

Issue 560

November 2020

# CRANKS

## Volume 47

The Magazine of

**Deeside Thistle Cycling Club**

Sponsored by:



**Tierney Strachan**

PROCESS CONTROL ENGINEERING

**Current Membership 605 (660)**  
**SCU Membership 314 (339)**  
**Scottish Cycling's Largest Club**

### Editorial:

Heading out this morning for a couple of hours pedal just after the sun came out and before breakfast I was greeted with frosted fields and iced puddles. Not that I have a problem with changing seasons, and after all it is November. Idyllic, with a cloudless sky, a gentle drift of air from the south and golden autumn colours in the beech trees.

Cattle stood in billowing clouds of white vapour, their breath condensing in the cold air. Sheep stood huddled in the shelter of dykes.

Soon it warmed, the sun providing a little heat, and only where trees and buildings hid the sun from view did the air feel chilly.

With limbs no longer lean and lithe it's as well when I'm wearing shorts to be out early and only give an occasional dog-walker a fright.

When much younger and desperate to make a mark on the cycling world I'd try to wear shorts all year round – just to prove my toughness. Not afraid to venture out in any weather I'd battle through blizzard conditions. More than a bit daft, after a year of suffering, common-sense prevailed and with the changing season longs went on towards the end of September and legs would be hidden through to the end of winter and into spring.

This morning in the early sunshine, chasing my elongated shadow, I was quite comfortable and mused over the changing climate. A few years ago, wearing shorts throughout October seldom happened. Few folk would even have considered them during November. Now here I am wondering if the shorts go on again tomorrow.

### PHILOSOPHER'S CORNER

**Is climate change fake news? If you don't want a sarcastic answer don't ask a stupid question**

Do you have a view on life? Why not submit your favourite few words of wisdom for public consumption in this exclusive corner of your magazine. Send now to Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ or email [Knockies@aol.com](mailto:Knockies@aol.com)

### Coronavirus Update (From Scottish Cycling)

The wellbeing, health and safety of all our members, staff, volunteers and the general public is a priority for Scottish Cycling. Considering recent developments surrounding COVID-19 we have been closely monitoring the situation to ensure that we are responding quickly and effectively, and in line with the latest Scottish Government and NHS Scotland guidelines and recommendations.

Following the implementation of the Scottish Government's [Coronavirus \(COVID-19\) Protection Levels](#) on 2 November 2020, we have produced guidance to clarify which activities are permissible at each COVID-19 Protection Level.

An overview of all activities across all COVID-19 Protection Levels has been provided via the link below.

[https://www.britishcycling.org.uk/zuvvi/media/Scottish\\_Cycling\\_Protection\\_Levels\\_.pdf](https://www.britishcycling.org.uk/zuvvi/media/Scottish_Cycling_Protection_Levels_.pdf)

### Re-establishment of Club Activities

It will happen. Referencing the note in October Cranks Bill Byth says he is happy to start a run from Banchory under the new system when we do feel we can start again. He says that this will not be a resumption of the previous Midweek/Sunday runs, more a run to allow the older guys to get out together.

The faster guys will need someone else to lead the initiative and hopefully someone will come forward now that Bill indicates his intention. Reply to [knockies@deeside.org](mailto:knockies@deeside.org)

It is important that the guidance issued by the Government and Scottish Cycling is seen to be followed.

For example we are not allowed to ride in groups outside the limit of 6 from 2 households unless the group has a Covid Co-ordinator in place, and that details of all participants have been collected.

Your club has ensured that these facilities are in place. A number of members have undergone the e-learning to be recognised as Covid Co-ordinators, Return to Sport Officers or similar, there is a Risk Assessment template available and we have Spod for registration of participants.

Once we feel the situation has again eased what we need is a return from members who are willing to be the contacts for our runs, from Banchory, Kintore, Peterculter and elsewhere. The task is not onerous and the Donside Bunch have already successfully used the new format.

Those willing and able should contact [knockies@deeside.org](mailto:knockies@deeside.org).

