

Issue 595

October 2023

# Cranks Golden Jubilee Volume 50

The magazine of  
Deeside Thistle Cycling Club  
Sponsored by:

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Mechanics Plans How

**Tierney Strachan**  
PROCESS CONTROL ENGINEERING

Current Membership 563 (583)  
SCU Membership 293 (299)  
Scottish Cycling's Largest Club

## Editorial:

Our Club's Financial Year runs from October to October, which means that Annual Subscriptions are due now. There have already been a couple of notices sent out and quite a few members have responded.

If you haven't, yet there's another Notice at the end of this magazine to remind you to make payment.

Early returns make life easier for me.

The Covid-19 Pandemic has a lot to answer for. Not least that our Club Time-Trial Championships took a knock. The last time the Championships were recognised was in 2019 so we've had 3 fallow years.

I know that the time-trial scene is hardly as buoyant as in the past, but efforts are being made to re-instil interest and the hope is you will be keen to chase personals and the trophies.

Efforts are under way to collate results from the few events in 2023. If you rode any time-trials, we are keen to see your results. There's a form along with this magazine which you should complete and return soon. Who knows, you might be a winner!

There are the various Best-All-Rounder Awards for Men/Women/Vets as well as under 18s and individual awards for 25 and 50 miles

## PHILOSOPHER'S CORNER

**Whether you think you can, or you think you can't—  
you're right - Henry Ford**

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](mailto:knockies@deeside.org)

## Racing Update

### 24 September

Last port of call for the season at Tarland for the Deeside Thistle MTB crew with the final round of the Aberdeenshire Enduro Series. This series has gone from strength to strength over the last few years, and as a mark of popularity, this round (of 350 places), sold out in about 4hrs!

Some impressive performances from many of our amazing young riders. First up was 9-13 yo Female, where Molly Sell took an impressive win, especially as she is at the younger end of her category. Emily Whitton also did great, coming in 6th.

In the 9-13 Male category, Finlay Baxter took 3rd, with his twin brother Sandy, the next Deesider in, taking 4th a slim 4s back (after nearly 20 mins of racing).

Next up was the 13-17 Female category, where Iona Douglas was first Deeside rider in, in 4th place, closely followed by Skye, Freya then Kirsty.

In the Male equivalent, Ollie Carter had the standout performance today, not only winning his category, but also posting the fastest time of the day, which out of a field of 350-odd riders is a great achievement. Fraser Paterson just missed out on a podium, but recovering from a broken wrist from a few weeks ago, it should still be chalked up as a good day out. Monty, closely followed by James Carrol gave us four Deeside riders in the top 10.

As this was the final race of the series, the overall standings were also decided today (highlights below):

9-13 Female - 1st Molly Sell

9-13 Male - 3rd Finlay Baxter

13-17 Female - 2nd Iona Douglas / 3rd Skye Clarke / 4th Kirsty Woodley

13-17 Male - 1st Fraser Paterson / 2nd Ollie Carter / 3rd James Carrol

*MTB Youth Head Coach*

### 01 October

It was the second round of the Scottish Cyclocross Series at the sunny Irvine Beech course in Ayrshire.

DTCC Youths & Jnr had 10 riders on the start line.

U12 Boys - Calum Campbell 8th Josh Sharp 17<sup>th</sup>

14 Girls - Olivia Poole 1st, Zara Main 2<sup>nd</sup>

U16 Girls - Melanie Rowe 2nd Emma Campbell 4<sup>th</sup>

U16 Boys - Ross Eastough 5th, Innes Long 7th Oliver Bain 8<sup>th</sup>

Jnr Female - Harriet Hendry 1<sup>st</sup>

DTCC also had riders from the senior section racing.

Senior Female - Isla Long 7<sup>th</sup>

Vet 60's - Graham Gauld 12<sup>th</sup>

Vet 50's - Victor Allan 16th, Joseph Fee 52<sup>nd</sup>

Vet 40's - Dave Ogden 4th, Chris Main 10<sup>th</sup>

Senior Men - Neil Scott 3<sup>rd</sup>

### 08 October

It was the first round of the Cyclocross National Trophy held at Gypsies Green in South Shields.

Olivia Poole and Zara Main (U14 girls) made the journey down from the Deeside Youth contingent for the youth



girls race on Sunday. Both rode the trophy race held there last year and knew what to expect from the slippery off cambers, multiple sand pits and steep banks from the derelict outdoor velodrome that is no longer in use. A great ride from Olivia seen her take the win in a hugely competitive field, Zara was delighted with her 6th place also.

