

Issue 584

November 2022

Cranks Volume 49

The magazine of
Deeside Thistle Cycling
Club

Sponsored by:



Tierney Strachan
PROCESS CONTROL ENGINEERING

Current Membership 582 (619)
SCU Membership 295 (307)

Editorial:

There's a lot going on that doesn't get the publicity deserved. A varied of outlets are available to highlight achievements but someone needs to be in the position to upload or post information.

This magazine is one of the outlets and has been taken to task in the past for not giving a fair and comprehensive coverage of successes. If the details aren't available then the facts can't be displayed.

Other social media outlets do often give some coverage but, again, this also depends on available information. If only some willing member with a flair for journalism would step up to co-ordinate our story.

Achievements over the past few weeks include our Youth Mountain Bike section being hailed as Scotland's club of the year.

And in SC's Cyclo-Cross Championships we celebrated title holders with Millie Thomson (Junior Women), Arabella Blackburn (Under 16 Girls), and Olivia Poole (Under 14 Girls).

At the other end of the age scale, Margaret McMillan swept all before her when she won the season long SVTTA Ladies Short Distance BAR.

PHILOSOPHER'S CORNER

Success belongs only to those who are willing to work harder than anyone else

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

Youth and Junior Update

The second round of the National Trophy Cyclocross series took place at Callendar Park. DTCC youth fielded 10 riders in the U14 and U16 events. Melanie Rowe and Olivia Poole took first and second place in the U14 girls while Arabella Blackburn placed second in the U16 girls. Two U10 Deeside boys rode in the Race the Stars floodlit event which took place on the Saturday evening.

Results from the racing can be found here: <http://results.smartiming.co.uk> (National Trophy) <https://speedhive.mylaps.com/LiveTiming/OLSMUQNK-2147485143> (Race the Stars)

The following week action in the National Cyclocross series moved to South Shields, North East England. Seven DTCC youth were in action with notable results from Olivia Poole (1st U14 girl) and Arabella Blackburn (2nd U16 girl).

After a great grass track season Isaac Small was awarded the Highland Games Cyclist of the Year. See following [article](#) about the awards.

CX action returned to Irvine the next weekend and to a tiring course with long transition sections through grass and proper sand traps. DTCC youth had 8 riders racing in various categories. Three of the girls took podium positions - Olivia Poole 1st U14, Zara Main 2nd U14 and Hope Thomson 2nd U16.

The same weekend the youth section hosted a successful open day at Knockburn. 25 riders came along to take part in cycling activities led by club coaches. Running these at the same time as the club's usual training sessions, MTB, road, cyclocross and learn to ride, gave riders and parents a taster of a Saturday morning DTCC Youth and Junior session at Knockburn. Riders also had a chance to try Aberdeenshire Council's bike track which was onsite along with the club's own Sender ramps.

On 13 November at Camperdown Park the Scottish CX Championships took place. A new incarnation of last year's course was expertly put together by Keith Stocker and his team on a well-drained ex-golf course.

Riders were treated to multiple small sand 'bunkers,' fast grassy corners, a high speed slightly downhill starting straight, rooty forest sections, and FAR too much climbing!

A great demonstration of skill and strength by the DTCC youths, with racers in the U10, U12, U14, U16 and youth riders showcasing the jersey and competing at the highest level. We have the pleasure of the following top results:

U14 G Scottish Champion	Olivia Poole
U16 G Scottish Champion	Arabella Blackburn
Junior Women Scottish Champion	Millie Thomson

Other most notable results include:



U10 B 4th place
U16 G 3rd place
U14 G 4th place

Callum Campbell
Hope Thomson
Zara Main

A lone Deesider made her way south to Paignton for the next round of the CX National Trophy. Olivia Poole finished 2nd in the U14 girls' category.

Slightly closer to home, Castle Douglas hosted the 6th round of the Scottish Cyclocross Series with 6 Deesiders taking part. Hope Thomson was 2nd in U16 girls and Olivia Poole was 1st in U14 girls with Zara Main taking 2nd place and Emma Campbell placing 4th.

