

Issue 409

April 2008

CRANKS Volume 35

The Magazine of
Deeside Thistle Cycling Club

Sponsored by:



**Current Membership 352(366)
SCU Membership 155 (157)**

British Cycling's Largest Club

Editorial:

With this month's Cranks is the annual Evening League Calendar. The series format is very similar to 2007 with most of the events based at Garlogie. Others have a variety of HQs.

To overcome the difficulties we have with persuading members to officiate at events it will be a condition of registration for the league that you elect to assist at one or more events (open or confined).

The league is a very important aspect of club life. To ensure that each event operates without concern it is essential that enough people are available to run it.

The officials required are generally someone to collect entries, collate the field and look after the numbers, someone to set handicaps, timekeepers (generally two per event), recorder to assist the timekeepers, marshals. It would be good to have a few committed people to be there every week but being realistic I know that this is too much to ask. However, I will be delighted if you email me now and tell me that you would like to be one of the main people. I can be contacted on knockies@aol.com

The Evening League is not a one-man band; it won't work without the support of members. And members have got to volunteer that support. Some members do make a big commitment and that is applauded but even they need to have an occasional week off.

The calendar and duty lists are posted on www.deeside.org Some training may be necessary so it is important that names are put down soon

PHILOSOPHER'S CORNER

And in the end it's not the years in your life that count. It's the life in your years – Abraham Lincoln

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@aol.com

ROAD RACE TRAINING RIDES

Towards the end of last season we had a few group training sessions focused on getting experience with pace lines and other road race techniques. The same exercise will take place this year.

The objective is to develop group-racing experience and to practice some of the techniques and manoeuvres that commonly arise in RR s. Last year we did some pace line sessions and this year we'll try and add to this with some other session formats.

The sessions are not intended to be really hard, the emphasis will be on the techniques and keeping the group together to practice them. They are aimed at all those who are either participating in road races/APRs and want to develop their experience or those who are planning to have a go and want to find out what to expect.

Participation from experienced road racers in the club is also welcomed - if the pace is too easy you can always supply the jokes and war stories.

The sessions started at the beginning of April with the same arrangements as last year but we may adapt these as the season progresses.

Thursday night is the night as it gives a night for a recovery ride after the EL. Training is from the Garlogie lay-by at 6.30pm.

If you are interested please email me at: duncan.warwick@btinternet.com **Duncan Warwick**

COMMISSAIRE CRISIS

The commissaire crisis nearly claimed its first victim today at the start of April. The organiser of the TCG 10 for the 6th April didn't have a commissaire, so he contacted Peter Clark and myself to see if we would do it – however both of us had already entered his event. Basically one of us would have to give up our ride so that the event could go ahead. Fortunately Peter said yes for the sake of all the entrants. He deserves a medal. I do hope there has been a good response to the appeal for more commissaries otherwise it looks as if we will loose events?

Rob Armstrong

TRACK COMMISSAIRE COURSE

I am pleased to inform you that Scottish Cycling is organising a Track Commissaire Course, led by experienced commissaire and tutor Robert Jefferies.

The course will be held in Glasgow on Saturday 28 June 2008 from 9.30am until 4.30pm, including lunch and refreshments. The venue is the Glasgow Green FC Centre. There is no charge for attendance, however attendees must have valid BC membership.

For more details and to book a place, please let me know as soon as possible, as places are limited.

Rudi Doorn rudi.doorn@scottishcycling.com

DICK'S WINNING WAYS

On Saturday 05 April Dick Stewart got back into his winning ways. He made a foray into England in search of glory and in the VTTA 10 mile TT Championship at Hull, East Yorks he took Silver medal. It was a fast course, the V718, with an entry of 160 including trikes and tandems. Unfortunately the weather was rotten, wet, windy, cold. Dick returned a time of 23.39 giving him 2nd on standard behind the winner Dennis Milsom, who at 80 returned a time of 25.43.

First fastest rider Carl Ruebotham [42]	20.56.
First fastest lady Ruth Dorrington [42]	24.07
Lady standard winner Gill Henshaw [74]	30.10.

TCG 10

Snow took its toll again today, 06 April. I suggest we nominate another event in order that the Bob Souter Trophy be competed for in 2008. According to the Rules events up to 25mls are eligible. I would suggest another "10". Give it a bit of thought and suggestions/nominations please to the ADCA Secretary Isobel Smith on isobel@beldie.freeserve.co.uk **Bob Gibson**

ADCA COMPETITIONS

Competition	Best Performance in ADCA Events	
Senior BAR	25, 50 & 100ml on avg. mph	Trophy
Ladies BAR	10, 25 & 50ml on avg. mph	Trophy
Vets BAR	25, 50 & 100ml Std avg. mph	Trophy
Novice	2 x 10 + 1 x 25	Trophy
Junior BAR	25 & 50ml on avg. mph	Trophy
Juvenile BAR	1x10ml+2x25ml avg. mph	Trophy

ADCA Presentation TT Sunday 30 March

1	P.Ettles	FCC	35.36
2	A.Watt	GCRT	37.22
3	R.Wilson	SWCC	36.26
4	S.Argo	YCC	37.47
5	V.Raikkonen	GCRT	38.17
6	A.Milne	GSM	38.22
7	S.McIntosh	GCRT	38.45
8	S.Monaghan	DTCC	38.51
9	K.Lackie	FCC	39.00
10	MarieTodd	SW	40.52
11	I.Watson	AWCC	41.11
12	C.Mclean	SWCC	41.38
13	R.Cowie	AWCC	41.45
14	F.Duncan	YCC	41.58
15	M.Grant	YCC	42.26
16	D.Stewart	DTCC	42.50
17	M.Munro	DTCC	43.08
18	A. Gill	DTCC	43.26
19	J.Allan	TCG	44.26
	D.Young	DTCC	44.26
20	A.Scott Kiddie	DTCC	44.28
21	R.Evans	TCG	45.22
22	I.Grant	DTCC	46.32
23	P.Kneeshaw	DTCC	46.55
24	B.Byth	DTCC	48.17

FORRES CC TT WEEEKEND

The Forres CC weekend of time-trials took place on 12 and 13 April. A few Deeside members ventured north. The first event, a 10TT on Saturday afternoon was won by Mark Atkinson SWC in 21.57. Sean Monaghan too 10th in 24.09 while equal 26th were Rob Armstrong and Ivan Laughton in 26.56.

On the Sunday morning a 25TT was held. This was won by Raymond Wilson SWC in 56.39. Our best rider was Sean Monaghan in 11th place with 1.02.13 while Ivan Laughton was 26th in 1.11.15

The last event, a 17ml hilly circuit, was won by Raymond Wilson SWC in 41.50. Deeside had no starters in this event.

RACE ASSISTANCE

If there are no volunteers for the simple task of Start Timekeeper at 10 mile time-trials then numbers will have to be kept down to around 20/22 to allow the principal timekeeper to get set up at the finish. Ideally there should also be a recorder at the finish along with the timekeeper to help ensure all finishers are properly recorded. This really is needed for a 10. Then, I suppose asking for two volunteers might be a step too far.

To restrict a "10" field to such small numbers would be a travesty and a further sad indictment on how we run our sport.

This problem has been staring us in the face for a few seasons now and with the sad demise of Nobby this has left us with two regulars – Isobel Smith and myself. The Micawber principle will not solve the problem.

Why not volunteer and spending the first 10/15mins with me at the start of an event. This would be enough guidance to get started. **Boab Gibson**

14 FOR RACE 12

Colin Sim has decided to be part of Race-12. When it comes to Colin he's been on the go since the 70's and in the past couple of years he joined in many a long distance ride. I was surprised last year that he did not join Team-24 with the effort he was he was putting in. One thing is for sure he can do the distance and it will be interesting to see what does in the 12.

