

Issue 598 January 2024

# Cranks

## Golden Jubilee

### Volume 50

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

**MPH**  
Melnoch Plant Hire

**Tierney Strachan**  
PROCESS CONTROL ENGINEERING

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**Current Membership 554 (585)**  
**SCU Membership 287 (299)**  
**Scottish Cycling's Largest Club**

### Editorial

Most riders hanker after that fancy frame fashioned in carbon fibre. They lust after the electronic gizmos which move their chain around. But maybe a pie in the sky is just where it should stay.

Lucky enough to ride one of those modern contraptions my luck began to run out last June. The gear hanger snapped, and the derailleur whipped round to hit the seat stay. Suspecting there might be damage to the carbon, nevertheless I continued riding only for the same thing to happen just before Christmas. This time a break in the seat stay became obvious.

Not having gone down the road of a different bike for every occasion I could have ridden my mountain bike on the road but it's a bit of a lumber, so out came the retro Raleigh. You forget the comfort, the responsiveness, of the old-fashioned stuff. Made of Reynolds 531 tubing it is a joy to ride. And it gave me time to think about restoration.

The internet provided a home repair kit for the TCR. Hours of rubbing removed the paint job. Then judicious positioning of carbon patches held in place with epoxy, and compressed with heat shrinkable tape, before placing in a makeshift hot box, saw the job completed.

Has it worked? The coin test sounded fine. What I need now is that hard to source gear hanger so that I can rebuild the bike and do a road test.

### PHILOSOPHER'S CORNER

*It'll be alright in the end. If it's not alright, it's not the end*

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

The all familiar Callendar Park in Falkirk played host to Scotland's maiden chance of organising the 2024 British Cyclocross Championships. Riders and spectators were greeted with a world class venue and course, many of the UK's top riders compared the set up to what they'd experience in the heartlands of cyclocross when racing on the world stage in Belgium. The buzz leading into the event was building up all week. Huge crowds assembled in the park on Saturday to cheer on their favourite racers.

Before Scotland's top CX rider Cameron Mason took to the start line in the Elite open race, the youth U12 support race took place, DTCC Youth & Jnr had Calum Campbell and Freddie Ball on the start line to this sold-out event. They were faced with a grassy course that had lots of fast off camber hills with a sharp corner at the bottom of one being the main feature. Both boys took on the challenging course and looked competitive from the starting whistle, mixing it up with riders from around the UK. They both dealt with the hill well, putting their skills to the test where lots of other riders fell or chose to run. Freddie was unfortunate to have a mechanical a few laps in that meant he couldn't change gears but finished the race regardless. Calum stayed competitive and finished strongly. Josh Sharp and Emma Campbell provided additional coaching advice before the race and much appreciated encouragement from the other side of the tape during.

Not long after the U12 race finished, Cameron Mason was taking to the start line in the Open Elite race, only a couple of rows behind was DTCC's very own Neil Scott. Most youths know Neil, year on year he gives up a lot of his time to support the youth road rides and Thursday evening CX sessions. It was therefore great to see many of the DTCC youths on the course encouraging Neil take on the country's best riders. The main course has a reputation for presenting riders with one of the most technically challenging and physically demanding courses on the UK circuit. Creating a true test of cyclocross prowess, with muddy technical sections where skill and agility are paramount, the steep challenge of 'The Wall', and fast descents 'slip and slide' demanded physical strength and finesse.

At times throughout this race, the noise within the park was at a level you'd normally only experience in a large stadium, particularly so when local favourite Cameron Mason stormed to victory and ensured he'd continue to represent the British stripes on the CX world stage for the next 12 months. Unfortunately for Neil, he had a nasty crash which cut his race short, thankfully he suffered no serious injuries.

