

Issue 530

May 2018

# CRANKS

## Volume 45

The Magazine of

**Deeside Thistle Cycling Club**

Sponsored by:



**Tierney Strachan**

PROCESS CONTROL ENGINEERING

**Current Membership 631 (655)**  
**SCU Membership 344 (332)**  
**Scottish Cycling's Largest Club**

### Editorial:

More than a decade ago Kenny Walker was involved in a life changing accident during an evening time-trial. His recovery took years; in fact it is still on-going. His passion for and knowledge of bikes has helped in his recovery. Gentle rides on quiet paths gradually brought him to the point where he decided to take a bigger step.

Entering the 2018 Etape Loch Ness was the challenge. It was held on Sunday 29 April and Kenny completed the 66 miles.

He wasn't just doing the ride for himself pledging to raise funds for MacMillan Cancer Support. Already he has raised in excess of £1000. You can help boost this sum further by going to <http://www.justgiving.com/Kenny-Walker5> and make a donation; large or small

The racing season is well under way. Be sure and consider entering events. All the local Opens are listed with clickable links in this magazine and the Evening League Calendar, published with last month's issue, is attached once more.

Obviously in addition to taking part in events you'll want to help out so when the call is made be sure to offer assistance.

There's a dearth of Commissaires (event referees) in our area so you should also consider getting a ticket for that when the next course is organised.

Our events will only succeed with the willing co-operation of club members.

### PHILOSOPHER'S CORNER

#### Many hands make light 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](mailto:Knockies@aol.com)

### Spring Bunny 25TT

08 April 2018

1	Jamie Davidson	AWCC	53:08
2	Jody Hall	VCRT	56:07
3	Robin Atkinson	SWCC	56:23
4	Martin Reynolds	AWCC	56:55
5	Brian Duncan	SB	57:08
6	Wayne Crombie	ELV	57:43
7	Stewart Burke	TAAA	58:05
8	Jonathan Hunter	AWCC	58:09
9	Thomas Gelati	BPGO	58:36
10	Alan Smith	YCC	58:38
11	Andrew Ennis	DTCC	58:49
12	Kyle Johnston	PVS	59:30
13	Myles Taylor	DTCC	59:55
14	Ron Lowe	DTCC	1:00:11
15	Ian Macleod	AWCC	1:00:18
16	Keith Robertson	GCRT	1:00:23
17	Calum Gibb	DTCC	1:00:54
18	David Reed	PVRT	1:01:47
19	Jack Ferguson	DTCC	1:01:55
20	Tim Shoreman		1:02:20
21	Neil Anderson	DTCC	1:02:36
22	Liam McNamara		1:02:38
23	Michael Giles	YCC	1:03:01
24	Edward Atkinson	ECC	1:03:14
25	Bob Cowie	AWCC	1:03:44
26	David Deans	DTCC	1:03:54
27	Benjamin Wood	DTCC	1:04:01
28	Stephen Walton	DTCC	1:04:16
29	Spencer Holmes		1:04:24
30	Matthew Howe	AWCC	1:05:06
31	John Leal	DTCC	1:06:09
32	Emily Middleditch	DTCC	1:06:49
33	Warren Crombie	MRCC	1:06:59
34	Malcolm Grant	PPI	1:07:16
35	Michael Ferguson	DTCC	1:08:52
36	Carol Middleton	Ythan CC	1:09:35
37	Jim Robb	DTCC	1:10:08
38	Daniel Ewing	AWCC	1:10:34
39	Mark Heady	DTCC	1:10:48
40	Margaret Anderson	DTCC	1:11:15
41	Jim Davidson	DTCC	1:13:16
42	Jacqueline Ross	EN	1:13:37
43	Jill Prabucki	DTCC	1:15:38
44	Cameron Stromberg	DTCC	1:15:49
45	Jacqueline Laing	DTCC	1:15:51
46	David Kirton	KRC	1:27:10

### Suie RR (70miles)

15 April 2018

1 Alexander Dent SRT, 2 Alastair Fowler GN CC, 3 Michael Gordon AWCC, 4 Chris Williamson DTCC, 5 Martin Reynolds AWCC, 6 Jonathan Hunter AWCC, 7 Robin Atkinson SWCC, 8 Karl Daly DTCC, 9 Matthew Cockerell AWCC, 10 David Reed PVRT, 11 Alan Dean ERC, 12 David Duggan, 13 Chris Main V44RT, 14 Iain Macleod AWCC, 15 Alistair Cameron SCC, 16 Calum Kennedy ERC, 17 Kris Urquhart DTCC, 18 Neil Griffiths GWCC, 19 Robert Cowie AWCC, 20 Dominic Corder DTCC, 21 Marc Roberts ECC, 22 Alex Marjoribanks, 23 Myles Taylor DTCC, 24 John Kent AWCC, 25 Anthony French DTCC, 26 Calum Gibb

DTCC, 27 Brian Duncan SB, 28 Jody Hall VCRT, 29 Mark Madigan ECC, 30 Richard Harris DTCC, 31 David Menzies AWCC, 32 Craig Breetzke Moray Cycle Racing Team, 33 Terry Christie Elgin CC, 34 David Stewart DTCC, 35 Lester Grant ATCC, 36 Andrew Kitchin ERC, 37 Alec Marwick ESW, 38 Joel Robertson HC, 39 Ross Webster WBC, 40 Euan Grant SCC, 41 Graeme Dean GGCC, 42 Steven Sharp EN, 43 Greg Quinn DTCC, 44 Craig Barron SC, 45 David Deans DTCC, 46 Aaron Johnson DTCC, 47 Michael Cassie EN, 48 Mark Wood ECC, 49 Samuel Langlois Lopez HC, 50 Graham MacLennan MFCC, 51 Alex Marr CGV, 52 Nico Anelli BPGO, 53 William Sutherland, 54 Iain Pryde DTCC, 55 Callum White DTCC, 56 Malcolm Grant PPI, 57 Glenn Thompson YCC, 58 Lauren Kedar, 59 John Christie HC

