

Issue 586

January 2023

Crank's Volume 49

The magazine of
**Deeside Thistle Cycling
Club**
Sponsored by:

MPH
Mechanics Plans How

Tierney Strachan
PROCESS CONTROL ENGINEERING

Current Membership 585 (619)
SCU Membership 299 (307)

Editorial:

It's important to recognise the valuable experience and knowledge harboured by father figures. They can be turned to in times of need for advice and counsel. In our club our President and Vice-Presidents are seen as these venerated people.

A pleasure, indeed, to welcome them to our AGM last weekend. One of them has attended more AGMs than I have – it could be because he's been a member longer than me! It was Alan Gibb who, in January 1967, met me at the bottom of stairs in the old clubrooms in the undercroft of St Ninian's Church in Seaton. "What's your name," he asked

Within minutes I'd been provided with a set of arrows, and he had me playing a game of darts. A friendly welcome to the best cycling club I've ever been a member of. And to seal the welcome I soon gained the nickname of "Beastie".

Some time ago, our President, Alan Campbell, pointed out to me that as well as holding these father figures in reverence, it is also important to remember the life blood of our organisation.

Our AGM recognised this, and the Chairman and I were delighted to have the company of two of our up-and-coming athletes, Euan Ramsay, and Melanie Rowe, from the Youth section, at the top table.

PHILOSOPHER'S CORNER

My father gave me the greatest gift anyone could give another person, he believed in me - *Jim Valvano*

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

DTCC Youth and Junior riders were in action in Glasgow, Gravesend, and Apeldoorn at the start of the year. Four DTCC youths took part in the first round of Johnstone Jets' Monsters of Track series at the Sir Chris Hoy velodrome. For some this was their first experience of track racing. The next round of the series will be on 11 February and is currently open for entries.

Further south, Gravesend hosted the final round of the National CX Series. U14 Olivia Poole finished the race in third place and also took second place overall in the series.

DTCC Junior, Millie Thomson represented Scotland on the same weekend. Millie was part of a six strong team which went to Apeldoorn to take part in The Next Generation Track event.

Lyndsay Aitken

2023 British Cyclocross National Champs

7 DTCC youths made the trip down to Westmorland for the 2023 British Cyclocross National Championships.

With all eyes watching the forecast during the week, it was essential that waterproofs and wellies were packed.

Some riders went out for the early morning practice and although tough, still had hopes of being able to ride some sections of the course. You may have seen some footage from 70's CX races where riders have to tackle rivers, Westmorland had three river crossings, this wasn't an intended feature, as it was a result of flooding from the torrential rain. Along with the scaffold ramp however, these were surprisingly one of the few areas where riders were able to remain on their bikes and pedal.

Multiple run up sections took their toll on the riders' legs as they were frequently followed by a run back down and then a 100m run through thick heavy mud.

The 7 DTCC youths put in strong and determined efforts to get round with very respectable results.

U16 female	5 th Arabella Blackburn
	13 th Hope Thomson
U14 female	4 th Melanie Rowe
	5 th Olivia Poole
	14 th Zara Main
U14 male	22 nd Innes Long
	44 th Sebastian Blackburn

For most that wraps up the cyclocross racing for this season.

DTCC youths have once again done the club proud, with riders showing that they are a dominating force locally, regionally, and nationally. Well done to everyone who raced!!

Chris Main



ANNUAL GENERAL MEETING

Friday 20 January 2023 - Echt Hall at 7.00pm
Minutes

1 Chairman's Remarks:

2022 was another successful year for the club.

The youth section travelled far and wide, including overseas. They have competed on the road, the track, at cyclocross and mountain biking. It's tremendous to see how the hard work by riders and coaches has paid off. Success has been achieved in all these disciplines. And I am sure that there are even greater things to come.

In the wider community there is much to be proud of in the DTTC Youth and Junior coaching sessions with Live Life Aberdeenshire at various locations around the area.

Kudos must also go to the Youth and Junior section in winning the MTB club of the year 2022.

