


Issue 572 November 2021

# Cranks

## Volume 48

The magazine of  
**Deeside Thistle Cycling Club**

Sponsored by:



**Tierney Strachan**  
PROCESS CONTROL ENGINEERING

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**Current Membership 619 (605)**  
**SCU Membership 307 (314)**

### Editorial:

Phil Boden and I got to know each other over 50 years ago. He'd headed north from Liverpool to do a doctorate at Aberdeen University. He joined the Wheelers.

Though returning to Liverpool after only a few years he still feels closely connected with the north-east.

He and I lived hand in glove during his time in the Wheelers and though arch rivals in the competitive sense we were the best of pals and have remained so.

Our contact is sporadic and living so far apart it's a bit difficult to socialise on a regular basis. Non-the-less, as he has free minutes on his phone, he's able to call me and we can ramble and reminisce for hours at a time.

On his most recent call I wasn't available, so he left a voice message. Short and simple he indicated that he'd a bone to pick with me. He'd been browsing our web site and came upon the note which says that the Deeside Thistle Cycling Club is the UK's oldest.

Aberdeen Wheelers started in the mid-1920s which predates us by quite a few years! Not that we're going to let this wee anomaly spoil our friendship. Anyway, perhaps, we should update the entry.

### PHILOSOPHER'S CORNER

*A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked.* - **Bernard Meltzer**

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](mailto:knockies@deeside.org)

### Knockburn Loch CX 2021

What a fabulous day of racing in epic high winds on Sunday 07 November. We had a fantastic turn-out, with many Deeside Youths taking part in their first CX race.

The younger riders from U8 to U12 raced on a short circuit near the Knockburn track, with a series of box turns, grassy trails and hurdles for the U12 (and an extension into the field where all riders did well not to take off in the high winds). A great chance to get a taste of racing CX, thanks to Chris for putting the efforts into preparing (and repairing) a dedicated course and running these races. Fantastic representation with 19 riders overall spread throughout all categories, and Deeside Youth riders taking four 1st places (Sophie, Casper, Eden, Olivia), one 2nd place (Sebastian) and two 3rd places (Natalia & Zara).

Simultaneous to the above, the U14 and U16 raced on the full Knockburn CX course being used by the adults. Neil Scott had prepared and organised an excellent technical course with a windswept grassy field, rooty forest trails, tarmac sprint sections, a very challenging clay run-up (ride up for the most powerful and skilful riders), 180deg dead turns on gravel, a loose sand steep ride up (run-up if any traffic), grassy boxed turns, hurdles, steep off camber climbs and descents up onto and down from the football pitch, then back through the forest for the sting in the tail: 50mph winds in the grassy field, with properly steep switchbacks up and down a just rideable section.

Deeside Youths had riders in all U14 & U16 categories, with 16 riders and seven podium places (Melanie, Hope, Ross, Innes, Arabella, Millie, Luis)! What an effort by all, on a properly challenging course.

The next race was a combined Junior, Vet40/50/60 and women's race, where Deeside Juniors got to show their skills, speed and endurance to some of our coaches and expert riders. Evie won the Junior Female, and Ailsa came third.

Lots of adult riders also, see links for full results.

<https://results.sporthive.com/events/PC1934192>  
<https://results.sporthive.com/events/PC1934226>

Well done all, and thanks to Neil Scott for organising, to Karl and all the volunteer Marshalls, to the course builders and dismantlers, first aiders, and commissaires.

*Alister Aitken*

### Cycling Sunday at Neospace in Aberdeen

The people at the new Neospace business centre are putting on a very special cycling day in their new Skill Bike studio, which I'm told is one of the most advanced in the country. Titled Cycling Sunday the guest instructor is Scottish National Champion Jennifer George. There are 4 slots available during the day with 12 spots available in each class - see here <https://www.neo-space.com/cycle-sunday-organic/>

## Knockburn Sports Centre

We enjoyed a welcome uplift overall in 2021, probably related to circumstances never envisioned in our lifetime, will 2022 follow this trend? All the Knockburn team made this happen which I greatly thank all for their hard work

The need for café staff is a challenge which we need to overcome; otherwise, I am minded at this date not to open in May 2022. As a final "incentive" I am prepared to offer the café on a payment of consumables / rates only

Interested parties must be in compliance with all employment and operation legislation

Larger events out with the café may be under a different agreement

CV's sent by email to [bert@mphltd.co.uk](mailto:bert@mphltd.co.uk) is appreciated

Wishing you all a good festive season

**Bert McIntosh**

# Club Fees

Have you paid yours?

