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CRANKS

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The Magazine of
Deeside Thistle Cycling Club
Sponsored by:

MPH
Melrose Park Hire

Tierney Strachan
PROCESS CONTROL ENGINEERING

Current Membership 609 (660)
SCU Membership 313 (339)
Scottish Cycling's Largest Club

Editorial:

Over the years, and there have been many, I've taken a lot out of my involvement with cycling. For example, as a sport I've had my competition; as a pastime there have been many outings where life-long friendships started; thanks to cycling I've got my health. These things, along with others, wouldn't have been so easy if I'd not been in a club with like-minded people.

Along with the taking, my maxim has always been to give something back, to make some sort of return that at least equals the benefits I've gained. Makes sense; a bit of back scratching seldom causes harm, especially if all parties' gain.

It's a simple ethos in that you give what you can and take what you want provided the exchange is fair and equitable. I don't expect praise, nor do I want reward for the path chosen. Cycling has been of principle interest for more than 50 years and this involvement has always been reward enough.

It therefore came as a bit of a surprise when Scottish Cycling got in contact and asked if I'd accept their Badge of Honour. This is apparently their highest accolade and for exemplary service.

I know that quite a number of people have been involved in the nomination, from the high heid yins at National level to several club members. To them all, thank you.

If the reasoning behind the award is to celebrate what I've done, and am doing, for the club and cycling, when it is nothing more than what I consider the right and just thing to do then I am honoured indeed.

PHILOSOPHER'S CORNER

Every time I see an adult on a bicycle, I no longer despair for the future of the human race - H. G. Wells

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

Merry
Christmas



Scottish Cycling Chief Executive Craig Burn

2020 has brought unparalleled levels of chaos, uncertainty and tragedy to the world.

Although Coronavirus has had an extraordinary impact on our sport and on society as a whole, we must remember that it is first and foremost a public health issue and that Scottish Cycling, our clubs, members and wider cycling community will continue to play our part to ensure that we can return to activity and competition as swiftly and as safely as we possibly can.

As we look beyond the horizon of Coronavirus, there is plenty to get excited about. The highly anticipated Tokyo Olympic Games and Birmingham 2022 Commonwealth Games present fantastic opportunities for Scottish athletes to deliver on the world stage.

Through collaborative working with our partners and cycling community, we will emerge on the other side of this pandemic in a stronger position not only grow our sport, but to do so as part of a new nation of cyclists.

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. 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

Resumption of Donside Bunch Rides

At this stage these rides will be restricted to Deeside Thistle Members Only (for membership application, please go to www.deeside.org)

The club has an obligation to appoint COVID19 Co-ordinators and Return to Sport Officers. They are also required to complete a risk assessment and to collect relevant details of each rider attending club organised rides (SPOND - see below). These actions are complete.

Prior to the Ride

Step 1 - All those wishing to attend a Donside Bunch ride must send an email to donside@deeside.org

Step 2 - On receipt of this email, the ride organiser will issue instructions which detail how to register on SPOND (mobile app or web access options). Registering for SPOND requires you to provide all the details that the club are required to collect to allow the rides to commence. You only need to do this once.

Step 3 - Ride details will be issued on SPOND - riders can then register to attend the ride. NOTE: there are 30 spots available. Please don't register if you don't intend to come along.

Participants must not attend a ride or session if:

- They have Covid-19 symptoms
- Someone in their household has Covid-19 symptoms
- If they have been asked to self-isolate at home by the Scottish Government Test and Protect system
- They have returned from a country which is not on the exemption from quarantine list in the last 14 days

Ride Meet Up

Meeting Point will be Kintore Primary School Car Park - Social Distancing of 2m mandatory prior to the ride commencing (similar at ride completion). If anything, please exaggerate the 2m social distancing. The car park is a reasonably high-profile location.

Rides will commence at the advertised time. All riders must be ready to go 15 minutes in advance of this to allow briefing and groups to be sorted out. No late arrivals please.

Groups sizes will be organised to suit the Scottish Cycling guidelines

During the Ride

More than ever, the eyes of other road users will be on us. Other road users may not be aware that sporting activities involving more than 2 households are now allowed without social distancing. It is imperative that we represent the club in an appropriate manner.

No easy way to say this - spitting/snotting etc **MUST** be carried out at the back of the bunch (also being aware of wind direction). One reminder/warning will be issued to a rider not complying with this. Two strikes and you're on a solo ride.