### **Grampian Evening Series#1 – 30 miles Dig In and Rock On 19-Apr-18**

1 Struan Pryde PHRT, 2 Alistair Merry DTRC, 3 Grant Martin VPC, 4 Donald MacRury MFCC, 5 Tim Mackley VCRT, 6 Nathan Kinch DTCC, 7 Danny Hedley RT23, 8 Michael Gordon AWCC, 9 Stuart Paterson RT23, 10 Neil Scott DTCC, 11 Chris Main V44RT, 12 Thomas Gelati BPGO, 13 Oliver Murray, 14 Andrew Leith YCC, 15 David Reed BPGOI, 16 Alexander Marjoribanks ACU, 17 Iain Macleod AWCC, 18 Martin Lonie NSSL, 19 Jonathan Hunter AWCC, 20 Marc Roberts ECC, 21 Robin Atkinson SWCC, 22 Richard Harris DTCC, 23 Anthony French DTCC, 24 Lee Smith YCC, 25 Myles Taylor DTCC, 26 David Menzies AWCC, 27 Kris Urquhart DTCC, 28 David Stewart DTCC, 29 Andrew Ennis DTCC, 30 Dominic Cordner DTCC, 31 Dan Saunders DTCC, 32 Jody Hall VCRT, 33 Sean Delaney VCRT, 34 Alan Smith YCC, 35 Steve Cunningham DTCC, 36 Greg Quinn DTCC, 37 Gary Hughes DTCC, 38 Terry Christie ECC, 39 Alan Horsburgh ICC, 40 David Deans DTCC, 41 Jonathan Cordiner YCC, 42 Alex Marr COGV, 43 Stuart Gray DTCC, 44 Peter Kneeshaw SRT, 45 Calum Gibb DTCC, 46 Kelvin White DTCC, 47 Malcolm Grant PPI, 48 Matthew Cockerell AWCC, 49 Sandy Wilson DTCC, 50 Calum Cormack, 51 Lauren Kedar, 52 John Christie HC, 53 Chris Williamson DTCC, 54 Robert Cowie AWCC, 55 John Kent AWCC, 56 Calum Gray DRCC

### **V44 Lochter Men's 60ml RR 28 April 2018**

1 Jared Linden RDFCC, 2 Neil Scott DTCC, 3 Martin Lonie NSSL, 4 Alexander Dent SRT, 5 Callum Sharp PPRT, 6 Danny Hedley RT23, 7 Struan Pryde PHRT, 8 Finn Harrod CC, 9 Matti Dobbins GCC, 10 Alastair McNicol DC, 11 Tim Mackley VCRT, 12 Andrew Ennis DTCC, 13 Wayne Barr V44RT, 14 Karl Daly DTCC, 15 Stuart Paterson RT23, 16 Nathan Kinch DTCC, 17 Zak Loney ERC, 18 Jackie Chan PUCC, 19 Anthony French DTCC, 20 Michael Gordon AWCC, 21 Matthew Cockerell AWCC, 22 Alan Maxwell PPRT, 23 David Reed PVRT, 24 Thomas Gelati BPGO, 25 Chris Petrie AWCC, 26 Jonathan Hunter AWCC, 27 Malcolm Bain GCRT, 28 Hamish MacLean MRCC, 29 Stephen Collins PPRT, 30 Jody Hall VCRT, 31 Myles Taylor DTCC, 32 Alasdair Munro RT23, 33 Keith Greenwood PPRT, 34

Sean Gordon EKRC, 35 David Lines Wheelbase Castelli MGD, 36 Alan Dean ERC, 37 Chris Williamson DTCC, 38 Donald MacRury Moray Firth Cycling Club, 39 Martin Reynolds AWCC, 40 Andrew MacMaster WHW, 41 Marc Roberts ECC, 42 James Tree TAAA, 43 Lewis MacFarlane MFCC, 44 Richard Harris DTCC, 45 Andrew Scouller YCC, 46 Steve Shand AWCC, 47 Adrian Hay DCC, 48 Alistair Booth V44RT, 49 Jonathan Cordiner YCC

### **V44 Lochter Women's RR 28 Apr 2018**

#### **Stage 1: 3.5mls TT**

1	Joanne Thom	SWC	10:34:4
2	Lauren Johnston	AS	10:49:2
3	Sarah Walker	BENRG	10:55:9
4	Sharon Bird	ERC	10:59:5
5	Lulu Bartlett	TR	11:01:7
6	Laura Nicolson	DC	11:38:3
7	Emma Smith	DTCC	11:38:6
8	Ellie Park	T22	11:42:9
9	Miriam Jessett	BENRG	11:46:1
10	Georgia Mansfield	TB	11:46:4
11	Lucy Ritchie	EN	11:57:2
12	Katie Priester	GNCC	11:58:3
13	Karolyn Brown	V44RT	11:58:5
14	Helen Wyld	ERC	12:02:2
15	Anna Shackley	T22	12:02:5
16	Beth Macrae	FWCC	12:05:9
17	Louisa Sturrock	CCC	12:10:0
18	Lorna Ferguson	RT23	12:16:0
19	Jackie Donald	ECC	12:16:7
20	Alison Winship MacKay	GCCC	12:23:4
21	Zosia Martin	GCCC	12:23:7
22	Ruth Wright	AWCC	12:29:2
23	Anna Anderson	GNCC	12:29:6
24	Zoe Watters	SCC	12:29:7
25	Kathleen Thomson	YCC	12:33:2
26	Laura Cunningham	RCC	12:37:1
27	Paula Betts	MFCC	12:42:3
28	Emily Middleditch	DTCC	12:42:5
29	Donna Clayton	GNCC	12:48:0
30	Abby Stewart	T22	12:55:3
31	Alexandra Michnowicz	GCCC	13:34:3
32	Vicki Woodburn	MCC	13:38:2
33	Marja-Liisa Kitacheva		13:51:3
34	Georgia Young	GCT	14:01:9

#### **Stage 2: 32 mls RR**

1 Joanne Thom SWC 32 miles in 1:35:38, 2 Sarah Walker BENRG @ 2 secs, 3 Ellie Park T22 @ 4secs, 4 Sharon Bird ERC @ 6 secs, 5 Emma Smith DTCC @ 8 secs, 6 Georgia Mansfield TB @ st, 7 Beth Macrae FWCC @ 10 secs, 8 Lucy Ritchie EN @ st, 9 Lorna Ferguson RT23 @ 13 secs, 10 Donna Clayton GNCC @ 14secs, 11 Laura Cunningham RCC, 12 Katie Priester GNCC, 13 Lauren Johnston AS, 14 Laura Nicolson DC all @ st, 15 Alison Winship MacKay GCCC @ 17 secs, 16 Karolyn Brown V44RT @ 19 secs, 17 Helen Wyld ERC @ 22 secs, 18 Anna Shackley T22 @ 43 secs, 19 Zosia Martin GCCC @ 3.17, 20 Emily Middleditch DTCC @ 3.59, 21 Ruth Wright AWCC @ 4.53, 22 Anna Anderson GNCC @ 8.04, 23 Jackie Donald ECC @ 8.14, 24 Kathleen Thomson YCC @ st, 25 Georgia

