

Issue 569

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Cranks Volume 48

The magazine of
**Deeside Thistle Cycling
Club**

Sponsored by:

MPH
McIntosh Plant Hire

Tierney Strachan
PROCESS CONTROL ENGINEERING

**Current Membership 600 (596)
SCU Membership 307 (312)**

Editorial:

There may be some relaxation in the attitude towards the restrictions placed on our activities over the past two seasons. Yet we should continue to be cautious and not let the word Freedom be used too literally.

Our sport is going to bounce back. The results from the Tokyo Olympics are testament to that and moves are afoot to create a calendar for 2022. Meantime, in the last few weeks of this year's road season, there are a number of folk willing to organise events. One of these events is an evening road-race being organised by Mark Walker and Greg Quinn towards the end of August.

Most if not all our Championship events (excepting the Evening League) have gone by the board this year. 2020 Championships were also lost and with changing interests in cycle competition we may never be able to regain all those title races.

I'd like to see organisers step forward to put their name behind at least one event at all the standard time-trial distances and enough other organisers to re-instate our various road-race series.

At the end of this month Colin Allanach is holding a date fixing meeting for 2022. He is hoping that locally there will be a full race calendar. Is it a wish too far?

PHILOSOPHER'S CORNER

*Hope smiles from the threshold of the year to come,
whispering 'it will be happier'...* – Alfred Lord Tennyson

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

Coronavirus Update

Following the recent announcements from the Scottish Government, that most of the restrictions imposed during the Coronavirus lockdowns, have now been lifted, Scottish Cycling will no longer publish updates to their Guidance document.

The document is available here: <https://www.britishcycling.org.uk/scotland/article/20200313-Scottish-Cycling-Coronavirus-COVID19-Guidance-0> and now indicates where we are with taking part in competition and involvement with social gatherings.

It is important to remember that Track and Trace requirements are still in place and for the foreseeable future a record of those attending organised events must be kept.

We use Spond to record this information and details are below.

SPOND Guide for Riders and Ride Leaders

What has been established through SPOND 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 \(surveymonkey.co.uk\)](https://www.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.

National Selection for Youth Riders

Scottish Cycling is delighted to confirm its 13-strong team that will contest the cycling events at this year's School Games, being held at Loughborough University from 3-5 September.

2021 sees the inclusion of BMX for the first time, which is a huge step forward and a wonderful chance for some of our talented youngsters to showcase their abilities on the national stage.

For the track and road events recently crowned National Youth Circuit Race champion Arabella Blackburn leads the way, with four male and four female riders selected to take on an array of events

The selection criteria for the School Games didn't just look at performances, but also the riders bike skills, and just as importantly, their personal qualities displayed both on and off the bike, in training and at competitions.

Speaking about the event, Scottish Cycling's Head of Performance and Coaching, David Somerville, said:

"The School Games has offered a valuable development opportunity for Scottish riders over the past decade - for many riders it is the first, but we hope not the last, opportunity they will have to represent Scotland.

"The School Games gives riders the opportunity to experience a multi-sport environment, which is an incredible learning experience and this year it is extra special as we are delighted that our BMXers can experience the School Games for the first time."

Your Scotland team:

BMX

Male

Harrison Bell
Ben Fitzsimmons
Jay Taylor
Charlie MacPherson – Reserve

Female

Tillie McCrum
Amilie Collins Nimmo

Road and Track

Male

Elliot Rowe
Jamie Thomson
Corey Whiteford
Cormac McConville
Ahron Dick – Reserve

Female

Arabella Blackburn
Erin Boothman
Evie White
Sarah Johnston
Isla McCutcheon – Reserve



Sunday 8th August at Fife Cyclepark.

22 DTCC youths and juniors travelled to Fife Cyclepark to race on Sunday 8th August. There were support races for the younger riders (category C, D and E) while the older riders competed for the chance to become the Scottish Cycling Circuit Champion in their respective age groups.

The younger riders faced challenging conditions with heavy rain for much of the morning with things brightening as the races continued. A great showing across the board from DTCC Youth and Junior with the following riders finishing in the top 3 places in their respective races:

E Girls	1 st	Sophie Farquharson
D Boys	3 rd	Griff Aitken
D Girls	1 st	Eden Thomson
C Girls	1 st	Melanie Rowe
B Girls	2 nd	Arabella Blackburn
A Girls	1 st	Evie White
A Girls	2 nd	Molly Evans
A Boys	2 nd	Elliott Rowe
Cat 3	1 st	Alexander Macleod



L-R, Molly Evans, Evie White, Emily Carrick-Anderson
Lyndsay Aitken

Spokes RT Race

Successful night at the Lochgelly Crit on 29 July for the Deeside.

