

Issue 589

April 2023

Cranks

Golden Jubilee

Volume 50

The magazine of
Deeside Thistle Cycling Club
Sponsored by:

MPH
Machinik Plans Hire

Tierney Strachan
PROCESS CONTROL ENGINEERING

Current Membership 534 (554)
SCU Membership 294 (306)
Scottish Cycling's Largest Club

Editorial:

It hardly seems little more than yesterday that I proposed to our club a monthly magazine should be published. Indeed in April 1974 – *This is the first issue of our club magazine. We hope that within a few months it will come to be part of our normal club life with each edition eagerly looked forward to. It should serve many functions – as a means of keeping in touch with events past, present and future, giving members an opportunity to voice their opinions and hopefully, as a first-class recruitment platform.*

For a venture such as this to be successful, the participation of the whole club is necessary. As a result, members are expected to make contributions. It is hoped that submissions will far exceed requirements so that there is no difficulty in maintaining an easily read and interesting publication.

Now that we're starting on the Golden Jubilee volume, whether or not that maxim has been met is your judgement – I do know that each month is a trial trying to fill the pages and only about 60% of our membership open the email containing the link to each month's issue while only half of these click on the link! And how many take the next step to open the pages?

PHILOSOPHER'S CORNER

Motivation is what gets you started. Commitment is what keeps you going

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

Since the last issue of your magazine many DTCC youths and juniors have been active up and down the country, even abroad.

Several of the Youth took part in a coach led day at Lochgelly. Lots of racing practice for the upcoming season incorporating ITT, crit, TTT and Australian Pursuit formats.

The following day the Spokes RT Seasons Starter 2 took place with two of Deeside's Juniors taking part. Millie Thomson took second place after a close sprint finish while Isla Long placed 7th. Strong rides from both girls.

The first round of the British Cycling National Youth Series took place in Pembrey, South Wales. Deeside is normally well represented at the National races but with this one being a 10-hour drive away many decided it was just too far. Melanie Rowe was able to take part in the two day event thanks to her big brother being down south for his cycling commitments. After four races she finished second on GC.

8 DTCC youth riders travelled to Lochgelly to race in the Ben Forsyth Memorial Race at Fife Cycle Park. Strong performances from the riders saw DTCC claim several podium places.

Further south, junior rider Millie Thomson rode in the Women's Cicle Classic, a gruelling course combining mud, road and gravel.

Olivia Poole competed in the first round of the British Cycling XC Series and placed first in her category.

Meantime Arabella Blackburn travelled to Belgium with an invitation from a Junior Cycling Team to take part in the U17 Gent - Wevelgem race in Boezinge.

65 riders from Belgium, The Netherlands, Britain, France and other countries were on the start line. Racing 9 km laps on a mixture of cobbles and tarmac in heavy rain made for a challenging course with primes on every lap for extra cash prizes.

Arabella took one of the primes but she made sure to focus on her position in the leading group throughout the 1 hour and 20 minutes race. In a highly contested final sprint she found her way out and sprinted to 2nd place.

This was Arabella's first international race in Belgium and a massive thanks goes to Deeside Youth coaches for all the training and support given from when she joined the club 5 years ago at age 10.

The first round of the British National XC series at Tong near Bradford took place on probably the hardest technical track on the circuit made even harder with the wet conditions.



Liv Poole had a tough Saturday trying to get to grips with the course in practice and having a nasty crash.

On Sunday race day the weather dried up and racing got under way. The Scottish contingent of racers that headed down the road all did themselves proud and produced some good performances, fortunately for Liv she came away with first place in Juvenile in her first year at National XC.

Lyndsay Aitken

Cycling Time Trials

I'd always seen Cycling Time Trials (formerly Roads Time Trials Council) as the group which organised time trials in England. They'd an agreement with Scottish Cycling (formerly Scottish Cyclists' Union) that performances in time trials in Scotland would be recognised for the various season long British National Competitions (BARs). It worked well allowing cycle sport in Scotland to be controlled by the one body.

In recent years there has been a rapid decline in the number of time-trials organised in Scotland, so much so that some of our home Championships don't take place through lack of events. Our 12 hours have gone. We may see one 100 mile event in the season. 50 mile events are also almost non-existent.

Then the joint agreement between SC and CTT disappeared. This meant that Scottish riders who wished to be part of the British National Competitions had to travel to CTT events in England.

Whether or not the dearth of time-trials on our roads and the disengagement of the agreement is down to lack of support from our own governing body is an argument for another time. However, a few clubs in the Glasgow area took action and set up a Scottish branch of the CTT.

In its first year a small number of events appeared around Glasgow and a number of clubs, including the Deeside Thistle, registered with CTT allowing their members to participate.

