


Issue 574 January 2022

Cranks

Volume 48

The magazine of
Deeside Thistle Cycling Club

Sponsored by:



Tierney Strachan
PROCESS CONTROL ENGINEERING

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

Editorial:

A Happy New Year. Our AGM on Friday 14 January came and went in just under an hour. Those who attended seemed satisfied with the reports.

2021 may not have been as quiet as 2020 but still, club activities remained curtailed. Few riders took part in Open time-trials which means that no time-trial trophies will be awarded for 2021. That is, except for our ever-popular Evening League, resurrected with new formats by Steve Walton.

Road-racing also experienced a low, though at least one member sought out appropriate events and returned positive results, so maybe there is merit for a Road-Race Champion.

Our Club continued to provide what it could for our members which meant our Meritorious Awards will still be made. There are three separate awards which will go to Sarah Rowe, Peter Smart and Steve Walton.

We didn't have a clamour of members desperate to join the committee which runs your club. To bring that committee up to full strength you are being asked to volunteer. Hoped for are volunteers to fill positions to assist with Event and Championship management, someone to be a media specialist and someone else to help out with Welfare issues. Are you that person?

PHILOSOPHER'S CORNER

A year from now you may wish you had started today
Karen Lamb

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

KNOCKBURN SPORTS CENTRE

Café season May 2022

There has been no positive interest for the part time position of manager / waiting staff at this date.

There are 4 months remaining before decisions have to be made on the café's future.

I would be pleased to discuss with interested parties.

My earlier advert from last year's Deeside Notes refers also. Contact me on bert@mphltd.co.uk

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

ANNUAL GENERAL MEETING

Friday 14 January 2022

On-line at 7.00pm

25 members attended the Meeting

1 Chairman's Remarks:

I think that 2021 was probably a better year for the club, despite the presence of Corona virus and certain restrictions still being in place.

The Evening League went ahead with changes both to procedures and some new courses. It was a great success, and it was fantastic to see so many youths taking part. Thanks to Steve Walton for organising. And, of course, these events only happen with the help of so many great volunteers. Thanks to all who assisted.

The Youth section of the club keeps on growing. They just keep on getting quicker and achieving more success all over the country. They are backed up by a fantastically dedicated and qualified group of coaches and parents. We are very lucky to have such a talented, devoted bunch with years of experience of coaching and riding.

Zwift continues to be an important part of many cyclists riding. Thanks go to Sandy Wilson and Simon Stromberg.

Club runs still took place due to the dedication of people like Andy Kerr, Mark Heady, Mark Hagger, David Stewart and Bill Byth

Thanks also go to Neil Scott for organising the CX event at Knockburn.

Alan Campbell's Falling Leaves reliability run went ahead again after missing a year.

Thanks also go to Sandy Lindsay for working hard for the club.

And for keeping the website and social media up to date, Peter Smart, great job.

Off road riding has always been popular in the club but has taken a hit recently due to that massive storm which has decimated many woods, trails and paths. It may be some while before a lot of routes are rideable again. However, there may be some ways the club can help with this. Watch this space.

In 2022 we hope to have in place new events for those riders who want to go out with a group for the first time but lack the confidence or experience. Get in touch if you are interested in this, either as a rider or volunteer. As always, the club only exists through a group of passionate and dedicated volunteers. Thanks to all of those people I have not mentioned personally.

Safe cycling.

Andrew Harrington

2 Apologies: Gavin Baxter, Mike Brown, Anna Liversidge and Jon Strachan

3 Minutes of Previous AGM: Accepted as a correct record. Moved Andrew Harrington and Alan Campbell

4 Annual Report

a) Membership

Senior	472 (468)	Life	87 (87)	Family	118 (130)
Junior	18 (8)	Vet	373 (393)	Associate	25 (21)
Juvenile	116 (128)	Lady	140 (147)	Honorary	9 (13)
Total	606 (604)	New	68 (63)	SCU	310 (315)

66 members failed to rejoin from last year, which with 68 new members there is little change in the total membership. The Under 18s comprise over 22% (21%) of the total Membership. Veterans take up the largest proportion of members with 61% (65%) in this group. The average age of members is now 43.37 (43.07) yrs. For 34 of the past 35 years, we have won Scottish Cycling's John Bull Trophy (Traders Trophy). Our BC membership of 310 was marginally ahead of second placed Ronde CC with 282

b) With few Open events during the season most of our Championships did not take place but we are currently trying to compile the few results we are able to get hold of

c) MPH and Tierney-Strachan continue as club sponsors. Legend on our garments highlight their commitment to the future of our club

