wednesday
- do a Bank Transfer to TSB Sort Code 30 10 01, Account No 00802182
- you can telephone 07867 857221 when a card payment can be taken over the phone
- you may also pay your fees by: cheque (made out to Deeside Thistle Cycling Club) and sent to Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ

You may have children and spouse/partner listed as members so don't forget to include them when renewing - or if they are not already listed now's your chance.

Fees are as follows:

Over 18	£23
16 - 18	£12
Under 16	£ 7
Spouse or partner of an existing member	£ 2
Each child (under 12) of existing member	£ 2
Associate member	£ 7

## 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>

## Welfare Officer

Club Welfare Officers are Ian Wilson and Anna Liversidge. They can be contacted by telephone on 07919 280656. The email address to use is [welfare@deeside.org](mailto:welfare@deeside.org)

## 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](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](mailto: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?

## 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](mailto:clubkit@deeside.org). There is also a small stock of clothing with outdated logos at discounted prices.

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

## Historical Reminiscences

### (Part 16)

Whiskers, in Goffs Oak could supply anything. I'd taken on the task of clubbie orders and the delivery had to be transported to the clubrooms each Friday.

One such delivery involved a pair of wheels. These were displayed on wheel carriers each side of my front wheel and gently secured to the brake levers with a pair of white Binda straps.

The wheels were Weinmann sprint rims with stainless spokes on Campag Super Record small flange hubs.

Heading down the Slug at Cowton Bridge a car driven by a learner driver failed to negotiate the corner and went straight through my front wheel. The new builds survived.

Another occasion at the same bridge while riding a winter hack which hadn't been maintained probably since the previous winter, it stopped in an instant. I didn't and projected horizontally for some distance.

The freewheel block, gunged with dust and grease didn't freewheel and when I stopped pedalling the chain sagged and kept sagging. *Newton* had a laugh at my expense when the back wheel rode over the limp chain.

Chokung Lodge stands at 4650 metres, a new high for us.

Ordering our food, an hour had to be waited for it to cook. This is not surprising considering the temperature at which water boils. During the wait, my stomach, on several occasions, played its usual dirty trick. I am now blaming the altitude. I can't believe the same problem can continue for three weeks.

Outside, where the sun warmed, a youngish woman in red sat staring at the mountains. She tutted and fidgeted as a little girl, the daughter of the lodge-keeper, swept the flagstones around the lodge. She moved from seat to seat on the low wall in order to avoid the dust that billowed. Eventually, Alastair, striking up a conversation, learned that her husband had gone for a trek at first light. He had told her it would last about one and a half hours and he'd not yet returned. Gone mid-day her worried looks made me feel concerned.

Helping her scour the mountainsides she said that he'd be easy to spot as he wore a red anorak. We could see no trace. Then she told us he did this all the time. Our initial impression that she was worried for his safety began to change. As time went on her real mood became obvious. He'd taken her camera. What if he'd fallen and broken it? Worse still, her cigarettes were in his jacket pocket. Desperate for a fag her worry lay not with her man.

The little girl scurried around with the wisp, redistributing the fine dust. Very pretty, I asked if she would let me take her photograph. She turned very shy but eventually came and lay at my feet. Then she took hold of my knees. That was the moment I waited on and snapped her smiling face looking up at me.

Island Peak looks very accessible. Though snow covered it seems only a few hundred metres away. This is a

trekker's mountain. Perhaps one day I'll be able to come back to it. Snow is blizzarding from the summit of Lhotse.

With time passing quickly into afternoon the temperature fell. Inside the lodge we finished our meal and rose to leave but first our thermal wear had to be put on. I always carried a spare vest in my pocket for times like this. Stripped to the waist in front of the assembled porters I was about to put on my warm dry vest.

The Sherpani at the stove turned to look. Her hand went to her mouth and she gasped. I felt my face redden. She gasped again and pointed. My legs began to shift uneasily as all the porters turned. Their stern faces glowered at me.

I could sense something was wrong. Here, high in the Himalaya was it wrong for a male to be undressing in sight of females? The porters moved towards the walls where their sticks leaned. Could they be about to wield them as cudgels? Had I done something completely wrong and was about to suffer the consequences?

Looking around for Alastair to get some moral support my eye fell on the little daughter of the Sherpani. Her hand too, was at her mouth and she giggled uncontrollably. Laughter began to break out openly as fingers pointed and my body was discussed.