On Sunday, a very cold and frosty Callendar park greeted the DTCC U14/16 youths. Emma Campbell, Eva Murphy, Melanie Rowe, Olivia Poole, Zara Main, Innes Long, Ollie Carter and Ross Eastough assembling in the busy park



## Olivia Poole wins a British Cycling National Champion jersey in the Under 14 Cyclo-Cross

alongside the best youth CX riders from across the UK. Along with their teammate Oliver Bain, ever present throughout the CX season, his patient recovery from a recent illness allowed him to support his mates by being in the pit area for any bike changes that could have been required. Testament to the hard work and practice each of these riders had put in throughout the busy CX season, they mixed it with the best and put on a great show for the spectators who'd amassed to watch the next generation make the course look easy. Although there was a mix of misfortune on some of the technical features and mechanical incidents denting some of our riders hopes, there was lots of positives to take away. A big marker being that all our youths placed higher than their race number which determined their gridding position and has a big impact on the outcome of their race at this level.

Following on from her recent National Trophy series win, a massive congratulations to Olivia Poole who put on a dominant display and won the U14 Girls title, adding another National jersey to the DTCC Youth & Jnr portfolio.

A worthy mention also to the DTCC veteran CX racers who took part this weekend. Graham Gauld, Joe Fee, Chris Main, Dave Ogden and Sam Long. A top performance from Dave seen him bag 10th place in the V40 category.

For most the National Champs bring a close to the CX race season, focus turns to the upcoming Road or MTB season which should hopefully provide just as much excitement for our riders. Big well done to all the riders who took to the start line of a CX event this year in DTCC colours, we hope to see you at a race again throughout 2024.

*Chris Main*

### Total Endurance

Our dates of Winter Talks and Workshops are all available for booking. 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](#)

## ANNUAL GENERAL MEETING

**Date: Friday 12 January 20243**

**Venue: Echt Hall at 7.00pm**

**36 Members in attendance**

### 1 Chairman's Remarks:

2023 was yet another successful year for the club.

The youth section travelled far and wide, including overseas. They have competed on the road, the track, at cyclocross and mountain biking. It's tremendous to see how the hard work by riders and coaches has paid off. Success has been achieved in all these disciplines. There is an amazing amount of work by coaches, parents, and volunteers behind the scenes.

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

It was absolutely fantastic that the UCICycling Worlds were held in Scotland. I had the chance to watch some velodrome action with the family, to witness the men's TT and to see the men's road race in Glasgow with friends; what an atmosphere for that one.

Thanks go to the organisers, helpers, and marshals at the Evening League. It's a lot of work to put on a weekly race. So well done all.

A special thank you to everyone who assisted at the Scottish Cyclo Cross round 6 at Knockburn. Always a huge amount of work at these events and this ensured it was a great success.

The club has a long history and has only become more successful and bigger over the years. This is due to the dedication of club officials who often work tirelessly in the background. However, the club has to evolve with the times and it's time to move forward to make sure the club continues and is in safe hands.

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

*Andrew Harrington*

2 **Apologies:** Bert McIntosh, Kevin Stewart, Dave Walton, Ian Wilson

3 **Minutes of Previous AGM:** Accepted as a correct record. Moved by M Walker and S Long

### 4 Annual Report

#### a) Membership

Senior	437(464)	Life	86	(87)	Family	98(108)		
Junior	16	(17)	Vet	375	(387)	Associate	21	(25)
Juvenile	108	(104)	Lady	119	(129)	Honorary	12	(11)
Total	561	(585)	New	60	(61)	SCU	304	(306)

84 members failed to rejoin from last year, which with 60 new members means a small decrease in the total membership. The Under 18s comprise over 22% (20%) of the total Membership. Veterans take up the largest proportion of members with 67% (68%) in this group. The average age of members is now 45.44 (45.01) yrs. For 36 of the past 37 years, we have won Scottish



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Cycling's John Bull Trophy (Traders Trophy). Our BC membership of 304 was well ahead of second placed Ronde CC with 264