On Saturday, Neil Scott raced the Elite Men's event in amongst some riders who will spend large parts of the season racing UCI events in Belgium. He put in a solid effort that seen him finish in 30th. A huge achievement completing the full complement of laps given the 80% rule was in place as UCI ranking points are awarded to those finishing inside the top 20.

The final race of the weekend saw Chris Main finishing 18th in the V40 open race.

**Scottish National Women's Road Race Championships**  
Millie Thomson raced at the Scottish National Women's Road Race Championships on Saturday, 30 September.

She finished First Junior to take the Junior title and 3rd overall in a bunch sprint with Senior Women Championship riders. This adds to her recent 2023 Scottish National Crit Junior Championship title and her current 2022/23 Scottish National Junior Championship CX title.

She has had a great end to the road race season and is looking forward to some track racing now.

## First Aid Course

Please see information below on a first aid course which will be held on 28<sup>th</sup> October at Ellon Community Campus from 9.00-3.30pm. (Please take a packed lunch as there are no catering facilities onsite and the campus is on the outskirts of Ellon).

This course is being offered at a reduced rate for clubs and community organisations, facilitated by the Community Sport Hub team. Each attendee will be required to register on the Forrest Training site before they can book themselves a place on the course. Once registered and logged in please select the Peterhead course under First Aid in the Workplace. When it comes to completing the purchase, please put the word **SPORT** in the **Coupon box** which will **reduce** the cost from £100 to **£40** per person.

Please follow the link:  
<https://forrestraining.co.uk/event/emergency-first-aid-at-work-28-10-2023-ellon/>

If you have any questions then please get in touch on [audra.booth@aberdeenshire.gov.uk](mailto:audra.booth@aberdeenshire.gov.uk) **Audra Booth**

## Moray Poppy Ride

The Moray Poppy Ride is live for registrations. We had a good contingent rode last year's event. If you're keen for this year go [here](#) to find out more

## SCNEG Update Date Fixing Meeting

It's that time of year again when we look forward to events for the next season. It doesn't matter if it's a BC event, CTT event or other. We try to avoid clashes where we can so that we maximise entries to all our events and share out resources.

So have a think about what you want to put on next year as a club, individual or partnership and come along to the virtual meeting at 7pm on 25th October. We will thrash out a local calendar of events.

If you have not already received the "Blueprint Calendar", please reply to [colinallanach@aol.com](mailto:colinallanach@aol.com) and a copy will be sent through to you.

Ideally, we would like events fixed in the calendar as soon as possible so people can start planning their season.

Microsoft Teams Meeting: [Click here to join the meeting](#)  
**Colin Allanach - [colinallanach@aol.com](mailto:colinallanach@aol.com)**

## Peter Yeats

It is with great sadness that I read in the September edition of Cranks of the recent passing of Peter Yeats. Pete and I must have joined the club at about the same time in the early '90s.

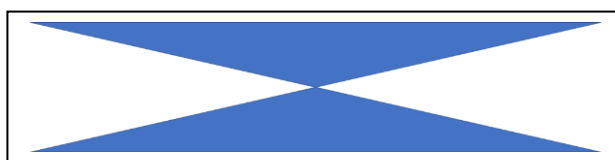
We both joined the Sunday morning Banchory training rides organised by Mick Fowkes and he was one of the 1st people I coached after I gained my 1st coaching qualification in 1994. He was a strong rider, especially in time trials. He was club BAR champion in 1997 and 1998 and we were both part of the Deeside 12-hour championship winning team in 1996, the year it was held on local roads and organised by Robert Lindsay. I will remember the pain of riding over the side of the Hill of Fare on the road from Echt to the Raemoir road a number of times on the finishing circuit!

Pete developed a real passion for long distance running and in 2014 he completed the West Highland Way Race, 96 miles off road from Milngavie to Fort William in 24 hours 41 minutes. Anyone who has walked the route will know what an achievement that is.

The last time I saw Pete was a number of years ago. I was out for a leisurely walk with the dog on Elrick Hill when he appeared running in the other direction from his home in Westhill. He stopped and we spent a few minutes reminiscing and recounting tales of tough days out on the bike.

My sincere condolences to his family and friends.