Lyndsay Aitken

S.V.T.T.A. 2022 B.A.R. Championship

In the season long SVTTA BARS the Eddy Taylor Trophy for the Ladies Short Distance Competition was won by Margaret McMillan with an average speed of 23.91mph.

International Masters

In the middle of October three Aberdeen riders went to the International Masters Cycling Week in Mallorca. These were Mark Walker (40-49), Robert Lindsay (50-59) and Bob Cowie (60-69).

The event had four stages over 4 days and around 100 riders took part. Both Roberts performed well with finishes close to the front on more than one stage. Overall, Robert Cowie came 28th in his age group while Robert Lindsay sitting in 11th position at the start of the last stage unfortunately punctured and failed to finish.

Two days later they took part in a 70km loop Robert L finished 8th only 6 seconds behind the winner, an ex-Tour de France rider, while Robert C gained 21st spot in the same bunch.

Build a Cycle Track on Union Street

The petition "Build a cycle track on Union Street in Aberdeen" is close to it required 500 signatures. You can help get it there.

You can read more and sign the petition here: <https://chnng.it/w9Fvng4628>

Elite Turbo Demo at 6 Degrees North

Friday 25 November at 7.00pm. Go [here](#) for more info

Club AGM

Your club's AGM is scheduled to take place on Friday 20 January 2023. It will start at 7.00pm in Echt Hall.

This year we're going to meet face to face for the first time since before the Covid pandemic.

Immediately after conclusion of the formal business we'll have a social get together with refreshments. Hopefully, you'll be able to attend.

Charitable Status

Your Finance and Management Committee has been reviewing novel ways to strengthen the finances of the club in the face of reduced support from British Cycling. In discussions with potential sponsors, it has become clear that some sponsors will only donate money to registered charities. Becoming a charity used to be an onerous task but this has been very much simplified in recent years, and at the forthcoming AGM one of the motions will ask members to vote on whether DTCC should become a Scottish Charitable Incorporated Organisation (SCIO).

The charitable purpose of DTCC would be:

The advancement of public participation in the sport of cycling and the provision of recreational facilities and activities for the benefit of the public and in furtherance of these by:

- a. Making available facilities for participation in cycling of all kinds
- b. Promoting cycling as a sporting and recreational activity

We wanted to shed some light on this before the AGM so to summarise:

Benefits of becoming a SCIO

1. All personal donations to the club can attract Gift Aid (income tax recovered by the club from the government)
2. Business donations to the club are treated as business deductions without requiring any further justification
3. The club can reclaim VAT on any purchases it makes
4. The committee members enjoy limited liability on the same lines as company directors (their liabilities are currently unlimited)

Are there any downsides?

1. The club constitution will be longer than it currently is
2. We need to elect and maintain at least three trustees to ensure that the charity is being run for its charitable purpose and activities are above board
3. We need to submit a set of accounts with a brief discussion of the year's events to the Scottish Charity Regulator. The accounts need not be audited but they have to include an "External Scrutiny Report" which can be completed by anyone with experience of accounting or running a business.

Other recent converts to SCIO status include Gravitare, the Aberdeen trail park people. They have confirmed that the process is not especially hard work, and that the charitable status has opened doors for them that were previously closed.

If you have any questions you can find lots of info online or if you have any specific questions you can contact John Sands on john.sands@ms-ltd.com.



Scottish MTB Awards

What a team! Really nice for our Youth and Juniors to be winners of 'MTB Club of the Year 2022'

Redundant Bikes

I'm looking for two mountain bikes, one large and one small. If you've got any old 26" wheeled machines lying unused in your garage how about considering donating them to Sisterland.

Alastair and I are hoping to visit Sierra Leone next year and we'd like to ride from Freetown to visit some of the projects already in place and leave the bikes behind.