Club Fees become due on 01 Oct

You can update your Membership (and others in your Family) by going to <http://deeside.org/join/>.

Or do a Bank Transfer to Sort Code 30 10 01 Account 00802182. Be sure and add your name as a Reference if paying it this way

Telephone payments are also possible by phoning 07867 857221

## Update from DTCC Youth and Junior

During the school holidays in October five Deesiders took advantage of the break and made their way to the Sir Chris Hoy velodrome in Glasgow for the first track league event for some time.

The riders had 4 races, each made up of a mix of scratch, tempo, points and elimination.

It was also back to cyclo-cross as Callendar Park, Falkirk, hosted the third round of the 2021/22 HSBC UK Cyclo-cross National Trophy Series. Some of our younger riders took part in the support races for the u8s, u10s and u12s. These were followed by the National Trophy Series races.

DTCC had riders in the boys and girls U14 and U16 races on the Saturday and in the junior women's race on Sunday.

Melanie Rowe placed 3rd in U14 girls and Elliot Rowe claimed 3rd place in U16 boys.

In the second week of the holidays four members went to Week 2 of the Glasgow Track League at the Sir Chris Hoy Velodrome for an evening of racing.

Then mud was the order of the day at Fife College the following weekend. Seven Deesiders took on the muddy CX course and 5 claimed podium places:

Melanie Rowe U14 2<sup>nd</sup>  
Ross Easthaugh U14 1<sup>st</sup>  
Arabella Blackburn U16 1<sup>st</sup>  
Millie Thomson U16 3<sup>rd</sup>  
Luis Ryder U16 3<sup>rd</sup>

The 2021 Scottish Cyclocross Championships took place on 14th November at Camperdown Country Park in Dundee.

DTCC was well represented across the races with 21 youths and juniors competing. The riders needed grit and determination as well as a mix of skills and power to get the best out of their racing.

It's clear to see that the Club's CX training sessions are paying off. Highlights of the results:

### U12 girls

Olivia Poole - 1<sup>st</sup>  
Zara Main - 2<sup>nd</sup>

### U14 girls

Melanie Rowe - 2<sup>nd</sup>  
Hope Thomson - 3<sup>rd</sup>

### U16 boys

Elliot Rowe - 1<sup>st</sup>

### U16 girls

Arabella Blackburn - 3<sup>rd</sup>

*Lyndsay Aitken*

## 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.

## GBCT Foundation Programme

Whilst still having many challenges around Covid, 2021 has delivered a very busy race schedule across all disciplines with the green (and fluorescent yellow) of DTCC Youth and Junior being very prominent.

These races have produced many wins and podiums for the club, but, more importantly, it has demonstrated clearly just how much riders have improved and developed within the environment that has been created.

In addition to the participation in races, both regionally and nationally, DTCC Y&J riders are also participating in regional and national development activities, again across all disciplines, in order to further their development and the number of riders participating in such programmes is very impressive.

This is a great credit to all riders, parents, coaches and helpers within the club.

As riders start thinking about preparations for the 2022 season, it is also the time of year when GBCT make selections to their talent development programmes.

The first step on the talent development ladder is the Foundation Programme, which commences at U16 (second year Youth A). It commences with invitation onto the Foundation National School of Racing, which was formerly known as the Apprentice programme. This programme leads toward the junior academy and delivers a programme for the rider managed by a GBCT Foundation coach.

For 2022, Elliot Rowe has been selected for the programme, following a very impressive season in which both his race results and commitment to furthering his development as a rider has been outstanding. I'm sure everyone will join me in congratulating Elliot and wishing him the best of luck this coming year, his future is very bright indeed.

Also, one of our top female youths, Erin Murphy, has been given the amazing opportunity to join Alba Development Road Team for 2022.

**Bob Lyons**

## Erin Murphy

Time to move on ...

