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CRANKS

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The Magazine of
Deeside Thistle Cycling Club

Sponsored by:



Current Membership 380 (379)

SCU Membership 153 (168)

British Cycling's Largest Club

Editorial:

The intention of Go-Ride is to introduce young riders to our sport and the Deeside has already well grounded links. Formed over a year ago Grampian Tigers is gradually introducing the skills that these cubs will need when they eventually transfer to a senior club in the area.

Aberdeenshire Council in association with Scottish Cycling has further plans for Go-Ride. A newly appointed Active Schools Co-ordinator for the authority, Sarah Fettes, is busy persuading folk from throughout the north-east to enrol for a Level 2 Coaching qualification. With enough names this course can be run locally saving in a lot of travelling and expense. With more Level 2 coaches it is intended that new Go-Ride clubs can be started on Deeside and elsewhere in Aberdeenshire.

Our sport, perhaps especially in our area, is desperately short of young riders. It is important that new talent is fostered to replace those that move on. If your passion for cycling moves you enough perhaps you will consider volunteering to become a Level 2 coach.

We've done it again, our membership has hit a new high. With 380 members on the club books it is one more than last year. I hoped that we'd be nearer 400 with the big influx earlier in the year but I'm happy. One thing I've always got to consider is the time involved in the increased administration as the membership grows. I don't know if the time available could handle many more.

PHILOSOPHER'S CORNER

In free countries, every man is entitled to express his opinions and every other man is entitled not to listen.

G Norman Collie

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

CAITHNESS CC STAGE RACE

Mark Munro drove the 200-mile slog up to Thurso on 12/13th July for the Caithness CC stage race. This consisted of the Mack Mowat 25 Memorial, on the Thurso 25 course, arguably the windiest course in the UK. The Caithness 10 which uses the same roads, this takes place Sunday morning, and followed in the afternoon with a picturesque 11 mile Hilly TT around Loch Calder; this race alone just about justifies travelling (and hauling my wee butt around a 25 and 10). Have I not friends up that direction.

The Saturday was the worst of the two days, warm, but overcast and VERY windy. Ian Black (SWC) won with a 57.46. Not bad for a 35mph tailwind followed by a 35 mph headwind! R G McLean (ABC) was second returning 59.26. Pete (The Meat) Alexander (MFCC) was third @ 2-16 with a 1-00-02. How gutted he was! I returned a 1-09-26, two minutes quicker than I did last year and knocked 44 seconds off my PB. This was good enough for 11th place - 11th overall.

A good night out and a good sleep followed, but preceded the Caithness 10, on a sunny, warm and a very light crosswind. The Caithness boys and girls were complaining that there wasn't enough wind for a good race! So with a performance to match the day before Pete Alexander comfortably beat R G McLean by 28 seconds with a 22.22. 9th was Mark Munro who returned a 25.48 which curiously was 44 seconds slower than his PB on the Garlogie course. The highlight of the event had to be the in-house fight between father and son Phil and Randal Cartwright (both Caithness CC). Knowing both of them I asked how they fared, each went slower than they did in their evening league but both knew they were gonna be close (both claiming a mid 27). It emerged that experience had beaten youth by just 1 second. Mark slotted up to 10th overall.

Light snacking was all that could be fitted in between the banter at the end of the 10 and the build up and subsequent emptying of stomach and nerve building for the 11. The weather constantly improved throughout the afternoon and it was short sleeves and shades the apparel of choice for the final flurry around Loch Calder. Mark knew slow people in front of him were going to be thin on the ground so it was simply a case of just burning round without much pacing going on. Unfortunately he found a tractor in front, which slowed him a lot on the corners, and on the straights come to think of it. He sourced his 2 min man up ahead and that was enough incentive to forget about the lost time and think about gaining again. His 3 minute man was in sight when coming down the downhill straight at the finish at Glengolly. He took 2-07 off his PB with a time of 29-41, which was good enough for 7th place and with it some prize money in the shape of 2nd handicap. Pete Alexander (surprise, surprise) was up to his usual tricks at 55rpm and secured the win with a 1-07 beating of the course record set by Keith Smith (GW). His time of 25.46 was 48 seconds quicker than Alan McCaffrey (NC) and 1-06 up on R G McLean who was under his

2006 course record such was the ideal conditions for the course. 7th overall.

Final Overall: 1 Pete Alexander MFCC 1.48.10, 2 R G McLean ABC @ 58s, 3 Austin Hughes CCC @ 6.32, 4 John Simpson SWCC @ 12.01, 5 Steven Craigen MFCC @ 12.21, 6 Darren Bain CCC @ 14.14, 7 Mark Munro DTCC @ 16.45, 8 Dave Morrill CCC @ 16.49, 9 Al Washington CCC @ 17.51, 10 Peter Fenwick CCC @ 18.02, 11 Herbie Hughes CCC @ 21.25, 12 Phil Cartwright CCC @ 21.49, 13 Nic Huyg CCC @ 25.28, 14 Caroline Simpson SWCC @ 30.42, 15 Ranald Cartwright CCC @ 32.23, 16 Steve Fraser CCC @ 35.55, 17 Mary Eagleson RRCC @ 37.09, 18 Martine Hughes CCC @ 43.29, 19 Morag Eagleson RRCC @ 43.41, 20 John Sinclair CCC @ 48.44