### CTT Events 2021

See below a link for a list of events proposed for 2021 Handbook. Let's hope that we will be able to see them go ahead.

Can you all please note that we will be compiling a Short Distance BAR in 2021 but we will not be asking the organisers for the district levy of £1 as was proposed and accepted for 2020.

Attachments available for download: [CTT Scotland 2021 Events](#)

## Updating Information

Many members have already replied with requested details but others are still waited on. If you've not replied please let me have the below - **this, even if you think the information I have is correct.** By submitting this information it also allows me to collect Emergency Contact details. These details were not part of enrolling in the club until only a few years ago.

Due to the current situation with the Covid-19 pandemic it may be a requirement for NHS to contact members. Though the club does have a fairly comprehensive record of club member details this is only guaranteed correct at the time it was submitted to me (**sometimes years ago when you may not have had a mobile phone, and addresses and mobile numbers do change**).

In order to meet our responsibilities please reply to [info@deeside.org](mailto:info@deeside.org) with your up to date details - this should include other members of your family who are also members:

Name:

Address:

Post Code:

Home Phone:

Mobile Phone:

Emergency Contact Name:

Emergency Contact Relationship:

Emergency Contact Phone(s)

*Sandy L*

## Deeside's ZOOM Chat Series

Deeside's Zoom series started with Pippa York where skills were honed, and we then interviewed Allan Peiper. Both these 2-hour sessions led by Alan Campbell were excellently received.

Your club's third Zoom Interview, this time with Isla Short, Scotland's world level female CX and XC rider proved a resounding success. Led by Laura Sarkis, Isla gave us a good insight to top level competition from a female perspective. If you were unable to register or join in the audience, there is still the chance. Go [here](#) to download the entire interview.

Continuing the excellent series of interviews Alan Campbell has secured the services of top mechanic, Johnny Milton. He's going to give us a few hot tips on how to look after your bike. Interested? It'll take place on Monday 16 November at 7.00pm.

You may register your interest here: [https://zoom.us/webinar/register/WN\\_vWbTb7hvTEW77HAB\\_sqDA](https://zoom.us/webinar/register/WN_vWbTb7hvTEW77HAB_sqDA)

## 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 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*

## Annual Subscriptions

It's been a funny old year with loads of club activities put on hold, but we've found new ways to entertain - for instance interviewing big names from professional cycling - and we're not finished yet.

We hope that you'll continue to support your club through and out of Covid-19 and now that we are entering the new Club year please go here to renew your membership: [http://deeside.org/?page\\_id=29](http://deeside.org/?page_id=29)

- or do a Bank Transfer to TSB Sort Code 30 10 01, Account No 00802182
- you can telephone 07867 857221 when a card payment can be taken over the phone
- you may also pay your fees by: cheque (made out to Deeside Thistle Cycling Club) and sent to Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ

You may have children and spouse/partner listed as members so don't forget to include them when renewing - or if they are not already listed now's your chance to get them on the club register.

Fees are as follows:

Over 18	£23
16 – 18	£12
Under 16	£ 7
Spouse or partner of an existing member	£ 2
Each child (under 12) of existing member	£ 2
Associate member	£ 7

## Club Kit Order

Pactimo kit orders are available to collect from Tierney Strachan, 12 Greenbank Place, East Tullos, Aberdeen, AB12 3BT. We are not receiving persons at our reception though.

Please ring the bell at our Goods-In door, and announce that you are here to collect Deeside Kit with your name. Wait outside the door and your kit will be brought to you.

If the small roller shutter door is closed - please telephone the office number, 01224 295000. If the main gates are closed, we are closed, simples

Our policy is that non-essential personnel may NOT enter the building – so we have no facility for you to try on. If you are in any doubt about the sizes you have ordered, let me know and possibly we can do a swap or refund.

I can post out to those that want it. Let me know and I can arrange. You can easily buy postage online and send it to me; I'd need to give you weights and dimensions if you want to do this.

