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CRANKS Volume 46

The Magazine of
Deeside Thistle Cycling Club
Sponsored by:



Tierney Strachan
PROCESS CONTROL ENGINEERING

Current Membership 635 (649)
SCU Membership 340 (348)
Scottish Cycling's Largest Club

Editorial:

In recent weeks there has been a spate of incidents where riders have suffered injury. These may have been as mundane as a bit of road rash right through to major trauma. All, regardless, will have caused more than a little angst.

Been there; got the scars to prove it and it's not only the person who slides across the road that is scarred. It's also those who have to pick up the pieces and do the nursing afterwards.

There's little doubt the care and attention, the dressing and redressing of wounds will be done with loving kindness but oh, if only the mishap could have been avoided in the first place.

Ride safe out there.

I've just seen the result of the Ali Speed 50TT in Fife from last weekend. There were 54 finishers including 3 from the Deeside. Often enough I've been doom and gloom about the numbers riding these "longer" events but seeing that sheet gave me pleasure. Hardly hope, though.

30 years ago we'd three events at this distance in the local area alone and 18 others in the rest of the country. We'll be lucky to muster three 50TTs in the whole Scotland this year. And let's not even begin to consider the demise of that best of all distances, the 100.

It's hard to understand why so many thousands of cyclists are keen to take part in sportives up to and beyond the 100 mile distance yet they won't time-trial.

Where have all the testers gone? Is Strava giving everyone all the comparisons they need? Is the wish for honest hard competition gone?

PHILOSOPHER'S CORNER

While on a ladder, never step back to admire your work

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

Evening Series RR #2 30mls 09 May 2019

1 Michael Gordon AWCC, 2 Richard McDonald BMB, 3 Thomas Gelati BMB, 4 Brian Duncan SB, 5 Robin Atkinson SWCC, 6 Jamie Davidson BMB, 7 Sean Delaney VCRT, 8 Lee Rosie SCC, 9 Jonathan Hunter SB, 10 Martin Reynolds AWCC, 11 Chris Main DTCC, 12 Andrew Ennis DTCC, 13 Richard Harris DTCC, 14 Kelvin White SB, 15 Tim Mackley VCRT, 16 Marc Roberts ECC, 17 Scott Johnston AUK, 18 Kris Urquhart AWCC, 19 Richard Provan GCCC, 20 Ian Russell, 21 David Duggan WCTC, 22 David Reed BMB, 23 Thomas Dalgarno HC, 24 Neil Scott DTCC, 25 Chris Williamson VCRT, 26 Aaron Johnson HC, 27 John Alexander, 28 David Stewart DTCC, 29 Craig McCulloch NCC, 30 Garry Russell RAFCA, 31 William Hart DCC, 32 Greg Quinn DTCC, 33 Steven Sharp TEN, 34 Stuart King TEN, 35 Callum White AWCC, 36 Pete Sim DTCC, 37 Paul Matthews DTCC, 38 David Deans DTCC, 39 Steve Rae TEN, 40 Darren Sutherland DTCC, 41 Vicki Woodburn MCC

Grampian Grand Prix 2019, Alford 11 May 2019

U16 Boys

- | | |
|---------------------|------|
| 1 Alexander MacLeod | DTCC |
| 2 Cameron Stromberg | DTCC |
| 3 Calum Smith | DTCC |

U16 Girls

- | | |
|--------------------|------|
| 1 Isla Long | DTCC |
| 2 Erin Murphy | DTCC |
| 3 Isabella Thomson | DTCC |

U14 Boys

- | | |
|--------------------------|------|
| 1 Jamie Thomson | JWCC |
| 2 Isaac Small | DTCC |
| 3 Reubens Thomson | GT |
| 4 Noah Fontaine | DTCC |
| 5 Archie Marshall Dawson | DTCC |
| 6 Callum McGillivray | DTCC |
| 7 Gavin Gronkowski | TEN |
| 8 Willis Mair | |
| 9 Gregor Murphy | DTCC |
| 10 Elliot Rowe | DTCC |

U14 Girls

- | | |
|------------------|------|
| 1 Evie White | DTCC |
| 2 Millie Thomson | DTCC |
| 3 Ailsa Long | DTCC |
| 4 Katie Galloway | ERC |
| 5 Molly Evans | DTCC |
| 6 Ella Brooks | DTCC |

U12 Boys

- | | |
|----------------------|------|
| 1 Alasdair Easton | ERC |
| 2 Mikhail Gitnik | ERC |
| 3 Ross Eastaugh | GT |
| 4 Israel Noble | |
| 5 Lachlan Brasch | DTCC |
| 6 Murdo Evans | DTCC |
| 7 Andrew Ingram | TEN |
| 8 Jonathan Whittle | GT |
| 9 Calum Varacavoudin | GT |
| 10 Arran Keenan | GT |
| 11 Rory Trythall | DTCC |
| 12 Ben Girdwood | DTCC |

U12 Girls

1	Arabella Blackburn	DTCC
2	Hope Thomson	DTCC
3	Thea Aitken	DTCC
4	Harriet Hendry	DTCC
5	Lily Collie-Duguid	DTCC
6	Eva Murphy	DTCC
7	Belle Collie-Duguid	DTCC
8	Erin Donohoe	DTCC

U10 Boys

1	Innes Long	DTCC
2	Hamish McGillivray	DTCC
3	Liam Brasch	DTCC
4	Timofey Gitnik	ERC
5	Rory Keenon	GT
6	Gabriel Noble	ABC

U10 Girls

1	Melanie Rowe	DTCC
2	Zara Main	DTCC
3	Jessica Booth	DTCC
4	Eilidh Gronkowski	TEN
5	Rebecca Stewart	DTCC
6	Sophie Cartlidge	DTCC
7	Matilda Hendry	DTCC

U8 Boys

1	Griff Aitken	DTCC
2	Josh Sharp	TEN
3	Matthew Moran	
4	Alec Wallace	DTCC
5	Kiran Ipenburg	DTCC

U8 Girls

1	Eden Thomson	DTCC
2	Analise Booth	
3	Alyssa Gitnik	

SC North East Tour Series - 16 May 2019

Event A Result 1 Kevin Barclay SRT, 2 Martin Lonie NSSLRT, 3 Daniel Kain SS, 4 Alistair Merry DTRC, 5 Lewis Whitcombe BKTm, 6 Robin Atkinson SWCC, 7 Graeme Hart HC, 8 Michael Gordon AWCC, 9 Alistair Cameron SCC, 10 Marc Roberts ECC, 11 Chris Main DTCC, 12 Donald MacRury MFCC, 13 Dominic Cordner DTCC, 14 Mark Walker DTCC, 15 Brian Duncan SB, 16 Ross Webster WBC, 17 Jed Scott MFCC, 18 Ross Birrell ERC, 19 Andrew Ennis DTCC, 20 Jonathan Hunter SB, 21 Alan Smith TEN, 22 Kyle McIntosh , 23 Chris Williamson VCRT, 24 Craig McCulloch NCC, 25 Garry Russell RAFCA, 26 Craig Breetzke ECC, 27 David Stewart DTCC, 28 Greg Quinn DTCC, 29 Kyle Mowbray PPI, 30 Tim Mackley VCRT

Event B Result 1 Robert Cowie AWCC, 2 Kris Urquhart AWCC, 3 Thomas Dalgarno HC, 4 Richard Harris DTCC, 5 Iain Macleod AWCC, 6 Gareth Hunt DTCC, 7 Ewan Gronkowski TEN, 8 Steve Cunningham DTCC, 9 Andrew Gajda MFCC, 10 Calum Gibb HC, 11 Joel Robertson HC, 12 Aaron Johnson HC, 13 Callum White AWCC, 14 Euan Grant SCC, 15 Ashley Keenon DTCC, 16 Nicolaas Weststeyn SCC, 17 Robbie Brown , 18 Stuart King TEN, 19 Alan Myles CCC, 20 Steven Sharp TEN, 21 Mike Giles TEN, 22 Duncan van der Wielen , 23 John Christie HC, 24 David Deans DTCC, 25 Andrew McDonald DTCC, 26 Pete Sim DTCC, 27 Steve King DTCC, 28 Jamie Taylor HC, 29 Chris Watt AWCC, 30 Steve Rae TEN, 31 Chris Palmer SCC, 32 Sandy Wilson

DTCC, 33 Nigel Money , 34 Alastair Keith RCC, 35 John Main ECC, 36 Chris Hall DTCC, 37 Colin Wallace DTCC, 38 Andy Ferguson DTCC, 39 Darren Sutherland DTCC, 40 Roy Milne DTCC, 41 Mark Shepherd TEN, 42 Stuart Findlay SCC, 43 Scott Walker TEN, 44 Stephen Wilson HCC, 45 John Hunter WBC, 46 Tommy Hooper TEN, 47 John Alexander, 48 Roderick Macpherson DTCC, 49 David Menzies AWCC, 50 Kelvin White SB