d) Club Coaches continue to support the development of our Youth. These include Gavin Baxter, Sam Long, Bob Lyons, Sarah Rowe and Simon Stromberg. A number of parents have also taken on Coaching roles. The Youth Section is led by Sam Long with close support from Fiona Thomson and Philippa Murphy

e) Club clothing stocks are managed by Jon Strachan

f) Ian Wilson and Anna Liversidge, our Welfare Officers, continue to assist where necessary

j) Cranks, the club's official magazine, is over 48 years old. The editor is keen for it to continue but often there is a serious shortage of content from members. Other means like emailing and social media are used for distributing club information

k) The club's web site, www.deeside.org, is looked after by Peter Smart. During 2020 a professional rewrite of its content took place. This is a valuable resource of information. Club memberships, social event bookings, etc, are processed here using PayPal. Much of the club's administration now runs on Office 365

l) Youth riders had taken National titles during the year. These include Arabella Blackburn and Erin Murphy

m) The widow of ex-member, Ali Ross, had passed on the collection made at his funeral. Consideration is being given to make this an annual scholarship for Youth riders

5 Treasurer's Report

Balance Sheet

	2019-20	2020-21	
Fixed Assets		4661	2231
Current Assets			
Stock - Clothing	4085	4687	
Funds	<u>71039</u>	<u>66531</u>	
	75124	71218	71218
Current Liabilities			
Sponsorship Ac	<u>-21689</u>	<u>-14450</u>	
Net Current Assets	53435	56768	<u>56768</u>
Total Assets		<u>58096</u>	<u>58999</u>

Represented by

	31 09 21	
Accumulated Fund @	60639	58096
Surplus/(Deficit)	<u>-2543</u>	<u>906</u>
	<u>58096</u>	<u>58999</u>

Income & Expenditure

	2019-20	2020-21	
Income			
Membership Fees	7505	7644	
Donations	724	820	
Reliability Trial	46	200	
Presentation	652	0	
Racing	<u>339</u>	<u>745</u>	
	9266	9409	

Expenditure

Administration		
Coms	752	746
Hall Rentals	2546	1217
Affiliations	441	341
Website	314	2149
Sec Expenses	480	480
Consumables	112	169
PayPal Charges	261	328
Trophies	1156	0
Presentations	895	0
Equipment Depr	2520	2565
West Lothian	1000	-
ZOOM Talks	1026	-
Webinar Licenses	201	-
Garments Wrtn Off	0	119
Miscellaneous	<u>105</u>	<u>127</u>
	<u>11809</u>	<u>8506</u>
Surplus/(Deficit)	<u>-2543</u>	<u>903</u>

6 Youth Report

There are 100+ Under 18 riders. The Coaching and volunteer team: 23. Road and off-road disciplines are followed with a continued delivery throughout COVID19. Coach and leader recruitment and development continues. A Club funding contribution, alongside rider fees, is used to finance the group. Recommendation that Club supports a call for funds towards trail repairs, following Storm Arwen (£5k).

MTB - Local, regional, and Scottish racing

Enduro focus - Aberdeenshire series: DTCC had 20 of the 28 riders with a complete podium in the M13-1M17 category (F Paterson, M Copp, F Watts)

Downhill focus - Fort William (SDA), Innerleithen (SDA/BC) and Glencoe (SDA) events

Male and female podium and top 10 results (F Paterson, F Watts)

There is an ever-growing waiting list, necessitates growing Coach/leader Team

Road, track and CX - Local, regional, Scottish, and British racing, Youth & Junior

Racing took place in Aberdeenshire, Cumbria, Derby, Edinburgh, Essex, Falkirk, Kent, Lancashire, Lochgelly, London, Midlands, Mull, Sunderland, Sussex, Yorkshire, Wales

British Championships, Youth & Junior; North West Tour; Junior Tour of Mendips, junior Tour of Wales, Youth Omnium series, Summer series: Lochgelly, Fife, were all participated in

Track racing (Sir Chris Hoy Velodrome & Manchester)

Notable results/achievements

- Arabella Blackburn: U14 BC Crit Champion
- E White: U16 SC Crit Champion
- Elliot Rowe: BC Pathway selection & U16 SC CX Champion
- Erin Murphy: J SC Crit Champion

Coaches and volunteers

Numerous Coaching qualifications gained in '21

- +3 L1, including 2x Junior riders
- +1 L3
- + MTB Leaders
- Upcoming +1 L3, +5 L2 (planned) – mostly self-funded

Scottish Cycling Accelerate and Activate funding award - £13k contribution, 3-year programme

Alford and Aboyne outreach work commenced

Coaching team all voluntary, bar part time Youth role

2x Youth riders appointed to SC Young Peoples Panel (M Evans, A Long)

