

Issue 535

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CRANKS

Volume 45

The Magazine of

Deeside Thistle Cycling Club

Sponsored by:



Tierney Strachan

PROCESS CONTROL ENGINEERING

Current Membership 674 (673)

SCU Membership 352 (347)

Scottish Cycling's Largest Club

Editorial:

It only seems weeks ago that you were being badgered to pay fees for the current year. It's not; we're already into a new club year. Our year starts on 01 October and that's when Annual Membership Fees became due. Of course, newer members, those who only joined shortly before the end of our year aren't expected to stump up this quickly again and they've been advised. It's hoped that all others will find the time to deal with payments soon.

To renew your membership to the Deeside Thistle Cycling Club go here: http://deeside.org/?page_id=29 where you'll find payment details. If you have family who are also members please don't forget to renew them at the same time. If you have family members not yet involved, now's your chance to sign them up.

To renew your membership by Bank Transfer go to TSB Sort Code 30 10 01 Account No 00802182.

I keep going on about how the face of cycling is changing. Participants are not following the pattern of yesteryear, instead looking for new outlets. One thing that is entertaining greater popularity, is the social side of cycling. The many groups seen out and around on any day of the week is testament to this. As is the wish to be involved with a formally constituted group. Instance the growth in cycling clubs throughout the country.

Our membership is diverse. Andy Kerr has just done a Pie Chart and tells me that over 30% comes from Aberdeen City. That means nearly 70% comes from the rest of the world.

It was a new record at the end of the club year. Joe Morris took us to 674 members, one more than our previous highest.

PHILOSOPHER'S CORNER

Mony a meikle maks a muckle

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

ERC Inch Park CX - Saturday, 22 Sept

22 DTCC Youth riders headed south to compete in the ERC Inch Park CX event. Blessed with glorious sunshine and a stiff wind made for a tough race, even if somewhat unseasonal.

We had riders representing the club in 9 out of the 10 race categories. That is impressive!!! The race organiser praised us for supporting their event. DTCC Youth made their presence known. We also had a lot of positive comments about the quality of our riders.

Three podium golds today for the club. Melanie won the Under 10 Girls, Arabella won the Under 12 Girls and Elliot won the Under 14 Boys. Another great day of DTCC Youth camaraderie. Well done riders (and parents) *Sarah Rowe*

SCX 3 at Callendar Park - 07 Sept

We had 24 DTCC Youth at the SCX event at Callendar on Sunday. Amongst these there were 3 riders in the Under 16 girls and 4 riders in the Under 16 boys. We have not had numbers like that in this age category before. The new DTCC gazebo is awesome! *Sarah Rowe*

TEN CC 10TT 30 Sep 2018

	Name	Club	Time
1.	Iain Macleod	AWCC	22:15
2.	Jamie Davidson	AWCC	23:08
3.	Daniel Kain	SS	23:23
4.	Colin Duncan	ECC	23:37
5.	Ron Lowe	DTCC	24:10
6.	Fraser Gault	ERC	24:15
7.	Sean Monaghan	una	24:26
8.	Michael Giles	YCC	25:16
9.	Malcolm Grant	PPI	25:37
10.	Graeme Crane	DCC	25:38
11.	Steve Rae	YCC	25:45
12.	Callum White	DTCC	26:06
13.	Matthew Reid	YCC	26:08
14.	Matthew Howe	AWCC	26:09
15.	Jamie Collins	DTCC	26:22
16.	Mark Higgins	GCRT	26:29
17.	Declan Tuffy	AWCC	26:32
18.	John Leal	DTCC	26:50
19.	Liam McNamara	una	26:57
20.	Daniel Ewing	AWCC	27:22
21.	Stuart King	YCC	28:01
22.	Malcolm Evans	GWCC	28:04
23.	Andrew Duthie	DTCC	28:15
24.	Iain Anderson	EN	28:24
25.	Will Burnish	una	28:25
26.	Carol Middleton	YCC	28:53
27.	James Jamieson	YCC	29:12
28.	Cameron Stromberg	DTCC	29:14
29.	Steven McBain	YCC	29:52
30.	Mark Fraser	PPI	30:44
31.	Graeme Clark	una	31:12
32.	David Abernethy	DCC	32:23
33.	Brian Goldring	YCC	32:30
34.	Morag Thompson	YCC	34:21

RACING SHORTS

Jim Robb rode the SVTTA 15TT on 30 Sept. He returned a time of 41.00. Douglas Watson GTR won the event in 30.54. Jim's performance, even if, as he says, he wasn't firing on all cylinders, has established a Veterans 15 mile record for the club

Spaces left for Mountain Biking Sessions

Active Schools are running some mountain biking coached sessions during the holidays and we have spaces left if you are interested!

Beginners Sessions – Monday 15th and Tuesday 16th Oct from 9am-12pm or 1-4pm

The Monday will take place at Tarland Trails and the Tuesday at Aboyne Bike Park. The session is open to P5-S3 and is £20 for the two days. Beginners will focus on the blue route and pump track at Tarland trails.

Intermediate Sessions – Wednesday 17th and Thursday 18th Oct from 1-4pm

The Wednesday will take place at Tarland trails and the Thursday at Aboyne Bike Park. The session is open to P5-S3 pupils and is £20 for the two days. Intermediates ride the orange and red routes at Tarland trails.