Young GCT @ 8.44, 26 Alexandra Michnowicz GCCC @ 8.45, 27 Louisa Sturrock CCC @ st, 28 Paula Betts MFCC @ 13 48, 29 Abby Stewart T22 @ 14.39, 30 Vicki Woodburn MCC @ 16.11, 31 Marja-Liisa Kitacheva @ 25.57

### Overall

1 Joanne Thom SWC 35.5 miles in 1:46:06, 2 Sarah Walker BENRG @ 25 secs, 3 Lauren Johnston AS @ 35 secs, 4 Sharon Bird ERC @ 37 secs, 5 Ellie Park T22 @ 1.16, 6 Emma Smith DTCC @ 1.18, 7 Laura Nicolson DC @1.24, 8 Georgia Mansfield TB @ 1.26, 9 Lucy Ritchie EN @ 1.39, 10 Katie Priester GNCC @ 1.44, 11 Beth Macrae FWCC @ 1.47, 12 Karolyn Brown V44RT @ 1.49, 13 Helen Wyld ERC @ 1.56, 14 Lorna Ferguson RT23 @ 2.01, 15 Alison Winship MacKay GCCC @ 2.12, 16 Anna Shackley T22 @ 2.17, 17 Laura Cunningham RCC @ 2.23, 18 Donna Clayton GNCC @ 2.34, 19 Zosia Martin GCCC @ 5.12, 20 Emily Middleditch DTCC @ 6.13, 21 Ruth Wright AWCC @ 6.54, 22 Jackie Donald ECC @ 10.02, 23 Anna Anderson GNCC @ 10.05, 24 Kathleen Thomson YCC @ 10.19, 25 Louisa Sturrock CCC @ 10.27, 26 Alexandra Michnowicz GCCC @ 11.51, 27 Georgia Young GCT @ 12.52, 28 Paula Betts MFCC @ 16.02, 29 Abby Stewart T22 @ 17.06, 30 Vicki Woodburn MCC @ 19.21, 31 Marja-Liisa Kitacheva @ 29.20

### National 10TT

The Scottish 10TT was held at Invergordon on Sunday 06 May. Won by Liam Beatty Hawick CC in 20.19, runner-up was Aberdeen Wheeler, Jamie Davidson, only seconds slower with 20.22. A number of Deeside riders took part in damp, cold and breezy conditions. The NE wind limited fast times. Club rider performances:

16	Kelvin White	22.02
26	Michael Cheney	22.34
31	Tony French	22.51
58	Simon Stromberg	24.46
77	Iain Pryde	27.25

### RideLondon 2018

The following club members have been given the opportunity to take part in the year's Prudential Ride London under the banner of British Cycling's Team Challenge

#### Team A:

- 1 Robert Lindsay
- 2 Simon Campbell
- 3 Hamilton Huxham
- 4 Ian Ord

#### Team B:

- 1 Alan Campbell
- 2 Iain Lindsay
- 3 Peter Herrell
- 4 Brian Gourlay

There is a **Team C** available. This is women only but there have been no takers. Entry is still open so if you are interested please contact [knockies@aol.com](mailto:knockies@aol.com) now.

## 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
08 May	<a href="#">Grampian Evening RR2</a>	RR	AWCC
13 May	<a href="#">KOM Sportive</a>	Sportif	
13 May	<a href="#">Grampian Grand Prix</a>	Youth	DTCC
17 May	<a href="#">Aberdeen City Centre races</a>		
20 May	<a href="#">GCRT 25</a>	TT	DTCC
24 May	<a href="#">Fetternear Road Race ERR 3</a>	RR	GCRT
27 May	<a href="#">Highland Hardline DH</a>	DH	
07 Jun	<a href="#">Grampian Evening RR4</a>	RR	DTCC
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

### Spring Classic

Alan Campbell's annual Spring Classic attracted a good sized field of 60 or so riders. This included a new venture with the younger element in the club undertaking a shortened version.

A wee hiccup at the outset with the caretaker failing to open the hall on time was soon remedied via a quick phone call to Sierra Leone!

Lauren Liversidge really enjoyed the event and thought the youths ride went really well.

Roddy MacPherson had an excellent Club Day with good groups, a great pit stop at Tullynessie Hall and a lot of smiles! A big thank you to Alan and his helpers!

Jim Robb made a special thanks to the middle group on the 100k for not dropping him. He wasn't firing on all cylinders on the day. He says another great event, thanks to Alan.

**Remember to offer to help at our events if asked. They won't succeed if there are no officials**

## Isle of Man Youth Tour

A large contingent of Deeside Youth have travelled to the Isle of Man on the May holiday weekend for the Youth Tour. They are holding their own and doing the club and coaches proud.

Results are [here](#).

The riders involved are: Sebastian, Innes Long, Ailsa Long, Isla Long, Calum Smith, Jamie Liversidge, Elliot Rowe, Melanie Rowe, Hope Thomson, Arabella Blackburn and Millie Thomson

## My Loch Ness ETAPE 2018 Update:

Just to let you know that I successfully and more importantly safely completed the Loch Ness ETAPE 2018 on Sunday 29 April – with many thanks to my many followers and sponsors. To date £1022 + £209 gift aid has been raised for Macmillan Cancer Support, more is being promised.....

I finished the 66 miles in 4 hours 23 minutes and 14 seconds (well pleased, as I was far from being slowest) and was 2131st overall out of all the 5,600 entrants (1920th male). The weather was cool, but dry, with little wind – so it was great day for enjoying cycling.

Due to my Motion Processing Disorder (that brain injury I got from my bike race crash in 2007) I didn't see a lot, but I stayed safe in groups and as long as I could see the guy in front (and he knew where he was going) I got safely round. There were many crashes and fallers as the slower earlier starters kept taking up the whole road, making it difficult for some to overtake (probably one incident every half mile for the first 34 miles), but after that big hill at Glendoe, things thinned out a bit for that great run back to Inverness.