ADCA Coffee Pot 50TT AB50/2 06 July 08

| | | | |
|----|--------------------|------|---------|
| 1 | Carlos Riise | SWCC | 1.53.31 |
| 2 | Raymond Wilson | SWC | 1.55.13 |
| 3 | John Sturgeon | CWRT | 2.01.11 |
| 4 | James Hall | SWC | 2.03.19 |
| 5 | Gilbert Runcie | TCG | 2.05.50 |
| 6 | John Blunsdon | DTCC | 2.07.34 |
| 7 | Christine McLean | SWCC | 2.08.35 |
| 8 | Ian Anderson | DWCC | 2.08.36 |
| 9 | John Connaghan | ERC | 2.08.58 |
| 10 | Fiona Duncan | YCC | 2.09.45 |
| 11 | Phil Duncan | DTCC | 2.10.25 |
| 12 | Ian Watson | AWCC | 2.10.40 |
| 13 | Colin Sim | DTCC | 2.11.24 |
| 14 | Derek Stewart | DTCC | 2.11.45 |
| 15 | Ross Clark | DTCC | 2.12.24 |
| 16 | Neil Howarth | DTCC | 2.14.49 |
| 17 | Stephen Walton | DTCC | 2.16.45 |
| 18 | Brendan McCabe | AWCC | 2.19.35 |
| 19 | Ian Chapple | DTCC | 2.20.58 |
| 20 | Colin Allanach | YCC | 2.21.07 |
| 21 | Peter Clark | DTCC | 2.22.28 |
| 22 | Ian Edwards (No23) | DTCC | 2.37.10 |
| 23 | Rose Leith | ERC | 2.39.15 |

Ythan CC 10TT AB10/3 16 July 08

| | | | |
|----|----------------------|--------|-------|
| 1 | Colin Duncan | TCG | 22.32 |
| 2 | Alister Watt | GCRT | 23.08 |
| 3 | Veli-Matti Raikkonen | GCRT | 23.21 |
| 4 | Norman Skene | GCRT | 23.24 |
| 5 | Gilbert Runcie | TCG | 23.25 |
| 6 | Iain Watson | AWCC | 23.48 |
| 7 | Russ Craig | YCC | 23.57 |
| 8 | Bill Mackie | TCG | 24.24 |
| 9 | Ross Clark | DTCC | 24.33 |
| 9 | Fiona Duncan | YCC | 24.33 |
| 11 | Colin Sim | DTCC | 24.52 |
| 12 | Liam Cowie | AWCC | 25.01 |
| 13 | John Allan | TCG | 25.04 |
| 14 | Malcolm Grant | YCC | 25.16 |
| 15 | Bob Cowie | WCC | 25.34 |
| 16 | Alasdair McGill | S DTCC | 25.38 |
| 17 | Ian Grant | DTCC | 25.45 |
| 18 | Colin Allanach | YCC | 25.58 |
| 19 | Bill Byth | DTCC | 26.22 |
| 20 | Donna Gray | TCG | 26.28 |
| 21 | Brendan McCabe | AWCC | 26.33 |

| | | | |
|----|-----------------|------|-------|
| 22 | David McIntosh | YCC | 26.36 |
| 23 | Gordon Smith | DTCC | 26.36 |
| 24 | Kenny Anderson | DTCC | 26.45 |
| 25 | Peter Clark | DTCC | 26.50 |
| 26 | Ian Wilson | DTCC | 26.54 |
| 27 | Shelley Farrar | DTCC | 26.58 |
| 28 | Paul Winter | YCC | 27.15 |
| 29 | Dave Carnegie | YCC | 27.27 |
| 30 | Carol Middleton | YCC | 27.36 |
| 31 | Ellen Thornell | TCG | 28.44 |

Furneaux Trophy 100TT AB1000/2 20 July 08

| | | | |
|----|----------------------|------|----------|
| 1 | Ali Watt | GCRT | 4.12.36 |
| 2 | Norman Skene | GCRT | 4.21.53. |
| 3 | Veli-Matti Raikkonen | GCRT | 4.22.35. |
| 4 | Dave Millard | ABC | 4.37.25 |
| 5 | Graham Jones | ERC | 4.38.47 |
| 6 | Martin Goodlad | TCG | 4.43.59 |
| 7 | Keith Anderson | RACC | 4.46.10 |
| 8 | Ian Anderson | DWCC | 4.47.53 |
| 9 | Iain Watson | AWCC | 4.49.12 |
| 10 | Colin Sim | DTCC | 4.50.34 |
| 11 | Kenny Anderson | DTCC | 4.55.11 |
| 12 | Ian Grant | DTCC | 5.06.28 |
| 13 | Alex Douglas | RACC | 5.07.15 |
| 14 | Stewart Mitchell | DWCC | 5.15.06 |

DTCC/Freelance World Road Race 10 August 08

Weather conditions for the DTCC Freelance World 75mile Road Race on Sunday 10th August looked decidedly dubious at 9am with rain bouncing off the road and small streams running along the verges. However, by the time the field of 33 riders rolled out thru' Garlogie and on to the Dunecht road the sun had forced it's way thru' and the roads were drying nicely. The early stages of the race were marked by a number of attacks by single riders and the peleton didn't show much urgency in chasing them back but as the race turned on to the Tough road it was all together. This is where it got serious as the wee climb up passed Kirkton of Tough started to take its toll. On the climb to Lumphanan cross-roads there was a major sort out with a number of riders losing contact with the main bunch.

Once on the Echt/Dunecht/Millbank circuit the race winning break of Jason Roberts (Cat 3) (Glasgow Nightingale) and Tom Anderson (V2) (Falkirk BC) got away. The remainder of the peleton left it too late to chase them back and Roberts outsprinted Anderson for a fine win. In the ADCA competition Ali Watt (Granite City RT) retained his title from his team mates Steve McIntosh and Veli-Matti Raikkonen.

Well done to all Deesiders who rode on Sunday. It was always going to be a hard race - the course saw to that, but there were some tough riders competing. It is to the credit of all the guys who rode that so many finished.