The Tour of Britain visited Aberdeen and it was fantastic to see so many Deeside jerseys competing at the city centre crits on the Saturday. A special mention must be made to the promotion video made by Live Life Aberdeenshire to celebrate the Aberdeenshire countryside hosting the T.O.B. But the real stars of it were the Youth and Junior riders who featured in it; and not forgetting Sarah Rowe who is a true inspiration to many of these riders. Well done to all those Deesiders who spectated at the T.O.B. Some of us even cycled to Glenshee to watch the stage finish.

Another successful Evening League took place. Thanks go to the organisers, helpers and marshals. It's a lot of work to put on a weekly race. So well done all. Good to see younger riders coming through giving some of the vets a hard time.

Local mountain biking took a serious hit at the beginning of the year due to the massive storm devastating many local woods and forests. Deeside contributed to the local trail association to help with the repair and recovery of these.

2023 will be an interesting year for Scottish cycling. The world championships are on our doorstep and will provide plenty of opportunities for members to go to a wide range of events.

As a club we are looking to the future and are hoping to make some positive changes.

Finally, my thanks go to all those who organised, helped, marshalled, and helped behind the scenes in the club. I would also take this opportunity to thank our two sponsors McIntosh Plant Hire and Tierney Strachan.

Andrew Harrington

2 Apologies:

Rob Armstrong / Craig Christie / Andrew Duthie / Emily Eadington / Michael Ferguson / Petra Foster / Vincent Goss / Grant Hamilton / Hamilton Huxham / Andrew McDonald / Chris O'Connor / John Sands / Alan Scott / Peter Smart / David Thornley / Colin Wallace / Dave Walton / Richard Ward / Sandy Wilson / Eileen Yacamini

3 **Minutes of Previous AGM:** Accepted as correct record. Moved J Strachan / M Walker

4 Annual Report

a) Membership

Senior	464	(472)	Life	87	(87)	Family	108	(118)
Junior	17	(18)	Vet	387	(373)	Ass	25	(26)
Juvenile	104	(116)	Lady	129	(140)	Hon	11	(9)
Total	585	(606)	New	61	(68)	SCU	306	(310)

81 members failed to rejoin from last year, which with 61 new members there is a small decrease in the total membership. The Under 18s comprise over 20% (22%) of the total Membership. Veterans take up the largest proportion of members with 68% (61%) in this group. The average age of members is now 45.01 (43.37) yrs. For 35 of the past 36 years, we have won Scottish Cycling's John Bull Trophy (Traders Trophy). Our BC membership of 306 was marginally ahead of second placed Ronde CC with 295

- b) Once again the past year saw few Open time-trials taking place during the season. This has nullified most of the Championships though we did have a very successful Evening League
- c) At the British Championships Colin Wallace took Silver medal in the Para Cycling 1km C3 Track TT
- d) Scottish National Championship successes included Melanie Rowe taking the Youth B Female Track Omnium and the Youth B Female Crit. Olivia Poole won the Youth C Female Crit and the U12 Girls Cyclo-Cross. Arabella Blackburn won the Youth A Female Crit with Elliott Rowe gaining success in the U16 Boys Cyclo-Cross
- e) 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
- f) MPH and Tierney-Strachan continue as club sponsors. Legend on our garments highlight their commitment to the future of our club
- g) Our Youth & Junior group continues to be Coached to a high standard and riders are respected throughout the country. The section is led by Sam Long, Sarah Rowe and Gavin Baxter, with numerous other Coaches and volunteers - supporting over 100 riders aged between 6-18 years in all disciplines.
- h) Club clothing stocks are managed by Jon Strachan
- i) Ian Wilson and Anna Liversidge, our Welfare Officers, have both decided to step aside and replacements are urgently being trained



- j) Discussions over a period of months have taken place on whether or not we make the club a charitable organisation (SCIO). If the club achieves this status some of the benefits are Gift Aid may be claimed. VAT recouped and funders for club activities may be more easily sourced
- k) Cranks, the club's official magazine, is approaching its 50th birthday. Though the editor would like to see it continue beyond 50, material to fill its pages becomes more and more difficult to source with a large percentage of information now on social media
- l) The club's web site, www.deeside.org, is looked after by Peter Smart. This is a valuable resource of information. Club memberships, social event bookings, etc, are processed here using PayPal. Much of the club's administration now runs on Office 365

