

Issue 544

July 2019

# CRANKS

## Volume 46

The Magazine of  
**Deeside Thistle Cycling Club**  
 Sponsored by:



**Tierney Strachan**  
PROCESS CONTROL ENGINEERING

**Current Membership 643 (651)**  
**SCU Membership 340 (342)**  
**Scottish Cycling's Largest Club**

### Editorial:

I was out on my bike Friday morning doing a couple of hours on tarmac. After a mile it's a right turn on to lanes and I could relax, virtually traffic free. Before that turn an incident occurred where a car squeezed past dangerously close and fast. Though remaining in control it did cause a quick catch of breath. This made me ask the question whether or not I should ride on any roads with any volume of traffic.

This editorial column is mine where I can express an opinion but occasionally comments made by others hit the spot. This month I could harp on about road use and lack of respect but let's not add to all the negative stuff.

A few days ago Simon Stromberg posted a really telling note on Facebook and I feel it is well worth repeating here.

*"There is so much negative stuff in the media and on TV about the apparent 'war' between cyclists and motorised vehicles the truth is becoming distorted (Channel 5).*

*Most people are reasonable and considerate, so do not believe the hype. The best way to change the conversation is by positive reinforcement. Motorists show me acts of kindness every day, giving way, passing with plenty of room, sometimes a friendly wave. When people are friendly or behave well, give them a cheery wave or thumbs up. Wave drivers past when they are nervous of passing on country roads (when safe to do so). On really narrow roads occasionally pulling over does no harm.*

*When people act like muppets ignore them, do nothing.*

*Positive reinforcement will do more good than any fist waving at the bad minority."*

### PHILOSOPHER'S CORNER

The real test of good manners is to be able to put up with bad manners pleasantly – *Kahlil Gibran*

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)

## SXC 16 June Kirkhill

### Under 12 Female

1	Lacey Holmes	RACC
2	Joscelyn Kennedy	RACC
3	Daisy Wilkinson	PC
4	Isla Queen	GR
5	Ruth McDougall	BIMBC
6	Zoe Blyth	ERC

### Under 12s Male

1	Innes McDonald	ERC
2	Jamie Hall	ERC
3	Martin Cunnane	ERC
4	Finlay Barr	RACC
5	Euan Murray	
6	Sam Ferry	TVR
7	Cameron Annable	DCC
8	Ross Eastaugh	GT
9	Neil McDougall	
10	Jamie Duncan	ERC
11	Henry O'Brien	
12	Euan Murphy	YCC
13	Brandyn Bowie	MBC
14	Rory Youngman	SYCC
15	Andrew Ingram	YCC
16	Calum Varacavoudin	GT
17	Arran Keenon	GT
18	Cailean Vorster	WLCCC

### Elite / Expert Female

1	Kerry MacPhee	
2	Jane Barr	V44RT
3	Joanne Thom	RWC
4	Natalie Munro	MFC

### Sport Female

1	Erin Beveridge	LRT
2	Amy Hickman	
3	Kyla Orr	
4	Nicola Turner	
5	Ilonka Engelhardt	MCC
6	Madelyn Swanson	PP

### Veteran Female

1	Anne Murray	BWCC
2	Amanda Tweedie	RT23
3	Jaime Nicholson	HV
4	Brydie McLearnon	SBC
5	Melanie Annable	AVV

### Junior Female

1	Ishbel Strathdee	ERC
2	Mieke Kalmijn	GR

### Youth Female

1	Elena McGorum	PCC
2	Sophie Paterson	GR
3	Amelia Shuttleworth	GR
4	Erin Wood	FCC
5	Grace McCabe	RACC
6	Yasmin McPhail	RACC

### Juvenile Female

1	Emily Carrick-Anderson	PCC
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2	Christina Mcgorum	PCC
3	Daisy Taylor	RACC
4	Ruby-Soho Smith	PCC
5	Rudie Shearer	ERC
6	Beatrix Kiehlmann	FCCB
7	Millie Thomson	DTCC

#### Taster Female

1	Fiona Ellis
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#### Youth Male

1	Corran Carrick-Anderson	PCC
2	Callum Thornley	PCC
3	Patrick Kiehlmann	FCCB
4	Ben McMullen	SCSRT
5	Andrew Turner	WLCCC
6	Cole Nicholson	HV
7	Thomas Sludden	HCC
8	Gregor Robb	GR
9	Sam Chisholm	WLCCC
10	Miller Crombie	WLCCC
11	Aidan Webster	
12	Aodhan Finnegan	HCC
13	Fergus Hill	

#### Juvenile Male

1	Reuben Oakley	TT
2	Patrick Barnes	GR
3	Jamie Thomson	JWCC
4	Matthew Mackenzie	ERC
5	Oliver Blyth	ERC
6	Logan Williams	
7	Finn Mason	WLCCC
8	Rory Laidlaw	PCC
9	Scott Murray	
10	Finlay Taylor	RACC
11	Rory Ogilvie	WLCCC
12	Ruan Vorster	WLCCC
13	James Foster	GR
14	Cameron Archibald	FJBC
15	Ben Allan	PCC
16	Kayden Davidson	WHBC
17	Gavin Gronkowski	MCC
18	Emmet Foster	CC
19	Reubens Thomson	GT
20	Geoff Vera	GR
21	Cian Sharp	ERC
22	Finlay Turner	WLCCC
23	Ross Chisholm	WLCCC
24	Zander Williams	
25	Aidan Richardson-Docherty	RACC
26	Declan Sangster	GT
27	Struan Ferns	GR
28	Andrew Brewer	GR
29	Riley Duncan	DJCC
30	Cameron Mackay	HCC
31	Oliver Bernard	DJCC

#### Grand Veteran Male

1	Alex Glasgow	
2	Gary McCrae	LBS
3	Murray Swanson	PPRT
4	Barry McGuire	LBS
5	Kenny Kentley	V44RT
6	Mark Barnett	LBS

7	Stephen Crawford	DCC
8	Victor Allan	DTCC
9	Calvin Price	DCC
10	Bruce Stirling	RCCK
11	Mark Kiehlmann	FCCB
12	Timothy Evans	HNCC
13	Adrian Wallis	RWR
14	Mark Snowden	