As some of you may have seen or heard, my time with Deeside youths & juniors has come to an end. As I turn 18 and move to under 23, I have been given the amazing opportunity to join Alba Development Road Team for 2022. This is really exciting, and I can't wait to get racing with my new teammates.

But, and it's a big but, this wouldn't have been possible without the tremendous support I have received from "team green." I would like to take this opportunity to thank all the

riders, parents and coaches who have supported me over the last 5 years, especially Sarah, Sam and Bob. You have all become friends for life!

Deeside Thistle has been an amazing club to be part of and this is most definitely not goodbye. I am sure I'll see you all on the road or track somewhere and I'll be back to hopefully inspire the next group of riders. **Erin Murphy**

## Deeside Flag Overseas

A cycling criterium took place on the Abu Dhabi F1 Yas Circuit on Saturday 23 Oct. In third place and in club colours came Jonathan Ritchie. The UAE Emirates Team were in attendance and Pagacar, two times Tour de France winner, shared the podium with Jonathan.



## A93 Multi-Modal Corridor Study

Aberdeen City Council (ACC) has commissioned a multi-modal Scottish Transport Appraisal Guidance (STAG) - based study to investigate problems and opportunities along the A93 corridor between Banchory and Aberdeen City Centre, with a particular focus on walking, wheeling, cycling and bus travel. The main aim of the study is to identify options that will encourage more people to travel sustainably for trips along the corridor (i.e. walking, cycling and using public transport), particularly for regular commuting journeys.

This study continues the ongoing work of ACC and partners to consider means of “locking-in” benefits of the Aberdeen Western Peripheral Route on the principal transport corridors linking Aberdeenshire and Aberdeen City, with the recent revision of the roads hierarchy in the city cementing the role of the A93 corridor as a priority radial route. A key challenge for the study is thus the need to develop options that promote sustainable travel along the corridor whilst ensuring that there are no unintended routing consequences on parallel routes.

In line with the objective-led approach afforded by STAG, the study is commencing with an exercise to establish the key transport-related problems, issues, constraints and opportunities on the A93 corridor. This will be driven by an extensive – and inclusive – public and stakeholder engagement exercise, involving:

1. The establishment of an online ‘Placecheck’ exercise, allowing targeted identification of key locations reflective of the key transport-related problems and opportunities on the A93 corridor (see below for details).
2. Targeted local community engagement.
3. Site-based ‘Study Tours’ to allow direct corridor-based engagement with key stakeholders to discuss and observe issues on the corridor itself.
4. Workshop sessions with schools to engage young people on the corridor in local transport issues.
5. A wide-ranging engagement exercise with special interest groups including those representing walkers, cyclists and people with health conditions or impairments.

Further information about the Placecheck exercise is available at the following link: <https://rb.gy/yx6j7l>. The Placecheck is now live and will be open for comments until **Wednesday 1<sup>st</sup> December 2021**.

As the study moves through the appraisal process, a further round of consultation will be undertaken in 2022 which will provide further opportunity to feed back on the options emerging in the study, ensuring members of the public and stakeholders are involved in the study at each critical stage.

A Study Briefing Paper has been prepared to introduce the study to consultees and this is [appended](#) for your information. I would invite you to note the commencement of this study and publicise opportunities for participation as they are communicated by ACC in due course.

*Charlie Fuller* MA (Hons)

## Butchers Bike Wanted

I am after the loan of an old fashioned black “mail boy” bike next April for a production of A Sound of Music that we are putting on at School.

If you have one I can borrow or give me a guide to where there is one please contact me on [john\\_blunsdon@hotmail.com](mailto:john_blunsdon@hotmail.com)

*John Blunsdon*

## SCNEG Update

Here’s our proposed calendar for 2022:

|        |                      |      |
|--------|----------------------|------|
| 05 Mar | Youth Crit           | YCC  |
| 22 Mar | RKL RR               | DTCC |
| 23 Mar | Mount Keen Challenge | Roy  |
| 03 Apr | 25TT                 | DTCC |
| 21 Apr | Evening RR           | YCC  |
| 12 May | Evening RR           | VC   |
| 08 Jun | 10TT                 | YCC  |
| 18 Jun | 25TT                 | YCC  |
| 30 Jun | Evening RR           | DTCC |
| 8Jul   | NE 250               | Roy  |
| 9Jul   | NE 250               | Roy  |
| 10 Jul | 10TT                 | DTCC |
| 21 Jul | Evening RR           | TEN  |
| 13 Aug | Jolibar RR           | DTCC |
| 21 Aug | Youth Crit           | YCC  |
| 04 Sep | ToB Start            |      |
| 11 Sep | TT Champs            | TEN  |
| 18 Sep | Classy 10TT          | AWCC |