A bit nonplussed I turned to Chhatra and asked him if they were laughing at my white skin. He also laughed. Now, there is nothing particular to write home about my appearance except that, unlike me, Nepalis are relatively hairless. Chhatra managed to quell his laughter for a moment. "*They not laugh at white skin. They say, you Yeti!*"

As we left, the woman still watched for her errant husband.

Arriving in Labouche, a little after us, was the quartet from Newcastle. On the few occasions we've met, a friendship has gradually been struck up. JEG, the one with the worst health problem, but who appears to be the leader, helped us out of a spot.

It had always been our intention to carry the business of highlighting the charity, The Malcolm Sargent Cancer Fund for Children, for which we were raising funds, to extremes and one of these extremes is to sing *Benson's "Land of Hope and Glory"* at Base Camp. The connection here was the conductor, Sir Malcolm Sargent and *Elgar's Pomp and Circumstance March No 1* at the *Last Night at the Proms*. Only, it had just been talked about and neither Alastair nor I could get further than the first couple of lines. JEG stood up in the middle of the lodge kitchen and sang through the two verses for us. The whole lodge gave him a well-deserved round of applause.

After writing it down we all resolved to meet at Base Camp the following day so that they could be our choir. Sounds like it could be quite a party.

Leaving the lodge we descended steeply to an area of sand. From the small building this had looked welcoming

and cycleable. It wasn't either. Then, climbing a small ridge, the Gorak Shep Lake had to be skirted and a huge boulder passed, inscribed with the names of those who had died in their quest for immortality on the summit of Everest. Our ambitions did not aspire to those dizzy heights, instead a trudge over the wilderness of the Kumbu Glacier would satisfy. Initially, expecting to walk along the edge of the glacier and perhaps find an easier passage, it disappointed us to find that the faint trail almost immediately led us onto rock littered ice.

We had retraced Hilary's route, one followed by many mountaineers since, one now taken by 8000 trekkers each year. But the question remained – how many bikes? The physical excesses suggested to me not many, if any bicycles had gone before. It was conceivable that some had been taken up Kalapatar but to get to Base Camp was an entirely different proposition.

Near white rock, jumbled in umpteen ridges, caused never-ending exertion. Occasional traces of yak dung, sweetie papers and broken sandals showed indistinct evidence of the trail. Occasional rocks balanced on others were the cairns that led us through. The yak train we'd seen earlier headed back out, laden with the French Expedition equipment. Base Camp looked as if it was going to be deserted.

Rapidly weakening, frequent rests were taken. The bikes were proving an enormous burden. Not their weight, for they only tipped the scales at 15 kilograms, but their awkward shape, the fact that they had to be wheeled and lifted from the side, always off balance. I was so done that I no longer had the strength to lift my machine to my shoulder and had had to resort to the discomfort, like Alastair, of wheeling and bouncing it over every obstacle. Time and again Chhatra asked to take them from us. Time, and again, we refused, but, oh, the temptation.

Zig-zagging to the top of another ridge a plaintiff cry rang out. Sally-Anne Hewitt had got lost. She is JEG's wife and had also spent the night at Labouche. Overtaking us much earlier, with a companion, Byron, once on the glacier, he had deserted her. She had failed to follow the indistinct track and our appearance was a godsend. Our speed much nearer to hers, the tears soon dried as she tagged along.

Now and then ice showed through the boulder-strewn terrain; crevasses were blue walled and grey/green water flowed from underglacier rivers. One crevasse had been undercut in a huge cavern with a tunnel heading through to the other side of the ridge. The ice could be heard moving underfoot. It cracked and squeezed. Frequent pillars of ice, about 600 millimetres high, supported boulders, looking like giant mushrooms. The sun shone brightly and its rays were hot. As this did not warm the air these boulders shielded the ice from the radiated energy. Any shade, any breeze, was freezing.

Grovelling sorely, our bikes too heavy to lift as our energy leaked away rapidly, Chhatra and Bhim were completely the opposite, leaping nimbly from rock to rock, seemingly unaffected by the lack of oxygen. Sally-Anne shared her glucose tablets; likewise our "bon-bons" were passed round. They are bound to have helped but

that lack of oxygen would not release the energy very quickly.

