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Cranks

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The magazine of
Deeside Thistle Cycling Club

Sponsored by:

Current Membership 596 (594)
SCU Membership 304 (317)

Editorial:

After a few lean years when the Deeside has had few successes at National level, Arabella Blackburn may have kickstarted a resurgence. One of our inspirational young members she won her medal with gritty determination against formidable opposition.

Trained by Sarah Rowe, Arabella has developed into a fine young athlete with great promise.

Sarah Rowe (nee Phillips) has a lot of pedigree too. She first joined our club as long ago as 1985 and soon realised her potential to rise through the ranks to become one of Britain's best female riders.

Winning many National Championships in Scottish Cycling, beating the cream of Britain's time-triallists in CTT Championships on more than one occasion, probably the apex of her career came in 1996 when she attended the Atlanta Olympics as a member of the British Squad.

Then tragedy struck. Involved in a serious road accident her racing exploits were over.

But, never daunted, she gained various physiology qualifications and attended coaching courses until now she has become one of the leaders of our own coaching team with our youth riders.

Quiet and self-effacing, Sarah won't brag about the successes. Let's do it for her.

PHILOSOPHER'S CORNER

If you train hard, you'll not only be hard, you'll be hard to beat – *Hershel Walker*

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@deeside.org

National Youth Circuit Race Championships

The British Cycling National Youth Circuit Race Championships were held at Redbridge Cycling Centre near Ilford on Saturday 10th July.

The long journey south was made by 5 DTCC Youth riders who are becoming quite experienced travellers these days. This is the second cycling specific facility that they have raced at over the last two weeks.

The Redbridge circuit is approx 2km long including a short hill with the summit also being the finish line - the riders said it certainly felt hard after 60 mins of racing.

The track was great and appeared to be quite grippy even when the rain fell which was a huge relief to many of the parents there. However, along with the rain came the small flecks of flint rising to the surface of the track causing numerous punctures. The number of punctures increased with each race with the last race of the day having at least 40 riders suffering at least one puncture.

The locals had multiple wheel sets positioned around the course as this is a common occurrence on wet days. They were also very experienced with fast wheel changes allowing riders to get back onto the bunch. Fortunately, our riders escaped without incident but came home with trashed tyres (that's £100 per set before the next race!!!).

The order of events was different from the usual order which kept us all on our toes. The first race for us was the Youth A girls (U16) where we were represented by Evie White and Millie Thomson. A slightly longer than usual race of 75 mins meant a rather conservative approach by many early on.

The nature of the course started to take its toll as did the flint on the surface. Riders were going out the back each lap rather than riders going off the front which led to a reduced bunch as the race progressed.

During the latter part of the race Millie worked hard to stay with the bunch but after several chases to get back on she succumbed to fatigue along with many others. Evie was determined to hold her position and fought hard to stay near the front of the group, but this became harder towards the end of the race.

Evie maintained her focus and came in with the bunch at a very creditable 22nd. Millie kept the effort going and finished in 32nd place.

The next race was the Youth B girls (U14) where we had Arabella Blackburn and Hope Thomson. Both Arabella and Hope have been racing other events in the British Series, so they went into the race knowing what to expect. Arabella has had a great run of wins this season so was clearly the rider to watch - this was evident as nobody was prepared to ride at the front with her.

Hope is riding her first season at this level and isn't daunted by the standard of riding by the older riders in her group. She isn't scared to work hard and gets on with whatever comes her way - today it was a sharp hill every lap!!

Congratulations to Arabella Blackburn – British National Youth Circuit Race Champion 2021

Nobody was going to let any riders get a gap and it would appear that they were all more focussed on trying to get the better of Arabella in the sprint. Unfortunately for them they did not know quite how much Arabella wanted this win!!! She kicked hard and took it all the way to the line to claim a well-deserved victory which nobody could argue rightly belonged to her. So, there it is - we have a British Champion in DTCC Youths! Well done, Arabella, we are very proud of you and look forward to you inspiring others in the club to work hard.

Hope continued to battle on and never gave up, coming in a well-earned 18th place.



The last race of the day was the Youth A boys (U16) where Elliot Rowe was the sole DTCC Youth representative out of a field of 99 feisty testosterone fuelled boys.

The start was fast and as often is the case there was the inevitable first crash. The race was stopped whilst the riders were tended to, and the track was cleared.

After a period of time waiting for the commissaires to decide how to proceed the race was restarted with 3 laps being neutralised to calm the riders down. However, the rain continued to fall lightly but the flint was in full flow and there were puncture victims even before the real race started. For the next 75 mins (25 laps) there were attacks every time up the hill with riders desperate to get away. None of these stuck but the pace was taking its toll as riders were being dropped every lap. Elliot maintained good positioning near the front of the bunch right from the beginning and dug deep to hang on to 14th place when it kicked off for the final sprint.

Well done to all the riders, parents and long-suffering siblings.

Sarah Rowe

The British Champion's Ride Report.

The Youth British National Criterium Championships were held at Redbridge Cycling centre in London. It was a fast and technical course with a final hill climb in each 2km lap. I felt nervous before the race because I was really hoping to do well and knew I was up against a strong field.

On the first lap coming over the hill I tried to attack with a small group, but it failed, and we continued as a bunch. Every time we came up the last part of the climb, I accelerated to a higher pace so no attacks could be made up the hill.

The next attempt for an attack was made with 4 or 3 laps to go by Mabli Phillips which considerably shrunk the size of the bunch by a third, but there was no break away.

With two laps to go, one of the other riders noticed I had punctured my back tyre. Although I was very worried that the tubeless tyre wouldn't re-seal, I knew not to panic and within half a lap the leak had stopped, and I was able to continue.

On the last lap the pace increased again, and it was very intense because all riders were trying to push to the front. I wanted to come first out of the last corner before the hill and to do this I had to continuously accelerate.

I started sprinting out of the last corner leading to the finishing climb straight. I didn't know how close the other riders were at this point and although the pain in my legs was so intense, all I could think was "keep going, get to the line".

When I crossed the line and realised that I had won the race, I could barely believe that my dream and goal of the year had come true.



I am looking forward to wearing the Champion's jersey for the rest of the year and would like to say a massive thanks to the coaches from Deeside Thistle YCC for all the support, coaching and training they have provided.

British Junior National Championships

A hectic week for the youths and juniors with the British champs on 10/11 July. We had four junior riders competing in Wiltshire. Since we put in place the structure for the juniors earlier in the year, all of the riders have worked extremely hard, in what can only be described as challenging times.

The standard of junior bike racing in the UK is extremely high and it is a great achievement just to make the start sheet for these races. The only other Scot's racing were from Spokes or are part of either the Scottish or GBCT performance programmes.

The four riders representing the club were:

Erin Murphy (TT and Road Race)
Isla Long (Road race)
Jacob Smith (Road Race)
Alexander MacLeod (Road Race)

Erin had a superb weekend finishing 9th in the TT on Saturday and 10th in the road race today from a bunch sprint. Isla, in what was her first race at this level, finished a creditable 27th.

The men's road race was very attritional, with 25 riders not finishing.

Jacob, who is in his first season of racing and a rider with a very bright future ahead, was very active in the early stages of the race, but due to his lack of experience found himself poorly positioned in the closing stages and missed a key split, finally finishing 38th.

Alexander, similarly, was caught out of position at the pivotal point of the race, finishing in 47th place.