*Colin Allanach* colinallanach@aol.com

## Coronavirus Update

Go to the SC website [here](#) where there is a short article providing some key considerations to make regarding activity.

All limits on group sizes and physical distancing have been lifted but for the time being, as the Test & Protect system continues in operation, it will still be necessary to maintain a register of attendees to ensure that people can be traced as contacts of positive cases.

This will be constantly reviewed. *Scottish Cycling*

## 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](#)

## Coach Education courses

| Course | Location  | Start  | Booking Link   |
|--------|-----------|--------|--|
| L1     | Edinburgh | 20-Nov | <a href="http://www.britishcycling.org.uk/event/course/details/6641">www.britishcycling.org.uk/event/course/details/6641</a> |
| L2     | Glasgow   | 11-Dec | <a href="http://www.britishcycling.org.uk/event/course/details/6642">www.britishcycling.org.uk/event/course/details/6642</a> |
| L2     | Aberdeen  | 08-Jan | <a href="http://www.britishcycling.org.uk/event/course/details/6643">www.britishcycling.org.uk/event/course/details/6643</a> |

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](mailto:hamish.cowton@scottishcycling.org.uk)

## New Committee Members

Deeside is looking for members to join the committee. We are several people short. In particular we need someone who enjoys social media and would be interested in helping with this.

No experience is necessary as new ideas and enthusiasm are always welcome. Any younger members with fresh ideas? Help us to guide the club through the current year, the 2022 season and beyond. Meetings are held digitally every two months and you will recognize a few weel kent faces.

Please feel free to get in touch with any questions on [chairman@deeside.org](mailto:chairman@deeside.org) or [knockies@deeside.org](mailto:knockies@deeside.org)

## 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

I'm getting to the point where my resources are exhausting themselves. You can help

How about penning a few lines and sending it through to [knockies@deeside.org](mailto:knockies@deeside.org)

## 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](https://www.ukcoaching.org/courses/elearning-courses/sudden-cardiac-arrest?utm_source=eshot&utm_campaign=sca&utm_medium=email)

*Gill Thyne*

## Tour of Britain 2022

ToB Grand Depart from Aberdeen is set at Saturday 04 September 2022. Get it in your diary. Can we make a weekend of it? Crit races, Sportive? Friday night TT? Any other ideas? If we do support events on the Friday and Saturday that leaves us Sunday to watch the pros. Any thoughts or ideas of what we could do? Please contact me on [colinallanach@aol.com](mailto:colinallanach@aol.com)

*Colin Allanach*

## KNOCKBURN LOCH MANAGEMENT

John Huston Knockburn Site Manager, Knockburn Loch, Strachan, AB31 6LL [info@knockburn.co.uk](mailto:info@knockburn.co.uk), 01330 822234 / 07741314999 [www.knockburn.co.uk](http://www.knockburn.co.uk). You can like us on [FaceBook](#) and follow us on [Twitter](#)

**Club Fees** - Have you paid yours? Go here <http://deeside.org/join/> or Bank Transfer to 30 10 01 / 00802182

## 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](mailto:welfare@deeside.org)

## 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*

## 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.

## 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](mailto:mtb@deeside.org)

## Youth Free Membership

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

## 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](http://ZWIFT.COM)

## 25 Years Ago

### MTB CHAMPS - KIRKHILL FOREST

This year's District Championship was promoted by the Deeside Thistle MTB section and was held at the popular Kirkhill Forest. This year we were undoubtedly blessed as the course was bone dry as opposed to last years' mudbath. It was so dry Phil decided to add in a "muddy" section much to the racers delight.

Think Kirkhill, think "technical" and "single track" for about 5.2 miles. No massive climbs and no massive descents but lots of technical single track.