The landscape is absolutely desolate. Boulder covered climbs give way to boulder covered descents. Never once did we think of the climbs as being particularly steep but every effort proved an effort. In this unremitting toil giant cones of ice appeared. Standing six or seven metres high, even in this near white wilderness, they were even more startlingly white. They were beautifully awesome. Here an ice shelf had to be crossed. To get to it an incongruously placed aluminium ladder was climbed. It took us across a stream of melt water and though oddly positioned it must have proved a tremendous boost to the mountaineering parties travelling in and out from Base Camp. Their journeys to and from, toting in huge quantities of gear and provisions, would have been much easier.

Apart from the yak train and the single Nepali with it, the only sign of life, other than ourselves, was a friendly German who gave us a few rupees for the charity, another laconic traveller, and Byron. All of these were on their way out.

Acre after acre of stones led northward. Far in front we spotted a dirty mound, with beyond, more pinnacles of ice. The faint track led us into this huge, shale-covered heap. Slithering our way over, shale breaking from under our feet, leaving clear ice, there were still apparent interminable ridges in front. Picking our way carefully over boulders in another melt water stream we continued to slog up and down.

It took five hours, much longer than estimated, much longer than the normal trekker, before we saw the chortens. Strings of prayer flags stretched across the littered area known as Base Camp. This is the place we'd aimed for.

Almost two years of planning; twenty-three days of trial, both with a moribund bureaucracy and personal privations, had brought us here. All our endeavours had culminated in one last day of monumental struggle. It had taken a long, long time to fight our way in.

Dropping our bikes, delighted we could now be rid of them we shook hands. It was a private moment, an emotional one. Having patted ourselves on the back, our croaky voices laboured through the two verses of "*Land of Hope and Glory*." Warming to the task we sang it again and again. Sally-Anne joined in and Chhatra and Bhim applauded our feeble efforts. The time was 3.00pm.

A group of us left the clubrooms one Friday evening and headed to the newest youth hostel in Pitlochry. It would be an all-nighter. On the way a short detour took us to Castle Rodney to make sure Doug Haig had his full kit. At Logie Coldstone in the early hours our first breakfast of bangers in a bun was cooked over an open fire.

After a nap on park benches in Braemar long before dawn we climbed slowly to Cairnwell and with a faint lightening in the east we cruised through Spital of Glenshee.

Tiredness crept over me and suddenly jerked awake I found myself crashing off the road, brake lever nestled inside Haig's Carradice.

*Roughstuffer*



## 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](http://ctcgrampian.org.uk)

Chairman	John B	01224 571984
Secretary	Sheila	01224 639012
Runs Co-ordinator	John S	01224 790269
Social Secretary	Heather	01224 699399
Treasurer	John C	
Membership	John T	01224 639012

### Right to Ride Representatives

South Aberdeenshire	Vacant	
Central Aberdeenshire	Vacant	
North Aberdeenshire	Rod	01467 623317
Aberdeen City	Jean	01224 315222

### Runs Co-ordinators

Try Cycling Rides	Moira D	
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

#### January

Thu 16 Jan	Thursday Run	D 09:30	Airyhall, Destination to be decided on the day, morning ride with coffee stop.	Cindy
Sat 18 Jan	Slower Full Day	C 09:30	FourMile House, Kingswells, Coffee at Ceann Torr, Kintore (01467 633996). Lunch at Bettys Diner Leys Hotel, Blackburn (01224 790246)	Heather
Sat 18 Jan	Try Cycling	E 10:00	Seaton Park, Don St Entrance, Short easy rides, all welcome.	Moira

Sat 18 Jan Social 19:30 88, Rona Place, Mastick, Cheese, wine and cycling matter at Heather's Alberto

Sun 19 Jan Faster Full Day B 09:30 Leggart Terrace, Coffee at Mains of Drum Garden Centre, Drumoak (01330 811000). Lunch at Number 44 Hotel, Stonehaven (01569 762979) John B

Sun 19 Jan Morning Run D 09:30 Duthie Park, Riverside Drive, Coffee at Tin Coo Farm Shop, Banchory Devenick (01224 782476) Anne

Thu 23 Jan Thursday Run D 09:30 Airyhall, Destination to be decided on the day, morning ride with coffee stop. Cindy