There was a lot learnt over the weekend to take forward and further their development. All four of them are a credit to the club. *Bob Lyons*

Scarborough Cycling Festival 2021

An impressive group of 13 DTCC Youth and Juniors made the long journey south for the 4th round of the 2021 BC Youth Circuit Series at Oliver's Mount Circuit in Scarborough 04 July. True to its name, the 3.86km circuit contained 77m of climbing with the main climb reaching a leg pulsing 25% at its steepest point.

Most of the DTCC contingent arrived in time to complete a course recce on the Saturday. Anxious discussions and calculations ensued as to how many times each rider would likely have to tackle the treacherous climb as part of their respective races, before they settled down on the camping field for competitive card games with friends from the other Scottish clubs who'd ventured south.

As is often the case at these events, the welcoming presence of the DTCC Youth & Junior hub becomes popular with riders from the other Scottish clubs. Ythan, Black Isle and East Kilbride Road Club members socialised outside the racing before warming up alongside one another ahead of their races.

Onto Sunday and the days' racing started with the Youth C's. A combined boys and girls race which an impressive 39 riders took to the start line.

DTCC had Melanie Rowe, Innes Long, Sebastian Blackburn and Zara Main in the field. All four rode fantastically, priming the spectators for a great day ahead.

Melanie was leading the charge from the young Deeside riders by blitzing up the climb at an incredible pace, with her riding buddies not far behind.

The previous days calculations had convinced the young riders they would only have to complete the climb twice, the earth wobbled when they were sent down the hill to complete a 3rd lap. This didn't put them off, with Melanie storming to win the girls category, with the other three DTCC riders turning in great performances to finish well.

YC Girls

1st – Melanie Rowe
8th – Zara Main

YC Boys

11th – Sebastian Blackburn
18th – Innes Long

The sun started to make an appearance and the early morning fog had been burned away just in time for the next race.

The Youth B girls took to the start line and again DTCC had a strong contingent on the grid. The green kits of Arabella Blackburn, Thea Aitken and Hope Thomson standing out in a field of 24 riders.

The pace was frantic from the off and within 2 laps Arabella had managed to establish herself in a breakaway group of 4 riders. Just as impressive were Thea and Hope in the second group of 4 riders.

As expected, the climb was taking its toll as each of the 7 laps passed, with the breakaway group numbers reducing throughout.

On the last lap, each of the DTCC riders were involved in their own individual sprint, most notably Arabella who powered her way to win the race in style. Hope and Thea turned in equally brilliant performances to claim top 10 positions which is phenomenal given the level of competition within the race.

YB Girls

1st – Arabella Blackburn
6th – Hope Thomson
7th – Thea Aitken

Next to be cheered on from the DTCC travelling contingent was Ross Eastaugh in the Youth B boys. As one of the youngest boys in the category, Ross showed his confidence by taking to the line amongst an intimidating field of 67 riders. Riding at high speed through each descent of the course, priming himself for the climb, Ross looked assured throughout and worked amazingly hard to complete all 7 laps of the race.

Congratulations to Arabella Blackburn – British National Youth Circuit Race Champion 2021

YB Boys

55th – Ross Eastough

After a lengthy lunch break, the Youth A girls kicked off the afternoon races. Once again DTCC had 3 riders lighting up the bunch green.

Evie White, Millie Thomson and Molly Evans jostling for gridding against 45 other girls. The road was packed as the girls climbed the Mount on the first lap. Millie leading the way with Molly and Evie tucked in close behind.

The pace exploded shortly after and a lead group of 3 broke away. Unfortunately for Molly, at the bottom of the climb on lap 2, her front wheel collided with another rider's cassette, causing her to crash and puncture. A lot of riders would have thrown in the towel, not Molly, cut and bruised she valiantly ran up the mount managing to pass the message to one of the younger DTCC spectators to run to the top and get a spare wheel organised for her arriving with her bike and allowing her to continue the race.

Millie and Evie, albeit less eventful still had to undertake a gruelling 8 laps of the circuit and showed great fight to stick with the groups they were riding with to finish very strongly with once again impressive results.

YA Girls

20th Evie White
27th Millie Thomson
46th Molly Evans

Onto the hugely anticipated Youth A (Lewis Barry Memorial) boys' race where Elliot Rowe was the sole DTCC Youth competing on the grid with 96 other boys.

Setting off at a frightening pace, Elliot managed to stay out of trouble early on, in a congested circuit. With the front group reducing in size on each lap, the race lit up on the 5th lap with the lead riders pulling away at the top of the climb, Elliot put in a gut busting effort to bridge the 10m gap to join 5 other riders at the front in the breakaway, without realising that the eventual race winner had slipped away solo during this phase.

The group of 5 worked well to consolidate their gap over the next few laps. As the bell rang, signifying the 10th lap would be the final one, tension was high knowing that a podium place was at stake. Positioned well out of the climb, Elliot timed his sprint to perfection to land a hugely impressive 3rd place in what was an extremely talented field.

YA Boys

3rd – Elliot Rowe

To cap off a brilliant day, racing her first year as a junior, Isla Long ensured that DTCC had representation in each of the events 6 races by taking to the start line of the Cat 2/3/4 race, in amongst 51 other well established riders.

Similar to the earlier races, the opening pace was lightning quick, Isla settled into her rhythm, consistently looking strong on the climb. After close to an hour of racing, Isla set off on her final lap with which she managed to set a PB

lap time whilst clawing back a place before taking the chequered flag in what was a very gutsy ride for the young female rider.

Cat 2/3/4

44th – Isla Long

It goes without saying that the DTCC Youth and Junior have done the club proud. Having such a large representation, along with securing 2 wins and a podium in 3 of the 6 races will undoubtedly be the talk of the cycling community up and down the country. Kudos to each of the riders involved.

Chris Main



Photo credits to Huw Williams, Grant Speed and Mark Smith

Massie (Holburn) Shield and Isobel Smith (Pedal Power Inverurie) Shield 25-mile TT 23 June 2021

Thank you for all entering the race, it was great to see everyone again.

Thanks to Kenny for being Com and Carol for stepping in at last minute for the timekeeping when Flora had to self-isolate due to a covid contact (she is fine).

Also, thanks to the rest of the team, Lee and Chico for timekeeping, Donald at sign on, Allison at first marshal point, Paul and Annette at Auchnagatt and Norman and Catherine at New Deer.

A great turnout and the two shield prizes were fiercely contested.

Massie Shield team prize goes to:

1	Kelpie Racing Team	2.37.14
2	University of Aberdeen	2.43.55
3	Aberdeen Wheelers	2.53.27
4	Ythan CC	2.57.53
5	Deeside Thistle	3.13.59

Isobel Smith Shield goes to:

1	University of Aberdeen	3.36.37
2	Aberdeen wheelers	3.36.39

Results

1	Iain Macleod	Kelpie Racing	00:51:35
2	Jamie Davidson	Kelpie Racing	00:52:19
3	Calum Gibb	University of Aberdeen	00:52:34
4	Lee Rosie	University of Aberdeen	00:53:16
5	Thomas Gelati	Kelpie Racing	00:53:20
6	Martin Reynolds	Kelpie Racing	00:54:47
7	Ian Russell	N/A	00:55:26
8	Alan Smith	Ythan CC	00:55:54

Congratulations to Arabella Blackburn – British National Youth Circuit Race Champion 2021

