



Issue 590 May 2023

Cranks
Golden Jubilee
Volume 50
The magazine of
Deeside Thistle Cycling Club
Sponsored by:

Current Membership 538 (566)
SCU Membership 297 (306)
Scottish Cycling's Largest Club

Editorial:

Continuing from last month's editorial I wonder how many members read and enjoy this magazine.

Material to fill the columns is difficult to source and this month I've decided to plagiarise some of the notes published elsewhere.

Looking through what appears on our social media outlets far exceeds that which I'm able to compile. My thought is, if the Facebook and Spond notes are copied into Cranks, then a larger percentage of members will get access. Which has got to be a benefit.

These pages at this time of the year, used to be filled with race results and members exploits. Results no longer come my way and are far easier located via links to the likes of British Cycling. Members exploits seem to be largely hidden from view.

I suppose this is a moan from someone who often doesn't see the need for change. But I do understand that nothing ever stays constant and if the current trend is for smart phones and the internet to be the main communication instrument, then I accept the change.

Like many publications, Cranks may have served its purpose and it's time to call a halt.

PHILOSOPHER'S CORNER

I have only made this letter longer because I have not had the time to make it shorter - *Blaise Pascal*

Do you have a view on life? Why not submit your favourite few words of wisdom for public consumption in this exclusive corner of your magazine. Send now to Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ or email knockies@deeside.org

Youth and Junior Update

During April the third round of the British Youth National circuit series took place in Oulton Park in Cheshire, on a dedicated motorbike and car racing track. The damp weather and 6hr drive didn't put off a hardy bunch of Deeside youths, given the opportunity to ride on wide smooth tarmac, complete with chicanes and a nice long 2.6mile circuit. Excellent results from the 7 DTCC riders, including 5th place in B girls (well done Zara Main) and 3rd Place in A girls (well done Arabella Blackburn).

Back in Fife, DTCC junior, Isla Long, won the Women's Championship in the student category at the Scottish Student's Sport Championship.

Olivia Poole raced Round 2 of the British XC National points series down in Wales. The track had some big climbs with some bike park trails to descend before climbing again. Fortunately for Liv she was able to lead out from the start and break away from 2nd place, giving her a good lead for 1st place in the end.

Eight DTCC youth took part in the Isle of Man Youth Tour. A three-day stage race encompassing a time trial, a hilly stage and finally a fast, flat course.

Great riding and racing from all the youth. Notable results from Melanie Rowe in youth B girls who was first on GC and points, and the B girls also won the combined team prize.

Into May the inaugural session of racing took place on the new West Lothian Cycle Circuit in Linlithgow. The aptly named Coronation Crit was the second round of the Scottish Youth Road Series. 16 DTCC Youth and Junior turned out to race on the new course. Great efforts across the board with podium positions for the following riders:

Freddie Ball - 2nd D boy
Emma Campbell - 3rd B girl
Ava Luce - 2nd B girl
Melanie Rowe - 1st B girl
Thea Aitken - 3rd A girl
Innes Long - 2nd B boy

Earlier in the week several DTCC youth took part in the Race the Worlds qualifying event at Grampian Kart Track in Banff.

Youth C boys - Aleksandr Good 3rd, Freddie Ball 4th, Callum Campbell 6th

Youth B girls - Zara Main 1st, Ava Luce 2nd, Emma Campbell 3rd

Youth A boys - Oliver Bain 1st, Murdo Evans 3rd



Elsewhere, Olivia Poole was 1st in Juvenile Female XC (BC) at Farnham on Sunday

The Scottish Omnium Championships took place at Caird Park in the middle weekend of May. The sun came out and Team Green showed up! 9 DTCC Youth and Junior riders raced in their respective categories with the following podiums:

Youth D - 1st Freddie Ball, 2nd Callum Campbell,
Youth C - 3rd Griff Aitken, Youth B - 1st Innes Long,
Youth B - 1st Melanie Rowe, 3rd Zara Main,
Youth A - 2nd Thea Aitken

It was also a busy weekend for the **MTB crew**. Around twenty of us worked away on the track that we are using to host our first ever Mini-DH race in 5 weeks at the Lecht Ski Centre. Loads of hard graft put in to create some amazing features, that we hope will challenge the young riders but still keep it big fun for them.