- b) In 2023 a few more Open time-trials took place. This has meant some more of our Championships have been resurrected. Our Evening League continued successfully
  - c) At UK National level Arabella Blackburn and Elliott Rowe have been selected to join the Great Britain Olympic Development Squads. Olivia Poole has battled hard in Cyclo-Cross to lead the U14 British National Trophy Series
  - d) Scottish Cycling have yet to publish their National Championship results. We do know that there have been some successes on road, track, cyclo-cross and MTB, particularly at Youth level
  - e) In the season long SVTTA BARs Margaret McMillan, Jim Robb and Andrew Yule have completed the distances while Margaret has excelled and established new age standard records at 10, 15, 25 and 30 miles
  - f) MPH and Tierney-Strachan continue as club sponsors. Legend on our garments highlight their commitment to the future of our club
  - g) Our Youth & Junior group continues to be Coached to a high standard and riders are respected throughout the country. The section is led by Sam Long, Sarah Rowe and Gavin Baxter, with numerous other Coaches and volunteers - supporting over 100 riders aged between 6-18 years in all disciplines.
  - h) Club clothing stocks are managed by Jon Strachan
  - i) Margaret McMillan and Vicki Sell look after Welfare needs
  - j) Discussions continue on forming the club as a charitable organisation (SCIO). A proposition on the required Constitution is continued in this Agenda
  - k) Cranks, the club's official magazine, is in its 50<sup>th</sup> birthday. There are many different ways to disseminate club information with a large percentage of information now availed to social media. It has become increasingly hard to source material for Cranks and the editor is not likely to continue beyond the 600<sup>th</sup> issue
  - l) The club's web site, [www.deeside.org](http://www.deeside.org), is looked after by Peter Smart. This is a valuable resource of information. Club memberships, social event bookings, etc, are processed here using PayPal. Much of the club's administration now runs on Office 365
  - m) We have our own Meritorious Awards and the recipients of these will be named later. Our parent group, SCNEG, also has a similar award. Mark Walker and Colin Allanach will be nominated
  - n) Volunteering to assist at Club functions is important. Sometimes organisers find it difficult to source enough people to fulfil necessary roles risking the cancellation of events
- Mark Walker expanded on the difficulty in obtaining Volunteers to assist at events. He is to set up awareness raising sessions and create greater club spirit through social gatherings

### 5 Treasurer's Report

#### Balance Sheet

	2021-22	2022-23	
<b>Fixed Assets</b>		45	599
<b>Current Assets</b>			
Stock - Clothing	3720	3717	
Bank/Cash/PayPal	66274	62165	
	69994	65882	
<b>Current Liabilities</b>			
Sponsorship Ac	(13662)	(10394)	
<b>Net Current Assets</b>	56332	55488	55488
<b>Total Assets</b>		56377	56087
<b>Represented by</b>			
Accumulated Fund @ 31 09 22	58999	56377	
Surplus/(Deficit)	(2622)	(290)	
	56377	56377	56087

#### Income & Expenditure

Income	2021-22	2022-23	
Membership Fees	7270	6460	
Donations	709	728	
Reliability Trial	93	0	
Presentation	0	0	
Racing	246	480	
Bequest	1400	0	
Miscellaneous	135	38	
		9853	7706

#### Expenditure

Administration	2021-22	2022-23	
Coms	745	754	
Hall Rentals	3796	3948	
Affiliations	225	303	
Website	1108	1216	
Sec Expenses	480	480	
Consumables	231	400	
PayPal	636	(76)	
Trophies	13	0	
	0		
Presentations	0	566	
Dep on Equip	2186	345	
Ellon Wheel Park	500	0	
ATA	1500	0	
Garments	938	0	
Reliability Trial	265	6	
		0	
Miscellaneous	0	0	
		12475	9396
<b>Surplus/(Deficit)</b>	(2622)		(290)



## 5 Youth & Junior Report

Whilst we have had much success in 2023, with numerous jerseys to celebrate and an ever-growing MTB section, we have also encountered a number of challenges. Rider numbers in Go Ride and in road/track/cross continue to be weak, especially as a result of riders leaving to establish a new team, whilst we have also lost a number Coaches/Leaders in road and off-road disciplines. Replacing these individuals takes time and effort and hinders our ability to offer sessions in the meantime.