Things have expanded with the number of affiliated clubs gradually increasing. More clubs are promoting events under the CTT banner. This is a good sign. Events have got to be organised according to rule and the law of the land. The CTT meets this criteria and, in my mind, the task placed on the shoulders of volunteers is less onerous than the hide bound requirements of Scottish (and British) Cycling.

Our own club, already affiliated to the CTT since the abandonment of the joint agreement, promoted its first event under CTT regulations, on 02 April. John Alexander, a first time organiser, stepped up to the plate, and put on an excellent event.

Sandy Lindsay

Spring Bunny 25TT – 02 April

I had the pleasure of helping out at the recent Spring Bunny 25 TT. I'd like to congratulate the organisers for a professional, efficient event. It's always pleasing when a new team offers to help with club events. So, thanks to John Alexander, Ruth, Calum Gibb and all the other volunteers. Great job by all. It was good to see old and new faces helping out.

Andrew Harrington (Chairman)

Result:

Place	Name	Club	Time	
1	Ray	Wilson	GTR	00:56:36
2	Chris	Petrie	AWCC	00:57:43
3	Elliot	Rowe	AGRT	00:57:55
4	Jamie	Chree	DTCC	00:59:09
5	Alan	Smith	YCC	01:00:06
6	John	Kent	AWCC	01:01:02
7	Andrew	Gallacher	SVTTA	01:01:26
8	Innes	Jamieson	DTCC	01:01:44
9	John	Leal	DTCC	01:02:00
10	Stuart	MacCallum	TAAA	01:02:24
11	Stephen	Wilkinson	VPGO	01:02:52
12	Michael	Curran	ARCC	01:03:15
13	Douglas	Glen	MCC	01:03:56
14	Andrew	Yule	DTCC	01:04:09
15	Mathew	Matonti	DTCC	01:05:15
16	Keith	Robertson	YCC	01:05:19
17	Andrew	Shortt	AWCC	01:05:26
18	Kyle	Mowbray	DTCC	01:06:22
19	Robert	Marshall	TAAA	01:07:19
20	Ron	Lumgair	MCC	01:08:38
21	Kevin	Watson	DTCC	01:09:43
22	Ben	Wood	DTCC	01:09:54
23	Margaret	McMillan	DTCC	01:10:12
24	Lauren	Johnston	AS	01:10:13
25	Lucy	Ritchie	VPGO	01:10:25
26	William	Muir	MCC	01:10:52
27	Rachel	Hardman	FVelo	01:11:10
28	Kevin	Belton	FCC	01:11:32
29	Andrew	Stewart	YCC	01:12:08
30	Robert	Holmes	KCC	01:15:25
31	Ian	Spence	DTCC	01:16:30
32	Donald	Stewart	YCC	01:17:41
33	Kim	Thomas	DTCC	01:24:04
34	Bruce	Bricknell	DTCC	01:25:05
35	Anna	Duncan	YCC	01:42:00



Evening League 2023

Our league starts on Tuesday 25 April with a 10TT from Drumoak. Are you keen to get involved? It's one of the best supported competitions in the area and is an easy way to get into cycle racing.

There is a lot of information on our web site. Go to <http://deeside.org/evening-league-2/>. Start with the Registration page and get yourself listed.

The calendar of events is also on the website and for your interest is copied at the end of this issue of your magazine.

Spring Classic Reliability Trial Get this in your diary

Can you manage 100mls or 100km on Sunday 30 April This is when the annual Spring Classic RT takes place. The weather is guaranteed as are refreshments en-route.

Echt Hall is HQ and Tullynessle Hall the food stop. It will only cost a £5 to help cover hall and food. Tullynessle Hall has been renovated to a high standard so it's shoes off as you enter.

Included at the end of this magazine is a resume of the routes to be followed

Pass the word round to ensure everyone gets to hear the event is on. You can get your name in now on campbell66@btinternet.com *Alan Campbell*

SCNEG Update

Provisional Calendar for Scottish events in 2023 is [here](#).
Dates may change and events be added.

1/ Time trial group

A new whatsapp group has been set up to promote, organise and coordinate resources for time trials. This will mirror the one set up a few years ago for road race development. If you want to be included in this discussion group, please get in touch.

2/ Women's development

We are still looking for someone who will come on to the SCNEG development group to help us look at women's cycle sport and racing (in all disciplines) to see how we can develop that over the next few years. Again, if you are interested in helping out with this development please get in touch.

Colin Allanach - colinallanach@aol.com

Breeze

Scottish Cycling are looking for women who love cycling, to help them support more women to fall in love with cycling. Volunteers don't need to be super-fast or fit, just confident riding their bike and happy to share their passion for cycling with other women.

