

Issue 577

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Cranks Volume 49

The magazine of
**Deeside Thistle Cycling
Club**

Sponsored by:

MPH
Mechanics Plan How

Tierney Strachan
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**Current Membership 554 (563)
SCU Membership 306 (300)**

Editorial:

Our Evening League kicks off again on Tuesday 26 April. This year there are 13 events taking us through to the start of August.

Last year, Steve Walton took courage and changed the format of the league, introducing a road bike category and a TT category. Though it didn't please everyone, generally opinions were in favour and this year the same pattern is being used. He also incorporated more circuit events which has done away with many of the road turns. Road turns are inherently dangerous so to base routes on circuits with left hand turns only makes common sense.

A big change this year has only just become apparent. Scottish Cycling and British Cycling have updated the agreement on running confined time-trials. Previously, only First Claim Members (i.e. only riders with BC Membership in the name of the club running the event) could take part. As an experiment, and they specify the trial is for 2022 only, Second Claim Members (i.e. members of the club running the event but with BC Membership in the name of another club) may now legally take part.

The success of our league is one of the mainstays of our club with many members re-joining year on year just for the regular, friendly competition. 2022 should be no different.

PHILOSOPHER'S CORNER

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

Do you have a view on life? Why not submit your favourite few words of wisdom for public consumption in this exclusive corner of your magazine. Send now to Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ or email knockies@deeside.org

Scottish National Alba Men's Road Race Series: Round 1 (ERC Gifford Road Races 2022) 19 March 2022

This event, at 75 miles, was for Elite/1/2 riders. Won by Finn Crockett RWPC. Deeside riders taking part were Neil Scott, Alexander MacLeod and David Ogden.

Scottish National Alba Men's Road Race Series: Round 2 (Spokes RT - Alford Road Race [plus 3/4 support race]) 02 April 2022

Cat-3/4 - Support Race – 2-laps of Suie Circuit

1 Cameron Adam SRT, 2 Cormac McConville SRT, 3 Thomas Wisdich SRT, 5 Douglas Kelsall, 6 Josh Quigley, 7 Jamie Liversidge DTCC, 8 Alasdair Baillie SRT, 9 Michael Gordon AWCC, 10 Richie Sim MFCC, 11 Stephen Wilson TENS, 12 David Ogden DTCC, 13 Piper Fowler-Lewis, 14 Fred Hockey, 15 Daniel Long ECC, 16 Jamie Thomson SRT, 17 Bruce Irvine TAAA, 18 Robert Cowie AWCC, 19 Chris Main DTCC, 20 Alexander Bond ECC, 21 Steven Sharp TENS, 22 Beth Maciver ADRT, 23 Richard Harris DTCC, 24 Peter Davies, 25 John Alexander DTCC, 26 Amy Gornall PNR, 27 Christopher Ashton DTCC, 28 Edward Thomson EATCRT, 29 Calum Cormack DTCC, 30 David McKay DTCC, 31 Josh Dow

Elite/1/2/3 – Main Race – 4-laps of Suie Circuit

1 Finn Crockett RWPC, 2 Lee Rosie SRT, 3. Ciaran Mc Sherry TCA, 4 Logan Maclean WCTC, 5 Jacob Smith SRT, 6 Callum Thornley SRT, 7 Jack Moore ELRC, 8 Gregor McArthur TCA, 9 Finn McHenry TCA, 10 Hamish Maclaren, 11 Craig Paterson SRT, 12 Elijah Kwon TCA, 13 Archie Ellen TCA, 14 Finn Mason TCA, 15 Neil Scott DTCC, 16 Max Krasinski PRT, 17 Mark Walker DTCC, 18 David Duggan, 19 Conal Davidson SRT, 20 Ben McMullen TCA

Spring Bunny 25TT 03/04/2022 Echt/Cairnie/Millbank/Learney

David Walton put on a well organised 25TT won by Calum Gibb with 58.34. An unfortunate incident during the event saw Brian Duncan being brought off by a car at a junction. Let's hope he makes a speedy recovery and is back on his bike soon. David put a huge effort into running the event and deserves all the praise he gets

1	Calum Gibb	DTCC	0:58:34
2	Alan Smith	YCC	1:00:22
3	Andrew Gallacher	LCC	1:00:33
4	Stewart Burke	DCC	1:00:50
5	Chris Petrie	AWCC	1:01:23
6	John Alexander	DTCC	1:02:03
7	Douglas Glen	MCC	1:03:16



Registered for the Evening League? – go [here](#)

8	Andrew Yule	DTCC	1:04:40
9	Stuart King	YCC	1:05:34
10	Brad Carroll	Una	1:05:43
11	Kyle Mowbray	TENS	1:06:14
12	Ian Wilson	DTCC	1:06:45
13	Stephen Wilson	TENS	1:07:09
14	Steve Rae	YCC	1:07:47
15	Robert Marshall	TAAA	1:08:20
16	Jamie Liversidge	DTCC	1:08:50
17	Neil Anderson	DTCC	1:09:13
18	Robert Cowie	AWCC	1:09:22
19	Benjamin Wood	DTCC	1:09:23
20	Lucy Ritchie	VPG	1:10:28
21	John Leal	DTCC	1:11:27
22	Brendan McCabe	AWCC	1:11:32
23	Ian Vaughan	DTCC	1:12:06
24	Evie White	DTCC	1:12:34
25	Stephen Walton	DTCC	1:13:59
26	Robert McGraw	DTCC	1:14:01
27	Michael Maciver		1:15:43
28	Alasdair McGill	COGV	1:16:46
29	Ruth Quigley	VPG	1:19:14
30	Ian Grant	DTCC	1:19:23
31	Scott McCord	DTRC	1:20:57
32	Jill Prabucki	DTCC	1:25:13

Youth Update

The Ben Forsyth Race Day took place at Fife Cycle Park on Saturday 26 March. DTCC fielded 17 youth riders and was represented in almost all the categories. It was a good day of racing, especially for those riders who have moved age groups and are now taking on longer races.