Spoke RT Midsummer Series – Race 4

Youth A Boys	1st Elliot Rowe
Youth A Girls	1st Evie White
	2nd Millie Thomson
Youth B Girls	1st Arabella Blackburn
	3rd Thea Aitken
	4th Hope Thomson
Cat 3/4 Race 2	5th Elliot Rowe
Women E/1/2/3/4	2nd Erin Murphy
	7th Isla Long
Men E/1/2/3	7th Jacob Smith

Mountain Bike Marathon

On the 7th August I raced the British Champs Mountain bike marathon in Kielder Forest, just over the border. With uncertainty over the cross-country series, I saw this race and thought this would be a good goal event for the year. Alongside the 100km champs there was also a 100-mile race and a 100km sportive for non licence holders.

The day before saw heavy rain so the course would be wet. With two 56km laps to complete there was no practice lap so I had no idea what the course would be like. It was also clear that the 100km was an approximation and the extra 12km combined with the nearly 3,000m of climbing meant it would be a long race.

I lined up bright and early at 8.00 with my poor wife who would be passing me bottles at the feed station (2 per lap). It was warm and damp but not raining when the start gun fired, and we were off. I had worked out my pacing for such a long ride and this meant I was immediately off the back as the 147 riders shot off at XC short track pace up the first big climb. The course was a good mix of everything from trail park to winding single track. A couple of places were really muddy, but everything was rideable. The fast start meant there were a lot of DNFs and out of the 147 starters there were 34 who dropped out. The stats were worse for the 100 miler which had a cut off for the third lap. Only 11 finished out of 41 starters.

Much of the pre-race talk was how Connor Swift would fair. Having just ridden for Akea-Samsic at the Tour de France, someone persuaded him to enter after he got the FKT for the West Highland Way a few weeks ago. In the end he finished third with only 11 seconds separating the medal positions. Jacob Scott finished first in 4h57, with Frazer Clacherty (winner of this year's national XC champs) second. Scotland's Isla Short was first female in 6h14. After 7h39 I came in finishing 22nd in my V50 category which had 34 starters.

A great race and I really enjoyed riding somewhere new in such esteemed company. *Gary Hughes*

Vets Records

At 81 years old, Stewart Mitchell is establishing new standards for members to aim at. This year he has been able to track down events from 10 miles to 50 miles.

The times returned are all new age-related records: 10mls - 28.39, 15mls - 46.17, 25mls - 1.16.34 and 50mls - 2.35.06.

Well done, Stewart

Flora's Café has Re-Opened

I'm told that Flora's Cafe is now fully operational, not only for take away but sit down inside and out. They also have toilet facilities, 7 days a week

Cairngorm CC

Race Weekend 11-12 September 2021

On Saturday 11 September Race HQ is at the Aviemore & Rothiemurchus Tennis Club and we have the Mackie TT https://www.cairngormcc.co.uk/index.php?mact=CGCalendar,cntnt01,default,0&cntnt01event_id=283&cntnt01display=event&cntnt01returnid=10 in the morning and the Cairngorm Hill Climb TT https://www.cairngormcc.co.uk/index.php?mact=CGCalendar,cntnt01,default,0&cntnt01event_id=284&cntnt01display=event&cntnt01returnid=10 in the afternoon. Both events are open to all by following the links.

On Sunday 12 September Race HQ is at the Kincaig Community Hall with an Australian Pursuit Race https://www.cairngormcc.co.uk/index.php?mact=CGCalendar,cntnt01,default,0&cntnt01event_id=285&cntnt01display=event&cntnt01returnid=10 open to all in the morning over 2 laps of a Kincaig-Kingussie loop. The afternoon features the Sally Anne Low Memorial Women's Race https://www.cairngormcc.co.uk/index.php?mact=CGCalendar,cntnt01,default,0&cntnt01event_id=286&cntnt01display=event&cntnt01returnid=10 (incorporating the Scottish Junior Women's Championship and the Scottish National Veteran's Championship) over 3 laps of the Kincaig-Kingussie course. This race is open to all women though entrants for the 2 championships need to satisfy the Scottish Cycling conditions for the respective events.

2020 marked 50 years of Cairngorm CC, though COVID restrictions made it impossible for the club to hold a race weekend or celebrate in any way. We hope that the 2021 race weekend will be just as friendly as always but with an extra special entry field to mark this anniversary after the enforced gap in racing. *Mike Barras*

Pactimo Club Kit Order Has Arrived

Pactimo kit order is now available to collect from Tierney Strachan, 12 Greenbank Place, East Tullos, 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 outside the door and your kit will be brought to you.