Anyone interested can find out more and apply to attend the course in Aberdeen here on Saturday 29th April 2023 They have other dates and locations, should anyone be

willing to travel further afield if the Aberdeen date does not suit.

Breeze is a volunteer programme from Scottish Cycling and British Cycling that aims to support more women to cycle, more often. They ask volunteers to lead a minimum of eight rides per year, and they decide when, where and duration of their rides, to balance this commitment around family/work/other commitments.

In addition to the training, volunteers will receive exclusive Breeze Champion kit, British Cycling Ride membership and on-going support from Scottish Cycling and British Cycling to support their involvement.

Volunteers are linked into a network of Breeze Champions in Scotland and across Britain, with Breeze rides bringing women together for fun times, friendship and exploring the local area by bike.

For more information visit: <https://www.letsride.co.uk/beachampion>. You can also find out more via the Breeze Scotland Facebook and Twitter accounts. We have created an Event page on Facebook with all the details for the Aberdeen course.

Race The Worlds

Imagine being a young rider and being told you have the chance to race at a UCI World Championship venue directly before your idols!

Well, that has become a reality. Working with the 2023 UCI Cycling World Championships as an Official Activation Partner, Scottish Cycling will be staging youth races at those very venues this August.

Titled 'Race The Worlds', the series will feature regional qualification races across the country, with qualifiers going on to earn a place to race at the Race the Worlds Finals taking place during this summer's 2023 UCI Cycling World Championships. So, if you dream of being the next Isla Short, Reece Wilson or Finn Crockett what are you waiting for!

Race the Worlds is a key part of Scottish Cycling's overarching Ride The Worlds programme which will be delivered throughout Scotland in the lead up to and during August's event and aims to engage with as many cyclists and cycling fans as possible by giving them the opportunity to experience the thrill of the event and inspire them to make cycling a sport for life.

The Race the Worlds regional qualifiers will take place across Scottish Cycling's five regions. The regional qualifiers will be super fun racing that anyone can take part in, no matter your ability level or aspirations, with a lucky few qualifying for the chance to go on and race at the World Championship venues this August.

Establishing a programme of regional events that culminate in finals during the World Championships is a fitting way to showcasing the grass roots of the sport and ensure memories, hopes and dreams are created. Cycling has the power to transform lives and, through opportunities



like Race The Worlds, will hopefully inspire the next generation of cyclists for the future.”

Key info

The racing will take place across four disciplines: Dirt Crit, Mini DH, Road Crit and Pump Track
Racers must be in the following categories: U12 Boys, U12 Girls, U14 Boys, U14 Girls, U16 Boys, U16 Girls
Which qualifier do I ride: You can race as many of the regional qualifiers as you like, but you’ll only be eligible to qualify for the finals based on the local authority you live in.

Want to find out more? Then head to our specific Race The Worlds pages, which outlines all the rules and regs, and has the full calendar of Race The Worlds Regional Qualifiers.

[SERIES REGULATIONS](#)

[FAQS](#)

[DISCIPLINE GUIDELINES](#)

New Kit Bag

I have been working with the Montrose Bag Company to come up with a new and improved Deeside Thistle Kit Bag. The version 2.0 bag incorporates improvements fed back from youth riders and new products that the Montrose Bag Company offer.

The last kit bag made for the club was in 2015, with a good number of these still being used to date. It gives an example of the robustness of the bags made by the Montrose Bag Company. I personally have used a Montrose Bag Company bag for the last 12 years of offshore travels and despite a few scuffs from un-friendly helideck personnel, it is still waterproof and as strong as the day I got it.

The new bag is based on the original design but with some improvements. The original bag size of 66cm x 30cm x 30cm remains, there are 2 end pockets that are 10cm wide and a central pocket of 46cm wide giving the following capacity of 9L + 41.5L +9L. Please see pictures [here](#).

The new bag will be in the same waterproof material however in a turquoise green colour with white Logo patches. There will be a netted pocket inside the lid of the central compartment, and it will have a double rucksack strap (see pic of orange bag). As per the picture of the turquoise green bag, it will have a side pocket and a clear card holder.

Each bag can have an individual rider’s name printed beneath the club’s wings logo on the end panel. The full club logo would be on the side panel opposite the pocket. This bag will cost £88 per bag based on an order quantity of 20-50 pieces and the current lead time is 6 weeks from the point of order. I appreciate that this is not an insignificant amount to spend on a bag. However, from my experience with the bags from the Montrose Bag Company they are very hard wearing and should last a long time. If you are interested in getting a bag please comment [here](#)

Russell Macnamara



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](#)



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 \(britishcycling.org.uk\)](https://www.britishcycling.org.uk/traineecommissairecourse).