Then, despite a bit of sunburn showing on those who had spent all day up at the Lecht, 20 young Deeside riders lined up to race the first round of the Aberdeenshire Enduro Series, run as ever, by the great people at Doon the Brae Events at Glenlivet Bike Trails.

Early hopes of it being a dry, dusty day on the trails were dashed, and with some heavier showers rolling in, it was going to be a bit of a tough gig for many on their first big race of the year. Thankfully though, all Deeside riders made it round intact, with really good performances and great experience gained by all.

Molly Sell, our lone female rider this weekend, took 3rd in the 9-12 Youth Female category, causing some adult racers a bit of surprise when she passed them on the tough stage 3rd stage, Glenduro.

There was a sizeable Deeside crew in the male 9-12 Youth category though, but as ever it was all about keeping the wheels rolling on the trail and putting the power down wherever possible. In the end, DTCC managed to get 5 riders in the top 10, with Finlay Baxter taking his first ever solo podium and third place. Notable though was a young Ollie Brookes, taking part in his first enduro, taking 22nd place as a 9-year-old on a hardtail amongst many older kids on much bouncier bikes!

A big field in the 13-17 Male category, but a strong Deeside crew.

First in was James Carrol, missing out by only a few seconds on a podium (over nearly 15 mins of pushing

hard on seven stages), taking 5th place. Ollie Carter and then Monty meant we had three riders in the Top 10, so very impressive performances, particularly for Monty as one of the youngest riders in a very competitive field.

Other notable mentions were Jane and Eve Douglas taking a mum and daughter 1st and 2nd place in the Females Lite category, together with Fergus Loder, who helps coach our young riders taking a very impressive 2nd place in fastest category, Male 18-29.

Next stop for us is a further big dig weekend at the Lecht, hoping to get the track ready to race.

Lyndsay Aitken / Sam Long

British Downhill Series, Fort William

There will be a few tired bodies in the DTCC Gravity Gang today after an amazing weekend at the start of May in the British Downhill Series / SDA race at a hot and dusty Fort Bill.

In the run up to the event, it became clear that there was going to be a lot of pro teams having a look at the track ahead of the World Champs later in the year. We were not disappointed, with all the big names rocking up. Gav managed to grab us a great spot for the gazebo between the Pivot and Trek tents, opposite Pinkbike Racing. As Sandy put it - "We're so factory". We even had a fruit bowl...

High winds on Friday morning put the gondola on hold until track walk at 2pm, but there was plenty to do around the pits while the racers wandered round the pits pro-spotting. Track walk revealed a few changes around the road gap section (mostly to accommodate ongoing World Champs track alterations apparently) but overall, the main chat was of how loose and dusty it was up top.

In the end the warm weather held for the whole weekend, quite a contrast to back home it seems. No midges either, and come Saturday morning everyone was excited to get racing. The format at the National Series is different to our normal SDA events, with practice AM and a single seeding run on Saturday, and practice AM then a single race run Sunday. While this maybe leads to less runs overall, it felt a much less stressful timetable than a day of practice on Saturday and two full race runs on Sunday.

Despite the dry weather, it wasn't long before the track claimed some early victims. Fraser Paterson took a hugey, bending some hardware in his broken wrist from last year, snapping a rim and damaging his helmet. A precautionary trip to Belford Hospital and his racing this weekend was over. Friends of DTCC Joe Duguid and Finn Durkin also fell victim to the loose, rocky upper section during morning practice.

Seeding saw everyone down safely, although a hard landing of the Visit Scotland jump saw Finlay on the ice-packs for the rest of the day. The rest of the gang managed to find a swimming spot nearby (it was actually that hot)



while their bikes were nursed back to health by their Dadchanics.