1st Deesider was Keith Robertson who was quite close to picking up the 1st 4th cat prize. I also noticed Keith rode out and back from the race so was really getting his monies worth! Pete Dennis did well considering he decided very late to race. He could have had a nice comfy seat in a service car but opted to test himself. A particular mention should go to Ross Calder who is new

to road racing and rode a big chunk of the race by himself. Clearly, the strength and endurance is there, just need to get the hang of the speed changes in the bunch to hang on to wheels. Finally, well done to Alasdair and Mark for being determined to finish. The 75 hard miles will have done wonders for them both. Before the race I thought anyone finishing within 30-40mins of 1st could consider it a good day at the office. FYI - last year Todd Robertson a US 2nd Cat from Colorado finished at 29mins.

Finally, there has been some positive feedback about the course and we have been encouraged to consider promoting this race or similar as part of the SC Super Six road race series next season. *Duncan Warwick*

Result

1 Jason Roberts GNCC 75 mls in 3.09.10, 2 Tom Anderson FBC @ 2s, 3 Graham McGarrity DRT @ 16s, 4 Ross Creber SIS @ st, 5 Neil Cameron FBC @ 19s, 6 Craig Moffat FBC @ 24s, 7 Stuart McGregor VE @ 29s, 8 Alistair Watt GCRT @ 1.53, 9 Steve McIntosh GCRT, 10 Derek Walker EKRC, 11 Veli-Matti Raikonen GCRT, 12 Tim Blathwayt ERC all @ st, 13 Liam Cowie AWCC @ 2.08, 14 Ray Wilson SWC @ 3.31, 15 John Kermode DTRC @ st, 16 Jamie Kennedy GCCC @3.32, 17 Keith Robertson DTCC @ 5.44, 18 Alasdair Easton ERC @ 10.40, 19 Jed Martens DCC @ 17.28, 20 Peter Dennis DTCC @ 19.38, 21 Ross Calder DTCC @ 24.42, 22 Ken Thomson DCC @ 25.08, 23 John Simpson SWCC @ st, 24 Alasdair McGill DTCC @ 36.04, 25 Mark Munro DTCC @ 37.40

RACING SHORTS

The SC 100TT Champs was held on 03 Aug at Invergordon. Won in fine style by Jim Cusick GCCC with 3.54.41. The Deeside was also well represented. Ian Sinclair was our best with 4.45.39. Derek Stewart returned 4.52.20 and Ivan Laughton 4.54.04. In this event an unfortunate accident put Colin Sim out. Broken collar bone, cracked ribs and punctured lung have probably finished his season

At the recent European Masters Championships at Manchester Velodrome Scottish riders were in the medals where a total of 13 were won. Our own club member, Ian Humphreys won Silver in the points race. It was an exciting event with Ian, Jimmy Rutherford (a former Scottish rider) and a French rider lapping the field. Ian won the final sprint but was just pipped in the points for Gold

On Wednesday 06 August at the 10TT in Stirling it was a very wet and cold evening. Arthur Doyle Dooleys won in 20.05. Deeside rider, Ian Humphreys (in his first race on the road this year) returned 21.52 and Jenni Nicholson returned 25.17

Arthur Doyle Dooleys Cycles won the 25ml TT at Stirling on Sunday 10 Aug with 52.22. 1st Vet 50+ was Ian Humphreys with 56.35 for 7th place and in a pb came Jenni Nicholson with 1.06 10

In the Ian Longbotham Memorial 25TT on 10 Aug at Forres Dick Stewart came close with a 1.00.34. Sean

Monaghan returned 1.01.18. 1st fastest was Barry McGurk in 53.52

The J & B Train 10TT on 10 May was won by D Black CCC in 20.45. Bill Byth returned 25.56 and Jenni Nicholson 26.05

NOVICE CHAMPIONSHIP 10TT 2008

The club's Novice Championship was held on Tuesday 12 August in conjunction with the Evening League event.

| | | |
|----|------------------|-------|
| 1 | Anderson P | 24.30 |
| 2 | Nettleton Keith | 25.31 |
| 3 | Crawley P | 25.44 |
| 4 | McLeman T | 26.19 |
| 5 | Dalton John | 26.37 |
| 6 | Dolle Norbert | 27.07 |
| 7 | Liversidge Derek | 27.35 |
| 8 | Darling S | 27.49 |
| 9 | Murchie L | 27.57 |
| 10 | Watson Kevin | 28.18 |
| 11 | Doel Edwin | 29.20 |
| 12 | Fee J | 29.24 |
| 13 | Clark Chantel | 29.54 |

TRANSALP 8-DAY MTB STAGE RACE

19-26 July: average of 83k & 2700m of ascent per day



This race – or perhaps odyssey is a better way to describe it – is a different league of hardcore brutality to anything I've previously attempted. But worth every cut, bruise and drop of lactic acid! It was like living a year in a week – being so intense, rich and all-consuming an experience (socially and physically). We, and 1,198 other competitors, representing 47 countries, experienced every weather, terrain and emotion imaginable. Although officially an MTB race, the Transalp is really a test of an all round bike rider; requiring the judgement and endurance of a tester, the cunning of a road racing tactician as well as the mettle and bike handling of a downhiller. The key was knowing when to play your strongest suit and when to be disciplined, chill out and let others past (easier said than done!).

Pete and I didn't really know what we were getting ourselves into until after the first day when we were totally flummoxed as to how we would manage 7 more of the same! But it is amazing what you can come up

with when you are constantly pushing your personal frontiers. I've never been part of such a high quality field (apart from Evening League of course) and marvelled at the demonstration of brinkmanship as the riders teetered on the edge of what their bodies and minds could handle day after day. The race became a life of strange contrasts, blurring between bone-shaking boulderfields and smooth tarmac, fatigue-exhilaration, doubt-stubbornness, hunger-nausea, heat-cold, slipperiness-traction, wakefulness-sleepiness, speed-slow motion. And it was interesting how different people found different bits the most testing.