DTCC was well represented on the podiums with 8 riders picking up medals and Easter eggs.

The DTCC colours were also evident in the afternoon's racing with two DTCC Youth coaches, two juniors and one under 23 rider all racing at Lochgelly.

Isaac Small, currently studying at Oaklands College (St Albans) with the Oaklands Wolves Cycling Academy, has seen good progress in his racing. Two third places and two sixth places have seen him move from category 4 to category 3.

Five DTCC youth riders, on Monday 04 April, took part in their final ride of the Youth Tour of Scotland. Arabella Blackburn, Molly Evans and Thea Aitken are in the North East Scotland Team. Harriet Hendry and Hope Thomson are in the Tweed Team. So far the girls have ridden in a prologue, the Forteviot road race, a team time trial and the St David's road race. The final race is the Forgandenny Kermesse.

The 3-day residential stage race takes place on closed roads in Perth and has brought together almost 80, 13-16 year old girls from across the UK and Ireland.

Eight riders represented Deeside at a sunny but cold Haddo Dirt Crit with 6 podium finishes. All riders performed well and provided fantastic support for their fellow team-mates.

DTCC juniors were also in action at Alford on 02 April. Jamie Liversidge had a great ride in the Alford-Suie road race and was back in the saddle on Sunday for the Spring Bunny TT. Evie White also competed in the Time trial.

In the final day of the Youth Tour of Scotland. The girls' final race was on a fast and technical 2.5km course on and around Strathallan School Campus. The DTCC riders gave it their all and final GC positions after all five races were:

Arabella Blackburn	13th (2nd Scottish rider)
Thea Aitken	34th (4th Scottish rider)
Molly Evans	39th (5th Scottish rider)
Hope Thomson	51st (8th Scottish rider)
Harriet Hendry	53rd (10th Scottish rider)

On Saturday, 09 April, the juniors were in action at the Scottish National Junior Men's & Women's Road Race Championships which took place near Dunfermline as part of the Jack Murray Junior race. There were 3 DTCC Juniors competing in the races which were held on the Lathalmond road circuit just a few miles north of Dunfermline.

Isaac Small and Jamie Liversidge finished together and achieved 9th & 11th place respectively in the Junior category and 20th and 22nd overall. The women's race saw Evie White take to the undulating roads in the junior category. There were 6 female juniors racing in the field of 22 riders. Evie finished fourth overall and was second Scottish junior.

The previous weekend, Isaac competed in his first cat 3 race at the Hillingdon closed circuit in West London finishing in 3rd place
Lyndsay Aitken

A Sunday in Hell

First Local time trial of the year resulted in a few days in the hospital! Unfortunately, a car pulled out of a T-Junction and I went straight into the side at 30mph. Luckily my shoulder took the majority of the hit (thankful not my head) breaking my collarbone and mashing my index finger!

All patched up and on the mend now. Big thank you to the paramedics, nurses, and surgeons who patched me up from start to finish. These guys/girls are world class working under a lot of pressure and workload. I hope I can thank each one of them personally!

Thank you to all the people who took the time to drop a message. The support was much appreciated.

My main goal now is to recover and get back on the bike.

Special thanks to my long-suffering wife, Trish, Bob Cowie and Kelvin White for additional help and Chris Williamson for sorting the bike out and a friendly face in the crowd.
Brian Duncan



Registered for the Evening League? – go [here](#)

Evening League 2022

Our Evening League starts on Tuesday 26 April, and you are eligible to take part. It's a laid-back series of short distance time trials. There are categories for both standard road bikes and for specific time-trial machines.

The calendar is available at the end of this magazine issue and it may also be accessed on our [website](#). The site is also open for Registration so follow the links and get your name down.

During registration you'll find pages which tell what to do and what not to do – League Rules! Courses are listed. Changes for this year include, importantly, a mandatory, front white light and a new 10TT from Garlogie (not that new - just the first 10 miles of our old 12TT course, but people seem to like the classic 10m distance).

It is also a requirement if you take part in the series that you commit to assisting at one event or more. There are always a variety of duties such as marshalling, and timekeeping. You can add your name to specific events on the [website](#)

Finally, there is still time to help me decide whether we stick to the "series number system" we used last year or whether we revert to the classic system of issuing numbers on the night to reflect start times. Comments to enterel@deeside.org.

It has also just been announced by Scottish Cycling that members who list Deeside Thistle as their Second Claim Club may take part in Club Confined Events. This is a change from last year when all riders had to be First Claim Members
Steve Walton

Budding Timekeepers

Interested in developing new skills?

Your club is hoping to increase the number of members able to handle our watches. This will, principally, in the short term, be for our Evening League, though, if you are really keen, it could lead to more responsibility at Open events.