#### Super Veteran Male

1	Gregor Grant	MFCC
2	Brendan Roe	DCC
3	John Gemmell	ARCC
4	David McLean	HJHCC
5	Christopher White	SVTTA

#### Taster Male

1	Chris Stewart	SSYCC
2	Martin Byers	
3	Jonathan Dale	
4	Jamie Collins	
5	Tom Wallace	
6	Duncan Turner	
7	Edward Gronkowski	

#### Elite / Expert Male

1	David Duggan	WCTC
2	Gary MacDonald	NCRT
3	Kyle Beattie	
4	Neil Scott	DTCC
5	Nick Williamson	
6	Craig Owen	
7	Bradley Cowan	

#### Sport Male

1	Ian Russell	
2	Gareth Hunt	DTCC
3	Graeme Warren	HC
4	Ewan Gronkowski	MCC
5	Edwyn Oliver-Evans	WCC
6	Tom Merry	EUCC
7	David Houston	
8	Alan Wixon	
9	Ewan McMillan	DTCC
10	Chris Nicholson	HV
11	David Balshaw	
12	Chris Petrie	AWCC
13	Callum Morrison	
14	Robert Hill	RAFCA
15	Ian Vaughan	DTCC
16	Scott Ainslie	

#### Junior Male

1	Rory McGuire	LBS
2	Jonte Willins	PCC
3	Kyle Cartmell	RT23
4	Fergus Booth	LBS
5	Duncan Crawford	DCC
6	Rory Masson	

#### Veteran Male

1	Paul Newnham	
2	James Fraser-Moodie	PP
3	Crawford Carrick-Anderson	PCC
4	Ricardo Parreirinha	RWR

5	Greig Walker		
6	Ross McCulloch		
7	David Lewis		
8	Simon Johnston		
9	Neil Glendinning		
10	Chris Annable	AVV	
11	David Ogden		
12	John Woodrow	RWR	
13	Paul O'Brien	PCC	
14	Cleone Macdo	EHSC	
15	Gary Hughes	DTCC	
16	Andrew Scouller	YCC	
17	John Mitchell		
18	Jonathan Herbert	VCGS	
19	Ross Allan		
20	Russ Walton		

### Bob Soutar 10 - 05 June 2019

1	Iain Macleod	AWCC	20:51
2	Thomas Gelati	BMB	21:54
3	Brian Duncan	SB	22:47
4	Ian Russell		22:48
5	Colin Duncan	ECC	22:53
6	Alan Smith	YCC	23:12
7	Stuart King	YCC	24:26
8	Mike Giles	YCC	24:45
9	Cameron Brown	DJCC	24:49
10	Steve Rae	YCC	25:19
11	Malcolm Grant	PPI	25:21
12	John Leal	DTCC	25:22
13	Keith Robertson	GCRT	25:24
14	Albert White	AWCC	26:19
15	Gavin Thomas	SB	26:27
16	Alan Duguid	V44RT	26:32
17	Jennifer Noble	YCC	26:55
18	Alan Gordon	YCC	27:12
19	Andrew Scott	YCC	27:24
20	Ian Grant	DTCC	27:25
21	John Fyall	YCC	27:54
22	Jim Robb	DTCC	27:58
23	Lorna Breetzke	ECC	28:04
24	James Jamieson	YCC	28:10
25	Mike Kenn	Una	28:58
26	Danny Ewing	AWCC	29:06
27	Wendy Gault	YCC	29:30
28	Mark Fraser	PPI	29:49
29	Steve McBain	YCC	29:51
30	Paul Gordon	YCC	29:58
31	Graeme Clark	YCC	30:04
32	David Abernethy	YCC	30:48
33	Fiona Duncan	YCC	31:03
34	Gavin Grongoski	YCC	31:41
35	Morag Thomson	YCC	32:17
36	Kris Jackson	YCC	32:25
37	Elaine Howitt	YCC	33:10
38	Megan Stronach	YCC	35:24
39	Annette Gordon	YCC	35:27
40	Robert Smart	YCC	35:38
41	Teri Reid	YCC	37:05
42	Tommy Hooper	YCC	37:15

### Massie Shield - 19 June 2019

Four local teams vied for the honours this year with AWCC coming out on top with a 2.45.21 to Sparta Breda's 2.53.46. Third spot went to Ythan CC with 2.57.50 and Deeside propped things up with 2.58.55

1	Iain Macleod	AWCC	52:30
2	Thomas Gelati	BMB	54:16
3	Michael Gordon	AWCC	54:18
4	Jamie Davidson	BMB	54:51
5	Ian Russell		57:46
6	Brian Duncan	SB	58:09
7	Jonathan Hunter	SB	58:10
8	Ron Lowe	DTCC	58:16
9	Kelvin White	SB	58:59
10	Ewan Gronkowski	YCC	59:04
11	Alan Smith	YCC	59:15
12	David O'Neil		59:29
13	Mike Giles	YCC	1:01:11
14	Stuart King	YCC	1:01:30
15	Ian Wilson	DTCC	1:01:48
16	Declan Tuffy	AWCC	1:02:04
17	Steve Rae	YCC	1:03:28
18	John Leal	DTCC	1:04:17
19	Gavin Thomas	SB	1:05:52
20	Andrew Scott	YCC	1:07:54
21	Stephen Walton	DTCC	1:09:11
22	Lorna Breetzke	ECC	1:10:19
23	Ian Grant	DTCC	1:10:27
24	Gavin Gronkowski	YCC	1:21:50

### Neish / Low / Cramb 25 TT - 23/06/2019

This event, promoted by AWCC, incorporated the SVTTA Cramb Memorial Trophy for Handicap. Won in fine style by Jim Robb he'll now have his name engraved twice on the silverware.