9	Brian Duncan	Sparta Breda	00:56:23
10	John Kent	Aberdeen Wheelers CC	00:56:36
11	Chris Petrie	Aberdeen Wheelers CC	00:57:17
12	John Alexander	University of Aberdeen	00:58:05
13	Douglas Glen	Montvelo CC	00:58:36
14	Daniel Long	Elgin CC	00:58:54
15	Callum White	Aberdeen Wheelers CC	00:59:34
16	Keith Robertson	Granite City RT	01:00:05
17	Stuart King	Ythan CC	01:00:47
18	Stephen Wilson	Hebridean Cycle Club	01:00:47
19	Mike Giles	Ythan CC	01:01:02
20	Ewan Gronkowski	Ythan CC	01:01:12
21	Lewis Dey	Forres CC	01:01:29
22	Dave Reed	Vanelli Project GO	01:01:38
23	Benjamin Wood	Deeside Thistle CC	01:01:59
24	Ian Wilson	Deeside Thistle CC	01:02:43
25	Robert Cowie	Aberdeen Wheelers CC	01:03:17
26	Fergus Gunn	Loughborough CC	01:03:18
27	Steven Fyfe	Montvelo CC	01:03:21
28	Calum Cormack	Deeside Thistle CC	01:03:44
29	Lorna Breetzke	Elgin CC	01:04:08
30	John Huston	Deeside Thistle CC	01:05:30
31	Robert Bacon	Deeside Thistle CC	01:05:46
32	Rosalyn Payne	University of Aberdeen	01:06:30
33	Kenneth Dey	Forres CC	01:06:46
34	Hugh Ramsay	Deeside Thistle CC	01:08:26
35	Michael Maciver	N/A	01:08:37
36	Andrew Stewart	Ythan CC	01:08:54
37	Jamie Taylor	University of Aberdeen	01:08:58
38	Jenny Noble	Ythan CC	01:10:00
39	Christiane Farah	Aberdeen Wheelers CC	01:10:18
40	Ian Grant	Deeside Thistle CC	01:10:25
41	Ruth Quigley	University of Aberdeen	01:10:57
42	Roz Boynton	Aberdeen Wheelers CC	01:12:41
43	Rachel P Williams	Aberdeen Wheelers CC	01:13:40
44	Robert Smart	Ythan CC	01:14:00
45	Morag Thomson	Ythan CC	01:18:32
46	Susan McBain	University of Aberdeen	01:19:10
47	David Abernethy	Ythan CC	01:20:05

Coronavirus Update

Just to advise that following the recent announcements from the Scottish Government, we have now published updated guidance on our website. The only changes are the introduction of Level 0 for Argyll and Bute islands, Western Isles and Orkney and Shetland Islands.

We've only made some minor amendments to the wording of some sections across Level 1-3 to clarify the rules for indoor socialising rules in cafes as more of society opens up.

You can view it on the website [here](#) and as always give it a few (normally three works for me) refresh' to see the updated documents. If you've got any questions, please don't hesitate to get in touch.

Fraser Johnstone
clubdevelopment@scottishcycling.org.uk

SPOND Guide for Riders and Ride Leaders

Once all the restrictions have been lifted there may be no need for us to keep carefully recording all those who attend our organised runs - but what is being established through SPOND is for the good and will help leaders arrange outings with greater benefits for participants. It could be the way forward and certainly helps ensure that those who are taking part are club members.

Please find below a link to the SPOND Guide for riders and ride leaders that Andy Kerr, Neil Stables and David Stewart have put together. It shows you how to Register for SPOND and how to request membership of a DTCC Group. It lists the various Groups which are already in place, and these will be added to as more official runs re-start.

Link to [SPOND Guide](#)

Ellon Wheel Sports Park

Ythan CC are actively pursuing a new wheel park in Ellon and have a survey available to gauge interest. They are keen to get your opinion.

The wheel park will consist of a pump track for mountainbikers, a skate/bmx park and a road-based cycle circuit (a bit like Knockburn). I know you might not have many members in the Ellon area who will use it, but we are hopeful we can attract people into the town and use it for combined training sessions and races.

Link to survey: [Ellon Wheel Sports Park Survey \(surveymonkey.co.uk\)](#)

Colin Allanach

Club Branded Aluminium Water Bottles

We have purchased a stock of club branded, high quality, aluminium 750ML water bottles which feature a handy carabiner for attachment. Cost is only £5.00 per bottle. Go [here](#) for more information and to order yours at the Mark Stewart Cycle Track on June 12th.

Tour of Britain

I need some help deciding what we do on TOB day. The organisers would like races in Aberdeen City centre as we have done in the past but:

- We may have reduced numbers as these races will have to be run while the main TOB race is on, and folk will want to be watching the main race
- Spokes are putting on youth championship races in Fife (Martin Harris will be at that)
- Cairngorm cycling weekend is then

The corporate race is a money spinner for the regional funds which is a plus point.

Any thoughts? Please let me know on colinallanach@aol.com

Colin Allanach

Cyclists Distances

Bert McIntosh - I write to you from my 3 positions of concern on the above:

- 1 I am a motorist
- 2 I was a keen cyclist, hope to return one day.
- 3 Heavy haulage operator.

The press reports seem to favour cyclists, many times noted they ride double and 3 abreast; this is not acceptable. This gives the motorist an impossible task to provide recommended distances on country roads.

A cyclist should be obligated to pull into laybys when circumstances permit but they never do and thus many times there is a build-up of traffic, this along with older drivers who never overtake which does not help either.

Business people cannot afford this time loss, all totally unacceptable.

What's priority? A leisure cyclist or a business leader needing progress.

On the heavy haulage issue, it's not possible to pass cyclists double riding when driving a 25m unit, a clear road of at least 400m is needed for a loaded vehicle to overtake.

The police need to be corrected on the distances suggested to become law. An impossible task overall for all HGV truck drivers and imposes liabilities on motorists brought upon by cyclists in their unacceptable riding habits on public roads.

Let's see positive and fair action towards cyclists and motorists.

Susie McKay - I empathise with his situation as a businessman. I always pull into an opening/lay-by asap for motorists, cars, vans, and lorries on wee roads and I have taught any new cyclists I ride with to do the same.

I have noted that they usually needed me to tell them to do so, and I suspect many of the new riders on the road have no guidance.

Perhaps new bikes could come with a leaflet on bike etiquette, bike shops could display posters and recommend clubs that will run 'introduction to riding on the road' courses. Very small potatoes I know but every little helps.

Rod Stone - I agree with Bert that too many cyclists are selfish when in groups and often ride two abreast when the roads are too narrow to allow cars, vans and HGVs to pass safely. Many drivers take chances in these situations and overtake making the cyclists vulnerable.

Equally there are many drivers who do not give cyclists enough room when overtaking and many who shoot past going into blind bends.

There are faults on both sides. As cyclists we need to play our part in trying to improve road safety.

I don't agree with Bert that it boils down to a choice between business users' vehicles and cyclists on who should have priority on the roads. Cyclists (and

pedestrians) have as much right to use roads as drivers and I don't agree that we should always be expected to pull into lay-bys to let vans and HGVs pass.

Those in charge of businesses using transport need to make allowance for more cyclists being on the roads these days and adjust the time they allow for business journeys and ensure their drivers take care when trying to overtake cyclists.

As someone who lives in a rural area, I don't expect tractor drivers to get out of the way even though they slow me down considerably. I know many of them pull into lay-bys to let us pass in our cars, but I think this is easier than expecting cyclists to do the same especially the faster guys who are trying to train.

An exception to this would be on a narrow, bendy road when an HGV finds it difficult to overtake cyclists. In these circumstances we should pull in to let them pass. I know I do.

Bert has a foot in both camps, and I welcome his willingness to let both sides air their views.

Kevin Stewart - On my solo rides I've had many close passes by lorries. My opinion is that lockdown had deteriorated driving standards over the past 18 months.