Scott Taylor has come forward too. This is of interest. He has done two 24hrs time trials but when it came to the 12hr his hip would play up and he was never able to finish a 12hr. This year he'll be aiming purely at the 12hr and with my program and with the help of his coach I am confident he'll do a good ride.

I wish these two new riders all the best in their preparation for this year's 12hr.

I often wonder when the riders will stop coming forward. Since I started to build this team back in October each month more folk have come forward. Twenty riders is my target and there is now only six to get - so as Delia Smith would say, "Let's be havin' ye." **Doug Haig**

GRAMPIAN TIGERS YOUTH CYCLING CLUB

Grampian Tigers Youth Cycling Club offers cycling for 7-15 year olds. It follows the principles of Go-Ride which is British Cycling's Club Development Programme aimed at improving young riders.

The Go-Ride coaching activities have been specifically designed to introduce young people to a range of cycling disciplines, such as: BMX, Cycle Speedway, Cyclo-Cross, Mountain Biking, Road and Track Riding. So whatever their age or ability, there will be something to suit your needs.

Day: **Monday (First Session 14th April)**
Time: **6.00pm-7.00pm**
Venue: **Highland Games Field, Hazlehead Park**
Dates: **April-October, Term Time only**
Cost: £20 / year or £1 per session

Contact Information: Gareth Smith 0787 9282666
info@grampian-tigers.co.uk www.grampian-tigers.co.uk

ADCA CHAMPIONSHIPS

Date	Trophy	Winner	Club
16 Mar	Dick Londragon	Alister Watt	GCRT
06 Apr	Bob Souter 10ml H'cap		
18 Jun	Massie 25ml Team		
06 Jul	Coffee Pot 50ml		
27 Jul	Furneux 100ml Team		
27 Jul	Ian Porter 100ml Champ		
10 Aug	Jolibar RR Champ		
17 Aug	SCU Vets RR Champ		
31 Aug	Glegg 25ml H'cap		
SCU 12hr	Alfie Brand 12hr Champ		
	H/C Else/Mitsubishi		

MOUNTAIN BIKE EVENT KIRKHILL

A Mountain Bike Event will be held at Kirkhill Forest, Tyrebagger, Aberdeen on 27 April 2008. It is promoted by the Boys Brigade 1st Skene Group. Categories are for any mountain biker (amateur male or female) 18 yrs and under. The event will start at 12 noon (registration) and will host three categories of 13 years and under, age 14 to 16 and 17 to 18 years of age for boys and girls in all classes. The event is open to non members of the BB

Entry forms from Paul Cuthbertson on mme@uk2.net

Bikes must be suitable for this event, crash helmets must be worn

SOUTHERN UPLANDS SPORTIVE

The highest road in Scotland is less than an hour north of Carlisle or the same south of Glasgow. Just 6 miles off the M74 it climbs to 725m above Wanlockhead - the highest village in Scotland. On Sunday 13th July the summit of this road will host the 'mountain top' finish of the Southern Uplands Sportive.

105 miles, 2000m of climbing, 'mountain top' finish at 725m outside a radar station, entry limited to 250 for debut year, exclusive access to a closed private road.

For more information and to enter, go to www.sus8events.com.

Peter Smith

CORE PATHS PLAN

The Core Paths Plan (Draft) for the Cairngorms National Park is now out to a final formal public consultation. Please visit the website for further details and to view the plan: www.cairngorms.co.uk/access/corepaths

The newsletter includes details about the core paths planning process as well as other outdoor access related news, including recruitment of new members for the Cairngorms Local Outdoor Access Forum.

Whilst it is important that we hear about any problems with the Draft Plan, it is equally important for us to know where we have got it right. If you are supportive of a proposal in the Plan we need to hear from you in case the proposal is challenged by another party.

Sandra Middleton, Outdoor Access Officer

EVERDAY CYCLING WEB RE-LAUNCH

www.everydaycycling.com has recently had something of a makeover. The new look not only makes the huge amount of content more accessible, it's also the foundations of a new "community" area of the site, due to launch soon. This will provide an online meeting place for cyclists of all denominations. In the meantime, some of the best content on the revamped site is featured on the British Cycling site, www.britishcycling.org.uk, over the next few weeks, so why not follow the links and enjoy a different cycling environment? Alternatively, go straight there and visit www.everydaycycling.com

HAIG'S TOURS - APPLECROSS

Applecross - Friday 30 May - Sunday 01 June. This club-run has grown in stature since it was first scaled on an organised club outing back in the 70s. It has even been poached by others and is now held as a professionally promoted Sportive. However, unlike that Sportive with the Haig's Tour event you get two day hits.

The second day is to Diabeg. And if you think that the Bealach na Ba is hard wait to till you see this beauty. To be part of the adventure you have to get yourself booked in to Kinlochewe for the Friday and Saturday nights. The Saturday is a 91-mile hit with the Sunday a 42-mile hit.

For information email Doug on doughaig@talktalk.net or for an immediate response phone 07789982654 Mon to Fri between 6.51am and 2.17pm.

ADCA RACE CALENDAR

Published with this magazine is a calendar of Open races in the Aberdeen area. They are linked to the British Cycling website so access via computer is necessary. If you don't have or don't use a computer get in contact on 01467 681330 for further information. The SCU will soon be publishing handbooks, which will also contain the required information.

DEESIDE PHOTO COLLECTION

Photographs of many Deeside excursions can be viewed here [Deeside Thistle Photo Collection](#)

CALENDAR NEWS

Now is the time to start planning your 2008 season. Go to Scottish Cycling's website at www.scuonline.org and hit the Calendar icon on the menu bar. This will list all of the events in Scotland for you.

If you are a BC member why not log on to the BC at <http://www.britishcycling.org.uk> and use the My Membership icon on the left hand menu and build your personal calendar of events using the My Calendar function. It's really simple to use.

While on the BC site you can renew your membership

PHIL WINNING

I hope you got a good sleep last night! One simple way we can boost our happiness is sleeping! Quality and quantity are important. A recent health study on sleep found people that got 7 hours sleep were healthier. Sleep is also good for happiness! I will give you an example; "Research has shown that happy people tend to sleep better and that people who sleep better tend to be happier. Clear, deep, uninterrupted sleep is what makes us happiest" ('QED: How to be happy', Brian Edwards and Wendy Sturgess)

Lack of sleep can severely impact performance, judgement, memory and mood. Here are a few of my favourite quotes which inspire me;

"The two best physicians of them all; Dr Laughter and Dr Sleep." – Dr Gregory Dean

"We are a sleep-sick society. Each of us has a specific daily sleep requirement. If this amount is not obtained, a sleep debt is created. The only way to reduce your individual sleep debt is by obtaining extra sleep over and above your daily requirement. The average sleep requirement for college students is well over eight hours." - William C. Dement, M.D., Ph.D, sleep expert

56% of adults in a Gallup Poll survey reported that drowsiness in the daytime was a problem.

One in five major accidents on UK roads are caused by tiredness. You cannot be happy (or unhappy) if you are dead!

Drowsiness means danger! Anyone drowsy will be less healthy, happy, safe and effective!

Phil McNally

<http://www.veryhappyphil.com>

GARMIN EDGE 305

George Ritchie of Positioning Resources has donated a **Garmin Edge 305 GPS Bike Computer** to the club. These units are available to Deeside members, complete with sensors for £199, substantially less than retail price. You can try out the club unit before buying. Contact me at ken.bryson@talk21.com. If you would like to order one please contact me or contact George directly at george@posres.co.uk. *Ken Bryson*

COACH VACANCY

Scottish Cycling supported by Aberdeenshire Council is looking to appoint a Grampian Regional Development Coach in the 2nd phase of implementing a regional delivery programme across Scotland.