To sign up please go to www.aberdeenshire.gov.uk/request/leisure-sport-and-culture/active-schools-online-form-aboyne/ *Shona Park*

Doonthabrae Events

Special thanks from @doonthabraeevents Drumtochty Enduro recently. Well done to all the riders and thanks to all the marshals, helpers and organisers who helped get this ace local event on the calendar, especially the big DTCC contingent who donned yellow vests. The organisers announced they'll be running a three race mini-series next year, so an extra thanks must go out to Trish Amundrud and Gavin Baxter - see what you've started!
Gordon Watt

Scottish Cycling Holiday Sessions

During the October school holidays I am running two cyclo cross cluster sessions which are on offer to youth from the local area. These will be held on Wednesday 17th and Wednesday 24th October at Knockburn from 10am to 1pm.

There will be 2 levels at these Cluster sessions - Development and Training. The "Development Cluster" is aimed at youth riders aged 8 years and above who have the basic cycling skills and would like to have some CX coaching. The "Training Cluster" will be for the regular racing SCX series youth who are also currently participating in regular CX training sessions - these are typically the riders who also attend local midweek training sessions.

The cost of each session is £5.

To book a place please email me on the following: sarah.rowe@scottishcycling.org.uk *Sarah Rowe*

Grampian Championship Eligibility

I was asked recently why a rider who lives in the area, but rides for a club out with the area, was not eligible for a SCNEG championship.

The wording of the Grampian championship rules document is as following:

"All competitions and trophies described herein shall be "confined" to Clubs/Riders in British Cycling (BC) Clubs in the Grampian area.

All Clubs/ Riders must be members of Scottish Cycling/ British Cycling. All road/ TT events will be SC/BC sanctioned events.

All competitions described shall be held in conjunction with "open" events run as per SC Rules & Regulations.

N.B. These events have been transferred from the Aberdeen & District Cycling Association to Scottish Cycling North East Grampian in 2015 after reorganisation of Scottish Cycling in 2014/2015

Eligible riders shall be members of BC cycling clubs in the Grampian area and complying with the appropriate definition of the category concerned. Eligible events shall only be those listed in the SC racing calendar.

NB – Following the 2016 AGM TTs run in the whole of the SC North East Region will be considered for the overall Grampian TT championships.

Until further notice the Grampian area (as defined by Scottish Cycling SC) includes all clubs in the Grampian Region and includes clubs in Shetland.

The SCNEG championship trophies and medals will be presented at either a suitable race event or a social event in the year following the championship events.

It is the responsibility of the individual riders to submit their results to their own club secretaries who will then pass this on to the Grampian race secretary."

If anyone would like to open up the championships I am quite happy to take this forward at the AGM.

The other point above is that, as it stands CTT events are not included. Again this could be changed with a proposal and vote at the AGM.

I hope this clarifies the current situation. *Colin Allanach*

Ride Etiquette Document

You are reminded that a paper detailing the etiquette to follow when on club/training runs has been prepared and is here for your interest. The document is posted on the club's website and links will start to appear on club publications so that you can make reference to it. It will also be highlighted to new members

2019 Etape Loch Ness

In 2018, a record 5600 took part in this exciting event and entry sold out in just 52 hours. It's really important to register your interest now to receive priority entry for the 2019 Etape Loch Ness at www.etapelochness.com. Entry will open later this month.

Deeside Thistle Donside Bunch

This winter, The Deeside Thistle Donside Bunch will be riding every possible Sunday out of Kintore (or other named Donside start point), building the distance as we go.

Unless noted otherwise, these rides will start at 0900hrs PROMPT from Kintore Primary School Car Park every Sunday. You can find out about the precise plans for each of these rides in one of two ways:

- By “liking” the DTCC Donside Bunch Facebook page <https://www.facebook.com/dtcc.donside/> and keeping your eyes on the “events section
- By getting yourself on the mailing list by dropping a mail to Kintore.Sunday@gmail.com

Kintore Sunday Winter Rides:

These rides will commence on Sunday 4th November with a 40 mile route and will get progressively longer each week through to the end of March (weather etc permitting). Every 4 weeks we will revert to 40 miles for an “easy” week.

The outline plan is as follows:

04-Nov	40 miles
11-Nov	45 miles
18-Nov	50 miles
25-Nov	40 miles
02-Dec	50 miles
09-Dec	55 miles
16-Dec	60 miles
22/23/24 Dec	40 miles
New Year Spin	60 miles
06-Jan	65 miles
13-Jan	70 miles
20-Jan	40 miles
27-Jan	70 miles
03-Feb	75 miles
10-Feb	80 miles
17-Feb	40 miles
24-Feb	80 miles
03-Mar	85 miles
10-Mar	90 miles
17-Mar	40 miles
24-Mar	100 miles?

There will be opportunities to cut rides short once the longer mileages kick in, but riders will be expected to be self-sufficient should they decide to take a different route from planned.

Numbers permitting, we will split into 3 groups:

- Group “POPULAR” – 15-16mph (no drop)
- Group “POPULAR PLUS” – 16-17mph (no drop)
- Group “GHIA” – 17mph +

So, in effect we will have two “club rides” and one “club/training ride”. Ghia group will always leave first, with popular Plus second and Popular last. This allows/encourages riders to test themselves with the knowledge that they can drop back a group from the faster two groups if it gets too hot for them!

As a rule, we will not stop for a mid-ride coffee on any of the winter rides. There may be an opportunity for a post ride coffee in Kintore for those interested. (Ceann-Torr in Kintore is cycling friendly and serves flagons of coffee).

We are a friendly bunch, and we try to incorporate as many levels of experience and ability that we can. There will be weekends where we will have an imbalance in the numbers (8 faster people and 1 slower or vice versa). We will try to accommodate as much as we can. Please bear with us and appreciate that we are volunteers, not professionals.