The physical nature of the track meant rest was at a premium, so most of the squad opted for two practice runs on Sunday AM. These proved to be fairly eventful, with a puncture on run 1 and a cracked rim on run 2 for Fraser D, and Angus getting to "meet" Steve Peat on his second run. When I say meet, I actually mean "get pulled out of the trees".

All of a sudden it was race time, and everyone headed up the hill for the last time. Nervous parents lined the infamous Motorway Section, all the way from Hip Replacement to a packed finish arena. The crowds were bigger than any our riders had experienced, with a park and ride in operation bringing spectators in throughout the day.

Fastest time of the day went to coach Fergus, with a 5:35. James backed up his super speedy seeding run with a 9th place finish in 5:44. Finn (6:24), Finlay (6:46) and Fraser D (6:29). all took sizeable chunks out of their seeding runs. Run of the day goes to an incredibly nervous Angus, who almost wasn't going to race, but worked out a plan and stuck to it.

Faced with a three hour drive to a rainy Shire or watching Loic Bruni, Camille Balanche, Sam Hill et al smashing down Fort William, we were obviously left with no option but to watch the final runs of what was a mini-World Cup in all but name. Nina Hoffman took the women's elite win, with Laurie Greenland setting the fastest ever time down Fort William with a 4:25 to top a stellar men's elite field.

Full Results:

https://my.raceresult.com/243163/results#1_64C386

Pinkbike Seeding Report:
<https://www.pinkbike.com/news/seeding-report-national-downhill-round-2-fort-william.html>

Gordon Watt

Ythan APR - Ellon - 27 Apr 23

1 David Mckay DTCC, 2 Mathew Matonti DTCC, 3 Stuart Gordon DTCC, 4 Neil Scott DTCC, 5 Robert Cartwright PUCC, 6 Richard Harris DTCC, 7 Steven Sharp EN, 8 Kieran Fraser SW, 9 Jamie Chree DTCC, 10 Samuel Carrotte AUCC, 11 Stuart King YCC, 12 Brian Duncan SB, 13 Innes Jamieson DTCC, 14 David Ogden DTCC, 15 Robert Cowie AWCC, 16 Alexander Bond ECC, 17 Robert Smart SRT, 18 Calum Cormack DTCC, 20 John Alexander DTCC, 22 Aaron Johnson NACC, 23 Grant Sandison AWCC, 24 Robin Atkinson SB, 25 Murdo MacGillivray AUCC, 26 Ian Vaughan DTCC, 28 Kevin Buchan AWCC, 29 Steve Rae YCC, 30 Tom Eckford-Sealy

Fetternear RR 31mls 11 May 23

This event had some of the best racing I've seen in many a day (and a birds-eye view as comm 2) Kudos to the organiser and volunteers Also a high standard of riding by everyone, a huge solo break by Brian Duncan that nearly came off, and a brave ride by the winner of the 'lantern rouge'.

Result:

1 Matiss Robertson RRRT, 2 Jamie Chree DTCC, 3 Brian Duncan SB, 4 Mark Walker DTCC, 5 Ray Wilson GTF, 6 Samuel Carrotte AUCC, 7 Neil Scott DTCC, 8 Veli-Matti Raikkonen GCRT, 9 Thomas Gelati KR, 10 Alistair Merry DTRC, 11 Richard Harris DTCC, 12 Chris Petrie AWCC, 13 Steven Sharp EN, 14 Andrew Bruce VPG, 15 Robert Smart SRT, 16 Stuart King YCC, 17 John Alexander DTCC, 18 Innes Jamieson DTCC, 19 Stuart Gordon DTCC, 20 Calum Cormack DTCC, 21 John Leal DTCC, 22 Callum Bruce DTCC, 23 David Mckay DTCC, 24 Evie White ADRT, 25 Kirstin McDonald ERC

Volunteers Required

Volunteers requested for driving and marshal duty for the Dick Londragan Road Race - Sunday 28th May. Race starts 1pm on the AA box circuit (7 laps), around Strachan, with Knockburn Loch as HQ.

