




Issue 531 June 2018

# CRANKS

## Volume 45

The Magazine of  
**Deeside Thistle Cycling Club**

Sponsored by:

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**Current Membership 649 (658)**  
**SCU Membership 348 (336)**  
**Scottish Cycling's Largest Club**

### Editorial:

I was asked a question the other day. It was in relation to our Evening League and it got me thinking. The league is in its 51<sup>st</sup> year. That's right; the first league event took place as far back as the 1968 season and though what we have today maybe doesn't compare very well with the early series, the ethos is still the same.

Set up with a view to giving credit to riders who were improving it was based on a points system; points being awarded on a handicap basis as well as scratch.

Riders who were improving would benefit, scoring well each week in the handicap table and gradually climbing the ladder in the scratch table.

Being confined to the club it was also seen as an easy introduction to racing. There'd be loads of support and camaraderie from fellow members and little of the gamesmanship seen in Open competition.

Having survived this long, through rigours of inevitable criticism on the handicapping system, through accusations of riders cherry picking, through suggestions that the organiser didn't promote events when he was on holiday so that he'd not miss his share of the points, it has matured to one of the best supported aspects of club life.

Long may it continue; with the leadership of stalwart members and the backup of many others there is no reason to suppose otherwise.

In recent years the cycling world has changed dramatically but our league rolls on giving all members the opportunity to take part in their chosen sport.

### PHILOSOPHER'S CORNER

#### *It's better to be humble – there's not so far to fall*

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)

### AWCC Evening RR 08/05/18

Held over 39 miles in three demanding laps of the Midmar/Millbank/Learney circuit. Danny Hedley pipped Dom Corder [DTCC] by a tyre's width with Danny taking a risky victory salute. It's not over 'til the fat lady sings Danny!! Well done to Rob Cowie who coordinated stuff in crutches following his recent race accident. Thanks also to the Cowie family for "the pieces". Well done to Roz ~ her first event in full control of MyLaps. Marshalling by Wheelers and friends!

1 Danny Hedley RT 23, 2 Dominic Corder DTCC, 3 Tim Mackley VCRT, 4 Nico Anelli BPGO, 5 Jonathan Hunter AWCC, 6 Struan Pryde PHRT, 7 Tim Shoreman U/A, 8 Oliver Murray SRT, 9 Sean Delaney VCRT, 10 Martin Lonie NSSL, 11 Donald MacRury MFCC, 12 Thomas Gelati BPGO, 13 Andrew Ennis DTCC, 14 Karl Daly DTCC, 15 Robin Atkinson SWCC, 16 Chris Williamson DTCC, 17 Nathan Kinch DTCC, 18 Matthias Barnet CTOF, 19 David Reed BPGO, 20 Matthew Cockerell AWCC, 21 Anthony French DTCC, 22 Iain Macleod AWCC, 23 Myles Taylor DTCC, 24 Alistair Merry DTRC, 25 Brian Duncan SB, 26 Michael Gordon AWCC, 27 Jody Hall VCRT, 28 Chris Petrie AWCC, 29 Kris Urquhart DTCC, 30 Martin Reynolds AWCC, 31 Neil Scott DTCC, 32 Kelvin White DTCC, 33 Greg Quinn DTCC, 34 David Deans DTCC, 35 Jonathan Corder YCC, 36 Richard Harris DTCC, 37 Darren Stewart AWCC, 38 Calum Cormack U/A

### SC Nat 25TT 03/06 18

Well it was a fast course last year but with the added advantage of the good weather the times were outstanding on the Forfar course this year. 8 riders under 50 mins and 89 riders under the hour.

Daniel Kain riding for Squadra Scozzee recorded 55.30, Vicky Smith AeroCoach did 54:52 – a new Scottish Cycling Women's Record. Notable results below:

1	Kyle Gordon	RT 23	48:38
2	Liam Beaty	HCC	48:50
3	Jamie Davidson	AWCC	48:53
49	Calum Gibb	DTCC	55:46
58	John Blunsdon	DTCC	56:58
92	Stephen Walton	DTCC	1:01:14
94	Ian Sinclair	DTCC	1:02:32
99	Jim Robb	DTCC	1:04:45
100	Neil Howarth	DTCC	1:09:27
101	Stewart Mitchell	DTCC	1:11:20

### Miltonduff RR Sat 12 May 18

A good contingent of club members rode the Miltonduff RR on Saturday 12 May. The event was won by Kyle Gordon (RT 23) (with Jed Scott (MFCC) 2<sup>nd</sup> and Michael Gordon (AWCC) 3<sup>rd</sup>.

Club placings included 5<sup>th</sup> Chris Williamson, 9<sup>th</sup> Kelvin White, 11<sup>th</sup> Nathan Kinch, 14<sup>th</sup> Richard Harris, 15<sup>th</sup> Victor Allan, 17<sup>th</sup> Steve Cunningham, 18<sup>th</sup> Tony French, 31<sup>st</sup> David Stewart, 41<sup>st</sup> David Deans, and 46<sup>th</sup> Iain Pryde

## Eddie Morgan Memorial RR 13 May 18

Alastair Fowler GNCC won the Eddie Morgan Memorial RR on 13 May. In 2<sup>nd</sup> was Neil Scott DTCC getting a good share of the points and 3<sup>rd</sup> was Tim Mackley VCRT. Karl Daly DTCC took 20<sup>th</sup> spot.

## Grampian Gran Prix 13 May 18

The annual Grampian Gran Prix, ably organised by Greg Quinn, took place on Sunday 13 May 18. Deeside Thistle was represented in most categories and came away with a host of medals.

### U16 Boys

1	Matthew McCullagh	Edinburgh RC
2	Alexander MacLeod	Grampian Tigers
3	Matthew Thomson	Grampian Tigers

### U16 Girls

1	Erin Murphy	Deeside Thistle CC
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### U14 Boys

1	Calum Smith	Deeside Thistle CC
2	Noah Fontaine	Deeside Thistle CC
3	Isaac Small	Grampian Tigers
4	Cameron Stromberg	Deeside Thistle CC

### U14 Girls

1	Ailsa Long	Deeside Thistle CC
2	Evie White	Deeside Thistle CC
3	Isla Long	Deeside Thistle CC

### U12 Boys

1	Elliot Rowe	Deeside Thistle CC
2	Archie Marshall Dawson	Deeside Thistle CC
3	Reubens Thomson	Grampian Tigers
4	Callum McGillivray	Grampian Tigers
5	Sam Harnden	Deeside Thistle CC
6	Daniel Harnden	Deeside Thistle CC
7	Dillon Thomson	
8	Gregor Murphy	Deeside Thistle CC

### U12 Girls

1	Millie Thomson	Deeside Thistle CC
2	Arabella Blackburn	Deeside Thistle CC
3	Molly Evans	Grampian Tigers
4	Sasha Harnden	Deeside Thistle CC
5	Roos Goense	

### U10 Boys

1	Mikhail Gitnik	Edinburgh RC
2	Israel Noble	
3	Ross Eastaugh	Grampian Tigers
4	Murdo Evans	Grampian Tigers
5	Matthew Smith	Ythan CC
6	Innes Long	Deeside Thistle CC
7	Jonathan Whittle	Grampian Tigers
8	Hamish McGillivray	Grampian Tigers
9	Arran Keenon	
10	Oliver Bain	
11	Calum Varacavoudin	Grampian Tigers
12	Daniel Coll	

### U10 Girls

1	Melanie Rowe	Deeside Thistle CC
2	Hope Thomson	Deeside Thistle CC
3	Ava Luce	Moray MTB Club
4	Heidi Thomson	Grampian Tigers

5	Eva Murphy	Deeside Thistle CC
6	Sophie Goense	

### U8 Boys

1	Sebastian Blackburn	Deeside Thistle CC
2	Timofey Gitnik	Edinburgh RC
3	Rory Keenon	
4	Griff Aitken	Deeside Thistle CC
5	Cooper Thomson	
6	Gabriel Noble	Andover BMX Club
7	Harris Bain	
8	Liam Watson	

### U8 Girls

1	Zara Main	Deeside Thistle CC
2	Matilda Hendry	Deeside Thistle CC
3	Mya Watson	
4	Grace Bain	
5	Eden Thomson	Deeside Thistle CC