Meanwhile we are facing significant cost increases at Knockburn for all of our sessions, and we may need to consider using an alternative venue - unless we can increase rider numbers.

On the upside, we shot some amazing videos with the young filmmaker Ben Girdwood in Summer 23 and will use these to promote what we do to the Club and to potential members. We will also continue our community outreach work in partnership with Active schools. In agreement with the main Club committee, we are hoping to increase participation within and membership of the Youth and Junior and Adult sections. If you know of riders who could join us or other ways to promote the club, please let us know.

In 2023 British Cycling completed a revision of the coaching development pathway. It is now easier than it has ever been to gain introductory qualifications to assist with coaching and rider development. We would welcome any new volunteers, especially following the reduction in our team incurred last year.

2024 is an Olympic year and should be full of excitement. Following a successful SCX Championships at Knockburn in Dec 2023, DTCC is due to host a round of the SXC in June (at Tarland Trails) and we hope to host another round of the SCX series at Knockburn in the winter. This will be alongside adult events such as Falling Leaves and the Evening League. We expect to be putting riders into the prestigious, multi day Youth Tour of Scotland in April as well as the usual Scottish and British off-road and road events throughout the year.

As part of our efforts to widen participation in the club we plan to host more relaxed and informal events throughout the year and if you have any ideas, please let us know.

What we do and achieve as a Club, as Youth and Junior riders and as volunteers is amazing. We

sincerely hope that we can continue to build on our successes going forward.

National Titles and podiums include:

**GBCT selection** • Elliot Rowe (Jnr II) • Arabella Blackburn (Jnr 1)

**BC Y&J Crit Champs** • Melanie Rowe 1st U14F • Arabella Blackburn 2nd U16F

**SC Y&J Crit Champs** • Melanie Rowe 1st U14F • Ava Luce 2nd U14F • Ailsa Long 2nd U14M

**SC Y&J Track Champs** • 8 riders, 8 gold, 2 silver, 2 bronze

**BC Nat Trophy CX** • Olivia Poole – 1st U14F  
SCX Series • Zara Main 1st U14F • Melanie Rowe 3rd U16F

**SCX Champs** • Melanie Rowe 1st U16F • Olly Carter 2nd U16M • Olivia Poole 1st U14F • Zara Main 2nd U14F • H Bremner 1st U8M

**SXC Series** • Olivia Poole – series winner • Olly Carter – 3<sup>rd</sup>

**BC XC Series** • Olivia Poole – series winner

**Aberdeenshire Enduro Series** • Molly Sell – series winner (9-13 Female) • Fraser Paterson, Olly Carter, James Carrol – 1st, 2nd, 3rd (13-17 Male)

**Scottish Downhill Series** • Fraser Paterson – 1st Glenshee Rd 3 • James Carrol – 1st Glenshee Rd 3  
*Sam Long*

## 7 Championship Report 2023

### Youth & Junior Awards

None

### Novice Championship

**Snr BAR**

**Jim Robb**

**Vets BAR**

**Jim Robb**

**Ladies BAR**

**Margaret McMillan**

**Juvenile BAR**

None

**Youth BAR Girls**

None

**Snr RR BAR**

None

**Vets RR BAR**

None

**Ladies RR BAR**

None

**Junior Road Race BAR**

None

**Juvenile Road Race BA**

None



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### 25 Mile Champion

Andrew Yule

### 50 Mile Champion

None

### Alex Anderson Memorial

None

### Ian Brodie Memorial

None

### Ian Brodie Youth Cup Award

None

### Cyclo Cross Championship

None

### XC Championship

None

### Evening League

		Points
1 <sup>st</sup> Overall TT	Mark Walker	955pts
	Margaret McMillan	864pts
1 <sup>st</sup> Overall Rd	Chris Main	950pts
1 <sup>st</sup> Youth	Lindsey Young	733pts
	Melanie Rowe	956pts

