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CRANKS

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The Magazine of

Deeside Thistle Cycling Club

Sponsored by:



Tierney Strachan
PROCESS CONTROL ENGINEERING

Current Membership 673 (670)
SCU Membership 346 (342)
Scottish Cycling's Largest Club

Editorial:

The Nationwide upsurge in bicycle usage means that the authorities must take notice and put infrastructure in place to meet needs. That there is lag in provision follows the pattern. Those who decide what happens have a mire to wade through and this leads to sluggish decision making.

But people power can help sway a result. The right people in the right place saying the right things will help. Neil Innes, a club member from the 1980s and very much the leader of Ride the North, has been in discussion with Nestrans and they are taking the initiative. A group called Grampian Cycle Partnership is being formed to look at the way forward. It is not to be protagonist, more supportive and advisory.

Grampian Cycle Partnership will have some of those right people. Will they be able to influence what's in store for cycling in the north-east?

It's often been said that biggest is not necessarily the best and I agree, but there's a wee bit of sneaky pleasure if I see our membership topping the total of the previous year. This time round we're currently equalling last year with still a couple of weeks to go.

The racing season draws to a close. After the debacle of 2017 when there weren't enough events for members to qualify in any of the TT BARs, this time round there were, albeit few and far between. Do we have the riders? Or is time-trialling as we know it past its sell by date? I'm looking for the answers.

PHILOSOPHER'S CORNER

A leader is one who knows the way, goes the way, and shows the way

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

Neil Scott's Scottish National Road Race Report 19 August 2018

It was held in Cromarty over 6 laps of a circuit totalling 161km and 1700m elevation. The field was around 60 riders.

I'd had this as a target for a while so had planned around it a bit. As this was a long race by Scottish standards, I'd done some longer rides with efforts towards the end and had a plan for fuelling which had been tested at earlier races (well done me), and then tweaked the day before the race (not so well done). In proper Chris Froome and Science in Sport style I did some research and the plan had me going for 70g of carbohydrate, 1g of salt and 750ml an hour. I did my best at the nebulous concept of a taper and devoured as much carbohydrate as I could for a couple of days prior, then it was time to race. Bike was fettled, Karl's loan of some wheels worth more than the rest of the bike were swapped in and I even took the bell off.

The race started with a technical skills test, following a man playing bagpipes at 1kph surrounded by other riders. Once we dropped him, the race was a relatively complicated one to keep on top of, with multiple groups forming and coming back together throughout the race, no lap looked the same as the next. This could have been very tiring to take part in, a few riders talked after the race about how many groups had to be watched, controlled and assessed for who was where. Retrospectively, I think this justified my decision to plonk myself at the back for pretty much everything other than the climb and focus only on making sure at least 2 of my marked "favourites" were still in the same group as me. This meant I managed to stick rigidly to the grazing schedule, important in a 4 and a bit hour race.

There was only one climb of any significance on the course, while the rest of it was completely flat or downhill on generally good surfaces and with hardly any braking. I had to follow some moves during the climb on a couple of laps, but these were the only major efforts I had to make. I found large parts of the race relatively easy in the wheels and I was climbing more comfortably than some, so surprisingly I didn't feel overly fatigued going into the last lap still in a good group of around 20, with 4 riders 20-30s in front. The climb was 8-9 minutes long with another 20 minutes of mainly downhill to the finish, so 30s was closable on people with tired legs.

The climb began with exposed fields on either side meaning there was enough of a breeze to give some advantage to being in the wheels for the first couple of minutes climbing. As we came into forest on both sides and the wind died, I pushed on at a steeper bit and wasn't followed immediately. I was gaining on the 3 riders in front, having passed one of them already looking a bit broken. I could see behind there was some effort going in, but they weren't closing quickly. I caught the leading 3 just before the summit and carried on past, with most of them getting on the wheel. We pushed on into the downhill where we were joined by a few from behind, making around 10 to contest the finish.