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

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 need to give you weights and dimensions if you want to do this. *Jon Strachan*

jas@tierney-strachan.co.uk

Tour de France 2021

When the race finished on the Champs Elysees, I did feel a bit depressed. Just as I have done after each of the previous 60 I've followed. The summer is over. Forty-nine weeks until the next edition.

After the hectic start to this year's race with multiple crashes and Van Der Poel in yellow, as well as Tadej Pogacar's domination in the time trial, things were bound to be less eventful. Given that Pogacar rode superbly in the Alps and was clearly without a real challenger within 5 minutes of him any attacks on him were short lived and unsuccessful. He wasn't made to look uncomfortable apart from very briefly on Mt Ventoux.

Much of the interest turned to stage wins contested by non-GC contenders including Mark Cavendish and Wout Van Eert.

Although it was amazing and emotional to see Cav win 4 stages when most thought he'd never ride le Tour again I was not devastated he failed to better Merckx's record for stage wins. Surely equalling the Merckx record is sufficient reward given that Eddy is the greatest rider of all time.

Cav winning the green jersey on the final podium for just the second time in his life - the last 10 years ago - is recognition enough?

Looking back over the last 61 years I reckon that Pogacar, having won two TdFs, will go on to win at least 2 more. It was spectacular to see him win the two mountain top finishes in the Pyrenees from his nearest rivals. He didn't need to win - it was just panache - and a reminder of his dominance.

I hope Jonas Vingegaard, the young Dane, who finished second overall, will be able to challenge next year. When a rider appears to win too easily and is too dominant the public lose interest just as they did in the years when Eddy was champion.

Allan Peiper, a former TdF rider and lead Directeur Sportif with Pogacar's team UAE and an honorary Deeside Thistle member, masterminded the young Slovenian's time trial win last year to take yellow on the penultimate day. Allan is unwell and wasn't able to be on the road this year but did put in an emotional appearance at the second TT on Saturday to greet the yellow jersey.

Roll on July 2022.....

AGC

Notes for Cranks

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

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.

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 Thyne

Coach Education courses

Course	Location	Start Date	Booking Link
L2 MTB	Aberdeen	21-Aug	www.britishcycling.org.uk/events/course/details/6635
L1	Glasgow	21-Aug	www.britishcycling.org.uk/events/course/details/6636
L2 MTB	Borders	04-Sept	www.britishcycling.org.uk/events/course/details/6637
L2	Falkirk	11-Sept	www.britishcycling.org.uk/events/course/details/6638
L2 Track	Glasgow	18-Sept	www.britishcycling.org.uk/events/course/details/6639
L2 Road	Lochgelly	30-Oct	www.britishcycling.org.uk/events/course/details/6640
L1	Edinburgh	20-Nov	www.britishcycling.org.uk/events/course/details/6641
L2	Glasgow	11-Dec	www.britishcycling.org.uk/events/course/details/6642
L2	Aberdeen	08-Jan	www.britishcycling.org.uk/events/course/details/6643

I would also like to highlight the bursaries that are available for young people and females to progress through the Coach Education pathway. You can apply for British Cycling bursaries [here](#), and for sportscotland subsidies [here](#).

Hamish Cowton

hamish.cowton@scottishcycling.org.uk

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 Big Bike Film Night (Scotland)

I just wanted to contact you about our upcoming film screening at the Ballater Mountain Bike Festival in September.

In essence, this event is a short film festival style occasion that celebrates cycling in all its glorious shapes and forms. The collection runs for just under 2 hours and has an absolutely breath-taking range of short cycling films which are a great reminder of why we love to ride our bike with films that celebrate the fun, adventure and inspiration that cycling enables, whatever your ride is.

As this is the first time we are screening in Scotland, and we have just moved to Aberdeenshire all the way from Aotearoa, New Zealand, we need all the help we can muster to spread the word. We hope you can share the details of this event with your community.

We think there is a real appetite for people wanting to return to the Cinema, especially when something as unique as this is being shown.

Date: Saturday September 11th @ 7pm

Venue: Ballater Mountain Bike Festival, Victoria Halls

Box office link: <https://www.visitballater.com/event/the-big-bike-film-night/>

Facebook Event Page: <https://www.facebook.com/events/2689440821348807/?ref=newsfeed>

Trailer: <https://youtu.be/D7t-eVtrNHw>

If you have time please do watch the trailer and/or share this and the other details amongst your community. It really does bring the concept and content to life.

Ollie Hawkey

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

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

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](#)



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

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

New Members

The following new or returning members have joined in recent weeks

3023	Rick Valk	Banchory	35
3024	Stewart Maxwell	Aberdeen	35
3025	Luis Ryder	Penicuik	14

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.

Flying Scotsman Cycles the NC500 for Charity, RespectMe

The Flying part is my daughter's addition. I can think of other words that would identify me while I push against the hills and wind!