Please note that the Pactimo Shop is open until Tuesday 10 November. Note the following link ONLY WORKS DURING THE SHOP OPEN PERIOD. Enter <https://teamstore.pactimo.com/stores/select>, then input "deeside" (without quotes) as the team password.

The system will ask you to register / login and then the shop goodies will appear. Any queries contact me on [clubkit@deeside.org](mailto:clubkit@deeside.org) *Jon Strachan*

## Drum SSPCA Potholes

Just a reminder that potholes may not be visible when it's been raining; even big ones.

There are several located at the entrance to the SSPCA rescue/rehoming centre at Drum.

Recently I came off and suffered serious injury because of these potholes. I've been advised that it has been reported to Aberdeenshire Council more than once; Cycle Law Scotland have advised that a cyclist suffered a similar fate in August last year.

A member of the team at the SSPCA rescue centre, after phoning for an ambulance, was kind enough to stay with me until it arrived; they also kept my bike for me.

The team at A and E were excellent; after receiving CT scans, X-rays and sutures I was discharged the same evening.

In addition to facial cuts/bruising and a broken wrist, with several teeth lost, I now have the expense of dental repair work to look forward to.

*Alan Robertson*

## 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.

## New Members

The following new or returning members have joined in recent weeks

2273	Ken Dryburgh	Westhill	54
2980	Lesley Kerr	Kintore	49

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](http://www.deeside.org) or to email [members@deeside.org](mailto:members@deeside.org) asking for information

## New Website

Over the past couple of months, a lot of work spearheaded by Peter Smart and put in place by ex-member Cath Riddoch has gone into developing a new website for our club.

The new web site is still [www.deeside.org](http://www.deeside.org) so go there and check it out. It is vibrant, user friendly and will continue to evolve as time goes in.

Please feel free to make comment and direct these to [webmaster@deeside.org](mailto:webmaster@deeside.org)

## KNOCKBURN LOCH MANAGEMENT

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

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

## Ride the North

I have a new version of Ride the North planned for 2021. Not exactly the turn of events I'd expected, but it is a possible chance to broaden participation in cycling and bring more riders here from outside our area, so I'll give it a go. Booking for the event started on 30 October.

It's normal on RtN that we get participants proudly wearing their (local) club colour's and I'd certainly like to foster that link.

If you want places to be ring-fenced for club members, please let me know. I don't really mind how many, I can give you a link that will be live until Christmas and folk can sign up as and when they wish. As I say, I am very happy to extend that to all clubs. The year ahead is going to be different/uncertain, but if I am in the position in future, where places are in demand, I welcome having a way to ensure local clubs get the places they want.

To register your club for these specific club entries for RTN contact Neil at: [neil@velodays.com](mailto:neil@velodays.com)

## 2021 Events

Each event organiser from 2020 will have been contacted by Scottish Cycling directly about events for 2021. I would appreciate if you copy any replies to [colinallanach@aol.com](mailto:colinallanach@aol.com) so we know what the local calendar is for next year. SC have kinda cut us out of the loop as we would usually sort out the region's events first before submitting to SC.

## GCP Good Cycling Guide

In the next few weeks Grampian Cycle Partnership will be releasing a "Good Cycling Guide". This is following discussions with local councils, police and other stakeholders. and is in response to the higher number of new cyclists in the area and a higher number of complaints to the councils about poor cycling behaviour such as pavement cycling, red light jumping, lack of consideration for others on shared paths, etc.

We all know that there are just as many, if not more, poor behaviours from other forms of transport users, but from a cycling point of view, we should be promoting cycling from a strong point of view, instead of constantly having to defend ourselves in meeting where we are pushing for facilities and infrastructure. Like it or not we are all ambassadors for cycling and the sport of cycling.

This document is primarily targeted at new cyclists but look out for the guide and have a read through, there may be a gem or two that you can pick up on. *Col Allanach*

## Scottish Cycling Review

SC are carrying out a review of the Regional Development Groups and here is the link to the survey: <https://www.britishcycling.org.uk/scotland/article/2021014-Scottish-Cycling-Governance-Membership-Consultation-0>.