We suffered and grovelled up exposed midday climbs in the sapping, intense heat as continentals whizzed past hardly breaking sweat (but how do you train for that in Aberdeenshire?!). When it snowed and hailed on some of the high passes and the suddenly subdued mountain goats were wide-eyed and trying to retract their whole bodies into their cycling jerseys, we thought 'Ha! Weather we have trained for!' Being able to actually SEE the trail ahead is a luxury we don't need!

Every day required a recalibration of The Cyclist's Scale of Tolerable Suffering. Day 1 had me grumbling about trivial things, like dual glute cramp (yowch!) that meant I couldn't sit down for 5 minutes of pedalling (which in turn did not impress my legs very much after already having done a 2hr climb). But from Day 2 onwards the tender-bottom and all over run-over-by-a-bus feeling became a constant background to life, compounded for me by altitude sickness (I was not at my most attractive with a face like spacehopper and chronic trickle of nosebleed). On any other day of your life, if you felt that bad, you'd not go and race for 6 hours over a couple of Alps but be heading straight for your doctor's surgery!

But all that was more than compensated for by lots of crowds cheering and cow-bell ringing; eating as much as you like for 8 days (though if I am ever even in the same room as salami or frankfurters again...); and the totally nectar downhill). I wish I had the eloquence to describe how wonderful the descents were but all I can say is that for me they were coming close to the pinnacle of existence!! Sometimes we would be steaming down gorgeous switchbacked tarmac (though finding that knobbly tires don't stick quite as well as the slicks I'm used to on the road!), interspersed with tricky sections of singletrack. Other times we would be blistering down endless miles of swoopy (and often rough, rutted and off-camber) gravel tracks - perfecting the scary-but-oh-so-thrilling art of drifting round corners to maintain high speed (off-road PB of 68km/hr on a pretty rough bit, but don't tell my mum!). Day 3 featured one of the most breath-taking descents of my life - I nearly exploded with delight - after a 2.5 hour climb we swept down a wide, vast rollercoaster moonscape steaming in the sun, above the clouds with jagged, glacier-clad peaks and blue sky all around.

Coaxing tired bodies into staying upright and picking a good line down the most steep, slippery and bouldery singletrack was a real challenge for everyone. Although, for us, the other riders were by far the biggest obstacle and meant you had to do much more braking than you

would normally and to take an even trickier line to be able to pass them. The Brits, Irish and Aussies were shocked at how much some continentals were not up for true idea of cross-country riding. Seemingly unacquainted with the joys of gravity and textured terrain, many would balk at the first sign of mud, puddles, roots or rocks, even those with full-suspension. This was frustrating at times for us slower climbers - and especially on undulating terrain - as it is generally much easier to overtake people uphill than down. Nevertheless I don't think we've had our mojos working so hard and so well. The continuity of riding constantly for 4-7 hours every day stopping only once or twice at a feed station (so well marshalled there was no need to stop at junctions) - and for 8 days in a row - led to an unprecedented harmonious melding of bike and rider (well, harmonious until numpties stopped suddenly in front of you and you had to conduct a swift controlled yet involuntary dismount!). Pete got jealous when I got a few 'chapeau's - but I think the best complement ever was when we'd been spat out onto the main road full of smiles after the hardest section of the race and one guy said "wow, you're a real lady - and there's not many of them".

On Day 1 we probably went too fast but it was worth it to get a good grid position for the rest of the week. Every day they set us off to the sound of "Highway to Hell" by AC-DC and the first 20 minutes would be a complete bunfight melee with plenty crashes and punctures going on. I hated it because, being faster up than down, we were always around people who were better climbers than us which forced you into their pace. The constant threat of 'spending all your biscuits' in the first hour had to be resisted!

From Day 2 we wanted to ease up to conserve energy, but soon found that the steep gradients often meant it was no easier or more efficient to go any slower. As always it is not the big signature climbs that get you but the wee sneaky ups and downs in between (what we call the "Sheildaig Effect").

Pete's frame cracked on Day 3 (only discovered afterwards). Ever-thrifty Pete was devastated and determined to fix it with duct tape, but I was just glad he was still alive (as frame failure on one of those descents is not a thought to dwell on) and managed to persuade him that maybe this was one problem we would just have to throw money at. He managed to borrow a bike for the next day, but with the brakes the wrong way round, leading to an entertaining display of fishtailing down all the descents.

Day 5 was the hardest of the whole race and marked a clear shift from racing to just surviving. Lifting food to mouth at breakfast was already a trial so serious depths of willpower had to be plumbed to survive the heinous steep (and long) climb straight from the gun in the baking heat. There was no chance to switch off our concentration either as lots of the trail (both up and down) was on the edge of a precipice - that curtailed our urge to overtake on the downhills somewhat - one guy

actually dropped his bike over the edge never to be seen again when walking over a tricky section – doh!

Now we were leading a dual life. You channel all your remaining mental and physical energies into being (and staying) on the bike (and sometimes it takes it all just to keep turning one pedal after the other) so the rest of the time you are a limp, shaky, nauseous, acid-saturated amoeba who has to dig to deep to complete even the simplest of the ancillary daily tasks, such as bike washing, stretching, lugging around massive kit bags to drop off points, bike fixing, handwashing shorts and jersey, mutual leg massage and walking miles (often up hilly cobbled village lanes in your cleats) to find the bike-shed, camp or pasta-party (usually as spread out as could possibly be!) Just texting a daily update to Ken became a real test of grit with serious ‘arm-pump’. And I started having serious hallucinations about soft mattresses, porridge and leisurely cappuccinos!

