

Issue 524

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# CRANKS

## Volume 44

The Magazine of

**Deeside Thistle Cycling Club**

Sponsored by:



**Tierney Strachan**  
PROCESS CONTROL ENGINEERING

**Current Membership 677 (645)**  
**SCU Membership 356 (297)**  
**Scottish Cycling's Largest Club**

### Editorial:

The Durriss transmitter had just been erected; at 1028 feet it was the tallest structure in Europe. There were all sorts of facts bandied about; 14 foot swing at the top, 100s of tonnes of strain on the cables. I had to see this for myself.

The road from the Slug was a no go area, this before the rights of access we have now. Instead I'd head towards Hobseat and tackle the climb over the Crine Corse Mounth.

It was winter and sullyng the virgin white on the Lady Leys road from Mergie I watched the snow spewing at right angles from my Weinmann 500s. Then, into the trees and scaled the hillside to the skyline. I was amazed.

Standing there beside the sphere that supported all the metalwork it was difficult to take in. Looking up through the structure the moving clouds created a sensation of the whole lot toppling over. Turning round I looked over Cairn Mon Earn towards Bennachie and west over Banchory to the Grampians.

So what's this all about? Be amazed. The playground of my youthful years is earmarked for development. The North East Trail Centre Organisation (Netco) have selected Durriss Forest for the proposed new mountain bike park. Maybe it won't be for everyone but 30 miles of trails will surely satisfy a good number of those keen on the knobbly tired side of our following.

Netco have spent many months in preparing their plan and they seem to have backing from the authorities. Let's hope things take off and we get something that parallels, even excels, places like Glentress and Laggan Wolfrax.

### PHILOSOPHER'S CORNER

#### Apologising doesn't always mean you are in the wrong

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)

## NETCO Unveils Plans for £10million Mountain Bike Park in Aberdeenshire

Plans to build a "world-class" mountain bike park and adventure centre with snow sports in Aberdeenshire have been launched.

Aberdeenshire-based charity Netco revealed its aspirations to deliver the north-east's largest mountain bike infrastructure project, during the group's annual general meeting (AGM) at Aberdeen's Transition Extreme.

Announcing the results of a year-long feasibility study, Netco heralded the £10million community-based project as an opportunity to boost the region's growing visitor economy and create a unique asset for Aberdeen city and shire communities.

Durriss Forest, situated between Stonehaven and Banchory, is the proposed site for the new development.

The project aims to bring more visitors to mountain bike in Scotland and boost domestic adventure sports tourism.

Unveiling the plans, Netco chairman Martin Byers said: "It's the perfect time to launch our vision of a multi-adventure activity mountain bike park, which we firmly believe is greatly needed in Aberdeenshire. Our plans represent an opportunity to inspire more people to discover outdoor sports in a natural environment, bolster Scotland's current mountain biking facilities strategy, create jobs and help bring sustained growth to our local economy."

He added: "Durriss is an excellent venue due in part to its convenient proximity to Aberdeen and surrounding towns. It's rural but easily accessible from the A90 and new Western Peripheral route once opened. This really enhances the location's potential to achieve our vision and attract people here from across Scotland, the UK and overseas."

The proposed new development at Durriss is predicted to cost between £8million and £11million to construct.

It will span some 256 hectares with more than 45km of purpose-built trails graded for all abilities.

The facility could lead to as many as 70 new jobs locally, of which, around 45 jobs could be full-time positions. A further 25 new full-time jobs could be created by the project directly.

Once in operation, it has the potential to contribute over £2million of gross added value (GVA) a year to the north-east of Scotland economy.

The proposed year-round development could attract in excess of 100,000 overnight and day visitors a year, making it one of the largest leisure tourist-related businesses in Aberdeenshire.

A new outdoor snow sports centre is included in the group's concept designs. If plans go-ahead, it is believed to be the first mountain bike project in Scotland to feature dry slope skiing and snowboarding facilities.

Belinda Miller, head of economic development at Aberdeenshire Council, said: "This is an exciting and innovative proposal from Netco and one that has the potential to put this part of Scotland on the map for family-friendly adventure sports facilities.

"Our regional economic strategy is founded on diversification and a mountain bike and snowsports centre would certainly help us towards this."

Graeme McLean, project manager at Developing Mountain Biking in Scotland (DMBinS), part of Scottish Cycling, said a new large-scale mountain bike development in Aberdeenshire makes "eminent sense".