I understand and agree that groups of cyclists should single out to allow other traffic to pass or pull over and this should be routine practice on club organised rides.

The cyclist/driver relationship issue has rumbled on for decades. I have no idea how to suggest resolving it other than for cyclists to obey the current law and highway code.

Sandy Lindsay - Here's my take on it – a few days ago riding up a narrow lane (about 3 metres width) I heard a lorry behind me. It was a milk tanker heading to Mackie's of Westertown out near Oldmeldrum. I moved into a field entrance and the lorry didn't have to slow down. A wave and a gentle toot greeted my actions. I was stationary for a few seconds and the driver didn't have to work back through his complex ratios. No-one aggrieved, no-one lost time. Mutual understanding.

Notes for Cranks

My ability to find suitable material to fill the pages of your monthly magazine, Cranks, becomes more and more difficult.

The Coronavirus stringencies are easing and results from events are appearing, and these results will help a little, but I'd like to see more personal stories from you.

It troubles me more than a little that some months Cranks seems to fill up with my personal notes. That's not the way it should be. There should be a good cross-section from others in the club.

How about penning a few lines and sending it through to knockies@deeside.org.

Horse Riders vs Cyclists

Zoe Fuller from a riding school at Balbithan, near Inverurie contacted the club just after our Fintray Evening League Event in the middle of June.

She indicated that it was great to see the cyclists enjoying a race but added that there are several stables on the Balbithan road where they regularly ride horses. She asked if at all possible that advance notice can be given of our rides and races which include Balbithan on the route? That way they could arrange to avoid riding on the road on those dates and times and therefore not cause any inconvenience or put anyone at risk of accident.

Zoe was thanked for the positive and friendly bent to her letter and was told that the Fintray event is once per year, and she will be informed

It is important to remember that we share the roads with others, and it is particularly important that care and attention is exercised when meeting horses. Slow down and pass widely.

Zoe indicated that she has not had any issues with cyclists and appreciate their care and consideration.

Funded eLearning Course

An incredible funded eLearning course on how to respond to a sudden cardiac arrest is now available. This has been put in place from UK Coaching following recent events at the Euro 2020 match game where Christian Eriksen unfortunately collapsed due to a cardiac arrest.

The occurrence of the medical emergency in a live sporting environment has brought the reality of sudden cardiac arrest, on the pitch, in the park, on the kerb, to a stark reality.

This free online course will equip you to know how to respond to a sudden cardiac arrest and learn how to save a life. This is a great opportunity to equip yourself to get involved as it is not only beneficial for the sporting context but also in everyday life.

All information for the course can be found here: https://www.ukcoaching.org/courses/elearning-courses/sudden-cardiac-arrest?utm_source=eshot&utm_campaign=sca&utm_medium=email

Gill Thayne

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 refer to it. It will also be highlighted to new members.

The first Tour de France I followed was 1960

I had been interested in the sport for no particular reason other than being in awe of pictures of riders in the mountain passes. I started buying Cycling in June 1960 and I've not missed one week since. My first 'racing bike' came from Duffs in George Street that month too. I'd saved up half the price of £29. (Still have it).

There was no coverage of Le Tour on British TV then or for decades after - but one of the customers on my paper round was a Daily Telegraph reader and as it had excellent reports from the Tour. I was able to read stage reports the following day before folding the paper up neatly and putting it through his letter box. Otherwise, it was a few black and white photos and some text in the following week's Cycling. I loved the epic tales of triumph and despair. Still do...

So, it is amazing for me that 61 years later I can watch every stage from start to finish!

The first week of this year's Tour must be the most eventful, exciting, and interesting of those 61 editions. The Tour organisers could not have hoped for a better start with French favourite and world road race champion, Julian Allaphillipe, taking the first yellow jersey with an archetypal jump up a steep hill before the finish line.

Matthieu Van Der Poel, the cyclo-cross champion went on to take yellow in memory of his French grandfather, Raymond Poulidor, who was a fine rider in the 1960s but who could only finish 2nd or 3rd. Pou Pou, as he was affectionately known, never wore the yellow jersey. His nemesis was usually Jacques Anquetil who was the first 5-time winner of Le Tour and a superb time trialist from a very early age.

Then there were the crashes! Most were caused by riders trying to squeeze into gaps which didn't exist but the one which gained most publicity was the spectator who caused a major crash when she turned her back to the peloton and held out a placard to show to the cameras.....

Cavendish's stage wins certainly surprised the pundits as the last few years have been tough for him in a variety of ways. There was a general acceptance that the chance of adding to his Tour stage tally was slim. But the old Cav is back! His wins were instinctive, breath-taking, and emotional. He is popular with the French and with fellow riders in a way which Sky and INEOS have never achieved.

Even the time trial was interesting especially when the 'experts' were wrong in their predictions about the winner.

Last year's Tour winner Tadej Pogacar was head and shoulders above his rivals and looked calm and collected too. When the route reached the mountains on Saturday and Sunday before the rest day, he demonstrated that his coolness and climbing skills are exceptional. I'm unaware of any performance over the last 61 years from a Tour contender which came close to Pogacar's.

On Sunday we had Ben O'Connor from a French team winning a tough mountain stage, alone, by 5 minutes.

Congratulations to Arabella Blackburn – British National Youth Circuit Race Champion 2021

Pogacar increased his lead over the favourites. Great epic stuff!

Green jersey Mark Cavendish just stayed in the race by getting to the line with team support just within the time limit.

Can the rest of the race possibly live up to the opening week?

And, of course, Tadej Pogacar's main mentor and Directeur Sportive with Team UAE is none other than Deeside Thistle honorary member, Allan Peiper.

Sadly, Allan is undergoing treatment for cancer and is working from his home in Belgium at the moment rather than being in the team car on the course. His in-depth knowledge is still being put to very good use. We wish him well. *AGC*

New Club Coaches

I'd like to introduce our new club coaches. We are very fortunate to have three newly qualified Level 1 coaches - Isla Long, Cameron Stromberg and Russell McNamara. Many of you will recognise these names already.

Isla Long (aged 17 years) has been a club rider for many years and was competing in DTCC colours from early days in the LTR section (Learn to Ride). She has worked her way through all the groups and is currently racing with Bob Lyon's Junior Team. Isla was racing at the British Junior Road Championships last week so is still competing at a high level. Having Isla onboard the coaching team is a huge asset as she has come through the club system herself and can relate well to the young riders. I'm sure you will also have made the connection with the family name to her father, Sam Long, our Youth and Junior Lead Coach.

Cameron Stromberg (aged 17 years) has also been a club rider for many years and competed in DTCC colours from early days. He was one of our first DTCC Youths to explore the wonderful opportunity of participating in the club Evening League events with great success. Recently he has been focussing on his studies but is still actively involved by assisting the senior coaches at the club sessions. Cameron comes with coaching experience from academy hockey and some of our members who also attend these sessions are full of praise for him. Having him onboard will be a huge asset to the club and many of our youth have already benefited from his help at Knockburn sessions. Again, I'm sure many will make the name connection with his father and Senior Coach Simon Stromberg.

Russell McNamara has already been involved with the club as a parent helper and his participation has been fundamental to the success of LTR1 under the guidance of Andy Macdonald. He comes to the club with great enthusiasm which has already helped many riders in his group.

We are all very excited to have these 3 new coaches join the coaching team and we wish them the best in their

coaching journey. Personally, I'm really looking forward to working alongside these enthusiastic coaches and am extremely proud to see that Isla and Cameron are willing to put something back into the club.