From here on, it was the definition of cagey racing, with some big attacks going, but only so long as there was nobody following. I was even tempted into a couple of

speculative jaunts, but nobody wanted to miss out on anything and they were all closed down. We were mostly still together going at progressively more bonkers speeds as the descent gradually steepened into Cromarty where a downhill 90 degree left awaited us. Then 100m more downhill and a greater than 90 degree right, before 300m flat to the line. Simple. My GPS file has me doing 75kph with 50m to the turn, then 25kph through it. G forces were felt. The fight into it was [insert expletive-adjective], I was 5th through I think and the same through the right hander, then shuffled with a couple of riders in the final 300m to finish 6th.

Good enough, but hopefully it finishes at the top of a medium steepness hill next year please! Moray Firth had everything done very professionally, with barriers for the last couple of hundred metres, plenty of spectators and feeders all over the course and pasta put on after the race. Felt a bit like a proper bike racer.”

Brunei Grand Prix 19 August 2018

My reason for heading back early to Brunei was to take part in the Brunei Grand Prix Road Race, 127km as well as a 100km for the novice riders. I was entered in the Masters Category racing the hillier (for Brunei) 127km route, with 2 sprint points and 2 KOM's.

I landed Sat evening after my normal 28 hour commute from Aberdeen, thankfully the main flight from Heathrow to Bangkok I was upgraded to Business Class and was able to get some sleep and the legs raised.

There was a team briefing that I attended and shared the race strategy for the race the following morning. Simply we were going to make no moves and watch all the other teams sit in and mark some of the other key riders. My main goal was to attack the KOM's. This suited me as I really wasn't sure how the legs would be after all the travel. After the race briefing I headed for a bite to eat and then a recce of the approach to the first KOM.

Sunday morning alarm call 05:00, staying in a hotel very close to the start. Headed to the start to meet the team and register for the race. Race started 07:00 and off we went! There was a 7km rolling start and the flag was pulled in. With about 100 riders spread out on the highway with rolling closed roads and support cars you feel a little bit like a pro for a day!

The race commenced with a few attacks but nothing making any progress. Then at around 20km I watched one of the guys I was marking get ready to attack and I prepared to follow him, off he went and me grabbing his wheel right on a counter attack and really well timed. We broke away with 4 other riders and started to open up a gap and working okay then after 7km together there was some messing about as the Sprint point was approaching - 5 km to go.

I looked back and we had around 30 secs but the peloton were starting to close, so I decided to attack and chase the first sprint points. I rode off the front and managed to stay away taking the first sprint.

Not long after the sprint there was a roundabout and 180 turn so I was able to see what was going on behind me. 3 guys attacking the remaining points with 2 of the guys from the same team joining me shortly after. It was the

rider I was watching and we agreed to work together and set about trying to get away ready for the KOM at 42km.

We worked well and opened up 1:30 gap and by the time we were at the KOM we had nearly 2 mins. I was able to ride steady on the front for the KOM and took it with ease (the others not contesting it with me). We then continued and at one point we were nearly 4 mins ahead of the peloton and the 2nd Sprint point approaching. I went on the front and picked up the pace keen to take the sprint points and take the sprint jersey, job done!

Next we had the 2nd KOM at 90km to think about and to try to keep away. One of the guys was starting to struggle with the pace so I told him to sit in and let us work, unfortunately while at the back and taking water from the support car he crashed and went down hard as we were riding along at 45km+. I found out later he was fine with a few cuts and bruises and a damaged crank arm, very lucky!

Now down 2 of us and with a longer steady climb to the next 2nd KOM we rode together steady, hitting the start of the climb my fellow rider was struggling and shouting me to hold back. I didn't want to solo from 40km so I did hang back and help him get to the top. I took the KOM so another jersey!

On the descent it was clear he was struggling so I kept working hard and get the occasional support from him, after several km's the team support car told me there was a chase group with 2 of the 3 of my team mates coming so to hang back and let them join us... I rode on and questioned this instruction and then on a climb as I was starting to drop my breakaway man I decided to attack and drop him and try to solo to the finish, 15km to go!

I had the support car come back to me at around 5km to go advising me they were still 2mins back but had caught the other rider, so head down and kept going and took the overall win.

My team mates came 2nd in the master category with me and won the Elite with the other rider. A great team performance and strategy to secure the win in all categories, team, sprint and KOM. 3 jerseys for me added to the collection! Another great ride in Brunei.