**Ken Bryson**



## Molly Sell [Courtesy of Scottish Cycling]

My name is Molly, I'm nine years old and I live in Aberdeenshire, Scotland. I started mountain biking when I was four years old. My Dad would take me to the Tarland trails, Glenlivet and to ride the White Lady at Pitfichie.

My first mountain bike race was the U10 mini downhill at Fort William in 2022 where I came 4th. I also did the Scottish Enduro Series Shred Squad 7-12 years race at Pitfichie where I came 2nd. I like Pitfichie, the trails are really fun with rocks, roots and mud.

In 2023, I have been able to do loads more races which is really exciting, as I love racing. I was able to take part in Doon the Brae Enduro Series in the girl's 9-13 category and I have raced at Glenlivet, Aboyne, Pitfichie and Tarland. I have had some great results: first at Tarland, second at Pitfichie and third at Glenlivet and Aboyne, winning in the closely fought U13 female category.

I also spent time this year helping to build and clear the trail at the Lecht for the mini downhill race (Race the Worlds). It was great fun helping and trying out the trail, we even had a BBQ at the top. There was even a gap jump named after me.

The race at the Lecht was fun, we had a chair lift so we didn't have to push up the hill. I came 1st in the U10 girls, and I also beat the U12 girls, so I got to race at the Race the Worlds final at Fort William.

It was great at Fort William as there were lots of girls racing and my friend Logan also got to race in the U10 boys. I came 4th and was really pleased. Mum brought me a UCI highland cow which I called Bill. I also got to see all the elite riders racing and got a photo with Tahnee Seagrave.

I would love it if more girls got into downhill mountain bike racing because it's great fun and if there were more downhill races for us to do.

## Sporting Misadventures with Chris Hoy

I've recently launched a new podcast with Sir Chris Hoy called Sporting Misadventures where we get a comedian on each week to talk about his or her sporting misadventures.

I was just spreading the word to cycling clubs across Scotland as I know Chris has a big fanbase there and thought of you guys at Deeside Thistle Cycling Club. I thought it might be of interest to your members.

Here's a link to all the places where you can have a listen to it - <https://pod.link/1680181306> *Matt Majendie*



## Falling Leaves Reliability Trial

*Alan Smith* - I loved it. Good craic, great roads that I don't often get across to, good mix of riders from many clubs. I rode with the guys that do the KoS chain gang. Everyone in the group were very competent and well organised in riding as a group and at pace. Shame I was the only Ythan CC rider though.

*Rod McGovern* - What a great day! Fastest 100 km ever for me but longer and slower may be a good option in the future. Chapeau Sandy L!

*Rod Stone* - Thanks for taking over the organisation of the Falling Leaves Reliability Trial in Alan's absence. It's an event I've ridden in many times as well as helping out with registration a couple of times. So pleased you've kept the event going. The good turnout is evidence of its enduring popularity. Good to see so many new faces.

I saw you heading out on the 100miler in splendid isolation and wondered if company would have made such a tough ride more enjoyable. Little did I know that I would end up riding the 100k on my Todd, too. Having missed the last fortnight's training because of a holiday and then a cold, I was feeling below par and had to let my group ride off into the distance. Sometimes it's better to endure a ride on your own rather than try to hang on to an uncomfortably fast pace. Expecting them to wait would have been selfish and spoiled their fun. Having a blether with club mates over a convivial lunch after the ride makes it all worthwhile.

I think the Spring and Autumn Reliability Trials are a great way to bring riders together for a sociable cycle event and contribute greatly to making Deeside Thistle the friendly and sporting club that it is. Perhaps we're attracting riders from other clubs because we're offering something that's missing from their own clubs' routine.

Let's hope we can welcome Alan back for the next Reliability Trial.

*Mark Young* - Having only known a few of the riders taking part I had a fantastic day and met some great people.

*Bob Cowie* - Great day out nice scenery, nice food and coffee, thanks to my group for the company Bob Cowie

*Graham Reid* - I arrived for the Reliability Trail at 7.30am prompt. I had in mind that I might do the 100 miles instead of the 100Km in order to keep Sandy company as he seemed to be recruiting for his group. But I got a tactful reminder that a 81 (and a half years) I might not keep up.

Not wanting to ruin Sandy's day I stepped down. However, it would be a long time before my group departed. And I decided to set off on 100 miles. All progressed well enough, a few groups passed by, and someone always dropped back to check out I was alright!!