The role would suit innovative coaches who want to inspire young people to participate and compete across the range of cycling disciplines.

We are looking for an individual who has the knowledge of issues relating to sports development who have the ability to work with key partners to deliver the strategic objectives of Scottish Cycling.

Applicants should either have experience and qualifications in sports coaching, or be able to provide evidence of relevant experience in a range of cycling activities. All applicants would be expected to gain all appropriate coaching qualifications within a pre determined probationary period.

As you will be the key contact in the region you will need to represent Scottish Cycling on a local level under the direction of the Performance Development Pathway Manager.

You will need to be self-motivated and able to drive forward the implementation of Scottish Cycling's Regional Development programme.

The role involves significant coaching delivery from entry level to the sport in schools through to the development of Regional squads feeding into the National Talent Team.

The post will be based in Aberdeenshire with a Grampian wide regional remit.

Application forms, person specification and job descriptions are available in the downloads section of the website under 'Vacancies'

For an informal chat about the post please contact Julie Paulding the Performance Development Pathway Manager at Scottish Cycling on 0795 105 4831

THE FLYING SCOTSMAN

Inspiring film. Not sure of 100% accuracy - I thought he got the record on the washing machine bike, not measured version of it? Good all the same. And highlighted a worthy cause. Depression. Great achievements are still possible with it. I think it's a shame creativity was not embraced more by cycling rule makers. *P McNally*

LETTERS

Sir, I was delighted to read of Derek Stewart's success. I'd like to congratulate him on his superb second in the VTTA "10" Champs - 23m 39s - that's quite something!

Regards, Alasdair and Fiona Washington

RECENT NEW MEMBERS

1935	Lynne	Fraser	Catterline	34
1936	Brian	Gourlay	Kingswells	
1937	Charles	Spencer	Aberdeen	30
1938	Kevin	Martinez	Albuquerque	
1939	Keith	Varney	Aberdeen	52
1940	Chris	Hall	Banchory	41
1941	Justin	Najaka	Albuquerque	40
1942	Roderick	MacPherson	Aberdeen	37
1943	Derek	Liversidge	Banchory	36
1944	Pat	Mulcahy	Laurencekirk	47
1945	David	Fraser	Alford	38
1946	Marianne	Thissen	Banchory	40
1947	Dylan	Thissen	Banchory	10
1948	Ben	Patton	Dunecht	36
1949	Calum	Cowie	Insch	49
1950	Isabelle	Schirrer	Aberdeen	33
1951	Graham	Robson	Stonehaven	41
1952	Richard	Nicholas	Aberdeen	44
1953	Paul	Cuthbertson	Westhill	46
1954	Craig	Cuthbertson	Westhill	16
1955	Joe	Rydell	Aberdeen	29
1956	Scott	Webster	Aberdeen	34
1957	Stephen	Reed	Aberdeen	38
1958	Bruce	Moroney	Aberdeen	47
1959	Andrew	Rose	Aberdeen	31

CLUB WEBSITE

Des Young continues to develop the club website. He is currently working on creating a For Sales page where members will be able to advertise items, with images. He also intends revamping page sizes with side bar menus. Members are invited to make comment and submit material suitable for publication. Des can be contacted via the website or at webmaster@deeside.org

CLUB FORUM

The Club Forum is at <http://dtcc.forumup.co.uk/> attracts some interest. Help keep it active. You can use it to have chat, advertise training runs, sell goods, etc. You can register if you want, but if you don't, you should still be able to post as a guest. Please use your normal name and please keep to cycling subjects. It is a free Forum so there are adverts on the site but if we use it a lot we could start paying for it and remove these.

VETERANS' TIME TRIAL ASSOCIATION

All cyclists over 40 years of age are eligible to join the SVTTA. Full annual membership is only £15.50. The SVTTA actively promotes racing among the over 40s when age related standards permit this entire group to compete on an equal footing. If you are not already a member, please get in contact with Sandy Lindsay (01467 681330 or knockies@aol.com).

25 YEARS AGO

Editorial

Man of the moment is surely Leslie Simpson. He came on the scene at this time last year and professed his interests lay mainly in touring. Already this year he is proving otherwise for he has won two time trials by big margins

Britain's National Cyclists' Association

Working for all Cyclists

Newcomers are welcome

particularly on the Morning/
Slower Full Day runs.

Faster Full Day runs are for
the more experienced



Runs Lists: To obtain the next runs list, email j.m.scott@yahoo.com You may also phone Sheila on 01224 639012 or check www.ctcgrampian.org.uk

Contact numbers: Please do not phone after 9pm - In case of bad weather, you may wish to phone that day's designated run leader to check if the run is going ahead

Office Bearers

Chairman	John B	01224 571984
Secretary	Sheila	01224 639012
Runs Co-ordinator	John S	01224 790269
Social Secretary	Claire	01224 611550
Treasurer	Doug	
Membership Records	John T	01467 620146

Right to Ride Representatives

Aberdeen City	Dave L	01224 314127
South Aberdeenshire	Mark	01330 823418
Central Aberdeenshire	Albert	01467 651255
North Aberdeenshire	Bill	01888 562550

Runs Co-ordinators

Try Cycling Rides	Gerard	01224 734799
Morning Runs	Sandy	01224 682781
Slower Full Day Runs	Dave W	01224 730313
Medium Full Day Runs	Gordon M	01224 318507
Faster Full Day Runs	Sheila	01224 639012

Additional Runs Leaders

Dave B	(01224 876136)
Dave L	(01224 314127)
Cindy	(01224 484891)
Joe	(07971 036 933)
Hamish	(013398 82333)
Jonathan	(01224 744658)
Wilf	(01224 658274)

Discounts are available at the following shops on production of a current CTC membership card:

- Alpine Bikes: 10% on all accessories
- Nevisport 10% on selected goods

Newcomers: We welcome newcomers, particularly on the 'Try Cycling' and 'Morning' runs. You do not need to be a member of the CTC to join our runs, but after 4 or 5 runs you would be expected to join the CTC. Ask the run leader for a membership form or join through the CTC website: www.ctc.org.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.

Runs Leaders are requested to contact the coffee/lunch stops with rider numbers and expected arrival time, as early as possible.

Try Cycling: Runs aimed at beginners, at a slow pace with frequent stops, about 10-15 miles long. They may include a coffee stop. The start point (Duthie Park, Riverside Drive) has parking for those bringing their bikes to the start by car.

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 - distance normally 30-45 miles

Medium Full Day Runs: Moderate - distance normally 45-60 miles

Faster Full Day Runs: Fast pace - distance normally 60-75 miles

Pub Runs: Start prompt at the time stated, to reach the pub by 21:00 approximately. LIGHTS! For further information, contact Sheila

Bike & Hike: These runs are generally from Aberdeen to a beauty spot for a short walk and picnic, before returning

Social Evenings: Partners & friends welcome. Please arrive at 19:45 for a start at 20:00 and take a bottle and/or some food. Please also give a contribution of £2.00 per head

Tea & Biscuits: Visits to member's homes. Please give a contribution of £1.00 per head