Mark Walker

Porsche Series Criterium (Race 3 of 4) 26th Aug 2018

The following week there was an opportunity to assist my team captain and help continue his lead in the series. He was leading the series having taken part last year in race 1 and 2. I said I would work for him and we set about agreeing a strategy for him to attack from the gun and I would bridge to him to try and breakaway for the full race.

The circuit was 1.2km with a few corners but nothing too technical. I watched the first race (Novice) and was able to see how opportunities, especially coming out of the corners and hitting the climb c3% gradient. I did a few warm up laps and was starting to regret the longer ride previous day (236km) anyway let's see how we go!

The race commenced with a warm up lap led out by a Porsche Macan, back to the start and off we went for 20 laps and 4 sprint laps.

The plan kicked in and Reduan my team captain set about heading off the front and opened up quickly 30 secs. I sat in and enjoyed the first 2 laps taking it easy. Then as planned round the corner hit the hill and off I went with a few guys chasing me. I got away, joined Reduan and set about getting away but within 1 lap we were caught.

Reduan waited till the same point the next time round and went again and he was able to get away with a few eyes on me! I waited this time and sat right on the back let a lap go and this time opted for an attack on the downhill section and try to take the 5 main corners as fast as I could. This worked well with the slighter bigger frame and weight advantage downhill, opened the gap took the corners smoothly and caught Reduan. I jumped straight on the front and off we went. Reduan sat in and I worked as hard as I could watching the gap open up each lap. I did the work on the front and Reduan sat in and after several laps we were catching and passing the main bunch with a few riders off the front chasing us.

I continued for the full race on the front eventually lapping the main bunch twice and nearly catching the chasing group. Last lap was shouted so we enjoyed a victory lap or so we thought. They were getting confused as we had lapped other riders and ended up with a further 2 final laps.

Anyway Reduan took the win and continued the overall lead in the series, I took second and won the sprint prize. A different type of race and my first criterium, really enjoyed it. Another great and new experience on the bike!

I then decided a 40 min effort wasn't enough and rode home...117km!
Mark Walker

Racing Shorts:

Carlos Riise won the SVTTA 30 mile TT Champs on 02 September in a time of 1.07.23. Jim Robb returned a very creditable 1.19.10 for 22nd place.

Proposed Calendar for 2018

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

Date	Event	Type	Club
23 Sep	3 Braes TT	TT	DTCC
30 Sep	Regional Champs TT	TT	TEN

Graeme Obree at Tech Fest

The closing speaker for this year's science festival is Scottish cycling sensation Graeme Obree (aka The Flying Scotsman!).

Graeme will be talking about his record breaking achievements in cycling and how he defied all the odds to become a two time world champion!

The talk is on Saturday 22 September from 6:30pm in the Arts Lecture Theatre, University of Aberdeen. Tickets are available from the box office (<https://www.aberdeenperformingarts.com/>). They are £6 for an adult and £4.50 for concession.

Big Tree Campervans Youth MTB XC

Grampian Tigers are hosting round one of the Big Tree Campervans Youth MTB XC series on Saturday 22 September at Mineralwell Park in Stonehaven.

Entries are open to all youth riders aged 6-16 via British Cycling:

<https://www.britishcycling.org.uk/events/details/184787/Big-Tree-Campervans-Tayside-&-Fife-Regional-Youth-MTB-Series-2018---Round-1:-Stonehaven>.

There are further youth and adult MTB XC races planned for early 2019 which are being run by the local clubs

Colin Esslemont

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

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

Pactimo Clothing

The latest Pactimo clothing order has now arrived at our offices.

Collect at your leisure (all details how and where on the club website).

Also quite a number of items still to be collected from the previous order - nudge nudge!

Jon Strachan
(clubkit@deeside.org)

Circuit Training Garlogie

Each year, for many years, your club has organised a weekly circuit training session over the late autumn and winter months. This is at no cost to members.

Last time the sessions were led by Ian Flett and a stalwart group attended each week. Ian is keen to go again this year and intends to have the first evening on a Wednesday during October - date to be confirmed.

Those cyclists who do nothing but cycle have, during these sessions, the chance to improve their general fitness. Why don't you give them a go this year?