Day 8 had the combo of exhausted riders and the most technical terrain of the race – a recipe for carnage perhaps but the best day for us. We managed not to lose too much on the initial climbs and totally nailed the descents to come 5th (when we’d been generally in the teens every other day). One section of trail was really gnarly (narrow, twisty, steep with mud and rocks covered by wet leaves) but one floundering, sarcastic man did me a massive favour. I called ‘rider’ to get past him and eventually and reluctantly he did and said, “well, if you THINK you can ride it”. That’s a red rag to my inner bull if ever there was one and I rode out of my skin to clean the rest of the descent. You can imagine how deliriously happy we were to get to the finish with limitless watermelon and Lake Garda to jump straight into – aaahhh!

We were really chuffed to finish 12th out of 75 Mixed Pairs and 203rd of all 600 teams.

| Stage | Distance (km) | Ascent (m) | Time | Stage Position | Overall Position |
|---------|---------------|------------|-------|------------------|------------------|
| 1 | 80 | 1962 | 4:18 | 18 th | 18 th |
| 2 | 76 | 3171 | 5:32 | 13 th | 13 th |
| 3 | 75 | 2547 | 4:40 | 13 th | 14 th |
| 4 | 77 | 2621 | 5:09 | 14 th | 14 th |
| 5 | 122 | 2909 | 7:08 | 18 th | 14 th |
| 6 | 97 | 3930 | 7:14 | 12 th | 14 th |
| 7 | 75 | 3071 | 5:21 | 14 th | 13 th |
| 8 | 62 | 1480 | 3:20 | 5 th | 12 th |
| Overall | 665 | 21,691 | 42:44 | | 12 th |

Postscript:

You would think that was the hard bits done but no-one tells you about:

Unofficial Stage 9: stampede getting your chicken & chips on last night (not pasta, woo-hoo!)

Unofficial Stage 10: frenzied rammy getting finishers jerseys. A thunder and lightening storm caused the end of race party to descend into soggy chaos (with palpable Germanic distress at the disorder) as the power blew, cutting the microphone and deflating the big inflatable sponsor displays around the compere’s ears. I’ve seen calmer people on the news clamouring round UN food drops.

Unofficial Stage 11: enduring next morning 5.5hr hot, stuffy bus ride back to Fussen without being sick after the biggest and most deserved breakfast you can imagine.
Katrina Brown

CORRIEYAIRICK

Fort Augustus to Kincaig - 43 miles

We set off at 6.15am with Keith, Jim, me and Darren, my Grandson for back up. Over the hills - Lecht, Grantown, A9 - misty on tops, no traffic. We made good progress, arrived at 8.45am - one pit stop for Keith (big jobs), one for Darren (travel sick or lack of food - young loons!!)

The MPH bike delivery artic with bikes from Kincaig was there waiting, early this year.

The usual friendly fast check in with nice weather forecast for through out the race except for the face wind for 20 miles out of 27 road miles, light race gear for us.

9.40am we are off, noted the first M.B. failure in the first mile - 2 punctures in 2nd mile then several more before top - 2,900ft - 1.50 for me to top. Keith and Jim left my sight after the first few miles. They have the endurance of mountain hares. We all ran through the zig zags - big time saver and injury eliminator as the road is now "kinda gone".

Onwards downhill to the new repaired section with pipe bridge - thanks to the race organisers.

From now onwards to the tar road (3 miles), it's a case of staying upright through this boulder field. I saw at least 6 riders torpedo - one 6'6" guy looked cut up. My Scott M.B. with full suspension again did well in its 3rd year - so new tyres for me next year as they must be cut somewhere, all to eliminate breakdowns.

So onwards to Garve, no stops - straight through then my bike modification by Peter at Banchory Bikes began to kick in. Good job, Peter, keep it a secret. I knew at Kingussie (17 miles to go) I could not better my 4.08 course record in vintage class, perhaps next year with a tail wind!! Nobody passed me on the bike after Garve. I took 20 riders at least.

At Kincaig, a great Highland Show reception with Jim and Keith waiting for this old boy.

Our times:

| | |
|----------------------|------|
| Keith | 3.55 |
| Jim | 4.09 |
| Bert | 4.27 |
| Team time average | 4.10 |
| Winning team average | 3.13 |

A great day and a great challenging event. I hope more team members will be there next year. *Bert McIntosh*

IRONMAN – AUSTRIA

the good, the bad and the downright ugly

Ironman Austria takes place in and around Klagenfurt, close to the Slovenian border. The race is popular worldwide for its stunning scenery, fast cycle course and flat run. The endurance triathlon starts with a 2.4 mile open water swim, is followed by a 112 mile non-drafting bike ride and is topped off by a marathon. Elite competitors complete the race in just over 8 hours and for those less talented there is a 17-hour cut-off.

In a fit of madness we entered the race last summer and under the watchful eye of Ken we set about preparing ourselves for the event. On 13th July, after 8 months of training we found ourselves standing on the banks of the Worthersee at 7am surrounded by 2,500 other like-minded nutters.

Ian's race

At 3.30am the alarms went off. Once I remembered where I was and what I was faced with that day the adrenaline kicked in and I leapt out of bed. With a hearty breakfast and a good portion of butterflies in my stomach I made my way to the race site.

Standing on the beach looking out over the clear blue water of the Worthersee, a feeling of peace descended. The nervousness was replaced by determination. This was to be my 2nd Ironman and my target was 10-hours something. I glanced over to Liz, an Iron-novice. She looked cool as a cucumber as she pulled her goggles on. Did she know what was about to hit her?

I positioned myself in what I hoped would be a civilised start area away from the hustle and bustle of the main field where the elbow battles usually take place. The cannon sounded and we were off. I stayed out of the 'washing machine' and had plenty of space to get into a steady rhythm. The swim section is the one part of the race where slipstreaming is allowed, so I took advantage of this and found some reliable toes. Then at about 2.5km somebody started zig-zagging aimlessly across my path, crashing into me and almost knocking my goggles off. Cue spectacular evasive action. The final 800m are along a canal with hundreds of spectators perched on the banks cheering like madmen – what a great way to finish the swim!