Women Result 1 Anna Fairweather RT 23, 2 Ingrid Kidd ABC, 3 Catherine Gourlay , 4 Lucy Ritchie TEN, 5 Emma Smith DTCC, 6 Anna Anderson GNCC, 7 Jackie Donald ECC, 8 Kathleen Thomson TEN, 9 Nichola Brama HC, 10 Jennifer Noble TEN, 11 Vicki Woodburn MCC, 12 Carol Middleton TEN, 13 Laura Macdonald SMTB, 14 Ailsa Munro , 15 Natalie Taylor AWCC, 16 Allison McKenzie , 17 Petra Glennie DTCC, 18 Emily Parsons , 19 Claire Murphy TEN, 20 Laura McPherson TEN, 21 Kathleen Cable TEN, 22 Aneeka Anderson , 23 Terri Reid TEN, 24 Megan Stronach TEN, 25 Emily Utter

U16 Boys Result 1 Fraser Gault AWCC, 2 Alexander Macleod DTCC, 3 Callum Reid SS, 4 Daniel Kain SS, 5 Ross Birrell ERC, 6 Calum Smith DTCC, 7 Jamie Liversidge DTCC

U16 Girls Result 1 Erin Murphy DTCC, 2 Isla Long DTCC, 3 Isabella Thomson DTCC

U14 Boys Result 1 Isaac Small DTCC, 2 Archie Marshall Dawson DTCC, 3 Reubens Thomson GT, 4 Rhys Edwards ERC, 5 Callum McGillivray DTCC, 6 Gavin Gronkowski TEN, 7 Robert Smart TEN, 8 Willis Mair, 9 Gregor Murphy DTCC

U14 Girls Result 1 Evie White DTCC, 2 Millie Thomson DTCC, 3 Ailsa Long DTCC, 4 Molly Evans DTCC, 5 Ella Brooks DTCC

U12 Result 1 Arabella Blackburn DTCC, 2 Israel Noble, 3 Ross Eastaugh GT, 4 Aaron Considine DTCC, 5 Anna Birrell ERC, 6 Matthew Smith TEN, 7 Thea Aitken DTCC, 8 Maisie Cameron, 9 Euan Murphy TEN, 10 Andrew Ingram TEN, 11 Murdo Evans DTCC, 12 Heidi Thomson GT, 13 Oliver Bain, 14 Jonathan Whittle GT, 15 Christopher Irvine GT, 16 Jack Wilson TEN, 17 Calum Varacavoudin GT, 18 Arran Keenon GT, 19 Fraser Campbell GT

U10 Result 1 Micah Myles, 2 Innes Long DTCC, 3 Jessica Booth DTCC, 4 Sebastian Blackburn DTCC, 5 Zara Main DTCC, 6 Hamish McGillivray DTCC, 7 Finlay Hanton TEN, 8 Matilda Hendry DTCC, 9 Josh Sharp TEN, 10 Griff Aitken DTCC, 11 Eilidh Gronkowski MCC, 12 Rory Keenon GT, 13 Katy Tweedie TEN, 14 Gabriel Noble ABC, 15 Eden Thomson DTCC, 16 Libby Tweedie TEN, 17 Emma Campbell TEN, 18 Calum Campbell TEN, 19 Alec Wallace DTCC

Fetternear Road Race #3 33 mls 23 May 2019

1 Jamie Davidson BMB, 2 Michael Gordon AWCC, 3 Andrew Bruce BMB, 4 Chris Williamson VCRT, 5 Mark Walker DTCC, 6 Thomas Gelati BMB, 7 Lee Rosie SCC, 8 Hamish MacLaren SCC, 9 Tim Mackley VCRT, 10 Chris Main DTCC, 11 David Griffiths BMB, 12 Jed Scott MFCC, 13 Stuart Gray NCC, 14 Robin Atkinson SWCC, 15 Brian Duncan SB, 16 David Duggan WCTC,

17 Neil Scott DTCC, 18 Marc Roberts ECC, 19 Kelvin White SB, 20 Robert Cowie AWCC, 21 Mark Madigan ECC, 22 Richard Harris DTCC, 23 Euan Grant SCC, 24 James Shewan MFCC, 25 Alan Smith, 26 Donald MacRury MFCC, 27 Andrew Ennis DTCC, 28 Greg Quinn DTCC, 29 Dominic Cordner DTCC, 30 Steven Sharp TEN, 31 Ewan McMillan DTCC, 32 Vicki Woodburn MCC

Grampian Evening Series RR #4 37 mls 06 Jun 2019

45 riders on the start line night for the DTCC Midmar RR (#4 of the 2019 evening series). Expertly organised by Andrew Ramsay and team, contrary to the standard Judith Ralston #fakenews, the riders were met with blue skies and near perfect racing conditions for 2.5 laps and 37 miles around the Midmar circuit.

As the flag dropped outside Echt and the riders headed out towards Garlogie, the pace lifted to 30mph+ for a couple of miles. Things settled down on the approach to the left turn at Garlogie then kicked off on the rise and the first few riders were shelled out the back. The remaining riders made it around the turn towards Dunecht in a bunch and a couple of attempted breaks were reeled back before Dunecht village.

The Midmar climb took a few more victims and once over the top, the group strung out on the fast descent to the main road junction. The majority of the riders re-grouped towards Miller Plant and the fast descent towards Echt.

After safely navigating the parked cars outside the Echt Tandoori (and who could argue with those curry lovers!), what ultimately proved to be the race winning move took Duggan, Mackley, Williamson, Scott, Gordon and Gelati up the road. These six riders managed to stay away for the rest of the ride, working well together stretching the lead to nearly a minute and a half at one point.

A chasing group of about 12 kept plugging away, but working together didn't seem to be high on the agenda for some of the riders and there were a few waving arms and frayed tempers noted at times.

As the riders descended towards Echt for the final time, the leading 6 were 45 seconds ahead and 3 of the chasing 12 had managed to gap that group.

The leading six turned at Garlogie together and Michael Gordon (AWCC) took the win from Tommy Gelati (Bio-racer), Neil Scott (DTCC), Tim Mackley and Chris Williamson (VCRT) followed by Dave Duggan (Wheelbase). The next three were Callum Gibb (Holburn), Dom Cordner (DTCC) and Bob Cowie (AWCC).

With a final point up for grabs in the next group, Richard Harris (DTCC) hit out early on the climb to the line, but was pipped by Mark Madigan (Elgin) for the spoils.

A cracking and safe race.

1 Michael Gordon AWCC, 2 Thomas Gelati BMB, 3 Neil Scott DTCC, 4 Tim Mackley VCRT, 5 Chris Williamson VCRT, 6 David Duggan WCTC, 7 Calum Gibb HC, 8 Dominic Cordner DTCC, 9 Robert Cowie AWCC, 10 Mark Madigan ECC, 11 Richard Harris DTCC, 12 Jamie Chree HC, 13 Noel Baxter MFCC, 14 Martyn McWhirter ERC, 15 John Soutar TEN, 16 David Reed BMB, 17 Ian Russell, 18 John Alexander, 19

David Stewart DTCC, 20 Ewan McMillan DTCC, 21 Stuart King TEN, 22 Steven Sharp TEN, 23 Euan Grant SCC, 24 Dean Cunningham TRT, 25 Jonathan Cordner TEN, 26 Ewan Gronkowski TEN, 27 Chris Hall DTCC, 28 Hugh Ramsay DTCC, 29 Nicholas Moir DTCC, 30 Sandy Wilson DTCC, 31 Vicki Woodburn MCC, 32 Terry Christie ECC

SC NATIONAL YOUTH & JUNIOR TRACK CHAMPIONSHIPS 2019

The future stars of Scottish Track Cycling battled it out at the Sir Chris Hoy Velodrome over 14/15/16/June, with titles won and records broken.

Day One

In the Youth B Boys & Girls 8k Scratch Race there wasn't much to split the riders, with nobody able to gain too much of a lead before being reeled back in. Everything hinged on the last lap, where Jamie Thomson (Johnstone Wheelers CC) won the sprint to the line for gold, just ahead of Luis Ryder (Edinburgh RC) and Isaac Small (Deeside Thistle CC). Barely a second behind the boys were the girls, led by Isla McCutcheon (Johnstone Wheelers CC) in the gold medal position, followed by Molly Evans (Deeside Thistle CC) for silver and Sarah Johnson (Edinburgh RC) for bronze.

Day Two

In the Youth B Girls Omnium, Isla McCutcheon (Johnstone Wheelers CC) would claim victory in all three events; the 500m Time Trial, Kieran, and 8k Scratch Race, earning her second gold medal of the weekend. Filling the 2nd, 3rd and 4th places respectively in the first two events were Molly Evans (Deeside Thistle CC), Evie White (Deeside Thistle CC) and Sarah Johnson (Edinburgh RC). In the 8k Scratch, it was Johnson who would take second behind McCutcheon, with White third and Evans fourth. The overall points total was unaffected, however, with Evans taking silver by one point from White who took the bronze.

In the Youth B Boys Omnium it was a similar story. Jamie Thomson (Johnstone Wheelers CC) would take the win in all three events to earn his second gold of the weekend. Going into the 8k Scratch Race, Isaac Small (Deeside Thistle CC) was looking comfortable having taken two seconds in the TT and Kieran. Behind him, with one point splitting them were Samuel Edgar (Johnstone Wheelers CC), and Cormac McConville (East Kilbride RC). Small would take a 6th place in the Scratch Race, and after a bit of arithmetic, he claimed the silver medal by 1 point, from McConville who secured bronze with a 4th place in the Scratch Race to overtake Edgar in the final standings.