It would be good for you to put your feedback in and see how you would like your RDG to operate in the future.

*Colin Allanach (SCNEG Chairman)*

### The Bike (Anon)

Far wid we be without the bike?  
 That good old iron steed!  
 Nae this new-fangled racin' kin'  
 But the upright British breed!

The solid sturdy iron frame,  
 Wis meant for roads sae roch,  
 Twid tak ye roon tae see yer freens  
 Or even intae Broch.

The cairrier's ahin the seat,  
 It held yer bag or case.  
 The cross-bar men wid use tae strap  
 Their raincoats intae place.

If not a licht, an' div ye min'  
 The carbide lamp you'd get?  
 It had a maist peculiar smell –  
 I'm sure ye'll min' on't yet!

The bike wis sic a handy thing –  
 Nae phone at hand tae grab.  
 To reach the doctor, vet or shop,  
 The bike wis jist the dab.

Nae better thing when work wis deen  
 Than bikin' roon aboot  
 Tae see the fermin' quines an' loons,  
 Tae socialise nae doot.

Sometimes ye'd strain an' puff an' pech  
 Against the win' an' rain,  
 Or even aff an' walk an' push  
 Tae reach the lythe again.

Bit noo, there're cars tae sail thro' storms  
 Of win' an' rain alike –  
 Bit still an' on, for country roads  
 Ye canna beat the bike!

### VOLUNTEERS

Please consider helping your club. You can register your interest in volunteering here: [http://deeside.org/?page\\_id=721](http://deeside.org/?page_id=721)

### 25 Years Ago

### AN EVENING WITH A WORLD CHAMPION

Deeside Thistle Cycling Club in association with SCOTOIL GROUP plc invites you to meet Graeme Obree at the Clubroom at the Scottish Agricultural College.

There will be a presentation by Graeme in conjunction with Professor Ron Maughan, the world-renowned sports physiologist. This is followed by a question and answer session

Admission free to Deeside Thistle members

Non-members £1.00

20 Juveniles and Juniors will be able to take part in a short training ride with Graeme and other coaches on Saturday from the Quality Hotel beside the Exhibition Centre.

To take part in the ride apply to J H Clarke.

### Zwift and Strava Participants

Many folk are continuing their involvement with cycling on Zwift, Strava and other media platforms. Some of these events are being promoted by your club.

Many of the participants will be non-club members. Perhaps if they were given the nudge they might realise that clubs are able to offer a broadening of their involvement.

If you are a virtual cyclist and are in contact with any of those non-members you should feel free to pass on club details. This is the page to go to: [http://deeside.org/?page\\_id=29](http://deeside.org/?page_id=29) or tell them to drop a note to [info@deeside.org](mailto:info@deeside.org)

### Youth Free Membership

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

### Welfare Officer

Club Welfare Officers are Ian Wilson and Anna Liversidge. They can be contacted by telephone on 07919 280656. The email address to use is [welfare@deeside.org](mailto:welfare@deeside.org)



### Britain's National Cyclists' Association

Working for all Cyclists

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

Medium and Faster Full Day runs are for the more experienced

For more information visit our website: [ctcgrampian.org.uk](http://ctcgrampian.org.uk)

Chairman	John B	01224 571984
Secretary	Sheila	01224 639012
Runs Co-ordinator	John S	01224 790269
Social Secretary	Heather	01224 699399
Treasurer	John C	
Membership	John T	01224 639012
<b>Right to Ride Representatives</b>		
South Aberdeenshire	Vacant	
Central Aberdeenshire	Vacant	
North Aberdeenshire	Rod	01467 623317
Aberdeen City	Jean	01224 315222
<b>Runs Co-ordinators</b>		
Try Cycling Rides	Moirra D	
Morning Runs	Cindy	01224 310719
Slower Full Day Runs	Heather	01224 699399
Medium Full Day Runs	Sheila	01224 639012
Faster Full Day Runs	John S	01224 790269

### SVTTA

Membership of the SVTTA: Solo £20.00 and £25.00 for couples. Standards: multiple attempts at all distances - £10. Details: <http://www.svttta.org.uk/downloads.html>

## Historical Reminiscences

### (Part 26)

The roads were awash as rain sluiced down. Ben Nevis enveloped in grey looked a formidable prospect.