A detailed “guide to group riding etiquette” is distributed with the weekly Deeside Notes email. You will be expected to ride with that guidance in mind, but stick by the following rules and you’ll not go far wrong:

- Check your bike the night before (drive train and tyres especially in winter)
- Mudguards are strongly recommended (have a thick skin if you don’t have them and its wet/mucky)
- A flashing red rear light is strongly recommended.
- No helmet, no ride.
- In Case of Emergency contact details are **COMPULSORY**
- Turn up on time and be ready to ride at 0900hrs (not pulling your shoes on...ready to pedal)
- Let us know if you are coming. Click “Going” on the Facebook event, or drop an email to the Kintore.Sunday@gmail.com email address. A good group is an organised group. Help us to organise!
- Have fun, tell us what is good and what is bad. If we can fix it, we will certainly try. If it’s not broken, it will give us a tremendous sense of satisfaction. We are motivated by seeing people ride bikes safely, having a laugh and getting fitter.

Crathes Turbo Nov 2018 - Mar 2019

I’m intending running group Turbo Sessions at Crathes Hall again, November through March. As usual these are structured and progressive through that period.

Doors would open at 1800, warm up kicking off at 1815 and all completed and out of the hall by 2000. Cost will be around £2-£4 depending on commitment I can get from folks.

Please drop me an email if you’d like to join me and I’ll get a mailing list for this season established.

Nelly Shand - banchorythursday@gmail.com

L1 course at Knockburn in December

First come first served and there’s competition for the places so please sign up and help us create the future of our club.

<http://www.britishcycling.org.uk/events/course/details/4771>

Toonser Group

33% of our members live in Aberdeen City. There’s a page for the new Toonser group, just hit ‘LIKE’ to get involved. Go here:

<https://m.facebook.com/DTCCtoonsers/>

NETCO

This December, we're heading back to Aberdeen's fantastic Belmont Filmhouse for an epic night of new announcements! But, before we make the 2018 AGM event public, we'd like to give all of our amazing supporters the opportunity to secure tickets first.

As we plan for this year's event, it promises to be unveiling-packed, even more so than last year! Revealing for the first time:

- A fresh new brand identity for NETCO, including its charity name;
- The charity's new legal structure and membership organisation;
- The very first screening of our exciting promotional video;
- Your chance to win some fantastic prizes.

Tickets to the event have a small charge of £2.65, which we hope you understand helps our charity to cover the cost of venue hire – get yours [here](#).

In the meantime, we'd like to extend our huge thanks for your continued support and hope to see you in December!

The NETCO team

Scottish Mountain Bike Conference

As many of you may have already seen, the promotional video for the DMBinS Conference has now been launched.

It would be great if you could share this around your network and channels as I think it would be excellent to see a strong representation of Aberdeenshire's biking community in attendance: <https://www.facebook.com/dmbins/videos/244137452922719/?t=3>

In addition it would be great to see a number of nominations for the Scottish Mountain Biking Awards from the region to recognise the talent, dedication and effort so many individuals and groups put back into the sport.

More details about the awards, nomination process etc can be found here:

<http://www.dmbins.com/developing/scottish-mtb-awards-2018>

Will Clarke

Aberdeenshire Mountain Bike Development

Prudential RideLondon100 2019

The Charity Lyme Disease Action (LDA) has several places available for RideLondon100 2019.

However, we have been told by the organisers that there is some uncertainty regarding the event for 2021 so that means that the places we have will not be rolled over.

If you are interested please contact Geraldine on: Fundraising@lymediseaseaction.org.uk.

Please support our advertisers

Proposed Calendar for 2019

Links will be added to this list when events start to appear on the National Calendar.

Date	Event	Type	Club
5/6 Apr	Youth Tour		
07 Apr	Spring Bunny	25TT	DTCC
13 Apr	Suie Jolibar	RR	DTCC
18 Apr	RR	RR	YCC
27 Apr	Knockburn	RR	V44
28 Apr	Etape Loch Ness		
30 Apr	Garlogie 10	EL	GCRT
07 May	Midmar RR	RR	AWCC
12 May	Grampian GP	RR	DTCC
14 May	Garlogie 10	EL	DTCC
16 May	Tour Series		
19 May	Isobel Smith 25	TT	GCRT
21 May	Garlogie 15	EL	DTCC
23 May	Fetternear RR	RR	DTCC
28 May	Garlogie 25	EL	DTCC
04 Jun	Garlogie 18	E" L	DTCC
06 Jun	Midmar RR	RR	DTCC
08 Jun	Vets RR Champs	RR	
11 Jun	Drumoak 10	EL	DTCC
15 Jun	Midsummer RR	RR	DTCC
16 Jun	SCX	CX	DTCC
19 Jun	Massie Shield 25	TT	YCC
23 Jun	Neish/Low 25	TT	AWCC
25 Jun	Fintray 9.5	EL	DTCC
29 Jun	Stonehaven Beer Festival		
02 Jul	Garlogie 25	EL	DTCC
06 Jul	Ian Brodie 10	TT	DTCC
11 Jul	RR	RR	AWCC
16 Jul	Hillclimb	EL	DTCC
23 Jul	Garlogie 9	EL	DTCC
28 Jul	Coffee Pot 50	TT	GCRT
30 Jul	Novice 10	EL	DTCC
06 Aug	Old School 5	EL	DTCC
08 Aug	Fetternear RR	RR	TEN
11 Aug	Classified 10 & H/C	TT	AWCC
14/15 Sep	Falling Leaves	RR	DTCC
29 Sep	10 TT	TT	TEN

Mark Heady Jill Prabucki



At our final destination in Nice I proposed in French and Jill said Oui. We get married next year

Historical Reminiscences

The railbus couldn't make it across the viaduct. The driver tried a few times but iced rails refused to give purchase and that February morning in 1966 he gave up. Returning to Stonehaven Station buses were summoned.