The Youth A Girls 15k Points Race had Morven Yeoman (East Kilbride RC) challenging her club mate Imani Pereira-James for the gold medal, with further challenges coming from Eilidh Shaw (Edinburgh RC), Eva Young (Pedal Power RT) and Isla Long (Deeside Thistle CC). Yeoman, Shaw and Young all scored points in the sprints, but nobody could match the power of Pereira-James who took maximum points to secure yet another gold medal to her collection. Yeoman took a strong second for the silver medal, with Shaw just three points behind for the bronze.

The Youth A Boys Points 15k Race was a close fought affair, with sprint points scattered across the entire field of 15 riders. By the time they crossed the finish line for the last time, only 4 points would separate the top four riders Fergus Robinson (Glasgow Riderz) would just miss out on a podium spot by 1 point, with Alexander MacLeod (Deeside Thistle CC) earning a bronze medal, just two points behind the silver medal winner Kieran Riley (Rotor Race Team). Riley had started the final lap on 13 points, which put him in a gold medal position at that point in the race. Ross Birrell (Edinburgh CC), on the other hand, entered the final lap on 4 points, which was well off a podium spot. That was clearly of no concern to Birrell who put in a storming final lap to cross the line first, earning him a valuable 10 points, and the gold medal, just 1-point clear of Riley who failed to score on his final lap.

Day Three

On to Sunday and, whilst some riders contesting multiple events may have been feeling a little tired by this stage, they certainly weren't showing that on the track.

The Youth C Girls Omnium event was hotly contested by Arabella Blackburn (Deeside Thistle CC), Erin Boothman (East Kilbride RC) and Anna Birrell (Edinburgh RC). Each girl would win one event each, Birrell winning the 500m Time Trial, Blackburn winning the Kieran, and Boothman winning the Scratch Race. Blackburn picked up two second places to go with her win to give her a points total of 5 to claim gold, Boothman ending up with 6 points which was good enough for silver, and Birrell on 7 points for the bronze.

This Championship weekend saw incredible racing from all the riders, some seasoned campaigners, others in their first year of competition, but everyone giving 100%, and most importantly enjoying themselves. If these riders are the future of Scottish Track Cycling, then the future is bright and they should all be rightly proud of their accomplishments during these Championships. Thanks to all the Commissaires, Officials, First Aid and volunteers who made the weekend such a success, not forgetting the parents, and everyone else who attended to support their riders.



Deeside Branded Bottles

Deeside Thistle branded water bottles now available from the kit store (12 Greenbank Place). £5 each. Just pay on collection - no need to reserve. I will bring to the Evening League also.

MSBH

This Saturday 22 June is the date. It may now be too late to enter but if you are keen and haven't been able to get round to it try [here](#) to enter. It's all part of the Midsummer Beer Happening in Stonehaven; each year we organise one of Scotland's friendliest and fastest growing cycle sportives.

The DINNAEDO (100m), REDO (70m) and UNDO (52m) are all within 30 miles of Stonehaven. Adhering to the founding principles, all major climbs are re-done during the DINNAEDO & REDO!!! Starts in waves from 8.00am with complimentary t-shirt, goodie bag, entry to beer festival, a beer and of course sore legs.

Looking forward to seeing you on the day... happy training and remember we raise £30,000 every year for local charities and organisations. Go [here](#) to enter

CHANGE TO REPORTING AND CLAIMING OF RESULTS AND AWARDS

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

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

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

Simon Stromberg

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 with your thoughts or comments, or to be added to the distribution list

Steve Brechin

Racing Shorts

On a tough relentlessly undulating course the Ali Speed 50TT in Fife on 16 June was won by Alan Thomson of RT23, in 1:49:04. In this well supported event 54 riders completed the distance and the first 13 were all inside 2 hours. Our best performance came from 19th placed Ron Lowe 2:02:17. Neil Anderson took 29th spot with 2:10:28 and in 51 spot Stewart Mitchell returned 2:31:12.

New Members

This offer is still open.

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

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

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

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

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

Sandy L

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

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
05 Jun	Bob Soutar 10	TT	YCC
16 Jun	SXC Rd 4	XC	DTCC

19 Jun	Massie Shield 25	TT	YCC
22 Jun	Stonehaven Beer Festival	Sportif	
23 Jun	Neish/Low 25	TT	AWCC
24 Jun	Aberdeenshire Breeze		
25 Jun	Fintray 9.5	EL	DTCC
25 Jun	Ladies Breeze		
27 Jun	Aberdeenshire Breeze		
28 Jun	Aberdeenshire Breeze		
29 Jun	Aberdeenshire Breeze		
02 Jul	Garlogie 25	EL	DTCC
03 Jul	Beach Breeze		
04 Jul	Evening Series RR #5	RR	AWCC
06 Jul	Ian Brodie 10	TT	DTCC
11 Jul	RR	RR	AWCC
14 Jul	Methlick Cycle Challenge		
14 Jul	Aberdeen Beginners		
16 Jul	Hillclimb	EL	DTCC
17 Jul	Aberdeen Breeze		
23 Jul	Garlogie 9	EL	DTCC
28 Jul	Coffee Pot 50	TT	GCRT
30 Jul	Novice 10	EL	DTCC
31 Jul	Aberdeen Beach Breeze		
06 Aug	Old School 5	EL	DTCC
08 Aug	Fetternear RR	RR	TEN
11 Aug	Classified 10 & H/C	TT	AWCC
11 Aug	SCNEG H/C	H/C	AWCC
11 Aug	Aberdeen Beginners		
17 Aug	Scottish Youth TT	TT	AWCC
18 Aug	Youth Crit Ellon	RR	YCC
21 Aug	Aberdeen Breeze		
28 Aug	Beach Breeze		
08 Sep	Aberdeen Beginners		
14/15 Sep	Falling Leaves	RR	DTCC
29 Sep	10 TT	TT	TEN

Save the date

Intrigued by the lure of riding on new roads, Mel Mathieson and I made the journey to Muthill in Perth and Kinross a few weekends ago for their annual sportive in aid of raising funds for cycling projects in the local area.

Having seen the forecast develop through the week and driven through torrential rain on the way to the overnight stop, we almost turned the car round to head straight back home. But we didn't, and we were rewarded with one of the best sportives either of us has ever taken part in.

The organisation was first class, and the route was challenging but safe - it had clearly been well thought out from a cyclist's perspective. The vistas along the way were out of this world, and the catering at the feed stop and at the finish was more than decent too.

I'd definitely recommend making the trip next year - June 13th, 2020. Stick it in your calendar. *Steve Brechin*

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*

SC NE Regional Development Officer

Scottish Cycling have been working hard over recent months, in consultation with their members and partners, to develop a new strategy which has clubs, young people and women at its heart. We will be providing further information and detail on the new strategy in the coming weeks.

In order to complement the new strategy we would like to take this opportunity to pause and reflect on how we can best structure the Regional Development Team to deliver our objectives under the new strategy and continue to work with you to develop and grow our sport.

We will be engaging with regions, clubs and members throughout our pause and reflect period to determine the best way forwards ensuring that we are in the best position to support our members and grow our sport.

I appreciate that this means there will be a gap in the North East in the short term and I, along with the rest of the Regional Development Team, will be working hard to ensure gaps are covered wherever possible. It is however inevitable that you will not receive the same level of service during this period and I would therefore ask that you are patient with us over this time and work with us to ensure that the impact across the region is minimal.

I will be in touch again soon to update you all on the new strategy, and with further details on the process by which we will be engaging with you in order to determine the best way to move forwards. In the meantime, please don't hesitate to contact me if you are in need of support, have any queries about things which need to be covered, or would like to discuss the future of the role in the region.

Sophie Warburton

sophie.warburton@scottishcycling.org.uk

Club Kit Order

The recent kit order from Pactimo has now arrived and is ready for collection. You can collect anytime during normal working hours - just state you are to collect Deeside kit to anyone at reception - no prior email necessary. If you need an arrangement outwith this time email me with suggestions and I will see what I can do. Collection address: Tierney Strachan Consulting Limited, Process Control Engineering, 12 Greenbank Place, East Tullos, Aberdeen, AB12 3BT Email: jas@tierney-strachan.co.uk

Jon Strachan

Deeside Bike Collective

The Deeside Bike Collective (DBC) are seeking public consultation within the Aberdeenshire area for the Banchory Bike Trails project. In brief, the project aim is to create professionally designed and constructed bike trails west of Banchory for the local community and visitors to the area to benefit from, with the trails completed by 2020. The group are currently in the process of securing the land with Forestry and Land Scotland through the Community Assets Transfer Scheme (CATS). If you support this recreational amenity project then post your comments to our DBC Facebook page, email direct to info@deesidebikecollective.co.uk, or visit our website www.deesidebikecollective.co.uk and complete the Public Consultation Questionnaire.

Charles Spencer

Just An Ordinary Day

I consider myself an experienced Cyclist and have raced TT's for many years. May 21st 2019 was an ordinary day. Evening league night just down the road. Got home from work and the weather was unsettled as forecast. Heavy intermittent downpours barely drying out in between.