Participants must provide their own equipment and refreshments and should avoid sharing the likes of tools, water bottles and food

Cafe Stops

At this stage, guidance that is in place for wider society takes effect out with the bunch ride activity. Therefore, unless the wider societal guidance can be strictly adhered to cafe stops are not permitted. **For the avoidance of doubt, in ride cafe stops will not form part of the Donside Bunch plans until these rules change.** You are however free to arrange a cafe stop following the ride which complies with the government guidance.

After the Ride

On completion of the ride, social distancing must resume immediately.

Any participant developing symptoms after a ride should immediately isolate and request a test straight away. The following guidance is issued to assist a rider who finds themselves in this position <https://www.britishcycling.org.uk/zuvvi/media/SCTPAug.pdf>

Details of Donside Bunch rides will be issued by SPOND only No Facebook, No Email.

All participants are aware and accept that riding in a group that subsequently turns out to have an infected COVID19 participant **WILL** require isolation as per the government test and protect regulations

The ride leader reserves the right to cancel the ride should riders not comply with the above guidance.

Re-establishment of Club Activities

On the same basis as the rides (fleeting) re-appeared earlier in the year, the Donside Bunch are back this Sunday, 13th December.

Backed up by the attached clear guidance from Scottish Cycling and on the basis that Aberdeenshire is in Tier 2 we will re-commence the rides at 0900hrs this Sunday with circa 50 miles heading South into the wind.

This week will be confined to those on the email list (who all should be SPOND registered). Assuming success, we will open this to a larger audience for 20th December.

Anyone interested in joining with the Donside Bunch which invariably starts from Kintore should email me on donside@deeside.org. *Andy Kerr*

Bill Byth says he is happy to start a run from Banchory under the new system. 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.

That means the faster guys will need someone else to lead the initiative and hopefully someone will come forward. If you are the person reply to knockies@deeside.org.

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

If you'd like to be a contact for an official run from places such as Banchory, Peterculter or elsewhere please get in contact with knockies@deeside.org. You'll be guided by those who are already putting things in place.

How can you get out of talking to your boss at this year's staff Christmas party? Put him on mute

Annual Subscriptions

I'm hoping to get most folk to pay their club fees before the turn of the year. Many have already and it would be a pleasure to receive your contribution if you are one of those still to pay.

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

- 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

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 with your up-to-date details - this should include other members of your family who are also members:

Name:

Address:

Post Code:

Date of Birth:

Email Address:

Home Phone:

Mobile Phone:

Emergency Contact Name:

Emergency Contact Relationship:

Emergency Contact Phone(s)

Sandy L

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](#)

Deeside's ZOOM Chat Series

Alan Campbell has led a further two Zoom interviews. This time they have been mechanical presentations by Johnny Milton of Total Endurance.

For those who didn't get along on the evenings here are links to the recordings:

16 Nov [Tubeless Tyres](#)

30 Nov [Disc Brakes](#)

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*

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 *Jon Strachan*

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

2981	Andrew Cowx	Peterculter	43
2982	Sam Griffin	Aberdeen	16
2983	Iona Douglas	Banchory	13
2984	Elsie Ingram	Banchory	5
2985	Olivia Morrison	Banchory	7
2986	Rory Pritchett	Banchory	14
2987	Orla Rokstad Daly	Aberdeen	12
2988	Amelie Carter	Aboyne	
2989	Ed Speakman	Aberdeen	31

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

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 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

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 colours and I'd certainly like to foster that. This link <https://www.ride-the-north.co.uk/registration/?ixd=58&sxd=php6btm&cxd=30> has places that will register users as part of Deeside Thistle CC ...it's not the biggest deal at the moment as entry is possible on the website.

I will close that at some point, but happy to leave this link live until start of April (when hopefully we know more about what is possible).

I doubt it's the biggest benefit of club membership, but I'd be pleased to ensure all local clubs have places for members. The link will allow each user to register and pay individually.
Neil at: neil@velodays.com

McGonagall's Goat

Off had I raced down by the river,
This my swansong, last race ever.
I'll try so hard, they'll think I'm back
But ne'er thought I, I'd get the sack.

When caught by Bob with eight to go
I sensed that he was fading. So
Fighting hard to regain the yard
On a climb he became rearguard.

Storming through when onto the flat
Bob left me dead, the dirty rat.
But each long drag saw him recaught.
Then at the hut he left me shot.

Standing there was the commiseer.
She'd shout so loud to give me cheer,
And help me conquer sorest pain
To catch up to our Bob again.

All I got was a stoney glower
As time crept on to pass the hour
And creeping back to close that gap
I never thought there'd be a rap.
I never knew it was a crime
To try and limit loss of time.

Reaching the line I got a three,
Good enough to satisfy me.
But all that effort came to naught,
'twas a sinful deed to be caught.