5 Treasurer's Report

Balance Sheet

	20-21		21-22	
Fixed Assets		2231		45
Current Assets				
Stock - Clothing	4687		3720	
Funds	66531		66274	
	71218	71218	69994	69994
Current Liabilities				
Sponsorship Account	(14450)		(13662)	
Net Current Assets	56768	56768	<u>56332</u>	56332
Total Assets		<u>58999</u>		<u>56377</u>
Represented by				
Accumulated Fund @ 31 09 21	58096		58999	
Surplus/(Deficit)	906		(2622)	
	<u>58999</u>	<u>58999</u>	<u>56377</u>	<u>56377</u>

Income & Expenditure

Income	2021-22	
Membership Fees	7270	
Donations	709	
Reliability Trial/Sportive	93	
Presentation	0	
Racing	246	
Bequest	1400	
Miscellaneous	135	
		9853

Expenditure

Administration		
Communications	745	
Hall Rentals	3796	
Affiliations	225	
Website	1108	
Secretarial Expenses	480	
Consumables	231	
PayPal Charges	636	
Trophies	130	
Presentations	0	
Depreciation on Equipment	2186	
Ellon Wheel Park	500	
Aberdeenshire Trail Assoc	1500	
Garments Written Off	938	
Reliability Trial	0	
Miscellaneous	0	
		<u>12475</u>
Surplus/(Deficit) for Year to 30 Sept 22		(2622)

6 Youth Report

DTCC Youth & Junior Established 2012

100+ riders, 6-16 (Y), 17-18 (J) 19 BC qualified
Coaches and Leaders • New: Junior Coaches

Competitive and non-competitive Multi discipline •
Cyclocross • MTB • Road • Track

Recognised as Leading practitioners, Scotland &
UK • 50/50 female/male participation •
Numerous Scottish and British champions •
Regional Development sessions • Coach at
Club, Region, and National level

Vision: support development of riders 6-18yrs

Coached sessions: Tues, Thurs, and Sat • MTB
group • Learn to Ride (foundation) • Ride to
Race (race fitness, technical ability)

Race at Scottish, British and European level

Finance: Club funding and monthly fee for all
riders Lead Coach funded through SC and fees
• Accelerate & Activate programme

Awards:

- 2022 DMBINS Club of the Year award
- SCX: FU16, FU14 champions



- BC CX NT: FU14 2nd
- SC Crit: FU12, FU14, FU16 champions
MU14 3 rd , MU12 3 rd
- BC Crit: FU12, MU16 champions, FU14 2nd
- #1 Scottish club, UK rankings (21st)

Community: Aberdeenshire

Learnings from elsewhere

- Falkirk Juniors Bike Club
- Paid for Junior Coach community programme
DTCC Outreach programme
- Pilot project Easter 2022
- PAG and Aberdeenshire Club Sport grants
- Aboyne, Alford, Banchory, Braemar, Westhill
- Junior Coaches and assistants (paid)
- Primary aged target groups
- Tour of Britain Active Schools sessions

Community: Aberdeen Rock Up and Ride

TT: Evening League New format and new courses
continue to increase Youth/Junior participation

Mary Lindsay Award:

Chris Main

- Level 2 Coach Road & Cross
- Leads road riding groups
- Leads CX winter sessions
- Experienced racer, keen to share learnings

Nigel Whitton

- MTB L2 Leader & L2 MTB Coach
- MTB focus
- Rapid progression in qualifications in 2022,
has reinstated MTB Development Group

Club kit bag • Montrose Rope & Sail • £58 each +
delivery, minimum order 20+

7 Championship Report 2022

**No Championships contested except for the
Evening League**

Evening League		Points
1 st Overall TT	Mark Walker	953pts
	Lucy Ritchie	875pts
1 st Overall Rd	Alistair Cameron	958pts
	Sara Stead	907pts
1 st Youth	Euan Ramsay	951pts
	Melanie Rowe	948pts

Leili Clarke Memorial

Overall TT	Mark Walker	300pts
	Margaret McMillan	294pts
Over 80 TT	Stewart Mitchell	244pts
Over 70 TT	Bob McGraw	270pts
Over 60 TT	Forbes Duguid	240pts
	Jill Prabucki	226pts
Over 50 TT	Andrew Yule	295pts
	Margaret McMillan	294pts
Over 40 TT	Mark Walker	300pts
	Lucy Ritchie	286pts
Overall Road	Alistair Cameron	297pts