1	Jamie Davidson	BMB	53:13
2	Brian Duncan	SB	55:32
3	Angus Wilson	DTRC	55:43
4	Jonathan Hunter	SB	55:46
5	Mark Dryburgh	RRCC	56:25
6	Vince MacLennan	RRCC	56:45
7	Stuart Maccallum	DTRC	57:00
8	Alan Smith	YCC	57:01
9	Ewan McMillan	DTCC	57:56
10	Sean Quinn	LWCC	58:23
11	John Kent	AWCC	58:33
12	Declan Tuffy	AWCC	58:41
13	Kevin Smith	MFCC	58:50
14	Steve Shand	AWCC	59:15
15	Mike Giles	YCC	59:28
16	Benjamin Wood	DTCC	59:38
17	Matthew Howe	AWCC	59:50
18	Gary Bratt	FRC	59:51
19	Jim Petrie	DWCC	59:59
20	Robert Cowie	AWCC	1:00:06
21	Edward Atkinson	ECC	1:00:47
22	Neil Anderson	DTCC	1:01:21
23	Steve Rae	YCC	1:01:21
24	Andrew Shortt	AWCC	1:01:24
25	Stuart Whitelaw	FRC	1:01:30
26	Gavin Thomas	SB	1:02:28
27	Laura Nicolson	DC	1:02:34
28	Warren Crombie	MRCC	1:02:39
29	David Harter	FCC	1:02:49

30	Gavin Laffoley	FCRC	1:02:52
31	Sandy Wallace	FCRC	1:03:04
32	Gordon Smith	DTCC	1:03:11
33	Hugh Ramsay	DTCC	1:03:12
34	Kenneth Dey	FCC	1:04:04
35	Joanne Clark	RACC	1:04:27
36	Ian Grant	DTCC	1:04:46
37	Fiona Davidson	DWCC	1:04:56
38	Jim Robb	DTCC	1:05:03
39	Robert Brown	EHSC	1:05:33
40	Hector Nicolson	MFCC	1:05:47
41	Miriam Rennet	KCC	1:06:47
42	Carol Middleton	YCC	1:07:20
43	George Skinner	RACC	1:10:01
44	Margaret McMillan	DTCC	1:11:54
45	Stewart Mitchell	DTCC	1:13:13
46	Vicki Woodburn	MCC	1:13:35
47	Lewis Dey	FCC	1:16:04
48	David Kirton	KRC	1:19:39

### AWCC Road Race Midmar West Circuit 39m

Saville Gunn's efforts to get this one running on 04 July were nearly thwarted by heavy rain and loads of surface water. Rain cleared, some physical work done on the course and after a lengthy neutralised zone we were off!

Great race with Tom Merry Edinburgh University gunning it from the off eventually extending a gap of 1:40 at one stage. There were hard working groups on his case but he held on with a strong sprint from the select group to win from a strong looking Mike "Flash" Gordon in second place at 2sec. Deeside's Neil Scott took 3rd place from Wheelbase's Dave Duggan both at 3sec.

Martin Reynolds put in a strong finish to take 5th at 42sec.

1 Tom Merry EUCC, 2 Michael Gordon AWCC, 3 Neil Scott DTCC, 4 David Duggan WCTC, 5 Martin Reynolds AWCC, 6 Jamie Chree HC, 7 Ian Russell Una, 8 Lee Rosie SCC, 9 Chris Main DTCC, 1 Sean Delaney VCRT

### Inverurie Triathlon Club

The Inverurie triathlon club is running a number of Cross Duathlon training events during the summer that some DTCC members might be interested in.

There are still two events to come, 1st August @ Kirkhill and 29th August @ Bennachie / Millstone. All on Thursday evening with a 7.15pm start.

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**

### MSBH

What an event. About 100 cyclists left Baird's Park in Stonehaven and rode the various routes. Proving it's the best value sportive on the go everyone who took part got free entry to the beer festival and a goodie bag which included a souvenir beer glass. Not only that, the weekend's festivities have realised around £52,000 for local charities.

## 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](mailto: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**

### 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
16 Jul	<a href="#">Aberdeenshire Breeze</a>		
16 Jul	Hillclimb	EL	DTCC
17 Jul	<a href="#">Aberdeen Breeze</a>		
23 Jul	Garlogie 9	EL	DTCC
28 Jul	Coffee Pot 50	TT	GCRT
30 Jul	Novice 10	EL	DTCC
31 Jul	<a href="#">Aberdeen Beach Breeze</a>		
06 Aug	Old School 5	EL	DTCC
08 Aug	<a href="#">Fetternear RR</a>	RR	TEN
11 Aug	<a href="#">Classified 10 &amp; H/C</a>	TT	AWCC
11 Aug	<a href="#">SCNEG H/C</a>	H/C	AWCC
11 Aug	<a href="#">Aberdeen Beginners</a>		
17 Aug	<a href="#">Scottish Youth TT</a>	TT	AWCC
18 Aug	<a href="#">Youth Crit Ellon</a>	RR	YCC
21 Aug	<a href="#">Aberdeen Breeze</a>		
28 Aug	<a href="#">Beach Breeze</a>		
08 Sep	<a href="#">Aberdeen Beginners</a>		
14/15 Sep	Falling Leaves	RR	DTCC
29 Sep	<a href="#">10 TT</a>	TT	TEN
13 Oct	<a href="#">Aberdeen Breeze</a>		
10 Nov	<a href="#">Aberdeen Breeze</a>		

### Saturday Rides from Banchory

As we move into the summer months I wondered if we might fancy getting out and exploring some new roads or new coffee shops on a Saturday morning.

Typically we use Banchory as a meeting and start point for these rides, but we could look at varying that on occasion if it would suit us to travel elsewhere for the start.

It would be useful to hear any thoughts or ideas that anyone might have on this - regular riders or new faces looking to get out for a bike ride and some company on a Saturday morning.

Drop me a mail at [dtcc-banchory.saturday@outlook.com](mailto:dtcc-banchory.saturday@outlook.com) with your thoughts or comments, or to be added to the distribution list **Steve Brechin**

## Letters

*Sir*, I have written with concerns a few times on the issues of riding on busy roads. I was recently a victim of my own concerns on the B977, 1km west of MPH yard as I was taken out from behind by a driver who says he didn't see me, albeit the car behind him saw me and my light.