If anyone else is interested in finding out what is involved in getting on the coaching pathway, why not ask us? These new coaches will be able to tell you about their experience of gaining the qualification.

Sarah Rowe

srowe2020@btinternet.com

Club Mountain Bike Rides

There's long been a need to hold regular mountain bike rides for club members, but the question was how to achieve this. As with everything there will be a wide range of abilities, bikes, fitness and locality within the club so one ride group won't satisfy everyone, every week.

Rides will vary in who they are catering for, who they will suit. Technical one week or cruisy XC tours the next, etc. This will have to be the way until we 'staff up' with leaders to take on different levels of rides.

With all that in mind can you comment if you are interested with the following:

- What level/type of rider are you?
- What kind of rides would you like to see the club put on?
- Where are you located and where do you predominately ride?
- Do you have any qualifications?
- Would you be interested in leading a ride?

You can register here <https://group.spond.com/WWDYZ> and comments, please, to Neil on mtb@deeside.org

CTT Events 2021

See below a link for a list of events proposed for 2021 Handbook

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](#)

Welfare Officers

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

Congratulations to Arabella Blackburn – British National Youth Circuit Race Champion 2021

North-East Cafés

Mark Hagger has done a bit of research on the cafés in our area. With the countryside being opened up again you might want to find a place to stop when out on your club-run. Mark says it's best to check before a visit as details change rapidly.

Here's the list and there will be others:

- * Courie Courie, Cambus o'May. Open Wed to Sun. Best cheese scone
- * Brown Sugar, Ballater. Closed Wed/Thurs. In/out
- * Highlander Café, Crathie. Open Sat/Sun. In/out
- * Deeside Activity Park, Dess. Open every day. In/out
- * Potarch Hotel. Open Sat/Sun
- * Platform 22, Torphins. Closed Sun/Mon. Takeaway to park
- * Meet Again, Lumphanan. Closed Thurs. In/out
- * Clatterin Brig, Cairn o Mounth. Closed Tues/Weds
- * Castleton, Fordoun. Open daily. (Note underpass by burn Fordoun to Redmyre School) Road closure passable
- * Grassic Gibbon Centre. Open 7 days. In/out
- * Harbour Café, Stonehaven. Takeaway
- * JGRoss, Inverurie. Open daily
- * Inverurie Garden Centre. Open daily
- * Ride Café Banchory seems popular
- * Floras Café reopening soon

Club Officials

We're in a bit of a quandary. Your Finance and Management Committee (that's the group of members who work to keep your club running) are not up to strength.

To ensure all our Championships are properly calculated we need a Championship Secretary. This person looks after the race results during the year and works out who wins what.

Then there's our Events Secretary. This position works hand in glove with the Championship Secretary and can even be the same person though two folk helps spread the load. This official ensures that all the club promotions follow correct procedures and assists in sourcing race personnel and equipment.

Finally, there's our Social Media Person. We're looking at this position taking over the Press Secretary duties. He or she will be expected to have regular input to the various social media outlets (Facebook, Twitter, etc) as well as releasing notes to the press.

If you are interested, why not drop a note to info@deeside.org to let us know.

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**

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>

Zwift Sunday Club Endurance Ride Created and administered by Simon Stromberg

We now have a Sunday Club Endurance Ride on Zwift, with different groups at a different pace. Details [here](#). This is run in partnership with ZwiftScotland group.

There will be different groups formed on ride each at a different pace. Regrouping at top of KOMs.



ZWIFT.COM



Grampian Health Foods
Mon - Fri 9 am - 6 pm
Saturday 9 am - 5.30pm
Sunday Closed
34 Market Street
Aberdeen
AB11 5PL

New Members

The following new or returning members have joined in recent weeks

2544	Steve Cunningham	Wormit	56
3018	Matt Wood	Kintore	53
3019	Sam McIntosh	Glasgow	
3020	Gill Ross	Westhill	44
3021	Lauren Chedburn	Aberdeen	35
3022	Jason Byles	Aberdeen	46

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/members or to email members@deeside.org asking for information.

25 Years Ago

SARAH IS ATLANTA BOUND

Sarah Phillips has been chosen to represent Great Britain at this year's Olympic Games in Atlanta.

A delighted Sarah, in an interview with Malcolm Wilson, said, "I only got the news I'd been chosen for the British squad at the end of June. It was a great relief to know that I will definitely be going to Atlanta. The selection process has been going on for months and it has been a worrying time for me. Now I can concentrate on my final preparations before I join the rest of the squad in Manchester to fly out on 7 July."

Sarah joins just two other Scottish riders, Brian Smith, and Graeme Obree in the Olympic squad. Graeme, of course, has close associations with the Deeside. Scofoil of Aberdeen sponsor him and he is an associate member of our Club. How many other clubs can boast two members at the Olympics?

On 21 July Sarah will take part in the 104km RR and on 3 August she will contest the 26km TT.

During her build up she won the Isle of Man classic, the Jo Bruton RR held over one lap of the TT circuit. Burning the field off her tail there were only three left on the hill on the 37-mile circuit. Then only Claire Greenwood was left who was easily beaten in the sprint.

Club Kit Order

Collect Pactimo kit orders from Tierney Strachan, 12 Greenbank Place, East Tullos, Aberdeen, AB12 3BT. Please ring the bell at our Goods-In door and announce that you are here to collect Deeside Kit with your name. Wait 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. Currently we have no facility 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. Any queries contact clubkit@deeside.org *Jon Strachan*



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:

<http://www.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

Runs Co-ordinators

Try Cycling Rides	Moira 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

Following guidance from our Covid 19 Officer, Rod Adams, the following has been agreed to ensure that our runs will operate in a Covid secure fashion.

Our risk assessment has been uploaded to the CTC Grampian website: <http://www.ctcgrampian.org.uk/> and participation in club rides will be subject to all participants having familiarised themselves with, and agreed to comply with, the terms of the risk assessment.

To be Track and Trace compliant, we are asking all participants to arrive with a small (business card size) paper with their name and contact details. These papers will be collected by the Ride Leader at the start of the run in a plastic bag and held securely for 21 days, before being destroyed. This requirement will be incorporated into the risk assessment and displayed on the Runs list page of the club website.

"No ticket, no ride"!

In addition, all riders continue to be required to carry a Next of Kin card in the event of an accident. These are available from the Ride Leader and/or Secretary.

Newcomers: We welcome newcomers, particularly on the 'Try Cycling' and 'Morning' runs. You do not need to be

Congratulations to Arabella Blackburn – British National Youth Circuit Race Champion 2021

a member of the Cycling UK to join our runs, but after 3 runs you would be expected to join Cycling 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 recommended that all cyclists carry a First Aid kit.

Try Cycling: rides are intended for those who have not been on the saddle for a while and for those who want a quiet ride around Aberdeen.

These are easy rides followed or interrupted by a coffee stop, families are welcome.

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 pace. Distance normally 30-45 miles.

Medium Full Day Runs: Moderate pace. Distance normally 45-60 miles.

Faster Full Day Runs: Fast pace. Distance normally 60-75 miles (* runs are longer).