"The north-east is Scotland's final geographical gap in large mountain biking amenities. These exciting and ambitious proposals would propel the region towards becoming one of the UK's leading mountain bike destinations," he said.

Mr Byers said that the group wants to create a "multifaceted adventure sports facility" with mountain biking at its core. He added: "Incorporating snow sports enhances the appeal of the development for everyone and opens up market opportunities.

"Nature-based tourism is a billion-pound industry in Scotland, supporting thousands of jobs. And it's a growing sector with demand for a broad range of outdoor adventure pursuits increasing."

He continued: "While the project's tourism potential is key to generating economic benefits for local businesses and people, and maintaining the facility's financial sustainability, the scope of our ambitions is far wider. Creating a sustainable community development driven by the long-term social, health and wellness, and environmental needs of those living locally is our fundamental motivation."

The development could also be the first mountain bike park in the UK to install a mechanical open-air chairlift, designed primarily for mountain bike users.

"Bikers will have quick access to the Cairn-Mon-Earn summit in an open double-seated chair. It will create the truly memorable fun and fast-paced downhill mountain bike experience that is expected of a modern day world-class facility."

The proposals feature an environmentally-friendly 'hub' building, boasting a restaurant, children's play zone, education and corporate meeting rooms, wellbeing centre, bike shop, snow sports and bike rental, changing rooms, bike repairs and wash. Included is a 150-space car park and six-space large bus parking area.

Accommodation for visitors in the form of glamping is proposed.

Concept trail network plans include cross-country singletrack, downhill runs, flow trails, natural enduro trails and a pump track.

Some of the development's adventure pursuits could include ziplining, orienteering, toboggan runs, and tubing.

And outdoor nature and learning activities such as woodland walks, paths for runners, early year forest schools, stargazing, sport coaching, and an adventure play park for children, could form part of the plans.

Mr Byers said that the group's proposals are, however, still in development. "Netco is actively working with the local mountain bike community and public, during these initial planning stages, to find out what facilities everybody would like us to put forward within the overall proposals," he said, adding: "We're confident that the final plan will be regarded as world-class in terms of its design, construction and product offering."

News of the project comes as the lucrative mountain bike and adventure sports tourism markets continue to play a major role in boosting Scotland's visitor economy.

Mountain biking visitors pumped £119million a year into the Scottish economy as far back as 2009, according to Scottish Enterprise.

Last year, Scotland's national strategic framework for mountain biking – believed to be the first of its kind in the world – estimated that mountain bike visitor spend is worth £149million a year to the Scottish economy.

The wider nature-based tourism sector contributes at least £1.4bn a year to the economy and accounts for nearly 40 per cent of all tourist spending in Scotland, according to Scottish Natural Heritage.

A nationwide strategy to build large and small-medium facilities within proximity, and in highly populated regions, creates 'regional clusters' that are proven to draw more visitors to an area.

Aberdeen is the country's third largest city by population.

No large-scale facility exists in Aberdeenshire, however.

Now the group intends to apply for a community asset transfer (CAT) of land at Durris.

A Netco-led project team of professional advisors will be formed to manage the development's design and build phases, and secure funding, if plans get the go-ahead.

Construction will be planned in phases, the first of which Netco said would focus on building mountain biking trail networks and installing an uplift facility. The group intends to operate and maintain the facility if approved.

Public consultations with the local community will take place early next year ahead of a formal planning application to Aberdeenshire council.

## **Bill Byth**

On a recent Wednesday run from Banchory Bill Byth hit a stone in the middle of the road. He was knocked about a bit and ended crooked for a few weeks. His rehab progresses and he bought an old exercise bike on Gumtree. Bill can hardly move it! He's now getting some miles in especially when Irene is not around. Well, 15min at a time so far. Available on loan to the next Deesider who requires similar rehab. Of course you won't be able to carry it either so you'll need a strong friend. Preferably two.

## Youth Racing

Three youths raced at the Kinnoull Hill downhill mountain bike race a few weeks ago - a round of the Big Tree Campervan series. Fraser Paterson was 13th and Fraser Amundrud 16th in a very large U10 field while Duncan Amundrud was 14th in the U12s.

These races are good technical challenges for the youths on their cross country bikes.