April

- Sat 19 Medium Full Day B 09:30 B&Q Bridge of Don to JRD Equipment, Ellon (01358 720294) for coffee, picnic lunch at the Bullers of Buchan [Led by Gordon M]
- Sun 20 Try Cycling E 10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while [Led by Gerard]
- Sun 20 Faster Full Day A 09:00 Peterculter West End to Inchmarlo Golf Club, Banchory (01330 826426) for coffee, Lunch at Victoria Tea Rooms, Dinnet (013398 85337) [Led by Hamish]
- Sat 26 Morning Run D 09:30 Airyhall Library, Visit Drum Castle Lookout Tower at Belscravie, Coffee at Flora's (01330 860848). [Led by Sandy]
- Sat 26 Faster Full Day A 09:00 B+Q, Bridge of Don to The Gallery Coffee Shop, Ellon (01358 722372) for coffee, Lunch at Mintlaw Garden Centre (01771 623344) [Led by John S]
- Sun 27 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short rides for beginners and those who haven't been in the saddle for a while [Led by Dave L]
- Sun 27 Slower Full Day C 09:30 Westhill Shopping Centre, coffee at Monymusk Walled Garden (01467 651543), lunch at The Millers, Midmar (01330 833462) [Led by Dave W]

May

- Sat 3 Faster Full Day A 09:00 Old Mill Inn, Maryculter to Inchmarlo Golf Club, Banchory (01330 826426) for coffee, Picnic at Drumtochty Glen via Cairn o' Mount [Led by John B]
- Sun 4 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short rides for beginners and those who haven't been in the saddle for a while [Led by Gerard]
- Sun 4 Medium Full Day B 09:30 Old Mill Inn, Maryculter to Bowling Green, Stonehaven (07732 336435) for coffee, picnic at Benholm Mill [Led by Hamish]
- Wed 7 Pub Run E 19:30 Airyhall Library to Ghillies Lair, Bridge of Dee. [Led by Sheila]
- Sat 10 Slower Full Day C 09:30 Old Mill Inn, Maryculter coffee at Boathouse Cafe, Stonehaven (01569 764666), picnic lunch at Todhead lighthouse. [Led by Jonathan]
- Sun 11 Try Cycling E 10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while [Led by Sandy]
- Sun 11 Faster Full Day A 09:00 Westhill Shopping Centre to Monymusk Walled Garden (01467 651543) for coffee, Mossatburn Garden Centre (019755 71235), if wet, or picnic at Mossat for lunch. [Led by Sheila]
- Sun 11 Morning Run D 09:30 Airyhall Library, Visit Dalmaik Church, Coffee at Old Bank Bar, Peterculter (01224 730003). [Led by Alan]
- Wed 14 Pub Run E 19:30 Legart Terrace to Old Mill Inn, Maryculter [Led by Sheila]
- Sat 17 Medium Full Day B 09:30 Parkhill Bridge, Dyce, to JRD Equipment, Ellon (01358 720294) for coffee, picnic at Aden Country Park. [Led by Joe]
- Sun 18 Try Cycling E 10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while [Led by Gerard]
- Sun 18 Faster Full Day A* 09:00 Parkhill Bridge, Dyce to Ross's coffee shop, Inverurie (01467 620764), lunch at Clatt Country tea rooms, Clatt (01464 831465) if wet else picnic at Clatt. Includes Suie Hill [Led by Wilf]

- Wed 21 Pub Run E 19:30 Brig o' Balgownie to Spider's Web Dyce [Led by Sheila]
- Sat 24 Audax 200k 08:00 Templars Park, Ballater, Lecht, Tomintoul, Dufftown, Huntly [Contact Joe]
- Sat 24 Rally 20mls 10:00 Templars Park, Maryculter, Crathes Castle [Led by Jonathan]
- Sat 24 Rally 40mls and Beyond 09:30 Templars Park, Maryculter, Bennachie [Led by Hamish]
- Sat 24 Rally 60mls 09:00 Templars Park, Maryculter, My Lord's Throat Loop [Led by John S]
- Sun 25 Rally 20mls 10:00 Templars Park, Maryculter, Girdleness Coastal Tour [Led by John T]
- Sun 25 Rally 40mls 09:30 Templars Park, Maryculter, Balmedie Beach [Led by Wilf]
- Sun 25 Rally 60mls 09:00 Templars Park, Maryculter, Over the Ythan 2. [Led by Joe]
- Sun 25 Try Cycling E 10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while. [Led by Sandy]
- Mon 26 Grampian Rally 20mls 10:00 Templars Park, Maryculter, Garlogie Water Power System [Led by Gerard]
- Mon 26 Grampian Rally 40mls 09:30 Templars Park, Maryculter, Over The Slug [Led by Gordon M]
- Mon 26 Grampian Rally 60mls 09:00 Templars Park, Maryculter, Cairn O Mount. [Led by John T]
- Tue 27 Grampian Rally 20mls 10:00 Templars Park, Maryculter, Sea and Hill Views [Led by Sandy]
- Tue 27 Grampian Rally 40mls 09:30 Templars Park, Maryculter, Kinkell Church [Led by Alan]
- Tue 27 Grampian Rally 60mls 09:00 Templars Park, Maryculter, Birse Bash. [Led by Harry]
- Tue 27 Grampian Rally 18:30 for 19:30, Old Mill Inn, Maryculter, 4th Grampian Rally Buffet Dinner & Ceilidh [Tickets from Gordon M]**
- Wed 28 Pub Run E 19:30 Hazlehead, Groats Rd to Bielside Inn, Bielside [Led by Sheila]
- Sat 31 Faster Full Day A 09:00 Peterculter West End to Inchmarlo Golf Club, Banchory (01330 826426) for tea/coffee, Picnic Lunch at Forest O' Birse via Glen Cat. Meet with Medium Run [Led by Dave W]
- Sat 31 Medium Full Day B 09:30 Peterculter West End to Somerfield Banchory (01330 824086) tea/coffee, Picnic at Forest O' Birse on to Glen Cat. Meet with Faster Run [Led by Gordon M]

June

- Sun 1 Try Cycling E 10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while. [Led by Sandy]
- Sun 1 Slower Full Day C 09:30 Cults Library visit Dalmaik Church, coffee at Crathes Castle (01330 844634), lunch at Torryburn Hotel, Kintore (01467 632269) [Led by Joe]
- Wed 4 Pub Run E 19:30 Footdee (Round House) to The Neuk, Portlethen [Led by Sheila]
- Sat 7 Slower Full Day C 09:30 Parkhill Bridge, Dyce, coffee at Tesco Inverurie (01467 625566), picnic at Bennachie Visitor Centre [Led by Wilf]
- Sun 8 Try Cycling E 10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while [Led by Gerard]
- Sun 8 Faster Full Day A* 09:00 B+Q, Bridge of Don to JRD Equipment, Ellon (01358 720294) for coffee, picnic lunch at Delgatie Castle, Turriff [Led by John T]
- Sun 8 Morning Run D 09:30 Brig o' Balgownie to Coffee at Asda, Dyce (01224 724134). Visit St Mary's Chapel [Led by Sandy]
- Wed 11 Pub Run E 19:30 Airyhall Library to Four Mile House, Kingswells. [Led by Sheila]
- Sat 14 Car Assist B/C 08:50 Airyhall Library, Car Assist, coffee at Carriages Hotel, Inch (01464 820604), ride leaves