Pub Runs: Start prompt at the time stated, to reach the pub by 21:00 approximately. LIGHTS

Runs

July

Thurs Jul 15 09:30	Thursday Run	Airyhall	Library,
Destination to be decided, morning ride with coffee stop.			Dave H
Sat Jul 17 09:00	Faster Full Day	Peterculter (West End),	Adrian R
picnic coffee at Midmar, picnic lunch at Glen Tanar			
Sat Jul 17 09:30	Morning Run	Cults	Library, picnic coffee at Crathes
			Alan
Sat Jul 17 10:00	Try Cycling	Seaton Park, Don St	
Entrance, Short easy rides, all welcome.			John P
Sun Jul 18 09:30	Medium Full Day	Parkhill Bridge,	picnic coffee at Inverurie, picnic lunch at Kennethmont
			Rod
Sun Jul 18 09:30	Point of Interest Run	Duthie Park, Riverside	
Drive, picnic coffee at Hazelhead, Point of Interest - Denburn, mouth to source.			Gordon
Weds Jul 21 19:30	Pub Run	Airyhall	Library to Bielside Inn, Bielside
			Alan
Thurs Jul 22 09:30	Thursday Run	Airyhall	Library,
Destination to be decided, morning ride with coffee stop.			Cindy
Sat Jul 24 09:00	Gravel Ride	Airyhall	Library, picnic coffee at Tappie Hill
			Alberto
Sat Jul 24 09:30	Slower Full Day	Hazlehead, Groats Rd Car	Park, picnic coffee at Kinellar, picnic lunch at Pitmedden
			Cindy
Sun Jul 25 09:00	Faster Full Day	B & Q, Bridge of Don,	picnic coffee at Ellon, picnic lunch at Collieston
			John B
Sun Jul 25 09:30	Morning Run	Brig O Balgownie,	picnic coffee at Foveran
			Dave H
Sun Jul 25 10:00	Try Cycling	Hazlehead, Groats Rd Car	Park, Short easy rides, all welcome.
			Moira
Weds Jul 28 19:30	Pub Run	Footdee (Roundhouse) to	Rohaan Cafe Bar, Dyce
			John B
Thurs Jul 29 09:30	Thursday Run	Airyhall	Library,
Destination to be decided, morning ride with coffee stop.			Cindy

Sat Jul 31 09:30	Medium Full Day	Westhill Shopping Centre,	picnic coffee at Kintore, picnic lunch at Alford
			John T
Sat Jul 31 10:00	Try Cycling	Duthie Park,	Riverside Drive, Short easy rides, all welcome.
			Peter S
Sun Aug 01 09:00	Faster Full Day	Parkhill Bridge,	Dyce, coffee at Foveran, lunch at Aden Country Park
			Jacqui
Sun Aug 01 09:30	Morning Run	Seaton Park St	Machar Entrance, The Chanonry, picnic coffee at Parkhill
			Tom S
Weds Aug 04 19:30	Pub Run	Duthie Park,	Riverside Drive to Marine Hotel, Stonehaven, Return by train
			Alberto
Thurs Aug 05 09:30	Thursday Run	Airyhall	Library,
Destination to be decided, morning ride with coffee stop.			Cindy
Sat Aug 07 09:00	Faster Full Day	Old Mill Inn, Maryculter,	picnic coffee at Banchory, lunch at Burn O Vat
			Andy G
Sat Aug 07 09:00	Gravel Ride	Airyhall	Library, picnic coffee at Durriss Forest, lunch at Kirktown Garden Centre
			Alberto
Sat Aug 07 09:30	Morning Run	Four Mile	House, Kingswells, picnic coffee at Midmar
			John S
Sun Aug 08 09:30	Slower Full Day	Four Mile	House, Kingswells, coffee at Midmar, picnic lunch at Kinkell Church
			Heather
Sun Aug 08 10:00	Try Cycling	Seaton Park, Don St	Entrance, Short easy rides, all welcome.
			John C
Weds Aug 11 19:30	Pub Run	Duthie Park,	Riverside Drive to Shepherds Rest, Westhill
			Alan
Thurs Aug 12 09:30	Thursday Run	Airyhall	Library,
Destination to be decided, morning ride with coffee stop.			Cindy
Sat Aug 14 09:00	Faster Full Day	Westhill Shopping Centre,	picnic coffee at Alford, picnic lunch at Glenkindie
			David B
Sat Aug 14 09:30	Morning Run	Footdee (Roundhouse),	picnic coffee at Drumoak
			Heather
Sun Aug 14 10:00	Try Cycling	Hazlehead, Groats Rd Car	Park, Short easy rides, all welcome.
			John P
Sun Aug 15 09:30	Medium Full Day	B & Q, Bridge of Don,	picnic coffee at Pitmedden, picnic lunch at Fyvie
			John S
Sun Aug 15 09:30	Point of Interest Run	Airyhall	Library, picnic coffee at Kinellar, Point of Interest Consumption Dykes (and Kirk) Kingswells.
			Gordon
Weds Aug 18 19:30	Pub Run	Airyhall	Library to Krakatoa
			Alberto
Thurs Aug 19 09:30	Thursday Run	Airyhall	Library,
Destination to be decided, morning ride with coffee stop.			Cindy
Sat Aug 21 09:00	Faster Full Day	Tesco, Danestone,	picnic coffee at Inverurie, picnic lunch at Picardy Stone, Inch
			Adrian R
Sat Aug 21 09:30	Morning Run	Hazlehead, Groats Rd Car	Park, picnic coffee at Kintore
			Cindy
Sun Aug 22 09:00	Slower Full Day	Airyhall	Library, coffee at Banchory, picnic lunch at Kemnay Community Garden
			Sheila
Sun Aug 22 10:00	Try Cycling	Westburn Park,	Westburn House, Short easy rides, all welcome.
			Mike
Weds Aug 25 19:30	Pub Run	Woodend Hospital,	Eday Rd to Brig O Don, King St
			John B
Thurs Aug 26 09:30	Thursday Run	Airyhall	Library,
Destination to be decided, morning ride with coffee stop.			Cindy
Sat Aug 28 09:30	Medium Full Day	Peterculter (West End),	picnic coffee at Banchory, picnic lunch at Glen Cat
			Rod
Sat Aug 28 10:00	Try Cycling	Duthie Park,	Riverside Drive, Short easy rides, all welcome.
			Moira
Sun Aug 29 09:00	Faster Full Day	B & Q, Bridge of Don,	coffee at Oldmeldrum, lunch at Delgatie Castle, Turriff
			Alberto
Sun Aug 29 09:30	Morning Run	Seaton Park St	Machar Entrance, The Chanonry, picnic coffee at Balmedie
			Dave H
Weds Sep 01 19:30	Pub Run	Footdee (Roundhouse) to	Rohaan Cafe Bar, Dyce
			Alberto
Thurs Sep 02 09:30	Thursday Run	Airyhall	Library,
Destination to be decided, morning ride with coffee stop.			Cindy
Sat Sep 04 09:00	Faster Full Day	Old Mill Inn, Maryculter,	picnic coffee at Inverbervie, lunch at Johnshaven
			John B
Sat Sep 04 09:30	Morning Run	Duthie Park,	Riverside Drive, picnic coffee at Crathes
			Alan