The race was well attended with almost 100 starters, and a fair few Deesiders among them.

The racing took place in effectively two parts: Fun and Youth went off first and Seniors (4 laps), Juniors, Masters, Vets & Women (all 3 laps) starting once the first lot had finished. The Seniors were given a minute's start and then everybody else set off en masse.

Dan Whitehead (Volvo Cannondale) showed everybody a clean set of (w)heels to go storming round doing 25-minute laps. And to think he only came 2nd in the Scottish Champs. However, as he rides for an English club 2nd placed Ben Rawlinson (232 RT) was District Champ for the second year running. Best Placed Deesider was Gary Hughes who came in 12th. Jamie Batey was alleged to have entertained the spectators by stacking up in the run in to the car park.

Phil Kelman romped round in the Masters to take second place to Colin Shearer (Aberdeen Multisport) and also a silver medal.

The massed start was great in that it gave people of all abilities a race, albeit against the vets and women.

In the Vets race Kenny Walker came 2nd to take a gold and Bo Hardt, on his nice new bike, came fourth to get a silver.

In the women's race Deeside's only hopes were dashed when Catherine Riddoch's bike decided to disassemble itself mid race. The honours were taken by Rachel Gordon (232 RT), no surprise as she won the SCU series this.

In the Juniors Sean Clark (Alpine Bikes) pipped Mike Ziagorski (Clachnacuddin CC).

Marc Currie (GS Corsa) won the Youths by a convincing margin from quite a big field.

## New Members

The following new or returning members have joined in recent weeks

|      |                   |            |    |
|------|-------------------|------------|----|
| 2636 | Calum Gibb        | Aberdeen   | 22 |
| 3034 | Eilidh Prise      | Kingswells | 26 |
| 3035 | Aidan Ryder       | Penicuik   | 12 |
| 3036 | Charlotte Le Roy  | Banchory   | 42 |
| 3037 | Theo Le Roy       | Banchory   | 8  |
| 3038 | Jeanne Le Roy     | Banchory   | 5  |
| 3039 | Andrew Mellor     | Banchory   | 56 |
| 3040 | Lewis Farquharson | Inverurie  | 6  |
| 3041 | Oliver Brookes    | Inverurie  | 9  |
| 3042 | Jackson Cleal     | Banchory   | 12 |

Any friend, family member, work colleague, who is interested in cycling but not involved with a club, should be dropped the hint to look at [www.deeside.org/members](http://www.deeside.org/members) or to email [members@deeside.org](mailto:members@deeside.org) asking for information.

## 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](mailto:info@deeside.org)

### **Ian Grant**

Gardening: - Grass Cutting

General Tidying - Rotovation

Pressure washing - Tree Surgery,

Welding (electric) and small repairs

£9.00/hr or estimates

30 Sclattie Park, Bucksburn, Aberdeen

Tel (01224) 713033



## 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 Representative

|                     |     |              |
|---------------------|-----|--------------|
| 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 mls.

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

##### November

Sat 20 Nov Medium Full Day 09:30 Brig O Balgownie, Coffee at The Barn, Foveran, lunch at Redgarth John T  
 Sat 20 Nov Try Cycling 10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome. Moira  
 Sun 21 Nov Faster Full Day 09:30 Peterculter (West End), Coffee at Raemoir Garden Centre, Banchory (01330 825059), lunch at Commercial Hotel, Tarland (01339 881922) John S  
 Sun 21 Nov Morning Run 09:30 Seaton Park St Machar Entrance, The Chanonry, Coffee at Sterling Furniture store, Bridge of Don (01224 704250) Dave H  
 Thu 25 Nov Thursday Run 09:30 Airyhall Library, Destination to be decided on the day, morning ride coffee stop. Cindy  
 Sat 27 Nov Faster Full Day 09:30 Brig O Balgownie, Coffee at The Coffee Apothecary, Ellon (01358 721946), lunch at Ross's Coffee Shop, Inverurie (01467 620764) Andy G  
 Sat 27 Nov Morning Run 09:30 Cults Library, Coffee at Green Pastures Community Cafe, Westhill (01224 740291) Alan  
 Sun 28 Nov lower Full Day 09:30 Airyhall Library, Coffee at Milton Brasserie, Milton of Crathes, lunch, Midmar Tom S  
 Sun 28 Nov Try Cycling 10:00 Westburn Park, Westburn House, Short easy rides, all welcome. John C