Offers of support to Mark Walker on mark.dtcrr@gmail.com

Still a few spaces left for entries. Go [here](#).

SCNEG Update

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

1/ Time trial group

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

2/ Women's development

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

Spring Classic Reliability Trial

Only about 30 riders took part in the Spring Classic Reliability Trial this year. A disappointing number but a great day out for the participants. And we even had the novelty of *he who claims to know the north-east better than anyone else* going off course. *Alan Campbell*



Police Scotland North East

North East Crime Reduction Officers advise bike owners to consider their bike security following bike thefts in the North East.

Thieves routinely carry bolt croppers or even battery-powered angle grinders, and lightweight, poor-quality locks offer little resistance and are easily overcome. Buy the best quality lock you can afford, and look out for those endorsed as 'Sold Secure' or 'Secured by Design.'

Whether a bicycle stand, lamp post or metal fence: a bike must be locked to something and whatever you choose, it must be at least as secure as the lock itself. Ideally, use two different types of locks. Remember that locks are more vulnerable when close to the ground, so keep them off the floor. Consider a ground anchor for securing your bike within garages or to a solid surface.

Photograph your bike and record all of your bike's details and distinguishing features, and keep it in a safe place. The serial number can be found on the bottom bracket. Consider using a bike registration scheme such as 'Bike Register' to mark your bicycle. Not only is this a deterrent to thieves, but should you be unlucky enough to have your bicycle stolen, it increases the chances of returning it.

Further guidance can be found at Protecting your Bike - Police Scotland

How To Keep Your Bike Safe | A Guide To Preventing Bicycle Theft

<https://www.youtube.com/watch?v=ye4p6IGGQWw>

How to lock your bike in town/ gmbn tech's guide to urban bike security

<https://www.youtube.com/watch?v=zQfaFZ5OpOs>

How To Install A Ground Anchor | Ultimate Bike Security

<https://www.youtube.com/watch?v=2DiLSzzPVyE>

Tested - £11,000 of Bike Locks Destroyed

<https://www.youtube.com/watch?v=BxIbAFnmsIQ>

Lecht Mini-DH - Request for volunteers

The club is running a Mini-Downhill MTB race at the Lecht Ski Centre on Sunday 18th June, which also counts as a regional qualifier for the 'UCI Race the Worlds' Mini-DH Final at Fort William in August.

Critical to making this happen is your support. We need volunteers to help with registration/sign on, marshalling on the track, start/finish helpers, assistance with chairlift queuing and car parking.

Lunch will be provided, but all helpers need to be 16 or over. Even if your kids are not racing, please sign-up to help, as it will make the event run much more smoothly if we know who is able to help us before 9am on the day of the race.

Please sign-up using the form here:
<https://forms.office.com/e/8RkJTtPFMS>

Gavin Baxter MTB Youth Head Coach

Evening League 2023

Our league started at the end of April and will run for 14 events into August. Are you keen to get involved? It's one of the best supported competitions in the area and is an easy way to get into cycle racing.

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

The calendar of events is also on the website and for your interest was published in the April issue of your magazine.

Bike Month Challenge

I work for a company called Love to Ride and we are doing a funded project in Aberdeen City and Aberdeenshire at the moment to promote cycling and demonstrate the demand for more cycling infrastructure.

It would be great to get support from Deeside Thistle by asking members to get involved and log a ride during Bike Month Challenge which is on until the end of May.

It is free to take part and there are lots of great prizes up for grabs.

Every cyclist can take part regardless of ability, the minimum ride time is 10 minutes and indoor rides count too for those who can't get out on their bike.

You can create groups on the site too, so Deeside Thistle could even have different groups competing against each other for the most rides for a bit of fun.

We also have the UCI Now we Ride campaign which runs from May to August and is aimed at completing the 23 Million mile challenge. See website here www.lovetoride.net/abz for more info. **Shona Park**

Breeze

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

Anyone interested can find out more and apply to attend the course in Aberdeen here on Saturday 29th April 2023 They have other dates and locations, should anyone be willing to travel further afield if the Aberdeen date does not suit.