Late for work I suffered a tongue lashing from JT. His closing comment, "If the train can't get you here on time then find another means." Bolshie as always I bristled and the metaphorical finger was raised.

There had been times when I'd gone on long runs; one Sunday the ride to Glasgow was on my mother's old Triumph Palm Beach. Though South Drum near Finavon is now bypassed by the new A90 the smell of cooking bacon on somebody's breakfast hob, even after all this time, still drifts across the fields. And a year later the two day effort doon hame.

Pushing the envelope a bit, an upgrade to a clubbie racing bike saw me, in the summer of 65, go on tour for the first time. This would be a week where I'd find myself. Stonehaven, Aberdeen, Mintlaw, Fraserburgh, MacDuff all saw my wheels on the first day. Then I turned south to Inverurie where the gear cable broke and the chain clunked onto the small cog. Lacking the knowledge to make adjustments I rode the steepest bits out of the saddle. It was a tough finish. Fish and chips in Kintore and a little known spring at the top of the Slug sustained me to the end when I pitched tent in the back garden at Swanley. 20 hours on a heavy gird for 160 miles meant I slept well.

The day after the roasting from JT I cycled to work.

Any potential fostered of being an athlete had disappeared when the association of like-minded pupils from school stopped. This country bumpkin with his limited and insular view on the world did get guidance but only when it came to schoolwork. No-one said that sports clubs existed.

The new techie college on Gallowgate was now operational. It replaced the Trades School on John Street and divers other locales in the city.

Spending a year there before starting work I made up for some of the wasted efforts at school and began to realise there was more to do in life. Education was good and when coupled with a job things started to look up.

Near the top of the techie building the C&G Radio and TV Servicing Course was followed. Ian Stewart had taught me the practical skills but here I'd learn the theory of triodes, pentodes and those new-fangled pnps. If successful I could move on to Gordon's and learn even more involved stuff. What was there not to like? Fitness too, started to obsess. While most of my colleagues took the lift, some say in the tallest building in Aberdeen at the time, I'd run up the stairs.

Across the room from me sat this apprentice from Aberdeen's front runner in radio and TV servicing. He worked in their repair shop on Belmont Street, opposite the church where the Deeside Thistle would eventually find a home.

Striking up a teenage conversation Dick Pratt let me into a few secrets of life on the other side. He conjured

fantasy visions of carefully cutting along the wall of a tyre, still mounted on the rim, and pulling the tube out to repair a puncture. Then he'd push everything back together before carefully stitching the incision. Not far from the truth, I, too, was soon to spend many hours repairing tubular tyres.

Dick said I should visit Anderson's and get myself a proper bike.

Philip Anderson, dragging on his fag, leaned over the counter in his shop on Rosemount Viaduct. He said that real cyclists didn't buy a bike. They bought the bits and built their own. Over the next few weeks the box came to overflowing. Philip, President of the Deeside Thistle, went on to tell me that Ian Downie lived at 84 Back Hilton Road.

On a cold day in late January 1967 I could hear the bell ring behind the door. Ushered inside I was taken to this attic where giant posters of cycling stars festooned the room. A pink Harry Quinn frameset sat on top of a small unit.

Ian told me that cycling was at a low ebb. Gone were the days that most of the Hall Russell employees cycled to work. With everyone buying cars the humble velo had gained the reputation of the poor man's transport. But the Deeside Thistle needed new members and he was keen to enrol me.

Sitting chatting taught me a lot about the local world of cycling. Then slowly, the posters Ian had carefully attached to the pitched ceilings, began to fold floorwards. He didn't need to try and impress, I was hooked.

That Friday evening saw me descend into the dark space at the foot of the stairs leading into the undercroft of St Ninian's Scottish Episcopal Church on King Street. Under the low ceiling were benches, a couple of sets of rollers, a table at the far end was covered with confections, a dartboard hung on the wall. The reception was warm and welcoming. Dave Anderson and Alan Gibb soon had me playing darts.

The Deeside Thistle Cycling Club was formed in 1953 as the Deeside Thistle Road Club. It arose from an amalgamation of two groups, the Deeside Road Club, and a number of other cyclists, the Thistle, who attended Aberdeen Grammar School.

It's a bit tongue in cheek when I tell folk that I have a lifetime association with this club. The Deeside Road Club first appears in records the same year that I was born; 1948.

The initiation was gory.

The tradition on a Friday at about 10.00pm was to ride the course, a 10 mile circuit from Bridge of Don, along Whitestripes to Parkhill, through Dyce to Bucksburn and finish at the chipper on Rosehill Drive. Twenty or more of us went racing through the dark, peeks of lights lighting nothing. Lacking in experience I lost it on a corner near Fowlershill. The bike took off, bouncing along the ditch. Then after 50 yards re-emerged at the back of the bunch with me still intact.

Next step to acceptance came a week later. More tradition meant that the hardiers, before the start of the racing season, would head south on a Saturday morning

with a salivating visit to Nicky's, then on Arbroath Road in Dundee.