Please reply to info@deeside.org indicating your interest

Aberdeenshire Ascents

A project to name the ten top Aberdeenshire Ascents is bearing fruit.

New signs at the bottom of the climbs give their name, gradient and distance. A bicycle symbol also highlights the project.

Two have been spotted so far, one on the Cairn o'Mount and the other at My Lord's Throat

SCNEG Update

Here's our proposed calendar for 2022: The links take you directly to the event on National Calendar. These will continue to be updated during the season.

21 Apr	Evening RR	YCC
12 May	Evening RR	VC
22 May	La Course de Quines	AWCC
08 Jun	10TT	YCC
12 Jun	Quines HTT	AWCC
18 Jun	Ladies RR	TENs
22 Jun	Massie Shield	YCC
30 Jun	Evening RR	DTCC
8Jul	NE 250	Roy
9Jul	NE 250	Roy
10 Jul	10TT	DTCC
17 Jul	Methlick Cycle Challenge	
28 Jul	Evening RR	TEN
07 Aug	100TT	AWCC
13 Aug	Jolibar RR	DTCC
21 Aug	Youth Crit	YCC
04 Sep	ToB Start	
11 Sep	10TT Champs	TEN
18 Sep	Classy 10TT	AWCC
18 Sep	H/C Champs	AWCC
02 Oct	Ladies RR	AWCC

Coaching Courses

Those members keen to get involved with coaching can find details of upcoming courses and funding opportunities on the SC web site. Go here:

<https://www.britishcycling.org.uk/scotland/coaching>

Club Committee

At our AGM in 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



Richard Moore - an Appreciation

It was with shock and sadness that I heard of the sudden death of 48-year-old Richard Moore.

A former Scotland squad rider he was renowned as a writer of outstanding books on cycling. His book “In search of Robert Millar” was his first. Well researched and insightful. He clearly knew the sport and was able to convey all the emotions that accompany it.

His “Slaying the Badger - Lemond, Hainault, and the Greatest Ever Tour de France” may not be the snappiest title ever but it is brilliantly written and takes you back to those epic days. Clearly he did lots of his own research and interviewed riders and eye-witnesses and didn't rely on old press articles.

When Moore died - it was a heart attack - I was in Mallorca and was reading Etape by Moore. It's a collection of tales of outstanding stages in the Tour de France over decades. Somehow Moore captured all the ingredients which make cycle racing so gripping. He conveyed the rivalry, the treachery, the loyalty, the anguish and the joy which are so often a part of the physical and mental demands of racing.

Some years ago, we were often on the same train to Edinburgh when he lived in Fife. He would always chat about cycling and ask about how things were in the Deeside Thistle.

I had thought that with his insights and understanding he would be a good guest speaker at our Club.

In recent years he produced a popular weekly podcast and was based in France with his family. *Alan Campbell*

Sunday Banchory Rides

We are going to try and get the Sunday Banchory ride up and running again. We are going to try and vary the route to add interest.

The rides will start 10:00 am (sharp) from Banchory Townhall (carpark opposite town hall). The rides will be published on SPOND, and we would ask you to sign up for the ride via SPOND, so we know who is riding and we have your emergency contact details.

You can download SPOND on your smart phone or access any computer or tablet via: <https://spond.com/welcome>.

To join the Banchory Rides group please sign up via: <https://group.spond.com/TTADU>.

There are other rides through the week and sometimes adhoc meetup, so it is worth joining.

- (1) The route will be published on SPOND and will always include a coffee stop
- (2) Route will be around 50 miles
- (3) We will try and run two groups. Espresso and Latte. Espresso will be a ride aiming for 18 to 20

mph average. Latte will be no drop ride riding at the pace of the slowest rider, but hopefully around 16 mph, or slower if needed.

- (4) Espresso will set off first, anyone dropped from Espresso can drop back to Latte
- (5) If we do not have enough for two groups it will be a no drop ride
- (6) All levels of rider welcome

First ride will be weekend after Easter holidays - 10:00 am start

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](#)

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



NESS Sensational Sensory Ball

I hope you don't mind this, "out of the blue" advert. I'm reaching out to some cycling contacts and cycling clubs to let them know that the Star Guests at the NESS Sensational Sensory Ball at the Marcliffe Hotel on Saturday 28th May will be Paralympians Neil & Lora Fachie. On the night they will take part in a Q&A session with our MC, Ian Thain, where you will hear their stories about how they've overcome the challenges they have with their sight impairments and gone on to achieve such huge success.

I would really appreciate if this could be circulated within Deeside Cycling Club to see if any of your members would be interested in coming along to support a great local charity and hear Neil & Lora's fantastic stories. Tables of 10 are £1,000 or individual tickets can be purchased for £100/person. This includes a welcome drink, 4 course meal and an evening of great entertainment and fundraising.

Just as some background info. on NESS. We are the second oldest charity in Aberdeen, a lot of people will remember us as Grampian Society for the Blind, becoming North East Sensory Services (NESS) in 2010 when we started to support people who are blind and/or deaf, or have severe sensory impairment in some way. We support approx. 6,500 people of all ages, including families with babies and young children, across the north east of Scotland from our head Resource Centre here in Aberdeen and our centres in Elgin and Dundee.

<https://www.nesensoryservices.org/events/sensational-sensory-ball/>.