They may not have the razzmatazz of a fancy fitness club but they do give you a good workout with fellow club-mates and you do get a cup of tea afterwards

Strive Campaign

More details about Strive and what it is doing can be found at www.strive.buzz.

The Strive organisation, based in Stonehaven, is working in association with Stonehaven Cycling Club and Mackie Rugby Club Former Pupils RFC with the aim of raising £75,000 in support of the My Name's Doddie Foundation set up by Doddie Weir following his diagnosis with MND in 2017.

A cycle event led by Robert Lindsay has already taken place. It went round Scotland visiting rugby clubs along the way and has kick started the fund-raising.

Collective Voice for North-east Cycling

A new conference which seeks to generate a collective voice for cyclists in the North-east is set to take place next month.

The inaugural event, hosted by regional transport partnership Nestrans, will discuss the development of a new group that will represent and give platform to a shared voice for cycling interests across the area.

Nestrans Chair, Councillor Peter Argyle said, "Cycling continues to be increasingly popular across the North-east and as a result of that enthusiasm, a host of cycling-related businesses, charities, clubs, groups and organisations currently exist. What this event seeks to do is bring all of those people together under one roof to discuss issues, ideas and improvements. Going forward, the new group will give cyclists a representative and powerful collective voice.

"Nestrans' Cycling Development Officer, Jon Barron, added "Like many others across the region, I am hugely passionate about cycling. Regardless of what form of cycling our two wheels take – whether that's commuter, sporting, recreational or family rides – we all want to feel safe when we are out on our bikes and want to see cycling in the area develop.

"Coming together as a shared group means that we can work in partnership with our local authorities and cycling organisations to ensure that cyclists are engaged and informed, as work continues to encourage, develop, promote and support cycling across the region.

"Supported by Robert Gordon University (RGU), the event takes place at 7.15pm on Wednesday 26th September 2018 at The Sir Ian Wood Building, Robert Gordon University, Garthdee Road, Aberdeen AB10 7GJ. Admission is free but a place for the event must be reserved.

This event is being supported by the Civitas PORTIS project, an EU-funded project that is focused on, among other aspects, creating initiatives to support walking and cycling in the area.

Tickets for the event are free via Eventbrite at: <https://www.eventbrite.co.uk/e/cycling-in-the-north-east-moving-forward-together-tickets-49206180009>.

Alternatively you can book a space by calling Jon Barron on 01224 346687.

Are you a Cyclist?

Would you like to be?

Worried about your safety on the roads?

Want to see the North East embrace the UK's cycling revolution?

Would you like to play your part in helping shape infrastructure improvements?

Want to see improved facilities for sport or leisure cycling?

Keen to see more people cycling to school or work and improve their general health and air quality?

Interested in helping make Grampian a more enjoyable and safer place to ride a bike?

Then come along to: The Sir Ian Wood Building, Robert Gordon University, Garthdee Road, Aberdeen AB10 7GJ on Wednesday 26 September 2018 at 7.15pm

Free Admission only via Eventbrite: <https://www.eventbrite.co.uk/e/cycling-in-the-north-east-moving-forward-together-tickets-49206180009>.

Cycling continues to be increasingly popular across the North East for all ages and abilities and varying rider confidence and experience. There are many who would also like to cycle but, for various reasons, have not yet taken to two wheels.

We have a whole host of cycling-related businesses, charities, clubs, group and organisations. Common themes exist; however, their competing demands and differing priorities can, at times, be overly confusing and miss the fundamental issue, namely that cyclists are inherently vulnerable road users and whatever our specific cycling interest is, we all want to be safe and to feel safe while out and about on our bikes.

It is extremely important that all those interested in cycling have a truly representative voice. As things stand, that collective does not exist. As a result, most local cyclists (and potential cyclists) are not being kept fully informed or consulted.

To address this, the intention is to create a group that represents everyone interested in all forms of cycling across Grampian.

Grampian Cycle Partnership will work proactively in partnership with the local authorities, government and national organisations to help achieve their ambitions through encouraging, developing, promoting and supporting cycling and work towards making Aberdeen city, Aberdeenshire and Moray even more welcoming to cycle in than they are currently.