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Sun	Sep	05	09:30	Slower Full Day	Parkhill Bridge, Dyce, picnic coffee at Ellon, picnic lunch at Collieston	Tom S
Sun	Sep	05	10:00	Try Cycling	Seaton Park, Don St Entrance, Short easy rides, all welcome.	Peter S
Thurs	Sep	09	09:30	Thursday Run	Airyhall Library, Destination to be decided, morning ride with coffee stop.	Cindy
Sat	Sep	11	09:00	Faster Full Day	Peterculter (West End), picnic coffee at Torphins, picnic lunch at Ballater	Andy G
Sat	Sep	11	09:30	Morning Run	Brig O Balgownie, picnic coffee at Newmachar	Cindy
Sun	Sep	11	10:00	Try Cycling	Hazlehead, Groats Rd Car Park, Short easy rides, all welcome.	Peter S
Sun	Sep	12	09:30	Medium Full Day	Old Mill Inn, picnic coffee at Stonehaven, picnic lunch at Inverbervie	Imogen B
Thurs	Sep	16	09:30	Thursday Run	Airyhall Library, Destination to be decided, morning ride with coffee stop.	Cindy
Sat	Sep	18	09:00	Gravel Ride	Airyhall Library, coffee at Durris Forest, lunch at Kirktown Garden Centre,	Alberto
Sat	Sep	18	09:30	Slower Full Day	Brig O Balgownie, picnic coffee at Foveran, picnic lunch at Monymusk	Tom S
Sun	Sep	19	09:00	Faster Full Day	Parkhill Bridge, Dyce, picnic coffee at Inverurie, picnic lunch at Alford	Adrian R
Sun	Sep	19	09:30	Morning Run	Leggart Terrace, picnic coffee at Chapelton of Elsick	Gordon
Sun	Sep	19	10:00	Try Cycling	Duthie Park, Riverside Drive, Short easy rides, all welcome.	John C
Thurs	Sep	23	09:30	Thursday Run	Airyhall Library, Destination to be decided, morning ride with coffee stop.	Dave H
Sat	Sep	25	09:30	Medium Full Day	Westhill Shopping Centre, picnic coffee at Midmar, picnic lunch at Tarland	Alan
Sat	Sep	25	10:00	Try Cycling	Seaton Park, Don St Entrance, Short easy rides, all welcome.	John P
Sun	Sep	26	09:00	Faster Full Day	Westhill Shopping Centre, picnic coffee at Inch, picnic lunch at Fyvie	David B
Sun	Sep	26	09:30	Morning Run	Airyhall Library, picnic coffee at Kinellar	John S
Thurs	Sep	30	09:30	Thursday Run	Airyhall Library, Destination to be decided, morning ride with coffee stop.	Cindy

Evening League 2021

Our Evening League is already down to its last few events. If you've not ridden any yet go [here](#) for the swan song.

Once the registration page has been visited follow each button in order, for additional information. The series is informal, even laid back. If you're unsure how to get involved with competition this is the ideal place to start.

The Results are available here:

<http://deeside.org/evening-league-2/evening-league-results/>

The Youth Section is led by Jamie Liversidge. In second place is Hope Thomson and in third, Harriet Hendry.

Those riding standard road machines are led by Stuart Gordon and Douglas Reid with Alan Campbell lying third.

Andrew Yule leads those riding TT bikes, with John Blunsdon in second place and Calum Cormack third.

Andrew Yule, John Blunsdon, and Ian Wilson are the three top riders in the Vets Tables.

Many things can still change as the final result is based on a rider's best six performances.

Historical Reminiscences

(Part 34)

Folk will create maxims to guide them through life. I'd a maxim to not hero worship others. Instead give respect where respect is due and strive harder to catch those who outperformed me.

I also believe that the best guys, the fittest and fastest didn't get their accolades through sitting in that envelope of fast-moving air created by the heavy lorries on the drag-strip courses. They might have been gifted but much of the success they entertained came from dint of application.

That doyen of time-trialling, Ian Cammish, in the 1980s, surpassed everyone he rode against.

Clipless pedals had just started to appear, and an occasional disk wheel could be seen. As a sop to streamlining many riders were using a downwards sloping top tube and to maintain the riding position, handlebars were inverted.

It was in the Harrogate 50TT at the end of June in 1981 that Cammish rode effortlessly past me. On his Brian Rourke time-trial machine he'd only caught me a minute and it had taken him a good three or four miles to do so. Sitting a metre out from the kerb the advantages offered by the passing traffic gave him no more nor less benefits than I had. He continued to gain time at the same rate and won the event with a 1.45.07.

A point worth noting is that he'd also ridden a 50TT the previous day on the same course and won it as well, with a 1.45 I didn't idolise Cammish, but his performances impressed me.

Mick Potts from Derby Mercury CCF came to the north-east away back in the 1970s to ride our 25TT on the North Deeside. After the event, which he'd won in fine style several minutes faster than I could manage, we chatted about our racing. When I told him of my interest in the 100TT he quizzed me further and managed to elicit the information that I'd won my last sojourn at that distance. Indeed, his eyebrows shot up when I told him that the winning margin approached 45 minutes.

"Well done", he congratulated me, and said that he'd also won his last 100TT. Only, his winning time proved to be that same 45 minutes faster than my winning performance. His abilities impressed me.

My involvement with cycling expanded by the day. I'd dabbled in track riding, pretended to road-race, struggled in hill-climbs, led tours throughout the country, bought a tandem, got involved in coaching, even tried my hand on National Committees. This, on top of looking after the Deeside Thistle, and weekly time-trialling. But what I'd never done was ride a racing tricycle.

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A tricyclist, Dave Duffield, gained my admiration. A prolific holder of Road Records Association's Place to Place records on three wheels from the 1950s and 60s, he went on to be the voice of Eurosport in many major tours. His efforts impressed me and led to a desire for a trike to join my stable.

Another tricyclist from the 60s and 70s, Stan Spelling, also gained my respect and I followed his successes in the cycling press. Not only did he do this on his single machine, but he had a tandem trike on which he and his fellow rider also competed.

Sadly, on a training ride on the tandem trike, a car drove into the back of his machine and Stan did not survive the crash.

My interest in three wheels was further buoyed when I spotted one for sale in the Cycle Touring magazine. Enquiries with the owner got the information that he had walking problems and had bought the trike to help him get about. He'd failed to master it. I paid over the cash and a couple of weeks later the machine arrived.

Built by lightweight frame manufacturer, W Hinds, it looked in remarkably fine condition as I unwrapped my latest addition. The cardboard protectors fell away and as I wheeled it round to inspect the white enamelled frame, to my dismay I spotted a bandage on the top-tube.

Someone had literally wrapped a roll of Elastoplast round and round the top-tube just a few inches along from the headset. Pig in a poke? Like an old-fashioned plumber's leaded-joint the Elastoplast swelled round what I imagined must be a crack in the frame.

Heart thundering in my chest I picked at the end of the tape and unwrapped it. The pink bandage began to spiral to the floor and as the last layer peeled off a neatly scripted row of italicised letters started to appear – *g-n-i-l-l-e-p-S n-a-t-S*. Not only did I have a trike, but also the Master's machine.

Today we hit the dirt roads.

Lucky Fish had been contracted to take us up the Zambezi, through Devil's Gorge to the Police Post at Simbankwazi. The captain had made a special trip and met us several days ago at Gwayi where he told us that Kariba Weed was blocking the channel and alternative arrangements would need to be put in place.

Mike told us to be careful of the rice when we breakfasted that morning on Lucky Fish. He said it had been boiled in bad water and our stomachs might not take it. By that time most had already downed a large quantity and the comments started autosuggestion. Characters were seen sidling towards the rails just in case.

After eating, bodies were loaded onto trucks and headed south and west to join the dirt road. They are rock, sand covered. The weather has eroded them over thousands of years and in places corrugations make a very uncomfortable ride. Eventually we all arrived at Sibankwazi where to rejoin the cycle route.

This day was the hottest yet and we were late. With not a great distance to travel it should have been a leisurely pedal to the school at Sidinda. Instead, with a scheduled lunch stop after 20km and trying to ride in the hottest part of the day things were difficult. Riders faded badly even in the few kilometres from the police post to the main dirt road.