Four of us set out and soon drifting apart with personal efforts the isolation was dispelled when the cloud did break, and we could see a straggling line of blue and red hillwalkers far below.

High on the mountainside a female sat disconsolately on a boulder. She smiled wanly and expressed lack lustre interest in the bikes. Soon she'd disappeared in the gloom as we moved upwards. Then another female was met. She crouched inside a poncho and asked after the first girl.

Even if the first Sunday in July snow fields now had to be crossed. The girls were obviously distressed and given the conditions they were advised not to continue. In a foreign accent one of the girls begged for food. Some bars of instant energy were provided.

Now very cold and the cloud so thick visibility was minimal. Carefully following cairns to the summit, we passed ghostlike, shadowy, cloaked figures sat eerily silent on boulders eating bars of Kendalmint Cake.

Shouts could be heard, ethereal echoes in the gloom. A blind girl had taken five hours to do the climb and now intended abseiling the rock face for charity. We'd climbed a lot faster, but our descent would be far slower.

An orange shelter near the summit observatory glowed invitingly. We could hear muted voices from within and the clatter of cutlery.

*"Those twa blokes on push-bikes managed."*

*"Aye, but they're three times lighter than us!"*

The ephemeral voices drifted in the cloying cloud pushed by a gentle wind in our direction where we sat on the damp heather eating our soggy sandwiches.

Today's target, Mount Keen, the most easterly Munro meant that time had marched on as we burst through the cloud at 3000 feet and stood silently on a desert island of loose rocks in a vast sea of cotton wool. Braid Cairn, another island, poked briefly from the white expanse.

Descending to Tarfside we failed to get food at the sub-post office. Our rations would need to be eked out on the crossing of the Fir Mounth. It started to rain.

Back into the cloud and crossing the boggy plateau on the summit we could hear a burbing and stuttering. Just clear of the morass two trail bikers were met. A bit lost they sought directions and advice. Revving up the moto-cross machines plunged into the bog.

One bike spluttered and died.

We could hear the biker yelling for help as we settled down to our rations.

*"Those twa blokes on push-bikes managed."*

*"Aye, but they're three times lighter than us. Oh, God, my chain's aff."*

We could hear a hissing noise piercing the cloud.

*"Oh, no. What're ye daeing'? Why'd you twist that? The air's comin' oot."*

*"I can't stop it. The air's comin' oot."*

*"Oh, no. The air's a' oot. It's totally flat. Oh, God, 30 miles frae naewhere. It's totally flat. I'll never get hame. Whit am I goin' tae dae aboot work the morn?"*

We slaked our thirst at the well, well named, Well Beloved.

As Alastair and I set out the cold could not be believed, yet we knew that as soon as the sun came up, we'd be sweating again. On our bikes the descent to the Dudh Kosi passed swiftly.

Here, the devastation caused two years before made us understand why Chattra said, *"Now much longer journey to Namche Bazar."* Mountainsides had avalanched, and floods took track, houses and people. Some had died and it will take many years to redevelop the valley.

Travelling over the flood plain, littered with boulders, the Dudh Kosi (Milk River – so called because it flows white; melt water from the Kumbu Icefall) thundered close by. A make-shift bridge, logs anchored under boulders at each side of the river stretching towards each other over the torrent, had to be crossed. The logs didn't quite meet, and other limbs filled the gap.

There had been numerous warnings about the climb to Namche Bazar, so it came as no surprise to see steps hewn out of native rock heading skywards. Porters who'd been encountered along the way were now to be seen taking only a few steps before resting their loads. They carry enormous weights. Huge piles of wood hang down their backs, suspended from their foreheads on a *tumpi*. These planks of timber are being carried to Thyangboche Monastery where a new school is under construction.