	Sara Stead	291pts
Over 70 Road	Alan Campbell	274pts
60 Road	Doug Reid	284pts
Over 50 Road	Bill Bavidge	285pts
	Sara Stead	291pts
Over 40 Road	Alistair Cameron	297pts
	Gill Ross	273pts

Dave Anderson Memorial

Brian Gourlay

Alan Campbell Chairman's Award

Mark Walker

Mary Lindsay Award

Chris Main & Nigel Whitton

On the understanding that time-trialling is on the decline it was agreed to re-assess competitions and Championships

8 Propositions Affecting Constitution and Rules

Proposal to Constitute the Club as a charitable organisation. A draft Constitution has been issued. It was agreed, to consolidate thoughts on the benefits or otherwise, of charitable status, existing cycling clubs with current SCOI status will be consulted. Once the draft document has been finalised it will be presented to a Special General Meeting for consideration.
Carried nem con

9 Propositions Not Affecting Constitution and Rules

None

10 Election of Officials

Position	Elected
Hon President	Alan Campbell CBE
Hon Vice-President	Alan Gibb
	Mike Brown
Chairman	Andrew Harrington
Vice-Chairman	Vacant
Secretary	Lindsay MBE
Treasurer	Sandy Lindsay MBE
Event Secretary	Vacant
EL Secretary	Steve Walton
MTB Secretary	Neil Stables
Cyclo-Cross Secretary	Vacant
Road-Race Secretary	Mark Walker
Championship Secretary	Vacant
Press Officer	Vacant
Clothing	Jon Strachan
Youth	Sam Long
Webmaster	Peter Smart
Welfare Officers	Vicki Sell
	Margaret McMillan
Committee	Colin Esslemont
	John Sands

Vacant positions will require to be filled by co-opting members

A Lindsay (Secretary)





To get things moving, the MidSummer Beer Happening has put tickets on sale for its hugely popular Cycle Sportive, so cyclists can get on their bikes now and book their places.

Starting and finishing in Stonehaven's Baird Park, home of the Midsummer Beer Happening, with four different routes to accommodate all abilities of riders whilst providing all a rewarding challenge

Routes

Gravel route	40 miles
Undo	55 miles
Redo	62 miles
Dinaedo	100 miles

So, get Thursday, June 15th to Saturday, June 17th in your diary now – but that's not all.

Here's another Save The Date card for your calendar – daily tickets and weekend packages will be on sale very soon from January 27th.

Robert Lindsay, organiser of the Happening, said: "Just like everyone else, our volunteers have been busy working hard putting together this year's Midsummer Beer Happening in Stonehaven. After all, there's nothing like looking forward to midsummer to drive away the bleak midwinter blues.

"In fact, we're so excited about how it's shaping up we wanted to give everyone the great news about when and where it will be – look for our stunning marquee in Baird Park again

"Other Happening fans – old and new – won't have long to wait until they can start grabbing their tickets for the glorious three-day event which is a celebration of the best in beer, food, and music, staged in a purpose-built marquee.

"The Happening 2023 is shaping up to be the best yet," he said. "We will have more than 150 beers hand-selected from the finest breweries, plus ciders.

Robert said that last year, the first Happening since the pandemic, was a glorious return with more than 6,000 guests joining in the party and raising £65,000 for local charities in the process.

"A high bar that has been set, but we're aiming to make this year's Happening simply unforgettable. So, get those dates in the diary and we will see you this Midsummer."

For more information about the Midsummer Beer Happening in Stonehaven and to book places for the Sportive, to be held on Saturday June 17, go to msbh.co.uk

Sir Chris Hoy Velodrome

10 years ago, I enjoyed a club organised trip to the then newly opened Sir Chris Hoy Velodrome, it was a fantastic day out.

On 14 January we had a group of 16 riders visit the Velodrome.

For most, it was their first track experience and for some a long overdue return to give it a go again.

If you have never been on a velodrome, the tv coverage of track racing, although exciting, doesn't give anything like the real experience of actually being there and riding it. Bit like how downhill mountain biking looks like it's not that steep on tv compared to how it feels when actually on the track.