During the evening there will be several short presentations with invitees including representatives from; Aberdeen City Council, Aberdeenshire Council, Moray Council, NHS Grampian, Nestrans/Getabout, Cycling Scotland, Sustrans, Cycling UK Scotland/CTC Grampian, Scottish Cycling, Police Scotland and many others.

This initial meeting will

- help gauge wider thoughts on cycling locally
- showcase some 'good news' stories
- identify significant issues of concern
- provide a platform for ideas and improvements and discuss how we think we could all work

together more efficiently than ever for the greater good

The subsequent efforts will

- help join the various strands together more effectively
- give local cyclists a more representative and powerful voice
- support the local authorities with a single reliable information source on local cycling
- begin to form the foundations of an effective plan for the way ahead

For discussion - draft aims

- Improve City, Shire and Moray as places to live, work in and visit
- Improve the life chances of those who live here
- Generate health and environmental improvements and benefits for all
- Foster a more proactive relationship with local authorities and national organisations to secure the best possible outcomes from all available funding and resources
- Work with others to make our roads safer for all to use, irrespective of their mode of travel

For discussion - draft objectives

- To provide a network of safe cycle routes for family cycling linked closely to local amenities, schools, leisure and tourist destinations.
- To provide safe cycle routes linking the larger towns in Aberdeenshire and Aberdeen city (e.g. to and from Stonehaven, Banchory, Westhill, Inverurie, Ellon).
- To provide a safe, direct and joined-up network of routes for cycling in and across the city.
- To review the progress made to date on existing local strategies (Aberdeen City Active Travel)
- To advise and assist communities with development of path networks.
- To promote and provide update on sporting and leisure cycling facilities (e.g. MTB trail centres, BMX and pump tracks, a road track or velodrome).
- To heighten awareness and promotion of local cycling events (e.g. sporting, leisure, charity, cultural and tourist).
- To provide a reliable forum linking all the different stakeholders aimed at developing a single plan for cycling in the area for the next 5-10 years and beyond.

For discussion - committee structure

- For subsequent discussion – form a constitution, decide on meeting schedule/identify venues and shape the social media presence and website of Grampian Cycle Partnership.

If you'd like to stand for a position on the Grampian Cycle Partnership committee or have any queries in advance of the meeting, please contact: Jon Barron, Nestrans Cycling Development Officer, via JBarron@nestrans.org.uk or on 01224 346680

NETCO

What a fantastic summer it has been! With warm weather sweeping the entire country and barely a drop of rain from May to August, it was simply perfect for enjoying the great outdoors. Wherever you decided to go explore this year, we hope you had amazing adventures!

With holiday season drawing to a close and schools back, the time has come for us to put our bikes away (just for a few days...) and keep you up-to-date with all the latest NETCO goings-on...

Positioning for the future

We're in the process of implementing a new business plan, which will guide the next phase of NETCO's strategic growth. Looking ahead, we need to continue to strengthen our community relations, maintain the detailed public consultation process, accelerate planning and asset transfer of land, and secure investment to drive sustainable growth.

It's certainly been a busy summer for the team. We know there is a long way to go and many challenges lie ahead but we're extremely well positioned to deliver the plans, with a strong team committed to taking the vision forward.

We'd like to take this opportunity to thank you for your continued support and please feel free to get in touch if you would like to find out more about the project.

View the feasibility study

The much anticipated announcement of our feasibility results at the AGM last year was a pivotal turning point in NETCO's ambition to bring world-class mountain biking to Aberdeenshire. It marked the end of a complex year-long investigation, and above all firmly cemented the future path of this massive outdoor sports project.

The feasibility study identifies Durriss forest, between Banchory and Stonehaven, as the best location for the development of your chairlift-serviced mountain bike park, primarily due to the site's accessibility for people living locally and visitors to the region.

Extending the scope

But, the most exciting outcome of the study is the proposed extended scope to include snowsports, adventure pursuits and nature-based activities. It is unquestionably a massive challenge to progress the project beyond mountain biking. However, the study clearly demonstrates that delivering a multi-adventure experience will bring hugely positive social and economic benefits for local communities in the north-east of Scotland.

And above all, our public survey reveals that people would like to see a vast range of outdoor sports and pursuits at Durriss.