Meanwhile at Fife College in Dunfermline a group were racing in round 3 of the Scottish Cyclocross Series. The older age groups ride the full course which included slidey off camber sections, narrow rooty bits, a hurdle and lots and lots of mud.

Calum Smith, Noah Fontaine and Cameron Stromberg took it all in their stride in the U14 race with Erin Murphy riding for the girls in U16.

A field of 79 riders took to the shorter course in the combined U10/U12 race with Elliot Rowe charging home in 1st place after leading for the whole race.

Archie Dawson and Gregor Murphy also did well holding their own in the strong u12 group. Millie Thomson was first Deeside girl home taking 3rd, then younger rider Arabella Blackburn in 8th followed closely by team mates Harriet Hendry and Thea Aitken.

Unusually there was an U10 category at this event with Hope Thomson taking 2nd girl then Eva Murphy, also in this group, riding in her signature feisty way in the bunch. Finn Watt did his Dad proud with a strong ride in the U10 boys' race.

In the earlier U8 race we had Zara Main, Griffin Aitken and Sebastian Blackburn all riding well despite small wheels and large bumps.

The DTCC Youths are seeing more and more green jerseys in the senior races at these events and are enjoying being the support crew so if you're thinking about joining in the madness please do.

## Scottish CX Champs - Marshals Needed

Deeside Thistle is hosting the Scottish CX championships at Knockburn Loch on 03 December. We are looking for a number of volunteers to help throughout the day – marshaling, sign on, prize giving, etc. The racing starts at 9:45am with the U8's, finishes with the Senior Men's Open at 2pm.

If you are able to help for the full day or just a few hours in the morning or the afternoon that will help the event run on schedule and make the most of the limited daylight.

Hot /cold refreshments will be provided. Please let me know if you are able to help by replying to [knockburncx@gmail.com](mailto:knockburncx@gmail.com).

*Kelvin White*

## Calendar for 2017

Only one event left this year

03/12/2017 [Knockburn Cross](#) DTCC

## Garlogie Circuits

I despaired during October that after 50 years of circuit sessions in the close season they'd be no more. Now they've been rescued. Ian Flett, Andrew Harrington, John Dalton and Elaine Cartlidge have all promised to help.

They restarted on 15 November with a good number of the hard core from last year.

We're hoping that others will come along. There is no charge and you get a cup of tea at the end.

All you need do is arrive at Garlogie Hall on a Wednesday between 6.30 and 7.00pm dressed ready to go in trainers / t-shirt / shorts or longs. Bring a towel. There should be a cup of tea at the close about 8.00

## Scary Enough

You know how difficult it is to identify folk on the bike because of the head gear. Well, I was on the North Deeside, in Cults, Saturday afternoon and there was Dick Bird working hard at raising funds for Wooden Spoon, a charity which helps disadvantaged children.

He was easily identified. Check out his photo here: [www.justgiving.com/dickbirdwspoon](http://www.justgiving.com/dickbirdwspoon).

It's a noble effort. He got his head shaved on 01 January and is regrowing his locks for a whole year. With two months to go he's hoping you'll help him reach his target. [www.justgiving.com/dickbirdwspoon](http://www.justgiving.com/dickbirdwspoon) is the site for donations. No pressure! Be amazed

## Robbie Simpson Challenge Day

On Sunday 26th November we will hold a short race and selection of presentations as part of the Robbie Simpson Challenge Day. The event starts at 11am with the opportunity to run the Robbie Simpson Mile around Knockburn.

There will be a small prize pot for the first 3 places. Rumour has it that Robbie is up for the challenge to break his time of 5:05min if the weather Gods are kind (he's excluded from winning any prizes).

After the race there will be a chance to listen to experienced international runners Mel Edwards, Fraser Clyne and Robbie Simpson, who will talk about their experiences over the years, and offer any advice with regards to how to structure your training and goals. The talk commences at 11.30am and finishes around 1.45pm in the conference centre.

Tea, coffee, and a selection of tray bakes will be provided. The cost for this event is only £8. If you are interested in taking part and gaining some invaluable knowledge and advice on all things running then contact us on [info@knockburn.co.uk](mailto:info@knockburn.co.uk) with the heading Robbie Simpson Challenge. To assist with catering we would appreciate your response by Wednesday 22nd November, however, you are most welcome to just turn up on the day. All entry money will be collected on the day of the event so please bring cash with you.