Well done everyone, Level 1 accreditation was passed by everyone.

Good luck for Level 2 next week for these going again.

Level 3 and 4 to be done before we are allowed on track without being supervised by a coach, I've asked the velodrome to keep me updated of any potential dates when we can join other groups for these sessions, unless we had enough numbers to make our own group sessions.

Chris Smith

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 Commissaire course (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

3079	Victoria Sell	Alford	42
3080	Matt Sell	Alford	45
3081	Molly Sell	Alford	9
3082	Sinead Collins	Inverurie	43
3083	Isabelle Collins	Inverurie	12
3084	Isaac Collins	Inverurie	10
3085	Ollie Collins	Inverurie	8
3086	Jamie Chree	Aberdeen	24
3087	Jay Anderson	Banchory	15
3088	Skye Clarke	Banchory	
3089	Ethan Clarke	Banchory	
3090	Sam Colley	Aboyne	35
3091	Simon Griffin	Banchory	57
3092	Chris Park	Banchory	
3093	Lindsey Young	Aberdeen	27
3094	Ross Carrol	Inverurie	11
3095	Lucy Macnamara	Aberdeen	5

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.

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*

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>

First Aid Courses

As part of our next phase of **Club Support** we are to again partner with **Grampian Training Services** for them to deliver an HSE recognised first aid course for club reps at MACBI Community Hub, Mintlaw.

Course- Emergency First Aid at Work-on the 11th February from 9.30am-3.30pm (6 hours). Limit of 12 delegates.

Cost- The cost will be **£35 per person** payable in advance once we **confirm** the allocation of a place.

More information on the course content is available on the GTS web site with a link below. <http://grampiantrainingservices.co.uk/emergency-first-aid-at-work-course/>

The courses are accredited First Aid Industry Body (FAIB) and Federation of First Aid Training Organisations (FOFATO).

If you are interested in applying for a place please reply to Clubsport.secretary@aberdeenshire.gov.uk

First Aid Course 12th/13th April 2023 Garioch Sports Centre Inverurie

As part of our next phase of **Club Support** we are to again partner with **Grampian Training Services** for them to deliver an HSE recognised first aid course for club reps at Garioch Sports Centre Inverurie.

Course - Emergency First Aid at Work-on the 12th and 13th April 6.30pm-9.30pm each evening. Limit of 12 delegates.

Cost- The cost will be **£35 per person** payable in advance once we **confirm** the allocation of a place.

More information on the course content is available on the GTS web site with a link below.

<http://grampiantrainingservices.co.uk/emergency-first-aid-at-work-course/>

The courses are accredited First Aid Industry Body (FAIB) and Federation of First Aid Training Organisations (FOFATO).

Keith Leslie Secretary Aberdeenshire Clubsport SCIO

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/>



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/TYLWP>
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 Tce

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 meetups, 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

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](#)

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>





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/>

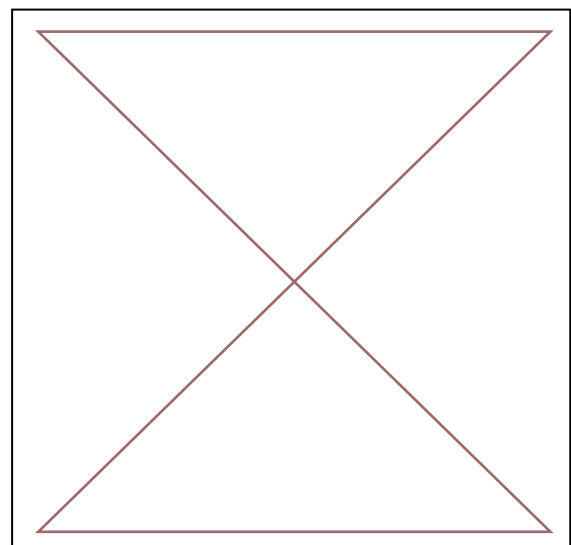
Club Mountain Bike Rides

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



25 Years Ago NEW DEESIDE

The recent concern that a number of our Clubmates were being spirited away to other clubs has meant a number of dedicated members giving thought to bettering our situation. A concerted effort is being made to provide improved structure to the racing season, increased coaching activities will take place, a recruitment drive among young cyclists is planned and a larger number of social events are taking place.