If you can help, please reply to info@deeside.org AJL

Welfare and Protection Officer

It is very important that our club has Welfare and Protection Officers (WPOs) in place. This is to safeguard the many youngsters we have and, if necessary, any vulnerable adults. Ian Wilson and Anna Liversidge both look after things at the moment, but they feel, now that their youngsters are less young and less involved, it is time to move on.

The size of our club makes it important that we have two WPOs in place, preferably one female and one male, though this is not prescriptive.

Tasks involved include ensuring that those working with young members have the correct credentials in place, and, maintaining an overview of how members are treated by members.

This is a good opportunity for any member to expand their commitment to our sport and further afield. Ian and Anna are able to provide advice on what is required to fulfil the role and they will assist with any transition into the post.

If you have an interest and would like further information please contact info@deeside.org.

Total Endurance Winter Talks

We are pleased to be able to restart our Free winter training Talks

Click [here](#) for more information on each of the topics and to book your place

All talks are on a Monday evening from 19:00 - 20:00

We will be announcing dates for our 1/2-day swim and run workshops very soon so keep an eye out for dates

Commissaire Opportunity

Ready to start the journey to become a commissaire? Events don't run without them. Want to be part of the wider biking community.

Find out more about becoming a commissaire and the training you undergo here. [Trainee Commissaire course \(britishcycling.org.uk\)](http://Trainee%20Commissaire%20course%20(britishcycling.org.uk)).

If anyone's interested please contact volunteer@scottishcycling.org.uk

New Members

The following new or returning members have joined in recent weeks

3076	Ethan Yacamini	Westhill	7
3077	Emily Yacamini	Westhill	6
3078	Andres Lorensen	Torphins	8

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.

Club Branded Aluminium Water Bottles

If you have recently bought one of our Water Bottles but have not yet been able to collect please be quick. Stock is now very low. The remaining bottles are now in the care of Jon Strachan and to collect follow the procedure you use to collect clothing. Cost is only £5.00 per bottle. Go [here](#) for more information and to order yours.

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 montyrbicycleworks@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

At the meeting on 26 October 16 events only were agreed for our area. These include a few time-trials which could mean that we'll have winners of TT BARs in 2023.

Information will be published as it becomes available. Meanwhile those tasked with organising events should ensure they register soon with BC/SC.

We have allocated events to all our championships except the 100-mile TT. As we don't have one in area we will have to allocate one from another region.

Here's a brief overview of the provisional race dates

- 27 Apr - Ythan APR
- 11 May - VCRT RR
- 25 May - Tens RR
- 28 May - DTCC Dick Londrigan (Mark and Andrew)
- 15 Jun - DTCC RR (Mark and Andrew)
- 25 Jun - VCRT Vets RR
- 20 Jul - Ythan RR
- 27 Jul (tbc) DTCC RR (Cal Cormack, Mark assisting)
- 17 Aug - Sparta RR
- 2+3 Sep - Falling Leaves inc Jolibar (stage 2) co-org with VCRT and DTCC (Mark and Andrew)

8 local races as part of a series

- TT's
- 16 Apr - Ythan Bob Souter 10m
- 20+21 May - DTCC weekend inc 25m+10m+?? (Calum Gibb and John Alexander)
- 21 Jun - Ythan Massie 25m
- 2 Jul - DTCC 50m incl Scottish Champs (Kenny Anderson)
- 30 Jul - TEN Regional champs 10m
- 10 Sep - DTCC 3 hills TT race (Kenny Anderson)
- 17 Sep - AWCC classified TT champs & Hill climb champs

Colin Allanach

SCNEG AGM

SCNEG AGM is booked for Thursday 24 November at 7pm. The location is Adventure Aberdeen, Fairley Road, Kingswells, AB15 8PZ - https://maps.app.goo.gl/ViBDnbB7XLjz9ffL9?g_st=ic. The access to the room is round the back of the building.

If you would like to help the development of the region for cycle sport or just want to find out a bit more then please come to the meeting. There may be biscuits.