Still climbing, we were eventually guided off the steps and along a path where Chattra pointed and whispered, *"Sagarmatha, Goddess, Mother of the World."*

Insignificant, dwarfed by the nearness of other giants, it was hard to believe that we now had our first sight of the highest mountain on earth.

*"Aye, you're richt. There's nae roads up there."* So said the local worthy from Parkneuk, near Lumsden, as we headed for the summit of the Buck.

*"You gang oot by the ruined hoose and up tae the tap o' the arable land. Tak the moss road and as it runs oot keep weel tae the left. Dinnae gang doon intae the valley."*

Telling him we'd often thought about taking our bikes up The Buck, but the planning had never gone further than looking at maps. *"Aye, and that's the best place for it."*

Sounded sinister as we looked at the track climbing across the heather to disappear into the wreaths of mist somewhere below Scad Hill, one of the minor tops.

With the condemning shot in our ears we pedalled via Crampstone and climbed past the ruined Todstone until reaching the muir and gaining the top of Clayhooter Hill now enveloped in cloud.

Derelict buildings loomed out of the mist yet when reached were nothing more than eroded heaps of wasted peat.

On this peat moss in the swirling mists it was easy to imagine the horses and mules pulling loaded carts. Men, women and children laughed and sang during the toil of cutting, stacking and loading the peat. But it wasn't beasts of burden in our grey bubble, only indistinct shapes emerging slowly from the cloud. And the singing nothing more than the noise of our own travelling confused in the wind.

We didn't make it to the top, instead, back at Parkneuk could only look at the clearing skies with The Buck towering in sunshine.

The worthy smiled. "Aye, ye didnae mak it then?" Was it that obvious? "I've been up there aften, but niver wi' a bike. I watched ye. Up tae the end of the parks. Then ye were lost." True, true. "Aye, it's harder than it looks. Back in the 1920s there wis wan o' thae open buses wi' a foldin' tap, a charabang we ca'd it, cam' ower there. It wis touring or somethin'." That certainly put our efforts into perspective.

Beinn a' Bhoird is the largest land mass over 3000 feet in the British Isles and it gave us great pleasure knowing that today as we pedalled across the plateau we were probably the highest bikes in the country at that moment.

Crossing a snow field, it took us to a heart stopping view over the Dubh Loch covered in ice. A snow bridge dripped with water. These drips were picked up in a vortex of wind and hung suspended like pearls on invisible strings.

Today Braemar had the highest temperature in Britain.

Back in the days before sliced bread I'd gone to Banchory Academy. Here the school houses are called after local hills. Scolty is one. It is easily identified. Craig before Kerloch and Cairn in front of Monearn identifies two others. But what of Morven?

In the days when the 100TT was a man's race and turned on Tullich Bridge near Ballater I'd spotted a sign which pointed *Footpath to Easter Morven*.

A steady climb took us well on our way. Petering out the map still showed the track running east to west between Morven and Crannoch.

Reaching the summit, the wind made it difficult to stand so a hurried scribble in the Visitors Book saw us descend the west slopes. Careering past Morven Lodge, it is sad to see these once fine buildings now left in a ruinous state.

An elderly couple met walked into the hill without a map. Giving directions we continued to Gairnshiel then took the north side of Gairn Water to Lary expecting to meet again with the elderly twosome.

As we pedalled through sheltering trees in the warming air there was no sign of the mapless walkers.

Loathe to leave the air-conditioned and centrally-heated luxury of Auchterturra we lounged in our arm-chairs and watched as the trees outside the window bowed before the onslaught.

Eventually leaving the haven of warmth we struck south into Glen Ey to Colonel Farquharson's Bed. Here in a rocky gorge, in 1692 Farquharson, the Black Colonel, pursued by red-coats, had hidden and evaded capture.