There is no doubt that when the chips go down folk will concentrate efforts. Your officials are genuine in their wish to give you more and they hope you will rally to the call. With your co-operation the new format can bear fruit.

On the racing scene good representation by the top riders will be seen at most of the National Championship Series events. Daniel Ritchie is a moving force to this venture. We have the talent. The talent just needs the will.

Coaching has now a greater input from our registered coaches. Sarah Phillips is also concentrating on widening the scope for females in the Club./

A drive to increase the numbers of young riders in the Club will be made through Sports Development Officers in schools and by promoting easy to enter events like mountain bike fun races. This initiative comes from Malcolm Wilson. An avenue for non-affiliated riders to take part in our Evening League is being explored.

Social events include the re-introduction of lapsed events. Robert Lindsay has returned from Glasgow and has set the wheels in motion to hold A Reliability Trail before the start of the season as well as a Randonee on the Snow Roads. Elaine Lindsay is organising a Burns Supper and Ian Curphey is whipping up enthusiasm for some cross-training at the Inverness Half-Marathon. Visiting speakers and coaches will come to the Club.

Club Kit Arrival

The latest Pactimo kit order is now available to collect from Tierney Strachan, 12 Greenbank Place, East Tullos, AB12 3BT. Normal office hours apply. Please ring the bell at our Goods-In door, and announce that you are here to collect Deeside Kit with your name.

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.

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)

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Deeside Thistle Annual Subscriptions

Please go here to renew your
membership:

<http://deeside.org/join/>

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



For Sale

- 1 I have a Buxumbox Tourmalet (size H1) which I am not using, and I was wondering if the club or any of the club members would be interested. This one: <https://buxumbox.com/product/tourmalet-box/>. I purchased it brand new, and it is in great condition, I have only used it in one trip. It is currently configured to accommodate a disc brake frame (thru axles 12x100 and 12x142) but I am also including the OEM quick releases kit for rim brake frames, along with the two original wheel bags, crush pole, etc. The colour is the same as the one in the website. Asking price £500. Feel free to contact me on eloi.gispert@gmail.com if you have any questions or need more info *Eloi Gispert*
- 2 Moda mini kids road bike - £40 - Moda Mini kids bike suitable for under 10s. Has brakes on the bars as well as the hoods to make it easier for smaller hands! Pictures available if needed. Email colinjwallace@hotmail.com *Colin Wallace*
- 3 The Alba team bikes used last 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

Historical Reminiscences

(Part 52)

The Capel Mount, though it climbs steeply to begin with, and reaches the dizzy height of 2250ft cannot be regarded as a major obstacle to any roughstuffer. It is only 5 miles long and virtually all cycleable. In order to get the touring contests under way the first was arranged as a hill climb, but not a case of racing to the top of the hill, more a case of seeing who could cycle the farthest up it. The surprise of the day was Andrew Gibb, a virtual novice at cycle touring, who came third.

Some parts of the crossing are being remade and the loose sand makes it difficult to cycle. One spot, named Bannerman's Pothole, where Dougal had broken his neck 9 months previously, was passed with no problem.

Unused to roughstuff several members of the party made the going slow, but all attempted to cycle the very, very steep descent into Glendoll, and steam was soon rising off hot rims. On the descent George broke the eggs and I sprayed white custard and potato powder across the countryside. The youth hostel was reached at 4.45pm. When Danny, the hostel warden was quizzed about progress the following day he suggested the Ministers Path, a forest track from Prosen to Backwater reservoir should not be attempted before Monega.

Having taken the warden's advice not to attempt the Minister's Path, it was decided that the Monega was the only real target the next day. In pouring rain, we went via

Prosen ridge to Balintore and switch-backing along it meant the group soon fragmented.

At Glenisla with the rain sweeping in from the south, we headed north. The hills were enveloped in cloud. Torrential rain bounced off the road and strong winds blew in our backs.

Misgivings were many with the cloud ceiling just above. Tarmac ended at Auchavon and a further half mile north of Tulchan so did the decent track.

Climbing steeply there was no chance at all to cycle, instead the bicycles had to be pushed all the way.