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

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



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

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

Race The Worlds

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

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

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

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

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

Establishing a programme of regional events that culminate in finals during the World Championships is a fitting way to showcasing the grass roots of the sport and ensure memories, hopes and dreams are created. Cycling has the power to transform lives and, through opportunities like Race The Worlds, will hopefully inspire the next generation of cyclists for the future."

Key info

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

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

[SERIES REGULATIONS](#)

[FAQS](#)

[DISCIPLINE GUIDELINES](#)

New Kit Bag

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

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

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

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

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

Russell Macnamara





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

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

Routes

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

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

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

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

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

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

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

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

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

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

Commissaire Opportunity

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

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

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

New Members

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

1057	Malcolm Grant	Inverurie	49
3105	Finlay Hanton	Inverurie	13
3106	David Connolly	Aberdeen	25
3107	Andrew Hamer	Westhill	45
3108	Jamie Findlay	Aberdeen	10

Any friend, family member, work colleague, who is interested in cycling but not involved with a club, should be dropped the hint to look at www.deeside.org/members or to email members@deeside.org asking for information.

Spond Guide Update - Group Codes

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

DonsideBunch	https://group.spond.com/WWDYZ
Banchory	https://group.spond.com/TYLWP
DTCC MTB	https://group.spond.com/MRFCH
LeggartTerrace	https://group.spond.com/AGTNP

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

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

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

Peter Smart

Sunday Banchory Rides

The rides will start 10:00 am (sharp) from Banchory Townhall (carpark opposite town hall). The rides will be published on SPOND, and we would ask you to sign up for the ride via SPOND, so we know who is riding and we have your emergency contact details.

You can download SPOND on your smart phone or access any computer or tablet via: <https://spond.com/welcome>.

To join the Banchory Rides group please sign up via: <https://group.spond.com/TYLWP>



There are other rides through the week and sometimes adhoc meetups, so it is worth joining. The route will be published on SPOND and will always include a coffee stop. Distance is around 50 miles.

We will try and run two groups. Espresso and Latte. Espresso will be a ride aiming for 18 to 20 mph average. Latte will be no drop ride riding at the pace of the slowest rider, but hopefully around 16 mph, or slower if needed. Espresso will set off first, anyone dropped from Espresso can drop back to Latte. If we do not have enough for two groups, it will be a no drop ride. All levels of rider welcome

Saturday Morning Group Rides - Leggart Tce

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

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

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

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

Zwift Sunday Club Endurance Ride

Created and administered by Simon Stromberg

We now have a Sunday Club Endurance Ride on Zwift, with different groups at a different pace. Details [here](#). This is run in partnership with ZwiftScotland group.



ZWIFT.COM

Coaching Courses

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

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

KNOCKBURN LOCH MANAGEMENT

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

Club Mountain Bike Rides

There's long been a need to hold regular mountain bike rides for club members, but the question was how to achieve this. As with everything there will be a wide range of abilities, bikes, fitness, and locality within the club so one ride group won't satisfy everyone, every week.

With all that in mind can you comment if you are interested with the following:

- What level/type of rider are you?
- What kind of rides would you like to see the club put on?
- Where are you located and where do you predominately ride?
- Do you have any qualifications?
- Would you be interested in leading a ride?

You can register here <https://group.spond.com/WWDYZ> and comments, please, to Neil on mtb@deeside.org



Britain's National Cyclists' Association

Working for all Cyclists

Newcomers are welcome particularly on the Morning/Slower Full Day runs.

Medium and Faster Full Day runs are for the more experienced

For more information visit our website:

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

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

Right to Ride Representative

North Aberdeenshire	Rod	01467 623317
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Runs Co-ordinators

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



Faster Full Day Runs John S 01224 790269

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

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

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

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

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

Runs start promptly at the time stated. Distances are calculated from the meeting place. Bring spare inner tube, puncture repair kit, tools, wet weather gear, some food, drink, and LIGHTS where relevant. It is recommended that all cyclists carry a First Aid kit.