It was only when I reached THE LECHT that I found out what this little adventure was all about.

One group had just passed, and I could not bring myself to dismount for the first cliff face I found at the start of the climb. At this point my computer heart rate was 151 and the gradient reading 20: panic set in because I could not



escape my cleats. Fortunately, no cars were in the area, and I was able to turn on the slope and could dismount. I walked up the whole distance to the top meeting Sandy on his return leg. He gave me a wave.

I enjoyed my coffee and cake at Tomintoul meeting a South African motor bike man. Some walking was required for the North face on the return journey. But then I picked up a favourable wind after Ballater and sailed back home to be greeted with the left-over cakes – a day I will treasure for the rest of my life. After twelve years in the club, I feel I am now a fully-fledged member.

**John Hall** - Very enjoyable group ride. Weather and scenery were stunning. Karen kept us going in the right direction, Doris had some front changer issues on the way back, but we all got back to Echt. Hats off to my riding companions and to the organisers and helpers on the day, good spread of food and drink.

**Jenny Brown** - Thanks to Deeside Thistle for hosting this event. It was great to be in a decent sized group and have company for a "big day out" over the Lecht and the hospitality at the end was much appreciated.

**Simon Seward** - Fab draft into the headwind courtesy of Aberdeen Uni, in very flash blue kit!

**Mark Walker** - Great day out! Started by helping Sandy and the team with releasing rider and providing a short briefing. This was a good opportunity go me to meet folks I had not met before.

I was heading for the 100 miler in group 3. We set off with a group of 8 well drilled and riding smooth. We hit the main slope at the Lecht, and we all took our own challenge to get up the climb and regrouped at the ski centre.

We then had the short leg to Tomintoul and with a few, myself included, pressing on for a bit of fun before the lunch stop! We met group 2 who advised that group 1 were eating but had to wait 30 mins before getting their food, so both groups opted to refuel at the shop.

Had the stop and refuel in the sun with some bike chat across the groups, and a bit of banter! We agreed to ride back together as one large group and see how we went. A few groups broke up through the initial climb of the Lecht and onto Gairnshiel then at the new bridge we regrouped but decided to break back into smaller groups with the single B-road to Ballater.

We headed off in a smaller group of 6 and then after Ballater fractured to a leading group of 4 and 2 stragglers, who required a refuel and feed the 'bonk' from the big day out. We headed up Learney overtaking the leading group 1 (of 1, Sandy). We paced up at our own pace and regrouped at the top for the final leg back to Echt.

Great day, very lucky with the weather. Grabbed a change of clothes and headed for food and refreshments and some more bike chat, then headed home for some rest and recovery. It was great to see Alan Campbell there too!

## Total Endurance

We are excited to launch our dates of Winter Talks and Workshops, and all are available for booking. The first talk focuses on winter training and aims to give you some practical advice on how you can optimise your winter training to make improvements needed for your event(s). The talks have a maximum capacity of 20 people and are free to attend. The workshops have a maximum capacity of 5 for the bike maintenance classes and 6 for the run/swim workshops You can book your space for any of the talks at this [link](#).

### 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/trainee-commissaire-course).

If anyone's interested, please contact [volunteer@scottishcycling.org.uk](mailto:volunteer@scottishcycling.org.uk)

### Scottish Cycling Badge of Honour

Scottish Cycling is welcoming nominations for its prestigious Badge of Honour accolade, which recognises the contribution and achievement of individuals who have shown exceptional dedication, made a remarkable contribution or given an outstanding performance, through a lifetime dedicated to the sport of cycling in Scotland.

If there is anyone you wish to nominate, please do so via this link:

[https://www.britishcycling.org.uk/scotland/article/20230831-Badge-of-Honour-Nominations-open-for-2023-0?fbclid=IwAR3bonwxaVbKVEy\\_4GZdD3dAgtRIQnZKNGrxfb7fvTwl\\_bh7HsKB79syUMs](https://www.britishcycling.org.uk/scotland/article/20230831-Badge-of-Honour-Nominations-open-for-2023-0?fbclid=IwAR3bonwxaVbKVEy_4GZdD3dAgtRIQnZKNGrxfb7fvTwl_bh7HsKB79syUMs) **Ewan McArthur**