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

Girvan 1978

45 yrs ago a Deeside Team went to ride the Easter stage race at Girvan The weather was awful, like winter. At the end of Stage 1 the *Beastie* appeared in full flight, the darkness of his hair and beard coming in through the snow - and as he pointed out - just the way I like it.

The club performed well in that event just as they have done in the 24hr. It displayed the hardness of coming from the north.

In that Girvan event most teams were broken but not Deeside. A hardy bunch of Thistles. *Doug Haig*

New Members

The following new or returning members have joined in recent weeks.

3101	Jacob Slessor	Aberdeen	6
3102	Phil Brunton	Blackburn	42
3103	Charlie Brunton	Blackburn	9
3104	Josh Sharp	Inverurie	11

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.

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

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

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.



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

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>

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](#)

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



Britain's National Cyclists' Association

Working for all Cyclists

Newcomers are welcome particularly on the

Morning/Slower Full Day runs.

Medium and Faster Full Day runs are for the more experienced

For more information visit our website:

<http://www.ctcgrampian.org.uk>

Chairman	John B	01224 571984
Secretary	Sheila	01224 639012
Runs Co-ordinator	John S	01224 790269
Social Secretary	Heather	01224 699399
Treasurer	John C	
Membership	John T	01224 639012

Right to Ride Representative

North Aberdeenshire	Rod	01467 623317
---------------------	-----	--------------

Runs Co-ordinators

Try Cycling Rides	Moira D	
Morning Runs	Cindy	01224 310719
Slower Full Day Runs	Heather	01224 699399
Medium Full Day Runs	Sheila	01224 63901
Faster Full Day Runs	John S	01224 790269

Following guidance from our Covid 19 Officer, Rod Adams, the following has been agreed to ensure that our runs will operate in a Covid secure fashion.

Our risk assessment has been uploaded to the CTC Grampian website: <http://www.ctcgrampian.org.uk/> and participation in club rides will be subject to all participants having familiarised themselves with, and agreed to comply with, the terms of the risk assessment.

To be Track and Trace compliant, we are asking all participants to arrive with a small (business card size) paper with their name and contact details. These papers will be collected by the Ride Leader at the start of the run in a plastic bag and held securely for 21 days, before being destroyed. This requirement will be incorporated into the risk assessment and displayed on the Runs list page of the club website. **"No ticket, no ride"!**

In addition, all riders continue to be required to carry a Next of Kin card in the event of an accident. These are available from the Ride Leader and/or Secretary.

Newcomers: We welcome newcomers, particularly on the 'Try Cycling' and 'Morning' runs. You do not need to be a member of the Cycling UK to join our runs, but after 3 runs you would be expected to join Cycling UK.

Runs start promptly at the time stated. Distances are calculated from the meeting place. Bring spare inner tube, puncture repair kit, tools, wet weather gear, some food,



drink, and LIGHTS where relevant. It is recommended that all cyclists carry a First Aid kit.

Try Cycling: rides are intended for those who have not been on the saddle for a while and for those who want a quiet ride around Aberdeen. These are easy rides followed or interrupted by a coffee stop, families are welcome.

Morning Runs: These runs are at a relatively slow pace and are usually about 25–30 miles long. A coffee or picnic stop will usually be made.

Full Day Runs: These are all-day runs intended for experienced cyclists. A coffee stop and lunch/picnic stop will be made. Distances and speeds vary as outlined below:

Slower Full Day Runs: Slowish pace. Distance normally 30-45 miles.

Medium Full Day Runs: Moderate pace. Distance normally 45-60 mls.

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

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

Ian Grant

Gardening: - Grass Cutting

General Tidying - Rotovation

Pressure washing - Tree Surgery,

Welding (electric) and small repairs

£9.00/hr or estimates

*30 Sclattie Park, Bucksburn,
Aberdeen*

Tel (01224) 713033



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

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

www.rhonamitchell.co.uk

01467 621861

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

1998 EVENING LEAGUE

Our Evening League is due to start its new season on 28 April, only a couple of weeks away. Are you geared up ready to take part in what is a hotly contested series of short distance time-trials? Included with this issue of **Cranks** is the full calendar that stretches over much of the racing season concluding in mid-August.

All events are held on Tuesday evenings. Though generally held under the rules of the SCU a few extra regulations have been added to ensure our series is like no other throughout the country. Nobby Clarke, with connections throughout the racing world says that our list of events is the envy of many.

The rules printed on the rear of the calendar are comprehensive and any newcomers should read them closely. Though the League is determined to remain a sociable and informal affair this will only happen with the full co-operation of participants.

It is important that you are covered by third-party insurance. Club colours must be worn.

Anne Brown is the organiser and she should be telephoned prior to any of the events that you wish to compete in. But please be fully aware that the series is informal and **if you turn up unannounced you will not be denied a ride.**



Club Kit Arrival

The latest Pactimo kit order is now available to collect from Tierney Strachan, 12 Greenbank Place, East Tullis, 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.