<http://netcomtb.co.uk/documents-feasibility-study> will allow you to read highlights from the independent study that was made possible through kind donations from supporters, corporate organisations and grant bodies.

Over 2,100 people gave feedback on our plans to bring top international mountain biking and adventure sports to

the north-east of Scotland and we're now using the suggestions to drive forward plans and create a unique offering that meets the needs of everyone.

- 95% of people agree that Aberdeenshire needs a purpose-built outdoor sports facility;
- 88% of people stated that they would visit the proposed facility once a week or more.

There were a wide range of question that have an important role in helping us to develop the outdoor centre's product and service offering.

Respondents used the multiple checkboxes to strongly indicate that the centre should have a café, an Aberdeenshire mountain bike information point, showers, and specialist sports shops. These were the most popular facilities that people would like us to include in the plans.

We also asked what adventure activities people want, and overall the top 3 pursuits selected by respondents were:

- bouldering and climbing
- zipline adventures
- tree top high ropes courses

And, the following specialist mountain bike and snowsports services were the most popular choices:

- chairlift;
- bike wash;
- rental equipment.

A series of questions went on to gauge how people feel about key statements relating to assumptions in NETCO's feasibility study.

The responses were hugely encouraging, in summary -

- 89% strongly agree or agree that Durris is easily accessible to people living in the north-east of Scotland;
- 96% strongly agree or agree that the centre will inspire children to enjoy outdoor adventure pursuits;
- 86% strongly agree or agree that people of all abilities will have equal opportunities to participate in outdoor sports;
- 90% strongly agree or agree that the proposed activities will inspire people of all ages to connect with nature;
- 94% strongly agree or agree that the centre will bring economic benefits to the north-east of Scotland.

We hope that the proposed adventure experience will play a significant role in growing Aberdeenshire's visitor spend by becoming a major tourism draw. Here's what respondents thought:

- 85% of people surveyed strongly agree or agree that the centre will attract people from all over the UK;
- 67% strongly agree or agree the centre will attract people from overseas;
- 76% strongly agree or agree the centre will transform the Aberdeen region into a world-leading destination for outdoor sports.

Building on the positive results and views of participants is our main objective over the coming months. In doing so, we're actively researching the most popular complimentary adventure activities and services. And, many of those who took part chose to express written suggestions, which have given us invaluable insights at this critical strategic planning stage.

We're always interested to hear what you think, so please get in touch directly by email on netcomtb@gmail.com, and keep the feedback coming.

We're delighted to announce that NETCO has been awarded a LEADER grant to invest in brand development, conduct a community consultation event and support the community asset transfer (CAT) process.

Funding was received through support from LEADER (a European rural development fund), Scottish Cycling and Aberdeenshire Council.

The funds give NETCO the opportunity to launch a new identity for the charity. This includes extensive graphic design work, a new website, promotional video and other associated pieces of creative work.

Once our market re-positioning exercise is complete, we will be well placed to attract further funding and investment needed to drive the multi-million pound community project forward.

VisitAberdeenshire has an ambitious target of growing visitor spend in Aberdeenshire to £1billion per year by 2023. Adventure tourism forms a major part of its strategy, and our project is recognised as a key component in Aberdeenshire's adventure tourism offering.

We're incredibly happy to let you know that donations received through Amazon Smile are adding up, making a difference to our fundraising.

Amazon Smile is a really easy way to help make the outdoor adventure park happen, without costing you a penny!

If you're already a user of Amazon, next time you log in to buy your goodies, simply log in through the Amazon Smile route to shop, smile.amazon.co.uk, and select 'North East Trail Centre Organisation' as your preferred charity. It really is that simple!

For every eligible purchase on Amazon Smile, Amazon will donate 0.5% of the purchase price to NETCO and all donations come directly from Amazon to NETCO. Shopping through the Smile site is exactly the same as Amazon's regular site.

Meet the team

We're a small bunch of mountain biking, snowsports and adventure enthusiasts who are passionate about bringing you a world-class outdoor sports facility based right here in the north east of Scotland.