Agenda:

1. Welcome and Introductions
2. Apologies for absence
3. Minutes of last year's minutes for approval
4. Reports for 2022
 - Chairman's report
 - Treasurers report

- 6 Amendments to terms of reference or SCNEG documents –
Some changes to championship documents have been proposed:
 - 6.1 The inclusion of "short BAR"
 - 6.2 The inclusion of district champions at a TT event (we already have this at Youth level)
- 7 Election of 2023 officers and committee (including change to have RR & TT named posts in structure.)
- 8 Vote for Ronald Brown Trophy
(The award shall be made to the person who is considered to have done the most to further and foster the pastime and sport of Cycling within the SCNEG area in the current year.)
- 9 AOB
 - 9.1 SC reps discussion
 - 9.2 Open discussion

Colin Allanach

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>

Spond Guide Update - Group Codes

If you are already registered in Spond and in one DTCC group you can join another with these links (or use the "Enter Code" option in the App).

- DonsideBunch** <https://group.spond.com/WWDYZ>
- Banchory** <https://group.spond.com/IYLWP>
- DTCC MTB** <https://group.spond.com/MRFCH>
- LeggartTerrace** <https://group.spond.com/AGTNP>

Click on the group(s) you want to be member of, and the ride admin will accept you.

Link to PDF Spond guide: http://deeside.org/wp-content/uploads/2022/08/DTCC_Spond_and_Ride_Leader_Guide.pdf

Link to PPT Spond guide: http://deeside.org/wp-content/uploads/2022/08/DTCC_Spond_and_Ride_Leader_Guide.pptx

Peter Smart

Winter Rides

Donside Bunch Winter Rides take place Sundays from Kintore. Plans for this winter are two groups:

- Steady (15/16mph) - 2.5hrs
- Faster (17mph+) - 3hrs

Pitch yourself into the correct group and it'll be a no drop ride.

Usual rules - mudguards preferred, and front and back flashers strongly recommended. Rides will be managed through [SPOND](#). If not already registered on SPOND go [here](#)



Saturday Morning Group Rides - Leggart Tee

Over autumn and into winter, the Saturday morning group rides from Leggart Terrace will start at the later time of 09:00. Alan Campbell will take a steady group on the ride while Steve Brechin will lead a slightly brisker group if numbers allow.

The 54mile/87km route, known within the club as The Chairman's Classic, takes in some of the best climbs in the local area. You can view the route here: [The Chairman's Classic | 86.7 km Cycling Route on Strava](#).

It's a no drop ride and all are welcome. Email Steve Brechin on DTCC-Banchory.Saturday@outlook.com or look for us on [Spond](#).

Please consider the use of mud guards on your bike until we get into the better weather again

Sunday Banchory Rides

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/TYLWP>

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

The route will be published on SPOND and will always include a coffee stop. Distance is around 50 miles.

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

Youth & Junior Vacancies

DTCC Youth and Junior offers Coaching sessions for riders aged 6-18 years, covering road and off-road disciplines. Following COVID19 we have a number of spaces in our groups and are looking for new riders. If interested please contact youth@deeside.org to register your rider, advising date of birth and current riding capability

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

Conference AGM & Awards

You can now sign up to attend our 2022 Conference and AGM being held on the 26th of November at Hampden Park in Glasgow. This year it is all about bringing the cycling community together as we will have multiple workshops focusing on coaching, club development and events to make it one big day of all things cycling.

On the day we will also have guest speakers, Evan Oliphant, and Finn Crocket, talking about their experience at the CWG this year as well as some behind the scenes information on the UCI World Championships taking place next year.

We will also have our annual Scottish Cycling AGM which everyone at the conference is more than welcome to attend.

Tickets for the conference are free and are available [here](#).

You can now also purchase tickets for the Scottish Cycling 2022 awards night also being held at Hampden Park. This will be an action-packed night as we celebrate a great year for Scottish Cycling.