Tradition again, meant that the club organised a confined 10TT on the last Sunday in February, a week before the official racing season began. Then known as the AB1, the course started and finished at Todholes, a few hundred yards along the South Deeside from Leggart Terrace. It turned halfway up the Mill Inn Brae! Dave Anderson, the short distance expert of the time, eased past me with a couple of miles to go. His white socks matched his white Paris. The smooth pedalling style on his 72" fixed was a joy to watch. If only I could aspire to somewhere near his standard.

Then on 12 March 1967 the first Open event on the local calendar took place. A 10TT organised by Aberdeen & District CA boasted a field of only 12 riders of which 10 were Deeside. It must have been a tough morning, for the favourite and winner, Dave Anderson, could only manage a 27.07. This time he didn't catch me. The learning curve in place meant that I knew a bit more about how and when to try.

ADCA 10TT 12 March 1967

1	D Anderson	DTRC	27.07
2	A Lindsay	DTRC	27.29
3	A Gibb	DTRC	27.40
4	N Bannerman	AWCC	28.18
5	R Pratt	DTRC	28.50
6	D Milne	DTRC	29.51
7	M Johnston	DTRC	29.38
8	D Killah	DTRC	30.03
9	A Farquharson	DTRC	30.45
10	A Gray	DTRC	32.28
	R Diack	DTRC	DNS
	W Cheyne	AWCC	DNS

Initiation over? What lay ahead?

Roughstuffer

Falling Leaves Reliability Trial

Date for your diary: the annual Falling Leaves Reliability Trial will take place on Sunday 28 October, the day the clocks go back so you'll get an extra hour to prepare.

It'll be 100 miles and 100kms starting from Echt Hall. More details will be made available as the date approaches.

Meantime you can start saving (it'll cost £5) and even get your name to Alan Campbell (early birds get zero discount) on campbell66@btinternet.com

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

Medical Certificate

I'm going to do the Lombardi Sportive in Como this October – they say I have to have a Medical Certificate to say I'm fit to ride. Is there anyone who can give me some advice who to go to? Please reply to me on stuart-56@live.co.uk

Stuart McIlroy

Circuit Training Garlogie

Started as long ago as the 1960s the annual circuit training sessions which take place each year from October to March always prove successful.

This term the sessions started on Wednesday, 10 October from 7.00pm in Garlogie Hall. The doors are open from 6.30pm. The session will last for one hour and there'll be a cup of tea and a biscuit afterwards. It'll be as gentle as you want to make it for a few weeks.

Over the years many folk have led the sessions. Our current leader, Ian Flett, is up there with the best of them. Each week there'll be gradual development so that come the New Year those attending will be finely honed. Indeed, with the correct application participants do progress quickly, though the main proviso is, as always, taking part. Members of all standards, age and fitness are welcome to come along.

All that participants need do is turn up dressed for the part, trainers, shorts/longs, t-shirt. Bring a towel.

The venue doesn't pretend to compete with all those fancy fitness classes. What it does do is provide you with a friendly, social evening where you are able to train as hard as you wish with good companions. And at no cost!

We're looking forward to a good turnout.

Haig's Tours

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

Wild Cycle Pit Stop

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

Car Clinic Offer

A special offer has been made to companies who want to set up staff discount schemes for their employees which allows them to register their own details and get discount automatically when they visit Car Clinic. It has been a roaring success so far and I thought that maybe I should extend to include members of the Deeside Thistle. Please follow this link for register detail <https://www.car-clinic.co.uk/employee-discount/>

Sandy Wilson

Youth Awards Scheme

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

Colin Allanach

Synopsis of Meeting

A Finance and Management Committee meeting took place at Urban Village, Westhill, AB15 8PJ on Monday 24 September 2018. In attendance were Roy Milne, Sandy Lindsay, Alistair Aitken, Andy Kerr, Peter Smart and Neil Stables.