## Scottish Cycling North East Tour Series Aberdeen – Thursday, 17 May 2018

### Race A

1. Zak Loney ERC, 2. Calum Gray DUMRCC, 3. Andrew Ennis DTCC, 4. Karl Daly DTCC, 5. David Duggan, 6. Alistair Cameron SCC, 7. Jonathan Hunter AWCC, 8. Neil Scott DTCC, 9. Brian Duncan SB, 10. Michael Gordon AWCC, 11. Robin Atkinson SWCC, 12. Sean Delaney VCRT, 13. Chris Main V44RT, 14. Chris Petrie AWCC, 15. Stuart Gray DTCC, 16. David Reed BPGO, 17. Andrew Leith YCC, 18. Matthew Cockerell AWCC, 19. Ryan Keir SC, 20. Ian Flett DTCC, 21. Myles Taylor DTCC, 22. Kyle Mowbray PPI, 23. Jordan Stronach YCC, 24. Chris Williamson DTCC, 25. Tim Mackley VCRT, 26. Ian Carswell, 27. John Mill, 28. Andrew Scouller YCC, 29. Iain Pryde DTCC, 30. Malcolm Grant PPI, 31. Alastair Keith RCC, 32. Craig Macbeath YCC, 33. Anthony French DTCC, 34. Craig Breetzke MCRT, 35. Kelvin White DTCC, 36. Dominic Cordner DTCC, 37. Darren Stewart AWCC, 38. Robert Marshall TAAA, Joseph Agnew ERC, Cameron Earnshaw MFCC, Andy Ferguson DTCC, Thomas Gelati BPGO, Danny Hedley RT 23, Neil Howarth DTCC, Martin Lonie NSSL, Donald MacRury MFCC, Martin Reynolds AWCC, Marc Roberts Elgin CC

### Race B

1. Alan Smith YCC, 2. Ross Webster WBC, 3. Aaron Johnson HC, 4. Rod Leach Dunfermline CC, 5. Jody Hall HC, 6. Nico Anelli BPGO, 7. Calum Gibb DTCC, 8. Joel Robertson HC, 9. Kris Urquhart DTCC, 10. Craig Barron SC, 11. Andrew Gajda MFCC, 12. Kenneth Gillen COGV, 13. Alan Horsburgh ICC, 14. David Stewart DTCC, 15. Steve Cunningham DTCC, 16. Graeme Kelly RCC, 17. Robbie Brown V44RT, 18. Euan Grant SCC, 19. Samuel Lopez HC, 20. Greg Quinn DTCC, 21. Nicolaas Weststeyn SC, 22. Gary Hughes DTCC, 23. Victor Allan DTCC, 24. Michael Giles YCC, 25. Nigel Money, 26. Alex Marr HC, 27. Lewis McCue, 28. Iain Macleod AWCC, 29. Nathan Kinch DTCC, 30. Andrew McDonald DTCC, 31. Sandy Wilson DTCC, 32. Adrian Atkinson ABC, 33. Chris Palmer SCC, 34. Roderick Macpherson DTCC, 35. Chris Hall, 36. Steven Sharp EN,

37. Craig Christie DTCC, 38. John Main MCRT, 39. Neil Obrien, 40. Callum White DTCC, 41. Ian Hepburn TAAA, 42. Thomas Evans KRT, 43. Will Burnish, 44. Ryan Keir SC, 45. David Deans DTCC, Charles Fairgrieve MFCC, John Kent AWCC, Mark Madigan Elgin CC, David Menzies AWCC, Ian Russell, Glenn Thompson YCC

#### Ladies

1. Lucy Ritchie EN, 2. Jenny Stanning, 3. Emma Smith DTCC, 4. Kathleen Thomson YCC, 5. Karolyn Brown V44RT, 6. Jackie Donald Elgin CC, 7. Emily Middleditch DTCC, 8. Catherine Gourlay, 9. Lauren Liversidge DTCC, 10. Ny Leonard AWCC, 11. Carol Middleton YCC, 12. Emma Barr DTCC, 13. Allison McKenzie YCC, 14. Kirst Smart Elgin CC, 15. Claire Murphy YCC, 16. Megan Stronach YCC, Jennifer Noble YCC, Jacqueline Ross EN, Amanda Tweedie RT 23

#### U16 Boys

1. Daniel Kain SS, 2. Fraser Gault ERC, 3. Alexander MacLeod GT, --- Cameron Brown DJCC, --- Cole Stewart EKRC, --- Matthew Thomson GT

#### U16 Girls

1. Erin Murphy DTCC, U14 Boys, Position Name Club name, 1. Calum Smith DTCC, 2. Noah Fontaine DTCC, 3. Jamie Liversidge DTCC, 4. Isaac Small GT, 5. Cameron Stromberg DTCC, 6. Samuel Griffin, 7. Samuel Roberts

#### U14 Girls

1. Evie White DTCC, 2. Isla Long DTCC, 3. Ailsa Long DTCC

#### U12 Boys

1. Callum McGillivray GT, 2. Archie Marshall Dawson DTCC, 3. Daniel Harnden DTCC, 4. Jacob Parker YCC, 5. Dillon Thomson, 6. Andrew Ingram YCC, 7. Ross McArthur YCC, 8. Euan Davidson

#### U12 Girls

1. Arabella Blackburn DTCC, 2. Molly Evans GT, 3. Sasha Harnden DTCC, 4. Thea Aitken DTCC

#### U10 Boys

1. Dean Fearn, 2. Finn Crowther ERC, 3. Innes Long DTCC, 4. Oliver Bain, 5. Matthew Smith YCC, 6. Jonathan Whittle GT, 7. Euan Murphy YCC, 8. Kai Fearn, 9. Murdo Evans GT, 10. Arran Keenon, 11. Daniel Coll, 12. Hamish McGillivray GT, 13. Fraser Campbell GT, 14. Calum Varacavoudin

#### U10 Girls

1. Hope Thomson DTCC, 2. Melanie Rowe DTCC, 3. Jessica Booth DTCC, 4. Heidi Thomson GT, 5. Eva Murphy DTCC

#### U8 Boys

1. Micah Myles, 2. Sebastian Blackburn DTCC, 3. Josh Sharp EN, 4. Rory Keenon, 5. Griff Aitken DTCC, 6. Cooper Thomson

#### U8 Girls

1. Zara Main DTCC, 2. Katy Tweedie YCC, 3. Libby Tweedie YCC, --- Isabella Smith YCC

### GCRT Isobel Smith Memorial 25TT Laurencekirk – Sunday, 20 May 2018

1	James Cusick	DC	54.52
2	Tom Broadbent	ERC	55.03
3	Michael Cheney	DTCC	55.19
4	Matthew Cockerell	DTCC	55.32
5	Carlos Riise	SWCC	56.12
6	Sean Noon	SRT	56.34
7	Richard Dowling	PUCC	56.48
8	Jonathan Hunter	AWCC	57.00
9	Ian Dobbie	WLCCC	57.50
10	Keith Robertson	GCRT	58.12
11	Andrew Ennis	DTCC	58.18
12	Calum Gibb	DTCC	58.42
13	Andy Cowie	GWCC	59.52
14	Ron Lowe	DTCC	1.00.14
15	Steve Shand	DTCC	1.00.25
16	Graham Jones	ERC	1.00.26
17	John Blunsdon	DTCC	1/00/35
18	Edward Atkinson	ECC	1.02.01
19	Michael Giles	YCC	1.02.02.
20	Iain Macleod	DTCC	1.02.05
21	Neil Anderson	DTCC	1.02.06
22	Stephen Watters	YCC	1.02.21
23	Brendan McCabe	DTCC	1.02.31
24	Derek Skinner	YCC	1.02.38
25	Kevin Lackie	RT 23	1.02.43
26	Mark Wood	ECC	1.03.20
27	Murray Doyle	BW	1.03.20
28	Amanda Tweedie	RT 23	1.04.00
29	Michael Spalding	GCRT	1.04.11
30	Stephen Beech	RT 23	1.04.18
31	Gordon Smith	DTCC	1.06.13
32	Ian Grant	DTCC	1.06.18
33	Ian Sinclair	DTCC	1.06.27
34	Sandy Wallace	FCRC	1.06.40
35	Jim Robb	DTCC	1.07.31
36	Mark Heady	DTCC	1.08.15
37	Margaret Anderson	DTCC	1.09.23
38	Gavin Laffoley	FCRC	1.09.35
39	Jill Prabucki	DTCC	1.13.42
40	Stewart Mitchell	DTCC	1.14.49
41	Janette Hazlett	GICC	1.15.02

### Fetternear Road Race Thursday, 24 May 2018

1 Struan Pryde PHRT, 2 Tim Shoreman, 3 Sean Delaney VCRT, 4 Chris Williamson DTCC, 5 Donald MacRury MFCC, 6 Thomas Gelati Bioracer-Project GO, 7 Chris Main V44RT, 8 Stuart Gray DTCC, 9 Tim Mackley VCRT, 10 Martin Reynolds AWCC, 11 Ian Flett DTCC, 12 Alan Smith YCC, 13 Andrew Ennis DTCC, 14 Chris Petrie AWCC, 15 Anthony French DTCC, 16 Brian Duncan Sparta Breda, 17 Jody Hall VCRT, 18 Martin Lonie NSSL, 19 Danny Hedley RT 23, 20 Myles Taylor DTCC, 21 David Deans DTCC, 22 Brodie Runciman Saints Ciclista, 23 Kyle Mowbray PPI, 24 David Duggan, 25 Steve Cunningham DTCC, 26 Greg Quinn DTCC, 27 Gary Hughes DTCC, 28 Victor Allan DTCC, 29 Liam McNamara, 30 Malcolm Grant PPI, 31 Calum Robb, 32 Iain Pryde DTCC, 33 Lauren Kedar DTCC

## Moray Firth Cycling Club Road Race Culbokie – Sunday, 03 Jun 2018

Lewis MacFarlane MFCC won his own club's RR at Culbokie at the start of the month.