The night will start with a Champion's Drinks Reception, before a three-course meal, after which we'll crown our award winners, and you'll have the chance to let your hair down on the dance floor. Dress code is formal – kilts and frocks encouraged!

Tickets for the awards are £49 and can be purchased [here](#).

Scottish Cycling Club Development Team

Big Bobble Hats

Big bobble hats have a large number of Deeside Thistle hats available to order. Contact them direct to get your cosiest hat for winter - <https://www.bigbobblehats.co.uk/>

Synopsis of Meeting

F & M 14/11/22

A Finance and Management Committee meeting took place on-line, on Monday 14 November 2022. In attendance were Andrew Harrington, Sandy Lindsay, Gavin Baxter, Sam Long, John Sands, Peter Smart, Neil Stables, Jon Strachan, Mark Walker and David Walton.

Agenda

- 1 Apologies** – Laura Sarkis
- 2 Minutes of Previous Meeting** – Accepted as correct record
- 3 Business Arising from Minute**
 - i) Fundraising and CASC** – Details of the proposed move to register as a charitable body are to be compiled and issued to members for discussion
 - ii) FaceBook and external facing promotion** – Social Media presence is to be developed



4 New Business

- i) **Annual General Meeting** – It was agreed that the club’s AGM will be held on Friday 20 January 2023 in Echt Hall with some social activity immediately afterwards. The only competition Awards likely to be made are those for the Evening League. The club’s Meritorious Awards will be decided by then. A short list of possible recipients of these awards will be issued to committee members
- ii) **2023 Race Calendar** – A list of events for 2023 has been issued by SCNEG. This includes TT Championship distances except for the 100 miles. Several new organisers have come forward
- iii) **Attracting Volunteers** – It was suggested that new volunteers could come from those not necessarily cyclists but keen to be involved at an organisational level. BC Memberships could be provided as an incentive
- iv) **Race Team Budget** – It was agreed that funds would be made available for 2023. A budget is to be prepared
- v) **Welfare and Protection Officers** – Both the club’s Welfare and Protection Officers are retiring from their positions. They have agreed to remain in post until replacements are found. A remit of typical duties is to be prepared
- vi) **Thrive Bike Festival** – A request was made for the club’s Falling Leaves Reliability Trial to be incorporated in the Ballater Thrive at the end of September 2023. This will be considered
- vii) **Youth DH 2023** – It is proposed that new MTB events at Youth DU races be organised in 2023. Any shortfall in costs for the events will be supported
- viii) **Youth and Junior Update** - 2022 DMBINS Club of the Year award received by the club. An Open Day had been held at Knockburn Sports Loch with Bring a Friend Format. New intake of riders needed. A File Storage on MS Office is required. In the Community Outreach project Active Schools coaching sessions have been delivered to Primary and Academy pupils across Aberdeenshire, 332+ sessions in 2022 alone using club Juniors as Coaches. The Rock Up and Ride model in partnership with SC and Scottish Government is being delivered in Northfield, Aberdeen where 32 children in two groups have been given 4 coaching sessions with free bikes and kit

Next Meeting – Monday 09 January 2023 at 7.00pm

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](#)



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 mls.

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

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

Runs

The full calendar of runs is available here: <https://ctcgrampian.org.uk/runs-list/>

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.

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.



[ZWIFT.COM](https://www.zwift.com)

Youth Free Membership

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

25 Years Ago

A short time ago I received a letter from Aberdeen Sports Council. It contained a poignant note. Bob Souter, an 82-year-old patron of Fiddlers on Portland Street in Aberdeen, had died.

Apparently Bob had been a competitive cyclist in his younger day. The love of all things cycling remained with him and a passion, never fulfilled, was to go and see the Tour de France.

In an attempt to help him achieve this life long ambition, the proprietor and regulars of Fiddlers had been raising money to send him to the event in the summer of 1998.

The money raised has been handed over to Aberdeen Sports Council who came up with a great idea. They wish to perpetuate Bob's memory in a trophy that will go annually to some celebratory at club level. Discussions have yet to take place on the standard required for the award but currently it looks as if it will be to recognise efforts made by the young cyclists.