In August this year I will be cycling the North Coast 500 which involves 516miles and 36,000feet of climbing around the coast of Scotland for charity. I have selected RespectMe which is managed by the Scottish Association for Mental Health (SAMH) who support children and young adults exposed to anti-social behaviour such as bullying. I want to raise the awareness and raise funds through my cycling. The money raised will help to train adults who work with young people so they can live free from bullying and harassment and give encouragement to reach their full potential.

Please give generously to support RespectMe and help our young people to avoid suicides and build a better future that does not tolerate bullies. Just giving charity link: <https://lnkd.in/dhDY-FJ> [[lnkd.in](https://lnkd.in/dhDY-FJ)]

Alex Strachan

SCNEG update

It looks like we are finally being able to come out from the chaos of the last 18 months and are getting some events together. We've already seen a few events with some others before the road season closes.

I guess we should look towards next year and what events we want to put together so I'll organise a date fixing meeting for the end of August. Can you all have a look at what you want to do and let's get our regional championships covered again.

If you are considering putting on an event next year, can you let me know and I'll put the provisional calendar together for the meeting (probably still be TEAMS)?

The Tour of Britain comes to Aberdeen next month. From the responses I got there wasn't any appetite for supporting races or event, so I guess I'll see you all on the Cairn cheering on the Pros.

I have been asked to put together a sports wishlist for cycling for next five and ten years in our area. What do we want for events, facilities, clubs, races etc. If you have any thoughts on this please let me know. Please contact me on colinallanach@aol.com

Colin Allanach

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>

25 Years Ago

SCU CHAMPIONSHIP 12 HOUR

Robert Lindsay is organising the SCU 12 hour Championship for the Club.

He has progressed most of the issues relating to the longest event on the Scottish calendar and is pleased with how things have gone. However, he says that even with the promises of assistance on the day it is important that he has back-up in many areas.

If you have not committed yourself to riding the event Robert would like to speak to you in relation to turning out and giving some help for part of the event.

Race Calendar 2022

Are you willing to organise an event next season to help re-establish cycle competition?

Contact Colin Allanach on colinallanach@aol.com



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

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

August

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.
Sat Aug 14 09:00	Faster Full Day	Westhill Shopping Centre, picnic coffee at Alford, picnic lunch at Glenkindie	Cindy 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.
Sat Aug 21 09:00	Faster Full Day	Tesco, Danestone, picnic coffee at Inverurie, picnic lunch at Picardy Stone, Insch	Cindy 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

September

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
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

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

Evening League 2021

Excellent conditions for the final event. We had a 'thank you to the officials' celebration in the car park at Garlogie. It was well attended.

It was clear from comments that the 2021 format of several categories to highlight young riders and both road and TT bikes had been well received. There was also a clear recognition that the new programme of revised courses was welcomed.

Steve Walton's leadership was efficient and also relaxed - not an easy combination to achieve. He will draft a survey of members to be circulated to all so that responses can guide the design of EL 2022.

It was so good to have comments from Sarah (our Olympian) Rowe 25 years after she represented GB. Excellent to see young riders enjoying themselves as well as going very fast indeed! How great it would be to see another Deeside Thistle rider go from Evening League to Olympics.

On a side note - riding back from the 10 finish of the penultimate event and heading to cross the Dee bridge I stopped to speak to Bert McIntosh who was marshalling. He said a woman driver had stopped and made some constructive suggestions. She complimented the riders on their rear lights which "really helped".

She did comment on a related aspect that I've often discussed with Sandy Pirie. The woman's point was that when there were riders on each side of the road and she was overtaking a competitor she was conscious that riders on the other side of the road approaching her were much less visible.

This is an issue which has concerned me for years. I've been aware that drivers overtaking riders are not always conscious of riders approaching. I've discussed this with Sandy Pirie in particular as his front profile is as aero as Cav's. He and I use flashing day-time lights in TTs. I had previously had a few anxious moments on the Echt straight and in the Torphins 25 with exactly this issue and cars approaching on my side of the road.

I would suggest that the Club Committee consider this proposal and make it a rule that front and back lights are required for Evening League TTs from next season. It doesn't just apply in out and home courses as there are very often riders on each side of a road.

At the road end where I was chatting to Bert there was a grupetto of Family Rowe. The young ones have excellent lights. We should ask for recommendations about which lights are best for this purpose.

The woman who spoke to Bert made the point that our green jerseys blend in with the road verges and vegetation. She suggested a fluo band or something like it to increase

visibility. Again, our junior contingent is mindful of this with their fluo yellow variation of the club kit.

My suggestion is that without changing the design of the kit in any significant way we might consider morphing the green to a high viz green. (I recall that back in the day when the old Deeside kit was a dark woolly green we were keen to increase visibility on the roads when sponsorship came along. Our Positioning Resources kit certainly achieved that!)