The car had minor damage to front n/s wing door and a broken mirror. I was ejected forward to middle of road near my bike some 8m from point of impact.

The driver told those at the accident scene that his speed was 55 MPH. It was an ambulance job to A&E and discharged at 2pm with no serious injuries.

I am a bit stiff and bruised on the right side, breathing bit of an issue due to rib cage suppression. My bike is not too badly damaged but my cycle clothing had to be cut off.

Maybe an example here that cyclists should avoid busy major roads as I note every morning cyclists on this road causing tail backs.

There is only one winner when cars and cyclists make contact. I am a lucky cyclist as this was my 3rd encounter in 5 years.

*Kind regards, Bert McIntosh*

## 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](mailto: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](mailto:info@deesidebikecollective.co.uk), or visit our website [www.deesidebikecollective.co.uk](http://www.deesidebikecollective.co.uk) and complete the Public Consultation Questionnaire.  
*Charles Spencer*

## Good Samaritan

Special thanks to Ron Lowe from who stopped to help us out at the end of June to change a tire. He gave me his spare inner tube after I'd already went through two (one was pinched and another was split). We were just 25k into a 3 day trip and he was a big help. Grateful to camaraderie on the road. Thank you Ron!

*Doris Shum-Seward*

## 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.

## 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*

## Kintore to Alford Railway

A move is afoot to upgrade this disused railway line to a pedestrian/cycle way similar to Deeside. Watch this space

## 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 acquainted 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?

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

*Sandy L*

## 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.

## National Calendar 2019

The provisional calendar lists the events submitted by clubs and Event Organisers through the Scottish Cycling calendar compilation process. Event dates and details will only be confirmed once they are registered online, and details in the provisional calendar may be subject to change. [View the provisional 2019 Scottish Cycling Events Calendar](#).

Event Organisers are now in the process of registering their event(s) on the [British Cycling Event System](#) where further information on each event will be available once it is live.

Please note: This version of the calendar will be updated regularly with any amendments or additions as required, for live information, please follow the link above to the online calendar.

Confirmed event dates will be those registered on the online calendar and not necessarily those in the provisional calendar. For more information please contact [events@scottishcycling.org.uk](mailto:events@scottishcycling.org.uk)

## 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*

## Inverurie Triathlon Club

The Inverurie triathlon club is running a number of Cross Duathlon training events during the summer that some DTCC members might be interested in.

1st August @ Kirkhill and 29th August @ Bennachie / Millstone. All on Thursday evening with a 7.15pm start.

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. This [flyer](#) has more information. *Jamie Collins*

## 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.zafiroopoulos@gmail.com](mailto:alexis.zafiroopoulos@gmail.com) or phone 07977 466689

## 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](mailto: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](mailto: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](mailto: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](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](#)

## 25 Years Ago

### BEACH BOULEVARD

The annual Beach Boulevard event with a seemingly poorer quality field than normal ended as the best event to date.

Two Multi Sport riders, Philip Duncan and Gary Yeats, broke away and gained the often sought after but hard to attain, 20 second gap. They made it and shared the special award.

Folk were getting so excited about the race that spot prizes were being put up throughout the event swelling the already big prize list.

In a sprint finish of over 20 riders the Deeside came good again. Rowland Jolly and Chris Whittle took first and second places. Third was an ex-Deeside member, Craig Thomson, Penicuik RT.

The bunch was too tightly packed to separate so they were given an equal 4th place.

### Recent New Members

The following new or returning members have joined in recent weeks

2905	Shaun Ellis	Cults	42
2906	Eli Gispert Llandrich	Blackburn	35
2907	David Cowan	Cults 35	
2908	Ben Hull-Bailey	Dunecht	38
2909	Jonathan Bromley	Aberdeen	35
2910	William Ball	Kingswells	31
2911	Freddie Ball	Kingswells	6

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



## 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)

### 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

#### July

Wed 17 Jul	Pub Run	D	19:30	Airyhall Library	to Cults Hotel	Alan
Thu 18 Jul	Thursday Run	D	09:30	Airyhall Library,	destination to be decided on the day, morning ride with coffee.	Cindy

Sat 20 Jul Slower Full Day C 09:30 Hazlehead Park Groats Road coffee at Marshall's farm shop (01224790493) picnic lunch Pitmedden Gardens Alan

Sat 20 Jul Try Cycling E 10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome. Joe

Sun 21 Jul Faster Full Day A 09:00 B&Q, Bridge of Don, Coffee at JRD, Ellon (01358 720294). Picnic Collieston John B.

Sun 21 Jul Morning Run D 09:30 Brig o' Balgownie to The Barn, Foveran (01358 788707) Gordon

Wed 24 Jul Pub Run D 19:30 Footdee (Round House) to Ellingtons@The Northern Hotel. John B.

Thu 25 Jul Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, morning ride with coffee. Cindy

Sat 27 Jul Medium Full Day A 09:30 Westhill Shopping Centre, coffee at Ceann Torr (01467 633996), Kintore, picnic lunch at Houghton Country Park, Alford Heather

Sat 27 Jul Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. Peter

Sun 28 Jul Faster Full Day A 09:00 Parkhill Bridge, Dyce, Coffee at The Barn, Foveran (01358 788707). Picnic at Aden Country Park (01771 624590) Jacqui

Sun 28 Jul Morning Run D 09:30 Seaton Park (St Machar Cathedral) to Parkhill Garden Centre (01224 724711) Gordon

Wed 31 Jul Pub Run D 19:30 Duthie Park, Riverside Dr to Marine Hotel, Stonehaven, Return train, 21:55 or 22:50. Alberto

**August**

Thu 1 Aug Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, morning ride with coffee. Gordon

Sat 3 Aug Faster Full Day A 09:00 Old Mill Inn, Maryculter, Coffee at Ride Coffee House, Banchory (01330 820946). Picnic at Bum O Vat Alberto

Sat 3 Aug Morning Run D 09:30 4-Mile Pub Kingswells to Forest Cafe, Midmar (01330 830000) John S.