I was in two minds whether to do that night's event and held off assuming a late entry. The 15 mile course from Garlogie to Millers and back.

I was pushing to improve race fitness so resigned myself to a soaking and set off to Garlogie HQ on my TT Bike. The heavens opened on arrival. The rain stopped but dark clouds loomed overhead and offered more. A number of riders debated whether to ride. Some took heed and withdrew, packing up and heading home.

I put my gear on and left my visor behind knowing it would mist up in the wet conditions. I set off just a few minutes before my start time using the one mile section for a token warm-up. The road had been recently repaired in sections with that seemingly impermeable hard packed pitch black bitumen. It's a surface that seems to hold water on a road that is notorious for being flat and patchwork.

It's a straightforward 'out and in' course as many know. No real obstacles other than the dead turn on what can be occupied by passing high speed traffic. Known hazards that have already been assessed many times and dismissed.

I got my countdown and was pushed off. The usual story. Don't push too hard early on and find your rhythm. It's a section of road I've covered hundreds of times before. Anyway, what do you need to know?

It's mainly flat and straight. Three miles in and a mile or so before reaching Echt, the rain had been falling. I had already noticed plenty of standing water and patches of diesel. Nothing untoward really. Just a straight line challenge. A normal TT. Head down, push, periodic glance ahead. The road was mine.

Two Cars overtook in succession. The first pulling in just ahead and the second, a Blue Peugeot 406, blasting past us both doing +/-80mph. I could see nothing, literally. Two cars ahead, one in each lane but the one immediately in front was slowing for some reason. To let the Peugeot past or to negotiate an obstacle? Maybe my minute man?

The three times I had posted on this course earlier this year were just eight seconds apart. Improvement was essential and opportunities down to marginal gains. Free-wheeling is not part of TT vocabulary. 25mph a healthy target which equates to almost 40ft a second. Focus was on me and my effort as always. Just occasional checks of the bike computer and the road immediately ahead. Pot holes, debris, drains, etc.

The human brain doesn't process information normally in TT mode. Try a 100 miler if you still need proof. Rational thinking doesn't exist and it seems strange to say so. Number one priority is the clock and to cover the set distance in the quickest possible time no matter what.

I can recall seeing nothing but surface water spray. The same view you get descending through the clouds in a plane. Peering out the window looking for something to

provide a reference in order to re-calibrate position. I chose to stay left. The spray eventually cleared of course and instantly I saw the back doors of a Van parked on that three mile long straight. Crash!!! What the?

The van driver was inside his vehicle and got as big a surprise. He was distraught and obviously concerned that his employer's van had been damaged and repeatedly highlighted that point. I lay with my head under the rear bumper saying "Mate, I think I'm paralysed". "Look at my f#*ing van" he replied. I explained that I couldn't move my head and that something was seriously wrong. He continued to shout abuse and sand the metal part that the tractor in the adjacent field was apparently waiting for.

It was a long twenty five minutes till the ambulance arrived. Not as long as a 25 minute TT or the nine days I spent in hospital and even the 4½ hours it took the surgeons to fit titanium plates and PEEK discs to my shattered neck vertebrae. Still, in those 25 minutes I recall seeing many faces. Some familiar and others not so but all were welcome. I am truly grateful to all those that helped me that evening. Of all the times and places to crash, this was probably it. Thank you all.

So I survived and have often thought back to the events of that night. What went wrong and what could I have done differently? Logic doesn't apply to TT mode. Priorities are skewed for one reason. How much risk is acceptable to beat a personal best?

My problem was that I couldn't see. TT vision is a real time movie of periodic images pieced together. Head down, TT effort, look up and repeat. The details patched together by the brain for processing. I lost a few critical frames at an unfortunate time yet was willing to continue 'full gas' in TT mode. I made the wrong decision to continue riding blind for just a few seconds.

Of course, logical thinking and rationale might help. The Police later offered some advice. To fit a front light in addition to the rear and also use mudguards. To keep a safe distance and adjust speed according to conditions. Those Officers have never done a TT but in the normal world they are right. They deal with all the road users that can't share public roads.

My Bike is wrecked and my helmet undoubtedly saved my life. I thought they were just wind tunnel generated hats but mine absorbed a 25 mph direct impact to the head with aplomb. The helmet manufacturer's mission statement is actually "*To protect lives and reduce the consequences of accidents*". They achieved that and I'll definitely buy another. My old DTCC 'obsolete sponsor' skinsuit finally made its last appearance. The hospital staff took pride removing it with surgical scissors.

I'll recover and I'll be back on a bike doing TT's as soon as I am fit. I like being in TT mode. There's something that appeals when you challenge your own limits but it can create a potentially dangerous mental state. Sometimes we need reminders that we are vulnerable. Sometimes freak situations occur. This will make me more aware and undoubtedly slow me down (occasionally) but that's okay. A PB really is just a personal goal. Things will get in the way so we need to try and avoid them and appreciate situations when it's probably better to back off. Especially in TT mode on

open roads. Much better to survive, cut your losses and go home intact.

Bill Bavidge

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.

Three events over the summer; 27th June @ Pitfichie, 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.zafiropoulos@gmail.com or phone 07977 4666889

Haig's Tours

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

Club Clothing

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

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

Welfare Officer

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

Youth Awards Scheme

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

Kintore Beginners - Sunday

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

KNOCKBURN LOCH MANAGEMENT

John Huston Knockburn Site Manager, Knockburn Loch, Strachan, AB31 6LL

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

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>

25 Years Ago

Editorial:

The 25 mile time-trial Championship is revered by many as the top title in cycle competition. For our Club to be the holder of the British Ladies Championship is remarkable and as this editorial is being compiled Sarah Phillips is preparing to leave for England to defend that title. Her abilities are such that she has every chance to retain it.

The Scottish Cyclists' Union counterpart was held at Inverness the first Sunday in June. Our Club comprised about 15% of the field which is also remarkable and with that strength of an entry it would have been sad to have come away with nothing. Nobby has been able to compile a few notes before our magazine has gone to bed and you will see there how well we did perform. Suffice for me to say that even if we didn't take away an individual gold it was perhaps even more important to win the team gold.

I have always been of the opinion that to win a team prize is equally as important as individual titles. It shows that there is strength in our membership, not only a few top riders.

This depth of ability that we have has come from almost 30 years gradual building the club from its low point in the 1960s to its current new record membership of 230. In recent years the talent available among our riders has been given the chance to blossom even further with the



introduction of sponsorship of competitors as well as the sponsorship of clothing. Without George Ritchie of Positioning Resources the level of help we give would not have been possible.

Britain's National Cyclists' Association

Working for all Cyclists

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

Medium and Faster Full Day runs are for the more experienced

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

Office Bearers

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

Right to Ride Representatives

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

Runs Co-ordinators

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

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

Runs start promptly at the time stated. Distances are calculated from the meeting place. Bring spare inner tube, puncture repair kit, tools, wet weather gear, some food, drink and LIGHTS where relevant. It is recommended that all cyclists carry a First Aid kit.

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

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

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

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

Slower Full Day Runs: Slowish pace. Distance normally 30-45 miles.

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

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

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

Runs

Thu 20 Jun Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, morning ride with coffee. Cindy

Sat 22 Jun Slower Full Day C 09:30 Fourmile pub Kingswells, coffee at Marshall's farm shop, picnic lunch at Bennachie Centre, Inverurie Cindy

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

Sun 23 Jun Faster Full Day A* 09:00 Westhill Shopping Centre, coffee at Bistro, Alford (019755 63154), picnic lunch at Strathdon. John B.

Sun 23 Jun Morning Run D 09:30 Fourmile pub Kingswells to Forest Cafe, Midmar (01330 811000) Alan

Wed 26 Jun Pub Run D 19:30 Airyhall Library to Lairhilllock, Netherley. John B.

Thu 27 Jun Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, morning ride with coffee. Cindy

Sat 29 Jun Medium Full Day B 09:30 B&Q, Bridge of Don, coffee at The Apothecary, Ellon (01358 721946), Picnic lunch at Aden Country Park David H.

Sat 29 Jun Try Cycling E 10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome. John C.

Sun 30 Jun Faster Full Day A* 09:00 Parkhill Bridge, Dyce, coffee at Murly Tuck Cafe, Tarves (01651 851489), picnic lunch at Suie Hill. Jacqui

Sun 30 Jun Morning Run D 09:30 Airyhall Library to Drum Garden Centre (01330 811000) Alan

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

Synopsis of Meeting F & M 03/06/19

A Finance and Management Committee meeting took place at Urban Village, Westhill, AB15 8PJ on Monday 03 June 2019. In attendance were Andrew Harrington, Sandy Lindsay, Sam Long, David Eastwood, Andy Kerr, Laura Sarkis, Peter Smart, Neil Stables, Jon Strachan, David Walton and Steve Walton.