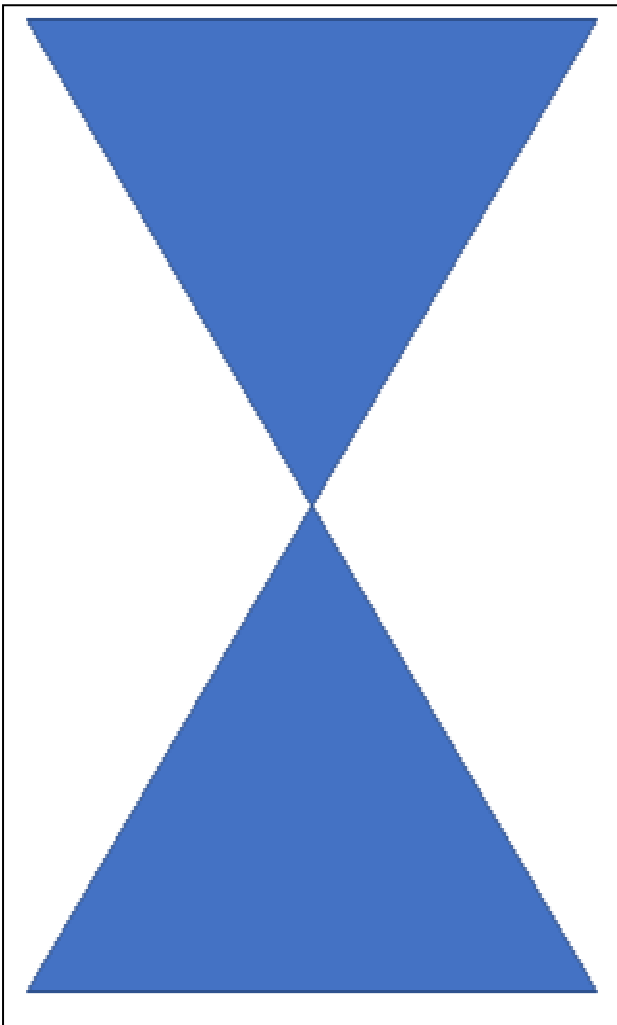
If the small roller shutter door is closed - please ring the office number 01224 295000. If the main gates are closed, we are closed, simples.

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)

For Sale

- 1 An Alba team bike used last season is now for sale. It's a size 56 Trek Emonda SLR7's (eTap). If anyone is interested or wants any more information, they can contact Bob Lyons on bob@alba-rt.com



Historical Reminiscences

(Part 55)

11th July was to be a special day. Scheduled, a crossing of the Wrynose and Hardknott passes. Many were the stories which had been told beforehand and many were the worries expressed about the abilities to climb these steepest of roads in the Lake District. There was no need to worry, though the hills were very steep and long, many of the back roads already covered had been equally difficult.

From Hawkshead YH we backtracked and took the Coniston road for a mile before heading over Hill Fell and the Tarns to a short stretch of roughstuff taking us onto the main Ambleside road.

A couple of corners towards Ambleside an awesome sign indicated a difficult road with gradients as steep as 1:3. Heaven forbid! These were the passes. Zig-zagging through a farmyard and closed gates the climb began. The road reared and twisted through the heath emerging near the top with a final wicked snort. Riders peeled off the back and clothes.

Motorists on the climb, cars boiling and gears not low enough stood around dejected then, perking up, cheered the routiers as we stormed the col.

Then a swift descent along the River Duddon took us to a gate across the road. A young lad, about 12-years-old, opened the gate and the early riders rode through. As others arrived the boy smiled and swiftly dashed to the gate and opened it. More young folk could do well to follow his example! He also opened the gate for motorists, and something was handed through the open window and clasped in an outstretched hand. It was transferred to a metal box with a clink. Not for him the stocking of supermarket shelves in the summer hols. He was making £s per hour conning the holidaymaker. Tremendous enterprise for a young lad. However, he made nothing off the cyclists, and it was all a big joke until Elaine arrived. Dashing away from the group and the tale of how his pockets most days bulged, he swung the gate open and as Elaine rode through, swung it closed again. His timing wasn't up to scratch and the heavy gate slammed into Elaine's saddlebag and dumped her on the ground.

From that gate the road leapt skywards on the Hardknott Pass. A race this time was on with special points for first to the top and to those who could manage both the Hardknott and Wrynose without coming off. Crowds of sightseers cheered and motorists willingly stopped to witness the assault. As each rider passed vantage points, spontaneous clapping started. Following cars laboured in the wake of the gasping pedallers and honked their horns in encouragement.