7 Championship Report

2021	2020
Youth Awards	Youth Awards
None	None
Novice Champs Men	Novice Champs Men
None	None
Novice Champs Women	Novice Champs Women
None	None
Snr BAR	Snr BAR
None	None
Vets BAR	Vets BAR
None	None

Ladies BAR	Ladies BAR		
None	None		
Juvenile BAR Boys	Juvenile BAR Boys		
None	None		
Youth BAR Girls	Youth BAR Girls		
None	None		
Snr RR BAR	Snr RR BAR		
None	None		
Vets RR BAR	Vets RR BAR		
None	None		
Ladies RR BAR	Ladies RR BAR		
None	None		
Junior RR BAR	Junior RR BAR		
None	None		
Juvenile RR BAR	Juvenile RR BAR		
None	None		
25 Mile Champion	25 Mile Champion		
None	None		
50 Mile Champion	50 Mile Champion		
None	None		
A Anderson Memorial	A Anderson Memorial		
None	None		
Ian Brodie Memorial	Ian Brodie Memorial		
None	None		
Ian Brodie Youth Cup	Ian Brodie Youth Cup		
None	None		
Cyclo Cross Champs	Cyclo Cross Champs		
None	None		
XC Champs	XC Champs		
None	None		
Evening League	Points	Evening League	Points
1st Overall TT			
Mark Walker	948pts	None	
Mgt McMillan	871pts		
1st Overall Road			
Stuart Gordon	958pts		
Gill Ross	919pts		
1st Youth			
Jamie Liversidge	948pts		
Melanie Rowe	933pts		
Leili Clarke Memorial			
Overall TT			
Mark Walker	299pts		
Andrew Yule	299pts		
Mgt McMillan	288pts		
Over 80 TT			
Stewart Mitchell	241pts		
Over 70 TT			
Steve Walton	275pts		
Over 60 TT			
Neil Howarth	245pts		
Jill Prabucki	255pts		
Over 50 TT			
Andrew Yule	299pts		
Mgt McMillan	288pts		
Over 40 TT			
Mark Walker	299pts		

Overall Road	
Greg Quinn	300pts
Gill Ross	293pts
Over 70 Road	
Alan Campbell	290pts
Over 60 Road	
Doug Reid	285pts
Over 50 Road	
Greg Quinn	300pts
Sara Stead	189pts
Over 40 Road	
David Deans	293pts
Gill Ross	293pts

Dave Anderson Award	Dave Anderson Award
Peter Smart	Sandy Lindsay
Alan Campbell Award	Alan Campbell Award
Steve Walton	Peter Smart
Mary Lindsay Award	Mary Lindsay Award
Sarah Rowe	Gavin Baxter

8 Propositions Affecting Constitution and Rules -
None

9 Propositions Not Affecting Constitution and Rules -
None

10 Election of Officials

Position	2021	2022
Hon President	Alan Campbell CBE	Alan Campbell CBE
Hon Vice-President	Alan Gibb	Alan Gibb
	Mike Brown	Mike Brown
Chairman	Andrew Harrington	Andrew Harrington
Vice-Chairman	Dave Walton	Dave Walton
Secretary	Sandy Lindsay MBE	Sandy Lindsay MBE
Treasurer	Sandy Lindsay MBE	Sandy Lindsay MBE
Event Secretary	Vacant	Vacant
EL Secretary	Steve Walton	Steve Walton
MTB Secretary	Neil Stables	Neil Stables
Cyclo-Cross Secretary	Vacant.	Vacant
Road-Race Secretary	Mark Walker	Mark Walker
Championship Secretary	Simon Stromberg	Vacant
Press Officer	Vacant	Vacant
Clothing	Jon Strachan	Jon Strachan
Youth	Sam Long	Sam Long
Webmaster	Peter Smart	Peter Smart
Welfare Officers	Ian Wilson	Ian Wilson
	Anna Liversidge	Anna Liversidge
Committee	David Eastwood	Colin Esslemont
	Colin Esslemont	Laura Sarkis
	Laura Sarkis	Vacant

Positions moved by Sandy Lindsay and Alan Campbell.
Accepted nem con

Ian Wilson has indicated he no longer wishes to remain in position but will continue to carry out duties until a replacement is found

Members will be co-opted to Vacant positions

A J Lindsay (Secretary) 15 January 2022

Club Committee

At our AGM on Friday 14 January the committee to run your club for the next year was elected. Unfortunately, a few positions could not be filled.

Principal among these were someone to help look after Event and Championship Management, and a person to maintain a presence on Social Media and the local press.

We also need a new Welfare and Protection Officer.