- 1 Apologies from Vinny Goss and Mark Walker
- 2 Minutes of Previous Meetings approved
- 3 Business Arising from Minute

- a) MTB Update – SXC Round 4 on 16 June has been agreed by Forestry Commission. 15 marshals and 4 other officials are required. Scaffolding for the pedestrian stair over a dyke has to be confirmed. 300 riders are expected. A 4X4 for possible carpark rescue is needed. Many aspects of the event have been handled Nationally, eg toilets. It is hoped there will be an event village. Those with stalls will not be charged. The Deeside gazebos should be in place. Local police are handling some of the traffic management
- b) Club Survey – only 120 members responded to the questionnaire. It does not appear to have resulted in increased volunteering. Further action is necessary
- c) New Resources – These will be followed up
- d) First Responders – Several are available via SCNEG at a cost from £30 per event
- e) Gifts to Sponsors – Stena Drilling have been contacted
- f) Club Badged Bottles – These are selling well
- e) Club Ethos – Work on guidelines has still to be started
- g) AB10/3 Start – There are safety problems with the speed of traffic. An experiment altering the start

and finish by 100 metres did not help. New courses are needed. Members are to be asked for suggestions re replacing courses

4 Youth Development

- a) Youth numbers remain stable, with the Waiting List to be revisited for the Autumn block. SCNEG have offered to cover full cost for Knockburn Sports Loch on a Thursday night, where we provide invite only training to riders from all clubs in the district. Fees are currently being collected for the Spring and Summer block, we remain cost neutral, fully supported by the Club for our costs at KSL. Recent capital spend on new First Aid stock and a number of transportable jumps for use by the Mountain bikers. Like the main Club, Youths faces challenges in regards to volunteering. A parent engagement session will be held in Autumn
- b) Youths to issue guidance to Youth riders and parents for participation in the Evening League
- c) S Long to present on Juniors and Youths at next meeting. To address Junior support mechanisms, legal responsibilities of committee WRT to Youths and volunteering/succession

5 New Business

- a) Replacement Chairman – Andrew Harrington is to fill the role until the next AGM
- b) Access to and Retrieval of Chairman's Social Media Accounts – The Vice-Chairman is to assume responsibility for these
- c) IT Updates – It was suggested that the club's admin should be streamlined using Office 365. A proposition is to be prepared for the next meeting
- d) IoM 2020 – The club had a big representation at the recent IoM events and it is expected that a larger contingent will travel in 2020. The Youth section are hoping to fund raise to offset overall costs. A commitment was made to support the venture and further details were requested
- e) Race Team Update – Various races attended, some okay performances but still no one shining. Need to gather the team more, personally not getting the time with working away to keep the team together and train with them, although others do – Neil Scott and Richard Harris. Bob Lyons session in Echt Hall was well attended. Bob Lyons also conducted physical testing – lactate thresholds, 2 hrs per person (6 have attended, getting full report and feedback). This will be followed up with Bob Lyons session, follow up with nutrition advice. A training event later in the season is to be targeted
- f) Colin Wallace Support – An update on requirements is to be requested
- g) Plans for the Future – Ideas to develop sections of the club were requested
- h) Race Radios – It was agreed to investigate race radios

Historical Reminiscences

(Part 9)

The Queen came to Dundee in October 1969. Guest of Honour at the Heatherbell's end of season do she'd agreed to ride a celebrity 25 on the Sunday morning.

Jock Ritchie, Scotland's King of testing at the time had also been listed as one of the guests at the do but he failed to turn up, instead getting a good night's sleep before the duel the next day.

Beryl danced to the small hours.

Jock started 10 minutes in front of Beryl. I was sandwiched between. Taking my racing kit to the party but no bike I'd a half-hearted thought of participating. During festivities, shouting above the din of the band, it was agreed I could borrow Andy Tivendale's bike. Set up for touring rather than competition there was little hope of a good performance.

Starting at Longforgan on the A85, now A90, Dundee to Perth road, the event turned just beyond Walnut Grove on the outskirts of Perth. It retraced to finish a mile west of the start on the Dundee side of Inchtute.

The crowds were out, lining the road-side and as I pedalled furiously passing the Errol junction with about 5 miles to go the hordes started to cheer and clap.

Beryl came past and left me for dead. As I struggled to maintain cadence derisive shouts echoed in my ears, *get off her wheel*.

Though Jock beat her by a few seconds Beryl set a Scottish Woman's Record of 58.50 which stood for many years. Indeed, for 21 years until 1990 when our own Sarah Phillips (now Rowe) eclipsed it in fine style with 57.18.

For interests sake, on Tiv's touring machine I managed a PB of 1.1.28.

This wasn't Beryl's only sojourn to Scotland for she returned to attempt the RRA's straight out 50 on Deeside.

With the development of road use long stretches free of traffic lights became more and more difficult to find. Those hungry for records searched the UK and for a number of years the A93, North Deeside Road, found favour. Starting at the county boundary at the top of the Devil's Elbow there were 50 miles of unobstructed road-way to Banchory

Pete Crofts was the first to head north.

In 1970, Derek Cottington, that gangly youngster from West London, had established the new RRA 25 mile record time of 47.55. That year he'd also broken Pete Smith's 50 mile RRA time of 1.39.29 by 6 seconds. Pete Crofts intended to make mincemeat of these.

Crofts arrived on Deeside during 1971 and rode stupendously well. The 25 mile point is in the Pass of Ballater and he rode through this in under 47 minutes and heading for the 50 miles he climbed off his bike at Banchory Ternan East Church. His performances were splashed over the front pages of the next issue of *Cycling*.

Now the RRA is a stickler for perfection and they'd a hunch something wasn't quite right so they got me to re-measure the course for them. Crofts had ridden through the 25 mile point but this was a couple of hundred yards further on from where he had been timed. The experts at RRA headquarters pontificated and calculated the time he'd actually taken to get to 25 miles. A few seconds were added and he was awarded a new record of 47.00 for the distance.

The 50 miles posed a bigger problem. My measurements added several hundred yards to the course and though Crofts had gone well beyond the timed point he'd not ridden as far as I'd measured.

That next week I made headline news in *Cycling*; a wicked usurper denying the record ride of one of the top riders of the time

During 1974 Peter Post, the Dutch manager of the Ti-Raleigh Team sent Dave Lloyd to the Douglas Arms in Banchory. He was to succeed where Crofts had failed. The morning of his attempt he tucked into a huge rare steak, dripping red, then headed for the Elbow.

His performance was immaculate and though he didn't beat the 47 minutes to the Pass of Ballater, he sprinted into Silverbank in 1.35.45. The 50 record was his and the Ti-Raleigh image with Lloyd and his bike hit the TV screens world-wide.

Post was impressed but before upping Dave's pay packet he discovered that the ride was one way, wind assisted and down-hill.

Then it was the turn of Ian White of Clifton CC, a Yorkshire club. A fast man in the early 70s, Ian hoped for the right weather.

While his team assembled at the Devil's Elbow a Yorkshire lass from Morley CC also headed out Deeside. Beryl had travelled north the day before and stayed with Albert Brydon in Cove. Her entourage included Charly Burton, her husband, and celebrated long distance rider Nim Carline, a rhubarb farmer, her boss and mentor.

A pleasant day on Deeside for sitting out in the sunshine with a faint drift of wind hardly rustling the leaves. Beryl and I sat chatting on the park bench at the Braemar end of the Pass of Ballater.

Soon a car stopped at the junction and Ian's marshal emerged to guide the record attempt through the 25 mile point. The leaves on the trees suddenly came to life with the rush of air created as Ian swept past.

Beryl looked at me and said, "*I'm going home.*"

Ian failed and Beryl didn't start but I'm sure if she'd gone for her attempt the women's record of Eileen Sheridan at 1.55.00 would easily have fallen. With a bit of help from the gradient and the faint hint of a breeze there's little doubt she'd also have gone faster than her own competition record of 1.54.07.

I'm my opinion Beryl's visit to the north-east was to take the all-comers record and not just her own gender. After all, it hadn't been many years since she caught and passed Mike McNamara of Rockingham CC in a 12 hour

event when he set the men's competition record of 276.05 miles. Beryl rode 277.25 that half day.

In Scotland we have the Road Records Association of Scotland, this for those riders who wish to attempt records on Scottish roads. This can be at set distances, set times or place to place. Ever since getting involved with our sport I'd hankered after a go at these. The 100 miles looked attractive.

I'd no pretensions of getting anywhere near the amazing times being set by the top riders but the Scottish time of 4.11.36 set by George Walker of Ivy CC in 1957 looked doable.

Undertaking all the admin, the practical tasks like course measuring, organising supporters, culminated in an attempt on 16 June 1971.

The wind was right, a good steady drift from the southwest. It would be mostly behind from the Devil's Elbow, through Braemar, down Deeside to Aberdeen and then north to just short of Peterhead.

100 miles from the county boundary actually ends outside Peterhead Prison but on the day of measurement I'd to get back to Stonehaven to donate a pint of blood so short of time at the 96 mile point I turned south through the village of Cruden Bay and finished with a snort of a climb at Chapel Hill.

The first 10 miles from the ski-station were unbelievably fast, done in just over 16 minutes. If only that could continue. 25 miles went in, through Banchory and 50 done. Into Aberdeen and a team of helpers distributed through the city would ensure an unrestricted passage.

No fancy camera operated traffic lights in those days, only pressure sensitive switches a few yards from the stop line. My supporters had to be in position ready to jump up and down on the rubber strips as I appeared. Did it work?