- 10.30hrs, Huntly, picnic at Milton of Rothiemay, Inverkeithny, Ythan Wells. Contact John B to ask/offer transport. *[Led by John B]*
- Sun 15 Try Cycling E 10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while *[Led by Dave L]*
- Sun 15 Faster Full Day A 09:00 Peterculter (west end) to Dess Activity Park (013398 83536) for coffee, picnic lunch at Ballater. *[Led by Sheila]*
- Wed 18 Pub Run E 19:30 Duthie Park, Riverside Drive to Shepherd's Rest, Westhill *[Led by Sheila]*
- Sat 21 Faster Full Day A* 09:00 Parkhill Bridge, Dyce to Inverurie Garden Centre (01467 621402) for coffee, picnic lunch at Leith Hall, Kennethmont (01464 831216). *[Led by Joe]*
- Sat 21 Morning Run D 09:30 Woodend Hospital, Eday Rd, Special Bike Week/Midsummer picnic at recumbent stone circle nr Dyce, *[Led by John S]*
- Sun 22 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short rides for beginners and those who haven't been in the saddle for a while *[Led by Sandy]*
- Sun 22 Slower Full Day C 09:30 Peterculter (west end), coffee at Bowling Green Cafe, Stonehaven (07732 336435), picnic lunch at Crawton Nature Reserve *[Led by Alan]*
- Wed 25 Pub Run E 19:30 Donview, Bridge of Don to Northern Lights, Hatton of Fintray. *[Led by Sheila]*
- Sat 28 Faster Full Day A* 08:30 Old Mill Inn Maryculter to Kondit Bakery, Inverbervie (01561 361221) for Coffee, Picnic Lunch at Edzell *[Led by Dave B]*
- Sat 28 Medium Full Day A*08:00 Parkhill Bridge, Dyce, Special 100 miles medium pace run to Huntly for picnic lunch – take plenty of food! (Probably 12/13 hours) *[Led by Gordon M]*
- Sun 29 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short rides for beginners and those who haven't been in the saddle for a while. *[Led by Gerard]*
- Sun 29 Morning Run D 09:30 Brig o'Balgownie, Visit Pettens Church and Mortsafe, Picnic at church *[Led by Dave L]*

CTC GRAMPIAN RALLY

The 4th Grampian Rally takes place from Templars, Maryculter, Aberdeen on 24-27 May 2008.

Runs summary

No	Date	Dist	Description	OS Maps
1	Sat 24 th	28ml	Crathes Castle	38
2	Sat 24 th	50ml	Bennachie and Beyond	38
3	Sat 24 th	63ml	My Lord's Throat Loop	37/38
4	Sun 25 th	24ml	Girdle Ness Coastal Tour	38
5	Sun 25 th	47ml	Balmedie Beach	38
6	Sun 25 th	68ml	Over the Ythan 2	30/38
7	Mon 26 th	24ml	Garlogie Water System	38
8	Mon 26 th	48ml	Over the Slug	38/44/45
9	Mon 26 th	62ml	Cairn o'Mount	38/45
10	Tues 27 th	27ml	Sea & Hill Views	38
11	Tues 27 th	48ml	Kinkell Church	38
12	Tues 27	58ml	Birse Bash	37/38

START: 60ml 9.00am, 40ml 9.30am, 20ml 10.00am

The runs are followed by nightly social activities culminating in a traditional Scottish Ceilidh and buffet on the last night.

Our routes will allow riders to traverse parts of The Victorian Heritage Trail, The Coastal Trail, and Scotland's Castle Trail with an experienced local rider leading each daily group. With ample time for coffee stops and photographs we anticipate the 2008 Rally will be as successful and enjoyable as those in previous years.

The main contact for bookings and information is: Heather Reid, h_w_reid@yahoo.co.uk, 01224 873380
Mobile: 07732 286441

FIND ME A BICYCLE

FindMeABicycle.com: a great new resource for helping you purchase your next bicycle.

A new web site, called FindMeABicycle.com (<http://www.findmeabicycle.com/>), is a great new tool for both experienced and novice bicyclists as they plan their next bicycle purchase. There is nothing for sale on FindMeABicycle.com. Nor is there a fee to use the site. It is simply intended to be a free helpful service for helping you decide on your next bicycle.

FindMeABicycle.com provides two features that you won't find anywhere else: a simple step-by-step check list on how to purchase a bicycle, including a guide that will help the user decide on the ideal type of bike (mountain, road, hybrid, etc.) based on the needs of the user; and comprehensive lists of virtually every type, make and model of bike on the market today. The lists, compiled from more than 100 bike manufacturers, contain information on more than 2,600 bike models. The lists are organized by 15 different types of bike: mountain, road, hybrid, bmx, touring, tandem, recumbent, women's, single speed, youth, track, cruiser, time trial, cyclocross, and folding. The lists of bicycle models are further broken down by frame material, suspension system, and price. FindMeABicycle.com won't replace the local bike shop, but will prove to be an extremely valuable resource for anyone who's in the market to buy a bike.

Here's a link to the site – www.FindMeABicycle.com

Check out these Web links:

http://www.britishcycling.org.uk/web/site/BC/mtb/mtb_1atest_news.asp
<http://www.sxc.org.uk/main.asp>
<http://www.xcracer.com/index.php?pid=1>
http://strathpuffer.co.uk/strathpuffer/event_strathpuffer.htm
<http://www.relentless24.co.uk/>
<http://www.outdooraccess-scotland.com>
<http://cycling.tv>

CYCLE GRAMPIAN WEBSITE

The website for anyone wanting information about cycling in the lovely Grampian region of North East Scotland is <http://www.cyclegrampian.co.uk/>. This site is for you whether you are a local, interested in racing, touring, family days out, commuting, downhill, or whether you're a visitor to the area and want to explore the land of whisky, castles, standing stones, and seascapes. Either way it is hoped this site will help you get more from your time in the saddle. The site is jam packed with information, however if you think we have missed something - then let us know. Rob Armstrong is the member involved with this site.

GLACIER BOOKS

Interested in books about the mountains? Go to www.glacierbooks.com/Book_Just_Arrived.asp. You can search for books by Author, Title or Keyword.

NEW STOCK OF CLUB CLOTHING

A new stock of club clothing has recently arrived. Some prices have increased a little, others are reduced. Members are welcome at The Pines in Garlogie for fitting and collection of Club clothing. Give Mike a phone on 01224 743304 (evenings only) to arrange a suitable time.

Track Mitts	£10.00
Road Jersey Short Sleeve Airtex	£32.00
Bib Shorts Coolmax	£36.00
Gilets	£32.00
Training Top Long Sleeve Polyester	£36.00
Thermal Bib Longs Velour Lycra	£36.00
Skin Suit Short Sleeve Lycra	£42.00
Skin Suit Long Sleeve Lycra	£45.00
Thermal Jackets Windstopper	£45.00
Overshoes	£8.00
Arm Warmers	£8.00
Team Bags	£15.00
Racing Caps	£4.00

BORN2RUN

Check out the details of your event at www.born2run.co.uk. This will take you to the born2run website's homepage. Click on the "Latest Event Results" button at the top right to get into the results section and check it out. For future use of born2run click on the "Sportsdiary" button at the top (centre) to get into the events section and check out your event(s). The list of events comes up initially with "All" in the window at the top of the list. Change this to Cycling-all in the dropdown menu there, then click on "Get Events".

You can refine this to tri, or duathlon, or adventure, etc later, after you have had a browse. You can also change the "Start" date on the top left to suit your needs, or search for the name (or part of the name of an event) by typing it into the "Find Word" box and hitting the "Get Events" or simply hitting Return on your keyboard.

SCU/BC MEMBERSHIP

Are you about to renew your membership? British Cycling will send you notification before it is due. However, you may download a form here: [Senior](#) or [U18](#) or from, Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ (tel: 01467 681330) or email knockies@aol.com. There is also a concession of £11.50 for those joining for the first time or after a lapse of two years. Contact your secretary for more detail.

HOLIDAYS

www.tasteprovince.com/cycling.html
www.residencedespres.iowners.net
www.craiglealodge.co.uk

CLUB TRAILER BIKE

A child's trailer bike suitable for children from about 4 - 7 years old is available on loan to club members. The bike is complete with a safety flag. Andrew Harrington is in charge. Contact him on 01224 682001 or email andrew.harrington@hmce.gsi.gov.uk

TRAINING RUNS

Organised runs take place throughout the northeast. Leaders are invited to publish details in this column. To confirm any particular run prospective members should make prior arrangement with the organiser.