All not bad for not being on a road bike for 11 years or so. Surprisingly bum and legs were fine at the end. Some Highland hospitality came later.

It was great to speak to the many Deesider's before and after the Event. Many thanks again to all. *Kenny*

## Deeside Riders in the 2018 Loch Ness Etape

It is quite probable that some folk have been missed!

255	Neil	SHAND	M	02:55:05	19
110	Peter	SMART	M	02:57:34	63
294	Andy	FERGUSON	M	03:02:25	115
218	Graeme	SMITH	M	03:04:09	120
244	Peter	HERRELL	M	03:05:01	131
253	Robert	LINDSAY	M	03:05:48	139
111	Simon	STROMBERG	M	03:06:21	146
1309	Nick	GLOVER	M	03:06:51	148
190	Chee Kong	CHEN	M	03:07:01	151
404	Ian	SINCLAIR	M	03:07:29	164
619	Jon	ODONOVAN	M	03:07:35	169
248	Iain	LINDSAY	M	03:10:39	212
131	Mark	DAVIDSON	M	03:14:27	255
199	Raymond	DRUMMOND	M	03:18:07	315

315	Brian	GOURLAY	M	03:18:09	316
536	Alan	CAMPBELL	M	03:18:58	327
545	William	INGLIS	M	03:21:10	362
312	Graham	KINGHORN	M	03:21:53	378
127	Elaine	LYONS	F	03:24:17	420
575	Richard	MATHIESON	M	03:30:43	593
2321	Donald	MCINTOSH	M	03:31:57	620
473	Alan	DICK	M	03:34:13	682
383	Andrew	LAMB	M	03:39:11	800
1064	Brian	RODGER	M	03:42:29	889
828	Morag	HOWARD	F	03:47:11	1020.
123	David	BRINK	M	03:48:17	1069
1053	Les	SMITH	M	03:55:45	1281
1113	Marion	LINDSAY	F	04:03:17	1513
2278	Kevin	MACKIE	M	04:04:55	1560
500	Roy	MILNE	M	04:08:15	1642
342	Stuart	MACLEOD	M	04:09:24	1683
4639	John	LARKIN	M	04:14:53	1840
5261	David	HOWARD	M	04:18:43	1971
2228	Hadyn	STARK	M	04:21:19	2057
5423	Kenny	WALKER	M	04:23:14	2131
4587	Elaine	CARTLIDGE	F	04:29:11	2308
905	David	CRANNA	M	05:11:22	3360
3862	Shona	REID	F	05:20:46	3564
3863	John	CUMMINGS	M	05:20:48	3568

## SC Vets RR

You may be aware that Deeside Thistle have been given the honour of hosting the Scottish Veterans Road Race Championships on Sunday the 10 June. This is a fantastic coup to bring a Championship away from the Central Belt and onto the roads of Aberdeenshire.

To make this event the success that it deserves to be, I'm asking the members of DTCC to come out in force to volunteer at the event. I'm looking primarily for lead Marshall, drivers and First Aid. I'm also looking for a proper turn out on the finish line to cheer Scotland's best riders.

Please email me on [iainmpryde@hotmail.com](mailto:iainmpryde@hotmail.com) or dm me if you are able to get involved *Ian Pryde*

## SXC Round 1

In very challenging and dreich conditions with some hard lessons received Deeside riders performed well in the SXC round 1 at Dalbeattie. Neil Stables (Grand Veteran) came 9th with Veterans Gary Hughes 19th and Dave Stewart 24th

## Lauren Liversidge

Over Easter Lauren raced the Sheriffston 10TT where she bagged 3rd Female and was placed 1st Junior in the Dunfermline CC's Women's RR

## Lost Property

Having coffee at Woodend Barn, Buchanan's Bistro, in Banchory and the staff recognised the DTCC top. They have a bag in their lost property that was left by a young family two weekends ago. It contains a child's DTCC top and bottoms.  
*Ginny Pollard*

## Paris – Roubaix

Alan Campbell rode the 166 miles of the Paris – Roubaix route in 1983 - only 35 years ago. It had never been on the telly back then so it was a bit of a shock

## Nostalgia Evening

On Friday 27 April 2018 Alan Gibb's evening of Cycling Nostalgia was a great success. Around 80 cyclists from the past 60 or more years got together in the Hazlehead café to go over the highs and lows of their involvement with our sport.

Among those in attendance Kevin Stewart teamed up with Mike Robertson and said that they'd not seen each other in 40 years.

Tom Mowat, thanked Alan Gibb for organising the evening, ably assisted by Alan Campbell. The name labels were a godsend. He was reminded by some people regarding things about himself which he'd completely forgotten, e.g. spilling tub cement on his mother's carpet! The classic bikes on show were elegant and simple compared to today's carbon fibre monsters. Tom says not enough appreciation was shown of the steel bikes at the time. The 'What's in the bag' competition was well received and fooled many. He still displays a Campagnolo rear mech as an ornament.

John Hall was delighted to meet up with cycling buddies he'd not seen in donkey's years. Phil Kelman reminded him of cycled into a car in 1979!

## 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!

## 2018 Open Day at Knockburn

As you are all aware we will be hosting another open day this year on Sunday 20th May. Most of you have committed to bringing representation to allow the public to try out the various activities and sports you are all involved with.

I'm sure the weather gods will be with us and the day will be as good as last year's event!

If you have any questions or requests please contact me on [info@knockburn.co.uk](mailto:info@knockburn.co.uk), 01330 822234 / 07741314999.  
*John Huston*

## 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*



## 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.

## 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 Clothing

Jon Strachan is able to provide a sizing facility for those members who wish to order new club clothing. He also has a small stock of garments available for emergency needs. Jon can be contacted on [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)

## 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)

## 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)

## 25 YEARS AGO

### EVENING LEAGUE 1993

The Evening League certainly got off to a flying start with 53 riders gaining points and 4 visitors swelling the numbers. Last year started with 38 and eventually had 100 gaining points. The most in one event was 55 for the final 10 TT so it looks as if that might be beaten.