##### December

Thu 2 Dec Thursday Run 9:30 Airyhall Library, Destination to be decided on the day, morning ride coffee stop. Cindy  
 Sat 4 Dec Faster Full Day 09:30 Airyhall Library, Coffee at Crathes Castle, Banchory (01330 844757), lunch at Kirktown Garden Centre, Stonehaven (01569 764343) Jacqui  
 Sat 4 Dec Morning Run 09:30 Hazlehead, Groats Rd, Coffee at Mains of Drum Garden Centre, Drumoak Cindy  
 Sat 4 Dec Try Cycling 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. Peter S  
 Sun 5 Dec Medium Full Day 09:30 Airyhall Library, Coffee at Floras Coffee and Refill, Cullerlie (01330 860848), lunch at Ross's Coffee Shop, Inverurie (01467 620764) Imogen B  
 Thu 9 Dec Thursday Run 09:30 Airyhall Library, Destination to be decided on the day, morning ride coffee stop. Cindy  
 Sat 11 Dec Social 12:00 Toby Carvery Cocket Hat, North Anderson Drive, Xmas lunch 12 for 12.30. Optional pre-lunch run: Meet for coffee at Thyme Out, Mannofield at 9.30 leave at 10, will arrive at the Cocket Hat in time for lunch. Heather  
 Sun 12 Dec Faster Full Day 09:30 Hazlehead, Groats Rd Car Park, Coffee at Floras Coffee and Refill, Cullerlie (01330 860848), lunch at Gordon Highlander, Inverurie (01467626780) Rod  
 Sun 12 Dec Morning Run 09:30 Brig O Balgownie, Coffee at Parkhill Garden Centre, Parkhill (01224 722167) Dave H

Sun 12 Dec Try Cycling 0:00 Seaton Park, Don St Entrance, Short easy rides, all welcome. Mike  
 Thu 16 Dec Thursday Run 09:30 Airyhall Library, Destination to be decided on the day, morning ride coffee stop. Cindy  
 Sat 18 Dec Medium Full Day 09:30 Leggart Terrace, Coffee at Teacake, Chapelton of Elsick, lunch, Banchory John S  
 Sat 18 Dec Try Cycling 10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome. John P  
 Sun 19 Dec Faster Full Day 09:30 Airyhall Library, Coffee at Forest Cafe, Midmar, lunch at Cafe 83, Kemnay David B  
 Sun 19 Dec Morning Run 09:30 Leggart Terrace, Coffee at Duthie Park Restaurant, Aberdeen (01224 585310) Alan  
 Thu 23 Dec Thursday Run 09:30 Airyhall Library, Destination to be decided on the day, morning ride coffee stop. Cindy  
 Thu 30 Dec Thursday Run 09:30 Airyhall Library, Destination to be decided on the day, morning ride coffee stop. Cindy



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## Historical Reminiscences

### (Part 38)

One of Royals' country dwellings, Delnadamp Lodge, sat in a grove of trees by a lochan about a mile west of Corgarff Castle. Hidden from view except for those who chose this as a route into Inchrory, Glen Dye and the Cairngorms, it was up for sale.

When I first got involved with the Malcolm Sargent Cancer Fund for Children they were looking to buy a country residence as a holiday home for cancer patients and their families. One of the preferred sites was Delnadamp. They went for Prestwick House instead.

That is not my only connection. I'd come in from the south side of Loch Builg to intercept a party of Duke of Edinburgh Award participants heading south from Inchrory. The weather had turned bad, very bad, and what a job I had crossing the outflow at the head of the loch, my bike a useful prop and third leg as I struggled against the raging torrent.

Radioing ahead I spoke to the other supervisor trailing some way behind the party. We did a pincer movement and got the youngsters all together and called the trip off.

And it rained and rained. That day hundreds of similar young folk had to be rescued from the north east hills.