Agenda

- 1 Apologies for non-attendance were received from Andrew Harrington, Sam Long, Jon Strachan, Dave Walton and Steve Walton
- 2 Youth Development
 - a) Rider numbers: 80+
 - b) New starts since last meeting: two new groups established, catering for 10-14yr old new road (10) and MTB riders (6). We also have 1x Junior likely to join
 - c) CX season has kicked off. 13 riders raced at Isle of Bute in round 1 SCX, 22 riders at ERC Season Starter yesterday. We continue to have large presence at events and frequent almost every podium in each age category. A new local MTB series has also commenced in Sept
 - d) Funds: £1200. Fees for new block have yet to be collated
 - e) Group structure: an advanced coaching model for the older road/CX riders is being finalised and will be announced to parents/riders shortly
 - f) Spond continues to be well received. Each group is represented by an online community and calendar, through which regular sessions, races and communications can all be shared. Fees will be collected via Spond as well
 - g) Sessions: we are currently running sessions on a Tuesday, Thursday and Saturday. There is an irregular road ride to Ballater on a Sunday that will gradually become more formal. We continue to look for a Strength and Conditioning Coach to run an additional session
 - h) Facilities: we are currently investigating possible funding mechanisms for development of improved facilities in the region Action: Sam Long
- 3 Minutes of Previous Meeting - These were accepted as a correct record
- 4 Business Arising from Minute
 - a) Ride Etiquette Document –links will be added to club media platforms and members notified on a regular basis that the document is available
 - b) Proposition to SC AGM re CTT events – This may come unstuck. Martin Harris says it won't go to the SC AGM as a proposition; that it should go to the SC Technical Commission for consideration
 - c) Rider Support Awards in MTB, CX and TT – TT awards have been presented. A watching brief will be maintained on MTB and CX riders before names are put forward
 - d) Sponsorship Update - Gifts to sponsors are to be arranged
 - e) Commissaire Pipeline - Five members have indicated they will undertake training. Requests are to be expanded to other clubs in the region
 - f) 2019 Race Calendar – All Deeside events expect for the Spring Bunny have organisers. A provisional calendar will be published in Cranks
 - g) Volunteering & Event Organisation – A document will be prepared and published before the end of the year
 - h) My Laps Training – This is being pursued
 - i) Marketing & Media – There are new links on the club website to various Facebook pages. These pages are regularly updated
 - j) Beginners / City & deeside Group Rides – The setting up of a city group is progressing. It is thought that this group, though starting from the city, could interlink with other groups. A launch during the winter is envisaged
 - k) Youth Track Bikes Press Release – In hand
 - l) New Resources – New Hi Viz vests and flags are on order. Other items are being considered. Simon Stromberg has offered to manage the store
 - m) Timekeeper Laptop - A new timekeeper laptop has yet to be ordered
- 5 New Business
 - a) MTB Update – Working with the community and gradually a small group has started doing ad hoc rides. Hope is to develop to a regular meeting place and time. There is an active Facebook page. Recent competitions includes the Big Tree Camper event at Stonehaven with 80 riders. A CX event at Edinburgh meant fewer Deeside riders. A Drumtochty Enduro event is envisaged for 2019. On 16/17 June 2019 a round of SXC comes to the north-east. NETCO are keen to be involved. Neil Stables has taken the first steps to becoming an MTB Commissaire
 - b) Additional Event Ideas – Thoughts centred round the possibility of a staged event with check in points, riders to make their own decision on routes, etc. Corporate teams would be invited as well as open to clubs and public. This would be a social/competitive event similar to a sportive
 - c) Christmas Awards and AGM – It was suggested that the club's Award ceremony and AGM could take place on the same day at Urban Village
 - d) Club Policies – Questions were asked if there is a need to tighten up on policies in relation to taking photographs. Welfare is to be asked to help
 - e) Race Results - Neil Scott won a recent RR at Lossiemouth and is well placed in the SC RR Series. Emma Smith is also doing well and appears to be lying 3rd in the Female Series

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

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>

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>

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.

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!

Club Clothing

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

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

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/

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

October

Thu 4 Oct Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, morning ride with coffee Cindy
Sat 6 Oct Faster Full Day A 09:00 Parkhill Bridge, Dyce, coffee at The Barn, Foveran (01358 788707), lunch at Kellockbank, Insch (01464 851114). Alberto
Sat 6 Oct Morning Run D 09:30 Leggart Terrace to Peterculter Parish Church (07854054090) Alan
Sun 7 Oct Medium Full Day B 09:30 Old Mill Inn, coffee at Kirkton Garden Centre (01569 764343), lunch at Grassic Gibbon Centre, Arbuthnott (01561 361668) Alberto
Sun 7 Oct Try Cycling E 10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome. Mike
Thu 11 Oct Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, morning ride with coffee Cindy
Sat 13 Oct Faster Full Day A 09:00 Parkhill Bridge, Dyce, coffee at Lochters, Oldmeldrum (01651 872000/78), lunch at New Inn, Ellon (01358 720425). John T.
Sat 13 Oct Morning Run D 09:30 Woodend Hospital, Eday Road to Ceann Tor, Kintore (01467 633996) Anne
Sun 14 Oct Slower Full Day C 09:30 Woodend Hospital Eday Road to Marshalls Farm shop for Coffee (01224 790493) to Inverurie Golf Club for Lunch (01467 624080) Heather
Sun 14 Oct Try Cycling E 10:00 Seaton Park, Don St Entrance, Short easy rides, all welcome. Irene
Thu 18 Oct Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, morning ride with coffee Cindy
Sat 20 Oct Social Let Heather know by today if attending next Saturday's social Heather
Sat 20 Oct Medium Full Day B 09:30 Westhill Shopping Centre, coffee at Forest Cafe, Midmar (01330 830000), lunch at Belwade Farm Café, Aboyne (013398-85398) Sheila
Sat 20 Oct Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. Wilf
Sun 21 Oct Faster Full Day A 09:00 Peterculter (west end), coffee at Raemoir Garden Centre, Banchory (01330 825059), lunch at Boat Inn, Aboyne (013398 86137/28). Alberto
Sun 21 Oct Morning Run D 09:30 Cults Library to Crathes Castle (01330844757) Cindy
Thu 25 Oct Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, morning ride with coffee Cindy
Sat 27 Oct Social 19:30 Moira and John's Nepal talk @ Mannofield Church
Sat 27 Oct Try Cycling E 10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome. Liz
Sat 27 Oct Slower Full Day C 09:30 Leggart Terrace to Teacake Chapelton of Elsick (07841917150) for coffee to Number 44 hotel Stonehaven 44 Allardice Street (01569 762979) for lunch Alan
Sun 28 Oct Faster Full Day A 09:00 Westhill Shopping Centre, coffee at Platform 22, Torphins (01339 882807), lunch at Gordon Highlander, Inverurie (01467626780). Sheila
Sun 28 Oct Morning Run D 09:30 Four Mile House, Kingswells to Forest View Cafe, Midmar (01330 830000) Wilf
Sun 28 Oct Special 02:00 End of British Summer Time Clocks go back one hour.
Thu 1 Nov Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, morning ride with coffee Cindy
Sat 3 Nov Faster Full Day B 09:30 Old Mill Inn, Maryculter, coffee at Kirkton Garden Centre, Stonehaven (01569 764343), lunch at Salutation Hotel, Inverberrie (01561 361455). John B.
Sat 3 Nov Morning Run D 09:30 Seaton Park (St Machar Cathedral) to Parkhill Garden Centre (01224704250) Alan
Sun 4 Nov Medium Full Day B 09:30 Parkhill Bridge, coffee at Ceann Torr, Kintore (01467 633996), lunch at Learney Arms, Torphins (01339-882859) Heather