Lynn Batham

Tour of Britain 2022

Never before will the Tour of Britain have started so far north than when Aberdeen and Aberdeenshire host the race's Grand Départ on Sunday 4 September, one year on from the region welcoming the final stage of the 2021 race.

The Tour will start in the city of Aberdeen, where a full weekend of activities to run alongside the race, including the Scottish National Criterium Championships will take place. The stage will finish in spectacular style at Cairnwell, the first ever mountain top finish on the first stage of a major stage race,

Stage 2 is also in Scotland with routes still under discussion.

Any thoughts or ideas for support events? 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.

Letter

Sir, My goodness it's been a while. Surfing the net and came across an issue of Cranks and see your contact e-mail address...wow. Hope that you are keeping well.

In the winter of 1990 my wife and I moved from Glasgow to Portlethen. It would not have been long after that before I discovered Deeside Thistle.

Fond memories of both group cycle rides and of our weekly get togethers/circuit training in the church premises in Belmont Street... lol. Enjoyed taking part with all the folks on the annual Great Inverurie Bike Ride for a few years too.

Whilst living in Portlethen, we returned to motorcycling and subsequently the cycle never turned a wheel after that. In winter of 2000 we moved from Portlethen to Cuminestown (around 5 miles east of Turriff).

For a period of almost 20 years and simply no exercise whatsoever... COVID came along and work in the oil sector fizzled out completely... so even less activity now.

Family were noticing and some were even commenting that Ranjit was getting out of shape...

I had mentioned time and again that I was going to get back on my bike but was just too afraid to let anyone see 'a big fatty riding a cycle.' Was therefore continuing to make every excuse in the book not to do so.

Allan Thomson, who is one of our really smashing neighbours in the village managed to encourage and cajole me to join him on his 'wee morning ride.'

Solution... purchase a new-fangled all singing all dancing carbon framed mountain bike.

Started out riding a ten mile round trip... moved up to 15 miles... 20 miles and finally around 30 miles in the mornings before breakfast.

We started out as three... Allan, Gordon and myself. Can you believe that we would stop for a rest three times during the ten miles'....

Gordon has gone back to 'walking' in the morning's as he was never really a cyclist. Allan and I continue with Mondays to Fridays without fail.

Certainly in the best shape for many years. Weight loss in the region of 17kgs but have put some back on since winter...

The month of May is almost here, and it will be time to get the old backside back into the saddle and commence the Mon-Fri pre breakfast sessions.

In autumn of last year hauled the old Flying Scot cycle out of the loft. This, my original bike bought 2nd hand in the late 60's. Had to be sent down south to have two (crash damaged) frame tubes replaced followed by a total respray/stove enamel. On its return I rebuilt it using modern components and 700c wheels in place of the 27 x 1-1/4". Going out on it at 06:00 in December in pitch darkness (yes, that's around an hour before the sun comes



Registered for the Evening League? – go [here](#)

up). The front tyre suffered a puncture (damn thorn). Walked home - luckily it was only a couple of miles away. Not a chance that this will ever happen again because I've fitted a set of Tannus (Airless) 700 x 28's. We'll see how they fare in a few weeks' time when we start our morning rides once more.

It was whilst attending one of the Great Inverurie Bike Rides that someone knowledgeable took one look at me sitting on the bike at the start line and said "that frame is completely the wrong size for you, lad. It's too big." This was my second Flying Scot and I sold it on. The buyer was Ian Curphey. I noticed his name mentioned in Cranks Vol 47 Issue 564. Wonder if he's still cycling.

I've registered to take part in 'Ride the North' August 27th and plan is to take the longer 100 miles circuit. This is gonna be maybe three times longer than anything I've ever done in my life, And at 68 years of age I'm no spring-chicken any more. Let's see how it turns out.

Best regards, Ranjit Rakraha

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

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](#)

New Members

The following new or returning members have joined in recent weeks

2467	Alistair Cameron	Stonehaven	46
2496	Tony French	Inverurie	42
2964	Peter Reid	Aberdeen	37
3049	Robert Smart	Aberdeen	15
3050	Mathew Matonti	Banchory	43
3051	Suzanne Matonti	Banchory	39

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.