Sun 4 Aug Slower Full Day C 09:30 Four mile Kingswells, coffee at Forest Cafe Midmar (01330811000) bike hike picnic curling pond beside Bennachie reached from Rowantree car park curling pond NJ691238 Cindy

Sun 4 Aug Try Cycling E 10:00 Seaton Park, Don St Entrance, Short easy rides, all welcome. Irene

Wed 7 Aug Pub Run D 19:30 Airyhall Library to Lairhillock, Netherley. Alan

Thu 8 Aug Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, morning ride with coffee. Cindy

Sat 10 Aug Faster Full Day A 09:00 Westhill Shopping Centre, Coffee at Bistro, Alford. Picnic at Glenkindie Rod

Sat 10 Aug Morning Run D 09:30 Round House, Footdee to Balmedie Leisure Centre (01358 743725) Alan

Sun 11 Aug Medium Full Day B 09:30 B&Q, Bridge of Don, coffee at Apothecary (01651 842253), Pitmedden, picnic lunch at Fyvie Castle Heather

Sun 11 Aug Try Cycling E 10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome. Moira

Wed 14 Aug Pub Run D 19:30 Tesco Danestone to Shepard's Rest, Westhill Alberto

Thu 15 Aug Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, morning ride with coffee. Cindy

Sat 17 Aug Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. Peter

Sat 17 Aug Club BBQ B 09:00 Airyhall Library, coffee at Raemoir Garden Centre (01330 825059), picnic lunch in Aboyne (Medium Full Day) - members may decide to meet in Braemar for the club BBQ Sheila

Sat 17 Aug Club BBQ A\* 09:00 Airyhall Library, coffee at Raemoir Garden Centre (01330 825059), picnic lunch in Tarland (Faster Full Day) - members may decide to meet in Braemar for the club BBQ John T.

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

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 Delgatie 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 Houghton 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. Moira

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 10)

Using equipment which suited the purpose didn't always mean buying the dearest. If you did have the funds you went for the best and undoubtedly *Campagnolo* components were top of the tree. Their bearings couldn't be beaten. Smooth running hubs, bottom brackets, headsets and pedals had properly hardened races and spherical balls. They also left a big hole in your pocket.

Often my choices were eclectic. I'd fit those perfect rotational parts but fixed levers like cranks, provided they were rigid enough, didn't have to be micro machined. Little wrong with *Stronglight* and *TA* cranks. I'd mix and match to get the correct combination of chainwheel and cog. Increased options came with a newcomer to the scene in the late 60s. A *Campag* lookalike, *Zeus*, a Spanish company, didn't carry the same price tag.

Still, it was a boost to confidence seeing the anodised silver-grey of a *Campag Super Record* chainset turning elegantly between your ankles.

Peddalling round the tight corner coming out of Den of Cowie above Stonehaven the left pedal came down hard on the kerb. The bike bucked and leapt across to the white line. Lesson learned. Don't pedal through corners; knee up and out. The scrape mark had almost gouged through to the axle yet it didn't break; not even out of true. *Campag* at its best.

However, this wasn't always the case.

Interval training on an incline close to home the left crank only took a finite number of efforts, eventually shearing across the pedal threads. And on another occasion, miles from home, the left crank again sheared. The polished leather of my *Crodoni Corsa* shoes didn't survive as I laboriously pushed ineffectually at the jagged stub of crank.

One time Dick Pratt and I were up the road in an evening race on the Hatton of Fintray circuit. Doing my usual I repeatedly attacked on the inclines until with great pleasure I saw Dick snap and I could time trial away.

A few weeks later Dick and I again commanded the space in front. On the last climb of the A96 from Kinellar it was the right pedal axle which snapped. With a useless lump of steel dangling from my foot I watched Dick disappear from sight.

Frame builders gained reputations from the durability of their constructions. You had to pay well for craftsmanship. It wasn't only the materials used. Anyone could buy the tubing and a set of lugs but it took a master to join them efficiently together.

There were a great many aficionados in this country who sought after the best Italian jobs made with *Columbus* tubing yet in the UK there were dozens of quality frame builders. *531db* tubing by *Reynolds*, the choice of many, brought strength and lightness. A steel, alloyed with

Manganese and Molybdenum, the tubes were cold drawn (a retractable mandrel is inserted in the tube and drawn out, thinning the walls to give lightness where strength is less important).

Those who could afford them went for *Prugnat* lugs rather than the cheaper, less well finished *Nervex*. Not that *Nervex* were particularly inferior, just that *Prugnat*, like *Campag*, were seen as the best.

Careful filing to the ends of tubes would mate them at the correct angle to joining tubes and a jig would hold things in place. Frame builders carefully applied their liquid magic as they brazed, or to keep the damaging effects of brazing temperatures at bay, would silver solder the lugs.

The scientists among you will know that stress points are introduced when a sudden thickening of any material happens. So it is with the strengthening joints on a bicycle frame.

To overcome this the best frame builders would carefully file down the edges of the lugs to mould gradually into the line of the tubes. Time consuming, this finish had a marked effect on the purchase price.

A number of manufacturers carefully sculpted lugs with their own design. Notable among these were *Hetchins* and *Mercian*. Their ornate lugwork, sometimes carefully chromed, placed them on a different plane from other simpler designs.

Not that a simple design should be any less durable than an ornate scroll and Scotland had a major frame builder in *Rattrays* of Glasgow. *Rattray's* lugs were formed in unique designs and though they didn't compare with the exquisite artwork of *Hetchins* they were fitted to the *Flying Scot* which bore the hallmark of one of the best machines on the market.

On a training ride with Stewart Mitchell in the early 70s we climbed the Greens from Potarch. My *Flying Scot* started to misbehave. It felt spongy. Suddenly the chainring and pedals hit the ground. The down tube had sheared just beside the gear lever. Perhaps overzealous tightening of the clip had introduced stress with metal fatigue eventually leading to a crack.

Folding the frame I pushed it like a barrow for miles while Stewart rode home, collected his car and, thankfully, returned on a rescue mission.