Out of Aberdeen and north towards Ellon a queue of cars came up behind. Past Balmedie and the queue began to overtake. The lead car, a long black limo with a coffin, had the occupants glowering at me as I strained to keep the pace above 25mph.

At the junction of the A975, short of Peterhead and with about 4 miles to go I turned right into the wind. It proved purgatory but the result was worth it.

It has often troubled me that no-one has attempted to modernise the performance. Even our Club competition record far exceeds the 4.03.50.

Mixing road-racing and time-trialling doesn't work for many people. Road racers find time-trialling too hard and testers can't tolerate the constant change of pace in a bunch.

I mixed the competition, claiming, once I'd lost contact that my road-racing was being used as training. Losing contact happened often for I'd repeatedly charge off the front until the reserves of energy were exhausted and when someone else made a move I'd drift out the back. Only, sometimes the charge off the front worked and I'd time-trial away.

Then there was the season with Mike Robertson and Norman Skene when we entered weekly road-races. One of us would make a move early on followed by another and regularly the three of us would be away to contest the event on our own.

Mike Robertson had great ability. He won many events including Scottish titles. After his success at a race in Fife he collected his awards which included a bottle of *upside down bird*. This was secreted in his ex-army knapsack. Swinging the weighty bag onto his shoulder the inertia in the bottle saw it emerge in slow motion from the flap and tumble floorwards to disintegrate in a million pieces.

Ian Thomson of Ivy CC and doyen of Scottish cycling, had been selected to ride the Aberdeen to Dundee 2-Day. Organised by Dick Londrigan this major event on the local calendar had a good field with many of the top Scottish riders. From Aberdeen the route to Dundee took the riders out Deeside to Potarch, over the Greens and the Cairn before threading its way through Fettercairn, Edzell and south.

Not to be outdone, when Eric Schlordt from Dundee, eased off the front I went with him. Establishing a few seconds lead the two of us contested the first prime sprint on the High Street in Banchory. Our gallop started from the top of Dee Street and finished yards from the Town Hall where the Provost stood holding a flag.

A parked car suddenly took off in front of us. Eric, already in the winning position swung off to the right into the carpark and re-emerged to rejoin the chasing bunch. I hit the bumper a glancing blow, stayed upright and took the prime.

On my own now, the next prime at the top of the Greens came as a gift. Then heading towards the Water Splashes before joining the Cairn road the bunch swept me up.

Holding on for a while the bunch gradually worked its way past. Using the following cars to prevent losing too much time I crossed the top only a few seconds off the back. Down past the Viewpoint a great cloud of dust enveloped the sliding figure of Ian Thomson who'd run out of road. Pedalling past Ian as he got back to his feet I realised that for a while, at least, I wasn't last on the road.

In the Musselburgh 3-Day Ian managed the Scottish Team. I'd stayed tight in the bunch for a number of laps and negotiated a well marshalled chicane over a bridge with the rest of the riders. Later in the stage it started to rain and I lost contact. Approaching the bridge the marshal had retreated and sheltered under an umbrella. My line had to be altered and touching the metal edge of a wet stank there was no cloud of dust as I hit the deck.

Getting back on, my pursuit was relentless though fruitless. Ian Thomson stood on a hill and cheered me through. Gasping out "*would you give me a place in the Scottish Team?*" he retorted with "*I wouldn't even let you carry the bags!*"

At the finish the sponsoring brewery had provided lots of refreshment but trailing in well down it was to find nothing more than empty crates.

Roughstuffer

Recent New Members

The following new or returning members have joined in recent weeks

2469	Ross Hamilton	Aberdeen	59
2897	Daniel Farnsworth	Aberdeen	21
2898	Ian Wallace	Banchory	42
2899	Fraser Wallace	Banchory	6
2900	Ruby Wallace	Banchory	3
2901	Casper Knudsen	Banchory	46
2902	Maggie Knudsen	Banchory	7
2903	Rosie Knudsen	Banchory	4
2904	Jamie Watson	Kinellar	61

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

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 mobile 07736247911 Facebook page Metafit Airyhall

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

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

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

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

f) **Thursday** - Every Thursday 10am - 11am at Knockburn Sports Academy (£5 per session). Weekly progression - all abilities catered for. The sessions will be structured, progressive and continue throughout the winter months. This is the ideal way to get fit over the winter and to be ready to enjoy the spring and summer. If you are interested please contact Sarah Rowe (ABCC and BC Level 3 Coach) for more details on rowe2020@btinternet.com or 07970 919453

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

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

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

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

k) **Saturday** Club ride. No drop with regrouping at designated points as required. All abilities welcome. Meet in Bellfield Car Park for a 9am departure. Contact Steve Brechin on dtcc-banchory.saturday@outlook.com or search for DTCC Banchory Rides on Facebook

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

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

n) **Sunday** - Donside Bunch - Spring/Summer Schedule - The main group will have regular Sunday rides throughout the summer with coffee rides

interspersed with longer "specials" as the calendar permits. All rides will be advertised in advance on Facebook and via the Kintore.sunday@gmail.com distribution list. If it's not on Facebook, or you've not received an email, it's not on! As the evenings get longer, lookout for Ad-Hoc midweek rides which will again be advertised via Facebook and Email. If you'd like added to the email list, please drop me a line on Kintore.sunday@gmail.com

o) Sunday - Donside Bunch brings you Kintore Sunday Social - Confidence and mile building for the less experienced every Sunday throughout the year. Target pace is 14mph, but can vary according to group make up. This is a social, no drop ride, building distance up to 60 mile, often with a coffee stop. If you'd like added to the email list, please drop me a line on Kintore.sunday@gmail.com

More detail

Leaders are invited to publish details in this column and on <http://www.deeside.org/knockies/bikettrainingridescaw.doc>.

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

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

Banchory - Bill Byth

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

Stonehaven Training Sessions - Fleet-Foot Triathletes

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

Evening League 2019

Event No 01 10ml TT Garlogie 30/04/19

	Time	H'cap	Fpts	Hpts	Tpts	
1	Ferguson, Jak	22:30	19:23	80	79	159
2	Blunsdon, John	23:16	19:34	77	77	154
3	Ennis, Andrew	22:41	20:00	79	71	150
4	Cordiner, Dominic	23:40	19:57	76	72	148
5	Anderson, Neil	24:12	20:15	75	70	145
6	Liversidge, Jamie	25:29	18:07	63	80	143
6	Wood, Ben	24:34	20:15	73	70	143
8	Stromberg, Cameron	25:00	19:44	67	75	142
9	Lowe, Ron	23:11	20:22	78	63	141
10	Lynch, Steve	25:47	19:25	60	78	138
11	Collins, Jamie	24:38	20:20	72	65	137
12	Vaughan, Ian	26:06	19:51	58	74	132
13	Smith, Brian	25:33	20:15	61	70	131
13	Bavidge, Bill	24:45	20:27	70	61	131
15	Dennison, Mike	25:28	20:19	64	66	130

15	Smith, Gordon	24:44	20:29	71	59	130
17	Wilson, Ian	24:26	20:39	74	55	129
18	Murphy, Erin	28:00	19:40	51	76	127
19	Nicoll, Matt	24:52	20:32	69	57	126
20	Lindsay, Robert	25:47	20:24	60	62	122
20	Wallace, Colin	25:30	20:28	62	60	122
22	White, Evie	28:14	19:54	48	73	121
22	Deans, David	24:58	20:45	68	53	121
24	Rough, Ali	25:00	20:45	67	53	120
25	Leal, John	25:19	20:45	65	53	118
26	Ferguson, Michael	26:40	20:29	55	59	114
27	Long, Isla	28:37	20:17	46	67	113
28	Farquhar, Mark	26:37	20:38	56	56	112
29	Long, Ailsa	28:41	20:21	45	64	109
30	McMillan, Margaret	27:53	20:40	52	54	106
31	Robb, Jim	27:04	21:12	53	50	103
32	Eadington, Emily	26:55	21:48	54	48	102
33	Grant, Ian	26:29	22:42	57	44	101
34	Campbell, Alan	28:02	21:15	50	49	99
35	Watt, Michael	28:12	23:21	49	43	92
36	Thomson, Millie	30:08	21:48	43	48	91
37	Prabucki, Jill	28:54	22:01	44	46	90
38	Dobson, Ron	28:20	23:29	47	42	89
39	Efimova, Vera	30:23	22:31	42	45	87
40	Baird, Francesca	31:22	26:31	41	40	81
41	Reid, Graham	31:42	23:44	39	41	80
42	Glennie, Petra	31:24	26:33	40	39	79
43	Esslemont, Colin	32:19	27:28	38	38	76