## KNOCKBURN LOCH MANAGEMENT

John Huston Knockburn Site Manager, Knockburn Loch, Strachan, AB31 6LL [info@knockburn.co.uk](mailto:info@knockburn.co.uk), 01330 822234 / 07741314999 [www.knockburn.co.uk](http://www.knockburn.co.uk). You can like us on [FaceBook](#) and follow us on [Twitter](#)

### 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.

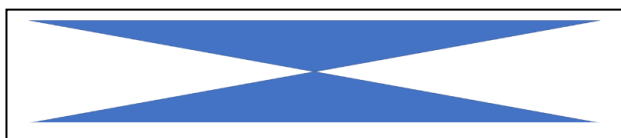
The new bag is based on the original design but with some improvements. The original bag size of 66cm x 30cm x 30cm remains, there are 2 end pockets that are 10cm wide and a central pocket of 46cm wide giving the following capacity of 9L + 41.5L + 9L. Please see pictures [here](#)

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. 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*

### 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>



## New Members

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

3126	David Russell	Dyce	48
3127	Naimh Ball	Stonehaven	5
3128	Oliver Johnstone	Stonehaven	14

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](http://www.deeside.org/members) or to email [members@deeside.org](mailto:members@deeside.org) asking for information.

## Zwift Sunday Club Endurance Ride

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](http://ZWIFT.COM)

## 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.

## 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).

<b>DonsideBunch</b>	<a href="https://group.spond.com/WWDYZ">https://group.spond.com/WWDYZ</a>
<b>Banchory</b>	<a href="https://group.spond.com/TYLWP">https://group.spond.com/TYLWP</a>
<b>DTCC MTB</b>	<a href="https://group.spond.com/MRFCH">https://group.spond.com/MRFCH</a>
<b>LeggartTerrace</b>	<a href="https://group.spond.com/AGTNP">https://group.spond.com/AGTNP</a>

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](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](http://deeside.org/wp-content/uploads/2022/08/DTCC_Spond_and_Ride_Leader_Guide.pptx)

*Peter Smart*



## Donside Bunch Rides

Mostly starting from Kintore, these will vary in length (and sometimes start time). Make up of groups will depend on who attends on a week-by-week basis.

For those who are venturing outside for the first time or returning after a break/injury etc, there will be a shorter/steadier (sub 3hr) ride posted every Sunday. Can't guarantee a leader for that ride but will attempt to get a volunteer on a weekly basis.

All rides will be posted on [SPOND](#). The more people that sign up for the steadier ride, the more chance of it being a success.

## Donside Bunch - Winter 2023/24

Winter base rides will start Sunday 5th November from Kintore Primary School at 0900hrs. Pre Xmas we will keep the rides to max 3hrs and will start to build distance in the New Year.

As much as is practicable, these will be group rides. It would be great if we could get numbers for a steady and faster group.

Coffee stops will be planned if the weather conditions allow. Flashing lights front and back are encouraged (why wouldn't you!). Mudguards are preferred. Get yourself ready for a successful 2024! *Andy Kerr*

## Wednesday / Friday Banchory Rides

Town Hall at 1000. Check on [SPOND](#) if you are able to. Rides on Friday are to Ballater. Best to book table at Brown Sugar via FB Messenger. Rides on Wednesday are to 'somewhere else', usually about 80km/50mi.

## 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

## 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](mailto: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.

## Coaching Courses

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

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

## Club 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](mailto: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
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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 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](mailto:jas@tierney-strachan.co.uk)



## 25 Years Ago

### SCU - 1998 Mountain Bike Series

The summer sunshine has been and gone and the SCU Mountain Bike Series continued to its conclusion. Round 5 was held in the depths of the forest at Blairadam in Fife on 9 August 1998. The Deeside was represented in reduced numbers by the regular faces of Malcolm Gallon in the Masters Section and Kenny Walker in the Veterans Section.

The 6-mile Blairadam circuit started with a short, but fast uphill on Land Rover track which quickly degenerated into a series of winding single tracks (all endlessly uphill) duly interspersed with forest trails (sorry, knee deep mud trenches resembling septic pits) on a splendidly slippery clay base. The climax of the circuit (duly surrounded by camera clicking spectators eager for spectacular disasters - there were many) saw a 30-foot cliff edge descent down onto a 10-foot ledge. Onward across a 15-foot wide by 2-foot-deep burn and more axle deep clay to the finish!