One of my *Harry Quinn's* also sheared, this time the seat tube just above the bottom bracket. The bike had been relegated to a winter hack and to preserve its usefulness emery paper was used to clean the broken ends down to bare metal. Fashioned to shape, a short piece of 531 tubing from another broken frame was brazed over the break.

Cyclists have always had a passion for lightness in their machines. I've no idea why, since shaving a few grams off with the latest, lightest bit of equipment is easily countered with lack of thought in accepting that extra square of *Cadburys*. Paying more attention to body weight certainly results in greater dividends. Losing 5

kilos avoirdupois will save far more energy than riding a machine equipped with all the finest weight saving kit.

Not that I was immune to trying! I'd take the *Campag* gear levers and carefully filigree them leaving just a skeleton. Then the knobbles would be filed off.

Next came the brakes. *Campag* brakes had yet to be invented and I wonder had they been available if I'd have violated them in the same way as my *Weinmann 500* sidepulls. These shallow reach brakes were already the lightest on the market. And to further decrease the weight a neat row of holes had to be drilled along each arm, followed by countersinking each hole.

To save weight some folk even went so far as drilling holes along their handlebars before covering with tape.

50 years ago plastic racing saddles were just starting to make an appearance. The *Unica Nitor* black nylon saddle from Italy gained in favour but was still some way off from taking over from the all leather *Brooks B17 Pro*. My first *Brooks Pro*, second hand, came with a track Scot frame from Soapy Cameron. After some weeks riding I noticed the saddle as a bit lop-sided. Knowing that these saddles had to be broken in by the user I assumed that Soapy must have a lop-sided behind.

Some months later with a spare 69/6 I treated myself to a brand spanking new saddle and a tin of *Proofide*. With a surgical blade borrowed from work the excess leather around the nose and back had to be carefully trimmed off against the metal frame. The large copper rivets were then hammered down and filed to follow the profile of the leather. Warming the tin of *Proofide* to a liquid, large quantities of it were smeared over the saddle and worked in. This massaging continued for a period of days until all the *Proofide* was gone, absorbed by the saddle, leaving the leather supple and ready to be fitted and broken in on the bike.

A few weeks of riding gave the answer. This new saddle, still supple but now lop-sided, showed who had the misshapen behind.

Not averse to ad hoc inventions, during quiet periods at work, accessories would be fashioned out of spare bits of metal.

Aircraft standard *Duralumin* wasn't readily available so I'd create things from pieces of brass, like cable guides, silver soldering arms to fix them to places such as the seat clamp.

Canny as ever this saved me digging in my pockets. It also meant that adaptors were made to suit rather than trying to bodge a proprietary fitting.

Riding at night calls for extra preparation. Light emitting semi-conductors had already been invented but the light given off did not compare with what is available today. In any case the law stated that lamps must be a particular

wattage as we were still some way away from luminosity being accepted.

Mounting a dynamo to the rear seat stay would work. So it did but the wee wheel rotating against the side wall of the tyre meant a great expense of energy.

Then I discovered another dynamo which operated from the tread of the tyre. It mounted just behind the bottom bracket and a spring loaded arm pressed it against the tread. Far more efficient it produced a good beam. However, in short measure of time all the grit and salt during winter months had eaten through the chromed steel and the tyre slipped on the magnets.

If you used a battery lamp the *Ever Ready* twin cells, fine when new, gradually faded out to nothing and these were heavy on the pocket. But I knew that by adapting some lead-acid cells there'd be a continuous discharge till exhausted. I could recharge overnight.

Finding a supplier for *Cyclon* batteries proved a Godsend. These were the same dimension as an ordinary 1.5V U2. At many times the price of *Leclanché* cells it meant a big initial outlay but they'd not need to be replaced every other day. I got three and connected them in series. Being lead-acid this gave me a 6V supply. Forming a triangle they fitted neatly inside a modified drinks bottle and with the addition of screw terminals I'd the ideal set-up.

With a 6V 5W bulb replacing the standard bulb in my *Frontguard* I had more than 2 hours of lighting from a full charge and was astonished at how many motorists now dipped their lights when meeting me.

On a Friday evening in November it howled a gale from the south. Heading to the clubrooms on Belmont Street I was flat out on a 68" fixed, my new setup lighting the road ahead.

Coming round a corner near Woodend on the Netherley Road it was straight into the foliage of a tree which had been blown over.

Ghostly shadows danced around me as I crashed through the branches fighting to stay upright.

The use of a head torch does not legally replace cycle mounted lamps; though they do prove useful.

AB and I had been caught out. We'd miscalculated the effects of heat and still had a long journey in front to our overnight accommodation. Our head torches splashed puddles of light on the road in front.

Glancing to his left into the acacia trees lining the roadside AB saw two bright green orbs of light gleaming back from the darkness. A squirt of adrenaline surged us forwards as a faintly discernible leopard shape emerged from the undergrowth and loped along beside us.

We'd been told that leopards were safe; they'd show little interest. Yet only that day we'd read in a newspaper that a leopard had gone through the window of a *Landrover* attacking those inside the vehicle.

***Roughstuffer***

## 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>

## 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 Facebook page - <https://www.facebook.com/petercultertuesdaynightrides/>

c) **Tuesday – (summer only)**. Leaving at 1800 from Banchory Cycles. Approx. 2 hrs riding. Normal route is Tilquhillie > Garrol > AA Box > Shooting Greens > Monument > Banchory. Ridden as a series of 5 - 10 min hill efforts, regrouping and steady riding between these, then fast pace back to Banchory from Finzean. Route may vary some weeks for variety. Contact David Stewart [dgstewart3dgs@gmail.com](mailto: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](mailto: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 [srowe2020@btinternet.com](mailto:srowe2020@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](mailto: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](mailto: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](mailto: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 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

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

### More detail

Leaders are invited to publish details in this column and on <http://www.deeside.org/knockies/biketrainigridescaw.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 - 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](http://www.fleet-feet.com) for more information.