It is always a great feeling to get out on the open road after the swim. I was riding my Cervelo P3C TT bike with disc wheel and 808 over beautifully smooth tarmac and down long clear roads – awesome. The sun was out, the mercury hovered around 20°C and crowds lined the streets. The bike course consists of two large laps through some incredibly scenic countryside. Each lap has about 800m of climbing: a few small lumps here and there but the big climb is the Rupertiberg. The climb is 2.5km with a gradient up to 11.7% and has most people huffing and puffing their way to the top. From there it is essentially a slingshot down to the start of the second lap.

At first it was difficult to hold back and keep the pace steady. I felt good, and I didn't want to hold back too much. So I kept the power in check and didn't let it go above 200 watts, apart from on the steeper hills. Midway

through the second lap fatigue set in. I took the foot off the throttle and prepared my legs for the run.

Mother Nature provided us with a spectacular sound and light show. A summer thunderstorm accompanied by torrential rain cooled us down for the start of the marathon. The run started well and for 5km I was actually holding myself back, thinking I would have a relatively pain-free marathon, but alas... By 10km the legs decided they had something else in store for me. The next 20km were hell as I tried to cajole my very sore and very tight legs to put one step in front of another. Then in the last 10km the thought of the finish line spurred me on and it was with a sense of elation that I saw the final km sign. At 10:49:14 I crossed the line and conquered Ironman Austria – pretty pleased with my sub-11 time.

Liz's training

At the start it seemed like madness. How is it possible to train the body and mind to complete such a long and demanding event? The key is commitment. The volume of training is high and each session is a quality session. The cumulative effect of training long and hard is that most training sessions are started off tired. Come rest week (1 in every 4 – hurrah) the body and mind are tired, appetites are enormous and grumpiness levels are through the roof. This goes on for months. Yet despite the blood, sweat and occasional tears it seems you just cannot help yourself.

The bike ride is the longest part of the event and much of the training takes place on two wheels. Long freezing Sunday rides are topped up with evil turbo sessions. Just when you think it has become unbearable, the club trip to Mallorca comes along and all is forgiven. Tan lines are formed and for a whole, glorious, warm, dry, sunny week the bike is your best-est friend. Spring arrives and the short sharp training rides start up, usually finished off with a short run, your classic 'brick' session. The running sessions change from short reps in the winter, through longer intervals in the spring, to long endurance runs in early summer. In the meantime you visit the pool so often you're on first name terms with the lifeguards.

And then one day you realise that your mind and body are ready, ready for the ultimate test. That your muscles have grown accustomed to sitting on the bike for hours on end; that your bones can cope with 2, 3, 4 hours of pounding on tarmac. There is no moment of excitement, no thrill or Road to Damascus revelation, just a quiet acceptance that what once was madness, is now attainable.

When training is going well, you feel on top of the world, invincible. When things aren't going so well – virus, tiredness, injury – the pendulum swings the other way. Hubby, friends, colleagues are supportive and understanding. They put up with the moods, the drop in social contact, and the distinctly vacant look in your eyes on a Monday morning. Is it worth it? Yes, I suppose, it is. The training is, for the most part, enjoyable and the race itself is awesome. As a person you grow stronger and you learn so many things about training, your body, your limitations. Would I do another? Yes, one day. But first I would like to spend some time with my husband.

Vital training statistics:

swim: ~50 hours in the water
bike: ~175 hours in the saddle, ouch
run: ~55 hours on the feet
one bike crash, two falls on the run, five viruses, two stomach bugs, and about 250,000 heart beats 'in the zone'

Race rewards

swim: 01:16 consistent 20mins/1km
bike: 05:58 respectable sub-6 hours
run: 05:05 feeling of sickness for 26 miles
(interesting sensation, not recommended)
overall: 12:37:39 well under 13:30 target

Ian Brown/Liz Chellingsworth

GRAN FONDO CAMPAGNOLO

Fancy riding a European Sportive? The Gran Fondo Campagnolo starts in Feltre, which is located in the Italian Dolomites around 90 minutes drive North of Venice. Two routes are on offer, the 'medio' is 70 miles with 2500m of climbing and the longer offers 134 miles, 6 major climbs and almost 4500m of climbing. Over 3000 cyclists gather at the start and the atmosphere in the town is worth the journey alone. For me the longer route promises to provide my entertainment for the day.

The route starts easily enough but the Passo Duran is the 2nd climb of the day. Eight miles long and with 15% gradients, my legs learn that this will not be an easy day. After a short descent the route turns upwards again for another 8 miles but only 11% slopes this time. So far the sun is shining and the scenery stunning but the forecast suggests this will not last!

With 70 miles in the legs a corner is turned and the 12.5 miles of climbing to the top of Passo di Valles begins as does the rain. This is climb number four. The last 6 miles for me can only be described as HARD! My legs are tired, the computer reads an embarrassing 4 mph at times and the road continues to rise. Any thoughts of racing to the top are balanced by the need to save energy for the 50 miles and 2 climbs left.

At 2032m the top of the Valles was very cold and wet, but I was lucky as I missed the snow that fell for some on the day. Thankfully the 5th climb was easiest of the day. My long gloves purchased the night before came out for the 20 miles of descent, which was anticipated as the best bit of the day but the cold weather and rain spoil that. My teeth were chattering and the battle for survival began. Many riders were stopping the medical support asking for surgical gloves to provide some warmth for freezing hands and one rider commented that he had to keep looking down at his legs to ensure they were still spinning, as he could not feel them (he abandoned). Upon arrival at the last feed stop near the bottom of the descent a blanket was thrown around all who arrived and hot drinks offered. A van was filling up with riders who did not want to carry on!