BANCHORY RUNS 2008

If you wish to join with riders from Banchory please contact either of the addresses below for further information. E-mail nhowarth@go2uti.com or Steve.Muir@Shell.com

INVERURIE RUNS

A 2-hour run leaves from Changing Gear in the centre of Inverurie at 10.00 on Sunday mornings. All local riders are welcome. More information available from Sean on sean20@tiscali.co.uk

BANCHORY RUNS

Midweek - There is a midweek email group based on Banchory. It has been running for a few years. They are very civilised runs of between 30 and 50 miles with a stop for coffee and scones. Pace is moderate and no one gets dropped. Runs are ad hoc, depending on who is free and what the weather is like. Arrangements are made by email and start from Banchory Town Hall usually between 9:30 and 10:00. The route is decided on the day though people can be met at other points, like Potarch, by arrangement. Anyone interested should email Bill Byth at bill.byth@gmail.com and he'll add you to the MIDWEEK email group

Midweek on Sunday - This group has a Sunday run leaving from Banchory Town Hall at 10:00am. The Sunday run is the same basis as Midweek and is aimed at people who don't want or can't take the faster pace of the 9:00am Banchory run. Expect a moderately paced run, which stays together with a semblance of organisation on which, REALLY, no one gets dropped - and a coffee stop. Distance is usually 40-50 miles, but depends on personnel, terrain and weather. We have been known just to go to Flora's and back on a really dreich day. Since the run is weather dependent you need to be on the emailing list to know whether anyone else is going to turn up. E-mail Bill Byth at bill.byth@gmail.com to join the list, or, if you don't have access to email, phone 01330 822669.

KINTORE RUNS

Start at The Townhouse, Kintore at 8:00 am. Parking available for anybody who wants to drive there. Gradually increasing distance with the aim of being ready for 100ml reliability ride in April. Steady pace, level 2, slow on the uphill, faster on the descents. Idea is to get a group together and stay together, sharing the work so no one gets left on their own. Riders can be picked up in Inverurie etc as the group passes through.

PETERHEAD RUNS

They vary in length and time but generally are 40-50 miles long and last for 2-3 hours. Meet Balmore Cemetery car park north of Peterhead on the A952. Confirm details with Brian on 01779 477334

STONEHAVEN TRAINING SESSIONS

Mon 7pm run/circuits Green Hut Stonehaven cost £2.00(members) and £4.00(non-members)

Tues 7pm interval running then swimming at 8.30pm (sauna available) cost £2.90 for the lot or £1.70 run only

Wed Turbo Training Mackie Academy Dining Room cost £2.00 (members) and £4.00 (non-members).

Doors open 1830 session starts 19:00 contact Ken Bryson. Pursuit training is finished until spring.

Thurs 7.30pm Splash n Dash interval running and swimming/sauna session's cost £2.90 or £1.70 run only

Fri 7pm run/circuits Green Hut Stonehaven cost £2.00(members) and £4.00(non-members)

Sat 9am Long Slow Distance Running Fetteresso Forest 9am free

Sun 9am Cycle - meet at Stonehaven Square free

More information on the above is available at www.fleet-feet.com/FFT/webmodules/pages/ShowArticles.aspx?pag eid=1 or contact coaches@fleet-feet.com

ADD YOUR TRAINING SESSION HERE

Many organised runs take place from or near Aberdeen and you are welcome to advertise these here. All you need do is submit brief detail of dates, times and meeting places. You will then be given space. Get in contact with Sandy Lindsay on 01467 681330/07867 857221 or knockies@aol.com. Likewise, if a run or session has fallen by the wayside, please notify that as well. Some people who hold runs by invitation only are also welcome to highlight those in this column.

FOR SALE

When (1) appears at the end of an item that item will not appear next month (unless requested). Items that sell before the third month should be notified to the editor.

- 1 a) Pair of Altura Overshoes - sizes 7-10 would be best, black with reflective logos and piping. £5 (1)
b) Trittech winter gloves, lge, new, never worn £5 (1)
c) Vision (by FSA) clip-on bars. Height and arm-rest adjustments, 270mm length, 31.8mm, can accept bar end shifters. £50 (1)
Email Mark on nuvolari1953@hotmail.com or text on 07754807181
- 2 a) Karrimor soft bike bag (flown with twice) £40 ono (1)
b) Brand New Topeak MTX Rack Bag: Large capacity main compartment and two mesh side pockets. Insulated main compartment with extra thick foam sides, top and bottom. Great for those out and about as you can expand the side pockets and cram all manner of goodies into them! £30 ono (1)
c) Set of tri-bars - £5 (1)
d) Pair Black Sidi road shoes, little worn (currently with Look cleats) Size 41 £5 (1)
Call Sherri 07725 123615 or email cycle2ring@yahoo.co.uk
- 3 Specialized Allez Dolce 48cm suit 5'4 +/- 2". Aluminium and pale blue, woman specific race bike. Sora triple groupset. Very, very few miles

(none of them wet). Excellent condition - (no pedals but I might be able to find an old pair in the garage if it was important) £350 ono. Contact Isaac on sandsisaac@yahoo.co.uk (1)

- 4 This is George's bike. It's a 55cm ctt Orbea Euskaltel Altec 2 plus tubing, Time carbon forks. Campag Record 10spd group set, Vento wheels, Look pedals, Flite saddle, ITM bars & stem, Elite bottle cages, Pro Race tyres. Used for 40mls only. Immaculate, grab a bargain - only £1000. Contact Brian on Bgduncan2604@aol.com (1)
- 5 Dawes Giro 500 Road Cycle (2006) Grey/Black/White Medium Sized Frame, Shimano 105 Gear System, ITM Spider Carbon Fork, Truvativ Crankset, Selle Italia Seat, Gipiemme T-tre 30s Wheels, Excellent Condition, £380.00. Contact: chrisflorence84@hotmail.com or call 07823559416 (2)
- 6 a) Specialised Allez 21" Chromoloy Frame withn Aluminium Forks, old style head set and Campag 8 Speed Chain Set with 172.5 mm cranks. Some scratching otherwise in good condition. Would build into a competent training/commuting bike. £80 (2)
b) Battaglin 56cm Aluminium Frame with Aheadset, Carbon Forks, Campag Daytona 10 Spd Chain Set with 172.5 mm cranks and Campag Daytona front mech. £180 (2)
c) Campag Chorus 27.2 mm seatpost £35 (2) Contact John Cummings on 01224 739825 or johngrantcummings@hotmail.co.uk
- 7 a) Dawes Super Galaxy circa 1996 60cm - 23½in, original paint spec flam/metallic green, Blackburn Front and Rear racks (3)
b) Dawes Super Galaxy circa 1995 50cm - 19½in, recently completely overhauled and re-sprayed in BLACK, Blackburn Front and Rear racks (3)
c) George Longstaff bespoke Tandem, cost £3,500 new in 1999, only done 700 miles. Driver - 63cm, Stoker 50cm. Flam Blue (RAL 5022) with white trim, Ultegra 9speed, (Currently fitted with bar end shifters, but original STI levers also included), Tange ATB headset, TA Specialites chain set 170/165, Blackburn Pannier Racks front and rear, Canti Brakes, Additional V-Brake and Hope hub brake, 4 bottle cages, Silver ESGE mudguards, HPX4 high pressure pump, many extras (3)
d) BTS Tandem Roofrack (3)
Further details/photographs etc can be obtained from Roger Mattingley, The Anvil, Netherley, Stonehaven, Kincardineshire, AB39 3QR email rogermmattingley@yahoo.co.uk or tel: 01569 730081 Email: All reasonable offers will be considered and delivery in Scotland may be an option

Support the
Advertisors

DISCOUNT SERVICE

The following businesses offer substantial discount. Show your Membership card when purchasing goods.