The organization creaked a bit for the event on Tuesday 04 May as some of the body numbers were missing and ten riders started in different positions from the start sheet. Mary Lindsay was also missing so we had a recipe for disaster! However, a grand body of folk rallied round and in the end all was resolved.

Andrew Harrington was start timekeeper and coped with all the changes thrown at him; Susan Erskine checked the handicaps from Mary's master sheet; Neil Blacklaw took on the job of recorder without any previous experience.

Most riders were reasonably pleased with their efforts with about eleven personal bests. Graeme Alexander improved 2.49, Andrew Paterson 1.32 and Malcolm Wilson improved 30 secs to a tremendous fastest of 23.39. Robert Brown performed well for second fastest to show he is recovering well from his accident. Steven Ritchie, third fastest, also improved by 17 secs.

## 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

### May

Wed 9 May	Pub Run	D	19:30	Hazlehead, Groats Rd to Bielside Inn, Bielside.	Alan
Thu 10 May	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy
Sat 12 May	Faster Full Day	A	09:00	Old Mill Inn, Maryculter, coffee at Inchmarlo Golf Club, Banchory (01330 827080), picnic lunch at Laurencekirk, via Cairn O Mount.	Doug
Sat 12 May	Morning Run	D	09:30	Airyhall Library to Teacake, Chapelton of Elsick (07841917150 - Bob)	Wilf
Sat 12 May	Try Cycling	E	10:00	Seaton Park, Don St Entrance, Short easy rides, all welcome.	Jo
Sat 12 May	AUDAX			Forfar Audax - check Audax UK website for details	
Sat 12 May	Social			Let Heather know by today if attending next Saturday's social	Heather
Sun 13 May	Slower Full Day	C	09:30	Four mile, Kingswells to Forest Cafe, Midmar coffee (01330 830000) picnic lunch peel ring Lumphanan	Heather
Wed 16 May	Pub Run	D	19:30	Tesco, Danestone to Ferryhill House Hotel, Bon Accord St.	John B
Thu 17 May	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy
Sat 19 May	Faster Full Day	A*	09:00	Peterculter (west end), coffee at Platform 22, Torphins (01339 882807), picnic lunch at Burn O Vat.	Alberto
Sat 19 May	Morning Run	D	09:30	Torry Battery car park to Peterculter Parish Church (01224 733156 - Alison)	Alan
Sat 19 May	Try Cycling	E	10:00	Hazlehead, Groats Rd Car Park, Short easy rides, all welcome.	John C
Sat 19 May	Social		19:00	7-10pm at Mannofield church Muriel doing talk on African cycle holiday	Heather
Sun 20 May	Medium Full Day	B	09:30	Old Mill Inn, coffee at Kirkton Garden Centre (01569 764343), picnic lunch at Drumtochty Glen	John S
Wed 23 May	Pub Run	D	19:30	Woodend Hospital, Eday Rd to Broadstrak Inn, Elrick.	Alberto
Thu 24 May	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Anne
Sat 26 May	Slower Full Day	C	09:30	Leggart Terrace to Teacake Chapelton (07917 762464) coffee visit Fowlsheugh Crawton picnic lunch	Gordon
Sun 27 May	Faster Full Day	A*	09:00	Westhill Shopping Centre, coffee at Bistro, Alford (019755 63154), picnic lunch at Boultenstone.	John B
Sun 27 May	Morning Run	D	09:30	Hazlehead Park, Groats Road to Ceann Torr, Kintore (01467 633996)	Anne
Sun 27 May	Try Cycling	E	10:00	Duthie Park, Riverside Drive, Short easy rides, all welcome.	Mike
Wed 30 May	Pub Run	D	19:30	Airyhall Library to Lairhillock, Netherley.	Alan
Thu 31 May	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy
Sat 2 Jun	Medium Full Day	B	09:30	Westhill Shopping Centre, coffee at Forest Café, Midmar (01330 830000), picnic lunch in Aboyne	Alberto
Sun 3 Jun	Faster Full Day	A*	09:00	Parkhill Bridge, Dyce, coffee at Lochters, Oldmeldrum (01651 872000/78), picnic lunch at Rothiemay.	John S
Sun 3 Jun	Morning Run	D	09:30	Round House, Footdee to "Tin Coo" Banchory Devenick Farm (01224 782476)	Cindy
Sun 3 Jun	Try Cycling	E	10:00	Seaton Park, Don St Entrance, Short easy rides, all welcome.	Moira
Wed 6 Jun	Pub Run	D	19:30	Leggart Terrace to Marine Hotel, Stonehaven, Return by train, 22:23 or 22:50.	Alberto
Thu 7 Jun	Thursday Run	D	09:30	Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop.	Cindy

Sat 9 Jun Faster Full Day A\* 09:00 Old Mill Inn, Maryculter, coffee at Kondit Bakery, Inverbervie (01561 361221), picnic lunch at Edzell. John B

Sat 9 Jun Morning Run D 09:30 Woodend Hospital, Eday Road via Brimmond Hill to Craibstone Golf Club Gordon

Sat 9 Jun Try Cycling E 10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome. John C

Sat 9 Jun AUDAX Forfar Audax - check Audax UK website for details

Sun 10 Jun Slower Full Day C 09:30 Woodend Hospital Eday Road coffee at Ceann Tor Kintore (01467 633996) picnic lunch Harlaw Monument Inverurie Anne

Wed 13 Jun Pub Run D 19:30 Duthie Park, Riverside Drive, to Cove Bay Hotel, Cove. Alberto

Thu 14 Jun Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop. Cindy

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

## 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.

## Recent New Members

The following new or returning members have joined in recent weeks

1659	Shaun Harnden	Drumoak	46
1940	Chris Hall	Drumoak	34
2026	Gary Duncan	Banchory	48
2796	Daniel Kain	Aberdeen	15
2797	Robin McGregor	Aberdeen	36
2798	Steven Brasch	Dunecht	50
2799	Gloria Brasch	Dunecht	48
2800	Lachlan Brasch	Dunecht	11
2801	Liam Brasch	Dunecht	9
2802	Simon Seward	Cults	53
2803	Andrew Gillespie	Banchory	46
2804	Graeme Duguid	Dunecht	46
2805	Elaina Collie-Duguid	Dunecht	48
2806	Lily Collie-Duguid	Dunecht	11
2807	Belle Collie-Duguid	Dunecht	11
2808	Phillip Turpin	Harrogate	55
2809	Nicky Mason	Harrogate	48
2810	Stuart Fraser	Insch	51
2811	Jackie Fraser	Insch	51
2812	Sam Harnden	Drumoak	11
2813	Daniel Harnden	Drumoak	10
2814	Sasha Harnden	Drumoak	10
2815	Peter Sim	Aberdeen	43
2816	Sara Duncan	Banchory	44
2817	Roderick Morrison	Dyce	47