The weather had been wet all week and to help the riders change their club colours, the rain continued all through the race, for the sun to come out (and bake muddy bodies and bikes) only at the finish. Masochistical efforts saw Malcolm Gallon slither home at 27th in 2.27.13 in the Masters with Kenny Walker 11th in 2.56.56 in the Vets.

A special mention must be made to former Deeside member Phil Kelman who managed to finish 9th in the Sport Section - despite snapping his front suspension forks and having to run (nae slither) for the last half mile complete with bike bits.

And so to the final event in the Series. Round 6 was held at Yair Forest, again deep into Borders forests, somewhere east of Peebles on 23 August 1998. The Deeside was again represented in reduced numbers by the regular faces of Malcolm Gallon and Derek Warwick in the Masters Section and Kenny Walker in the Veterans Section. The 5-mile Yair circuit was rated as 400m of descent/ascent per lap (i.e., Ben Nevis over 3 laps) with assorted scary bits. It started with a long, fast, good quality uphill on Land Rover track which eventually (as usual) degenerated into a series of heavily downhill winding single tracks (only scary over the big jumps with left- or right-hand outs). Then duly interspersed with forest trails with peat on (as discovered) another splendid example of a magnetic clay base. On the start line it was a pleasant dry warm day. On the gun the heavens opened - warm rain by the inch on clay make mud so heavy you cannot lift your feet or turn the wheels - and a smashing time had by all.

The finish saw Malcolm Gallon slither home again outside the points at 30th in 2.34.27 in the Masters with Kenny Walker 15th in 2.50.53 in the Vets

Conclusions ~ The events at Coull at Aboyne and Yair in the Borders were the best circuits and best organised. The series - pity about the wet, the bikes and bodies will never

be the same again. Provisional results should see Kenny Walker the best placed Deeside rider overall in the Series with a place in the top ten Vets (this section dominated again by last year's and this year's British National Champion - Gregor Grant of Orange and his fellow associates).

## ***Ian Grant***

**Gardening: - Grass Cutting  
General Tidying - Rotovation  
Pressure washing - Tree Surgery,  
Welding (electric) and small repairs**

**£9.00/hr or estimates**

***30 Slattie Park, Bucksburn,  
Aberdeen***

***Tel (01224) 713033***

### **For Sale**

- 1 a) Airborne - Carpe Diem in red (aluminium frame) 19" centre to top tube. Set up as a winter bike (although it can make a great cyclo-cross bike) New Sora 9 speed with Ritchey WCS cranks. Shimano Dura Ace wheelset and new Selcof stem and Planet X bars. SKS mudguards. Great condition. £400 secures
  - b) Planet X Stealth frame set (blue) in large. Comes with seat pin, TT bars + risers and front mech £150 secures
  - c) DT Swiss R20 wheelset. Used as backup wheels when I was going through my Everesting phase so, not much use. £150 secures.
- Photos available and for further info. contact Phil Kelman - [philipkelman@aol.com](mailto:philipkelman@aol.com).
- 2 a) Indoor cycling fan, 8.5" dia with variable speed control. Mountable on your Garmin mount. £80 each. Three immediately available and a further 9 to be assembled on request
  - b) Hand made plywood bike stand. £30 each. Three available immediately

Contact Andre Bergh on [andre.k.bergh@gmail.com](mailto:andre.k.bergh@gmail.com)





## Historical Reminiscences

### (Part 61)

Family histories are fascinating and it's an interesting trail, indeed, tracing your origins.

Borodin may well have been sitting on slopes overlooking lochs, St Mary's and Loch of the Lowes when he composed his [Quartet for Strings](#). It's a peaceful scene much of the time.

My father told me a story of when he lived there, as a child, for a short time. I doubt if he'd have, through choice, listened to Borodin but that wouldn't have stopped him enjoying the surroundings on a fine summer's day. The placid landscape for much of the time belied what could happen.

He related how he travelled to school. Nearly a hundred years ago in a box cart drawn by a healthy Clydesdale he and other schoolchildren were taken past [Tibbie Shiels Inn](#) before crossing the ford which separated the two lochs.

This was well and good for most of the journeys but in times of bad weather the ford would rise and flood the joining strip of land. Fortunately, the box cart had been lined with tarpaulin. The horse swam the short distance while the cart, in tow, floated.

Today's section has been relatively easy. The French-Canadians and Americans appear to have been outpaced. Once through the Lamjura Pass we mounted and rode quite a bit. There has been much faster progress.