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

Please assist at
events when asked





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

April

Thu	14 Apr	Thursday Run	09:30	Airyhall	Library,
Destination to be decided on the day, morning ride coffee stop. Cindy					
Sat	16 Apr	Gravel Ride	09:00	Airyhall	Library,
picnic coffee at Tappie Hill Alberto					
Sat	16 Apr	Slower Full Day	09:30	Brig O	Balgownie,
Coffee at Trellis Coffee Shop, Newburgh (01358 789989), lunch at Murly Tuck Cafe, Tarves (01651 851489) Dave H					
Sun	17 Apr	Faster Full Day	09:00	Peterculter	(West
End), Coffee at Raemoir Garden Centre, Banchory (01330 825059), lunch at Commercial Hotel, Tarland (01339 881922) Jacqui					
Sun	17 Apr	Morning Run	09:30	Seaton Park	St
Machar Entrance, The Chanonry, Coffee at Parkhill Garden Centre, Parkhill (01224 722167) Heather					
Sun	17 Apr	Try Cycling	10:00	Duthie	Park,
Riverside Drive, Short easy rides, all welcome. Mike					
Thu	21 Apr	Thursday Run	09:30	Airyhall	Library,
Destination to be decided on the day, morning ride coffee stop. Cindy					
Sat	23 Apr	Medium Full Day	09:30	Peterculter	(West
End), Coffee at Raemoir Garden Centre, Banchory (01330 825059), lunch at Bistro, Alford (019755 63154) Rod					
Sat	23 Apr	Try Cycling	10:00	Seaton Park,	Don St
Entrance, Short easy rides, all welcome. Peter S					
Sun	24 Apr	Faster Full Day	09:00	Parkhill	Bridge,
Dyce, Coffee at Inverurie Garden Centre, Inverurie (01467 621402), picnic lunch at Leith Hall, Kennethmont Alberto					
Sun	24 Apr	Morning Run	09:30	Brig O	Balgownie,
Coffee at The Barn, Foveran (01358 788707) Cindy					
Wed	27 Apr	Pub Run	19:30	Hazlehead	Park,
Groats Rd Car Park to Bielside Inn, Bielside Alan					
Thu	28 Apr	Thursday Run	09:30	Airyhall	Library,
Destination to be decided on the day, morning ride coffee stop. Cindy					
Sat	30 Apr	Faster Full Day	09:00	Old Mill	Inn,
Maryculter, Coffee at Kirktown Garden Centre, Stonehaven (01569 764343), picnic lunch at Edzell, via Cairn O Mount Andy G					
Sat	30 Apr	Morning Run	09:30	Airyhall	Library,
Coffee at Slate and Grain Brasserie, Chapelton of Elsick John S					

May

Sun	1 May	Slower Full Day	09:30	Airyhall	Library,
Coffee at Milton Brasserie, Milton of Crathes (01330 844566), picnic lunch at Forest of Birse Church Heather					
Sun	1 May	Try Cycling	10:00	Hazlehead,	Groats Rd
Car Park, Short easy rides, all welcome. Moira					
Thu	5 May	Thursday Run	09:30	Airyhall	Library,
Destination to be decided on the day, morning ride coffee stop. Cindy					
Sat	7 May	Faster Full Day	09:00	Peterculter	(West
End), Coffee at Ride Coffee House, Banchory (01330 820946), picnic lunch at Burn O Vat David B					
Sat	7 May	Morning Run	09:30	Torry Battery	Car
Park, Coffee at Skateraw Store, Newtonhill (07841 209044) Imogen B					