Sat 25 Jan Medium Full Day C 09:30 Airyhall Library, Coffee at Milton Brasserie, Milton of Crathes (01330 844566). Lunch at Grant Arms Hotel, Monymusk (01467 651500)

Sun 26 Jan Faster Full Day B 09:30 B&Q, Bridge of Don, Coffee at The Coffee Apothecary, Ellon (01358 721946). Lunch at Lochters, Oldmeldrum (01651 872000/78) John T

Sun 26 Jan Morning Run D 09:30 Cults Library, Coffee at Mains of Drum Garden Centre, Drumoak (01330 811000) Dave W

Sun 26 Jan Try Cycling E 10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome. Peter S

Thu 30 Jan Thursday Run D 09:30 Airyhall, Destination to be decided on the day, morning ride with coffee stop. Alan

### February

Sat 1 Feb Faster Full Day A 09:00 Parkhill Bridge, Dyce, Coffee at Andersons, Inverurie (01467 620360). Lunch at Platform 22, Torphins (01339 882807) John B

Sat 1 Feb Morning Run D 09:30 Woodend Hospital, Coffee at Marshall's Farm Shop, Kinellar (01224 790493) Cindy

Sat 1 Feb Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. Joe M

Sun 2 Feb Slower Full Day C 09:30 Brig O Balgownie, Coffee at The Barn, Foveran (01358 788707). Lunch at Redgarth Hotel, Oldmeldrum (01651 872353) Heather

Thu 6 Feb Thursday Run D 09:30 Airyhall, Destination to be decided on the day, morning ride with coffee stop. Cindy

Sat 8 Feb Faster Full Day A 09:00 B&Q, Bridge of Don, Coffee at The Barn, Foveran (01358 788707). Lunch at St Olaf Hotel, Cruden Bay (01779 813130) John S

Sat 8 Feb Morning Run D 09:30 Torry Battery Car Park, Coffee at Clarets Coffee Shop, Ardoe (01224 865751) Alan

Sun 9 Feb Medium Full Day B 09:30 Duthie Park, Riverside Drive, Coffee at Skateraw Store, Newtonhill (07841 209044). Lunch at Burnett Arms, Banchory (01330 824944) Heather

Sun 9 Feb Try Cycling E 10:00 Seaton Park, Don St Entrance, Short easy rides, all welcome. John C

Thu 13 Feb Thursday Run D 09:30 Airyhall, Destination to be decided on the day, morning ride with coffee stop. Cindy

Sat 15 Feb Social Please let Alberto know by this date, if attending the Social on the 22nd Feb. Alberto

Sat 15 Feb Slower Full Day C 09:30 FourMile House, Kingswells, Coffee at Parkhill Garden Centre, Parkhill (01224 722167). Lunch at Murly Tuck Cafe, Tarves (01651 851489) John T

Sat 15 Feb Try Cycling E 10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome. Moira

Sun 16 Feb Faster Full Day A 09:00 Parkhill Bridge, Dyce, Coffee at Ross's Coffee Shop, Inverurie (01467 620764). Lunch at Station Hotel, Inch (01464 821111) Alberto

Sun 16 Feb Morning Run D 09:30 Brig O Balgownie, Coffee at Parkhill Garden Centre, Parkhill (01224 722167) Anne

Thu 20 Feb Thursday Run D 09:30 Airyhall, Destination to be decided on the day, morning ride with coffee stop. Cindy

Sat 22 Feb Medium Full Day B 09:30 Airyhall Library, Coffee at Forest Cafe, Midmar (01330 830000). Lunch at Dess Activity Park, Aboyne (013398 83536) Sheila

Sat 22 Feb Social 19:30 8848 Restaurant, 347 Union St, Curry Club at 8848 Nepalese and Indian Restaurant

Sun 23 Feb Faster Full Day A 09:00 Old Mill Inn, Maryculter, Coffee at Kirktown Garden Centre, Stonehaven (01569 764343). Lunch at Castleton Farm Shop, Fordoun Jacqui

Sun 23 Feb Morning Run D 09:30 Airyhall Library, Coffee at Forest Cafe, Midmar (01330 830000) Gordon

Sun 23 Feb Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. Peter S

Thu 27 Feb Thursday Run D 09:30 Airyhall, Destination to be decided on the day, morning ride with coffee stop. Cindy