It's also important to note that Steve Walton, David Eastwood, Jon Strachan, etc, have worked out a way of giving us a good EL competition and done a great job in the unique circumstances of 2021.

Alan Campbell
Club President

Evening League 2021 Overall Results

Youths

Place	Events	Fpts	Hpts	Tpts	Cat	
1	Liversidge, Jamie	6	475	473	948	1m
2	Rowe, Melanie	6	468	465	933	1f
3	Murphy, Erin	6	461	460	921	2f
4	Ramsay, Euan	6	451	456	907	2m
5	Thomson, Hope	6	447	449	896	3f
6	Aitken, Thea	6	441	447	888	
7	Hendry, Harriet	6	439	441	880	
8	Rowe, Elliot	5	395	396	791	3m
9	Thomson, Millie	5	381	380	761	
10	Evans, Molly	5	376	381	757	
11	Griffin, Sam	4	319	315	634	
12	Ramsay, Thomas	4	313	317	630	
13	Long, Isla	4	306	304	610	
14	Evans, Murdo	3	209	209	418	
15	Mazzuchelli, Lorenzo	3	208	207	415	
16	Smith, Calum	2	158	156	314	
17	White, Evie	2	154	156	310	
18	Stromberg, Cameron	2	156	151	307	
19	Blackburn, Arabella	2	154	150	304	
20	Murphy, Gregor	2	147	144	291	
21	Bain, Oliver	2	134	136	270	
22	Smith, Jacob	1	80	80	160	
23	MacLeod, Alexander	1	75	74	149	
24	Murphy, Eva	1	74	74	148	
25	Lechatelier, Emilie	1	63	63	126	

Road

Place	Events	Fpts	Hpts	Tpts	Cat	
1	Gordon, Stuart	6	479	479	958	1m
2	Quinn, Greg	6	478	467	945	2m
3	MacLean, John	6	466	470	936	3m
4	Deans, David	6	471	462	933	
5	Ross, Gill	6	454	465	919	1f
6	Reid, Douglas	6	455	463	918	
7	Pritchard, Iain	6	445	453	898	
8	Campbell, Alan	6	443	443	886	
9	Brown, Jenny	6	438	440	878	2f

10	Main, Chris	5	400	393	793	
11	McKay, David	5	381	384	765	
12	Stead, Sara	5	370	378	748	3f
13	Long, Sam	4	306	310	616	
14	Ogden, Dave	3	236	237	473	
15	Coffin, Lewis	3	231	228	459	
16	McDonald, Andy	2	156	154	310	
17	Stromberg, Simon	2	152	150	302	
18	Ramsay, Hugh	2	153	147	300	
19	Wallace, Colin	2	147	147	294	
20	Cormack, Calum	1	78	80	158	
20	Walker, Mark	1	79	79	158	
22	Green, Paul	1	72	72	144	
23	Davidson, Terry	1	71	71	142	

TT

Place	Events	Fpts	Hpts	Tpts	Cat	
1	Walker, Mark	6	480	468	948	1m
2	Yule, Andrew	6	477	465	942	2m
3	Blunsdon, John	6	470	464	934	3m
4	Cormack, Calum	6	456	474	930	
5	Bacon, Robert	6	449	466	915	
5	Lindsay, Robert	6	452	463	915	
7	Collins, Jamie	6	456	452	908	
7	Wilson, Ian	6	461	447	908	
9	Jamieson, Innes	6	452	450	902	
10	Wood, Ben	6	451	439	890	
11	Anderson, Neil	6	447	442	889	
12	Bavidge, Bill	6	436	452	888	
13	Huston, John	6	432	449	881	
14	Vaughan, Ian	6	434	442	876	
15	McMillan, Margaret	6	421	450	871	1f
16	Howarth, Neil	6	414	431	845	
17	Walton, Steve	6	415	412	827	
18	Grant, Ian	6	413	406	819	
19	Prabucki, Jill	6	396	417	813	2f
19	Robb, Jim	6	399	414	813	
21	Chedburn, Duncan	5	395	398	793	
22	Leal, John	6	395	381	776	
23	Mitchell, Stewart	6	372	376	748	
24	Davidson, Terry	5	361	354	715	
25	Wallace, Colin	5	346	351	697	
26	Nicoll, Matt	5	347	325	672	
27	Davidson, Mark	5	324	339	663	
28	Smith, Gordon	4	278	264	542	
29	Milne, Ian	4	243	267	510	
30	Lowe, Ron	3	228	201	429	
31	Ramsay, Andrew	2	153	145	298	
32	Chedburn, Lauren	2	129	125	254	3f
33	McIntosh, Bert	2	124	124	248	
34	Campbell, Alan	2	120	123	243	
35	Coffin, Lewis	1	79	79	158	
35	McMillan, Ewen	1	78	80	158	
37	McDonald, Andy	1	78	76	154	
38	Gillespie, Andrew	1	68	75	143	
39	Stromberg, Cameron	1	66	68	134	
40	Ramsey, Hugh	1	63	62	125	

EVENING LEAGUE VETS ON STANDARD COMPETITION 2021

LEILI CLARKE TROPHY LEAGUE TABLE POSITIONS FOR 2021 SEASON

Best six events count.