Event No 02 12ml CTT Garlogie 07/05/2019

	Time	H'cap	Fpts	Hpts	Tpts	
1	Ennis, Andrew	26:41	23:43	80	79	159
2	Lowe, Ron	27:59	24:36	79	78	157
3	Blunsdon, John	28:25	24:50	78	77	155
4	Liversidge, Jamie	30:44	21:54	73	80	153
4	Rough, Ali	30:03	24:57	77	76	153
6	Collins, Jamie	30:04	25:05	76	75	151
7	Nicoll, Matt	30:47	25:35	72	73	145
8	Strachan, Jon	31:29	25:10	70	74	144
9	Stromberg, Cameron	31:01	25:41	71	72	143
9	Quinn, Greg	30:17	26:05	75	68	143
11	Davidson, Terry	30:29	26:09	74	67	141
12	Eadington, Emily	32:05	25:57	67	71	138
13	Ritchie, Colin	31:50	26:09	68	67	135
14	Leal, John	31:48	26:19	69	65	134
15	Watt, Michael	34:21	25:57	59	71	130
15	Campbell, Alan	34:08	26:00	61	69	130
17	MacLeod, Alexander	32:23	26:34	65	63	128
18	Smith, Emma	34:00	26:34	62	63	125
19	Fontaine, Noah	34:15	26:25	60	64	124
19	Robb, Jim	33:44	26:42	63	61	124
21	Grant, Ian	32:19	27:47	66	57	123
22	Deans, David	33:15	28:11	64	55	119
23	Mitchell, Stewart	35:02	27:19	57	60	117
24	Farquhar, Mark	34:31	27:36	58	58	116
25	Prabucki, Jill	35:43	27:27	56	59	115
26	Murphy, Erin	35:59	27:47	55	57	112
27	Baird, Francesca	39:00	29:00	52	54	106
27	Reid, Graham	38:53	29:19	53	53	106
27	Liversidge, Lauren	38:31	29:37	54	52	106
30	Efimova, Vera	39:11	29:45	51	51	102
31	McIntosh, Bert	41:46	32:39	49	50	99
32	Thomson, Isabella	40:44	34:55	50	49	99

Event No 03 10ml TT Garlogie 14/05/2019

	Time	H'cap	Fpts	Hpts	Tpts	
1	Smith, Calum	24:13	19:22	77	79	156
2	Blunsdon, John	23:09	20:10	78	77	155
3	Ennis, Andrew	22:50	20:22	80	73	153
4	Nicoll, Matt	24:27	20:07	74	78	152
5	Wood, Ben	24:21	20:16	75	75	150
6	Ferguson, Jak	22:58	20:39	79	69	148

7	Rough, Ali	24:33	20:18	72	74	146
8	Liversidge, Jamie	25:47	18:25	65	80	145
9	Dennison, Mike	25:04	20:15	68	76	144
10	Bavidge, Bill	24:42	20:27	71	72	143
11	Wilson, Ian	24:27	20:40	74	68	142
11	Quinn, Greg	24:20	20:50	76	66	142
13	Stromberg, Cameron	24:55	20:28	70	71	141
14	Smith, Gordon	25:00	20:47	69	67	136
15	Strachan, Jon	25:53	20:37	64	70	134
16	Leal, John	25:26	20:52	66	65	131
17	Deans, David	25:11	20:58	67	63	130
18	Smart, Peter	25:57	21:06	62	62	124
19	Robb, Jim	26:46	20:54	58	64	122
20	Walton, Steve	25:53	21:12	64	57	121
21	Lindsay, Robert	26:15	21:10	59	58	117
22	Ferguson, Michael	26:56	21:09	57	59	116
23	Campbell, Alan	27:53	21:06	53	62	115
24	Long, Sam	25:57	21:34	62	51	113
25	Watt, Michael	28:07	21:07	52	60	112
26	Coralie, Arthur	27:22	21:17	55	56	111
27	Farquhar, Mark	27:09	21:23	56	53	109
28	Grant, Ian	26:05	22:18	60	45	105
29	Long, Isla	28:42	21:24	50	52	102
30	McMillan, Margaret	28:23	21:39	51	50	101
31	Thomson, Millie	29:40	21:20	45	55	100
31	Evans, Mollie	29:40	21:20	45	55	100
33	White, Evie	28:42	21:41	50	49	99
34	Eadington, Emily	27:29	22:22	54	44	98
35	Mitchell, Stewart	28:42	22:16	50	46	96
36	Dobson, Ron	28:50	21:45	47	48	95
37	Murphy, Erin	28:53	22:03	46	47	93
38	Baird, Francesca	31:13	22:53	41	43	84
38	Efimova, Vera	30:50	22:58	42	42	84
40	McCallum, Graham	29:45	24:54	43	39	82
41	Reid, Graham	31:41	23:43	39	41	80
42	Liversidge, Lauren	31:18	23:53	40	40	80

Event No 05 25ml TT Garlogie/Torphins 28/05/2019

		Time	H'cap	Fpts	Hpts	Tpts
1	Brailsford, Andy	1:01:52	0:51:00	79	79	158
2	Lowe, Ron	0:58:09	0:51:22	80	77	157
3	Anderson, Neil	1:02:20	0:50:52	75	80	155
4	Wood, Ben	1:01:57	0:51:50	77	74	151
4	Wilson, Ian	1:01:52	0:52:18	79	72	151
6	Ritchie, Colin	1:05:21	0:51:32	73	75	148
7	Bacon, Robert	1:06:16	0:51:24	71	76	147
8	Robb, Jim	1:08:50	0:51:07	67	78	145
9	Quinn, Greg	1:02:01	0:53:14	76	68	144
10	Vaughan, Ian	1:07:44	0:52:16	69	73	142
11	Leal, John	1:05:59	0:52:47	72	69	141
12	Anthony, Jon	1:02:29	0:53:52	74	64	138
13	Murphy, Erin	1:11:57	0:52:22	64	71	135
14	McMillan, Margaret	1:12:07	0:52:30	63	70	133
14	Campbell, Alan	1:10:36	0:53:17	66	67	133
14	Strachan, Jon	1:08:46	0:53:47	68	65	133
17	Grant, Ian	1:06:58	0:54:35	70	62	132
18	Prabucki, Jill	1:15:40	0:53:34	58	66	124
18	Stromberg, Cameron	1:13:27	0:54:20	61	63	124
18	Walton, Steve	1:11:14	0:58:47	65	59	124
21	Mitchell, Stewart	1:14:20	0:54:35	59	62	121
22	Davidson, Terry	1:12:59	1:02:12	62	56	118
23	Efimova, Vera	1:18:00	0:55:54	57	60	117
23	Long, Isla	1:13:33	1:00:42	60	57	117
25	McIntosh, Bert	1:21:15	0:59:39	56	58	114

Event No 06 10ml TT Garlogie 04/06/2019

		Time	H'cap	Fpts	Hpts	Tpts
1	Ennis, Andrew	22:58	20:30	80	79	159
2	Wilson, Ian	24:20	20:33	79	78	157
3	Ramsay, Hugh	26:15	20:08	71	80	151
3	Quinn, Greg	24:39	21:09	78	73	151
5	Liversidge, Jamie	25:42	20:37	73	77	150

5	Ritchie, Colin	25:29	20:45	75	75	150
5	Stromberg, Cameron	25:27	21:05	76	74	150
8	Collins, Jamie	25:25	21:16	77	72	149
9	Campbell, Alan	27:24	20:40	67	76	143
9	Deans, David	25:39	21:26	74	69	143
11	Vaughan, Ian	26:40	21:19	70	70	140
11	Grant, Ian	25:49	21:37	72	68	140
13	Smith, Emma	27:28	21:16	66	72	138
14	Pirie, Sandy	26:49	21:37	68	68	136
15	Strachan, Jon	26:48	21:39	69	66	135
16	McMillan, Margaret	28:36	21:52	65	65	130
17	Watt, Michael	28:48	21:53	64	64	128
18	Murphy, Erin	29:08	22:18	63	63	126
19	Prabucki, Jill	29:32	22:39	61	61	122
19	Mitchell, Stewart	29:28	23:02	62	60	122
21	Baird, Francesca	30:55	22:35	59	62	121
22	McIntosh, Bert	31:33	23:57	58	59	117
23	Brown, Glenn	30:27	25:36	60	56	116
24	Edwards, Ian	33:06	24:46	55	58	113
24	Reid, Graham	32:47	24:49	56	57	113
26	Ramsay, Thomas	32:36	27:45	57	55	112

Event No 07 10ml TT Drumoak 11/06/2019

		Time	H'cap	Fpts	Hpts	Tpts
1	Cordiner, Dominic	22:58	19:38	80	78	158
2	Wilson, Ian	23:44	19:57	78	75	153
3	Lowe, Ron	22:58	20:09	80	72	152
4	Ritchie, Colin	24:25	19:41	73	77	150
5	Vaughan, Ian	25:02	19:41	69	77	146
6	Smith, Calum	24:06	20:19	77	68	145
7	Rough, Ali	24:19	20:15	74	70	144
8	Liversidge, Jamie	25:07	20:06	68	73	141
8	Anderson, Neil	24:11	20:24	75	66	141
10	Davidson, Terry	24:07	20:30	76	63	139
11	Marshall, Archie	27:04	18:44	57	80	137
11	Leal, John	24:57	20:23	70	67	137
13	Nicoll, Matt	24:28	20:29	72	64	136
14	Matthew, Cameron	27:35	19:15	55	79	134
14	Rowe, Elliot	26:24	20:00	60	74	134
14	Ramsay, Hugh	25:46	20:18	65	69	134
17	Smith, Gordon	24:54	20:41	71	61	132
18	White, Evie	27:10	20:09	56	72	128
19	Robb, Jim	26:19	20:27	61	65	126
20	Stromberg, Cameron	25:14	20:52	67	57	124
21	Pirie, Sandy	26:01	20:49	63	59	122
22	Smith, Emma	26:46	20:34	59	62	121
23	Deans, David	25:36	21:23	66	49	115
24	Murphy, Erin	27:36	20:46	54	60	114
25	Wallace, Colin	26:06	21:15	62	51	113
26	Grant, Ian	25:54	21:42	64	47	111
27	Farquhar, Mark	26:59	21:13	58	52	110
28	McMillan, Margaret	27:41	20:57	52	55	107
29	Thomson, Millie	28:54	20:49	47	59	106
30	Watt, Michael	28:03	21:08	51	54	105
31	Long, Isla	28:28	21:10	50	53	103
31	Campbell, Alan	27:38	21:16	53	50	103
33	Brown, Glen	29:16	20:56	46	56	102
34	Long, Ailsa	28:44	21:23	48	49	97
35	Mitchell, Stewart	28:37	22:11	49	45	94
36	Evans, Molly	29:47	21:42	45	47	92
37	Ramsay, Thomas	30:31	22:11	44	45	89
38	Mcintosh, Bert	30:43	23:07	43	43	86
39	Farnsworth, Daniel	30:46	25:55	42	42	84
40	Robertson, Neil	32:37	27:46	41	41	82