Alpine Bikes, 70 Holburn St (corner of Ashvale Place), Aberdeen 211455)

Banchory Cycles trades from Station Road, Banchory. The proprietor is club member Pete Kneeshaw and he offers Bicycle Sales, Service and Repairs. Banchory Cycles may be contacted on: 01330 820011 or email banchory.cycles@btconnect.com. This shop is in the same premises that Bikelife occupied and though, initially at least, they will be unable to stock the very high end bikes and accessories they will obviously be able to get stuff in to order. Discount is offered to DTTC members

Wendy Dalgarno, treatment of muscle and joint injuries – phone 01467 620561

F.Caie, 1 Laburnum Villa, Cammachmore, Stonehaven (01569) 731155. Frame repairs and enamelling approximately £30.00 for a standard job. 9.00am to 6.00pm

Grampian Health Foods, 10% discount to members on Herbal Supplements & remedies, Bodycare, Homecare, Foods and Drinks

Nevis Sport, 186 George St (Aberdeen 363592). 10% off mountain and ski equipment

Tri-Changing Gear, Inverurie, is offering 10% discount to members on many items. They can be contacted on sales@changing-gear.com, tel: 01467 670111 or visit the website at www.changing-gear.com

travel counsellors ➔ TM

**Cruises, Flights, Honeymoons, Family Holidays,
City Breaks and much more...**

Fiona Betteridge
Personal Travel Counsellor

Tel: 0845 0587 411 local rate Fax: 0845 058 7411
Mobile: 0798924 1638
Email: fiona.betteridge@travelcounsellors.com
Web: www.travelcounsellors.com/fiona.betteridge

FOR YOUR PEACE OF MIND PLEASE NOTE THAT ALL CALLS ARE RECORDED.
TRAVEL COUNSELLORS TRUST GUARANTEES COMPLETE FINANCIAL PROTECTION ON EVERY BOOKING

 

Total Endurance

Scientific Cycle Coaching for Fitness, Bike Racing & Multisport

One to one coaching and personalised training to help you to reach your potential as a bike rider

Substantial discounts for DTCC Members

For more information contact

Ken Bryson

Email ken.bryson@talk21.com

Tel 01224 877533

Grampian Tigers Youth Cycling Club

Grampian Tigers Youth Cycling Club offers cycling for 7-15 year olds. It follows the principles of Go-Ride which is British Cycling's Club Development Programme aimed at improving young riders.

The Go-Ride coaching activities have been specifically designed to introduce young people to a range of cycling disciplines, such as: BMX, Cycle Speedway, Cyclo-Cross, Mountain Biking, Road and Track Riding. So whatever their age or ability, there will be something to suit your needs.

Day: **Monday**

Time: **6.00pm-7.00pm**

Venue: **Highland Games Field, Hazlehead Park**

Dates: **April-October, Term Time only**

Cost: **£20 / year or £1 per session**

Contact Information:

Gareth Smith T. 0787 9282666

E. info@grampian-tigers.co.uk W. www.grampian-tigers.co.uk

Supported by

Active Shools Aberdeen – Tesco - Genesis

The Cowdray Restaurant
Echt, Westhill, Aberdeenshire, AB32 6UL

Telephone:
01330 860534

Online:
www.thecowdrayrestaurant.co.uk

Ian Grant

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

£9.00/hr or estimates

30 Sclattie Park, Bucksburn, Aberdeen
Tel (01224) 713033

**MITCHELL
SCHOOL
of DRAMA**

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

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

www.rhonamitchell.co.uk

01467 621861

ANNUAL SUBSCRIPTION

At this time of year members should be considering payment of their annual fee to the Club

Over 18	£23.00
16 – 18	£12.00
Under 16	£7.00
Family (each)	£2.00
Associate	£7.00

Family is defined as spouse or those under the age of 12 of an existing member.

- Generally you can pay cash or cheque at Garlogie on a Wednesday after 6.30pm
- You can send a cheque to Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ. Cheques should be made payable to DTCC
- You can use Internet banking to:

Bank: Lloyds TSB

Account Name: Deeside Thistle Cycling Club

Bank Sort Code: 30 10 01

Account Number: 00802182

Your name will normally be listed on the bank statement but this is not always the case so it is important to drop an email to knockies@aol.com saying what you've done.



Grampian Health Foods
Mon - Fri 9 am - 6 pm
Saturday 9 am - 5.30pm
Sunday Closed
5 Crown Street
Aberdeen
AB11 6HA
01224 590 886

www.grampianhealthfoods.co.uk

POSTSCRIPT

This small area has been reserved to persuade each member who has read this far, to invite anyone showing an interest in cycling to apply for membership of Britain's biggest cycling club
Membership Application

Name:

Address:

Phone Number:.....

Email:

Date of Birth:

Please complete and return to Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ
Telephone (01467) 681330 or email:
Knockies@aol.com

The Creel Inn
catterline

*“seafood specialities &
much muchmore”*
director

robert lindsay

catterline, stonehaven, ab39 2ul

tel: 01569 750254

e-mail: info@thecreelinn.co.uk

<http://www.thecreelinn.co.uk/>



2008 Race Calendar

Sun	Mar	16	Dick Londragon RR Trophy	ADCA
Sat		22	10 mile Time Trial	DTCC
Sun		30	Presentation Time Trial	TCG
Sun	Apr	6	Bob Souter Memorial 10 mile Time Trial	ADCA
Sat		19	Spring Bunny 25 mile Time Trial	GSC
Sun		27	Ythan CC 20 mile Hilly	YCC
Sun	May	11	50 mile APR	DTCC
Thu		15	Tri Changing Gear Series 1	TCG
Thu		22	Tri Changing Gear Series 2 16 mile TT	TCG
Sun		25	25 mile Time Trial	DTCC
Sun	Jun	1	Brian Low/Neish Trophies	AWCC
Sun		8	Granite City Fitnut Cup 50 TT	GCRT
Thu		12	Tri Changing Gear Series 3	TCG
Sun		15	SC National 25 mile TT Championship	ADCA
Wed		18	Massie Shield 25 mile Time Trial	ADCA
Sat		21	Ythan CC Road Race	YCC
Thu		26	Tri Changing Gear Series 4 - Up & Down Hilly TT	TCG
Sun	Jul	6	Coffee Pot 50 mile TT	ADCA
Wed		16	Ythan CC 10 mile Time Trial	YCC
Sun		20	Furneaux Trophy 100 TT	ADCA
Sun	Aug	10	75 mile Road Race	DTCC
Sun		17	Veterans Championship Road Race/50+ Vets Champs	GSC
Sun		31	Glegg Trophy TT	ADCA
Sun	Sep	7	Rising Westerley 100 TT + VTTA 100 TT Championship	GSC
Sat		13	AC Yule 10 mile TT	AWCC
Sun		14	Ythan CC APR	YCC
Sun		28	Tri Changing Gear 10 mile TT	TCG

If you are reading this on line, click on any event and it will take you to BCs Calendar web site where full information of that event is available. Alternatively purchase the SCU Handbook soon to be published. Information is also available by getting in contact with the Club Secretary, Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ. Telephone 01467 681330 / 07867 857221. Email: knockies@aol.com

Official [entry forms](#) are available for [download](#)

Members can refer to the Club's own [Handbook](#) for information about the various competitions which take place during the year. The [handbook](#) is on line. Please feel free to get in contact with the Secretary if you'd like anything explained in greater detail