TT Category

Name	Age	Ev01	Ev02	Ev03	Ev05	Ev06	Ev07	Ev08	Ev09	Ev10	Ev12	Ev13	Ev14	Count	Total	
1 Walker, Mark	46			49	50		50	50		50		48	50	6	299	1St = M & M40+
1 Yule, Andrew	56	50		50	49	50			50	48	50	49	49	6	299	1St = M & M50+
3 Blunsdon, John	51	49		43	48	49	49	49	49	49	49	44	48	6	294	
4 McMillan, Margaret	57	47	43	48	44	47	45		48	46	48	50		6	288	1st L & L50+
5 Wilson, Ian	53		50	47	46			48	47	45		45	46	6	284	
6 Anderson, Neil	58	48		44	45	48					47		46	6	278	
7 Walton, Steve	71	46	44	45	38	46		46			46	43	46	6	275	M70+
8 Cormack, Calum	48		45	41	43	44	47			43	47		47	6	273	
9 Bavidge, Bill	55			42		45	46	47	46			42	44	6	270	
10 Collins, Jamie	41	44	48	38	42		43		41	42				6	260	
11 Wood, Ben	45			35	41	43	44		44	44		39	43	6	259	
12 Prabucki, Jill	61	43		37			41		42	41	45	41	43	6	255	L60+
13 Bacon, Robert	45	37	41	32	37	41	42	45	35	38	44	38	39	6	252	
14 Howarth, Neil	64		42	40		42	40	41	40		39	34	38	6	245	M60+
15 Mitchell, Stewart	81	42		36		38		40	43		42	36		6	241	M80+
16 Huston, John	40			30	40	40		44		40	40	33	36	6	240	
17 Robb, Jim	64	38		31	39	39	39		38	39	43	37	40	6	239	
18 Grant, Ian	57	40	40	33	36			42	36	37	41	35	38	6	238	
19 Lindsay, Robert	51	45	46	39					45			47		5	222	
20 Leal, John	55	36	39	29	35	37		39	34					6	220	
21 Davidson, Mark	50	39	38	28	34								35	5	174	
22 Smith, Gordon	51	42		34				43	39					4	158	
23 Lowe, Ron	56		49	47	47									3	143	
24 Milne, Ian	70							38	37			32	34	4	141	
25 Ramsay, Andrew	52		47				48							2	95	
26 Campbell, Alan	74											40	41	2	81	
27 McIntosh, Bert	77										38		33	2	71	

Road Category

Name	Age	Ev01	Ev02	Ev03	Ev05	Ev06	Ev07	Ev08	Ev09	Ev10	Ev12	Ev13	Ev14	Count	Total	
1 Quinn, Greg	56		50				50	50	50		50	50	50	6	300	1st M & M50+
2 Ross, Gill	44							48	49	49	49	49	49	6	293	1st L & L40+
2 Deans, David	46	48		50			49		48	50	48	47	48	6	293	M40+
4 Campbell, Alan	74			49	49	50	48	47	47					6	290	M70+
5 Reid, Doug	61	47		47	47	49	47	45				48	46	6	285	M60+
6 Pritchard, Iain	64			46	46		46		45		46	46	44	6	275	
7 Stead, Sara	57				48				46	48			47	4	189	F50+
8 Long, Sam	46		47	48							47		45	4	187	
9 Ogden, Dave	43	49	49		50									3	148	
10 Stromberg, Simon	52						45	46						2	91	
11 Walker, Mark	46	50												1	50	
12 Cormack, Calum	48							49						1	49	
13 Green, Paul	62		48											1	48	

Historical Reminiscences

(Part 35)

Ali Davidson sat up and turned his head side-on. We were in a road-race on the Fintray circuit. The heat caused sweat to drip off our noses and ran stingingly into our eyes.

Clinging on grimly my determination not to lose contact with the bunch might eventually succumb. A few good riders dragged us round and stretched the elastic. I didn't want to be the first to go.

If only I'd something refreshing; someone at the side of the road with a hosepipe; a bottle of water to pour over my head.