Herein lies a problem. Right now, the number of young cyclists joining our Club is very low and throughout the country this sorry state of affairs is repeated. Indeed, the average membership age of the Scottish Cyclists' Union is as much as 38. So even if any individual, through effort as opposed to results, merits the award, it will ping hollow if there are no others around to vie with.

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.

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

For Sale

The Alba team bikes used this season are now for sale. We have eight Trek Emonda SLR7's (eTap), ranging from size 47 to 56. If anyone is interested or wants any more information they can contact Bob Lyons on bob@alba-rt.com



Club Kit Arrival

Please note this only refers to uncollected previous orders of club kit. A separate note will be issued as soon as the current order arrives.

Pactimo kit order is 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, Jon Strachan
(jas@tierney-strachan.co.uk)

Deeside Thistle Annual Subscriptions

Please go here to renew your membership:
<http://deeside.org/join/>

- or do a Bank Transfer to TSB Sort Code 30 10 01, Account No 00802182
- you can telephone 07867 857221 when a card payment can be taken over the phone
- you may also pay your fees by cheque (made out to Deeside Thistle Cycling Club) and sent to Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ

You may have children and spouse/partner listed as members so don't forget to include them when renewing - or if they are not already listed now's your chance to get them on the club register

Fees are as follows:

Over 18	£23
16 – 18	£12
Under 16	£ 7
Spouse/partner of an existing member	£ 2
Each child (under 12) of existing member	£ 2
Associate member	£ 7

MITCHELL SCHOOL of DRAMA

**Workshops, Musical Theatre,
Performance Class, Exam classes**

**Rhona Mitchell, BA (Hons), Dip S&D,
TQSE, LGSM, LLAM (Hons), MSTSD.**

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Historical Reminiscences

(Part 50)

In Gatehouse of Fleet the group again split, Neil Bannerman and Dick Pratt off looking for a sit-down meal while the others set off in search of Dick Hatteraick's cave and a picnic. Hatteraick is reputed to have been a notorious border reiver whose victims were dismembered and hung on hooks in a cave half-way between Gatehouse and Creetown on Wigton Bay.

Like yesterday the sun beat down mercilessly. The surroundings shook and wavered in the heat haze. Some of the bronzed bodies were beginning to rebel.

Once the group reformed we cycled on through the breath stealing heat to reach Creetown where a chance meeting with my Aunt Francis saw us provided with tea, sandwiches, and a hammer for Neil to batter his crank straight.



On then, after the welcome rest, to Minnigaff. To stall off the effects of the heat most dipped in the Cree during the afternoon.

Next day there was a change in the weather. The temperature rose! Taking the bikes out of the bike shed before 9.00am the first breath of the outside air caught in throats, and we were left gasping, fighting for air.

This was the turning point of the tour. Approximately half over we would head north again to the highest hostel in Britain, Wanlockhead, an old lead mining village in Lanarkshire.

In the blistering windless heat, the fine body of men chugged their way out of Minnigaff and in a mile or so headed north into Glen Trool.

Wild goats watched warily as we passed, sagging saddlebags rubbing on tyres. Arriving, sweating, peeling, to Clatteringshaws Loch a dip was enjoyed. First splash was taken in water coming from the dam, from the bottom of the loch, the water, cold and refreshing, and another taken at the top where the water was a few feet deep and very, very warm.

After visiting Bruce's Stone, monument to the battle of Raploch Moor, we descended to New Galloway, crossed south of Dalry, passed close to Lochinvar and hill-climbed to Moniaive where dinner was to be bought. This quaint little town with impossibly narrow streets was having its mid-day siesta so while most waited patiently for the shops to open the adults visited a grand old-time pub with very low wooden beams supporting the house above. Nothing false about this one. The beams, black with soot, and a big open fire built into the wall had been there for a long time.