If you have a friend, family member, work colleague, who is interested in cycling but not involved with a club, drop the hint that they should look at [www.deeside.org](http://www.deeside.org) or to drop an email to [members@deeside.org](mailto:members@deeside.org) asking for information

## DEESIDE TRAINING

### Training/Clubruns/Chaingangs

a) **Monday - Metafit Class** - Metafit Airyhall Community Centre, Countesswells Road. Every Monday night 7.25 – 7.55pm. £3.50/class. High intensity interval session. Contact [helenewen1@btinternet.com](mailto:helenewen1@btinternet.com) mobile 07736247911 Facebook page Metafit Airyhall

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

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



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

**e) Wednesday** - Very civilised run with a coffee stop. Pace is moderate to fast. Start from Banchory Town Hall at 10:00hrs. Around 50 miles, returning well before 14:00hrs. Contact [bill.byth@gmail.com](mailto:bill.byth@gmail.com) to join 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 8:00** - 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

The 2018 Evening League is up and running. David Deans says a massive thank you to all the marshals and support crew that braved the elements during the first event.

### Event No 01 10ml Garlogie

	Time	H'cap	Fpts	Hpts	Tpts
1 Ennis, Andrew	22:56	18:05	79	80	159
2 Lowe, Ron	23:16	18:25	78	79	157
3 Ferguson, Jack	23:26	18:35	77	78	155
4 Blunsdon, John	24:06	18:57	75	77	152
5 Cordiner, Dominic	24:07	19:48	74	76	150
6 White, Kelvin	22:23	20:20	80	68	148
7 Deans, David	24:44	19:49	72	74	146
8 Wilson, Tom	24:24	20:15	73	71	144
9 Urquhart, Kris	25:05	20:14	69	72	141
9 Gibb, Callum	23:46	20:32	76	65	141
11 Thomson, Michael	25:11	20:18	67	70	137
12 Keenon, Ashley	25:50	19:50	62	73	135
12 Smith, Gordon	25:40	20:18	65	70	135
14 Wood, Ben	24:52	20:33	70	64	134
15 Anderson, Neil	24:44	20:47	72	61	133
16 Vaughan, Ian	27:15	19:48	54	76	130
17 Brailsford, Andy	25:32	20:41	66	63	129
18 Stromberg, Simon	25:07	20:58	68	60	128
19 Lindsay, Robert	26:09	20:22	60	67	127
20 Pirie, Sandy	26:21	20:22	59	67	126
20 McGraw, Bob	25:41	20:45	64	62	126
22 Sinclair, Ian	25:55	21:06	61	59	120
23 Grant, Ian	25:41	21:54	64	52	116
24 Robb, Jim	27:33	21:26	52	58	110
25 Ritchie, Colin	26:43	21:52	55	54	109
26 Davidson, Mark	26:25	22:02	58	50	108
27 Campbell, Alan	28:13	21:26	49	58	107
27 Huston, John	26:41	22:01	56	51	107
29 Howarth, Neil	27:38	21:42	51	55	106
30 Mcdonald, Andrew	26:30	22:33	57	47	104
31 Mathieson, Richard	29:20	21:30	45	56	101
31 Thomas, Gavin	27:16	22:25	53	48	101
33 McMillan, Margaret	30:12	21:52	42	54	96
34 Anderson, Margaret	27:54	23:03	50	44	94
35 Mitchell, Stewart	29:04	22:48	46	45	91
35 Dee, Coralie	28:15	23:24	48	43	91
37 Ramsay, John	30:27	22:07	40	49	89
37 Prabucki, Jill	29:49	22:39	43	46	89
39 Liversidge, Jamie	28:51	24:00	47	40	87
40 Fontaine, Noah	29:20	24:29	45	38	83
41 Byth, Bill	31:40	23:38	38	42	80
42 Chalmers, Alfie	32:08	23:48	37	41	78
42 Morice, Kevin	30:25	24:36	41	37	78
44 Murphy, Erin	32:37	24:17	36	39	75
45 White, Evie	31:29	26:38	39	35	74
46 Edwards, Ian	33:05	24:45	34	36	70
47 Duthie, Andrew	32:58	28:07	35	34	69

### Event 1 Vets Standards Summary

That was a fairly horrible start to the Season. Very windy from the South, cold at the start and rain by the finish. In spite of that you must have been training over the winter. Two thirds of you beat your standards which are based

on the time expected of the average BC Club rider of your age. So we are clearly an above average Club!

Kelvin White tied on the fastest time with Andrew Ennis and won the event on +4:00Std just ahead of Ron Lowe on +3:43Std and Andrew on +3:57Std. Sandy Pirie tried a turbo warm up for the first time and found it worked with +3:17 for 4th place. The Category awards went to Kelvin (40+), Ron (50+), Bob McGraw (60+) and Stewart Mitchell (70+). Margaret Anderson celebrated her debut (or maybe a return) to the Evening League as 1st Lady and 8th Place.

Any comments, corrections and complaints asap to me [bill.byth@gmail.com](mailto:bill.byth@gmail.com)