On reaching the main road we were told that the food wagon had arrived and headed off to set up a burger stall past Deka Drum. All along the Zambezi are fishing resorts frequented by noisy South Africans. Deka Drum is one of these where Alastair and I had stayed last year. Hardly a wink of sleep was had in our tent as a drunken rabble and a 110-decibel disco entertained us from a chalet.

The dirt road gently rolls towards Victoria Falls with occasional steeper climbs. The groups were reasonably well controlled though some folk, finding the going tough, did lag behind.

Shortly before our picnic stop a group of Africans had a bullock strung from a tree and were peeling its skin off. At the stop riders took a stroll to the banks of the Zambezi where women stood in the water and washed clothes. They presumably knew what they were doing but the signs already seen asking folk to beware of crocodiles were more than a little off-putting.

The sun had begun to sink when weary groups arrived at Sidinda. This was another school stop. Soon darkness closed in. Once fires were lit and our meal prepared on the braai local villagers began to collect. They were provided with mealies to make sadza and a goat had been slaughtered. Drums appeared. Singing and dancing started. One dance kept going a long time and we were told that soon they would stop for it was not right that we should have to see what might happen. It was a ritual dance where the blacks would end in a trance.

It had been twenty years since the last white people, church missionaries, had passed through, we were told.

One of our party had brought highland dress. She treated the villagers to a spot of Scottish Dancing. Bagpipes, too, appeared and though they were far short of ready to play, at least some of the tunes were recognisable. Then everyone joined in a chorus of *Flower of Scotland* and *Northern Lights*. We were given a good ovation.

In the morning everyone was urged to move early. This penultimate day would again be hot, it would be long and hard, all on dirt road and there was another reception

Congratulations to Arabella Blackburn – British National Youth Circuit Race Champion 2021

scheduled at Chisuma, our last overnight stop. Also, we'd been warned that a great many buffalo thorns lay in wait. These sharp barbs penetrate tyres easily even with protective Kevlar strips.

Soon the sun blazed down and those unable to make an effort slowed everyone. With little breeze being generated by our movement everyone cooked and, in some ways, it was a relief when riders succumbed and had to climb into following vehicles. As the day progressed and approached the hottest time some riders split from their groups and complaints started. It was suggested that the bike ride had become too hard.

However, at a protracted lunch stop with only about 20kms left to do, all the tired bodies recuperated enough to forget the pain of the morning.

Sidinda is very poor with virtually no material possessions. Chisuma is affluent by comparison. This village had prepared another celebration.

Hordes of children and young adults mobbed us all and the cyclists handed out any remaining T-shirts and other souvenirs. Alastair and I had the privilege to be invited to stay in the home of the village headman. Walking to his home his wife kept dutifully three steps in the rear.

On the last day, a quiet group pedalled the last few kilometres to the tarmacadam. At one point, to the north, they spied the *'Smoke that Thunders'*.

Mike had gone on ahead and hired extra bicycles so that some of the helping crew could ride into Victoria Falls with us. These bikes were awful, and I felt sorry for our assistants as we climbed to the outskirts of the town. Then it was a long freewheel to the custom post by the Victoria Falls Bridge. Special permissions had been obtained and the gates opened for us to sweep through.

The ride ended in the centre of the bridge. The bungee jumping platform on one parapet overlooked a spectacular chasm. From the other parapet the riders looked into the boiling cauldron which is one of the seven natural wonders of the world.

Some tears were shed, emotion or relief at having finished, who knows. Memories were set and a number of worthwhile projects supported. The main thrust of the ride had been to help and highlight the plight of Street Kids in Bulawayo. This had been done particularly well and the dedicated organisation of the event by Alastair Brodie over the previous six months bore fruit.

In a lay-by on the A442, a few miles south of Espley Island near Hodnet, we'd set up camp. Bruce Bricknell's camper van and Neil Howarth's Bike Life van formed a refuge for the riders. We'd a porta-loo available for anyone in need and a hire generator powered some floodlights.

All our riders were performing well and only stopped for a few minutes when passing, to use the facilities and re-hydrate.

Elaine's ham and salad cream sandwiches proved a welcome alternative to sticky gels and hot drinks, too, were welcome as the temperature dropped during the hours of darkness.

Doug Haig had master-minded this major attack on the Cheshire 24 hour. He'd 13 riders and with the group that big, extra infrastructure had to be put in place to support them.

Nobby Clarke, initially not at the planning stages, unexpectedly arrived at the start. His invaluable advice spurred the riders on.

Around 4.00am a small group of our team had stopped and sat recuperating in the shelter of the awning. The temperature had dropped as low as it would get and Nobby sat in his car, engine running, trying to warm up.

Suddenly, the howl of a car engine startled everyone, and folk leapt for safety imagining a vehicle out of control crashing through our HQ.

Nobby had fallen asleep, his foot on the accelerator pressed harder, revving the engine to an ear-deafening roar.

"Which wye tae Clatt?" called Dave Anderson from the middle of the fast-moving bunch. On a clubrun out beyond the Garioch and heading for the Cabrach I was about to shout back that it was straight on at Premnay when Alan Gibb bellowed, *"Cla' it anyway you like, so long as it's with your right hand."* **Roughstuffer**

Open Races

If you have been taking part in any Open Race up and down the country, I'd welcome a short report.

It can be as short as Name and date of event, your performance, name and club of winner, the winner's performance.

A wee story about the event will be even more welcome. Send to info@deeside.org

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 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 (1)
- 3 ELLIPTICAL TRAINER - £80. Model: Pro-form 605 ZLE. Bought (£500) new in October '16. In excellent condition. Phone: 013398 86557 or email janiceborland@icloud.com (3)
- 4 **Reduced price.** 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. Sella San Marco "Rolls" saddles. Complete with pannier rack. Used condition with some scratches to paintwork but no material damage. £300 or best offer. Contact Simon on schric55@gmail.com (3)
- 5 Giant TCR compact carbon frame TT bike, ONCE colourscheme. Size small, suitable for 5'6" to 5'11". Ultegra throughout, 9 speed cassette, 12 – 21T. Profile Design bar end shifters. Mavic Ksyrium Elite wheels, SPD pedals (if required), Cateye computer. Excellent first TT bike, £445 ono. dick.bird@ifb.co.uk Photo available (3)
- 6 Carbon Cervelo P3 (2015). Size 51cm. Excellent condition - only used for racing, only 250km. Ultegra spec. Mavic Cosmic Elite Wheels. Brand new Adamo Prologue Saddle - never used. Price £1750. Contact Mike Adams - 07885 933360 (3)
- 7 a) Eddy Merckx carbon TT aero frame (medium size). Fast Fwd disc tubular rear wheel and deep section aero tubular front. Profile TT bars. Conti Competition tubulars almost new. Campagnolo Super Record groupset 52/36 Chainset. Excellent condition £2000 (3)
- b) Specialized Sworks SL6 Tarmac high mod carbon Size 54. Rare paint job. Two years old. Sworks finishing kit. Shimano Dura Ace Di2 groupset 52/36 Quarq Sworks power meter Chainset. Enve clincher carbon wheels, Continental GP 4000 tyres. Very good condition. £3300 (3)
- c) Bottechia Superlight team bike, high mod carbon, one year old. Size 51. Deda bars and stem, Campagnolo Super Record groupset 52/36 Chainset. Campagnolo Shamal Ultra clincher wheels. Very light. Frame in as new condition. £2500
Please email; duncananderson01@gmail.com

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