Deeside Thistle were represented by:

9<sup>th</sup> Aaron Johnson, 10<sup>th</sup> Ian Flett, 19<sup>th</sup> Myles Taylor, 29<sup>th</sup> Stuart Gray, 32<sup>nd</sup> Richard Harris and 34<sup>th</sup> Tony French

## Echt Road Race Thursday 07 June 18

1 Struan Pryde PHRT 40 miles in 1.23.39, 2 Sean Delaney VCRT st, 3 Alistair Merry DTRC @ 2s, 4 Dominic Cordiner DTCC, 5 Martin Reynolds AWCC, 6 Andrew Ennis DTCC, 7 Sean Gordon EKCC, 8 Jonathan Hunter AWCC, 9 Alan Smith YCC, 10 Chris Main V44RT, 11 Stuart Gray DTCC, 12 Richard Harris DTCC, 13 Aaron Johnson HC, 14 Kris Urquhart DTCC, 15 Steve Cunningham DTCC, 16 Matthew Cockerell AWCC, 17 Jody Hall VCRT, 18 Greg Quinn DTCC, 19 Neil Anderson DTCC all @ st, 20 Danny Hedley RT23@ 10s, 21 Brian Duncan SB @ 11st, 22 Calum Gibb DTCC @ st, 23 Steve Shand AWCC @ 14s, 24 Michael Gordon AWCC @ 17s, 25 Samuel Langlois Lopez HC @ 22s, 26 Nico Anelli @ st, 27 Jonathan Cordiner YCC @ 24s, 28 Neil Scott DTCC @ 1.29, 29 Ross Webster WBC @ 3.07, 30 Dave Reed BPGO @ 5.09, 31 Craig Breetzke MCRT @ 5.22, 32 David Stewart DTCC @ st, 33 Chris Williamson DTCC @ 6.08, 34 Dan Saunders DTCC @ 8.46, 35 Roderick McPherson DTCC, 36 Calum Cormack, 37 Callum White DTCC all @ st, 38 Malcolm Grant PPI @ 15.10, 39 John Mill @ 15.35, 40 Craig Christie DTCC @ 15.36, 41 Tim Mackley VCRT, 42 Garry Russell RAF, 43 Andrew Suller YCC, 44 Lauren Kedar DTCC, 45 Daniel Ewing AWCC all @ 1 lap

## Brunei RR 2018

The annual road race in Brunei this year was planned leaving from Kuala Belait only a few km's from my accommodation all the way to the other side of the country to the capital city Bandar, although that's only about 100km straight line! The race was set-up to be a rolling closure and supported by the police and lots of motorbikes clearing the path and stopping traffic.

I joined the race supported by the UPCT crew, support cars, mechanics, managers all involved! We had entered 2 teams of 8 and also 25 individuals, so 41 wearing the new UPCT kit – Grey, Black daring Pink jerseys!

I had a few thoughts myself about the race and with the heat decided to play a waiting game and would watch what was going on but only get my nose in the wind in the later stages... could I wait that long! Talking to the other team members and the lead rider, Reduan, he suggested I waited till the last 50km where it started to get a little bit hillier where folks would start to fatigue!

Race Day! Start 9am with the day hitting over 35 degrees. Riding to the start with a team member we had to stop to repair his puncture, great start! Off we go and the pace picks up straight away, I do as told and sit in around 20-30 riders back. After about 10km a small break away forms as they target the first sprint point at 40km. We let them go and this includes 3 of the team I'm

in. The team takes the sprint and as it slows down I opt to go for a wee attack to see who follows and get a look at the competition! Nothing comes of it and I'm brought back in.

At about 50km I get a rear puncture right in the middle of the group!! I move over after shouting a little and get my rear cassette in the right gear to remove the wheel. The support car appears, replaces the wheel with a like for like (phew!) and off I go chasing on! I managed not to panic and not go red and after a few kms was back in the bunch!

The road then started to roll a little with a few bumps which started to drop folks out the back. I stuck with the main bunch allowing a few groups to get away but not too far ahead.

With about 60km to go it was all brought back and with a sharp right turn I found myself taking the corner smoothly and building speed through the group, so kept it going and attacked! A few riders tried to come too and eventually we were 3 riders out front, then about 5km in I saw a team mate try to bridge over with the next sprint coming, so I choked back the effort and he joined us, he took 2<sup>nd</sup> in the sprint but with the 1<sup>st</sup> place earlier took the sprinters jersey!

I then kept it going and was left alone for a little bit, then joined by a chasing group of around 15 including 5 of the grey team and 2 of the black team but the others not really working.

We had a 30 sec gap and I get the team working to open up the gap! With 40km to go I then attacked again and off the front ahead of a climb, joined over the top by 2 teammates and we then went about working to stay away! We worked well and opened a gap to 1:30 taking the KOM points between us rolling through and then by the last kilometre we had several minutes and took it easy! We then stayed away and rolled over the finish joint winners, but with me in the Master category taking the WIN for over 40's category.

Another great experience out here in Brunei! Heading home in June for the Scottish Veterans Championships, and looking forward to be riding in the Deeside colours again!

*Mark Walker*

## Race Marshals

Many Thanks to the 5 people who in various and really nice ways acknowledged my probably insignificant existence at the Dunecht / Echt turn left junction at the league event 08 May. Much appreciated. The other 39 individuals may wish to consider a few facts:

- Marshal's mean no race, police, etc, will not allow
- A Marshal cannot stop traffic but do create an important awareness that a cycle event is happening
- Marshal's put up warning signs; try doing that with cold fingers
- Marshals shout words of encouragement

Go volunteer please, you get to wave a big red flag, and finally if you see an older cyclist at evening league DO NOT SAY DIG IN!! The response will not be polite!

*Ken Tree*



## Proposed Calendar for 2018

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

Date	Event	Type	Club
10 Jun	<a href="#">Vets road race champs</a>	RR	DTCC
17 Jun	<a href="#">Great Inverurie Bike Ride</a>	Sportif	
17 Jun	<a href="#">Neish Low 25</a>	TT	AWCC
20 Jun	<a href="#">Massie Shield</a>	TT	YCC
24 Jun	<a href="#">Mid-Summer RR</a>	RR	DTCC
24 Jun	Jolibar Trophy Cairn	RR	GCRT
30 Jun	<a href="#">UNDO – REDO – DINNAEDO</a>	Sportif	
01 Jul	<a href="#">Ian Brodie 10</a>	TT	DTCC
08 Jul	<a href="#">Fitnut Trophy 50 + Nat 50</a>	TT	GCRT
12 Jul	<a href="#">Grampian Evening RR5</a>	RR	AWCC
14 Jul	<a href="#">Brewdog Sportive</a>	Sportif	
15 Jul	<a href="#">Methlick Cycle Challenge</a>	Sportif	
29 Jul	Coffee Pot 50	TT	DTCC
09 Aug	<a href="#">Grampian Evening RR6</a>	RR	TEN
12 Aug	<a href="#">Classified 10</a>	TT	AWCC
18 Aug	<a href="#">SC Youth TT</a>	TT	
19 Aug	<a href="#">Ellon Youth Crit</a>	Youth	YCC
26 Aug	<a href="#">Furneaux 100 + Nat 100</a>	TT	DTCC
09 Sep	Hill Climb Champs	TT	AWCC
09 Sep	Team Time Trial	TT	AWCC
15 Sep	Falling Leaves Stage race	RR	BSB
23 Sep	3 Braes TT	TT	DTCC
30 Sep	<a href="#">Regional Champs TT</a>	TT	TEN

## Evening League Story

Bill Dobbie was first a member of Forfarshire RC, a Dundee club. While there he did a lot for cycling but when he moved jobs to Aberdeen in 1968 to be part of the team controlling the Aberdeen Corporation Transport Network he joined the Deeside Thistle Road Club. In his few years with us he put forward a few good ideas.

Probably principal in his suggestions was the formation of an Evening League. To make it work it had to offer every rider the chance to improve and what better way than to base a league on handicap performances as well as scratch performances.