Once we got them all sorted, even inside bin liners to help keep the rain off, I sprinted off on my trusty steed back to Corgarff where I brought a minibus in past Delnadamp and began to ferry the folk out. A gamie from Delnadamp opened the stables for us and there we recuperated, supped and dried before heading back.

Neil MacRae got out of his saddle and forced the pedals round, refusing to let the hill beat him. This on the Cairn o'Mount road on the steep climb south from Bridge of Dye.

Suddenly, a sharp fizzing sound followed by splat made us think someone had punctured. But no, no rims rattled on the tarmac.

In his own quiet way Neil told us that something had hit his back. Examining his mussette, a neat hole about 6mm in diameter could be seen, and inside the bag the hole continued through the folds of his tippet. Nestled at the bottom of the hole was a .22 airgun pellet.

The Thamel region of Kathmandu has everything any pass stormer could want. There are dozens of shops stocking named goods.

I'd to replace my bag before Alastair and I set forth on our trip to Lo Mantang. And there on a shelf sat the ideal solution. I parted with a few dozen rupees for the *Lowe Alpine* branded day sack. It would give years of service.

Within hours the stitching began to give way and Chattra, smiling, tapped the label and told me that was the only thing genuine about the bag.

It was far too long and far too hard. What's wrong with a run along the beach boulevard, for example, at a steady speed? Then everyone could go in for an ice cream or a cappuccino. Or a beer would be better.

We thought we were doing well, trundling our knobblies round the 100km. Then we saw this bike equally as inappropriate at Tullynessle. The driver was in the 100 miles group and staying with them. *C'est la vie*.

We started out from Garlogie before dawn arrived as we didn't want to be seen – but still got caught

David Livingstone, a Scottish missionary, went to Malawi (Nyasaland) at the start of the 19<sup>th</sup> century. Everywhere he went he tried to convert the black people to Christian beliefs.

In Nkota Khota he stood in the shelter of a tree shaking hands with Native Chiefs having persuaded them to stop slave trading.

From Khota Khota, down Lake Malawi, into Tanzania and stretching to the coast at Zanzibar, is what is known as the Mango Avenue.

I'd thought, watching folk eating loads of this tasty fruit, that they must be healthy. Only, it is all many of them have to eat and in season.

Thousands of slaves, over many years, were marched to Addis Ababa and Zanzibar on the east coast of Africa before being shipped to Arab countries. All they had to eat during the long hot days of travel were Mangoes. Throwing the seeds away, a percentage took root and today flourish as trees along the route.

In 1854 Robert Laws was born in Aberdeen. When only 21 years old he went to Malawi with an army of missionaries and workmen to carry on the work started by Livingstone.

One of the first places stayed at is called Bandawe. Here is a graveyard with many epitaphs to young men, women and children who died mysteriously. Laws blamed the water. He moved northwards along the lake shore, but his compatriots continued dying. Eventually he climbed the escarpment from Chintech Bay to a plateau at 5000 feet to a place called Kondowe. Here he found sanctuary and health. In memory of Livingstone, he named his new settlement, Livingstonia,

We stayed in Stonehouse, the home of Laws and went to church where the congregation were told we came from Aberdeen. A huge cheer went up and they applauded for ages.

Laws is still revered for the good he did in Malawi, and everyone knew the city of Aberdeen, Laws' birthplace.

There are twenty-seven hairpin bends to be negotiated as we descended the escarpment on our bikes. On the way down we passed a hydro-electric scheme, claimed to be one of the first world-wide, built about 1906 and still operating.

A work colleague asked me to escort him from the west coast to the east coast of Scotland.

He'd planned to do it the easy way and start from the nearest sea loch, but I put him right. We set off from Ardnamurchan Point, which just happens to be the furthest west on the Scottish mainland that you can get.

We camped overnight in Glencoe at the foot of the valley as darkness closed in. This avoided the Rangers and leaving at 6.30am meant we missed them in the morning as well.

Heading onto Rannoch Moor from the Kingshouse end is a relative doddle as it starts on tarmac and then a landrover track just west of the hotel. This took us a long way in past a shooting lodge and two of the ubiquitous mobile phone transmitters.

Once the track runs out the footpath is easy if not wet. Most of the wet areas are still substantial enough to walk over, however, as we'd heavy packs on this meant that even in the short smooth stretches we couldn't mount very often. The route is marked by a line of electricity poles and the path is generally very distinct.