From Inverey Castle he'd been outlawed for cattle-rustling and killings in the Tullich and Tanar areas. He then rose to prominence in the Battle of Bothwell Bridge and by 1689 had been commissioned Colonel.

While hidden in his "bed" the red-coats plundered and pillaged his castle. Yet his faithful did not own up to his whereabouts though they were providing meals under the cover of darkness.

Our intention had been to retrace a route taken by Farquharson into Glen Christie, but our grit disappeared like the Bridge of Leap. Here just half a mile south of Inverey the bridge no longer exists. We failed to find the spot where the Black Colonel, hounded for his misdemeanours and disturbed from his bed, ran naked save for his nightcap and fled towards the Ey Burn. With a gigantic leap he had cleared the raging waters to land on a flat boulder the other side. His pursuers did not have the same courage.

Our pursuit thwarted, we instead took a different route to Glen Christie and struggled into the wind. Two walkers said Good morning as they caught and dropped us.

The going became easier along the shoulder of Carn Liath. This insignificant hill commands fantastic views of major passes through the Grampians. Looking round, Glen Feshie, Lairig Ghru, Lairig an Laoigh, Glen Dee and Glen Tilt could all be seen.

Ben Rinnes had a white skirt that disappeared into the cloudy blouson. Meikle Conval was speckled with icing and a plume of white projected from its rounded top.

Ben Aigan remained clear, its fringe of mature firs surrounding a bald head. The transmitter on Knock More shoved up out of nowhere and leaned against the moving clouds. Snow started to fall.

Alastair and I headed north along the river and climbed past Arndilly Farm. Eventually we could hear a steady thrum and as we emerged from the trees, a short distance in front stood the transmitter, its mast anchored by lines which vibrated in the strong wind.

Much higher and southwest stood Ben Aigan now with just a sprinkling of white. No trails led to the summit so slipping and sliding every which way eventually we made our way there through short heather.

Sheltering behind the trig point our jammie pieces were eaten. As the wind howled around us, we noticed that Norman and Stephen had been before and left their mark. But no evidence indicated MTBs. Perhaps, but unlikely, a first.

*Roughstuffer*

## 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](mailto:clubkit@deeside.org). There is also a small stock of clothing with outdated logos at discounted prices.

## For Sale

Items will appear here for three consecutive issues. If the item sells before the final appearance please contact [knockies@aol.com](mailto:knockies@aol.com) so that the details can be removed

- 1 Cervelo R3 - New bike build – 56cm – new components (excl. wheels & cassette are used). Delightfully light and nimble machine. £2,200 without, £2,450 with wheels & cassette. Contact Jon Strachan on [jas@tierney-strachan.co.uk](mailto:jas@tierney-strachan.co.uk) (1)
- 2 Level Carbon Tri Spoke tubular front wheel. Less than 500km covered. Comes with Vittoria Corsa Tub. £400. Contact Alastair Keith on 07731 990182 or email [Alastair.keith@me.com](mailto:Alastair.keith@me.com) (1)
- 3 Cannondale Caad13, 56cm, 105 with Rim Brakes, done less than 100 miles, in mint condition, bought from Cycle Highlands for £1600.00 would be looking for £1200. Still under warranty etc. A bargain for someone. Contact [stuart.black@yahoo.co.uk](mailto:stuart.black@yahoo.co.uk) (2)
- 4 Dolan Prefissio 50cm. Sram Apex gears. Only ridden a handful of times. £300. Based in Aberdeen city. Currently has fatter tyres- good for absorbing bumps! Contact Lesley on [lesley.m.strachan@gmail.com](mailto:lesley.m.strachan@gmail.com) (2)
- 5 Dawes Super Galaxy Tandem.
- 6 Reynolds 531 tubing. Shimano Tiagra Levers and centre pull brakes. Alivio rear mech 9 speed 14/28. Tandem Crankset - 48/36/26. Mavic T520 40 spoke rims on quality Suzue sealed bearing hubs. Sell San Marco "Rolls" saddles. Complete with pannier rack. Used condition with some scratches to paintwork but no material damage. £800 or best offer. Contact Simon on [schric55@gmail.com](mailto:schric55@gmail.com) (2)
- 7 a) Cougar road bike: Red frame. Acciaio 18 MCDV6 H.T steel. 8 spd Dura ace groupset. Fir Quasar wheelset (Ultegra hubs). Tubular. Sis downshifters. Excellent condition. Photo: <http://www.deeside.org/knockies/Cougar.jpg> (3)
- b) Battaglin Road bike (silver/red) Steel. Dura Ace groupset. 170cranks 9spd sis shifters. Shamans clincher wheel set. 1 small scratch otherwise excellent condition. Photo: <http://www.deeside.org/knockies/Battaglin.jpg> (2)
- c) Cannondale TT bike. Red. Campag Chorus chainset. Dura Ace rear mech. Dura Ace downtube shifters. Dura Ace brakes. Syntace TT bars. Time clipless pedals. Look Ergostem (highly adjustable). Zipp 808 wheels. Excellent condition. Photo: <http://www.deeside.org/knockies/Cannondale.jpg> (2)  
All bikes suit rider 5'7" +/- . Offers to Norman Hatton on [norman\\_hatton@hotmail.com](mailto:norman_hatton@hotmail.com)