Cloud drifted in, obscuring the mountains to the north-east, as we pedalled past Salung. Everest could not be seen. It would have been fine to spot our giant target this early but, barring accidents, the opportunity would come again. Accidents can happen as amply demonstrated by my own lack of care only a short time before. Our resolve had been not to take chances. At our mid-day stop in Junbesi this resolve was sworn again.

From a distance Junbesi looks as if it has been lifted out of "The Sound of Music." Tidily arranged houses with wood shingled roofs stand guard over neat walled fields in a lush green valley. It appeared distinctly Alpine. Even the white peak of Numbur (6959m) towering above the north end of the valley could have been transported from Austria or Switzerland.

In the centre of the village, Chhatra picked the lodge for our meal. I had tomato soup followed by RaRa noodles and apple pancake. The soup disappointed. Hardly what I expected, the flavour failed to inspire the taste buds. Nor did the colour. The pancake mix arrived practically uncooked, but covered with thinly sliced apple it was just palatable. The noodles are a godsend.

At the same lodge our leech-like German acquaintance arrived and ordered his meal. Eating outside in the brilliantly hot sunshine I thought mad dogs and

Englishmen had nothing on this guy. Yet he had good reason for choosing to eat without shelter, because when no-one noticed, he disappeared, just slipped away.

We have found that the method of ordering food and paying for food at a lodge or tea-house is very simple. The menu is checked, and an order is placed for the food. Each individual is obliged to keep note of what has been served and at the end of the meal he totes up his own bill and offers the money to the host as he leaves. This method worked for us and must always do for those who are honest enough.

As we were packing to leave Chhatra came rushing into the lodge. He questioned whether we had seen the German. "*He leave, no pay.*"

After leaving Junbesi another ridge was crossed before getting stuck behind a farmer and his helper making their way to market with a buffalo. The beast had horns a good foot long, well pointed. It was obviously in a foul temper as it dug its feet in and stopped moving.

There was no way the risk would be taken of passing the blockage and chance a side-swipe from the horns. The helper had a rope tied to these vicious looking handlebars and he pulled vigorously when the beast stopped.

If this did not persuade the animal to move, the farmer, behind, swatted it with a stick. If still obstinate the farmer employed a new tactic, grabbing the animal's vulva and squeezing. This finally persuaded forward movement.

Obviously, a lot of time has been spent setting out the village of Ringmo. The lanes are cobbled, and the many orchards have walls surrounding them. There is an affluent air about the farming and market garden community. Our stop is in a place aptly named The Apple Lodge. Here we revelled in a hot shower and could wash our clothes. In the kitchen and dormitory there is lighting from Tilly lamps. It is a vast improvement on the small kerosene burners, which are usually provided.

At last beginning to appreciate the strength of our two porters, early suspicions are gradually giving way to a realisation that they know what they must do. When explained to them that our bicycles are very expensive and important, they have not allowed other Nepalis to interfere. They protect the bikes with greater care than we would ourselves. Invariably they have brought them into our sleeping quarters.

When leaving this morning Chhatra had said that today would be easy. Alastair had risen to the bait and bet a beer that it wouldn't be.

With darkness settling in it is clear that today had been easy. Word has filtered through that the two Americans we'd been keeping pace with have stopped in Junbesi. One of them, Otto, is also having stomach problems and



is travelling quite steadily. We have also heard that the French-Canadian girl has broken down with knee trouble. She and her companions have stopped at Salung. They are going to see Everest in the morning. Our turn will not come for several more days.

Alastair had lost his bet and Chhatra chose to drink the local cider.

Directly under our dormitory, thousands of apples, recently picked from the orchards, are stacked in a huge mound. The smell from the fruit is almost overpowering.

Initially through dense forest the trail took many routes down the steep track. Though never far apart, Alastair and I seldom caught sight of each other as the path twisted round multifarious trees. The descent is shady, even dark, keeping us cool as the sun once more climbed high in the clear blue sky. Emerging from the trees and onto a walled descent into Nuntala the heat overpowered. A combination of nearing the hottest part of the day and losing height made the temperature increase quickly.

Threading our way along the narrow, walled lane we entered Nuntala. Kids crowded round in hordes, grabbing at the bikes. Stopping at the first lodge, two helpings of apple pie were enjoyed. Served with a plate of chipped potatoes we feel that the food is now beginning to agree with us.