Sat 29 Feb Faster Full Day A 09:00 Westhill Shopping Centre, Coffee at Inverurie Garden Centre, Inverurie (01467 621402). Lunch at Bistro, Alford (019755 63154)

Sat 29 Feb Morning Run D 09:30 FourMile House, Kingswells, Coffee at Green Pastures Community Cafe, Westhill (01224 740291) John S

Sat 29 Feb Try Cycling E 10:00 Seaton Park, Don St Entrance, Short easy rides, all welcome. Joe M

Sun 1 Mar Slower Full Day C 09:30 Woodend Hospital, Eday Rd, Coffee at Marshall's Farm Shop, Kinellar (01224 790493). Lunch at Inverurie Golf Club, Inverurie (01467 624080) Heather

Thu 5 Mar Thursday Run D 09:30 Airyhall, Destination to be decided on the day, morning ride with coffee stop. Alan

Sat 7 Mar Faster Full Day A 09:00 Peterculter (west end), Coffee at Raemoir Garden Centre, Banchory (01330 825059). Lunch at Gordon Highlander, Inverurie (01467626780) Jen

Sat 7 Mar Morning Run D 09:30 Leggart Terrace, Coffee at Teacake, Chapelton of Elsick (07841 917150) Cindy

Sun 8 Mar Medium Full Day B 09:30 Old Mill Inn, Maryculter, Coffee at Kirktown Garden Centre, Stonehaven (01569 764343). Lunch at Crown Hotel, Inverbervie (01561 361213) Alan

Sun 8 Mar Try Cycling E 10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome. Mike

Thu 12 Mar Thursday Run D 09:30 Airyhall, Destination to be decided on the day, morning ride with coffee stop. Cindy

Sat 14 Mar Social Please let Alberto know by this date, if attending the Social on the 21st Mar. Alberto

Sat 14 Mar Slower Full Day C 09:30 Leggart Terrace, Coffee at Skateraw Store, Newtonhill (07841 209044). Lunch at Kirktown Garden Centre, Stonehaven (01569 764343) Dave W

Sat 14 Mar Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. Moira

Sun 15 Mar Faster Full Day A 09:00 Parkhill Bridge, Dyce, Coffee at Lochters, Oldmeldrum (01651 872000/78). Lunch at Morgan McVeighs, Culsalmond (01464 841399) John S

Sun 15 Mar Morning Run D 09:30 Seaton Park, St Machar Cathedral Entrance, Coffee at Craibstone Golf Club, Craibstone (01224 716777) Gordon

Thu 19 Mar Thursday Run D 09:30 Airyhall Library, Destination to be decided on the day, morning ride with coffee stop. Cindy

Sat 21 Mar Social Scot Free Tour, to be confirmed via yahoo group. Alberto

Sat 21 Mar Medium Full Day B 09:30 Parkhill Bridge, Dyce, Coffee at Ross's Coffee Shop, Inverurie (01467 620764). Lunch at Kellockbank, Inch (01464 851114) Sheila

Sun 22 Mar Faster Full Day A 09:00 Airyhall Library, Coffee at Milton Brasserie, Milton of Crathes (01330 844566). Lunch at Belwade Farm, Aboyne (013398-85398) Alberto

Sun 22 Mar Morning Run D 09:30 Brig O Balgownie, Coffee at The Barn, Foveran (01358 788707) Cindy

Sun 22 Mar Try Cycling E 10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome. Peter S

Thu 26 Mar Thursday Run D 09:30 Airyhall, Destination to be decided on the day, morning ride with coffee stop. Gordon

Sun 29 Mar Special 02:00 Switch to British Summer Time, clocks go forward 1 hour.

Sun 29 Mar Faster Full Day A 09:00 B&Q, Bridge of Don, Coffee at Easter Anguston, Peterculter (01224 733627). Lunch at Marine Hotel, Stonehaven (01569 762155), Meet Up Event, all runs meet for coffee, around 11am. John B

Sun 29 Mar Morning Run D 09:30 Cults Library, Coffee at Easter Anguston, Peterculter (01224 733627), Meet Up Event, all runs meet for coffee, around 11am. Alan

Sun 29 Mar Slower Full Day C 09:30 Hazlehead, Groats Rd Car Park, Coffee at Easter Anguston, Peterculter (01224 733627). Lunch at Burnett Arms, Banchory (01330 824944), Meet Up Event, all runs meet for coffee, around 11am., Anne

Sun 29 Mar Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. Meet Up Event, all runs meet for coffee at Easter Anguston, around 11am. John C

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

## 25 Years Ago

### ISLE OF MAN INTERNATIONAL CYCLING WEEK

Interested in racing against Internationals? Interested in showing off your sponsors' jersey out with Scotland? Interested in FUN? Then the Isle of Man International Cycling week is for you!