If you are interested please get in touch with me on info@deeside.org. *AJL*

Storm Damage

The cordons put in place across many access points to our forests are there for good reason. Storm Arwen has devastated huge swathes of woodland and many trees are left in precarious positions.

The authorities are planning how to rescue the situation. Once we hear what procedures are being put in place and the support needed we will also be able to plan our commitment.

If you did get a new gravel bike from Santa and are looking forward to riding it off-tarmac remember that a great many of the access routes to our forests are inaccessible. Don't take chances.

Youth Update

Our Youth section continues to chase cyclo-cross competitions.

Arabella Blackburn U16 and Hope Thomson U14, make the long trip to compete in the HSBC National cyclo-cross championships hosted by Crawley Wheelers Cycle Club at the South of England Showground, Ardingly.

It was a long and mixed course consisting of grass over soft clay soil with gravel road sections linking muddy, technical off camber and steep descent/running ascents. Also featured was a bridge linking to the rubber chipped surface of the horse show arena and the obligatory hurdles.

Heavy rain before and during racing meant many of the technical sections were barely rideable.

Both girls rode well in challenging conditions and Arabella finished in 5th place in U16 girls and Hope was 14th in U14 girls.

A week later five of our riders travelled to North Yorkshire for the final round of the National Cyclocross Trophy Series in Skipton. DTCC was represented in the U14 and U16 girls' events and the U14 boys' race.

The racing took place on a muddy, hilly course with some riders reporting that they ran more than they rode.

Lyndsay Aitken

BC Memberships

There seems to be some hiatus with this year's affiliation to British Cycling and club members may be finding it difficult to purchase BC Membership in the name of our club.

I keep asking the question what the hold-up is and find that Scottish Cycling are not giving me answers.

Hopefully there will be a resolution shortly and the rest of the year will go without hiccup. *AJL*

Club Kit Arrival

Pactimo kit order is now available to collect from Tierney Strachan, 12 Greenbank Place, East Tullos, AB12 3BT.

Please observe social distancing and wear a mask.

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.

Visitors 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

Trainee Commissaire Courses in 2022

British Cycling have released a number of online Trainee Commissaire Courses in 2022, Courses include BMX x 3 courses

Circuit	x 3 courses
MTB XC	x 2 courses
MTB Gravity	x 1 course
Road	x 3 courses
Track	x 1 course

Currently no Cyclocross, Cycle Speedway or Time Trial courses are scheduled, but if you, or someone you know is interested please get in touch. If anyone is interested, they should get in touch with Colin Esslemont (SC Regional Commissaire Coordinator) on montysbicycleworks@btinternet.com & Ashley Ryan (SC Event Workforce officer) events@scottishcycling.org.uk and we can arrange for them to link up with an active official to chat more about the role and send on sign up links. *Colin Esslemont*

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.

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](#)

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

John Blunsdon

eLearning Course

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

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

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

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

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
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.

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

Buchan Formartine Way

The Buchan Formartine Way, north of Dyce to just short of Newmachar, is to close from the start of the New Year into March. If you use this route for leisure, commuting or training, then the first access point is from the road junction at NJ 894 180. Diversions are on the A974 Newmachar road or the C22C minor road from Parkhill to Newmachar.

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](#)

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

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

New Members

The following new or returning members have joined in recent weeks

2601 Vera Efimova Dyce 41

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.

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
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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.

LIGHTS

Runs

January

Thu	20-Jan	Thursday Run	09:30	Airyhall	Library, Destination to be decided on the day, morning ride coffee stop.	Cindy
Sat	22-Jan	Slower Full Day	09:30	Four Mile House, Kingswells, Coffee at Ceann Torr, Kintore, lunch at Forest Cafe, Midmar (01330 830000).	Dave H	
Sun	23-Jan	Faster Full Day	09:30	Leggart Terrace, Coffee at Mains of Drum Garden Centre, Drumoak (01330 811000), lunch at Number 44 Hotel, Stonehaven (01569 762979)	Jacqui	
Sun	23-Jan	Morning Run	09:30	Duthie Park, Riverside Drive, Coffee at Mains of Drum Garden Centre, Drumoak (01330 811000).	Cindy	
Sun	23-Jan	Try Cycling	10:00	Hazlehead, Groats Rd Car Park, Short easy rides, all welcome	John C	
Thu	27-Jan	Thursday Run	09:30	Airyhall	Library, Destination to be decided on the day, morning ride coffee stop.	Cindy
Sat	29-Jan	Medium Full Day	09:30	Airyhall	Library, Coffee at Milton Brasserie, Milton of Crathes (01330 844566), lunch at Grant Arms Hotel, Monymusk (01467 651777).	Rod
Sat	29-Jan	Try Cycling	10:00	Westburn	Park, Westburn House, Short easy rides, all welcome.	Peter S
Sun	30-Jan	Faster Full Day	09:30	B & Q, Bridge of Don, Coffee at The Coffee Apothecary, Ellon (01358 721946), lunch at Lochters, Oldmeldrum (01651 872000/78).	Andy G	
Sun	30-Jan	Morning Run	09:30	Woodend	Hospital, Eday Rd, Coffee at Marshall's Farm Shop, Kinellar	Heather