That night in Wastwater YH we slept restlessly, snorting and scratching as the warm night passed. Sometime in the darkness, with the building gently creaking as it settled, losing the heat of the day, a soft tap sounded close by my ear.



The seconds dragged slowly by, chipping at the night, creeping slowly to dawn. The tap came again. I stirred and rolled over, my bed sheet tangled. I drifted into sleep again then the tap returned. Tap, tap, a little louder, more insistent. Rolling over I fought my way out of the tangled sheet. Rubbing an eye I listened to the sounds of the sleeping riders. Pitch black, I saw nothing. The tap came again, a demand in the knock. Now more alert I reckoned this must be the female hostellers who had been chatted up by the lads that evening. They must want to restart an unfinished tale with Colin. Knock, knock! Again it came. A shout this time! *Waken up, will you?* It seemed to say.

With difficulties trying to identify the position of the sound in the dark I slowly realised the knocking came from the corridor wall. The corridor wall? Knock, knock! Those females must be desperate! Knock, knock! It was at the door. Brain now fully alert, I propped himself up and hissed, "*Who is it?*" "*It's me,*" came back the fearful reply. Tumbling from the top bunk I felt my way to the door and fumbled with the Yale bolt in the closed position. Colin was outside, resplendent in his boxers and hairy legs, a smile on his face that belied the fact that he'd boobed when going for a pee at 4.00am and locked himself out of the dorm.

Roughstuff is one of the more obscure forms of cycling. Why on earth take your bike everywhere on earth? Why on earth not, indeed?

A light wind blew off Wastwater. Clouds turned the water black as we headed north along the shore of the lake. On the east bank the scree slid into the dark water.

The Black Sail Pass beckoned. Some real roughstuff would make or break the tourists. It was to prove a difficult, indeed the hardest, day of the tour, but one, which would etch deep, fondly, or otherwise.

Leaving the lake we threaded Our way between tall dry-stone walls to a small collection of buildings on Mosedale Beck. In the Mountain Rescue Post emergency rations were bought and those already in an emergent position ate some of the food.

A steady climb took us up Mosedale until passing through a wicket in a wall the path steepened. High above the path was 15 denier in a twist over a lump on the pass. Soon the group was spread over hundreds of yards. The bigger and fitter roared on ahead; the smaller and less fit tailed to the rear and as the leader I took up the rearmost position helping stragglers as best I could.

From the top of the lump the nylon path stretched ever further upwards to a magnificent rock cluster with a gap through the middle. It was a mile away and already some of the cyclists were clambering over the last few boulders. Kevin, who'd been having particular difficulty on the steepest parts, reduced to pushing on his knees, forged ahead on this easier stretch. Climbers stopped and stared in disbelief at these peculiar people pushing pedal bikes. Becoming steeper once again as the path ascended among

loose rocks the last few cyclists were again reduced to hard labour.

The descent proved almost as tricky as the climb but after manoeuvring bikes round impossible and endless boulders they could be mounted and ridden over a steep grassy slope to River Liza. Soon we descended through the forest of Ennerdale Fell to Gillerthwaite which is the Ennerdale YH.

In the morning the sun rose hot over Coniston. Bags packed, we sat and soaked in the warmth. Smoke rose lazily from the workers houses where school parties were in residence. The track shimmered, white, downhill to the village.

Today on a swift pedal via Windermere a visit would be made to the Mint Cake factory.

Attempting to negotiate a maze of small lanes we failed and joined queues of traffic on the Ulverston road. As soon as possible we left this horror and took the Windermere road as far as Haverthwaite.

A swift discussion at a turnstile allowed us onto the Windermere passenger ferry. This took us on a picturesque tour almost the entire length of Windermere. Near noon with the heat increasing we docked at Bowness.

Far from being able to accomplish the initial aim of finding out more about Kendal Mint the heat drove us to a public park where we sprawled for ages on the grass. Languid the heat may have made us but boredom drove us to seek ice creams all round. Tennis courts and boats on the water, beckoned. Douglas cox'ed while the others rowed.

In the morning it still rained. Caped up we rode northwards. Those new to the area feared the prospect of cycling the Shap. Stories abounded as to its steepness and length. Those who had already cycled it knew what it was like. As we started to climb interesting views of cloud enshrouded hills dotted with sheep and with strings of dry-stone walls criss-crossing them were hardly looked at for our concentration channelled into maintaining a straight line as pentacnicons thundered past in hurricanes of spray.

Unspectacular, visibility down to yards, still raining, Colin Gray summed it up in Shap village when stopping for a cup of tea. He asked when we were to get to the Shap. Desperately in need of refreshment we dripped into a small tearoom where three old ladies fussed around and supplied gallons of tea and many scones with butter and jam.