Upon reflection the previous 2 hours were among the worst I had ever spent on a bike. However this was soon followed by a couple of the best! Joining with a couple of

other Brits, which was good for morale, we were soon in a train flying along through the stunning scenery and tunnels that the Dolomites offer. The final climb was up Croce d'Aune where in 1924 Mr Tullio Campagnolo punctured in the cold weather and came up with the idea of a quick release system. One aim for the day was to ensure that I saved enough energy for this final 8 miles of climbing with a 13% kick near the top. As it turned out I probably saved too much and felt surprisingly good for the final descent and managed a sprint for the line. Around 11 hours after leaving which included 40 mins of time spent at feed stops it was over. Sure it took me at least an hour longer than I hoped but it sure was a great experience. The winners did it in just under 7 hours.

A final couple of thoughts:

I arranged this with some members from Ythan who travel every year. Perhaps DTCC could operate a trip to a European Sportive every year? The Quebrantahuesos in Spain or Marmotte sound interesting.

For me the new short sleeve jerseys should include at least a ¾ zip so they can be worn when climbing the hills

Ian Chapple

PHIL WINNING

We think too much about what goes wrong and not enough about what goes right in our lives. Of course, sometimes it makes sense for us to analyse bad events so that we can learn from them and avoid them in the future. However, people tend to spend more time thinking about what is bad in life than what is helpful. One way to keep this from happening is to develop our ability to think about the good in life. Most of us are not nearly as good at analysing good events as we are at analysing bad events, so this is a skill that needs practice. As you become better at focusing on the good in your life, you will likely become more grateful for what you have and more hopeful about the future. So let's get started.

Your assignment is as follows:

Set aside 10 minutes before you go to bed. Write down three things that went really well on that day and why they went well. The three things you list can be relatively small in importance ("My husband picked up my favourite ice cream for dessert on the way home from work today") or relatively large in importance ("My sister just gave birth to a healthy baby boy"). Next to each positive event in your list, answer the question, "Why did this good thing happen?" For example, someone might write that her husband picked up ice cream "because my husband is really thoughtful sometimes" or "because I remembered to call him from work and remind him to stop by the grocery store." When asked why her sister gave birth to a healthy baby boy, someone might write that "God was looking out for her" or "She did everything right during her pregnancy." Writing about "why" the positive events in your life happened may seem awkward at first, but please stick with it for one week. It will get easier.

© Martin E.P. Seligman

Phil McNally <http://www.veryhappyphil.com>

TEAM RACE 12

I present to you 16 riders for this year's Championship 12 hour complete with full ladies team - a first in the history of Scottish cycling. Riders are as follows:

Men

Peter Crawley
Steve Darling
Phil Duncan
Doug Haig
Dave Kilshaw
Ivan Laughton
Eric Malcolm
Alan McCourt
Alan Rose
Keith Rowson
Colin Sim
Sandy Whyman
Ian Wilson

Women

Shelley Farrer
Charlie Hamilton
Linda Reid

I started to build this team 10 months ago and my aim was to get 20 riders. The short list got up to 23 riders and when you build a team as big as this you need a plan, you need to be able to inject confidence into the new riders and above all you need to be a good tactician.

I am very proud of this team and the fact we go with a full ladies team is always the icing on the cake. Women are like gold for this type of event.

My job is done getting it together and when the timekeeper says go it's all down to the individual. A 12hr will never be easy and I am sure this is the biggest challenge most of these cyclists will ever face. I wish them the very best of luck.

Special Mentions:

Colin Sim – you will no doubt have heard of the crash Colin suffered in the closing miles of the SCU 100TT. He had been fully committed to the 12hr and was in really good shape. The training he'd put in was awesome and it is sad news for the team that he is unlikely to be taking part

Linda Reid – Linda says this is to be her last time trial. She has been a tower of strength from the Mersey 24hr to a Lands End to John O'Groat's ride earlier this year. She has done a lot of work behind the scenes to pull this ladies team together

Marianna Smitts - joined the club last February and said she wanted to ride the 12hr and showed great commitment by doing big rides. Then she had that nasty crash. She is recovering well but won't be riding

Bruce Bricknell - for lending his camper van

Keith Rowson - you have to admire this guy. He went to England a week ago to ride a 12hr and did 208mls but he went of course and rode an unrecorded extra 10 miles. Lets hope it didn't take too much out of him. He now has the confidence to know that he can do it

Comments

Linda Reid - Scottish cycling awaits with bated breath. I'll be surprised if there is ever a ladies 12hr team again. We have one chance. We must stay strong. The record is there for the taking

Doug Haig - my standard is set in stone. I have never lost a rider. Sure you will feel discomfort, even some pain but pain is temporary and I can tell, you will come nowhere near the pain Colin Sim had when he hit the deck. Think

of him when you feel discomfort and I'm sure you will ride your self through it

Colin Sim - now fairly certain that I will not manage the 12 Hr. Fracture clinic found several cracked ribs on the x-ray, which would explain the pain I felt when sneezing, coughing, getting up out of bed etc. Can't understand why Raigmore never noticed as I recall telling them when I first arrived that my ribs did not feel right. Collar bone is just going to take time to knit (along with the ribs), still have a small Pneumothorax (tear in my lung), which again needs rest. I'll be back *Doug Haig*

ROAD RACE TRAINING RIDES

Members interested in road-race training sessions are invited to get in contact with Duncan Warwick. He is meeting weekly on a Thursday evening in the Garlogie area. Contact him on duncan.warwick@btinternet.com.

ADCA TOUR

The full up to date record of the ADCA Tour being tested by Mark Munro is at <http://www.deeside.org/results.html> Currently Veli - Matti Raikkonen GCRT leads from Norman Skene GCRT with Sean Monaghan DTCC in third place. Top female: Fiona Duncan YCC, Under 18: Liam Cowie AWCC, under 25: Marco Munro

GO-RIDE

I am the Active Schools Coordinator for the Aboyne Network and I am currently recruiting volunteers across Aberdeenshire that would be keen to further develop junior cycling opportunities by delivering the 'GO RIDE' Programme to children specifically within the Aboyne/Banchory area. However, I would be very keen to hear from others that would like to deliver in other areas of the Shire. This involves each volunteer achieving level 2 certification in order to coach children in traffic free zones utilising the Go Ride Gears books that are lesson plans for coaches to follow.