February

Thu	03-Feb	Thursday Run	09:30	Airyhall	Library, Destination to be decided on the day, morning ride coffee stop	Cindy
Sat	05-Feb	Faster Full Day	09:00	Parkhill	Bridge, Dyce, Coffee at Andersons, Inverurie (01467 620360), lunch at Raemoir Garden Centre, Banchory (01330 825059).	Alberto
Sat	05-Feb	Morning Run	09:30	Cults	Library, Coffee at Floras Coffee and Refill, Cullerlie (01330 860848).	John S
Sun	06-Feb	Slower Full Day	09:30	Brig O Balgownie, Coffee at The Barn, Foveran (01358 788707), lunch at Murly Tuck Cafe, Tarves (01651 851489).	Heather	
Sun	06-Feb	Try Cycling	10:00	Duthie	Park, Riverside Drive, Short easy rides, all welcome.	Moira
Thu	10-Feb	Thursday Run	09:30	Airyhall	Library, Destination to be decided on the day, morning ride coffee stop.	Cindy
Sat	12-Feb	Faster Full Day	09:00	B & Q, Bridge of Don, Coffee at The Barn, Foveran (01358 788707), lunch at St Olaf Hotel, Cruden Bay (01779 813130).	David B	
Sat	12-Feb	Morning Run	09:30	Torry	Battery Car Park, Coffee at The Sitting Room, Portlethen (01224 781777).	Imogen B
Sat	12-Feb	Try Cycling	10:00	Seaton	Park, Don St Entrance, Short easy rides, all welcome.	John C

Sun 13-Feb Medium Full Day 09:30 Duthie Park, Riverside Drive, Coffee at Slate and Grain Brasserie, Chapelton of Elsick (07341 819618), lunch at Burnett Arms, Banchory Rob C
 Thu 17-Feb Thursday Run 09:30 Airyhall Library, Destination to be decided on the day, morning ride coffee stop. Cindy
 Sat 19-Feb Slower Full Day 09:30 Four Mile House, Kingswells, Coffee at Parkhill Garden Centre, Parkhill (01224 722167), lunch at New Inn, Ellon (01358 720425). Rod
 Sun 20-Feb Faster Full Day 09:00 Parkhill Bridge, Dyce, Coffee at Ross's Coffee Shop, Inverurie (01467 620764), lunch at Station Hotel, Insch (01464 821111). Adrian R
 Sun 20-Feb Morning Run 09:30 Brig O Balgownie, Coffee at Parkhill Garden Centre, Parkhill (01224 722167). Cindy
 Sun 20-Feb Try Cycling 10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome. Mike
 Thu 24-Feb Thursday Run 09:30 Airyhall Library, Destination to be decided on the day, morning ride coffee stop. Cindy
 Sat 26-Feb Medium Full Day 09:30 Airyhall Library, Coffee at Forest Cafe, Midmar (01330 830000), lunch at Dess Activity Park, Aboyne (013398 83536). John T
 Sat 26-Feb Try Cycling 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. John P
 Sun 27-Feb Faster Full Day 09:00 Old Mill Inn, Maryculter, Coffee at Kirktown Garden Centre, Stonehaven (01569 764343), lunch at Castleton Farm Shop, Fordoun (01561 321155) Jacqui
 Sun 27-Feb Morning Run 09:30 Airyhall Library, Coffee at Forest Cafe, Midmar (01330 830000). Alan
March
 Thu 03-Mar Thursday Run 09:30 Airyhall Library, Destination to be decided on the day, morning ride coffee stop. Cindy
 Sat 05-Mar Faster Full Day 09:00 Westhill Shopping Centre, Coffee at Inverurie Garden Centre, Inverurie (01467 621402), lunch at Bistro, Alford (019755 63154). John S
 Sat 05-Mar Morning Run 09:30 Four Mile House, Kingswells, Coffee at Green Pastures Community Cafe, Westhill (01224 740291). Dave H
 Sun 06-Mar Slower Full Day 09:30 Woodend Hospital, Eday Rd, Coffee at Marshall's Farm Shop, Kinellar (01224 790493), lunch at Inverurie Golf Club, Inverurie (01467 624080). Tom S
 Sun 06-Mar Try Cycling 10:00 Seaton Park, Don St Entrance, Short easy rides, all welcome. John C
 Thu 10-Mar Thursday Run 09:30 Airyhall Library, Destination to be decided on the day, morning ride coffee stop. Cindy
 Sat 12-Mar Faster Full Day 09:00 Peterculter (West End), Coffee at Raemoir Garden Centre, Banchory (01330 825059), lunch at Gordon Highlander, Inverurie (01467626780) Andy G
 Sat 12-Mar Morning Run 09:30 Leggart Terrace, Coffee at Skateraw Store, Newtonhill (07841 209044). Cindy
 Sat 12-Mar Try Cycling 10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome. Peter S
 Sun 13-Mar Medium Full Day 09:30 Old Mill Inn, Maryculter, Coffee at Kirktown Garden Centre, Stonehaven (01569 764343), lunch at Crown Hotel, Inverbervie (01561 361213). Heather
 Thu 17-Mar Thursday Run 09:30 Airyhall Library, Destination to be decided on the day, morning ride coffee stop. Cindy
 Sat 19-Mar Slower Full Day 09:30 Leggart Terrace, Coffee at Skateraw Store, Newtonhill (07841 209044), lunch at Waterfront Cafe Bar, Stonehaven (01569 762912). Imogen B
 Sun 20-Mar Faster Full Day 09:00 Parkhill Bridge, Dyce, Coffee at Lochters, Oldmeldrum (01651 872000/78), lunch at Morgan McVeighs, Culsalmond (01464 841399). Alberto
 Sun 20-Mar Morning Run 09:30 Seaton Park, St Machar Cathedral Entrance, Coffee at Craibstone Golf Club, Craibstone (01224 716777). Dave H
 Sun 20-Mar Try Cycling 10:00 Westburn Park, Westburn House, Short easy rides, all welcome. Mike
 Thu 24-Mar Thursday Run 09:30 Airyhall Library, Destination to be decided on the day, morning ride coffee stop. Cindy
 Sat 26-Mar Medium Full Day 09:30 Parkhill Bridge, Dyce, Coffee at Ross's Coffee Shop, Inverurie (01467 620764), lunch at Kellockbank, Insch (01464 851114). John S