*Tom Wilson / John Huston*

## Club Fees

About half our membership have already paid fees for the next year. Have you?

If you missed it then go here to look after yours [http://deeside.org/?page\\_id=29](http://deeside.org/?page_id=29).

You can do PayPal. Bank transfer details are Sort Code 30 10 01 Account 00802182. Or call 07867 857221 to pay over the phone.

Remember to include any family, spouse/partner and children you also want as members

## Christmas Lunch and Presentation

The date for this year's Christmas Lunch and Presentation is set for Sunday 17 December. Venue is Knockburn. Numbers are creeping up. You, also, can make an early booking here: [http://deeside.org/?page\\_id=346](http://deeside.org/?page_id=346)

## Calendar Compilation 2018

There seems to be quite a comprehensive calendar for 2018. All disciplines are being catered for and a number of new organisers have stepped forward. One event, in our name, is without an organiser at the minute. This is the Coffee Pot 50 on 27 July. If you'd like to dip your toe in the water, now's your chance. Please reply to [knockies@aol.com](mailto:knockies@aol.com).

## Garlogie Circuits

The off season circuit sessions have started at Garlogie. These well-supported evenings give members the chance to socialise as well as do remedial exercises.

Ian Flett is leading this year with the help of Elaine Cartlidge, John Dalton and Andrew Harrington

The sessions are on Wednesdays starting at 7.00pm (doors open at 6.30pm)

Come ready with trainers/t-shirt/shorts or longs. Bring a towel. You'll get a cup of tea when they finish about 8.00pm

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

## Frankie Caie

Garage Sale at 1 Laburnum Villa,  
Cammachmore, AB39 3NR

24/25/26 November - 10.00 – 1500

There is a wide range of stuff dating from the 1950s to modern

## Mortlich Hill

Standing sentinel to the north of Aboyne, overlooking the Loch of Aboyne, the golf course and with trails leading to Aboyne Castle, is Mortlich Hill. It is insignificant rising to only 380m above sea level, situated between the Tarland road out of Aboyne and the minor roads round Auchenhove east of that.

Walkers will visit; there are waymarking poles through the forests. But not many cyclists, indeed, if any.

R & Co set out from Aucterturra along the railway line. Though gradients aren't bad, railway lines fall quickly into disrepair; bridges disappear, debris gets dumped, bits are reclaimed, houses are built on them, and so it is from Torphins to Aboyne. They lasted as far as Lumphanan.

The target, Mortlich Hill, could be seen in front, steep and cloaked in trees, so, electing for an easier passage they followed tarmac past the Peel and Macbeth's Stone before heading through Auchenhove to Tillylair.

There were no problems following the route on their Pathfinder map to Tillybreen Cottage (NJ 539 013) where the track was suddenly badly overgrown with gorse. Fortunately an access path had been created up the hillside towards the trees on the southern slopes and this they followed until it, too, petered out. Scouting around, an animal track was found. It contoured westwards and took them to a kissing gate on the waymarked trail halfway up the hill.

From there it was a steep push through the trees to the summit (NJ 5356 0173).

Though the hill is well wooded good views can be enjoyed from the hill fort which occupies the summit. The remains of this fort at 380m above sea level are difficult to identify but staggering among heather covered boulders it is obvious there had been a significant construction at one time. Now there is only a ruined wall enclosing an area measuring 61m by 44m. Much of the stonework has been robbed to build field dykes and more obviously to build the large cairn within the boundary wall.

A heavy iron cross, maybe two metres high, lies twisted among the stones. It had stood at one time on top of the cairn and may have lost its footing in a storm. Lying to the south side of the cairn is a granite slab inscribed 'CHARLES 10TH MARQUIS OF HUNTLY/ DIED 18TH SEPTEMBER 1863/ ERECTED BY MARY ANTOINETTA HIS WIDOW AND THE TENANTRY OF ABOYNE'. The Huntly family owned much of the lands around Aboyne and into the Forest of Birse.

Charles Gordon, was born in 1792 and was an MP from 1818 for 13 years. He succeeded to the title of Marquis of Huntly in 1853 and became Lord Lieutenant for Aberdeenshire in 1861.