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Sat	7 May	Try Cycling	10:00	Westburn	Park, Westburn House, Short easy rides, all welcome	John C
Sun	8 May	Gravel Ride	09:00	Airyhall	Library, picnic coffee at Durriss Forest, lunch at Kirktown Garden Centre, Stonehaven (01569 764343)	Alberto
Sun	8 May	Medium Full Day	09:30	Old Mill	Inn, Maryculter, Coffee at Kirktown Garden Centre, Stonehaven (01569 764343), picnic lunch at Drumtochty Glen	Doug
Wed	11 May	Pub Run	19:30	Woodend	Hospital, Eday Rd to Brig O Don, King St	Alberto
Thu	12 May	Thursday Run	09:30	Airyhall	Library, Destination to be decided on the day, morning ride coffee stop.	Cindy
Sat	14 May	Slower Full Day	09:30	Four Mile	House, Kingswells, Coffee at Balmedie Leisure Centre, Balmedie (01358 742003), picnic lunch at Prop of Ythsie, Tarves	Sheila
Sun	15 May	Faster Full Day	09:00	Westhill	Shopping Centre, Coffee at Bistro, Alford, picnic lunch at Rhynie	John S
Sun	15 May	Morning Run	09:30	Hazlehead, Groats Rd	Car Park, Coffee at Floras Coffee and Refill, Cullerlie	Cindy
Sun	15 May	Try Cycling	10:00	Duthie	Park, Riverside Drive, Short easy rides, all welcome.	Mike
Thu	19 May	Thursday Run	09:30	Airyhall	Library, Destination to be decided on the day, morning ride coffee stop.	Dave H
Sat	21 May	Medium Full Day	09:30	Westhill	Shopping Centre, Coffee at Forest Cafe, Midmar, picnic lunch at Aboyne	Rod
Sat	21 May	Try Cycling	10:00	Seaton Park,	Don St Entrance, Short easy rides, all welcome.	John P
Sun	22 May	Faster Full Day	09:00	Parkhill	Bridge, Dyce, Coffee at Kellockbank, Inch, picnic lunch at Rothiemay	John B
Sun	22 May	Morning Run	09:30	Footdee	Roundhouse, Coffee at Parkhill Garden Centre, Parkhill	Alan
Wed	25 May	Pub Run	19:30	Tesco,	Danestone to Ferryhill House Hotel, Bon Accord St	John B
Thu	26 May	Thursday Run	09:30	Airyhall	Library, destination to be decided on the day, morning ride with coffee stop.	Alan
Sat	28 May	Faster Full Day	09:00	Old Mill	Inn, Maryculter, Coffee at Kondit Bakery, Inverbervie (01561 361221), picnic lunch at Drumtochty Glen	Jacqui
Sat	28 May	Morning Run	09:30	Woodend	Hospital, Eday Rd, Coffee at Craibstone Golf Club, Craibstone	Dave H
Sun	29 May	Slower Full Day	09:30	Duthie	Park, Riverside Drive, Coffee at Slate and Grain Brasserie, Chapelton of Elsick (07483 332649), picnic lunch at Riverside, Banchory	John T
Sun	29 May	Try Cycling	10:00	Hazlehead, Groats Rd	Car Park, Short easy rides, all welcome.	Moira
June						
Thu	2 Jun	Thursday Run	09:30	Airyhall	Library, Destination to be decided on the day, morning ride coffee stop.	Cindy
Sat	4 Jun	Faster Full Day	09:00	B & Q, Bridge of	Don, Coffee at Pitmedden Gardens, Pitmedden (01651 842352), picnic lunch at Bullers of Buchan	Andy G
Sat	4 Jun	Morning Run	09:30	Brig O	Balgownie, Coffee at The Barn, Foveran (01358 788707)	Cindy
Sat	4 Jun	Try Cycling	10:00	Duthie	Park, Riverside Drive, Short easy rides, all welcome.	Peter S
Sun	5 Jun	Gravel Ride	09:00	Airyhall	Library, Coffee at Ride Coffee House, Banchory (01330 820946), lunch at Clatterin Brig Cafe, Fettercairn (01561 340297)	Alberto
Sun	5 Jun	Medium Full Day	09:30	Parkhill	Bridge, Dyce, Coffee at Lochters, Oldmeldrum (01651 872000/78), picnic lunch at Fyvie Castle, Fyvie	Rod
Wed	8 Jun	Pub Run	19:30	Woodend	Hospital, Eday Rd to Broadstrak Inn, Elrick	Alan
Thu	9 Jun	Thursday Run	09:30	Airyhall	Library, Destination to be decided on the day, morning ride coffee stop.	Cindy
Sat	11 Jun	Slower Full Day	09:30	Hazlehead, Groats Rd	Car Park, Coffee at Floras Coffee and Refill, Cullerlie (07821 221360), picnic lunch at Monymusk Park, Monymusk	Tom S
Sun	12 Jun	Faster Full Day	09:00	Westhill	Shopping Centre, Coffee at Bistro, Alford, picnic lunch at Strathdon	David B
Sun	12 Jun	Morning Run	09:30	Four Mile	House, Kingswells, Coffee at Forest Cafe, Midmar (01330 830000)	Dave H
Sun	12 Jun	Try Cycling	10:00	Seaton Park,	Don St Entrance, Short easy rides, all welcome.	John C
Thu	16 Jun	Thursday Run	09:30	Airyhall	Library, Destination to be decided on the day, morning ride coffee stop.	Cindy
Sat	18 Jun	Medium Full Day	09:30	B & Q, Bridge of	Don, Coffee at The Coffee Apothecary, Ellon (01358 721946), picnic lunch at Aden Country Park	John S
Sat	18 Jun	Try Cycling	10:00	Hazlehead, Groats Rd	Car Park, Short easy rides, all welcome.	John P
Sun	19 Jun	Faster Full Day	09:00	Parkhill	Bridge, Dyce, Coffee at Murly Tuck Cafe, Tarves (01651 851489), picnic lunch at Delgatie Castle, Turriff	John B
Sun	19 Jun	Morning Run	09:30	Airyhall	Library, Coffee at Mains of Drum Garden Centre, Drumoak (01330 811000)	Alan
Wed	22 Jun	Pub Run	19:30	Duthie	Park, Riverside Drive to Marine Hotel, Stonehaven, Return by train	Alberto
Thu	23 Jun	Thursday Run	09:30	Airyhall	Library, Destination to be decided on the day, morning ride coffee stop.	Cindy
Sat	25 Jun	Faster Full Day	09:00	Old Mill	Inn, Maryculter, Coffee at Raemoir Garden Centre, Banchory (01330 825059), picnic lunch at Ballater	Alberto
Sat	25 Jun	Morning Run	09:30	Woodend	Hospital, Eday Rd, Coffee at Marshall's Farm Shop, Kinellar	Cindy
Sun	26 Jun	Slower Full Day	09:30	Duthie	Park, Riverside Drive, Coffee at The Sitting Room, Portlethen (01224 781777), picnic lunch at Stonehaven Harbour	Heather
Sun	26 Jun	Try Cycling	10:00	Westburn	Park, Westburn House, Short easy rides, all welcome.	Mike
Thu	30 Jun	Thursday Run	09:30	Airyhall	Library, Destination to be decided on the day, morning ride coffee stop.	Cindy

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AB23 8EE

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25 Years Ago

Editorial: The Evening League starts afresh on Tuesday 29 April. This series running right through from when there is enough light in an evening to when it begins to fade again is always popular. On a high three years ago with 120 members recording some sort of result it has continued to be the best supported competition in the north-east. Though criticised from outside the Club for an apparent diminution of entries in open events I cannot concur. My opinion is that open events have benefited greatly over the years. Our league has introduced a wealth of talent. Many of today's top riders in our Club started out pretending not to be interested in competition but would have a shot at the League just to see what it was all about. They were hooked. Intimidation at open events could have forestalled any involvement.

Our League is informal, entertaining, competitive and supportive. It does not require a huge administrative commitment by riders. Nor is it expensive to participate.

If you are a newcomer or touring cyclist without the right equipment for racing there is little penalty. Initially you will be loaned Club colours and a good points and handicap system operates to allow easy assessment of improvement over the weeks.

With this issue of Cranks is the 1997 calendar of League events. Get on the telephone to Anne, now. Register your name.

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.