League Table after Event No 7

		Events	Fpts	Hpts	Tpts
1	Wilson, Ian	6	460	422	882
2	Stromberg, Cameron	6	412	412	824
3	Ennis, Andrew	5	398	380	778
4	Deans, David	6	411	362	773
5	Lowe, Ron	5	397	369	766

6	Campbell, Alan	6	368	392	760
7	Murphy, Erin	6	352	392	744
8	Liversidge, Jamie	5	342	390	732
9	Quinn, Greg	5	379	345	724
10	Rough, Ali	5	365	349	714
11	Grant, Ian	6	389	323	712
12	McMillan, Margaret	6	349	358	707
13	Nicoll, Matt	5	360	346	706
14	Vaughan, Ian	5	336	363	699
15	Mitchell, Stewart	6	344	340	684
16	Leal, John	5	342	318	660
17	Robb, Jim	5	302	317	619
18	Collins, Jamie	4	302	291	593
19	Farquhar, Mark	5	297	287	584
20	Ritchie, Colin	4	289	293	582
21	Watt, Michael	5	275	292	567
22	Strachan, Jon	4	271	288	559
23	McIntosh, Bert	5	269	273	542
24	Smith, Gordon	4	282	259	541
25	Reid, Graham	5	251	256	507
26	Blunsdon, John	3	233	231	464
27	Ferguson, Jak	3	237	225	462
28	Prabucki, Jill	4	219	231	450
29	Wood, Ben	3	225	218	443
30	Anderson, Neil	3	225	216	441
31	Long, Isla	4	206	229	435
32	Davidson, Terry	3	212	186	398
33	Baird, Francesca	4	193	199	392
34	Efimova, Vera	4	192	198	390
35	Smith, Emma	3	187	197	384
36	White, Evie	3	154	194	348
37	Eadington, Emily	3	175	163	338
38	Cordiner, Dominic	2	156	150	306
39	Smith, Calum	2	154	147	301
40	Thomson, Millie	3	135	162	297
41	Ramsay, Hugh	2	136	149	285
42	Bavidge, Bill	2	141	133	274
42	Dennison, Mike	2	132	142	274
44	Pirie, Sandy	2	131	127	258
45	Walton, Steve	2	129	116	245
46	Lindsay, Robert	2	119	120	239
47	Edwards, Ian	2	117	120	237
48	Wallace, Colin	2	124	111	235
49	Ferguson, Michael	2	112	118	230
50	Long, Ailsa	2	93	113	206
51	Ramsay, Thomas	2	101	100	201
52	Evans, Molly	2	90	102	192
53	Liversidge, Lauren	2	94	92	186
54	Dobson, Ron	2	94	90	184
55	Brailsford, Andy	1	79	79	158
56	Bacon, Robert	1	71	75	146
57	Anthony, Jon	1	74	64	138
57	Lynch, Steve	1	60	78	138
59	Marshall Dawson, Archie	1	57	80	137
60	Matthew, Cameron	1	55	79	134
60	Rowe, Elliot	1	60	74	134
62	Smith, Brian	1	61	70	131
63	MacLeod, Alexander	1	65	63	128
64	Fontaine, Noah	1	60	64	124
64	Smart, Peter	1	62	62	124
66	Brown, Glenn	1	60	56	116
67	Long, Sam	1	62	51	113
68	Coralie, Arthur	1	55	56	111
69	Brown, Glen	1	46	56	102

70	Thomson, Isabella	1	50	49	99
71	Farnsworth, Daniel	1	42	42	84
72	McCallum, Graham	1	43	39	82
72	Robertson, Neil	1	41	41	82
74	Glennie, Petra	1	40	39	79
75	Esslemont, Colin	1	38	38	76

For Sale

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

- 1 Giant TCR compact carbon frame TT bike, ONCE colourscheme. 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, £495 ono. dick.bird@ifb.co.uk (1)
- 2 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 mikepantalbot@yahoo.com. Picture [here](#) (2)
- 3 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 (2)
- 4 TT Bike FOR SALE - Please go [here](#) (2)
- 5 ORBEA / ZEUS TOURMALET – A future collectable period bike – Built in 2000 by James. Never ridden. Can only be described as IMMACULATE – IN BRAND NEW CONDITION. One small storage chip under the TT and two small chips on the DT – otherwise MINT. 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 = 21¾" (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 (2)

- 6 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 (3)

Wanted

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

- 1 Quality Exercise Bike in good condition. Do you have one now surplus to requirements and just taking up space? Cash waiting! Details please to

EVENING LEAGUE VETS ON STANDARD COMPETITION 2018

Name	Age	Ev01	Ev02	Ev03	Ev04	Ev05	Ev06	Ev07	Count	Total	
1 Wilson, Ian	51	46		46	47	47	49	49	6	284	1 st & Over 50
2 Mitchell, Stewart	79		47	45	48	45	46	47	6	278	Over 70
3 Campbell, Alan	72	36	43	38	43	43	47	42	6	256	
4 Lowe, Ron	54	50	49		50	50		50	5	249	
5 Ennis, Andrew	46	49	50	50	49		50		5	248	Over 40
6 McMillan, Margaret	55	41		35	41	42	44	44	6	247	Lady Over 50
7 Quinn, Greg	54		47	47	46	48	48		5	236	
8 Deans, David	44	39	35	36	42		42	38	6	232	
9 Grant, Ian	55	30	40	34		40	45	39	6	228	
10 Leal, John	53	43	41	39		41		46	5	210	
11 Rough, Ali	42	35	44	40	45			45	5	209	
12 Anderson, Neil	56	47			49	49		48	4	193	
13 Robb, Jim	62	31	38	33		38		40	5	180	Over 60
14 McIntosh, Bert	75		32		38	34	38	35	5	177	
15 Smith, Gordon	49	44		41	44			44	4	173	
16 Watt, Michael	64	27	36	29			39	37	5	168	
17 Farquhar, Mark	52	29	34	28	40			36	5	167	
18 Reid, Graham	77	25	33	25	39		37		5	159	
19 Strachan, Jon	54		42	37		35	40		4	154	
20 Prabucki, Jill	59	34	39			36	41		4	150	
21 Blunsdon, John	49	48	48	49					3	145	
22 Wood, Ben	43	42		42		44			3	128	
23 Eadington, Emily	40	37	45	32					3	114	
24 Bavidge, Bill	53	45		45					2	90	
25 Walton, Steve	69			48		39			2	87	
26 Pirie, Sandy	60						43	41	2	84	
27 Dennison, Mike	53	40		43					2	83	
28 Edwards, Ian	68				37		35		2	72	
29 Esslemont, Colin	45	20	20	10	20				4	70	
29 Brown, Glenn	57						36	34	2	70	
31 Lindsay, Robert	49	33		31					2	64	
32 Ferguson, Michael	48	28		27					2	55	
33 Dobson, Ron	63	26		26					2	52	
34 Brailsford, Andy	49					46			1	46	
35 Smith, Brian	51	38							1	38	
36 MacLeod, Alexander	46		37						1	37	
36 Bacon, Robert	43					37			1	37	
38 Lynch, Steven	49	33							1	33	
38 Robertson, Neil	52							33	1	33	
40 Long, Sam	44			30					1	30	
41 Glennie, Petra	47	24							1	24	Lady Over 40

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

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

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

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

COACHED TURBO SESSIONS

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

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

Weekly Progression – All Abilities Catered For

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

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

Cost (Blocks are payable in advance):

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

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

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

Ian Grant

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

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

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

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01467 621861

CAR CLINIC

Car Clinic contacts: -

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

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

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

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

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

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

Membership Application

Name:

Address:

.....

Phone Number:.....

Email:

Date of Birth:

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



Grampian Health Foods

Mon - Fri 9 am - 6 pm

Saturday 9 am - 5.30pm

Sunday Closed

34 Market Street

Aberdeen

AB11 5PL

01224 590 886

www.grampianhealthfoods.co.uk

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

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5 Crown Street