In 1057, Macbeth, King of Scotland, with his army of supporters met and battled with Malcolm Canmore at Cairnbeathie, south west of and close by Lumphanan. Records would suggest Macbeth died here and his remains were interred for a time in a cairn a mile north of



the village before being exhumed and taken for a ceremonial burial on the Isle of Iona.

That contortionist of Scottish history, Nigel Tranter, in his book, *Macbeth the King*, has a lurid and graphic account of Macbeth fleeing north ahead of the pursuing Malcolm. However, Tranter is careful with his topographical detail and illustrates the hill and surrounding countryside accurately. Though Macbeth's demise near to Lumphanan is not disputed it is questionable whether Macbeth abandoned his horses to climb Mortlich Hill on foot before descending to wage his final bloody battle.

A polished stone axe, 7½" long and 3" across the cutting edge, which would have predated Macbeth by 1000s of years, was found on the Hill of Mortlich in the late nineteenth century.

R & Co ate their jammie pieces among the rickle of stones and contemplated the journey back to Auchterturra. Information from the map didn't bode well. Open moorland and steep declines lay to the north-east, their chosen route. Only, their exit was easy, for the modern estate owners have bulldozed a new track from Tillylair up the northern slopes of Mortlich; this to facilitate the breeding of pheasants for the autumn shooting season.

## **ANNUAL GENERAL MEETING**

**The Annual General Meeting  
of the Deeside Thistle Cycling  
Club will take place on  
Wednesday 10 January 2018  
starting at 8.00pm**

**Venue**

**Garlogie Hall**

**Annual reports will be  
provided**

**Propositions for Change of  
Rule will be heard**

**Officials will be elected**

**All full members are welcome  
to attend**

## **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 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.

### **Velocita Coaching Launches Studio Premises and Body Geometry/Retul Bike Fitting in Aberdeen.**

Now open in central Aberdeen, Velocita Coaching, Centurion House, North Esplanade West, Aberdeen, AB11 5QH, is delighted to announce the launch of new business premises with a dedicated Coaching & Bike Fit studio. Positioned centrally in the city, it is 10 min walk from Union Street with private parking for ease of access

#### **Specialized Body Geometry & Retul Bike Fitting**

The showcase of the studio is the Specialized Body Geometry & Retul bike fitting system. Velocita Coaching has exclusively secured the North East of Scotland territory, giving local access to one of the best bike fit systems available.

Housed in the private fitting studio, it is fully stocked with saddles, bars, stems, cleats, footbeds and more, to deliver a premium quality service, enabling the ability to ride away fully fitted on the day

#### **Rider Focused Coaching**

The studio facilitates a rider focused coaching service through a professional, private and dedicated area for regular 1-2-1 coaching and feedback sessions.

It is further fitted with integrated big screen technology for detailed analysis of rider data on Training Peaks, reviewing feedback and formulating training strategies

To celebrate this exciting launch, a brand new website has gone live: [www.velocitacoaching.com](http://www.velocitacoaching.com)

You can also keep up to speed with all the news and rider successes by 'liking' the Facebook page: <https://www.facebook.com/velocitacoaching>

VC is a full time and dedicated cycle coaching business for all level and discipline of riders. Contact the studio today to make an appointment and see how far you can go with the right direction!

**Tim Mackley**

**Email: [tim@velocitacoaching.com](mailto:tim@velocitacoaching.com)**

**Tel: 01224 937855**

## Club Handbook

Your Club Handbook contains all the Rules and Regulations and a list of your Club Officials. There is also a complete list of club records and all of last year's Championship winners as well as a complete historical listing of Champions and trophy winners over the years. You can see the Handbook [here](#). There's also always a link at the bottom of club emails

## 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)

## 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)

Existing members and those who have been members in the past are eligible for a 10% discount when they set up their first direct debit instruction to renew or rejoin their British Cycling membership.