The first trial run was in 1968. There were only six events spaced out during the season. Details are a bit hazy though an A J Lindsay is recorded as the winner.

The league has continued every year since. That's right, our league is over 50 years old. We should have had a bigger celebration at the end of last season! It still has the same code; points being awarded for handicap results as well as scratch. It is hotly contested and though the events are confined events, which riders will often only use to gauge performance, some riders base their whole season round the series.

Growing in stature the league has become very much part of a weekly ritual with events at standard 10 and 25 miles but more and more the introduction of non-standard distance and hilly events has been welcomed. The number of events has also gradually increased until now, nearly every Tuesday evening between the start of May

and half way through August, sees a host of club members assembling to test their mettle.

Courses used over the years have been the registered 10 and 25 miles, first on Deeside roads but now more usually based on Garlogie though the new 10 course from Drumoak is also favoured.

Non-standard courses have included ones at Pitmedden, Fetteresso and the ultimate hilly from Lairhillock and over the Slug. Current circuits are at Dunecht and Midmar.

There has also been for a number of years a Hillclimb. Why do many riders avoid this event?

To accommodate year on year the increasing number of competitors various other competitions within the league have been introduced. These are a Ladies, Vets, Junior and Juvenile as well as a Vet on Standard. The Vet on Standard probably creates as big a following as the main league.

Several riders have won the league on a number of occasions. Jonathan Copp, Robert Brown and Sandy Lindsay have each won it four times. Mike Robertson has taken the title on three occasions. Those who have won it twice are Dougal Bannerman, Neil Brown, Brian Duncan, Philip Kelman and Leslie Simpson.

Individual winners are Paul Alexander, Tom Barratt, Mike Cheney, Alistair Davidson, Alan Dobbie, Ron Dobson, Philip Duncan, Steve Durham, Alan Elkington, Jon Entwistle, Alan Ewen, Chris Good, Ben Gowland, Doug Haig, Norman Hatton, Robert Lindsay, Tim Mackley, Steve Milligan, Dick Pratt, Daniel Ritchie, Stuart Ruddiman, Steve Shand, Duncan Warwick, Kevin Watson and Kelvin White.

The Ladies Award introduced in 2010 has been won twice by Shelley Farrar and twice by Jackie Laing. The other winners are Emily Middleditch, Amanda Tweedie, Mona Mackley and most recently Emma Smith.

The Vets Championship, which has been there since 1986, doesn't depend on Standard, only placing in the Overall Table. Alan Elkington won the first three Awards. Then Alan Campbell stepped into his shoes in 89/90. Steve Walton won it on three occasions as did Philip Kelman. Steve McIntosh has taken it twice along with Duncan Warwick, Malcolm Wilson and in the last two years, Mike Cheney. Other winners of this Award are Ian Brown, Philip Duncan, Jon Entwistle, Brian Hatton, David Howard, Ashley Jermieson, Sandy Lindsay, Simon Lott, Andy Massie, Steve Muir, Keith Nettleton, Greg Quinn and Kelvin White.

Brian Duncan is the only rider who has won the league in the Juvenile (1996), Junior (1997) and Open (1998) categories.

A number of females have been successful in the Juvenile and Junior categories. Notable among these are Susan Hogg, Anna McRobb and Lauren Liversidge.

The Vets on Standard competition, introduced in 2010, was dominated in its early years by Dick Stewart.

Only one rider has taken maximum points in all counting six events. Sandy Lindsay managed this in 1974.

Quite a number of the winners are still very much part of the club or still involved with cycling in other clubs.

At the outset of the league riders in any event seldom reached the heady number of 20. Today, even the Hillclimb attracts twice or more than this number. It is expected that more than 100 members will record one or more performances during the series.

Statistics could be pulled together and this may be done when there is an odd moment but suffice to say that in the history of the league there have been about 500 events with in excess of 20,000 individual performances recorded.

### **First Aiders**

Over the past few seasons we have tried to establish a good base of First Aiders in the club; this with a view to making it easier for organisers to source this important official. Current organisers are having difficulties persuading folk to commit to the task. Maybe the time is approaching where Entry Fees will have to increase to a level where it is possible to hire in professional help for all duties at our events

### **West Highlands 1000k Audax 2018**

Check out what Ron Lowe gets up to between league events: <https://www.strava.com/activities/1614846092>. In PK's words One hell of a ride!! And not many riders could complete such a challenge

## **Midsummer Beer Happening Sportive**

**Ladies and gentlemen, boys and girls  
get ready to saddle up**

**Entry for the legendary Midsummer  
Beer Happening Sportive is open**

**Get over to  
<http://midsummerbeerhappening.co.uk/cycle-sportive/>**

**and grab your place**

**It's on Saturday 30 June during the  
Stonehaven Beer Festival and if last  
year is anything to go by it'll be the  
best value sportive around**

***Robert Lindsay***

### **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)

### **Kintore Beginners - Sunday**

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

### **Kintore Beginners - Wednesday:**

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

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

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

### **Saturday Pedal**

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

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

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

### **UNDO - REDO – DINAEDO**

Word came through that the week leading up to the Dinaedo Sportive the Cairn road is being prepared for resurfacing. That was bad news indeed.

However, after hours of tense negotiations, bargaining and a huge amount of good will from Aberdeenshire Council, the MSBH Sportive - the Undo, Redo and Dinaedo - IS green for go!

Thank you to all involved in fixing this for a record entry – approaching 700. There is still time to get on the start sheet - enter now at

<https://www.eventbrite.co.uk/e/msbh-2018-dinnaedo-100m-redo-70m-undo-52m-tickets-42229135481?aff=eand>.

It's the best value Sportive anywhere

***Robert Lindsay***

## COFFEE POT 50TT 29th JULY 2018

Unfortunately the organiser for the Coffee Pot TT can no longer commit to the race

We are therefore in need of a replacement organiser

Do we have any volunteers?

As this is one of the few 50 mile TT's in the calendar North of the border, it is important that we try to retain this race

Please give me a shout on [Kintore.sunday@gmail.com](mailto:Kintore.sunday@gmail.com) if you are interested in taking this on, or just want to know more before making a decision

*Andy Kerr Events Secretary*

### SC NATIONAL VETS RR CHAMPS 10 June 18

Iain Pryde and team nailed the organisation of the Vets National Champs race at Alford on Sunday 10 June.

Wins for Davie Lines in the V40 and Dominic Hines in the V50.

Andy Innes was best paced Deesider in the V40, coming home 6th and Richard "slugger" Harris came home in 7th in the V50.  
*Andy Kerr, Events Secretary*

## Falling Leaves Road Race

The falling leaves road race at the end of the season doesn't have an organiser. Dave Reed has volunteered to head up a group of volunteers from all clubs to put this on

As you know this race was the brainchild of Peter Clark so it would be a shame to lose it

Can I ask each club to nominate one ( or more) people to be on the organising committee for this prestigious race. Please email me and I'll send the volunteers on to  
Dave

**Colin Allanach**

**[colinallanach@aol.com](mailto:colinallanach@aol.com)**

### 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*

### IAN BRODIE 10TT and Youth Time Trial

I'm organising this popular event on the 1st July, which is back on the Drumoak course for 2018.

I'm looking for volunteers to help make it another successful Deeside event. I need help with all the usual roles - first aid, marshals, starter, hudder-upper and a gear checker.

First rider off at 09:01 so we will be all done by lunchtime, Please email me [ktkwhite@btinternet.com](mailto:ktkwhite@btinternet.com) or send me a dm if you can help  
*Kelvin White*

### Wild Cycle Pit Stop

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

### Letters

*Sir*, I was driving home from town at 6.50pm recently and was appalled at the driving "skills" of my fellow drivers, overtaking when there were cyclists on both sides of the road leaving little or no room for bikes.

It was particularly bad along the Garlogie straight where a bus stopped and a gold camper van overtook the bus almost crashing into two cyclists coming the other way - who should remember them as they looked pretty annoyed!

The camper van went all the way to Banchory. It saddens me to see this behaviour.  
*Kind regards, Liz Dobson*

### Club Handbook

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

### Club Tandem

The club tandem is used to offer locals with poor vision the opportunity to get out in the fresh air. That remains a key objective. We could also put it to use for people with arm or leg injuries, inducting newbies into club runs or even use it for time trials. It's 23" front, 21½" rear, has lights & mudguards. John Sands garages it in Mid Stocket Road in Aberdeen's west end. If you know someone who might enjoy a run out, or fancy taking it for a spin yourself, contact John on 07736 143836, [john.sands@zen.co.uk](mailto:john.sands@zen.co.uk)

## 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 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>

## Social Media

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

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

## SVTTA

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

## Welfare Officers

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

## Alpine Bikes

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

## Bike Box Hire

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

## Introductory BC Membership

A benefit of your club's affiliation to British Cycling is that club members can get up to £20 off membership when they join British Cycling for the first time. Simply use the promotion codes below. You will get the introductory discount when you [join online](#).