Best Regards/Vennlig hilsen/ Atenciosamente

Jon Strachan

(jas@tierney-strachan.co.uk)

Ian Grant

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Historical Reminiscences

(Part 43)

The Netherley road out of Stonehaven climbs a stiff brae. It's called the Pow Bare and runs parallel to the Megray Burn. I climbed it regularly, often several times in a week. Why it carried the name often intrigued me.

I knew that the belt of trees on the west of the road carried the name Polbare and at the bottom of the hill had been the Polbare Turnpike where travellers paid a toll before heading across the moors around Netherley.

Adam Watson, the celebrated biologist, come mountaineer, in one of his books lists Polbare as having been called Powbair and variously, Powbeare and Poubare.

He also suggests the derivation from Poll Beithir, Gaelic for Pool of Serpent or from Scots, Pow, a pool and Bere, a barley crop. This hints there may have been an early farm in the area. Though if there had been a Polbare Farm all trace has gone to be replaced by the modern New Mains of Ury.

Frank Patterson drew prolifically for cycling publications. His pen and ink sketches detailed practically every corner of the British Isles. He died in 1952 but is still celebrated as the greatest cycling illustrator. Books of his drawings have been published, are cherished, and I wanted one.

Placing an advert in the Cycletouring magazine I didn't expect the result I got.

Cycling Weekly, or simply *Cycling* at the time, had a columnist going by the name of *Ragged Staff*. He wrote humorous articles on his own travels and gave useful advice on things like keeping your feet warm on winter rides. He established the [Cape Wrath Fellowship](#).

Shortly after my advert appeared I got a phone call. "*This is Rex Coley. You'll maybe know me as Ragged Staff.*" He said he'd seen my request and suggested he could help. "*What would be better than a book of copies?*" he asked. "*How would you like some originals?*"

Rex Coley had been clearing out old filing cabinets in the magazine offices and had fallen heir to many originals. Within days a parcel of sketches arrived including one of Patterson's rare pen and ink wash drawings.

Rex and I became friends and corresponded until his death in 1985. He showed great interest in where and how I lived. My tale of the snake grabbed his attention enough to make it a topic in one of his fortnightly columns.

Friday night, traditionally club night, meant that on a Saturday morning I'd a regular bit of admin to do. On a glorious summer's day, I took a chair to the front door and sat there, in nothing more than shorts, with the club books on my knees. The sun blazed down. Heaven.

A dry rasping feeling took my attention. I could feel it scratching across the bare skin of my foot. The brown coloured, zig-zag patterned body of an adder scraped its

way over my right foot then proceeded to slither over my left.

Resisting the impulse to kick it away I sat stock still and watched it clear my feet. It slipped out of sight through a small hole in the skirting board round the hallway. In one of my letters to Rex I told him the tale.

How did he advise on keeping your feet warm? Get off and walk for five minutes. It works!

Mons Graupius filled the south horizon. 10,000 Roman legionaries and 30,000 ill-equipped Picts had battled here and altered the map of Pictavia. Now 2000 years later another battle is being fought which could change the landscape for generations to come.

Alastair and I took our favoured transport and pedalled from near Inch towards Gartly Moor. Lots of snow piled high at road edges and we'd wrapped up well in deference to this late winter of 2005. A keen wind whittled its way in past layers of clothing, and we expected the day to be a cold one.

Climbing steadily on tarmac past Dunnydeer and the stone circle on Candle Hill, very quickly we found the road running with water and pockets of decidedly warm air nestling in dips. The storm clouds to the north dumped loads elsewhere and soon we realised that the worst of the weather must be past.

Today's plan had been a rough one. Hill of Christ's Kirk attracted but from Inch it was a mere hour's round trip. Instead, we'd go to Gartly Moor and descend the hanging valley to Kennethmont. The Skirts of Foudland lay to the north, mantled in white. Gartly Moor would be the same and forward travel, no doubt, near impossible. Still, we'd been through worse – when younger, fitter. Now a bit higher, temperatures had dropped again, and some puddles of water sported a cap of ice. Tracks into the forest were carpeted with white.

Rounding the bends at the highest point on this unclassified road we looked across the Glens of Foudland and up the grassy green of Hill of Bainshole. Along Gartly Moor a bit, is the TV relay station and there are also some other transmitter things on the top of Skirts, but never before had we seen that white mast towering above Bainshole Farm and right beside it leaned a giant orange jib of a crane.

That planners and businessmen could consider building wind farms in the shadow of Bennachie is gross. Controversial projects had been mooted at the turn of the new millennium and have provided a classic example of the difficulties surrounding the Government's plans to increase Britain's renewable energy sources. Accusations of foul play, misinformation, environmental destruction and dirty tricks have abounded in a fight over the siting of 21 turbines, each as large as a 30-storey block of flats, close to the A96 Aberdeen-Inverness road.

At an overall cost of £15m, these turbines, each 78 metres high, are being erected on the Hill of Bainshole and nearby Play Hill, in the Glens of Foudland. It is claimed that they



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will produce enough power to supply more than 11,350 homes.

A protest group, formed to oppose the development, Friends of Glens of Foudland (Fogof), claim that the development of the site will disfigure the landscape.