## 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

## 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.

## 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>

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

### November

Thu 23 Nov Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop. Cindy

Sat 25 Nov Morning Run D 09:30 Cults Library to Green Pastures Community Cafe, Westhill (01224740291) Wilf

Sat 25 Nov Faster Full Day B 09:30 Old Mill Inn, Maryculter, coffee at Inchmarlo Golf Club, Banchory (01330 827080), lunch at Kirktown Garden Centre, Stonehaven (01569 764343). Andrew

Sun 26 Nov Slower Full Day C 09:30 Duthie Park Riverside Drive, to The Tin Coe for coffee (01224 782476), to The Shepherds Rest, Westhill for lunch (01224 74020) Cindy

Sun 26 Nov Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. Gerard

Thu 30 Nov Thursday Run D 09:30 Airyhall Library, slowish morning ride with coffee stop. Cindy

### December

Sat 2 Dec Faster Full Day B 09:30 Hazlehead, Groats Rd Car Park, coffee at Floras Cafe, Cullerlie (01330 860848), lunch at Gordon Highlander, Inverurie (01467626780). John B

Sat 2 Dec Morning Run D 09:30 Leggart Terrace to "Tin Coe", Banchory-Devenick Farm Par) for coffee Alan

Sun 3 Dec Medium Full Day C 09:30 Leggart Terrace, coffee at Teacake, Chapelton of Elsick (07917 762464), lunch at Inchmarlo Golf Club (01330 827080) David B

Sun 3 Dec Try Cycling E 10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome. Irene

Thu 7 Dec Thursday Run D 09:30 Airyhall Library, slowish morning ride with coffee stop. Cindy

Sat 9 Dec Slower Full Day C 09:30 Sainsbury's Bridge of Dee coffee leave 10am to Harvesters bridge of dee for 12noon. Xmas lunch details via the yahoo group about booking. Members may wish to go straight to Xmas lunch Sheila

Sat 9 Dec Social 12:00 The Ghillies Lair, Bridge of Dee for 12noon. Xmas lunch details via the yahoo group. Members may wish to go straight to the restaurant Heather

Sun 10 Dec Faster Full Day B 09:30 Leggart Terrace, coffee at Mains of Drum Garden Centre, Drumoak (01330 811000), lunch at Dess Activity Park, Aboyne (013398 83536). John S

Sun 10 Dec Morning Run D 09:30 Round House, Footdee to Clarets, Paul Lawrie's, SDR (01224865750) Anne

Sun 10 Dec Try Cycling E 10:00 Seaton Park, Don St Entrance, Short easy rides, all welcome. Joe

Thu 14 Dec Thursday Run D 09:30 Airyhall Library, slowish morning ride with coffee stop. Cindy

Sat 16 Dec Medium Full Day C 09:30 Airyhall Library, coffee at Flora's (01330 860848), lunch at Ross's Coffee Shop, Inverurie (01467 620764) Sheila

Sun 17 Dec Morning Run D 09:30 Hazlehead Park, Groats Road to Drum Garden Centre (01330811000) Cindy

Sun 17 Dec Faster Full Day B 09:30 Brig O Balgownie, coffee at Parkhill Garden Centre, Parkhill (01224 722167), lunch at New Inn, Ellon (01358 720425). Sheila

Sun 17 Dec Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. John C

Thu 21 Dec Thursday Run D 09:30 Airyhall Library, morning ride with coffee stop. Cindy

Sat 23 Dec Faster Full Day B 09:30 Airyhall Library, coffee at Platform 22, Torphins (01339 882807). Andrew

Sat 23 Dec Morning Run D 09:30 Seaton Park (St Machar Cathedral) to Mill of Mundurno, Bridge of Don (01224 821217) John T

Sun 24 Dec Slower Full Day C 10:00 Tesco Lang Stracht for coffee, the ride leaves at 10.30, lunch at Drum Garden Centre (01330 811000) Alan

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

Sat 30 Dec Faster Full Day B 09:30 Leggart Terrace, coffee at Kirktown Garden Centre, Stonehaven (01569 764343). John T

Sat 30 Dec Morning Run D 09:30 Airyhall Library to COSTA Coffee, Westhill (01224649216) Heather

Sun 31 Dec Medium Full Day C 09:30 Brig o' Balgownie to Uula's Kintore (01467633996) for coffee Sheila

## KNOCKBURN LOCH MANAGEMENT

With the increased usage of the site and larger numbers attending training sessions and events it is having an impact on the site / trails etc. and we would like to give some of the ground some recovery.

a) Grass area on your left as you come through the main gate - this area is very obvious as the MPH team have already done a good deal of work and most of it is roped off. You can still access the bridge but from the south side (grass area where transition is for the triathlons)

b) The camping area in the woods - We have maintained this area over the last 12 months and it has been really successful with groups camping and school groups. The Cyclocross course went through this area and there is potential for a 'track' to be cut in here - We do NOT want this to happen

There may well be other small areas that we may restrict use on during the winter - we will keep you posted on this.