This is an ideal opportunity for anyone wishing to enjoy a week of racing (and social activities). There are several different events each day and they are open to all categories of riders.

There are races for seniors, juniors, juveniles, veterans and women, all with their own comprehensive prize list. (Think of all the bonuses Nobby would have to pay out).

Enjoy racing with the company of the various nations' best riders - one of the only opportunities to race on closed roads with excellent organisation.

In previous years the Deeside has sent over a strong representation but sadly this has not happened in the last couple of years - so now is the time to change this and show off the Deeside jerseys again.

There are various packages offered by the organisation. Eg, fly, rail and ferry along with full-board, self-catering, or B & B accommodation options (details to follow).

The races include hilly (mountain) time-trials, 10 and 25 ml time-trials, road races and Kermesses.

### SVTTA

Membership of the SVTTA: Solo £20.00 and £25.00 for couples. Standards: multiple attempts at all distances - £10. Details: <http://www.svtta.org.uk/downloads.html>

### 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](mailto: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 <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 [dstewart3dgs@gmail.com](mailto:dstewart3dgs@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](mailto:bill.byth@gmail.com) to join email list

**f) 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](mailto:dgstewart3dgs@gmail.com)

**g) 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](mailto:gregpquinn@hotmail.com)

**h) 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](mailto:bill.byth@gmail.com) to join the list

**i) 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/>

**j) Saturday** Club ride. No drop with regroupings 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](mailto:dtcc-banchory.saturday@outlook.com) or search for DTCC Banchory Rides on Facebook

**k) 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](mailto:bill.byth@gmail.com)

**l) 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](mailto:kintore.sunday@gmail.com) to get added to the email list

**m) 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 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](mailto:Kintore.sunday@gmail.com)

#### More detail

Leaders are invited to publish details here 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](mailto: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](mailto:bill.byth@gmail.com) to join the email list.

#### Stonehaven Training Sessions - FFT

Multiple training sessions are available through Fleet-Feet. These include circuit training, interval running, swimming and trail running. See [www.fleet-feet.com](http://www.fleet-feet.com) for more information.

#### For Sale

Items will appear here for three consecutive issues. If the item sells before the final appearance please contact [knockies@aol.com](mailto:knockies@aol.com) so that the details can be removed

1 Canyon Aeroad CF SL 8.0 purchased new from Canyon on March 2019. Size XS unisex, suitable for heights between 166 to 172cm. Full carbon frame and fork. Canyon H36 carbon Aerocockpit (integrated stem and handlebar). Full Shimano Ultegra R8000 mechanical groupset and rim brakes (170mm cranks, 52/36 chainring and 11/28 cassette). Full carbon Reynolds AR 58 wheels. Fizik Arione R5 saddle. Canyon S27 Aero carbon seatpost. Two spare sets of Reynolds brake pads and a full set of Shimano Ultegra brake cables included. It has only logged 2200km since new and it is in excellent condition. Price: £2500. Contact Eloi on [eloi.gispert@gmail.com](mailto:eloi.gispert@gmail.com)

#### Wanted

1 I am on the lookout for a full suspension mountain bike for my son Archie. He is aged 11. 26" or 27.5" wheels. S or XS man / youth frame or similar, decent spec. Contact details: Kevin Collitor 07980 134769 or [kev.collitor@gmail.com](mailto:kev.collitor@gmail.com) (1)

**AGM & Awards Friday 24 Jan**  
Book your place now so that we are able to  
arrange catering  
[http://deeside.org/?page\\_id=650](http://deeside.org/?page_id=650)

## 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,  
Welding (electric) and small repairs  
£9.00/hr or estimates

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

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01467 621861

## CAR CLINIC

Car Clinic contacts: -

[greatservice@car-clinic.com](mailto: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](mailto: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 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](mailto:knockies@aol.com)

Mon - Fri 9 am - 6  
pm

Saturday 9 am -  
5.30pm

Sunday Closed