Ali Davidson sat up and turned his head side-on. His left hand came up to pinch his nostrils and he blew his nose. A haze of cooling water droplets filled the air and enveloped the bunch.

Betty Sinclair phoned to say that her husband had died a few years before and she wanted to pass on some of his bits and pieces.

I got a conversation going and she told me that her husband, Bill, had been a long time Aberdeen Wheeler and she, in the 50s, as Betty Mann, had been in the Caledonian Ladies. She told me that Bill had worked in the Botany Dept of Aberdeen University from the 70s. This got my mind working overtime.

I'd been there, too, for a time until the early 70s so I asked about Harry Cobb, a colleague at the time. Sadly, Harry had had a stroke and had gone downhill quickly. He too has died.

It was away back in 1969 that Harry baited me about racing. I'd never beat his motorbike he said. So, game as ever, I took up the challenge. After work one day we emerged out of the gates onto St Machar Drive, Harry on his BSA Bantam and me on my Quinn. Left onto Bedford Road we roared and as the incline towards Great Northern Road was taken, I started to struggle. Sucking in tight to his green mudguard I managed to maintain contact all the way to the railway bridge and there we shook hands. Harry was impressed and I couldn't speak from the effort.

A few years later I saw a fleeting glimpse of Harry on Nigg Brae. His motorbike was now a bit bigger and undoubtedly a lot more powerful. Happy days.

Gingerly, trying to be invisible, we made our way in via a farm. This is Denwell Farm on the south side of Green Hill near Alford. The farmer was heading indoors after his morning chores. He turned to scrape the mud from his boots before crossing the threshold and spied us.

I spurted forward with Alastair close behind and we were past the building before the farmer could raise a glower.

A couple of weeks later we came north from Crossroads on the Tarland road. Heading for the summits of Benaquhallie and Red Hill we'd exit at Tilliefourie near Monymusk.

The weather was fine and the climb not difficult as we followed the district boundary to a trig point. By the top of Red Hill time had progressed and the route off looked formidable, as it would take us through a dense plantation of trees. So, having discussed the problem we decided to turn east. This took us onto the lower slopes of Green Hill and out via Denwell Farm.

This time we were brave and rode boldly into the farmyard. The farmer stood there, waiting.

"Aye, lads", he greeted us. "*Nae mony bikes up here*", he stated. "*The fermer before me*", he went on, "*bocht each o' his bairns a bike when they left school and aff they went into the big world.*"

"Aye, it's a hard life, but I widnae like tae tak a bike up there", nodding towards Green Hill. He says, "*A couple of Sundays ago a couple o' young (?) lads came through here on bikes and went ower there.*"

Alastair nodded and told him that we'd just come off Benaquhallie. "Aye," says the farmer, "*the road up there isnae very good. Mind you lots o folk do gang through there. Last year the rambles invaded the place. Through here they came trampling everywhere and went on tae the buildings up the road before heading ower to Alford. I went up efter them efter a while and found them sitting about on the grass eating their pieces and supping tea. You cannae sit there, said I, it's coming on tae rain. Let's get you under shelter and I showed them tae the Dutch barn. Nae sides, mind, but it wisnae windy.*"

Willie Brown is the farmer's name. You're welcome.

I'd a heavy rucksack on my back laden with full expedition equipment for supervision of a Duke of Edinburgh's Award Gold Expedition. The four boys (young adults) involved had been spoken to and left to their own devices once they'd crossed the pass to the west of Ben Alder. They would camp near Corroul at the east end of Loch Ossian. The next contact with the boys would be a few kilometres due north the following day in An Lairig. Aonach Beag lay directly in line.

At 1116 metres high it is a formidable obstacle, even more so with time marching on to late afternoon. Various options were looked at in relation to the ascent. Paths were spotted heading in numerous directions but leaving all reason aside I elected to head straight in to the corrie. It is a really steep slope, which any sensible person would avoid, taking, instead, alternative routes to the summit.

For ages I struggled upwards through the contour lines. Forcing one foot above the other, searching for footholds, hoping that the rock I'd found wouldn't slip, that the clump of heath grass was firmly rooted, and all the time asking

myself why. Asking why I'd chosen to do it the hard way. With calf muscles screaming and sweat blinding my eyes every hundred paces I'd stop and listen to my heart pound. When stopping for these rests I'd turn a little, back to the slope and relax my load against the grass to take the weight off my shoulders. Gasping for breath I scraped the salty water from my brow. Once my heart rate had dropped to a manageable level off I'd go on another interval.

Eventually I reached the ridge and the last much easier 50 metres of zig-zag climb through the rocks to the summit.

And yes, my bike was with me. Where else but laid horizontal across the top of my bag, adding considerably to the weight on my back and making the climb that much more difficult.