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

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

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

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

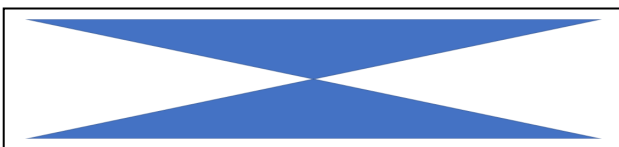
Medium Full Day Runs: Moderate pace. Distance normally 45-60 mls.

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

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

Runs

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



Ride Etiquette Document

You are reminded that a paper detailing the etiquette to follow when on club/training runs has been prepared and is [here](#) for your interest. The document is posted on the club's website.

Youth Free Membership

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

25 Years Ago

CLUB ON THE INTERNET

Correspondence may now take place between the Club Secretary and any member who has an e-mail address. A number of the items in this issue of *Cranks* were supplied over the Internet and other contacts have been made. If you have an e-mail address please supply it to the Club Secretary. He can be contacted on Knockies@aol.com.

Club Kit Arrival

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

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

If you are in any doubt about the sizes you have ordered, let me know and possibly we can do a swap or refund. I can post out to those that want it. Let me know and I can arrange. You can easily buy postage online and send it to me; I need to give you weights and dimensions if you want to do this.

Best Regards, Jon Strachan
(jas@tierney-strachan.co.uk)



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Synopsis of Meeting

A Finance and Management Committee meeting took place on-line, on Monday 01 May 2023. In attendance were Andrew Harrington, Sandy Lindsay, Colin Esslemont, Margaret McMillan, John Sands, Peter Smart, Neil Stables, Jon Strachan, Mark Walker, and Steve Walton.

Agenda

- 1 Apologies – None
- 2 **Minutes of Previous Meeting** – Accepted as correct record
- 3 **Business Arising from Minute**
 - i) **Race Team Budget** – This is under preparation and will include clothing and training experience. The Pactimo shop window is soon to open
 - ii) **SCIO Constitution** – Clubs with existing SCIO status are to be consulted for comment and a draft Constitution prepared
- 4 **New Business**
 - i) **Ally Ross Award** – How the funds are to be disbursed were discussed. Suggested were coaching/training, permanent trophies for Youth. The Youth groups are to be asked for comment
 - ii) **Welfare Officers** – Two new Welfare Officers, Margaret McMillan and Vicky Sell, were welcomed. Vicky will have responsibilities at Youth level while Margaret will combine Youth responsibilities with issues in the wider club. Mark Walker offered to take on a mentoring position when required. The question re data protection was raised. The club follows the guidance given by British Cycling. The document provided by British Cycling is to be made available on the club's website and as a link in the footer of official club emails
 - iii) **New Committee Members** – Dave Carson and Derek Forsyth both indicated just after the AGM that they are keen to fill the role of Vice-Chairman. They are to be contacted and asked if this is still the case. An important role still to be filled is that of IT Officer
 - iv) **Roller Club (Lathallan)** – A teacher from Lathallan Preparatory School has been in contact asking for advice on establishing a Roller Club in the school. The Youth Section is to be asked to reply
- 5 **AOB**

SCNEG Calendar – Not all of the events on the proposed SCNEG Calendar for 2023 have been registered with SC or CTT. Colin Allanach is to be written asking for an update
- 6 **Next Meeting - 03 July 2023 On-line**

Historical Reminiscences

(Part 56)

The [Lochgelly](#) came out.

A ringing bell signalled lunchtime. I exited the classroom and had made the bike shed while others were still zipping their pencil cases.

On Barclay Street a wee shop sold Cox's Orange Pippins and I'd get a bag before the queue started. Leaping aboard I thrashed my bedstead down Beefy Castle Brae and went hurtling through the stop sign on to Evan Street.

Only, a teacher, who'd made an equally smart get away, was in his car heading down Arduthie Road and as he turned onto Evan Street, I flashed past on my gird.

At the start of the first afternoon period a prefect appeared at the classroom door and summonsed me to follow him.