Shortly after reaching a deer fence and long before the map marked route you gain another landrover track which switch backs down to Rannoch Station.

There're a couple of gates but only one is locked at the Rannoch end, beside the railway.

It took us five and a half hours to do the journey. Though not particularly strenuous as most of the time the bike can be ridden or wheeled with no dramatic ups or downs or rocks to negotiate. Lightly laden it would be far less difficult.

The Midgey Bar in the small hotel sold us huge troughs of home-made soup for a reasonable price. Their bacon butties cost £2.75 but are in a big bap and they added an egg to ours for an extra 25p.

I'd just got myself rigged out in kilt and clutter when the phone rang. Time was running short with the haggis in Newtonhill hottering away waiting on the address and an expectant group of women sitting patiently.

Should I ignore the phone? *Hello*, I barked into the mouthpiece and this Liverpoolian voice bet that I wouldn't know who it belonged to. It's hardly a big deal getting a

phone call from St Helens but the owner of the voice at the other end of the line was Phil Boden and to me that made the call important.

Phil's one of those guys you exchange Christmas cards with; you seldom phone and letter writing ceased years ago. Only, Boden and I went through a lot together.

We became close friends and friendships are something to be cherished. Many a mile was pedalled in each other's company, many the event attended together; holidays shared, troubles halved; a boon companion in times of pleasure and strife.

Our abilities on the bike were near equal and it led to interesting competition. We'd some good tussles at District and National level and even though in different clubs the support given each other was always done willingly.

It's many years since Phil returned to Merseyside. Way back then I'd cycle overnight from Aberdeen to spend a few days with him. We'd do some of his local courses; ride a few of his lanes before I headed back over Shap Fell and Devil's Beef Tub.

Then he phoned to tell me, at the start of May, he's heading north for a week's holiday at Huntly.

At the Newton Arms the piper fidgeted and slapped his instrument into fettle. The call had made my day; the dram could wait ten minutes.

Colin Davenport fell from his bicycle on Union Street trying to avoid an attack by three seagulls. Reminiscent of Hitchcock's classic suspense thriller, *The Birds*, the gulls swooped on the cyclist.

The 42-year-old commis chef said he panicked. *"All three of them were coming straight for me."* Cycling to work the incident happened as he approached the junction with Back Wynd. *"I had to swerve to avoid the first two, then I had to duck to miss the one that was coming straight at my head. Swerving and ducking on a bike don't go together."*

He branded the gulls *"pests"* and called for legislation to control their numbers. He said: *"I don't really blame the gulls, but I think we should be able to limit their breeding, like we do with deer."*

Animal charities have received reports of a pair of dive-bombing gulls in Clifton Road, Aberdeen. Pedestrians passing the nest have had to duck to avoid the swooping birds. Local retailers have reported a downturn in business as shoppers keep away.

And seen recently, sitting on top of a telegraph pole in the Fintray area, was a giant, jet-black bird. Cyclists have been asked to be wary when in that area. It has a hooked beak and large staring eyes.

We'd spotted it one misty Sunday morning when pedalling from Disblair. This was the first confirmed sighting of the new species, the Crozzard. ***Roughstuffer***

## For Sale

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

- 1 **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), Cateye computer. Excellent first TT bike, £345 ono. [dick.bird@ifb.co.uk](mailto:dick.bird@ifb.co.uk) Photo available (1)
- 2 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 (1)
- 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 (1)
- 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 (1)  
Please email; [duncananderson01@gmail.com](mailto:duncananderson01@gmail.com)
- 3 a) Cube Litening 56cm – fit someone around 5ft10in to 6 Ft. As new fitted with Mavic wheels and brand-new Ultegra DI2. Never been used. £2,750 (2)
- b) Scott CR1 -54 cm Time trial bike- Fit someone up to 5Ft 10in. As new - fitted with Shimano C50 wheels, Zip Aero Bars and Shimano 11 speed Dura Ace. £2,500 (2)
- c) Corima Tubular Disk wheel fitted with 11 speed Dura Ace block with 3 spare tubs £575 (2)  
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## Helping at Events

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

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

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

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

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

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