Sat 26-Mar Try Cycling 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. John P
 Sun 27-Mar Faster Full Day 09:00 Airyhall Library, Coffee at Milton Brasserie, Milton of Crathes (01330 844566), lunch at Belwade Farm, Aboyne (013398-85398). David B
 Sun 27-Mar Morning Run 09:30 Brig O Balgownie, Coffee at The Barn, Foveran (01358 788707). Alan
 Thu 31-Mar Thursday Run 09:30 Airyhall Library, Destination to be decided on the day, morning ride coffee stop. Cindy

CAR CLINIC

Car Clinic contacts: - greatservice@car-clinic.com , <http://www.car-clinic.co.uk/>

Car Clinic, Unit 2, Hillview Road, East Tullos, Aberdeen, AB12 3HB

(01224) 891414

Car Clinic, Broadfold Road, Bridge of Don, Aberdeen, AB23 8EE Phone:

(01224) 821010

25 Years Ago

CHRISTMAS 10

About 60 members with friends and family turned up to celebrate Christmas at Crofters, Slug Road, on Sunday 22 December.

A few of them showed real cycling spirit pedalling from Lairhillock. Under guise of a fun event some folk put a lot of power into that pedalling. Roland chased hard to keep Malcolm in sight. His efforts secured first fastest but by only a second from Malcolm in 20.54. Third fastest was ice-man Ian with 21.08 and fourth spot was taken by Chris with 22.37.

Astonishingly the recumbents in the field were only 5th fastest in 23.05. Sherri's excuse was that Steve kept losing contact on the uphill bits.

At the festive end of the field Nathan and Larry finished despite the mangled wheel and an offer of transport from Elliot. Dave and Alan recalled aul lang syne as they nursed Pot-Belly Sandy to the line.

All-in-all a typically enjoyable affair with good food, crack and prizes. That is, for everybody bar one. I spent ages selling raffles which meant my soup got cold. Bought a heist to myself and not one got drawn. Still, maybe next year.

Historical Reminiscences

(Part 40)

Alastair and I sat side by side in silence. Bikes were prepared and leaned against the wall, just visible as daylight started.

Looking east, towards the Mozambique border, black moments before, we watched a faint lightening at the junction of land and sky.

Gradually a red segment of the sun appeared, pushing upwards into the dawn. As it rose it changed in colour from a deep red to orange. Shimmering against the horizon it looked almost liquid. Sitting on a molten pod, the sun, now changing to white, tugged at its anchor.