In those days Cox's Orange Pippins tasted like Cox's Orange Pippins.

.
North of Stonehaven and across the vast farmlands of Aberdeenshire farmers turn the rich soil to prepare for planting. It is black and great for growing potatoes. I've been privileged over the years to see this work evolve from horse-drawn single plough shares with the horseman grimly controlling the implement, to GPS controlled tractors pulling six shared reversible implements.

Then, heading out on my bike, in the springtime, south of Stonehaven, it astonished me to see that the same ploughing looked markedly different. The tilled ground appears red.

Not an expert in any form I still had an interest in geology and had already heard about the Highland Boundary Fault which stretches from Arran in the west to Stonehaven.

North of the boundary fault metamorphic rocks create the landscape while to the south sedimentary rock predominates. Much of this sedimentary rock is Old Red Sandstone which erodes quickly and has given the ploughed fields the unusual hue.

Blink and you'll miss it for within weeks a sea of yellow covers everything; to the south thousands of acres of daffodils and in the north the headache inducing Oil Seed Rape.

.



It is almost 6.20pm and darkness is fast closing in. There is a fan here which when working keeps the temperature acceptably low. Putting on the light it worked too but only for a few minutes. The lights throughout this small town flickered out. It must have been expected for I can look from the window across the street. Fires burn in clay stoves and Tilly lamps soon burst into life in most of the units. They carry names like Mustang Hotel. We are staying in Solte Guest House.

A crowd of boys had been playing volleyball in the street but as darkness closed in, they dispersed. Folk continue to work, cooking or repairing. Dogs bark and the smell of urine pervades everywhere.

We'd left just after 8 o'clock this morning buying some biscuits and sweets before heading south, then west out of Kathmandu. It took only a few questions to confirm our route before crossing the Bisthamati to climb out of the city.

Surmising that Thamel was polluted because of the piles of rubbish on the streets and the clogging of traffic we were shocked to find that heading out of the city was much worse. Cycling through a choking fog of dust and diesel fumes gave little pleasure. This fog is caused by the continual heavy traffic of big Shok Leyland lorries and Tata buses plus the dirty autorickshaws. At times visibility came to a few yards. Our eyes closed to slits, clean t-shirts soon weren't, teeth crunched on grit.

As the road from Kathmandu lengthened behind, we rose into a more pleasant atmosphere. The city lay enveloped in a dirty brown cloud. Sweat flowed as the road climbed.

Soon we'd gone as far up as possible and in front of us snaked the road deep into a new valley. On the way down many lorries and buses were passed. They lay by the side of the road abandoned. Some had overheated, burst radiators, one had burned out. Others had burst tyres.

Deep into the valley with the road continually changing direction the atmosphere was amazing. Potholes everywhere, nearly every corner avalanched, continual trucks and buses honked behind. These vehicles are beautifully decorated and always packed with people. Everywhere we went folk waved and spoke to us.

In Bernia time was spent talking to a group of mums, and one father with a bike, taking babies to the local hospital for inoculations. The father had the baby securely set on a child seat and protected from the sun by an umbrella tied to the frame. Road workers lazed about all over the place instead of repairing the subsidence, a major feature in the steep sided valleys.

Today the weather had been dry, it turned sunny shortly after leaving the smog of Kathmandu and now the monsoon seems to be over.

Though continually choking on dust created by all the lorries and buses we'd found little difficulty mastering the traffic on the narrow road.

Having descended to under 1000ft above sea level the temperature is high. Tomorrow all the lost height has to be regained as we climb to Pokhara.

Sitting in the dining area of our guest house that evening we fought to keep our eyes open and the mountain of rice down. Later that evening we revived enough to wander round the small town in the darkness.

It is a truckers stop. Or rather it's where the night buses disgorge all their passengers for an hour or so. Our lodge will provide food at any hour of the day or night.

A typical bus stopped and poured out its passengers. A crowd of Indian trinket sellers moved in. Some also sold quartered oranges and other foodstuffs. Many of the passengers came to our lodge and sitting down ate vast quantities of dal bhat.