What a miserable day. Steady rain continued through the night. Fighting for space in the drying room with crash helmets, jackboots and anoraks, clothes failed to dry. Collecting socks and shorts in the morning they were difficult to find in the humid, hot airing room. Carefully placed to dry, other clothes had been heaped on top. Shoes lay in a muddle and more than one pair of socks couldn't be found. Carlisle was left without too many misgivings. The warden had not endeared himself and the weather was



awful. However, the rain eased and only the ground was wet as we joined the A6 and north to re-enter our home country.

A tail wind bowled us along to the borders and on the way, crossing the M6, giant lorries disappeared in clouds of spray and it was thankful riders who knew they had not planned to ride the A74 to Abington. Instead we were travelling north-east to Melrose.

Scotland had obviously suffered a lot of rain as well, for though the roads were now drying, rivers were swollen and brown in spate.

Melrose YH is recently modernised, and the dorms, with duvet covers, only sleep six. This meant banishing two of the males to a distant room. All that night as I tossed and turned in the sweaty heat of foam mattresses and padded covers a terrible odour pervaded. Each time I moved it rose, cloying, from the bedclothes. My thoughts were that those who had previously used the room must have been a fishing party.

In the morning the smell was still as bad and when I stripped my bed a kipper flapped from under the pillow.

Ploughing north to Edinburgh the wind helped and the sun shone. Arthurs Seat rose majestic over the horizon and the Firth of Forth lay in a haze between the capital and the Kingdom. Smoke trailed lazily from distant factory chimneys at Kirkcaldy and a lazily pedalling bunch descended through Dalkeith to the city.

Robert Lindsay organised a 300 mile overnight run for charity. He selected his companions carefully.

Three others started with me, Graeme Dunbar, Mark Thomson, and Robert. Leaving Stonehaven at 1.00-pm on Saturday 23 November we set out on a journey of a lifetime (one which is likely never to be repeated and which it is hoped will fade from memory very quickly). A crew of five in two vehicles followed with the intention of nursing us round.

With about 60 miles in the bag we drummed up at Crathie and fitted torches. But it was a mistake to stop. Cold crept in and Mark's muscles seized. Straining a leg he had to be lifted into the sag wagon screaming with pleasure.

Over Glas Na Choille to the bottom of the Lecht we were together but then, Robert danced away followed by Graeme. I wallowed in self-pity and summoned help. It was too dark and no-one will ever know if I really did cheat and hang on to the following car.

From the top of the Lecht, Tosh peered from his window. He shook his head and understood that the Lindsay's were beyond understating. He closed the curtains and ignored us.

It was a hairy descent with the following cars headlights leaving the steep drops in deep shadow. A wind, getting

stronger by the passing moments gusted towards Tomintoul and bowled us along.

Approaching Kingussie we got together to discuss the onslaught of Drumochter Pass. The wind had swung round to the south-west. It soughed and sighed. It bent the trees and skittered dead leaves across the road. Suddenly a support car was seen in a layby. Robert swung over for some shelter and didn't re-emerge. The warmth and welcome from within had proved too tempting.

I was first onto the A9 above Spey Bridge. The wind howled down Loch Ericht. Then straight downhill towards Newtonmore. It was no picnic. The two remaining hardmen, miles apart, had a support vehicle each. They puttered and overheated (the cars) at nearly zero miles per hour.

Hardly making headway as I neared Dalwhinnie, setting my zimmer to one side I crouched in the lee of a rubbish bin waiting until Graeme arrived.

The attempt on the impossible was over. With a little over 130 miles gone and many more miles into the wind before the road towards Pitlochry and the gale assisted descent could begin it was agreed that time being against we'd cut our losses and hope that sponsors many would be kind enough to give donations.

Roughstuffer

RGU Research Testing

I am a 4th Year Sport Science student at RGU and am looking to recruit some of your adult members to take part in a Wingate Test (30 second) - particularly focused on road riders however data from riders of any discipline will work. Essentially the participant will sprint as hard as possible on a type of static bike for 30 seconds to measure their power data and profile.

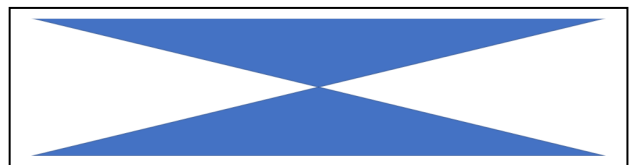
They would have to attend Robert Gordon University (Garthdee) in person for at least 30 mins.

Please let me know if you think any of your club would be interested in participating. I have linked a Google Forms Survey below for them to fill out, if so:

https://docs.google.com/forms/d/e/1FAIpQLSe5W6Mv9pNtcp6jc2NXS7Ik_mp41VE5OtsiPlhDysdJeXCSfQ/viewform?usp=sf_link

I understand that the possible testing slots are fairly short notice - however there might be flexibility to push the testing day further into May if needed.