## Evening League 2019

### Event No 08 9.5ml TT Fintray 25/06/19

	Time	H'cap	Fpts	Hpts	Tpts
1 Cordiner, Dominic	23:07	19:57	79	79	158
2 Smith, Calum	23:54	20:18	78	77	155
3 Ennis, Andrew	23:04	20:43	80	74	154
4 Wilson, Ian	24:39	21:03	75	73	148
5 Ramsay, Hugh	25:44	20:32	71	75	146
5 Quinn, Greg	24:40	21:20	74	72	146
7 Matthew, Cameron	27:11	19:16	65	80	145
8 Holmes, Spencer	24:37	21:36	76	68	144
8 Blunsdon, John	24:23	21:39	77	67	144
10 Rowe, Elliot	26:29	20:24	67	76	143
11 Marshall Dawson, A	27:57	20:02	64	78	142
12 Stromberg, Cameron	25:44	21:35	71	69	140
13 Nicoll, Matt	25:37	21:50	72	66	138
14 White, Evie	28:08	21:28	63	71	134
15 Anthony, Jon	25:07	22:27	73	60	133
16 Grant, Ian	26:19	22:20	69	63	132
17 Thomson, Millie	29:12	21:31	60	70	130
17 Pirie, Sandy	27:08	22:12	66	64	130
19 Smith, Gordon	26:22	22:22	68	61	129
20 Long, Ailsa	28:57	21:58	61	65	126
21 Long, Isla	29:16	22:20	59	63	122
22 Walton, Steve	28:53	24:26	62	57	119
23 Reid, Graham	30:42	23:08	58	59	117
24 Ramsay, Thomas	31:18	23:23	57	58	115
25 Mitchell, Stewart	31:28	25:21	56	56	112
26 Edwards, Ian	35:14	27:19	55	55	110
27 McIntosh, Bert	37:42	30:29	54	54	108

### Event No 09 18ml Garlogie 02/07/2019

	Time	H'cap	Fpts	Hpts	Tpts
1 Anthony, Jon	46:58	38:40	76	80	156
2 Wilson, Ian	46:42	39:49	78	76	154
2 Lowe, Ron	44:54	40:01	80	74	154
4 Smith, Calum	48:18	39:03	74	79	153
5 Leal, John	49:05	39:35	73	77	150
5 Ennis, Andrew	45:20	40:33	79	71	150
7 Ramsay, Hugh	50:37	39:14	71	78	149
7 Quinn, Greg	46:49	40:30	77	72	149
9 Holmes, Spencer	47:16	40:20	75	73	148
10 Prabucki, Jill	55:55	40:00	66	75	141
10 Smith, Gordon	50:17	42:16	72	69	141
12 Robb, Jim	54:00	41:46	67	70	137
12 Grant, Ian	51:29	42:34	70	67	137
14 Pirie, Sandy	52:19	42:41	69	66	135
15 McMillan, Margaret	56:39	42:32	65	68	133
16 Walton, Steve	53:49	45:14	68	65	133

### League Table after Event No 9

	Events	Fpts	Hpts	Tpts
1 Ennis, Andrew	6	478	454	932
2 Lowe, Ron	6	477	443	920
3 Wilson, Ian	6	465	448	913
4 Quinn, Greg	6	456	423	879
5 Stromberg, Cameron	6	422	424	846
6 Nicoll, Matt	6	432	412	844
7 Smith, Gordon	6	422	389	811
8 Leal, John	6	415	395	810
9 Grant, Ian	6	411	364	775
10 Deans, David	6	411	362	773
11 Campbell, Alan	6	368	392	760
12 Robb, Jim	6	369	387	756
13 Murphy, Erin	6	352	392	744
14 McMillan, Margaret	6	363	376	739
15 Liversidge, Jamie	5	342	390	732
16 Rough, Ali	5	365	349	714
17 Mitchell, Stewart	6	351	351	702
18 Vaughan, Ian	5	336	363	699
19 McIntosh, Bert	6	323	327	650
20 Reid, Graham	6	309	315	624
21 Smith, Calum	4	306	303	609
22 Blunsdon, John	4	310	298	608
23 Collins, Jamie	4	302	291	593
24 Prabucki, Jill	5	285	306	591
25 Farquhar, Mark	5	297	287	584
26 Ritchie, Colin	4	289	293	582
27 Ramsay, Hugh	4	278	302	580
28 Watt, Michael	5	275	292	567
29 Strachan, Jon	4	271	288	559
30 Long, Isla	5	265	292	557
31 Pirie, Sandy	4	266	257	523
32 Walton, Steve	4	259	238	497
33 White, Evie	4	217	265	482
34 Cordiner, Dominic	3	235	229	464
35 Ferguson, Jak	3	237	225	462
36 Wood, Ben	3	225	218	443
37 Anderson, Neil	3	225	216	441
38 Anthony, Jon	3	223	204	427
38 Thomson, Millie	4	195	232	427
40 Davidson, Terry	3	212	186	398
41 Baird, Francesca	4	193	199	392
42 Efimova, Vera	4	192	198	390
43 Smith, Emma	3	187	197	384
44 Edwards, Ian	3	172	175	347
45 Eadington, Emily	3	175	163	338
46 Long, Ailsa	3	154	178	332

47	Ramsay, Thomas	3	158	158	316
48	Holmes, Spencer	2	151	141	292
49	Marshall Dawson, Archie	2	121	158	279
49	Matthew, Cameron	2	120	159	279
51	Rowe, Elliot	2	127	150	277
52	Bavidge, Bill	2	141	133	274
52	Dennison, Mike	2	132	142	274
54	Lindsay, Robert	2	119	120	239
55	Wallace, Colin	2	124	111	235
56	Ferguson, Michael	2	112	118	230
57	Evans, Molly	2	90	102	192
58	Liversidge, Lauren	2	94	92	186
59	Dobson, Ron	2	94	90	184
60	Brailsford, Andy	1	79	79	158
61	Bacon, Robert	1	71	75	146
62	Lynch, Steve	1	60	78	138
63	Smith, Brian	1	61	70	131
64	MacLeod, Alexander	1	65	63	128
65	Fontaine, Noah	1	60	64	124
65	Smart, Peter	1	62	62	124
67	Brown, Glenn	1	60	56	116
68	Long, Sam	1	62	51	113
69	Coralie, Arthur	1	55	56	111
70	Brown, Glen	1	46	56	102
71	Thomson, Isabella	1	50	49	99
72	Farnsworth, Daniel	1	42	42	84
73	McCallum, Graham	1	43	39	82
73	Robertson, Neil	1	41	41	82
75	Glennie, Petra	1	40	39	79
76	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](mailto:knockies@aol.com) so that the details can be removed