The lodge keeper told us things quietened after midnight but we doubted that. All night long, vehicles came and went, horns blasted, and engines revved.

In the morning the road has been swept and neat piles of rubbish lie ready for collection. Dogs snarl and fight in the street. Goats are everywhere. The Indians selling food to the overnight travellers have disappeared. Trucks and buses continue to thunder and blast through.

Sweat poured freely from me for much of the night. Having sat peering out of the window for a while taking in the activity I lay back and looked at the wall. Two geckoes clung to the vertical plaster and blinked at me.

I'm shattered even before turning a pedal. Yesterday must have taken a bit out of me.

A resolution for today is to ensure that more fluid is drunk. So once again on the road at Dumre, the east end of the Annapurna circuit, we tucked into Big Pot Black Coffee, Egg Fried Rice, Tibetan Bread, and Noodle Soup.

Climbing steadily towards Pokhara this second day on the road would be shorter. At only 95km it would be 20km less than day one, but I still faded out before we'd gone a quarter of the distance. It turned out to be hot again. Very hot. Very hot and very dusty. Honking lorries and beautiful butterflies, birds, and the whistle of cicadas in the trees accompanied us as our pedalling dragged us slowly upwards.

Again, Alastair took the heat in his stride, but I overdid it. It turned out to be the worst day of my life - what else? Heat exhaustion, but our lunch stop in Dumre revived me a bit as did the gallons of water we drank.

From Kathmandu to Mugling the road descended to 870m. The climb to Pokhara would take us back up to 2912m. Both days actual climbing in and out of valleys would see a total ascent of about 4000m.

As always, the bike proves its worth as a social beast. It's dead easy to stop and speak to folk. You get to know the people better and it's also a good excuse for a rest.

At a bridge we met and photographed a family. The father, Rishi Ram Ojha, spoke good English and told us he had a Bachelor in Mathematics from Tribuhaven University in Kathmandu. But there was no work.



In the conversation Rishi Ram told us that 75% of the population are unemployed.

The monsoon stops at the end of September except in 1993. Back in Kathmandu we'd been soaked a few times. What the heck, it was warm. Now away in front of us, concealing the views of the mountains, hiding Machapuchre from us and blocking out the last few rays of the afternoon sun came black clouds and sluicing rain that thundered down. Has it ever been so dark?

With two hard climbs behind us where I'd tailed out the back and the road levelling on the run into Pokhara we were ready for a meal. Then the rain started.

According to folk we talk to, the tarmac surfaced road goes a long way into Annapurna and misses out a spectacular climb taking travellers to Beni. This is a long way south of where the traditional track meets the Kali Ghandaki. We'll take the old route via Ghorepani and get the climb!

It's only been two days since the start of our trip, but our clothes already stink. Everything is soaked and Alastair's move to wash things is a good one. If only I'd the energy. Our money belts contain papier-mâché.

The hard bits are yet to come.

Almost asleep, drifting through my thoughts came today's visions of many birds, many colourful, including an eagle which soared on thermals for ages. There'd also been butterflies by the hundred. Generally black in colour they rivalled the size of most of the birds. Some were also orange, yellow and multi-coloured.

During the two days spent on tarmacadam from Kathmandu one of the things which is likely to stay with us for a long time is seeing the giant holes burst in the road surface where rocks had crashed from cliffs.

In springtime we wait patiently for the swallows to arrive. Their appearance and twittering is surely the herald of warmer weather when we can give up on gloves and woolly hats. They've had a hazardous journey from Africa and will return to the same nesting areas year after year.

I recall standing at my window one morning in May, many years ago. Suddenly an iridescently feathered, bullet shaped bird, hovered inches from the glass. Hanging momentarily in my line of vision it seemed to say, "I'm back."

Then one summer, over a period of weeks, each morning as I cycled to work, I'd company. That most social of birds, the jackdaw would meet me as I left home and fly alongside for a few miles
Roughstuffer

Ian Grant

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