The promotional codes required are:

Race: **NEWCMRA**

Ride: **NEWCMRD**

If you need any assistance, don't hesitate to contact our team: [membership@britishcycling.org.uk](mailto:membership@britishcycling.org.uk)

Britain's National Cyclists' Association



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



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

### Office Bearers

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

### Right to Ride Representatives

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

### Runs Co-ordinators

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

### Additional Runs Leaders

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

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

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

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

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

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

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

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

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

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

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

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

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



## Runs

Sat 16 Jun Faster Full Day A 09:00 B&Q, Bridge of Don, coffee at The Coffee Apothecary, Pitmedden (01651 842253), picnic lunch at Bullers of Buchan. Doug

Sat 16 Jun Morning Run D 09:30 Brig o' Balgownie to Bake N Butty, Newmachar Community Centre (01651 328010) Heather

Sat 16 Jun Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. Gerard

Sun 17 Jun Medium Full Day B 09:30 Parkhill bridge, coffee at Lochter, Oldmeldrum, picnic lunch at Fyvie Castle John T

Wed 20 Jun Pub Run D 19:30 Girdleness Lighthouse to The Neuk, Portlethen. John B

Thu 21 Jun Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop. Cindy

Sat 23 Jun Slower Full Day C 09:30 B&Q Bridge of Don to The Apothecary, Pitmedden coffee (01651 842253) Forvie Church Newburgh picnic lunch. Alan

Sat 23 Jun Social Let Heather know by today if attending next Saturday's social Heather

Sun 24 Jun Faster Full Day A\* 09:00 Westhill Shopping Centre, coffee at Bistro, Alford, picnic lunch at Huntly. Alberto

Sun 24 Jun Morning Run D 09:30 4 mile pub Kingswells to Forest Cafe, Midmar (01330 830000) Wilf

Sun 24 Jun Try Cycling E 10:00 Seaton Park, Don St Entrance, Short easy rides, all welcome. Mike

Wed 27 Jun Pub Run D 19:30 Airyhall Library to Lairhilllock, Netherley. Alberto

Thu 28 Jun Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop. Cindy

Sat 30 Jun Medium Full Day B 09:30 B&Q, Bridge of Don, coffee at the Symposium Coffee House, Ellon (01358 268190), picnic lunch in Aden Country Park Sheila

Sat 30 Jun Social 19:30 Indoor bbq/house warming Heathers 88 Rona Place Heather

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

## 25 Years Ago

### QUOTE OF THE MONTH

Mike Fowkes: I feel much prouder to be seen in a Deeside jersey than any trade top.

### Recent New Members

The following new or returning members have joined in recent weeks

1325	Steven Lynch	Newtonhill	45
1828	Jennifer Cleland	Cults	50
2180	Colin Esslemont	Stonehaven	45
2399	Alick Watt	Westhill	46
2458	Ewan MacMillan	Banchory	20
2818	Coralie Dee Arthur	Tarland	23
2819	Ron Robb	Banchory	60
2820	George Phillips	Aberdeen	22
2821	Mark Farquhar	Aberdeen	51
2822	Mark Evans	Aberdeen	43
2823	Molly Evans	Aberdeen	11
2824	Murdo Evans	Aberdeen	9
2825	Swiad Worms	Aberdeen	27
2826	Spencer Holmes	Aberdeen	42
2827	Richard Ward	Aberdeen	68
2828	Lauren Kedar	Aberdeen	22
2829	Hugh Eadie	Netherley	63
2830	Donald Munro	Peterculter	47

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

## 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](#)

### Outdoor Experience Card

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

## DEESIDE TRAINING

### Training/Clubruns/Chaingangs

a) **Monday - Metafit Class** - Metafit Airyhall Community Centre, Countesswells Road. Every Monday night 7.25 – 7.55pm. £3.50/class. High intensity interval session. Contact [helene1@btinternet.com](mailto:helene1@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 the email list

f) **Wednesday** - Kintore Beginners - An ideal start to group cycling, no drops and support on tap. Confidence

building and mid-week mileage for the less experienced cyclist. Departing either Kintore Primary School or Kemnay Academy each Wednesday at 6pm through the summer months. Target pace is 14mph and typical route is 18 miles. Experienced riders most welcome on the beginners ride to provide support. You will be expected to abide by the pace and no-drop rules! If you'd like added to the email list, please drop me a line on [Kintore.sunday@gmail.com](mailto:Kintore.sunday@gmail.com)

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

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

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

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

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

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

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

**n) Sunday** - Donside Bunch - Spring/Summer Schedule - The main group will have regular Sunday rides throughout the summer with coffee rides interspersed with longer "specials" as the calendar permits. All rides will be advertised in advance on Facebook and via the

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

#### More detail

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

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

#### Evening League

##### Event No 02 12ml Garlogie/Dunecht/Echt 08/05/18

	Time	H'cap	Fpts	Hpts	Tpts
1 Cheney, Mike	26:01	22:41	80	80	160
2 Lowe, Ron	27:05	23:30	79	77	156
3 Ferguson, Jack	27:19	23:35	78	76	154
4 Gibb, Calum	28:00	24:07	77	73	150
5 Ritchie, Colin	29:46	22:47	70	79	149
6 Wilson, Tom	29:07	24:24	75	70	145
7 Leal, John	30:10	23:17	65	78	143
7 Wood, Ben	29:31	24:20	72	71	143
9 Huston, John	29:52	24:16	69	72	141
10 Stromberg, Simon	29:34	24:35	71	68	139
11 Blunsdon, John	29:08	24:42	74	64	138
12 Edgley, Phil	28:09	24:58	76	60	136

13	Thomas, Gavin	31:34	24:03	60	74	134	31	Strachan, Jon	28:02	21:42	51	50	101
14	Thomson, Michael	30:09	24:38	66	67	133	32	Lynch, Steven	27:24	22:33	52	47	99
15	Collins, Jamie	29:53	24:43	68	63	131	33	Liversidge, Lauren	29:25	22:00	47	49	96
16	Liversidge, Jamie	32:47	23:48	55	75	130	33	Mitchell, Stewart	28:47	22:31	48	48	96
16	Wilson, Ian	29:27	25:13	73	57	130	35	Prabucki, Jill	29:49	22:39	46	46	92
18	Ferguson, Michael	31:50	24:25	57	69	126	36	Byth, Bill	31:04	23:02	45	45	90
19	Keenon, Ashley	30:59	24:51	63	61	124	37	Chalmers, Alfie	32:13	23:53	43	44	87
20	McGraw, Bob	30:58	25:03	64	59	123	37	McIntosh, Bert	31:45	24:09	44	43	87
20	McDonald, Andrew	30:02	25:18	67	56	123	39	Murphy, Erin	32:32	24:12	42	42	84
22	Howarth, Neil	32:31	24:39	56	66	122	40	Enright, Jonathan	34:16	27:32	41	41	82
23	Stromberg, Cameron	33:46	24:40	52	65	117							
23	Lindsay, Robert	31:36	25:08	59	58	117							
25	Arthur, Coralie	33:09	24:43	53	63	116							
26	Middleditch, Emily	31:22	25:27	61	54	115							
27	Davidson, Mark	31:03	25:47	62	51	113							
28	Walton, Steve	31:37	25:36	58	52	110							
29	Robb, Jim	32:51	25:31	54	53	107							
30	Mathieson, Richard	34:43	25:19	48	55	103							
31	Prabucki, Jill	34:34	25:58	50	49	99							
31	Mitchell, Stewart	34:04	26:33	51	48	99							
33	Efimova, Vera	35:55	25:55	46	50	96							
33	Pritchard, Iain	34:37	26:53	49	47	96							
35	Enright, Jonathan	35:51	27:46	47	45	92							
36	Murphy, Erin	37:31	27:31	45	46	91							
37	Edwards, Ian	38:12	28:12	44	44	88							
38	Cleland, Jennifer	41:05	35:16	43	43	86							