### Leili Clarke Memorial

Overall TT	Mark Walker	299pts
	Margaret McMillan	297pts
Overall RR	Chris Main	298pts
	Kim Thomas	292pts
Over 80 TT	Stewart Mitchell	264pts
Over 70 TT	Steve Walton	265pts
Over 60 TT	Jim Robb	265pts
Over 50 TT	John Leal	295pts
	Margaret McMillan	297pts
Over 40 TT	Mark Walker	299pts
Overall Road	Chris Main	298pts
Overall Road	Alistair Cameron	297pts
	Kim Thomas	292pts
Over 60 Road	Doug Reid	91pts
Over 50 Road	Keith Stewart	237pts
	Kim Thomas	292pts
Over 40 Road	Chris Main	298pts

### Dave Anderson Award

Jon Strachan

### Alan Campbell Chairman's Award

Kath Fraser & Sam Long

### Mary Lindsay Award

Kath Fraser & Isla Long

## 8 Propositions Affecting Constitution and Rules

Proposal to Constitute the Club as a charitable organisation. After consultation with other groups already registered with SCIO the draft Constitution issued at last year's AGM has been updated. This new draft has been issued to members. John Sands presented on the updates and after consideration it was agreed to present it to a Special General Meeting on 29 January 2024. Moved A Lindsay and D Carson.

## 9 Propositions Not Affecting Constitution and Rules

None

## 10 Election of Officials

Position	Elected
Hon President	Alan Campbell CBE
Hon Vice-President	Alan Gibb
	Mike Brown
Chairman	Andrew Harrington
Vice-Chairman	Dave Carson
Secretary	Sandy Lindsay MBE
Treasurer	Sandy Lindsay MBE
Event Secretary	Vacant
EL Secretary	Steve Walton
MTB Secretary	Neil Stables
Cyclo-Cross Secretary	Vacant
Road-Race Secretary	Mark Walker
Championship Secretary	Vacant
Press Officer	Vacant
Clothing	Jon Strachan
Youth	Sam Long
Welfare Officers	Margaret McMillan
	Vicki Sell
Committee	John Sands
	David Thornley
	<i>Moved Mark Walker and Sam Long</i>
Webmaster (ex officio)	Peter Smart

## Annual Affiliation to Scottish Cycling

We are delighted to let you know that the affiliation for Deeside Thistle CC has been approved for 2024.

Scottish Cycling appreciates Deeside Thistle CC support through affiliation. Your support will ensure that we can continue to meet the needs of members, clubs, and the community in the year to come.

On behalf of the Scottish Cycling Team, I would like to thank you for your affiliation and hope that you and your members enjoy a safe and successful year.

## 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).

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

## 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](#)



## Olivia Poole wins a British Cycling National Champion jersey in the Under 14 Cyclo-Cross

### 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.

3137 Ewan Curtis 12 Banchory

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).

**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](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 started on 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.



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### 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 Tce