Moments later the attachment broke, distortions created by the atmosphere giving way to let a perfect orb form. And the temperature rose.

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Skye at last! Groanin' the tandem awa' frae the pier at Armadale we went tae the richt an' wir soon pedallin' gaily wi' a win' ahint us. Trees at the start gave wye tae moors as the win' blew us inland an' north tae Broadford. We wis a day late thro' missin' the ferry but never min', the rain wis stoppit. Dinner wis enjoyed in Broadford an' fan we came oot the win' wis howlin' an' the rain wis dingin' doon aince more.

An' it came doon like last nicht only the win' wis a lot stronger. Settin' oot wi' reservations oor destination wis Uig in the north-west. But the weather widnae hae it.

Oh, glory be, fit possessed us. Water gushed doon aff the hills, mares' tails cascaded oot o' the corries. Man, it wis beautiful tho'! Ye could hear the roar o' it ower the howl o' the win'.

Finally, efter oors o' strugglin' an' bein' lurched about the road like a drunken elephant, Portree wis reached. This wis beyond Sligachan far a couple o' tents ahint a dyke looked like they wis tae hae a roch nicht. Nae for us tho', we wis headin' hame, via Kyle an' a train tae Inverness.

Fate wisnae smilin' oan us, however, an' she wis tae spit oan us fur a few oors yet. Enquiries at the pier gaed a' the wrang answers. Nae boats fur Kyle the noo. Nae lorries either. Ever been oot o' luck?

Gan intae a shoppie tae buy some food we met a young chiel in a business suit singin' awa' in Gaelic tae an auld chiel in kilt and Balmoral bunnet wi' a crook in his haun. Man, it wis gran'. We stood an' listened fur ages. Man, it wis gran'!

The shopkeeper asked us far we wis gan an' fan she wis telt she went outside in the poorin' rain an' tried tae get us a lift oan a bus or a posties van but there wir nane gan until the mornin'.

So oor wheels swished slowly back the wye they'd come an' camp wis made a few miles fae Portree ahint a dyke at the side of the road. Water crashed an' gushed a' aroon while the win' howled lang.

Then Fate smiled - the mornin' dawned bricht an' calm. A somewhat lichter-herted pair set sail ower the flooded roads fur Kyle. If the bus had been waited oan this gran' cycle back wid hae been missed an' onywe we heard that the bus broke doon an' didnae get intae Kyle until the efterneen.

The tents at Sligachan wir gaen a cheery wave free o' charge in passin'. The occupants stood dejectedly wringin' oot sodden claes. Herons strutted stiltedly in the shallows o' Loch Sligachan an' a great waterfa' came pummellin' oot a' a hillside an' spilled intae Loch Ailort. This wis the life noo, bit we'd been forced oot, wir headin' hame. The Coolins hidnae been visited, nor had Dunvegan. In fact, we'd missed oot atgether.

Back ontae the mainland oor wheels kissed the roads by Loch Duich, Glen Cluanie an' ower the hills tae Glen Garry far a marvellous sunset disappeared ower the hills, an' then the neist day doon the Caledonian Canal tae Ballachulish an' intae Glencoe. Yearnin's tae camp in that lovely place were offset wi' memories o' years afore an' midges swarmin' this late in the year. Oan then tae Killin and Lochearnhead.

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A handful of young lads skittered about the three round houses built at the confluence of the Rivers Deveron and Bogie. The ground was flat and cleared back to the trees, which stepped down gradually off the slopes of Kinnoir Hill. Two women, bent double, sowed seed in the barely scratched earth that they fondly referred to as their field. Several girls, hardly teenage, followed the women, using sticks to scrape the earth over the scattered seed.

Crouched by a fire in front of one of the round houses sat a man. Dressed in a deerskin loincloth with another deerskin tied roughly round his neck he stubbornly ground away with a quern at last year's grain. It had been kept in the dry smoky interior of his house since harvesting it five moons ago.

The snows had gone and with the coming of spring his extended family had started preparing for the new growing season. Getting to his feet he looked round at the women, still busy. Calling to the boys they rushed to him and sat cross-legged on the ground. He told them that they, too, had duties. It wasn't women's work. They'd to go and find food. Rabbits would do but far better if a roe deer.

Collecting together slingshots, a bow and arrows, various clubs, and other simple weapons the boys headed northwards.

Alastair and I headed north from Huntly. It was the end of March and a fine day. This early in the morning few folk were about as we paralleled the railway line towards

Kinnoir Wood overlooking the confluence of the Deveron and Bogie.

Navigating any wood is seldom easy for often the roads aren't mapped and on a bike it is difficult to judge distances but by good luck we took first right and that led us to safety.