- 1 A nice bike for someone wanting just to get going on the road. Cannondale Supersix, 54cm, full 105, c/w 2 sets of wheels. Original & upgraded Ksyriums. £750. Contact details are: Mobile number is 07903032316 and email address is [mikepamtalbot@yahoo.com](mailto:mikepamtalbot@yahoo.com). Picture [here](#) (1)
- 2 Road Bike. VINER MITUS carbon frame from Planet X Campagnolo throughout. Veloce Groupset. Compact 50/34 with 13/26 cassette. Campagnolo Vento wheels with Schwalbe Lugano tyres. Deda bars, stem, seat post. Selle Italia Flite saddle. Look Keo2 max pedals. Specialized bottle cages. Seat tube is 48cm centre B/B to top. Top Tube effective length 51cm Top tube is sloping. Asking £525 but open to offers. Pictures available. Contact Tom on [tom.mowat1@btinternet.com](mailto:tom.mowat1@btinternet.com) (1)
- 3 ORBEA / ZEUS TOURMALET – A future collectable period bike. Built in 2000 by James. Never ridden. Immaculate, in brand new condition. One small storage chip under the TT and two small chips on the DT. Columbus Thron steel tubes (tri oval on DT), Vertical Drop Outs and brazed on cable stops/guides. Finished in Orange and White Lustre, Chromed Forks and concealed TT brake cable. Seat tube 21½" (545mm) from centre of BB to centre of TT; Top Tube 21¼" (555mm) from centre of HT to centre of ST; Wheelbase 39" (990mm); Standover 800mm. Weighs 22½ lbs

approx. Shimano Sora Chainset & BB with 175mm alloy cranks and 52/39 rings; Look Black Clipless pedals; Shimano Sora front changer and Shimano Acera X rear changer; Handlebar controls; N510 Headset, Modus Art (110mm) alloy Aheadset stem, with 400mm wide Black Amoeba alloy bars; Cinelli Black seat pillar and Cinelli Voltare SLX saddle; Shimano Exage Side Pull brakes; Sovos Small Flange Q/R hubs, 36/36 SS spokes on unmarked Rigida Excel 700CC alloy rims. Shimano 7sp block. Unused Kenda 700CC tyres. £650 ono. See [here](#) for picture. Contact Alan Gibb on 01224 782789 or mob 07554 877163 (1)

- 4 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](mailto:fouby2@gmail.com) (2)
- 5 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 (3)

## Wanted

Wanted 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 Quality Exercise Bike in good condition. Do you have one now surplus to requirements and just taking up space? Cash waiting! Details please to Alan at [campbell66@btinternet.com](mailto:campbell66@btinternet.com) (1)



### EVENING LEAGUE VETS ON STANDARD COMPETITION 2018

Name	Age	Ev01	Ev02	Ev03	Ev04	Ev05	Ev06	Ev07	Ev08	Ev09	Count	Total	
1 Lowe, Ron	54	50	49		50	50		50		50	6	299	50+
2 Ennis, Andrew	46	49	50	50	49		50		50	49	6	298	40+
3 Quinn, Greg	54		47	47	46	48	48		49	48	6	287	
4 Wilson, Ian	51	46		46	47	47	49	49	47	47	6	286	
5 Mitchell, Stewart	79		47	45	48	45	46	47	40		6	278	70+
6 Smith, Gordon	49	44		41	44			44	43	42	6	258	
7 Campbell, Alan	72	36	43	38	43	43	47	42			6	256	
8 Leal, John	53	43	41	39		41		46		45	6	255	
9 McMillan, Margaret	55	41		35	41	42	44	44		39	6	251	50+F
10 Grant, Ian	55	30	40	34		40	45	39	45	41	6	250	
11 Deans, David	44	39	35	36	42		42	38			6	232	
12 Robb, Jim	62	31	38	33		38		40		38	6	218	60+
13 McIntosh, Bert	75		32		38	34	38	35	38		6	215	
14 Rough, Ali	42	35	44	40	45			45			5	209	
15 Reid, Graham	77	25	33	25	39		37		41		6	200	
16 Anderson, Neil	56	47			49	49		48			4	193	
16 Blunsdon, John	49	48	48	49					48		4	193	
16 Prabucki, Jill	59	34	39			36	41			43	5	193	
19 Walton, Steve	69			48		39			42	44	4	173	
20 Pirie, Sandy	60						43	41	44	41	4	169	
21 Watt, Michael	64	27	36	29			39	37			5	168	
22 Farquhar, Mark	52	29	34	28	40			36			5	167	
23 Strachan, Jon	54		42	37		35	40				4	154	
24 Wood, Ben	43	42		42		44					3	128	
25 Eadington, Emily	40	37	45	32							3	114	40+F
26 Edwards, Ian	68				37		35		39		3	111	
27 Holmes, Spencer	43								46	46	2	92	
28 Bavidge, Bill	53	45		45							2	90	
29 Dennison, Mike	53	40		43							2	83	
30 Esslemont, Colin	45	20	20	10	20						4	70	
30 Brown, Glenn	57						36	34			2	70	
32 Lindsay, Robert	49	33		31							2	64	
33 Ferguson, Michael	48	28		27							2	55	
34 Dobson, Ron	63	26		26							2	52	
35 Brailsford, Andy	49					46					1	46	
36 Smith, Brian	51	38									1	38	
37 MacLeod, Alexander	46		37								1	37	
37 Bacon, Robert	43					37					1	37	
39 Lynch, Steven	49	33									1	33	
39 Robertson, Neil	52							33			1	33	
41 Long, Sam	44			30							1	30	
42 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

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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  
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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  
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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

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Address: .....

.....

Phone Number:.....

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Date of Birth: .....

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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

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