Hopefully this will in no way affect your sessions and we would very much appreciate that you share this, where appropriate, among your coaches and riders. If you have any questions please do not hesitate to get in contact:

Tom Wilson 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](#)

## Youth Free Membership

Deeside Thistle Cycling Club is delighted to offer free membership to new youth riders for their first year. If you would like to take advantage of this offer please see: <http://www.deeside.org/membership.html>

## Welfare 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)

## 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).

**Annual Fees are now due: go here**

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

## Meeting Synopsis

A Finance and Management Committee meeting took place at Urban Village, Westhill, AB15 8PJ on Monday 06 November 2017. In attendance were Roy Milne, Sandy Lindsay, Jody Hall, Andy Kerr, Sam Long, Craig McCulloch, Jon Strachan and David Walton.

### Agenda

- 1 Apologies for non-attendance were received from Karl Daly, Andrew Harrington, Tim Mackley and Ian Wilson
- 2 Youth Development
  - a) New block started 04.11.17. Activity remains strong - Rollers session, MTB riding in Scolty, general coaching and CX race coaching all held in first week
  - b) Rider numbers revised: 98, waiting list of approximately 20. Coaches/support team: 22. Further L1 Coaching course scheduled for March 2018
  - c) Bank balance: £3k. Spend plans under review, including subsidy for Christmas Party (scheduled same time as main Deeside event), racking for storage at KSL and specific equipment
  - d) Knockburn Loch: Grass Track fencing to be quoted and discussed with KSL management
  - e) Long term funding for Youths development to be considered in 2018. Plans for Junior section also to be actioned in 2018 for 2019
  - f) Bob Lyons and Sarah Rowe to be involved at Regional level (N Scotland) for revised Youth RACE programme, supported by BC/SC
  - g) Youths to agree Committee structure in time for Club AGM
- 3 Minutes of Previous Meeting accepted as a correct record
- 4 Business Arising from Minute
  - a) Proposal for Timing Equipment – It was agreed in principle to support the SCNEG proposal. Further information is waited on
  - b) 2018 Events Calendar – A substantial calendar is being prepared at SCNEG/SC level with a good commitment from organisers in Deeside Thistle. Two events in the club's name remain outstanding, Ian Brodie 10 on 01 July and the Coffee Pot 50 on 27 July. Jody Hall offered to organise the Ian Brodie 10
- 5 New Business
  - a) SC AGM 25 November – Deeside is entitled to 35 delegates at this year's AGM. Members are to be invited to attend
  - b) Annual Presentation – Preparation of the awards is ongoing. If an event is cancelled the various Championships cannot be changed to accommodate. Jody Hall will arrange medals and engraving for all Championships including Cyclo Cross where possible. Annual meritorious awards will be detailed to committee members and recommendations requested

- c) Ride Etiquette Document – This had been prepared to cover rides out of Kintore. It is to be made generic for all rides with important links added. Once approved it will be circulated to all members
  - d) Cyclo Cross – Karl Daly is to assume responsibility for Cyclo-Cross
  - e) Race Officials – Qualified race officials are to be identified and publicised. New officials are to be canvassed. It was suggested that "sharepoint" pages be created to share this information among organisers
  - f) Clothing – In stock we have about £4500 of clothing from our previous supplier. It was agreed to further discount this by about 25%
  - g) Club AGM – It was agreed that the Club AGM should take place on Wednesday 10 January 2018 at 8.00pm in the clubrooms.
- 6 Next Meeting AGM 10 January 2018 8.00pm  
Garlogie Hall

## 25 YEARS AGO

Allan Peiper is coming to Aberdeen. In a major scoop never before seen in the north-east your Club has secured for a whole weekend the services of one of the world's most respected professionals. Placing a limit of 60 on the numbers allowed to attend, this was used to project costs.

Immediately preliminary details were announced, in last month's Cranks, the available spaces filled up. It has become necessary to tell most recent applicants that they go on a reserve list. With the success of this venture more or less assured it opens the gates for future efforts at the same level.

Though it has been necessary to limit the numbers enrolling for the full weekend, the Friday night session, when Allan will commentate live on a major classic, has accommodation for a number of others. Those interested should contact Alan Campbell or Sandy Lindsay as soon as possible.