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

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

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

### Club Kit Arrival

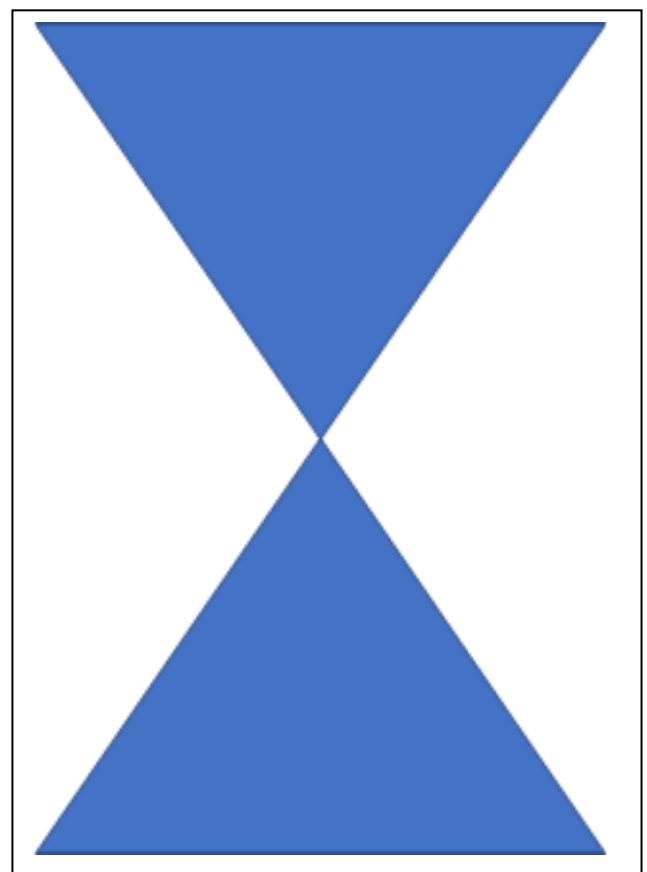
Pactimo kit order is now available to collect from Tierney Strachan, 12 Greenbank Place, East Tullos, AB12 3BT. Normal office hours apply.

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)



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### 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/>

### 25 Years Ago

A Happy New Year is wished to all Members. 1999 got off to a windy start and though the north-east may have escaped lightly the south-west did not. The south-west of Scotland is a place of quietude and peace. Folk retire to live there. I am only able to visit occasionally. So, it was between Christmas and Yuletide.

Travelling from Beattock through to Castle Douglas was shocking. Trees in their thousands had been uprooted. Giant beech and oak lay splintered across drystone dykes. Roads were covered with debris from the forests. So, it gives work to a few and firewood for many but think on.

Under one of those trees Rabbie Burns had sat and composed a few lines of verse to his latest conquest. At the time the bicycle hadn't been thought of. Indeed, Kirkpatrick MacMillan had yet to be conceived. Three hundred years of growing had been cut down in one night of fearful weather.

### For Sale

- a) The bikes are Project One custom built Trek Emonda SLR6 eTap and we have 10 available. Sizes range from 47 to 56
- b) We are selling some of our training wheels, 8 sets available. Very lightly used, Bontrager Paradigm Comp 25 Disc (160mm rotor included), RRP £350 – selling for £150 per set  
Further info contact Bob on [bob@alba-rt.com](mailto:bob@alba-rt.com)





## Olivia Poole wins a British Cycling National Champion jersey in the Under 14 Cyclo-Cross

- 2 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).
- 3 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)
- 4 a) I have moved to a smaller frame now (old age shrinkage) and I am selling a Boardman CX Team medium to suit 170-178cm. Good condition. SRAM Rival 11 speed, 44T front and 11-42 cassette. Hydraulic disc brakes, new 40 Schwalbe Smart Sam tyres. £375 ONO
- b) Second set of wheels if interested for winter rides. Gipiemme Roccia wheels fitted with 25mm road tyres. £150
- c) Also selling a new set of Pyro duathlon plates £70 Contact: Richard Burton: 07786081582

## 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



## Historical Reminiscences

### (Part 64)

There's always time to look around when out on the bike and I've found interest in reading house names which you won't necessarily see from a car.

Umpteen folk have named the place where they've settled down as Dun Roamin. Then countless others title their spot Dun Cairn. One that always gets me is Nia Roo.

For many, nostalgia creeps in and the house ends with the name of the place/area where they were born; Auchendryne and Cromar to name a couple. Or maybe your place will be named after that foreign spot with special significance; Rumah Kita and Namche Bazar for instance.