At the finish the commissaire
Announced to all who stood out there
That riders many had taken pace
In this event, a time-trial race.
She had no choice but red-card me.
And the others? They've gone Scott free.

It's sad I should be singled out
And labelled cheat, without a doubt.
But I'll not appeal, no excuse.
Decision's made, so what's the use?
It's a burden I'll have to bear.
At least I ride with conscience clear.

Was I selected for example,
Randomly picked as a sample?
Or was't revenge had cost me dear;
Ignominy to close career?

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](#)

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>

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 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.

VOLUNTEERS

Please consider helping your club. You can register your interest in volunteering here: http://deeside.org/?page_id=721

25 Years Ago

WEBB IVORY

For many years Webb Ivory cards and gifts have been sold through the Club to bring in a little money. Mary Lindsay has done a huge amount of the work to keep the small business going but has decided that this year is her last. What is needed is some worthy member to take over the reins. Information on what is involved may be obtained from Mary.

Sales from the spring catalogues are always very much lower than the equivalent Christmas but nevertheless are a worthwhile source of funds. Mary sold just under £100 worth to bring a net profit of £23 to the Club.

Christmas sales are normally about ten times the spring sales.



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

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
Right to Ride Representatives		
South Aberdeenshire	Vacant	
Central Aberdeenshire	Vacant	
North Aberdeenshire	Rod	01467 623317
Aberdeen City	Jean	01224 315222
Runs Co-ordinators		
Try Cycling Rides	Moir D	
Morning Runs	Cindy	01224 310719
Slower Full Day Runs	Heather	01224 699399
Medium Full Day Runs	Sheila	01224 63901
Faster Full Day Runs	John S	01224 790269

Zwift and Strava Participants

Many folks 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 or tell them to drop a note to info@deeside.org

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

Synopsis of Meeting 09/11/2020

A Finance and Management Committee meeting took place on-line, on Monday 09 November 2020. In attendance were Andrew Harrington, Sandy Lindsay, David Eastwood, Sam Long, Laura Sarkis, Peter Smart, Neil Stables, Jonathan Strachan, Simon Stromberg, Mark Walker, David Walton and Steve Walton.

Agenda

Apologies – No apologies

1 Minutes of Previous Meeting – Accepted as correct record

2 Business Arising from Minute

a) Zoom Interviews - Laura Sarkis was thanked for her in-depth interview with Isla Short. Alan Campbell is keen to have a second Mechanic Zoom before Christmas

b) Events Calendar 2021 – Road-race circuits at the Exhibition Centre, Grampian Transport Museum and Lochter are being investigated. Support to run time-trials has been offered by Simon Stromberg

3 New Business

a) Youth Coaching – It was agreed to give Youth necessary support to cover the coaching of youngsters. A proposal will be provided

b) Annual Trophies – Members of the committee are asked to make nominations for the Annual Chairman's Award, the Mary Lindsay Award and the Dave Anderson Trophy

c) IT Provision – Microsoft 365 has been established for use by club officials. A request was made to experiment with the package. The Evening League is to be developed within the package. Support to administer tasks in its use was requested

d) AGM – This will be held on-line, the last Friday in January 2021

4 Any Other Business – None

5 Next Meeting – 04 January 2021 at 7.00pm

Historical Reminiscences

(Part 27)

Phil Boden collected me at 4 in the morning. Daylight had just started to lighten the eastern horizon as we headed south for a 50TT in Fife.

Immaculate preparation would see us contest the spoils and probably be only seconds apart with our own performances.

HQ at Little Falkland had a throng of hopefuls watching us closely as our bikes were produced, and wheels fitted. A 100psi plus in the back tyre and not much less for the front saw them resplendent and leaning together against the wall.

Grabbing our bags, we headed inside the hall to dress for the fray.

Once arrayed in my club colours I emerged from the changing rooms expecting to find Phil equally impressive in his Wheelers kit. He sat in his boxers, open-mouthed and peering inside his bag. He turned to look at me, his face white, he held the open bag towards me.

Completing his chemistry doctorate at Aberdeen University he had two identical leather Gladstone bags. One was filled with his thesis and reference books. The other held his cycling kit. In his rush to leave for the event he'd grabbed the first bag which came to hand.

Things looked good on the gentle climb to Loch Earba. Then a steepening footpath took us along Allt Coire Pitridh. Clear to our right towered Beinn a'Chlachair and a path to our left went between Creag Pitridh and Geal Charn. Three Munros in one outing looked possible.

Cloud swirled in to conceal our target. It started to rain.