## Calendar Compilation 2018

There seems to be quite a comprehensive calendar for 2018

All disciplines are being catered for and a number of new organisers have stepped forward

One event, in our name, is without an organiser at the minute:

**Coffee Pot 50 on 27 July 2018**

If you'd like to dip your toe in the water, now's your chance. Please reply to

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



## 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 @ 6pm 40 miles. Rides managed through FaceBook - <https://www.facebook.com/petercultertuesdaynightrides/>. Craig. [c.mcculloch@hotmail.co.uk](mailto:c.mcculloch@hotmail.co.uk)

c) **Tuesday** – Banchory Bike Shop at 18.15 – Hilly Ride – Steady - 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) **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](mailto:rowe2020@btinternet.com) or 07970 919453

g) **Thursday – Banchory Turbo Training @ Crathes Hall**, Thursdays 1800-2000. Structured and progressive sessions November through March, all welcome. £2 per session. For details or to be added to the distribution list contact me on [banchorythursday@gmail.com](mailto:banchorythursday@gmail.com) - Nelly Shand

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

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

depending on race team focus. 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/> Contact Craig. [c.mcculloch@hotmail.co.uk](mailto:c.mcculloch@hotmail.co.uk)

k) **Saturday 09:30** - 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)

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

m) **Sunday** - Kintore Sunday Winter Rides. Progressive winter group rides - Sundays @ 0900hrs from Kintore Primary School. Groups to suit speeds from 15mph and upwards. Beginners Confidence Builder rides - Sundays @ 0900hrs from Kintore Primary School. Distance and speed to suit groups' ability. Currently ~ 25miles @ circa 14mph. Rides will be posted on <https://www.facebook.com/dtcc.donside/> or drop Andy an email on [Kintore.sunday@gmail.com](mailto:Kintore.sunday@gmail.com) to get on the email distribution list

### 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/biketrainingsridescaw.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).

## Recent New Members

The following new or returning members have joined in recent weeks

2769	Daniel Stewart	Kintore	38
2770	Grant Scott	Westhill	22
2771	Luka Ritchie	Stonehaven	9
2772	Ivan Ritchie	Stonehaven	7
2773	Rory Trythall	Banchory	9
2774	Lawrence Hunt	Banchory	41
2775	Joshua Hunt	Banchory	10

## FOR SALE

When (1) appears at the end of an item that item will not appear next month (unless requested). Items that sell before the third month should be notified to the editor.

- 1 Hard case bike box in pristine condition - used once - Thule Round Trip Transition with assembly stand. Probably the finest way of protecting your carbon fibre investment for only £350. Email Alan at [campbell66@btinternet.com](mailto:campbell66@btinternet.com) or phone 07831 661678 (2)
- 2 Collector's Item - Moulton Super de Luxe - For a donation to club funds this fine example of a legendary small wheeler. Requires a little attention but fundamentally sound. (like the owner). Contact Alan Campbell at [campbell66@btinternet.com](mailto:campbell66@btinternet.com) (2)
- 3 Hard case bike box in pristine condition - used once - Thule Round Trip Transition with assembly stand. Probably the finest way of protecting your carbon fibre investment for only £350. Pic attached. Email Alan at [campbell66@btinternet.com](mailto:campbell66@btinternet.com) or phone 07831 661678 (3)

## Cranks Content

In the world of Social Media there may not be the same need for publications like this magazine

Yet, there are many people who much prefer the daily/weekly/monthly read

Are you one of these?

Help keep your magazine busy by contributing

If you have anything to say this is your soapbox

If you have anything to sell this is your shop window

If you already have content keep it up to date

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

## Total Endurance Ltd

The Total Endurance Centre opened its doors on Saturday 21 May. Go here for more information:

<http://www.total-endurance.co.uk/contact.html>

Total Endurance Ltd  
2-4 Oldmeldrum Road  
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AB21 9DT

If you are travelling by car there is a free car park behind the building

## Club Fees are Now Due

Club Fees become due on 01 October each year

To pay yours go here:  
[http://deeside.org/?page\\_id=29](http://deeside.org/?page_id=29)

Alternatively pay by Bank Transfer to  
Sort Code 30 10 01  
Account 00802182

You can also pay by card over the phone – 07867 857221

Over 18	£23
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## 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  
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