While pedalling through the sylvan glades, echoing on the still air from down near the banks of the Deveron we could hear children's voices laughing and chanting.

Exiting the wood via the Kinnoir scrap yard it was the plan to locate an old road leading to Rothiemay from the north side of Fourman Hill. We'd get to it by Longmoor and Cobairdy Woods before visiting the site of an ancient castle at Rothiemay.

Cobairdy Woods is only five miles north of Huntly to the west of the A97, Banff road. It is managed by Forest Enterprise.

Gently climbing into the woods, we were astonished to find that every path, every firebreak had been named. Cobairdy Drive led to Cobairdy Way, which eventually joined with Cobairdy Lane. Following these well signposted and little used tracks we see-sawed upwards through the trees until Fourman Drive took us in a loop to near the summit.

Our plans had changed. The fascinating planned wood had been too good a chance to miss, especially as it was void of other users. No walkers, no horse riders were tramping the overgrown routes. Obviously, the Huntly Forestry Commission Office had a vision that this wood could serve as a paradise for Huntly dog owners and Pony Club members. Not so. Instead, the Bin Forest just a mile or two from the town centre served as the main attraction.

Via the Trig Point on the summit, we re-joined the chosen route and descended quickly to Rothiemay. Just over the bridge on the right a pharmacist's shop grabbed our attention. Now, no longer selling and administering apothecaries' alimentary abstersions, it is more a museum. Shelves previously filled with potions and pills now are laden with spoke shaves and saws. It appears to be a museum of carpenters and wheelwrights' tools.

Behind the pharmacist's shop a rough road flanked by a wall of giant stones led us to the site of the old Rothiemay Castle.

A few shaped stones decorate the garden around the new modern structure, though one original doorway remains. The castle dates to at least 1264 with its main claim to fame being that Mary Queen of Scots stayed there in the first week of September 1562 to avoid George, Earl of Huntly. On the banks of the Deveron, immediately in front, is a small humpbacked bridge bearing her name.

The five boys ran gleefully along the banks of the river for about half an hour until they came to the ford at Avochie. Here they stalked and trapped a meal or two. The oldest boy, particularly accurate with his slingshot, downed two rabbits and a pigeon while the bow and arrow were also used to good effect. Another chased a squealing wart hog

but soon gave up lest it turned on him. There were no roe deer.

Later, exhausted from their efforts, they climbed the banking through the whin bushes to a giant boulder. It had become a favourite place for the boys to play when out hunting. Indeed, they often met there with cousins from the next settlement down river at Rothiemay.

Leaving Rothiemay House, the modern replacement for the castle, we headed back through the hamlet. Supposed to have been inhabited for about 6000 years the current Rothiemay is a collection of Victorian to modern buildings. There is a pub selling real ale and one shop. A mile away and south on the return journey we detoured to a quarry and a huge boulder on the Hill of Avochie. Shifted there, tens of thousands of years ago from deep in the Cairngorms in a glacier flowing to the North Sea, this 25-tonne mass of rock had eventually grounded when the ice sheet melted. Listed as an incredible archaeological sarsen, over one hundred cupmarks magically emerge in the oblique rays of low sunshine. Ground out with a harder stone, these Chinese soup bowl depressions range from about an inch in diameter to several inches across. These carvings have puzzled investigators and speculation is rife. They are seen as astronomical maps of the stars and moon or things more sinister like basins for the blood from sacrificial offerings.

As the sun dipped towards the big hill in the west, the boys recovered their energies. Becoming bored they continued a game started by older brothers. With their stone axes they idled away the last hour of daylight gradually enlarging or deepening the depressions on the rock surface. New cupmarks were started and it was only the grunt and squeal of the warthog in the undergrowth that sent them bounding and laughing nervously back towards home. The skewered rabbits and pigeon swung about on the branch across the shoulder of the oldest boy.

Wanlockhead Youth Hostel was visited on one summer tour. I supervised the boys cooking their food and settled down for a quiet hour or two before retiring. Only, the warden had other ideas.

Wanlockhead, the highest village in Scotland and with the coldest climate, had a wealth of mineral ores. Lead ore was the main product, but silver and gold were also mined. Scottish Royal Regalia is made from the purest form of gold from Wanlockhead.

Amateur prospectors may still be seen panning for precious metals, but the industry has ceased.

The hostel, run by a petite elderly woman is also her home. Supported by her husband he'd ensured that things were regularly maintained in working order and any necessary diy completed promptly. Unfortunately, he died, and some things were falling into disrepair. The warden had quickly latched onto my willingness to help and soon had me fitting shelves in her kitchen.

Roughstuffer