Once a made-up orange and a bar lunch had been consumed we emerged suitably satisfied to hear that the others had discovered a hill road that soared straight out of hell into the clouds. The map indicated that it joined with the scheduled route a few miles on so everyone cycled or walked as the notion grabbed them. On the way down the other side, twisting and turning 500ft in half a mile, we reached Tynron where Andy Donald was laid out on the parapet of a bridge and patched. While descending he'd met a police panda and in trying to avoid it spread himself over the gravel.

Back in Moniaive had been a poster detailing a coming gala when an annual hill-climb would take place. It transpired that the hill-climb was as real as the poster suggested, with all the local youth and some not so young taking part. To make it fair they all used the same bike, a sit up and beg and the one who got the furthest up the hill was the winner. The previous year one anti-gravity expert had proved himself beyond doubt being the only one to make it all the way to the top.

In an absolutely cloudless sky, the sun gleamed and danced in its own heat haze. After several days of non-stop shining the road had finally given in, the blistering tar bursting and

great black tears ran downhill. In some places these bleeding wounds on the road surface were unavoidable so that in a short time the tyres had collected a covering of sticky hot treacle which in turn coated itself in chuckies, sand and vegetation. With unwished for braking, the loaded tyres clogged under mudguards.

The party headed north through Penpont to Menock and up the 1500ft climb on the B767 to Wanlockhead, Britain's highest village. Here is Lotus Lodge, a fine old hostel, wardened by a fine (72-year-old) woman. She had been there most of her life and knew many of the well-known touring cyclists like Tommy Chambers.

Wanlockhead is an old lead mining village. Its prosperity was directly attributed to this metal. When lead was discovered in the hills the village grew around the industry which inevitably sprang up. However, just as inevitably when the lead source died so did the village. It is completely run down, dilapidated in the extreme, only a few residents now living there and all those commuting to employment in places like Sanquhar and Moffat or perhaps as shepherds on the hills.

Perhaps with sympathy engendered by those thoughts the weather turned. No longer did the tar weep on the roads. The sky had clouded over, black thundery clouds tumbled together and a flash of lightning, a clash of thunder opened the tear ducts and wept at the village wake.

It was in the days before sliced bread. Memories are dimmed by the mists of time, but Dougal Bannerman managed to trigger one or two dormant brain cells into life when he asked me to recall a day way back when.

Saturday 06 June 1970 dawned a calm morning, mild, and traffic on the streets of Stonehaven before 0800 was light.

A wee boorachie of folk collected on the pavement just south of the traffic lights, just outside the door of The Hook and Eye. Mary held year old Robert in her arms, her sister Isabel was there, George Fraser held the watches and I leaned on my bike.

The bike was black, silver rings on the seat tube, gold lining round the Prugnat lugs. Equipment was varied. Loads of Campag for they had the best bearings, rear derailleur a Nuovo Record but no front for the bike only sported one chainring, a 57 tooth TA mounted on a Milremo crank. The other crank was Campag! In those days the block still only had 5 cogs with the smallest of these a 13 tooth. Cinelli bars and stem but no tri-bars for they'd still to be invented. Campag hubs sported sprint rims which were wrapped in 6oz Vittoria tubs but no disks or tri-spokes. The saddle was a Brooks Pro, supple, smelling of Proofide, rivets filed and all the excess leather round the nose and rear cut away. That bike was a dream. Harry Quinn from Liverpool had built the frame in 531 double butted tubing and to many folk nothing compares.



As the clock tower in the square gradually eased its way towards 8.00am I mounted my dream machine. With the traffic lights turning to green George started his watch and I was away. Out of Stonehaven and climbing past the golf course I'd soon settled in.

I'd often contemplated attacking the Road Records Association of Scotland's record for Aberdeen to Dundee and back. A road very familiar to Aberdeen cyclists it was generally the first big ride of the new season when a group would head for Nicky's bike shop at the end of February. Then, as the year progressed they often rode it on a Saturday staying in Dundee YH, racing an event in Dundee the next day before riding home afterwards.