**Event No 3 10ml Garlogie**

**15/05/18**

1	Dawson, David	23:07	18:43	79	79	158
2	Taylor, Myles	23:13	20:00	78	76	154
2	White, Kelvin	22:14	20:11	80	74	154
4	Rough, Ali	25:07	19:39	70	78	148
5	Ferguson, Jack	23:31	20:24	76	71	147
5	Lowe, Ron	23:26	20:27	77	70	147
7	Leal, John	25:33	19:49	67	77	144
8	Brailsford, Andy	25:08	20:15	69	73	142
9	Smith, Gordon	25:15	20:16	68	72	140
10	Stromberg, Simon	25:01	20:52	72	67	139
10	Wilson, Ian	24:34	21:02	75	64	139
12	Cordiner, Dominic	24:44	21:01	73	65	138
13	Duthie, Andrew	26:52	18:32	56	80	136
13	Ritchie, Colin	25:56	20:07	61	75	136
15	Quinn, Greg	24:40	21:10	74	58	132
16	McGraw, Bob	25:48	20:52	63	67	130
17	Huston, John	25:44	21:04	65	62	127
18	Thomas, Gavin	26:49	20:33	57	69	126
18	Grant, Ian	25:04	21:17	71	55	126
20	Thomson, Michael	25:46	21:10	64	58	122
21	Howarth, Neil	27:20	20:47	53	68	121
21	Sinclair, Ian	25:54	21:05	62	59	121
23	Pirie, Sandy	26:37	21:04	58	62	120
24	Deans, David	25:39	21:26	66	53	119
25	Robb, Jim	27:11	21:04	54	62	116
26	Middleditch, Emily	26:21	21:25	60	54	114
27	Arthur, Coralie	28:05	21:03	50	63	113
28	Walton, Steve	26:36	21:35	59	52	111
29	Lindsay, Robert	26:59	21:36	55	51	106
30	Liversidge, Jamie	28:42	21:13	49	56	105

**Event No 04 15ml Garlogie/Midmar**

**22/05/2018**

1	Cheney, Mike	34:59	30:48	80	80	160
2	Ennis, Andrew	35:08	31:06	79	79	158
3	Lowe, Ron	35:39	31:10	78	78	156
4	Gibb, Calum	36:43	31:52	77	76	153
5	Gillespie, Andrew	38:48	31:31	71	77	148
5	Blunsdon, John	37:55	32:22	75	73	148
7	Collins, Jamie	38:45	32:18	72	74	146
8	Wilson, Tom	38:36	32:42	73	70	143
9	Ritchie, Colin	39:57	32:09	67	75	142
9	Wood, Ben	38:52	32:23	70	72	142
11	Rough, Ali	39:22	32:32	69	71	140
12	Quinn, Greg	38:14	32:59	74	65	139
12	Ferguson, Jack	37:47	33:06	76	63	139
14	Leal, John	40:05	32:45	65	68	133
15	Duthie, Andrew	41:38	32:42	57	70	127
15	Smith, Brian	40:55	32:58	61	66	127
15	Deans, David	39:53	33:33	68	59	127
18	Thomson, Michael	40:09	33:15	64	61	125
19	Thomas, Gavin	41:38	32:47	57	67	124
20	Stromberg, Simon	40:02	33:48	66	56	122
21	Huston, John	40:33	33:33	62	59	121
22	Sinclair, Ian	40:55	33:41	61	57	118
23	Anderson, Margaret	43:11	33:03	52	64	116
23	Vaughan, Ian	42:34	33:11	54	62	116
25	McGraw, Bob	41:16	33:52	58	55	113
26	Strachan, Jon	43:38	33:20	51	60	111
26	McDonald, Andrew	40:31	34:35	63	48	111
28	Pirie, Sandy	42:14	33:54	55	53	108
29	Dennison, Mike	41:00	35:00	59	47	106
30	Howarth, Neil	43:44	34:15	50	51	101
31	McMillan, Margaret	46:22	33:52	43	55	98
31	Mathieson, Richard	45:48	34:03	46	52	98
31	Arthur, Coralie	44:52	34:31	48	50	98
31	Middleditch, Emily	42:50	35:26	53	45	98
35	Stromberg, Cameron	45:56	34:33	45	49	94
36	Kadar, Lauren	44:22	37:05	49	42	91
37	Prabucki, Jill	46:02	35:17	44	46	90
37	Mitchell, Stewart	45:44	36:20	47	43	90
39	Chalmers, Alfie	48:26	35:56	42	44	86
40	Efimova, Vera	50:32	38:02	40	41	81
41	Morice, Kevin	48:35	39:51	41	39	80
42	Edwards, Ian	50:51	38:21	39	40	79

**Event No 05 25ml Garlogie/Torphins**

**29/05/2018**

1	Taylor, Myles	56:34	47:19	79	78	157
2	Ferguson, Jack	58:18	47:17	75	79	154
2	Lowe, Ron	57:11	47:41	77	77	154

4	Holmes, Spencer	1:00:20	47:08	72	80	152	29	Middleditch, Emily	51:41	42:19	58	51	109
5	Cheney, Mike	55:00	48:26	80	71	151	30	Bryson, Ken	51:43	42:28	57	50	107
6	Wood, Ben	1:00:53	48:01	71	76	147	31	Fee, Joe	55:05	41:31	50	52	102
6	Blunsdon, John	59:20	48:20	74	73	147	32	Mitchell, Stewart	57:00	43:21	49	49	98
8	Ennis, Andrew	57:01	48:45	78	67	145	33	Murphy, Erin	59:36	43:41	46	48	94
9	Edgley, Phil	57:58	48:37	76	68	144	33	Chalmers, Alfie	59:00	43:45	47	47	94
10	Brailsford, Andy	1:01:43	48:23	70	72	142	35	Matthew, Cameron	57:06	47:51	48	45	93
11	Smith, Gordon	1:02:02	48:26	68	71	139	36	McIntosh, Bert	00:43	46:06	45	46	91
12	Sinclair, Ian	1:04:01	48:19	64	74	138	37	Cleland, Jennifer	07:33	51:38	44	44	88
12	Wilson, Ian	1:00:16	49:18	73	65	138							
14	Thomas, Gavin	1:05:14	48:12	60	75	135							
15	Pirie, Sandy	1:04:37	48:36	62	69	131							
16	Wilson, Tom	1:02:00	50:19	69	60	129							
17	Deans, David	1:02:32	50:01	67	61	128							
18	Leal, John	1:04:24	49:41	63	63	126							
19	Smith, Brian	1:04:50	49:29	61	64	125							
20	Walton, Steve	1:03:32	50:27	65	59	124							
21	Stromberg, Cameron	1:11:21	49:15	57	66	123							
22	Grant, Ian	1:03:29	51:06	66	56	122							
23	McMillan, Margaret	1:11:57	49:51	56	62	118							
24	Robb, Jim	1:08:20	50:37	58	58	116							
25	Huston, John	1:05:53	52:15	59	55	114							
26	Byth, Bill	1:15:40	50:51	53	57	110							
27	Mitchell, Stewart	1:12:07	53:10	55	54	109							
28	Arthur, Coralie	1:14:02	54:16	54	53	107							
29	Murphy, Erin	1:16:27	54:21	51	52	103							
30	Enright, Jonathan	1:16:22	57:02	52	50	102							
31	Efimova, Vera	1:17:37	55:31	50	51	101							