Compass out and turning south a ridge was climbed. Then edging east along the ridge, cairns appeared in a wilderness of rocks and more than once we were fooled in our search for the summit. Eventually looming huge in the gloom, a much bigger cairn indicated the high point.

I'd come bare-headed, my sheep-shorn locks down to bare bone doing little to keep out the cold. Alastair offered and offered again gloves and other items of clothing but, steadfastly refusing, my condition slowly subsided.

Starting the descent above Loch a' Bhealaich Leamhain we came out of the cloud for excellent views towards Ben Alder with Loch Pattack lying in front where a sad memorial stands. This to Trigger, a faithful Garron, which had died on the banks of the loch.

From Aultbeg towards Dufftown on the Tomintoul road a good stiff wind bowled us along past the Chigas Rival Distillery to Clach Harnes and access to Ben Rinnes.

This track is unsurfaced, and it proved a struggle to maintain forward motion in the soft sand and mud as it contoured for three miles around the northern slopes of the mountain.

Over Baby's Hill a desert of exposed rock greeted us. This where the peat had been systematically cut, stacked and shipped off the hill. Above us towered the craggy top.

Ben Rinnes is not quite a Munro and sheltering in the lee of the crags on the summit we ate our jammie pieces while chatting to some climbers before descending rapidly through the zig-zags on Muckle Shank. The temperature climbed as quickly as we descended to an unseasonable warmth.

Arms rattled and numb, our knees gripped saddle points and absorbed the shocks.

Cloud hung low hiding Mayar and Dreish. Occasionally it scudded away in the brisk wind revealing a little snow clinging to the walls of Winter Corrie. A few walkers headed off towards Jock's Road and we decided to leave these Munros to another day.

Instead, we backtracked to Glen Ogil, a few miles north of Noran Side. The map showed a track heading to Birse Shades and it looked satisfyingly easy.

Past the Glen Ogil Reservoir the track steepened. Hauling on the gear lever the cable snapped and I was left with minimal selection and in my state of fitness only the lowest was used.

Along Hill of Glassie Alastair and I eventually slumped, exhausted, behind the trig point and ate hardened honey sandwiches. The wind keened, sweat evaporated and our temperatures dropped quickly.

Looking round we could identify other areas of purgatory when fitter; Glen Effock and further north, Mount Keen, Clach na Ben with Mount Battock in between.

Following a fence to Dog Hillock our wheels eventually pointed downwards and we saw Lochnagar poking over the hilltops and due west a craggy snow-streaked summit could have been Beinn a'Ghlo.

Aiming for a distant wood we let the brakes off and descended via Duthries Hill into a bus party of walkers from Arbroath.

At Kinmore, a couple of miles up the Kindie Burn in Strathdon the ground was frozen. Heading south-west to Millhuie Hill a buzzard flew overhead harassed by an attendant crow; a winter mink scuttled to a ruined farmhouse. Then back to disappear into the bole of a rotten ash.

A straight line, etched white, climbed Meikle Firbogs Hill. If only the snow had been harder our wide tyres would have coped. Instead, they broke through the crust and often forced us to a standstill.

From Firbogs a row of minor tops lead to The Buck of Cabrach. The first of these, Craig an Eunan, looked a doddle. Where the snow had blown clear from the track, huge knobbed growths of frost burst from the ground like giant warts.

Always to the north The Buck stood proud with the old county boundary fence leading us in the right direction. Over Dun Mount we made for Glenlaff Hill. The wind had worn us down, the cold buffeting from the wintry blast reduced us to look for a sheltered place to eat our jam sandwiches and in a gully on this last hill we sat beside a frozen stream and recovered.

How can you get out of talking to your boss at this year's staff Christmas party? Put him on mute

They are nearly all holiday cottages and it's a shame. Most of them sit on the north side of the road towards the Dee. One is derelict while flowers droop in the window of another. No smoke comes from any of the chimneys

This is Inverey, a few miles west of Braemar. Here is a youth hostel and at this time of the year red deer graze in the gardens. One house on the west bank of the Ey Burn is occupied and on the east bank stands a large lodge.

This trip took us past the lodge and south on the Ey Burn to a bridge which we were going to cross to gain access to Carn Liath. Had we a single brain cell to share we'd have remembered from previous visits that the map is wrong, and the bridge doesn't exist.

The water rushed high, swept deep and even the most foolhardy would not have plunged in. Not even us. The track to Carn Liath parallels a stream which crashed into the Ey Burn adding more water to the already impossible obstacle. This stream roared over vast rocks and boiled in bottomless pools.