Scott Goodall



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



DEESIDE THISTLE SPRING CLASSIC RELIABILITY TRIAL

The reliability trial takes place on **Sunday 30 April 2023**. The start and finish at Echt Hall. 100km and 100mile routes. A youths' distance will be available if required.

The reliability trial is not a race or a sportif and is not timed. The idea is to ride with a group of up to 12 riders which fits your fitness level and ability. The aim is to enjoy it. This is not a day for Strava records --but there is no objection to the stronger riders taking long turns in to the wind and looking after the others.

There will be a 30 min refreshment stop at Tullynessle Hall after about 40 miles on 100km route and 52 miles for 100 milers after descent of The Suie. (Take cycling shoes off in hall, please) Make sure your bike is in good working order and carry bottles and spare tubes etc. A rain jacket in the back pocket is always a good idea. Following the route is your responsibility. Take care, obey the rules of the road and look out for one another.

Entry fee for over 18s is £5.

100km

Echt Hall	
East to Cairnie	5
Left and left to Dunecht	9
Right then left toward Kintore (B977)	14
Left to Kemnay (B994)	18
Right towards Alford (A944)	22
Right at Whitehouse to Auchleven (B992)	25
Left at Auchleven onto minor road	32
Through Leslie	34
Left before Clatt to Tullynessle	37
Tullynessle – Refreshments	41
Right to Bridge of Alford	43
Across bridge, right to Muir of Fowlis (A980)	
Through Muir of Fowlis to Lumphanan Xroads	
Left at Lumphanan Crossroads	51
Straight on to Echt	63

100 Km

	Start	
Group 1	extremely steady	09.30
Group 2	moderate pace	09.45
Group 3	moderate pace	10.00
Group 4	moderate pace	10.10
Group 5	moderate pace	10.20
Group 6	faster and responsible	10.35

Echt Hall will be open before and after the ride

Refreshments will be available at the end.

To enter please email: [Alan Campbell at campbell66@btinternet.com](mailto:Alan.Campbell@btinternet.com)

100 Miles

Echt Hall	
East to Cairnie	5
Left and left to Dunecht	9
Right then left toward Kintore (B977)	14
Left to Kemnay (B994)	18
Right towards Alford (A944)	22
Right at Whitehouse to Auchleven (B992)	25
Through Auchleven to Inch	32
Left at Inch to Kennethmont (B9002)	34
Through Kennethmont	41
Left after Kennethmont onto minor road	
Left onto A97 to Rhynie	
Left in Rhynie onto minor road to Cottown	44
Right in Cottown to Clatt	
Right in Clatt towards Leslie	48
Right after 1 mile to Tullynessle	49
Tullynessle – Refreshments	53
Right to Bridge of Alford	55
Right to Mossat (A944) and Left on (A97)	61
Left towards Logie Coldstone (A97)	71
Through Logie Coldstone	77
Left at Ordie towards Tarland (B9119)	
Through Tarland	82
On to Lumphanan Crossroads	88
Straight on to Echt	100

100-Mile Start

Group A	very steady to get round	08:10
Group B	steady and consistent	09:10

DEESIDE THISTLE CYCLING CLUB

EVENING LEAGUE 2023

All riders in Evening League Events should have British Cycling Membership. Details are in Cranks or contact the club secretary.

The first rider will start at approximately 6.45pm

ALL ENTRANTS MUST ADHERE TO THE RULES			Event	Time
Apr 25	10 TT	Drumoak	1	: :
May, 02	10 TT	Echt / Cairnie / Dunecht	2	: :
May, 09	10 TT	Drumoak	3	: :
May, 16	12 TT	Echt / Dunecht / Midmar / Echt	4	: :
May, 23	15 TT	Echt / Cairnie / Dunecht / Midmar	5	: :
May, 30	18TT	Echt / Dunecht / Millbank / Learney	6	: :
June, 06	12 TT	Echt / Cairnie / Dunecht / Echt	7	: :
Jun, 13	25 TT	Echt / Cairnie / Millbank / Learney	8	: :
Jun, 20		No Event – Massie Shield		: :
Jun, 27	25 TT	Echt / Cairnie / Millbank / Learney	9	: :
Jul, 04	09 TT	Fintray	10	: :
Jul, 11		No Event – Trades Holiday		: :
Jul, 18	01 HC	Cairn Mon Earn. EL HC Champs	11	: :
Jul, 25	10 TT	Drumoak	12	: :
Aug, 01	08 TT	Garlogie / Echt / Garlogie	13	: :
Aug 08	10 TT	Drumoak Team time trial	14	: :