Martin Byers (Chair)	James Davidson (Vice Chair)
Jim MacPhail (Treas)	Tom Jenkins (Vice Treas)
Simon Richards (Secy)	Laura Edmunds (Vice Secy)
Laura Benson	Donna Doo
Martin Kennedy	Dave Jacobs
Beth Woodhall	

Netco

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

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

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*

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.

Donside Bunch - Spring/Summer Schedule

The main group will have regular Sunday rides throughout the summer with coffee rides interspersed with longer "specials" as the calendar permits. All rides will be advertised in advance on Facebook and via the Kintore.sunday@gmail.com distribution list. If it's not on Facebook, or you've not received an email, it's not on!

As the evenings get longer, lookout for Ad-Hoc midweek rides which will again be advertised via Facebook and Email.

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

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!

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

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

September

Sun 16 Sep Slower Full Day C 09:30 Parkhill bridge Dyce, coffee at The Barn in Foveran (01358 788707), picnic lunch at Haddo House *Sheila*

Sun 16 Sep Try Cycling E 10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome. *Moira*

Thu 20 Sep Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop. *Anne*

Sat 22 Sep Medium Full Day B 09:30 Westhill Shopping Centre, coffee at Forest Café (01330 830000), Midmar, picnic lunch in Tarland *Wilf*

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

Sun 23 Sep Faster Full Day A 09:00 Westhill Shopping Centre, coffee at Lochters, Oldmeldrum (01651 872000/78), picnic lunch at Fyvie Castle, Fyvie. *Alberto*

Sun 23 Sep Morning Run D 09:30 Duthie Park, Riverside Drive to "Tin Coo" Banchory Devenick Farm Shop *Gordon*

Thu 27 Sep Thursday Run D 09:30 Airyhall Library, destination to be decided on the day, slowish morning ride with coffee stop *Cindy*

Sat 29 Sep Slower Full Day C 09:30 Westhill Shopping Centre, coffee at Ceann Torr, Kintore (01467 633996), lunch at Morris' Hotel, Oldmeldrum (01651 872251). *Cindy*

Sat 29 Sep Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. *Gerard*

Sun 30 Sep Morning Run D 09:30 Hazlehead Park, Drum Garden Centre (01330 811000) *Heather*

Sun 30 Sep Faster Full Day A 09:00 B&Q, Bridge of Don, coffee at The Coffee Apothecary, Pitmedden (01651 842253), picnic lunch at Back O Bennachie Car Park or Kellockbank, Insch (01464 851114), if wet. *Alberto*

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

25 Years Ago

BEINN A'GHLO (Sheet 43 Braemar)

It had been a late night.

Charlie regaled R & Co with tales of yesteryear. Likewise they, him and the hands had crept past the witching hour before they turned in. R & Co would be on their own for the proposed Beinn a'Ghlo trip. Charlie loved the area but just wished them all the best. He'd repay the visit sometime in the future.

Daylight topped the horizon, fringed the mountains with light, turned the grey ground to a brilliant purple and lit up the eroded path on the south face of Carn Liath, today's first Munro.

Inside Auchterturra nothing stirred. The adventurers snored gently and the proposed dawn start passed them by. Eventually, two hours behind schedule they stirred. After a quick plate of honey nut crunch and a slurp of tea they emerged to the chill of a late summer morning.

The sun was well up. Clouds scudded from the north chased by a freshening wind. R & Co wore shorts for wouldn't it warm up? No need for gloves, or hats. Off they pedalled and in a little while turned onto a path (GR923679) which would take them upwards on Carn Liath. The path gradually steepened to the 550 metre contour when the ribbon of loose stones widened. It had been steady going to the top at 975m (936699). Stopping only once, sweat had caked on their brows and vests stuck a little. The wind blew stronger and in the north clouds stuck to the tops. Here, save for our two ATBers, the hillside was deserted.

Resting for a moment, plunging body temperatures forced them on. Mounting they were able to cycle

downhill and onto the ridge along Beinn Mhaol. This was a good 2 kilometre distance towards Braigh Coire Chruim-bhalgain. Climbing steeply again on an exposed ridge a quick reference to the map showed that once this second Munro was cleared they'd descend to a saddle before climbing Beinn a'Ghlo. There'd be shelter.