But what always gets me is the cottage just west of the Ardoe junction on the south Deeside. Now renamed it used to be called An t-seallaidh. Did the resident their name it after that famous Corbet on Loch Lomond side or had there been a favourite Auntie Sheila?

Making a good cup of tea is an art form. Phil Boden would tell you not to use tea bags. After all they were little more than the sweepings off the factory floor.

The tea pot should be warm with a good two spoons of quality leaves and boiling water. Leave for four minutes before drinking. The first cup will be magic, the second less so.

There are all sorts of mystique about tea. A very expensive commodity a few generations ago many folk still revere the beverage. There are those who enjoy the scented stuff though my interest doesn't go beyond Earl Grey. There is green tea and white tea,

Rooibos is favoured by some and, of course, the connoisseur might prefer Lap sang su shong tea. To get the same flavour, club runs, at their drum up would drink tinker's tea. A simple arrangement it could be made using an empty bean can with a wire for a handle set on an open campfire.

The tea bag might be seen as a poor cousin to loose tea leaves but it has its uses. A few years ago, visiting with Doug Scott, the mountaineer, at his home in the Lake District he explained how to deal with the wee bag of sweepings. Add it to a mug of boiling water, stir gently until you see the required colour, then, with a spoon, squeeze the bag against the side of the mug, once and again a second time. Discard the bag. The perfect brew – in expedition situations.

Last night's stopover at Jorsale was poor, certainly in comparison to Lukla. The place was very dark and even though we arrived at 4.00pm the place was so deep in shadow we had difficulty finding the steps. Even the bonus of two rooms between the four of us, one with a fire where Chhatra and Beam could cook their meal, did not stop the place coming across as particularly dreary.

As usual no husband put in an appearance. He would probably be on the high pasture tending his yaks or away portering. The mother was a dismal woman. She did not do any cooking, leaving this, instead, to a daughter of about 12 years old. There were two babies, a girl about 9 years old and a boy. He appeared this morning and is about 15. He has the best English and controls things though the 12-year-old does a lot of the work.

When we came downstairs the mother was sweeping the floor. She kept her back to us. Later she dressed the youngest child who looked ill and continually cried. It was a shame, and my heart went out to the mother seeing the problems she had putting the torn, dirty clothes around the baby's body.

Something was definitely amiss, and I got the feeling that it might not be only those from the western world who had to suffer the scourge of depression. The two daughters, always laughing, and excited about getting their photographs taken, did not make up for the sadness about the place. No link crossed and I felt that Chhatra may have chosen this place because he and Beam could save some money by cooking their own food. Or it could have been that he'd picked this place to give the woman at least a little support. Few people now stop in Jorsale for it is in the middle of a normal day's trek, Lukla to Namche Bazar. The trekking lodges may have once been thriving, now they are falling into decay. There was little we could do. Having paid our rupees, it was a relief to go.

As we set out, the cold set in, yet we knew that as soon as the sun was up, we'd be sweating again. On our bikes the descent to the Dudh Kosi swept past. Immediately down to the banks of the river we saw the devastation caused two years previously and could understand why Chhatra said, "*Now much longer journey, Namche Bazar.*" There is a lot of flood damage. Mountainsides had avalanched, taking with them the track, houses, and people. A few people had died, and it will take many years to redevelop the track.

For some time we walked over the flood plain, a riverbed covered in boulders. The Dudh Kosi thundered close by. We crossed it on a makeshift bridge. Logs had been anchored under boulders at both sides of the river and stretched towards each other over the milky white torrent. Other logs had been placed over the remaining gap. Though looking precarious it was one of the more substantial bridges we've met.



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It must have been terrifying when the floodwaters surged down the valley. Even at this quiet time of the season the Dudh Kosi is awesome. It must have been fearful to see, feel and hear the force of the floods rushing through the narrow gorges.