November

Sun 4 Nov Try Cycling E 10:00 Seaton Park, Don St Entrance, Short easy rides, all welcome. Irene
Thu 8 Nov Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, morning ride with coffee Cindy
Sat 10 Nov AGM 17:45 AGM @ the Youth hostel, Queens Road; followed by Social at Sheila and John's
Sat 10 Nov Morning Run D 09:30 Brig of Balgownie to Balmedie Leisure Centre (01224724711) Wilf
Sat 10 Nov Faster Full Day A 09:30 B&Q, Bridge of Don, coffee at The Coffee Apothecary, Pitmedden (01651 842253), lunch at Andersons, Inverurie (01467 620360). Alberto

Sun 11 Nov Slower Full Day C 09:30 Brig o Balgownie to Beachside coffee shop @ Balmedie Leisure Centre (01358 742003) to New Inn Ellon for Lunch (01358 720425) Anne
Sun 11 Nov Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. Joe
Thu 15 Nov Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, morning ride with coffee Cindy
Sat 17 Nov Medium Full Day B 09:30 Brig o Balgownie, coffee at The Barn, Foveran (01358 788707), lunch at Redgarth, Oldmeldrum (01651 872353) John T.
Sat 17 Nov Try Cycling E 10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome. John C.
Sun 18 Nov Faster Full Day B 09:30 Westhill Shopping Centre, coffee at Forest Cafe, Midmar (01330 830000), lunch at Belwade Farm, Aboyne (013398-85398). John B.
Sun 18 Nov Morning Run D 09:30 Duthie Park, Riverside Drive to Wynford Farm Park (01224745411) Cindy
Thu 22 Nov Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, morning ride with coffee Cindy
Sat 24 Nov Slower Full Day C 09:30 Airyhall Library to Milton of Crathes (01330 844566) for Coffee to Forest cafe Midmar for Lunch (01330 830000) John T.
Sat 24 Nov Try Cycling E 10:00 Seaton Park, Don St Entrance, Short easy rides, all welcome. Gerard
Sun 25 Nov Faster Full Day B 09:30 Peterculter (west end), coffee at Raemoir Garden Centre, Banchory (01330 825059), lunch at Commercial Hotel, Tarland (01339 881922). Alberto
Sun 25 Nov Morning Run D 09:30 Leggart Terrace to Teacake, Chapelton of Elsick, Newtonhill (07841917150) Heather
Thu 29 Nov Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, morning ride with coffee Cindy

December

Sat 1 Dec Faster Full Day B 09:30 Old Mill Inn, Maryculter, coffee at Raemoir Garden Centre, Banchory (01330 825059), lunch at Kirkton Garden Centre, Stonehaven (01569 764343). John T.
Sat 1 Dec Morning Run D 09:30 Cults Library to Green Pastures Community Cafe, Westhill (01224740291) Anne
Sat 1 Dec Social Let Heather know by today if attending the Christmas lunch Heather
Sun 2 Dec Medium Full Day C 09:30 Airyhall Library, coffee at Floras (01330 860848), lunch at Ross's Coffee Shop, Inverurie (01467 620764) Sheila
Sun 2 Dec Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. Moira
Thu 6 Dec Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, morning ride with coffee Cindy
Sat 8 Dec Social 12:00 Coffee at Thyme out cafe, 569 Great Western Road; leave 10am for run to. Christmas lunch for 12pm, the Harvester, Bridge of Dee. Heather
Sun 9 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). John B.
Sun 9 Dec Morning Run D 09:30 Round House, Footdee to Clarets, Paul Lawrie's SDR (01224865750) Anne
Sun 9 Dec Slower Full Day C 09:30 Hazlehead Groats Road to Drum Garden centre for coffee to Ceann Torr Kintore for Lunch (01467 633996) Wilf
Sun 9 Dec Try Cycling E 10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome. Irene
Thu 13 Dec Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, morning ride with coffee Cindy
Sat 15 Dec Medium Full Day C 09:30 Duthie Park, coffee at Teacake, Chapelton of Elsick ((07841 917150), lunch at Burnett Arms, Banchory (01330 824944) Sheila
Sat 15 Dec Try Cycling E 10:00 Seaton Park, Don St Entrance, Short easy rides, all welcome. John C.
Sun 16 Dec Morning Run D 09:30 Hazlehead Park, Groats Road to Drum Garden Centre (01330811000) Heather
Sun 16 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 T.
Thu 20 Dec Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, morning ride with coffee Cindy
Sat 22 Dec Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. Joe