Dod Lawrie of the Wheelers had first set the record for the round trip on 26 August 1934 with 7:08:19. Ally Cownie of Forfarshire RC now held the record in a time of 6:20:28. It had stood since 1951. I was keen to bring it back to Aberdeen. The roads hadn't changed much since Cownie's day; a half mile stretch at Muchalls Bridge and the downhill bit past Kincorth to the Bridge of Dee were the only dualled sections north of Dundee.

These place-to-place records are simple - travel between the central Post Office in each city by which ever route chosen. Only, Dundee was a nightmare; convoluted one-way streets would be a big penalty so things were rearranged. The turning point in Dundee had been redesigned to the Camperdown Gates circle on the Kingsway. This meant a couple of miles of dualled road at the furthest south end.

I'd already tried (twice) for the record. The first had been thwarted by bad weather. A gale blew all hopes away and I climbed off after 40 or so of the 134 miles total. Starting at Inverbervie I was blown to Aberdeen in double quick time only to find it took me as long to get back to Stonehaven. The second attempt had also used the coast road through Inverbervie, Montrose and Arbroath. The thinking here that it would be an easier road was my undoing. Though completing the distance, the attempt foundered some miles from the finish line.

So, there I was heading into Aberdeen, on schedule and quietly confident. The then Post Office HQ sat on Crown Street and turning here I set off south and soon had passed my starting point. There was, of course, no Stonehaven bypass and the climb out of the town a bit of a trial. Still, once on the level again the miles rolled by through Laurencekirk, Brechin and into Forfar.

The weather was settled, dry, warm and calm. And the rolling terrain into Dundee didn't affect me.

Isabel drove the support vehicle. Mary fed and watered while George handled the watches and kept a careful eye

on the support offered. Overtaking is only allowed every few miles or so, close following has to be avoided. But the attention was superb.

Onto the Kingsway and round Camperdown with a horde of Dundee (cycling!) supporters out cheering. Then north again to Forfar. Things were running smoothly. No helmet so the air cooled me, sweat glistened on my legs. The 57-ring churned steadily, and the miles gradually reduced.

Then halfway between Forfar and Brechin this guy appeared at my side of the road. He was running north with one hand held high. From it hung a pear. I took it as I passed, and he shouted "*dig-in.*" A ready to eat pear can't be beaten. The juices ran down my chin and dripped onto the Team Green (original) colours.

Just a few miles up the road he reappeared with another pear. It was equally as good. Ally Cownie had been alerted the attempt was on and he'd come out to offer his support and encouragement. Buoyed by this, extra efforts were made over the last 30 or so miles.

With no fancy computers attached to my bike I'd to rely on occasional shouts from my helpers. They kept indicating I was up on the record but by how much and could I maintain it to the end?

Then the descent into Stonehaven started. Winding through the corners down Dunnottar Woods I was flying; gutter to white line using all the road I could. My support car suddenly came barrelling past just before I entered the town (George had been pulling his hair out – he'd to be stationary on the finish line and I was going so fast Isabel couldn't find the space to overtake).

Dunnottar Avenue and onto Allardice Street to find the traffic lights at red but that didn't matter. I climbed off outside The Hook and Eye and sank onto the pavement. Andy Knowles, owner of the pub, suddenly appeared and thrust a very welcome pint into my hand (and me absolutely abstemious). George thrust his hand into mine and gave me the news. I'd done the round trip in 6:15:45.

That long standing record, the Aberdeen to Dundee and back RRAS performance, was smashed out of sight by John Murdoch (Edin RC) on Sunday 23 May 1982.

I'd set the record figures in 1970 on 06 June with a time of 6.15.45 and though expecting it to be beaten, because of improved road conditions, etc, I didn't expect to see almost 30 mins hacked off.

Murdoch's time of 5.47.11 reduced the time for the 132 or so miles to respectable proportions and it will take some rider to beat them. His speed for the distance worked out at an average of over 23mph.

Roughstuffer

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