- 7 a) Giant TCR Advanced 0 (2014) Size L. Well ridden but well looked after, and professionally serviced as needed by Bike Remedy in Stonehaven. Recently fitted with new DT Swiss RR511 wheel system (£550 and never ridden), new brake pads, and new KMC X11EL chain. Shimano Ultegra throughout, including Di2 gears. Also fitted with Shimano wireless ANT+ transmitter, allowing you to display gear and battery information on your head unit. Colours: White/Blue. Frame: Advanced Composite. Fork: Advanced Composite, OverDrive 2 steerer. Handlebar: Giant Contact Alloy. Stem: Giant Contact Alloy, OverDrive 2. Seatpost: Giant Vector Aero Composite. Saddle: Fizik Arione, Kium rails. Derailleurs: Shimano Ultegra Di2. Brakes: Shimano Ultegra dual-pivot. Brake Levers & Shifters: Shimano Ultegra Di2 22sp. Cassette: Shimano Ultegra 11-28T, 11sp. Crankset: Shimano Ultegra, Pro Compact 36x52T. Chain: KMC X11EL. Bottom Bracket: Shimano BB71 Press Fit. Rims: DT Swiss RR511. Extras: 2 x Bottle cages, Di2 Battery charger (SM-BCR1), Di2 PC interface (SM-PCE1). Pedals are not supplied. £1250 ono. Contact Steve Brechin (07531 111149) (3)
- b) X-Rated Dekka BMX 20". Bright orange BMX with white saddle. 360° rotating handlebars/front forks. Stunt pegs. Stand. Lightly used, clean and in excellent condition. £60 ono. Contact Steve Brechin (07531 111149) (3)
- 8 16-inch Islabike, red. Excellent condition. Suitable for age 4+. Widely accepted as one of the best quality brands. Ideal for the young cyclist who has mastered the balance bike and wants to pedal! 50% of the sale price will be donated to charity. Cost £350. Sale price: £200:00. Contact Malcolm Wilson, [malcywilson@me.com](mailto:malcywilson@me.com) 07970 227548 (3)

**CORONAVIRUS**

**Stay Safe Stay Home**

**Follow the rule on  
social distancing**

**Wash your hands  
often**

**Do your bit to help  
keep it at bay**

## 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 Sclattie Park, Bucksburn, Aberdeen  
Tel (01224) 713033

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[www.rhanamitchell.co.uk](http://www.rhanamitchell.co.uk)

## CAR CLINIC

Car Clinic contacts: -

[greatservice@car-clinic.com](mailto:greatservice@car-clinic.com) ,  
<http://www.car-clinic.co.uk/>

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

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



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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

Name: .....

Address: .....

Phone Number:.....

Email: .....

Date of Birth: .....

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



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