More and more we are coming to have a close dependence on our porters. My respect for them increases by the hour. However, here in Nuntala a small incident has again made me a little wary. I saw Chhatra with a small bottle, which he seemed to be filling from a large container behind the counter. On the bottle the label proclaimed Kukri Rum. Could it be possible that Chhatra likes his tippie? As Chhatra moved away from the counter he saw us watching. Smiling, he offered us a drink from the bottle. Not yet brave enough to sample the local spirit, we declined.

Less caution is being shown when eating and drinking and though the drink was refused a greater variety of food is finding its way onto the table in front of us. More and more our plates are being left in our bags and we eat off the metal plates provided in the tea-houses. We now normally use the house cutlery and tea is drunk from the glasses in which it is served.

When eventually reaching the Dudh Kosi we were lower than at any time since leaving Lamosangu.

From the forest a gentle, long descent, had allowed a lot of cycling. The final bit is again through trees, and steep. Twisting a tortuous path, we were again sheltered by the umbrella of trees. In the forever blue skies, the unremitting sun shone down and the shade is welcome.

Gradually we were getting to know other porters on the trail. Seen on many occasions as they pass us, we pass them, or we all stop at the same tea-house, it is pleasant to give a friendly greeting.

The fellow with the buffalo is still battling away while two other porters are herding a few goats. They also have back-packs full of apples.

Tonight's guesthouse is better. An elderly couple are sitting on benches and watch over their grandchildren who are busy seeing to the needs of the travellers. They smiled in pleasure when they saw us discussing things in English with the children. Apparently, the village school, set up by Sir Edmund Hillary, has a staff of seven teachers. This indicates that a lot of children must attend.

During the evening caution has virtually been thrown out the door. Chang was ordered. A beer brewed from rice, it looked to me as if the fermentation still continued. Whiter than the Dudh Kosi, it effervesced and had a sweet taste with a hint of vinegar. Easily drunk, I would have taken more, but Alastair, still a little more cautious than me, warned that I shouldn't.

The afternoon while climbing from the Dudh Kosi valley Chhatra had met a policeman returning from his stint of duty at Jorsale. He told a story that caused concern. Confirming what we'd already heard he said that two bicycles were impounded at the entrance to the National Park. The knot of fear came from the rest of the story, previously unheard. Someone else had apparently attempted to take a bike in. This person had gone to Lukla, then Jorsale, where, under cover of darkness, he'd sneaked past the police post. Reaching Namche Bazar, he'd been stopped, arrested and fined. The closing statement from the officer summed up the situation, "*No permit, no bike.*"

Out of the sun it is cold.

The tea-house stopped in is disappointing. A girl made us tea but wouldn't speak. Drinking the tea and eating a few biscuits we were about to leave when we noticed the girl moving some clothes on a bed. In the midst of the jumble lay a baby.

Alastair indicated he'd like to take a photograph. Surprisingly, she obliged. This was a repeat of Namdu where the mother and daughter dressed up in their finery. Only, this time, the girl's finery amounted only to a colourful knitted apron which she tied round her waist.

Placing the baby in a basket cum carry-cot on the end of a tumpi she came outside and, in the sunshine, at last, smiled while photographs were taken. ***Roughstuffer***

## Annual Subscriptions

**Our Club year runs from October to October so it is time to renew your membership** - please go here:

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

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

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

Fees are as follows:

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

### Club Time-Trial Championships 2023

The Covid 19 Pandemic and lack of competition since 2019 has meant that our Time-Trial Championships disappeared. In an effort to re-create a list of winners we are in the process of collating results from all club-members who competed in legitimate events between the start of March and the end of September 2023.

Events are at the distances 10, 25, 50, and 100 miles. For Seniors and Veterans, they must have been completed on Registered courses and timed by a Registered Time-keeper (generally speaking this will include all Open events).

For Women, Juniors and Juveniles confined events will also count (generally speaking this will only include the Drumoak 10TT course in our Evening League)

If you rode any time-trials during the 2023 season which fall into the above categories please complete the form below, and return as soon as possible to [info@deeside.org](mailto:info@deeside.org)

Your Name				
Events in 2023	Date	Name of Event	Course	Open/Confined
Fastest 10TT				
Fastest 25TT				
2 <sup>nd</sup> Fastest 25TT				
Fastest 50TT				
2 <sup>nd</sup> Fastest 50TT				
Fastest 100TT				