From the Dudh Kosi a new track leads up the east bank through trees. In places it is very steep and though for much of the way the bikes had to be shouldered the top was reached in under 30 minutes.

Far below, the Dudh Kosi roared, and we could see another, seemingly impossibly balanced, wooden platform clinging precariously to gigantic boulders on opposite sides of the river.

Equally steep, the return to the valley floor saw us having to manhandle our bikes round some very tight bends on vertical stacks of rocks tangled in the tree roots. At the water's edge this second bridge was well anchored. With no parapet, when crossing, a middle line was taken. The wind gusted a little up the valley and it made our knees tremble, just a little, at the feeling of insecurity.

There have been numerous warnings about the climb we'd meet immediately after the bridge, so it was no shock to see the steps hewn out of native rock, climbing cloud wards. Porters who had been encountered along the way were now to be seen taking only a few steps before resting their loads. Every one of these people carries enormous weights. For example, huge piles of wood hang down their backs, suspended from their foreheads on a tumpi. They are carrying these planks over three days to a new school being built at Thyangboche Monastery. It is not unusual to see a dozen or more standing in a row, resting, their loads supported on porters' sticks.

In Namche are many shops. Each one basically copies the others. It sells trinkets, touristy rubbish, but on closer inspection there are knitted Yak hats, ex-Expedition equipment, etc. A few did have goodies like apples and cheese. Amongst the souvenirs, as rumoured, we found, and bought, Toblerone. Coming into Namche, Alastair had been delayed by striking up a conversation with the "Survival Aids" folk.

With my stomach acting up again I found it difficult to be sociable and avoided contact. Reaching the edge of town, I waited, and the inevitable crowd of kids gathered. Chanting "Cycle, cycle", I worried a bit about the policing. Once Alastair arrived, we walked quickly into town. Wanting to be inconspicuous the children would not let that happen. Our intention is to conceal our machines as soon as possible.

Many, many miles and umpteen mountain ridges from the nearest road, electricity might seem a remote possibility, a fairy tale, but enterprising authorities have installed a small hydro-electric plant and though not enough electricity for cooking or heating can be produced, it at least provides good lighting. This is the place for us to rejuvenate.

The Thawa lodge, where we are staying is reputed to have the best food in town. Not in a position to dispute this it is disappointing to see that the young girl who does the serving is as filthy as any we have seen – but her beautiful smile easily makes up for the dirt.

The lodge keeper keeps wandering through the rooms chanting Buddha incantations and waving a smoking, aromatic, urn. He has had long discussions with Chhatra, and the gist seems to be that the bikes had better remain hidden. He points up in the direction of the Police Post and touches his hand to his lips. It is best to stay quiet about the bikes and there will be no problem in Namche.

The conversation restarted on a number of occasions during the evening with nuances about passports, checkpoints, Jorsale, no problem, cycle, cycle. My feeling is that he is more than a little apprehensive about the bikes being on his premises but at the same time excited at the prospect of the Park rules being bent a bit.

When not discussing our problems, the lodge keeper sits before the charcoal burning stove, set in the middle of the room, and chants while threading beads through his fingers.

A whole crowd of "Survival Aids" folk have overwhelmed the lodge. One Geordie sits in a corner buttonholing another poor guy. He went on and on and on, continually bemoaning his lot. Because no-one had liked him in Newcastle he'd moved to another part of the country. His listener, too, seemed desperate to move but couldn't escape. I wonder if they also share a tent. Many of them appear to be beer drinkers or they swill back Kukri Rum. Compared with them, only three days into their trek and without the close contact of the local people, we feel quite experienced.

There is a very loud Scotsman trying to dominate all the conversation but gradually he is being overwhelmed as the party livens. I wonder how we appear to them.

My stomach problems have forced me to go and lie down leaving Alastair and Chhatra talking to the "Survival Aids" folk. Bhim is also lying on his bed. **Roughstuffer**