So why do it the hard way? I don't have the answer but perhaps reading this tale will make you think about seeing things through.

The next time-trial you take part in, when the effort starts to get on top of you, just bite the bullet. The next time you are in a road-race when someone has put the hammer down and you feel yourself beginning to lose contact just bite the bullet.

Your training may be structured and scientific but every now and then, when competing, you may find that your planning goes a bit awry, and it is then you should bring to mind that tale of Aonach Beag and think of succeeding.

Kinlochhourn has the celebrated title of the wettest place in Britain. We'd camped on Loch Garry before riding over by Loch Quoich and the slippery descent on algae covered road to the pier at Kinlochhourn.

An old guy with watery greying eyes spoke to us about the eagles soaring above. *They are flying over the track to Arnisdale*, he said. *It's been raining*, he told us. *It's a bad crossing. The burns are high and the bridges are down. The RAC motorbike rally used to go over there but not now.*

Notwithstanding that worrying advice we ventured on and made the crossing to Arnisdale. Coming upon the river shortly before the village worried us further because it was high and a tandem with panniers front and rear is no mean machine to control when you plunge it into swollen waters. Hanging on to it manfully as the waters tried to bowl everything over, we struggled, waist deep at times, to the other side.

There is a fantastic track there. It follows the river and is made of gigantic flat boulders. The river obviously a burn, the water ankle deep, the boulders pebbles but the memories seem real.

Davidson, the grocer from Glenelg, was in Arnisdale as we arrived, shattered and ravenous. Putting a massive spurt on we reached his van just as it drew away from the door of a cottage. I slammed my fist against the side of the vehicle

and shouted on him to stop. Which he did - at the house next door. What did we expect? He is a really fine chap.

A few years later I took a group of teenagers to Glenelg and we went into his shop in the village to buy our food to take over to Ratagan YH. Starving with hunger, much of the food bought instantly disappeared. Soon Davidson started shouting at us telling us not to eat inside the premises and he asked us to leave. The shutters went up and he went haring down the road to the local shinty pitch where his favourite team, Glenelg Utd, were in fierce battle for the cup title with Sheildaig Rovers. As we cycled past, our hunger assuaged, we got our revenge by bellowing, *Sheildaig for the cup!*

Glen Affric is generally easy but has a tricky descent to Kintail. The hostel in the middle of the crossing used to have a sign telling you to wash below the bridge and drink above the bridge, sound advice. Males were also recommended to use natural resources, for the warden had to carry toilet rolls in from Cannich, 15mls away.

I've only been to Cannich YH once and how things taint your feelings. It was an absolute downpour. Thunder and lightning scared the living daylight out of the warden's dog, which covered under a table. On the table sat a record player and through the storm Mike Oldfield's [*Tubular Bells*](#) played incessantly. Can't stand the thing now.

All around is bird song. These are night birds calling to each other on Nyika Plateau. A ring of fire has been built round our camp site. The black men sit smoking, telling each other stories.

A wind blows gently from the plains far below. It is cold. Above us a half moon doesn't let it get completely dark. I am sleeping under the stars in central Africa.

Wind farms spring up all around us. There is a strong opinion against them and I'd be blatant enough to lend my support for I don't like change. I don't like my views obstructed by something new.

However, I'm careful to remind myself those things that my parents objected to are likely to be an accepted part of my life. Likewise, my abhorrence, will, by the next generation see them as the norm.

Maybe the thought of a hillside being festooned by giant windmills does evoke feelings of; what will happen to the wildlife; it spoils the view; another bit of wilderness gone. Then, console yourself with the thought that they aren't as awful as open cast mine workings, or the cobweb of electricity pylons, or the insidious intrusions into the countryside of commuter conurbations. ***Roughstuffer***

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 **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 (2)
- 2 **Reduced price.** 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), Catye computer. Excellent first TT bike, £345 ono. dick.bird@ifb.co.uk Photo available (3)
- 3 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)
- 4 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 (3)
Please email; duncananderson01@gmail.com
- 5 BMC Road Machine 02 2017 model. 54cms in red with carbon integrated seat post, aero alloy handlebars and stem. £500. Contact John on john_kunka@yahoo.co.uk (3)
- 6 a) Merida cross900 hybrid bike complete with Merida fork, Shimano disc brakes and Shimano 3x9 gears
- b) Whyte 901 26" wheel Medium hard tail mountain bike complete with Rock Shox Recon fork, Elixir 5 disc brakes and SRAM X7 2x10 gears
- c) Whyte 901 26" wheel small hard tail mountain bike with Rock Shox Recon fork, Elixir 5 disc brakes and SRAM X7 3x10 gears.

All reasonable offers considered. (3)

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Please complete and return to Sandy Lindsay,
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Telephone 01467 681330 or email:

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