**(This event was on a short course – roadworks)**

**Event No 07 10ml TT Drumoak 12/06/2018**

**Event No 06 18ml CTT Garlogie/Midmar 05/06/2018**

1	Cheney, Mike	41:41	38:15	80	75	155	1	Cordiner, Dominic	19:44	16:32	78	78	156
2	Ennis, Andrew	43:21	38:34	79	74	153	2	Ennis, Andrew	19:15	16:57	80	75	155
3	Ramsay, Andrew	45:37	38:03	75	77	152	3	Lowe, Ron	19:40	17:06	79	73	152
4	Collins, Jamie	47:02	37:31	71	79	150	4	Ferguson, Jak	19:57	17:16	76	71	147
5	Dawson, David	44:58	38:39	76	72	148	5	Cheney, Mike	19:47	17:23	77	69	146
6	Ferguson, Jak	44:32	38:55	77	69	146	6	Keenon, Ashley	21:13	16:49	68	76	144
6	Edgley, Phil	44:25	39:01	78	68	146	7	Ritchie, Colin	21:16	16:48	65	77	142
8	Keenon, Ashley	48:45	38:02	67	78	145	8	Brailsford, Andy	21:09	17:14	69	72	141
9	Leal, John	48:04	38:34	70	74	144	9	Taylor, Myles	20:00	17:28	74	66	140
10	Stromberg, Cameron	50:13	36:27	63	80	143	9	Dawson, David	19:57	17:30	76	64	140
10	Brailsford, Andy	46:37	38:48	72	71	143	11	Wood, Ben	21:07	17:24	70	68	138
12	Quinn, Greg	46:09	39:15	74	66	140	12	Rough, Ali	21:14	17:19	67	70	137
13	Wilson, Ian	46:12	39:19	73	65	138	13	Stromberg, Cameron	22:14	15:43	53	80	133
14	Thomas, Gavin	48:52	38:51	66	70	136	13	Wilson, Tom	20:59	17:36	72	61	133
14	Rough, Ali	48:29	39:14	69	67	136	13	Ramsay, Andrew	20:22	17:37	73	60	133
16	Kedar, Lauren	53:07	38:12	55	76	131	16	Thomas, Gavin	22:02	16:58	57	74	131
17	Mcdonald, Andrew	48:32	40:05	68	59	127	17	Smith, Calum	22:49	15:48	50	79	129
18	McGraw, Bob	50:35	39:48	60	62	122	17	Leal, John	21:39	17:27	62	67	129
19	Davidson, Mark	50:04	40:47	65	55	120	19	Dennison, Mike	21:30	17:29	63	65	128
20	Pirie, Sandy	50:19	40:41	62	56	118	20	Deans, David	21:15	17:37	66	60	126
20	Sinclair, Ian	50:06	40:50	64	54	118	21	Quinn, Greg	20:59	17:58	72	49	121
22	Howarth, Neil	51:37	40:10	59	58	117	22	Stromberg, Simon	21:17	17:43	64	55	119
23	Strachan, Jon	53:42	39:45	53	63	116	23	Smith, Brian	22:08	17:35	55	62	117
23	Vaughan, Ian	52:57	40:01	56	60	116	24	Smith, Gordon	21:49	17:49	60	53	113
25	Arthur, Coralie	55:03	39:41	51	64	115	25	Thomson, Michael	21:50	17:53	59	52	111
26	Walton, Steve	50:28	41:30	61	53	114	26	Nicoll, Matt	21:42	17:58	61	49	110
27	Ramsay, Hugh	55:00	39:55	52	61	113	27	Pirie, Sandy	22:28	17:42	51	56	107
28	Robb, Jim	53:14	40:29	54	57	111	28	Mathieson, Richard	24:16	17:32	41	63	104
							29	Ramsay, Hugh	23:59	17:41	44	58	102
							29	Howarth, Neil	23:10	17:44	48	54	102
							29	Davidson, Mark	22:04	18:18	56	46	102
							32	Sinclair, Ian	22:11	18:02	54	47	101
							32	Grant, Ian	21:59	18:44	58	43	101
							34	Robb, Jim	23:10	17:54	48	51	99
							35	McMillan, Margaret	24:42	17:41	39	58	97
							36	Mcdonald, Andrew	22:17	18:53	52	40	92
							37	Bryson, Ken	23:04	19:03	49	39	88
							38	Strachan, Jon	24:13	18:19	42	45	87
							39	Ramsay, John	24:56	17:55	35	50	85
							39	Ferguson, Michael	24:08	18:49	43	42	85
							41	Campbell, Alan	24:29	18:39	40	44	84
							42	Prabucki, Jill	24:50	18:49	38	42	80
							43	Collins, Jamie	23:20	19:38	46	32	78
							44	Rowe, Elliot	23:49	19:39	45	31	76
							45	Davidson, Jim	25:09	19:03	34	39	73
							46	Long, Isla	26:12	19:11	33	37	70



47	Morice, Kevin	24:50	19:50	38	29	67	47	Vaughan, Ian	3	164	198	362
48	Edwards, Ian	26:19	19:18	30	36	66	48	Lindsay, Robert	3	174	176	350
49	Chalmers, Alfie	26:21	19:20	29	35	64	49	Byth, Bill	4	167	177	344
49	Efimova, Vera	26:21	19:20	29	35	64	50	Efimova, Vera	4	165	177	342
49	Byth, Bill	26:18	19:23	31	33	64	51	Duthie, Andrew	3	148	184	332
52	Matthew, Cameron	24:54	20:44	36	27	63	52	Liversidge, Jamie	3	151	171	322
53	McIntosh, Bert	26:15	19:43	32	30	62	53	Edwards, Ian	4	147	156	303
54	Murphy, Erin	27:06	20:05	27	28	55	54	White, Kelvin	2	160	142	302
55	Long, Ailsa	27:19	23:09	26	26	52	55	Ramsay, Andrew	2	148	137	285

### League Table after Event No 7

	Events	Fpts	Hpts	Tpts								
1	Lowe, Ron	6	468	454	922	56	Enright, Jonathan	3	140	136	276	
2	Ferguson, Jak	6	460	444	904	57	McIntosh, Bert	3	121	119	240	
3	Leal, John	6	392	427	819	58	Dennison, Mike	2	122	112	234	
4	Thomas, Gavin	6	357	429	786	59	Morice, Kevin	3	120	105	225	
5	Cheney, Mike	5	397	375	772	60	Ramsay, Hugh	2	96	119	215	
6	Ennis, Andrew	5	395	375	770	61	Ferguson, Michael	2	100	111	211	
7	Sinclair, Ian	6	366	350	716	62	Anderson, Margaret	2	102	108	210	
8	Pirie, Sandy	6	347	363	710	63	Bryson, Ken	2	106	89	195	
9	Wood, Ben	5	353	351	704	64	Campbell, Alan	2	89	102	191	
10	Brailsford, Andy	5	346	351	697	65	Cleland, Jennifer	2	87	87	174	
11	Wilson, Tom	5	362	332	694	65	Ramsay, John	2	75	99	174	
12	Ritchie, Colin	5	318	360	678	67	Matthew, Cameron	2	84	72	156	
13	Howarth, Neil	6	317	352	669	68	Holmes, Spencer	1	72	80	152	
14	Robb, Jim	6	320	339	659	69	Gillespie, Andrew	1	71	77	148	
15	Stromberg, Simon	5	341	306	647	70	Urquhart, Kris	1	69	72	141	
16	Deans, David	5	339	307	646	71	Anderson, Neil	1	72	61	133	
17	Arthur, Coralie	6	304	336	640	72	Kedar, Lauren	1	55	76	131	
18	Thomson, Michael	5	320	308	628	73	Smith, Calum	1	50	79	129	
19	McGraw, Bob	5	309	305	614	74	Nicoll, Matt	1	61	49	110	
20	Huston, John	5	311	299	610	75	Fee, Joe	1	50	52	102	
20	Stromberg, Cameron	5	270	340	610	76	Lynch, Steven	1	52	47	99	
22	Blunsdon, John	4	298	287	585	77	Liversidge, Lauren	1	47	49	96	
23	Mitchell, Stewart	6	296	287	583	77	Pritchard, Iain	1	49	47	96	
24	Rough, Ali	4	275	286	561	79	Kedar, Lauren	1	49	42	91	
25	McDonald, Andrew	5	307	250	557	80	Fontaine, Noah	1	45	38	83	
26	Keenon, Ashley	4	260	288	548	81	Rowe, Elliot	1	45	31	76	
27	Wilson, Ian	4	294	251	545	82	White, Evie	1	39	35	74	
28	Quinn, Greg	4	294	238	532	83	Davidson, Jim	1	34	39	73	
29	Smith, Gordon	4	261	266	527	84	Long, Isla	1	33	37	70	
30	Collins, Jamie	4	257	248	505	85	Long, Ailsa	1	26	26	52	
31	Murphy, Erin	6	247	255	502							
32	Grant, Ian	4	259	206	465							
33	Walton, Steve	4	243	216	459							
34	Taylor, Myles	3	231	220	451							
35	Prabucki, Jill	5	221	229	450							
36	Dawson, David	3	231	215	446							
37	Cordiner, Dominic	3	225	219	444							
37	Gibb, Calum	3	230	214	444							
39	Davidson, Mark	4	241	202	443							
40	Middleditch, Emily	4	232	204	436							
41	Edgley, Phil	3	230	196	426							
42	Strachan, Jon	4	197	218	415							
43	Chalmers, Alfie	5	198	211	409							
43	McMillan, Margaret	4	180	229	409							
45	Mathieson, Richard	4	180	226	406							
46	Smith, Brian	3	177	192	369							

### Evening League

#### How to Enter Events

Please enter events before Sunday evening prior to the race. To enter any of the races please email: [enterel@deeside.org](mailto:enterel@deeside.org). When entering please indicate the approximate time you would like to start – after 18:45

#### How to Help

It is a condition of the league that all riders commit to helping – check here: [Evening League Rota](#)

Support is required in any position that has a blank slot. The timekeeper and recorder slots are critical to the continuation of the league.

Please review the file and consider which events you will offer support and email JonStrachan/David Walton on: [helpersel@deeside.org](mailto:helpersel@deeside.org).