Fortunately, after scrambling for some time among heather we found a second bridge which took us into our chosen glen. And then in the comfort of a peat hole we had our first jammie piece of the day. Sweat had flowed on the ascent and the air temperature belied this season with the angry waters carrying the lifeblood of the ski-schools seaward.

Climbing onwards into the cloud we took compass bearings and checked the map. After our first Munro of the year, we'd chosen Carn Bhac. Climbing steadily and cycling for most of the time, we pedalled through the cloud into sunshine.

All around, poking out of the cloud were top after top. An Socach, Ben Lutherain Mhor, Carn Aosda and Cairnwell to the south and then north a broad swathe from Ben Avon to Beinn Bhrotain.

The wind blew stronger now but its temperature suggested midsummer rather than midwinter. Another piece, another bearing, this time on Altanour Lodge and a climb down over rocks and the occasional snowfield to the heather which took us off the hill to the heath of upper Glen Ey.

A number of bikes and lurching hillwalkers littered the ruins of the old lodge. Ignoring and being ignored we sped off down the valley with the breeze behind. A mile on we met a party of walkers carrying Nordic skis. There'd be little fun for them. The snow had nearly all gone. Snows had come early, and ski schools rubbed their hands in glee, but warm weather had followed soon, prematurely ending another winter season.

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

With the sun well up clouds scudded from the north chased by a freshening wind. We wore shorts for wouldn't it warm up? No need for gloves or hats.

In a little while he turned onto a path which would take us upwards on Carn Liath. The path gradually steepened to

the 550-metre contour when the ribbon of loose stones widened. From below the violin shaped erosion had been a bit incongruous. We thought it should have widened as it descended.

It had been steady going to the top at 975 metres stopping only once. Sweat caked on our brows and vests stuck a little. The wind blew stronger and in the north clouds stuck to the tops. Here, save for ourselves, the hill was deserted.

Resting for a moment, plunging body temperatures forced us on. Mounting we were able to cycle downhill and onto the ridge along Beinn Mhaol. This is a good 2 kilometres distance towards Braigh Coire Chruim-bhagain. Climbing steeply again on an exposed ridge a quick reference to the map showed that once we crossed the second Munro we'd descend to a saddle before climbing Beinn a'Ghlo. There'd be shelter.

The cold grew more intense. Alastair jacketed and found a hat. I suffered. In an effort to maintain body temperature we pushed on.

Briefly stopping behind the cairn at 1070 metres on the top of Munro number two we watched as rain sluiced onto the far slopes of Beinn a'Ghlo. Clouds rushed in to obscure everything, even 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 sheiling below Dun Beag in Glen Tilt.

Body temperatures dropping again we mounted and cycled along the ridge parallel to Beinn a'Ghlo before dropping out of the cloud on a compass bearing towards the saddle. The wind funnelled up Glas Leathad. The chill factor increased.

Now I'd donned a jacket and a glove Alastair discovered in his bag was passed hand to hand as we carefully descended on the steep loose gradient.

In the saddle between the hills, we lay on the ground in the shelter of some heath grass. Hands were clasped and held between frozen thighs. We suffered the pain of childhood and lost gloves in a snowball fight. Adapting a t-shirt, I wrapped it around my head and held it in place with my hard hat.

The last climb, steep at first, soon eased and we reached the summit at 1121 metres. 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 down Glen Loch to Daldhu and north over the tops to Beinn Mhucdui we fled. Swiftly exiting, the race downhill took us to a short climb on Arrgiord Beinn before dropping steeply over boulders to Allt Coire Lagain.

At last, gaining some real shelter we stopped to eat. More cloud rushed over and as things began to disappear it started to snow. Real snow. That summed the summer up.

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. There is also a small stock of clothing with outdated logos at discounted prices.

Bike Thefts

The police have been in touch and have warned that there has been an increase in cycle thefts in the area. They unfortunately expect that to rise leading up to Christmas. Take care of your loved ones at this time and keep them locked up and secure. *Colin Allanach*

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>

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 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 (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 (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 (1)
- 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 (1)
- 5 Dawes Super Galaxy Tandem. 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 (1)
- 6 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> (2)
- b) Battaglin Road bike (silver/red) Steel. Dura Ace groupset. 170cranks 9spd sis shifters. Shamans

clinch 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
- 7 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 07970 227548 (2)

Wanted

- 1 I was wondering if anyone out there had a couple of pairs of a V brake callipers that were laid round doing nothing. Just trying to get a friend's bike back on the road. Please contact me on richard4750@hotmail.co.uk (3)

Found

- 1 I found a pair of ladies black and yellow gloves at the Glassel junction some time ago. They can be collected here at MPH, Birchmoss *Bert*

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

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Car Clinic contacts: -

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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



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