The cloud base was reached at about 1500 feet and the party closed up, then a long time later just below the 3000 feet contour, with gale force winds tearing at our capes, a protracted rest was taken, and food eaten. 12-year-old Robert ate, in a few seconds, a tin of Nestle's milk. He was obviously suffering from exposure having been soaked to the skin earlier. With conditions so difficult, very strong winds, driving rain and cloud it was wise not to make any effort to improve the situation at that time but to look quickly for shelter.

With the very strong winds sweeping the clouds along at fantastic rates and on the occasion that they did clear, stupendous views were seen down Glenisla some 2000 feet below.

Along the Monega ridge we enjoyed a grand view across the Cairngorms towards Lochnagar with Glas Maol rising to 3500 feet on the left while the 200-foot drop into Caenlochan Glen disappeared over the ridge on the right. The tearing wind blew riders, still caped, towards this ridge whenever they attempted to mount their bicycles.

A bothy on Glas Maol provided enough shelter to rescue Robert. Stripped to his bare skin and completely redressed in dry clothing soon he cheered up.

From the Monega path we descended steeply to ford the Cairnwell burn. To complete a memorable crossing a full rainbow appeared and arched over our heads as we scrambled the last few yards to tarmacadam.

The weather station in Braemar village indicated that on the top of Morrone wind speeds had exceeded 90mph. Morrone, only a few miles from Glas Maol was some 400 feet lower. It could only be supposed that on the Monega crossing we'd tolerated even stronger wind speeds.

The morning dawned. The wind could be heard blowing strongly from out of Glen Clunie and rattled the windows of Corrie Feragie as the youth hostel is known. A leaden grey sky dumped rain.

In an effort to save time we stayed close together pedalling south into the driving rain and wind. At the top of the Devil, we sheltered awhile under the awning of the Glen Shee



tearoom. Thick cloud enveloped touring buses which had disgorged hundreds of passengers who looked a sorry lot forming queues into the tearoom. We were little better, bedraggled, caped, crouched against the wall.

Even though there was a strong head wind the descent into Glen Shee was fast and enjoyable, and bursting out of the cloud at about 1800 feet a tremendous view could be seen as far as the Spittal.

At breakfast drizzle could be seen blowing past the window. Things didn't look too good. Today's major target had been a crossing of Rannoch Moor, the third occasion on which Deeside members had set out to make this crossing. However, because of the inclement weather it was decided that the crossing would be unsafe. Rannoch Moor has no distinct paths, it is very boggy and is reputed to be very dangerous in wet and foggy weather.

Going via Fortingall we inspected the ancient yew tree, accepted as the oldest piece of vegetation in Europe. Continuing into Glen Lyon, beyond the Bridge of Balgie abortive attempts were made to light a fire at the lunchstop. It eventually blazed fiercely once everyone had eaten their lukewarm soup.

At Loch Lyon we all climbed a locked gate onto a private road heading south to join the unclassified road into Killin. Climbing steeply to the top it was decided that a final stage of the freewheel race would be held down the other side to Glen Lochay. This stage was to be different. It was to be mass-start and with cranks strapped to chain stays we set off. The descent was steep and began to twist and wind its way down the hillside.

Unexpected u-bends had riders leaving the road and bouncing through the heather. On one bend emergency stops were necessary as we ran into a herd of cattle. Then a rare run to Killin and on via Lix Toll took us to Crianlarich.

The warden at Crianlarich turned out to be a member of Ivy CC and he recommended we find out a bit more about the next day's roughstuff. This would follow the banks of Loch Lomond from Inversnaid to Rowardennan. Before the days of the upgraded West Highland Way this route followed a treacherous path through dense woodland on the steep slopes of Ben Lomond.

However, enquiries suggested bikes could get through, though it would be tough going and the last ferry to Inverbeg left at 6.0pm

Never daunted, an early start in the morning saw us retrace via Lix Toll to Glen Ogle and Lochearnhead. Continuing south via Strathyre and Loch Lubnaig into Callander we bought some food including cheap strawberries, for it turned out that the whole country had a glut of this fruit at the start of July. Building a fire in the shelter of some trees we ate lunch.