**EVENING LEAGUE VETS ON STANDARD COMPETITION 2018**

Name	Age	Ev01	Ev02	Ev03	Ev04	Ev05	Ev06	Ev07	Count	Total	
1 Lowe, Ron	53	49	49	49	50	49	"0	50	6	296	Leader & 50+
2 Mitchell, Stewart	78	43	47	46	41	44	38	"0	6	259	70+
3 Sinclair, Ian	61	42	"0	43	40	43	41	44	6	253	60+
4 Cheney, Mike	44	"0	50	"0	49	50	49	48	5	246	40+
5 Ennis, Andrew	45	48	"0	"0	48	48	50	49	5	243	
6 Leal, John	52	"0	42	40	38	35	42	41	6	238	
7 McGraw, Bob	67	47	48	48	44	"0	43	"0	5	230	
8 Pirie, Sandy	59	36	"0	38	31	38	39	37	6	219	
9 Thomas, Gavin	53	"25	38	33	30	33	40	35	6	209	
10 Brailsford, Andy	48	35	"0	41	"0	41	44	45	5	206	
10 Stromberg, Simon	49	41	43	42	37	"0	"0	43	5	206	
12 Wood, Ben	42	37	41	"0	42	39	"0	40	5	199	
13 Robb, Jim	61	31	35	35	"0	30	33	28	6	192	
14 Howarth, Neil	61	29	37	34	26	"0	36	28	6	190	
15 Quinn, Greg	53	"0	"0	47	47	"0	48	46	4	188	
16 Deans, David	43	40	"0	36	34	36	"0	39	5	185	
17 Thomson, Michael	48	39	40	37	36	"0	"0	32	5	184	
17 Blunsdon, John	48	46	45	"0	46	46	"0	"0	4	183	
17 Walton. Steve	68	"0	46	45	"0	47	45	"0	4	183	
20 Wilson, Ian	50	"0	44	46	"0	45	46	"0	4	181	
21 Grant, Ian	54	38	"0	44	"0	37	"0	39	4	158	
22 Prabucki, Jill	L58	26	39	32	29	"0	"0	26	5	152	L50+
23 Davidson, Mark	47	30	37	"0	"0	"0	50	29	4	146	
23 Smith, Gordon	48	33	"0	40	"0	40	"0	33	4	146	
25 Mathieson, Richard	71	27	34	"0	27	"0	"0	31	4	119	
26 Byth, Bill	78	24	"0	31	"0	34	"0	23	4	112	
27 Rough, Ali	41	"0	"0	"0	35	"0	37	35	3	107	
28 Strachan, Jon	53	"0	"0	28	24	"0	32	20	4	104	
29 McMillan, Margaret	L54	23	"0	"0	25	31	"0	24	4	103	
30 White, Kelvin	45	50	"0	50	"0	"0	"0	"0	2	100	
31 Lindsay, Robert	49	32	33	29	"0	"0	"0	"0	3	94	
32 Smith, Brian	50	"0	"0	"0	32	32	"0	30	3	94	
33 Edwards, Ian	66	20	30	"0	23	"0	"0	17	4	90	
33 Anderson, Margaret	L60	44	"0	"0	45	"0	"0	"0	2	89	L60+
35 McIntosh, Bert	74	"0	"0	27	"0	"0	31	21	3	79	
36 Duthie, Andrew	48	19	"0	30	28	"0	"0	"0	3	77	
37 Ramsay, John	76	28	"0	"0	"0	"0	"0	37	2	65	
38 Campbell, Alan	71	34	"0	"0	"0	"0	"0	26	2	60	
39 Cleland, Jennifer	L50	"0	31	"0	"0	"0	29	"0	2	60	
40 Morice, Kevin	41	21	"0	"0	22	"0	"0	16	3	59	
41 Bryson, Ken	58	"0	"0	"0	"0	"0	35	23	2	58	
42 Ferguson, Michael	47	"0	32	"0	"0	"0	"0	19	2	51	
44 Anderson, Neil	55	45	"0	"0	"0	"0	"0	"0	1	45	
45 Wilson, Tom	50	"0	"0	"0	43	"0	"0	"0	1	43	
46 Gillespie, Andrew	46	"0	"0	"0	42	"0	"0	"0	1	42	
47 Prichard, Ian	61	"0	31	"0	"0	"0	"0	"0	1	31	
48 Fee. Joe	45	"0	"0	"0	"0	"0	30	"0	1	30	
49 Davidson, Jim	58	"0	"0	"0	"0	"0	"0	18	1	18	

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).

## 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 Giant TCR compact carbon frame TT bike, ONCE colour scheme. Size small, suitable for 5'6" to 5'11". Ultegra throughout, 9 speed cassette, 12 – 21T. Profile Design bar end shifters. Mavic Ksyrium Elite wheels, SPD pedals (if required), Cateye computer. Excellent first TT bike, £645 ono. [dick.bird@ifb.co.uk](mailto:dick.bird@ifb.co.uk). Photo available (2)
- 2 B&W Bike Case for sale (£250). I'm moving house later in the year and unfortunately I don't think I'm going to have space to keep my bike box. It is a B&W bike case with a full hard shell and plenty of padding inside. It's very spacious and can take a variety of bikes including mountain bikes. I've used it to take both my road and TT bikes away with plenty room for some kit, helmet and track pump. The box also comes with 2 wheel bags. The link to the B&W website: <http://www.bike-cases.co.uk/product-bike-case.php#sthash.cuxLnbXW.dpbs>. RRP just less than £400 so it's a great deal at £250. Please don't hesitate to contact me with any questions. My email address is [calum.gibb@yahoo.com](mailto:calum.gibb@yahoo.com) (2)
- 3 Planet X carbon wheels for sale c/w with Vittoria Corsa Tubs. Front is 50 deep section spoked wheel; Rear is 100 deep section spoked wheel with Shimano free hub and 12/25 Shimano cassette. Price negotiable. Anyone interested please contact Kevin Stewart on 07803 119979 or [kvstewart@btinternet.com](mailto:kvstewart@btinternet.com) (2)
- 4 Ladies Specialized Dolce. Size small to suit person 5' to 5' 4". 27 speed Shimano equipped. Good condition £300 Ono. Photo available. Contact [mickfowkes52@gmail.com](mailto:mickfowkes52@gmail.com) (3)
- 5 Nearly new "Oxford Bike Works" 30 speed tourer. Ideal for smaller person 5' to 5'4" Hydraulic rim brakes, braze ons for front panniers and fitted with rear pannier rack. Very little use £1400 new selling for £550 Ono. Photo available. Contact [mickfowkes52@gmail.com](mailto:mickfowkes52@gmail.com) (3)
- 6 YT Capra AL (medium) with various upgrades. Converted to Shimano XT 1x10, Easton rear wheel with Hope hub, DT Swiss front wheel, Hope tech3 front brake, SRAM Guide rear. Rockshox suspension and dropper seat post. Just serviced - new bearings and suspension service brake bleed etc by Bennachie Bike bothy. Brand new rear swing arm direct from YT following manufacturing error. Not been ridden since work carried out so will feel like new! £1700ono, contact Gareth on [gareth.hunt33@btinternet.com](mailto:gareth.hunt33@btinternet.com) (3)
- 7 Size M BMC Timemachine TM01 with Ultegra group set, powertap hub and Enve 6.7 carbon clinchers. £2,750 ono. Equipped to take Di shifters and comes with caps to convert (if needed).

Includes spacers to change the cockpit position. Seat can be moved in three different fore and aft positions. My preference is sell the TT before selling the wheels. Contact Peter on [peter@ellingtonkitchens.com](mailto:peter@ellingtonkitchens.com) or 07788 316144 for more information (3)

## Wanted

- 1 A new start to the Deeside, an 11 year old girl is looking for a cheap and cheerful bicycle. If you've got one lurking in the garage please contact Bert McIntosh on [bert@mphltd.co.uk](mailto:bert@mphltd.co.uk)

## Lost

- 1 Not so good news is that a transponder chip is still missing from the Aberdeen City Centre race. Can you have a search round to see if it ended up in your stuff, please? If you have it or know of its whereabouts contact Colin on [Colinallanach@aol.com](mailto:Colinallanach@aol.com)

2

## Midsummer Beer Happening Sportive

Ladies and gentlemen, boys and girls  
get ready to saddle up

Entry for the legendary Midsummer  
Beer Happening Sportive is open

Get over to  
<http://midsummerbeerhappening.co.uk/cycle-sportive/>

and grab your place

It's on Saturday 30 June during the  
Stonehaven Beer Festival and if last  
year is anything to go by it'll be the  
best value sportive around

## UNDO - REDO – DINAEDO

There is still time to get on the start sheet -  
enter now at

<https://www.eventbrite.co.uk/e/msbh-2018-dinnaedo-100m-redo-70m-undo-52m-tickets-42229135481?aff=eand>

**Robert Lindsay**

## Helping at Events

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

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

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

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

## Ian Grant

Gardening: - Grass Cutting  
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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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Class, Exam classes

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

[www.rhonamitchell.co.uk](http://www.rhonamitchell.co.uk)

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](mailto:Knockies@aol.com)



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Mon - Fri 9 am - 6

pm

Saturday 9 am -

5.30pm

Sunday Closed