### EVENING LEAGUE VETS ON STANDARD COMPETITION 2018

Best six events count. Non counting events indicated e.g. "25

	Age	Ev01	Count	Total
1 White, Kelvin	45	50	1	50
2 Lowe, Ron	53	49	1	49
3 Ennis, Andrew	45	48	1	48
4 Pirie, Sandy	59	47	1	47
5 McGraw, Bob	67	46	1	46
6 Blunsdon, John	48	45	1	45
7 Anderson, Neil	55	44	1	44
8 Anderson, Margaret	L60	43	1	43
9 Mitchell, Stewart	78	42	1	42
10 Sinclair, Ian	61	41	1	41
11 Stromberg, Simon	49	40	1	40
12 Deans, David	43	39	1	39
13 Thomson, Michael	48	38	1	38
14 Grant, Ian	54	37	1	37
15 Wood, Ben	42	36	1	36
16 Brailsford, Andy	48	35	1	35
17 Campbell, Alan	71	34	1	34
18 Smith, Gordon	48	33	1	33
19 Lindsay, Robert	48	32	1	32
20 Robb, Jim	61	31	1	31
21 Davidson, Mark	47	30	1	30
22 Howarth, Neil	61	29	1	29
23 Ramsay, John	76	28	1	28
24 Mathieson, Richard	71	27	1	27
25 Prabucki, Jill	L58	26	1	26
26 Thomas, Gavin	53	25	1	25
27 Byth, Bill	78	24	1	24
28 McMillan, Margaret	L54	23	1	23
29 Liversidge, Jamie	46	22	1	22
30 Morice, Kevin	41	21	1	21
31 Edwards, Ian	66	20	1	20
32 Duthie, Andrew	48	19	1	19

### 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 Propel Advanced Pro, Carbon frame, medium size. 105 drive train with Ultegra cassette. Very clean bike with low miles. Bought and maintained.

- £1200 or £1500 with stages power meter. [stuartvillis@btinternet.com](mailto:stuartvillis@btinternet.com) (1)
- 2 [http://www.deeside.org/knockies/2016\\_Devinci\\_Leo\\_SL\\_Ultegra\\_Di2\\_Disc\\_\(1\).docx](http://www.deeside.org/knockies/2016_Devinci_Leo_SL_Ultegra_Di2_Disc_(1).docx). Contact details: Bill Sutherland 07770 223957 (1)
- 3 Ultegra 11 speed groupset with wheel upgrade of Planet X 60mm carbon wheels with tubular tyres. Size 56. Excellent condition, cost £4000 new in June 2017. Less than 2000 miles ridden, not used over winter, kept inside in house, well maintained and recently serviced with new chain fitted. Price £2200. Complete bike except for pedals. Will consider selling for lower price without wheels. Pic [PlanetXA](#), [PlanetXB](#). Contact James Tree on 07500 500522, [jamestree47@gmail.com](mailto:jamestree47@gmail.com) or Ken Tree on 07736 114367, [ken.tree@btopenworld.com](mailto:ken.tree@btopenworld.com) (1)
- 4 Get ready for this year's Evening TT League! Excellent condition. Light fast bike. Hardly used. Stored inside warm centrally heated house. Carbon frame, forks and aero seat post. SRAM 10 speed. According to Planet X website fits up to about 5ft 9in height. Comes with Shimano pedals. No wheels, but can include wheels and 10 speed cassette as in pic if required for £30 so you get going! Price around £425. Pic [BMC](#). Please contact Ken Tree on 07736 114367, [ken.tree@btopenworld.com](mailto:ken.tree@btopenworld.com). Can be viewed in Aberdeen and elsewhere in Scotland (1)
- 5 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 (3)
- 6 Would any of you fine fast bods be interested in Zipp's current fastest TT wheel combo? Got a Zipp 808 NSW Carbon Clincher (used 10 times, bought new last April) and a Zipp Super 9 Carbon Clincher (used once) that I'm thinking of selling. £2000 for the set. See [here](#). Let me know if you are interested. Please contact Matt Cockerell on [matthew.cockerell@lr.org](mailto:matthew.cockerell@lr.org) (1)
- 7 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 you may have, my email address is [calum.gibb@yahoo.com](mailto:calum.gibb@yahoo.com) (3)
- 8 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)

## Fetternear Road Race Thursday 24th May

Craig Christie (DTCC) is organizing the above road race and would very much appreciate your help.

The race is based in between Inverurie and Kemnay (Race HQ Fetternear Hall) and the start time will be somewhere between 1830 and 1900hrs.

This year the intention is to run the race over 3.5 laps with the finish line at the top of the tough Bennachie climb.

Martin H tells me that Kenny Anderson has already indicated availability so Craig is needing one more qualified person to help out.

Your assistance to keep this race on the calendar would be very much appreciated. If you need any further info, please give me a call on the number below.

Andy Kerr  
DTCC Events Secretary  
07951 500691

## 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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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

## Total Endurance

Scientific Cycle Coaching for Fitness, Bike  
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personalised training to help you to reach your potential  
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Members

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)



Grampian Health Foods

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[www.grampianhealthfoods.co.uk](http://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](mailto:knockies@aol.com)

Mon - Fri 9 am - 6

pm

Saturday 9 am -

5.30pm

Sunday Closed



# DEESIDE THISTLE CYCLING CLUB

## EVENING LEAGUE 2018

All riders in Evening League Events should have British Cycling Membership. Details are in Cranks or contact the Club Secretary, Sandy Lindsay MBE, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ,  
Tel: 01467 681330 / 07867 857221, Email: knockies@aol.com

**The first rider will start at approximately 6.45pm**

ALL ENTRANTS MUST ADHERE TO THE RULES BELOW				Event	Time
May, 01	10 TT	Garlogie AB10/3		<b>1</b>	: :
May, 08	12 CTT	Garlogie/Dunecht/Echt		<b>2</b>	: :
May, 15	10 TT	Garlogie AB10/3		<b>3</b>	: :
May, 22	15 TT	Garlogie/Midmar Jn (AB10/3+)		<b>4</b>	: :
May, 29	25 TT	Garlogie/Torphins AC25/4		<b>5</b>	: :
June, 05	18 CTT	Garlogie/Dunecht/Midmar		<b>6</b>	: :
June, 12	10 TT	Drumoak AB10/N		<b>7</b>	: :
June, 19	<b>No event due to Massie Shield on 20th</b>			-	
June, 26	9.5 CTT	Fintray		<b>8</b>	: :
July, 03	25 TT	Garlogie/Torphins AC25/4		<b>9</b>	: :
July, 10	<b>No Event – Trades Holiday</b>			-	
July, 17	1 ml Hill Climb	Cairn mon Earn		<b>10</b>	: :
July, 24	9 CTT	Garlogie/Floras/Drum		<b>11</b>	: :
July, 31	10 TT	Garlogie AB10/3		<b>12</b>	: :
	<i>Novice Event</i>				
Aug, 07	5 TT	Garlogie AB10/3	Outward	<b>13</b>	: :
	<i>OLD SCHOOL (Standard Road Bike Only/No tri bars)</i>				

Entries for events should be sent to [enterel@deeside.org](mailto:enterel@deeside.org) or enter at the previous week's event.