Sat 22 Dec Slower Full Day C 10:00 Brig o Balgownie to the Barn Foveran (01358 788707) for coffee to Bake n Butty the Axis Centre Newmachar (01651 328010) for Lunch Anne
 Sun 23 Dec Faster Full Day B 09:30 Airyhall Library, coffee at Platform 22, Torphins (01339 882807), lunch at Cafe 83, Kemnay (01467 207060). Alberto
 Sun 23 Dec Morning Run D 09:30 Brig of Balgownie to Parkhill Garden Centre (03456778993) Cindy
 Thu 27 Dec Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, morning ride with coffee Cindy
 Sat 29 Dec Faster Full Day B 09:30 Parkhill Bridge, Dyce, coffee at Lochters, Oldmeldrum (01651 872000/78), lunch at New Inn, Ellon (01358 720425). John B.
 Sat 29 Dec Morning Run D 09:30 Airyhall Library to "Tin Coo" Banchory-Devenick Farm Park (01224782476) Alan
 Sun 30 Dec Try Cycling E 10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome. Moira
 Sun 30 Dec Medium Full Day C 09:30 Airyhall Library, coffee at Marshalls Farm Shop, Kintore (01224 790493), lunch at Gordon Highlander, Inverurie (01467 626780) John T
 Distance (miles): A*:75+ A:60-75 B:45-60 C:30-45 D:20-30 E:10-15

25 Years Ago

World Championship Oslo

Had a good send off today, a great barbecue at George's house (no alcohol or deserts of course) but a good night. Then I watched some of the team-time trial at Oslo taped from Eurosport. It seemed another world away and yet I would be there tomorrow - it was hard to believe but true. Well, it was off to bed to dream of bike racing.

Early morning flight down to Manchester to meet the crew and then a flight to Oslo typical BCF style. I could have flown to Oslo direct from Aberdeen but they like to take you around the country before you arrive at your final destination.

We went for a short spin but couldn't follow Sandy Gilchrist's instructions and got slightly lost. *Sarah Phillips*

Today the course was closed to cars. It was five laps of a 19 kilometre circuit which consisted of two climbs and some fast descents. All the big names were out today - Anderson, Jaskula, Millar, Bugno and Indurain, but no Allan Peiper, even on a motor-bike.

We, Marie Purvis, Yvonne MacGregor, Sally Timmis and myself decided to do two laps and check out the finish area.

The day. Beautiful morning - just great for a race. It was very cold down by the pits but out on the course it was lovely and warm.

The race was hard but I felt all right. I made sure I stayed near the front all the time (156 riders) and it seemed easy enough to hold your position. The crunch came at the base of the final climb when there was a small crash which bounced me into the barrier but all in control. This caused a split as the pressure went on. Fortunately Cathy Marsal had the same problem being bounced by the crash and we chased back onto the leading bunch.

It was all over and I did enjoy it - it was an incredible atmosphere - there were a lot of Brits and more importantly Scots shouting.

First flight out - pouring rain. I'm glad I'm not a pro - they were welcome to fifteen laps in the rain. I'm off to sunny Stonehaven. *Sarah Phillips*

KNOCKBURN LOCH MANAGEMENT

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

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

Recent New Members

The following new or returning members have joined in recent weeks

2852	Joe Morris	Aberdeen	35
2853	Mark Davison	Aberdeen	55
2854	Joe Davison	Aberdeen	14
2855	Carlos Mejuto	Banchory	35
2856	Gemma Mejuto	Banchory	35
2857	Natalia Mejuto	Banchory	6

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

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

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

f) **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

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 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 Mark Heady on headmard@gmail.com

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

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 to join the list

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

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

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

n) Sunday - Donside Bunch - Spring/Summer Schedule - The main group will have regular Sunday rides throughout the summer with coffee rides interspersed with longer "specials" as the calendar permits. All rides will be advertised in advance on Facebook and via the Kintore.sunday@gmail.com distribution list. If it's not on Facebook, or you've not received an email, it's not on! As the evenings progress, look for Ad-Hoc rides which will be advertised via Facebook and Email. If you'd like

added to the email list, please drop me a line on Kintore.sunday@gmail.com

o) Sunday - 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. If you'd like added to the email list, please drop me a line on Kintore.sunday@gmail.com

More detail

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

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

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

Banchory - Bill Byth

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

Stonehaven Training Sessions - Fleet-Foot Triathletes

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

For Sale

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

- 1 A pair of Sidi Ergo 4 Carbon Composite Road Shoes (Brand New – Never Used) size 44. Price £130.00. Contact Neil Robertson on neilfrob@yahoo.co.uk or 07788 435220 (1)
- 2 Set of 60mm deep - 700c carbon wheels. Were used for TT's so not many miles on them. Good condition and come with Vittoria Corsa Evo CX tubulars (23 on front and 25 on rear). I ran them with a 10 speed cassette but have just tried an 11 and it doesn't fit (unfortunately). £250 secures. Contact Phil Kelman for photos etc. - philipkelman@aol.com (3)
- 3 Unused pair size 10/44 Look Cycling/Walking shoes Keo compatible. Want to use your Keo pedals for commuting or touring? These are the answer with flexible two piece cleats for more comfortable walking. Spare cleats included. These shoes are sold along with Keo Easy pedals for £120. Unfortunately they don't suit my limpy left foot and I have used the pedals so I can't return them. Would sell for £50 or £60 with, unused, still boxed, Wellgo Keo compatible pedals. Offers considered. bill.byth@gmail.com (3)

COACHED TURBO SESSIONS

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

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

Weekly Progression – All Abilities Catered For

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

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

Cost (Blocks are payable in advance):

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

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

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

Ian Grant

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

30 Sc lattie Park, Bucksburn, Aberdeen
Tel (01224) 713033

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Workshops, Musical Theatre, Performance
Class, Exam classes

Rhona Mitchell, BA (Hons), Dip S&D, TQSE,
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www.rhonamitchell.co.uk

01467 621861

CAR CLINIC

Car Clinic contacts: -

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

Car Clinic, Unit 2, Hillview Road, East
Tullos, Aberdeen, AB12 3HB
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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

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Date of Birth:

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

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