Enter Open Events in 2008

DEESIDE THISTLE CYCLING CLUB

EVENING LEAGUE 2007

All riders in Evening League Events should have British Cycling Membership. Details are in Cranks or contact the Club Secretary, Sandy Lindsay MBE, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ, Tel: 01467 681330 / 07867 857221, Email: knockies@aol.com
To accommodate the numbers in League events the first rider will start at approximately 6.45pm

					Time	F pt	H pt	Tp t
May	6	10 TT	Garlogie	AB10/3	: :			
May	13	12 TT	Garlogie/Dunecht/Echt		: :			
May	20	20 CTT	Garlogie/Dunecht/Midmar		: :			
May	27	10 TT	Garlogie	AB10/3	: :			
June	3	25 TT	Garlogie	AB25/4	: :			
June	10	20 HTT	Netherley/Durris/Slug		: :			
June	17	1 ml Hill Climb		Cairn mon Earn	: :			
June	24	25 TT	Garlogie	AB25/4	: :			
July	1	20 TT	Garlogie/Dunecht/Midmar		: :			
July	8	25 TT	Garlogie	AB25/4	: :			
July	15	25 TT	Garlogie	AB25/4	: :			
July	22	10 TT	Garlogie	AB10/3	: :			
July	29	15 TT	Garlogie	AB10/3.5	: :			
Aug	5	10 TT	Garlogie	AB10/3	: :			
Aug	12	10 TT	Garlogie	AB10/3 Novices	: :			
Aug	19	5 TT	Garlogie	AB10/3 Outward	: :			

Entries for the league should be sent to knockies@aol.com
or telephone Sandy on 01467 681330

It is important that all competitors and prospective competitors read the following notes

- 1 A condition of Evening League registration is that the rider selects one or more duties to be responsible for and signs for it. It is the registrant's responsibility to ensure that a person is in place at the appropriate time and location to receive necessary instructions and kit. This person can be the entrant themselves, another entrant where a swap of duties has taken place or a friend/family member
- 2 Register with the Organiser, £20.00 for over 18's. Under 18s free
- 3 Competitors are expected to fit a red flashing light to the rear of their machines
- 4 Competitors are prohibited from turning **RIGHT** across the B9119 when leaving the Garlogie lay-by, or crossing the road on foot before cycling to the start point. **ALL** competitors must turn **LEFT** when leaving the lay-by and approach the start, following a "warm-up", travelling westwards past the lay-by entrance. There is a roundabout approximately one mile to the east around which riders can safely turn prior to their start time. Riders observed or reported failing to follow this new regulation may be subject to disqualification from future events at the discretion of the club's F & M Committee
- 5 The competitor is fully responsible for his or her own safety throughout the race and must obey all the rules of the Highway Code. If riders ride in a dangerous or reckless fashion they may be disqualified at the discretion of the F & M Committee
- 6 On approaching the turn in an out-and-home time-trial the rider must make him/herself aware of other traffic and make due allowance by either slowing down or overshooting the turn in order not to interfere with passing or approaching vehicles
- 7 Marshals and officials have no authority to stop or redirect traffic. They have no obligation to indicate the route - the rider must be acquainted with the course
- 8 Warming-up should not be done through the start/finish area or on the course when the race is in progress - riders so doing are risking the safety of other competitors, road-users and themselves
- 9 It is particularly important that "U" turns are not performed around the start on busy roads
- 10 Riders will not be allowed to start without an approved hard-hat and a road-worthy machine
- 11 Numbers must be worn on the left lower back so that they are visible to the rear and the side. Do not wear them high on the back, as the timekeepers cannot see them
- 12 Youths and Juniors must have appropriate gears that will be checked before the race
- 13 The rules of time-trialling must be observed - no wheel-following or following vehicles
- 14 Timekeepers must not be bothered at any time during an event
- 15 Entry to events is by contacting the Organiser at previous races or telephoning or emailing before 7.00pm on the evening prior to the race. An entry sheet allowing riders to select approximate start times will be available at the previous race. Late entries will normally only be allowed at the rear of the field
- 16 Route maps for the circuit events are available from the organiser. Special care must be shown in these events
- 17 Club colours (or a plain white jersey) must be worn. Club clothing may be ordered at each event
- 18 Times for all riders will be displayed at the finish. The full result and current League points totals will be published as soon as possible after the event. They will be available at the following event and published in the next issue of Cranks

The League is competition on a points basis. The first rider in each event, scratch and handicap, gets 80pts, next 79pts and so on in decreasing order. Each rider's combined total is his or her score for that event. The rider's best six combined event scores are added together for a grand total. Only performances on courses AB10/3 and AB25/4 are eligible for handicap purposes. Handicaps will be calculated from the SCU Tables

Entries for the league should be sent to knockies@aol.com

EVENING LEAGUE OFFICIALS

Listed below are the minimum requirements for officials at events run on the various courses used in the Evening League. When you register for the league please ensure that you nominate events at which you are able to assist during the season. Refer to the calendar and if you are sending your registration and fee to Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ please ensure that you also indicate the events you'll be helping at. On Tuesday evenings at the league there will be specific forms for each of the events to which you may add your name.

5TT	AB10/3	2 X Timekeepers Pusher Off Recorder Field Setter Handicapper
10TT	AB10/3	2 X Timekeepers Pusher Off Recorder Field Setter Handicapper 4 X Marshals
15TT	AB10/3.5	2 X Timekeepers Pusher Off Recorder Field Setter Handicapper 4 X Marshals
25TT	AB25/4	2 X Timekeepers Pusher Off Recorder Field Setter Handicapper
12TT	Dunecht/Echt	2 X Timekeepers Pusher Off Recorder Field Setter Handicapper 4 X Marshals
20TT	Dunecht/Midmar	2 X Timekeepers Pusher Off Recorder Field Setter Handicapper 5 X Marshals Sweeper
20TT	Netherley/Slug	2 X Timekeepers Pusher Off Recorder Field Setter Handicapper 5 X Marshals Sweeper
H/C	Slug	2 X Timekeepers Pusher Off Recorder Field Setter Handicapper

At the moment there is no one offering to help run the league so it would please me a great deal if individuals came forward. I would like to see members controlling certain aspects of the league week on week:

Principal Timekeeper
Field Setter
Handicapper
Marshal Co-ordinator

For those of you wanting to offer help but unsure that you can handle particular jobs there is no need to be concerned. I am more than willing to arrange instruction.

Four bicycles stolen from Osborne Place, Aberdeen:

Santa Cruz 'Superlight' (full suspension)

- Polished silver frame;
- Fox 'Float' front and rear shocks;
- Hope 'Minis' 160mm disc brakes
- Red Chris King headseat;
- SRAM shifters and Front mech;
- Shimano front mech;
- Race Face Stem, Seatpost ,Crank and Chainrings;
- Easton 'Monkeylite' carbon bars;
- Hope hubs and quick releases.
- Red selle Italia ladies saddle.

Rocky Mountain ETSX70 (full suspension)

- Grey/black frame;
- Fox 'Float' front and rear shocks;
- Hope 'M4' disc brakes
- Black Chris King headseat;
- SRAM shifters Front mech;
- Shimano front mech;
- Race Face Bars, Seatpost, Cranks and Chainrings;
- Hope hubs and quick releases;
- Mavic rims;
- Specialized BG saddle.

Orange Evo (hardtail)

- White/black frame;
- Manitou Bomber Forks;
- Magura disc brakes
- Hope headseat;
- Shimano Shifters, Front mech, Rear mech
- Race Face Chainrings.

Rocky Mountain Elevation (hardtail)

- Grey/black frame;
- Marzocchi Forks;
- Shimano disc brakes
- Hope headseat;
- Shimano Shifters, Front mech, Rear mech;
- Race Face Chainrings.

Contact maggie.smith@abdn.ac.uk with information