The cold grew more intense. Co jacketed and found a hat. R suffered. Not stopping they pushed on to maintain body temperature. At the top (1070m) (946725) only a brief stop behind the cairn was taken. Rain sluiced onto the far slopes of Beinn a'Ghlo and clouds rushed in to obscure everything. It hid the view south to Ben Eagagach, scene of torture a year ago, and Schehallion, yet to be climbed. Loch Tummel was glimpsed a moment. Then it too, disappeared. Peering from the lee of the cairn a puddle of sunshine could be seen at the shieling below Dun Beag in Glen Tilt.

Body temperatures dropping again they mounted and cycled along the ridge parallel to Beinn a'Ghlo before dropping out of the cloud on a compass bearing towards the saddle. If the shelter had been available it would have cured a lot of problems but the lie of the hills afforded no protection. The wind funnelled up Glas Leathad. The chill factor increased.

Even R had now donned his jacket. Co had found a glove and this was passed hand to hand as they descended, carefully, on the steep, loose gradient. When not wearing the glove they stuffed hands deep into pockets.

Down in the saddle they lay on the ground in the lee of some heath grass. Hands were clasped and held between frozen thighs. They suffered the pain of childhood and lost gloves in a snowball fight. R wrapped a vest around his head and held it in place with his hard hat.

On yet again the last climb was tackled. Steep to begin with the climb soon eased and the summit was reached (1121m) (972734). The wind still howled so it was foolhardy to dawdle. Some walkers could be seen on the ridges to and from the earlier Munros. They wouldn't have to seek their problems today. After a quick look round, down Glen Loch to Daldhu and north over the tops to Beinn Mhucdui, they turned and fled. Mounting it was a swift cycle down the ridge to the short climb on Arrgiord Beinn. This is still over 1000m and drops steeply over boulders into Allt Coire Lagain.

Gaining some real shelter at last they stopped to eat. More cloud rushed over and as things began to disappear it started to snow. Real snow. That summed the summer up.

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](#)

Outdoor Experience Card

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

Recent New Members

The following new or returning members have joined in recent weeks

2835	Noah Fontaine	Aberdeen	13
2836	Charles Fontaine	Aberdeen	7
2837	Colin Wallace	Aberdeen	33
2838	Alec Wallace	Aberdeen	5
2839	Ella Brooks	Aberdeen	13
2840	Esmee Ipenburg	Aberdeen	8
2841	Kiran Ipenburg	Aberdeen	6
2842	Charlotte Miller	Aberdeen	8
2843	Michael Miller	Aberdeen	6
2844	Walter Sutherland-Thomson	Banchory	6
2845	Kate Ferrier	Aberdeen	20
2846	Vincent Goss	Aberdeen	49
2847	Luis J F Fraser	Aberdeen	16
2848	James Carrol	Inverurie	9
2849	Abby Broughton	Banchory	12
2850	John Dyer	Aberdeen	16
2851	Eleanor Salter	Banchory	12

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 helene1@btinternet.com mobile 07736247911 Facebook page Metafit Airyhall

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

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

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 email list

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

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

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 get longer, lookout for Ad-Hoc midweek rides which will again be advertised via Facebook and Email. If you'd like added to the email list, please drop me a line on Kintore.sunday@gmail.com

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

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/biketrainigridescaw.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 (2)

Wanted

1 Upgraded from Vector 3s to Vector 3? Do you have a normal Rt pedal going spare? I have Vector 3 and want to use my Keo cleated shoes on another bike. Problem is that I can't reliably unclip from normal Keo Classic with my right foot due to restricted rotation of titanium hip (with ceramic ball!). No problem with the Garmin pedal. I can't unclip from any pedal with my wonky left foot. Let me know if you can help. bill.byth@gmail.com (1)

Helping at Events

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

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

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

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

Ian Grant

Gardening: - Grass Cutting
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CAR CLINIC

Car Clinic contacts: -

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

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

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

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Members

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

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

Membership Application

Name:

Address:

.....

Phone Number:.....

Email:

Date of Birth:

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



Grampian Health Foods

Mon - Fri 9 am - 6 pm

Saturday 9 am - 5.30pm

Sunday Closed

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Aberdeen

AB11 5PL

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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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5.30pm