Through Strachur and heavy traffic then west along Loch Venachar to Loch Katrine. The Loch Katrine paddle steamer hooted noisily from the distant pier at Stronachlachar. Along Loch Arklet then descended, very steeply, to Inversnaid. The time was 4.30pm. With three miles of roughstuff to the ferry which left at 6.00pm would we get here in time?

The going rough and rougher, on many occasions the bicycles had to be carried. Riders were advised to make their own way at their own speed and the first man through should make a valiant effort to reach the ferry on time, either to delay its departure or to book a special crossing.

Soon I'd moved to the front of the group using my bicycle as a third leg to help me across the roughest parts. Heavily laden the inertia of the machine kept it moving and with gentle persuasion it rolled fairly easily over large boulders. At 5.15 I came out of the forest into a clearing and imagined I'd reached the end of the route. Stripping off some of my clothes, soaking with sweat, I decided not to continue to the ferry but instead to retrack and help the other riders out.

A short distance back Douglas Jackson was met. After a brief discussion it was decided he should go on to the ferry and hold it until we arrived or negotiate with the ferryman for a special crossing. There appeared to be ample time if everyone continued to cope with the difficulties. The destination, Inverbeg YH, on the west coast of Loch Lomond, without a ferry was a long journey via Balloch at the south of the loch.

Scrambling over the boulders and running along a muddy path I could see a blue haze filtering through the trees. A faint hum of discontent could be heard growing louder as I backtracked. Eventually the group was spotted and struggling in dire trouble they wished vengeance on whoever had led them into this hellhole.

I imagined Douglas would already be at the ferry and they now had only to pursue him. My imagination proved wrong for the rough-stuff continued, equally as difficult.

Eventually we discovered two bikes chained and leaning against a tree and within a hundred yards of these bicycles, we joined a good landrover track.

Douglas, a good hour ahead, appeared at Rowardennan and found the ferry had already sailed but after a bit of investigation he discovered where the ferryman lived and telephoned. The ferryman was very willing to make a special crossing with the bicycles at 7.30pm.

The morning sun creeping into view sparkled off the winter icing still covering Lochnagar; a sight that rivalled any.

It had been some time since last we'd headed this far west and pedalling towards the wooded slopes to the north of Morven misgivings were expressed. Morven, too, was white but we didn't intend going as high as the snow line.



Our mission, to find a hidden howff, an illicit still in the hills above Logie Coldstone.

In the 18th and early 19th century illicit distilling was rife in the upper reaches of Deeside and Donside with the military garrison of Corgarff Castle mainly concerned with preventing the illegal trade.

However, “*To be engaged in distillation and to defraud the excise was neither looked upon as a crime, nor considered a disgrace*” so said a minister of Strathdon at the time.

In an Act of 1823 vigorous measures were adopted by the Government. This meant the death knell of illicit distilling and by 1838 the practice was wholly abandoned.

Unlike shielings (herdsmen huts) the structures most likely to be stills occurred singly. Set in folds in gullies with drystone walls they were generally oddly proportioned in comparison to shielings.

Whisky making has always been an art form. Basically, it is a recipe based on barley and water. First the barley must be malted. In very simple terms this involved soaking it in water and then heating it under specific conditions. The process creates a mix called mash, which is put in a copper pot and heated to boiling point. The vapours containing the alcohol are then cooled down in a coiled pipe, called a worm, which is attached to the pot. Here it turns back into liquid whisky.

The common still was quite small, as it needed to be easily packed up and hidden should the law arrive.

With temperatures approaching pleasant, clothes were being shed as Alastair and I reached Balronald Wood. A good track skirted the forest and soon we contoured along to Burn of Badanseanach. This small stream bubbles out of the northern slopes of Morven and heads for the River Don.

Just off the modern landrover track what looked like a bit of ancient pathway took us into a small hidden valley. Nestled tight against the steep slope, drystone walls formed an irregular square through which flowed the peaty waters.

Sitting on rocks eating our jammie pieces we didn't find it hard to imagine that two hundred years ago local worthies from the Logie Coldstone area had also sat there – taking a break from their covert job, providing a ready supply of *Uisge beatha* to their friends and neighbours. And if some ended up in the supply chain it would supplement their income.

The smell of malted barley filled our nostrils as peat smoke drifted lazily in the still air. .

Roughstuffer