We turned onto the forest track along the north edge of Gartly Moor. It was an easy one this; right and right again would take us in a few miles down to Gartly village on the River Bogie. The ground cover was good. Patches of snow interspersed with frozen hard core made pedalling easy and soon we took first right. Except it was wrong. What did you expect? An access track into a remote corner of the wood soon petered out. We scouted about and were tempted to follow an imagined path into the trees. Man might have gone before but more likely it was deer leaving tracks that had enlarged as the snow melted. Then we found fresh tracks, maybe only a few hours old. Etched clearly in the snow they padded about in the small clearing where the track had ended.

Rumours abound in this area of the big black cats. Forever sceptic we stood back-to-back and surveyed the evidence. The footprints measured a good two inches across with four positive toes and no claw marks. With the snow too deep through the trees and time speeding on we decided not to follow this new attraction. Swiftly mounting our bikes, we sped back the way we'd come. A furtive glance over a shoulder at the darkening shadows under the trees revealed nothing.

Eventually we took the correct route out of the forest and navigated our way to the top of a hill at NJ 582368 where a footpath would take us close to the wind turbine. The footpath was closed off and overgrown. Instead, we circumvented Hill of Bainshole with the occasional glimpse of the top of the crane peeking over the horizon. Failing to get any closer than about a mile we eventually reached a moorland track at NJ 621369. Snow filled every hollow around us, and the search would have to continue another day.

Obviously it is intended that this wind farm, stretching over a square mile or more of hillside is to be a tourist attraction. Information boards have been erected indicating a carpark and access paths to and from the turbines.

Fogof claim the development will cause traffic chaos, bring down house prices and endanger wildlife, among other things. Though Fogof say that their objection is not to wind farms on principle, they do object to the selection of sites for solely economic reasons. In the case of the Glens of Foudland there is a single landowner involved, it is close to a main road and the National Grid, so development costs are very low.

In the short term, the aim of the Government is to produce 10 per cent of its energy from renewable sources by 2010. They intend to do this by encouraging small-scale wind farm developments on remote agricultural sites. It is stated that the lifespan of these wind-farms is also short-term. In 25 years they will be dismantled and the sites restored to a natural state. However, in 25 years' time, if they have survived the rigours of Scottish mountain weather and are

supplying a top up to the National Grid, they are likely to be left as they are, or refurbished to provide more years of production.

It's a strange feeling waking up to a catastrophe. Adrenaline kicks in and you work with an output seldom seen outside a 10TT. So, it was. one distant Saturday morning. My wife asked me what I intended doing on this, my day off. I'd tidy out the club office, said I. Much needed, she replied and like a dutiful soul mate I headed off to make a cup tea. Only, it didn't get served. Standing filling the kettle just after 7.00am I sensed an unusual glow on the lawn. Switching on an outside light there was the awful truth. Sometime before I awoke the log cabin in the garden had dismantled itself. A gust of wind had changed the dynamics holding the cabin down and the roof lifted off, somersaulting through ornamental cherries and other cherished shrubs to spear itself into the grass sward.

As quickly as possible we salvaged what we could, grabbing piles of papers, computers, printer, in fact anything that could move and shipped it back under cover. A concerted effort had everything moved as daylight broke. But what a mess; loads of stuff soaked, a few things broken, goodness knows what blown away, parts of the wall snapped and the lovingly installed electrics flailing in the wind.

The roof was too heavy for us to shift. Try as we might all we could do was free it from the wedged dip in the grass. Fortunately, a friend heading off shopping saw our plight and offered help. With seven of us heaving and panting the roof gradually made its way back and with judiciously placed props, in time it settled back into the tongue and grooving.

There was a time, over a period of weeks, maybe even months, when the Laundry Brae presented an insurmountable obstacle.

I'd descent the Pow Bare and enter Stonehaven past the Commodore. It made sense to turn right just after crossing the Cowie Bridge for that would take me onto Bath Street and the closest route to my place of employ. The Laundry Brae is a short steep climb past the Burns' Memorial Garden, to the end of Robert Street, then right at St Leonard's Hotel along Bath Street.

An out of the saddle effort, with extra care on the unsighted corner, only took seconds. But commuting 70 miles a day, every day, coupled with training and competing had worn me down. Giving in, I'd add a mile to the journey to ease the gradient.

Self-diagnosis suggested Myalgic Encephalomyelitis. The obfuscation of symptoms didn't give a definitive answer, so I'll never know if my assumptions were correct.

Roughstuffer



**DEESIDE THISTLE CYCLING CLUB
EVENING LEAGUE
2022**

ALL ENTRANTS MUST ADHERE TO THE RULES			Event	Time
Apr 26	10TT	Garlogie/Cairnie/Echt	1	: :
May 03	10TT	Drumoak	2	: :
May 10	12TT	Echt/Dunecht/Midmar	3	: :
May 17	10TT	Drumoak	4	: :
May 24	18TT	Echt/Dunecht/Millbank/Learney	5	: :
May 31	10TT	Drumoak	6	: :
Jun 07	25TT	Echt/Cairnie/Millbank/Learney	7	: :
Jun 14	12TT	Garlogie/Dunecht/Echt/Garlogie	8	: :
Jun 21	No Event – Massie Shield			
Jun28	10TT	Drumoak	9	: :
Jul 05	09TT	Fintray	10	: :
Jul 12	No Event – Trades Holiday			
Jul 19	01 H/C	Cairn Mon Earn	11	: :
Jul 26	10TT	Garlogie/Cairnie/Echt	12	: :
Aug 02	08TT	Garlogie/Echt/Garlogie	13	: :