Marshal or helper support sent to [helpersel@deeside.org](mailto:helpersel@deeside.org).

A duty rota for all events is available on the website.

## Rules

1. Fees are £20 for the whole league, or £4 for a single event.
2. Participants to obey the highway code at all times
3. Use of helmets is compulsory.
4. Rear light is required.
5. Only club members or invitees as defined below may partake (as per British/Scottish Cycling Policy).  
A club member must have their 'first' club affiliation to DTCC.  
An invitee must not be a member of ANY other club.
6. Commitment to assist/marshal/timekeep (via [helpersel@deeside.org](mailto:helpersel@deeside.org) or at the desk) must be made before 1<sup>st</sup> entry. If competing in 6 or more events; assistance at a further (second) EL event is required.
7. Riders should have **BC Silver Provisional Race Licence**.
8. Numbers are generally limited to 60.
9. Riders start at minute intervals from 6.45pm.
10. Riders approaching the start area at Garlogie are not permitted to make road turns in the vicinity of the layby for safety reasons. Cairnie roundabout should be used instead. It is also recommended that riders returning to Garlogie Hall after competing should do so in single file and just after a starting rider.
11. EL entries must be in by end of Sunday. Anyone wishing a late entry should view the online start sheet and sign on for a free slot on the night, as emails sent to [enterel@deeside.org](mailto:enterel@deeside.org) will not be read after Sunday for that week's event.

### **Event 13 - Novice Event**

This event will recognise entrants who have not completed in previous year's EL or Open events; and that are entering the EL this year for the first time. This event will be won by the best scratch time on the night (not handicapped time). Event to be awarded at the end of the year. Entrants should make organisers aware of their eligibility for this event

#### **Courses are as follows:**

##### **1 mile hill climb: Cairn mon Earn –**

Start on unclassified road one mile from the top of the Slug A957. Finish before joining the Slug Road

##### **5 miles TT: AB10/3.5 –**

Start B9119 at east edge of gatepost 0.088 miles east of 9th milestone. Proceed west on B9119 Echt Road via Echt to finish at a point just over 1.5 miles west of Echt at the Sunhoney farm sign.

##### **9 miles Garlogie/Floras/Drum CTT-**

Start B9119 at east edge of gatepost 0.088 miles east of 9th milestone. Proceed west on B9119 then left on to B9125 (Torphins road). Turn left at Floras and continue on unclassified road towards Drumoak. Turn left after approx. 1.7 miles and proceed east for approx. 1.8 miles. Sharp left turn at Hardgate (at give way junction) and proceed west for approx. 2.6 miles to finish. Finish on straight alongside duck pond on left.

##### **9.5 miles Fintray CTT:**

Start in Fintray on the B977 then take the unclassified road via Kinmuck to Keithhall, where left on the B993 to turn left again just before Inverurie and return to Fintray on unclassified roads and the B977

##### **10 miles TT: AB10/3 –**

Start B9119 at east edge of gatepost 0.088 miles east of 9th milestone. Proceed west on B9119 Echt Road via Echt to a point just over 1.5 miles west of Echt. Turn in road at Sunhoney Farm sign (5.053). Retrace via Echt and Garlogie to finish 0.073 miles west of 9th milestone and 0.101 miles west of start

##### **10 miles TT: Drum AB10/N**

Start A93 Muir of Drum lay-by. Proceed west on A93 to Crathes, turn left at A957 and cross over bridge and then turn left at B9077. Proceed east on B9077 until finish at field entrance 1.8 miles east of left turn to Quarry.

**12 miles CTT: Garlogie/Dunecht/Echt**

Start B9119 at entrance to Garlogie lay-by. Proceed east to Carnie Roundabout. Left on B979 and left on A944. Travel west to Dunecht where left on B977 to Echt. Left on B9119 to finish 0.2 miles west of start

**15 miles TT: AB10/4+**

Start B9119 at east edge of gatepost 0.088 miles east of 9th milestone. Proceed west on B9119 Echt Road via Echt to a point a short distance west of the west junction to Midmar. Turn in road and retrace via Echt and Garlogie to finish 0.073 miles west of 9th milestone and 0.101 miles west of start

**18 miles CTT: Garlogie/Dunecht/Midmar –**

Start B9119 at entrance to Garlogie lay-by. Proceed east to Carnie Roundabout. Left on B979 and left on A944. Travel west to Mill of Lynton junction, two miles west of Dunecht. Left on unclassified road via Midmar to left on B9119 to finish 0.2 miles west of start

**20 miles HTT: Netherley/Durris/Slug –**

Start on unclassified road west of Lairhillock on B979. Proceed west to join Slug Road A957. Left to cross Slug towards Stonehaven. At junction with unclassified road to Cowton turn left. Follow through to join B979 where left to finish near starting point

**25 miles TT: Garlogie/Torphins AB25/4 –**

Start B9119 at east edge of gatepost 0.088 miles east of 9th milestone. Proceed west on B9119 then left on B9125 (Torphins Road), to a T.P.No.10 west of Innermarkie Wynd, Torphins. Retrace on B9125 to finish 20 yards west of Toll Cottage before junction with B9119

**Contact information**

Sandy Lindsay  
Rowan Cottage  
Inveramsay  
Inverurie  
AB51 5DQ

Steve Walton  
Whitehaugh  
Alford  
AB33 8AU

Home: 01467 681330  
Mobile: 07867 857221

Home: 019755 63419  
Mobile: 07710678382

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

[helpersel@deeside.org](mailto:helpersel@deeside.org)

Marshal or helper support to be sent to [helpersel@deeside.org](mailto:helpersel@deeside.org) (Jon Strachan/David Walton). A duty rota for all events is available on the website and will be available at each event.

**Pledge: Please print off this page; complete and bring along on your first night.**

**Deeside Thistle Evening League 2018**

- I will take my turn in supporting at least one EL event; by either marshalling or taking a timekeeper role; or
- If I complete in 6 or more events; I will assist at a further (second) EL event;
- I will abide by the rules of the EL above.

Name \_\_\_\_\_

Payment: \_\_\_\_\_

Signed \_\_\_\_\_ Dated \_\_\_\_\_

Email address: \_\_\_\_\_

Mobile No: \_\_\_\_\_