You may have noted that both Scottish Cycling and Aberdeenshire Council advertised for a RDC (Regional Development Coach) earlier in the year. When a successful applicant is appointed it will be within their remit to deliver Go Ride sessions within the schools in the Shire. Thus enabling children to receive taster sessions of varied cycle disciplines during curricular time and have the opportunity to filter on to current junior sections within local cycle clubs during extra curricular time.

The Go Ride programme offers a firm structure to the junior section of a club. Clubs must already meet certain criteria before joining the programme but along the way they continually work towards improving themselves and achieving 'best-practice'. Once all the pieces are in place, a club can become Go-Ride Clubmark Accredited. This accreditation is a much sought after quality mark as well as having benefits. One benefit is that with accreditation, a club no longer has to pay a levy normally associated with each sponsor on your club kit.

You can read about the Go Ride Programme at http://www.britishcycling.org.uk/web/site/BC/clu/go_ride_for_clubs.asp

I require names of volunteers wishing to complete level 2 coaching qualifications and thereby be willing to deliver sessions for juniors in the Aboyne/Banchory Area or other areas within the Shire. Please note that the set up, choice of location and choice of day and times for running junior Go Ride sessions are all at the discretion of the volunteers and the club. The Go Ride programme merely forms another branch within your club, exactly the same as the Grampian Tigers to ensure that juniors have an opportunity to progress within our sport. After volunteers initially register their interest to complete the qualification, I will send all completed applications to Scottish Cycling and we will then form a core cycle development group with representation from the associated club, an Active Schools representative working within that area and Scottish Cycling.

Further Details:

Please note that all applicants will be completing the scholarship form for 75% subsidisation of course fee by Scottish Cycling. The remaining 25% will be discussed but will not be an expense to the applicant.

Aberdeenshire Council will host a First Aid course for all applicants.

British Cycling Membership would be purchased by the applicant as a form of insurance for coaching delivery. Discounted rates are available for first time members with British Cycling. £22 discount rate. £35 non first time members.

Please note that both the first aid certificate and cycling membership will be pending on the application form and will only be progressed when Scottish Cycling confirms subsidisation of the course fee

Immediate Action Required if wishing to volunteer:

Contact me at Sarah.Fettes@aberdeenshire.gov.uk and complete the application form. This will then be sent to Scottish cycling.

There is a Level 2 Coaching Course scheduled for 20/21 September and 13 December I look forward to hearing from you at your earliest convenience. *Sarah Fettes*

MOUNTAIN BIKE TRAINING RIDES

A group of DTCC members meet for mountain bike runs on Tuesday and Thursday evenings. We'd like to invite other club members who may be interested in getting into mountain biking, either for fun only or with a view to eventually competing in the SXC mountain bike race series or some of the many mountain bike enduros.

The group meet at 18:45hrs and the runs usually last between 1 and 2hrs and can be tailored to suit all skill levels. We always ride to the pace of the slowest rider so no one gets left to die of exposure in the forest.

Interested? Then please contact either Simon Richards or Pete Kneeshaw and we will put you on the e.mail list. Simon is on simon.richards@lundinbritain.com tel: 01224-287005 and Pete is on banchory.cycles@btconnect.com tel: 01330-820011

ADCA NOVICE TITLE

Nominations for the 2008 Novice Competition are sought. It is much easier to create an ongoing list instead of a wholesale search at the end of the season. Rules:

SCU member of an ADCA Club

You must not have beaten the following times in the three (3) years prior to the start of the current season
- for 10mls TTs, 26.00 and for 25mls TTs, 1.05.00

Bob Gibson

GRAMPIAN TIGERS YOUTH CYCLING CLUB

Grampian Tigers Youth Cycling Club is not currently meeting but will reconvene once the new school session starts. Members interested in getting involved with this youth group are invited to contact Gareth Smith on 0787 9282666. He is also on info@grampian-tigers.co.uk and there is a web site at www.grampian-tigers.co.uk. The success of this group and the appointment of a cycling officer by Aberdeenshire Council may lead to other similar groups being formed elsewhere in the north-east.

ADCA COMPETITIONS

Please note we now have a date for the H/Climb Champ. I just hope those who shouted for a Hill/Climb support this year's event now that it is in September. If you are eligible for the Novice Title these are the remaining races:

Glegg Trophy "25" 31/8/08

AC Yule "10" 13/09/08

TCG The Bob Souter Trophy "10" 28/09/08

Other relevant ADCA events:

ADCA Hill Climb (Cairn mon earn) 21/09/08

Rising Westerly "100" 07/09-08

Details of all these events are listed at the end of the magazine. Please spread the word.

Competition Best Performance in ADCA Events

| Senior BAR | 25, 50 & 100ml on avg. mph | Trophy |
|------------|----------------------------|--------|
| 1 | Skene N Granite City | |
| 2 | Raikkonen V Granite City | |
| 3 | Watson I AWCC | |
| 4 | Sim C DTCC | |
| 5 | Grant I DTCC | |

Ladies BAR 10, 25 & 50ml on avg. mph Trophy
Currently no Deeside females are qualifying

| Vets BAR | 25, 50 & 100ml Std avg. mph | Trophy |
|----------|-----------------------------|----------|
| 1 | Skene N Granite City | 05.07.55 |
| 2 | Sim C DTCC | 22.04.62 |
| 3 | Grant Ian DTCC | 30.12.63 |
| 4 | Riise C Sh Whs | 16.10.64 |
| 5 | McIntosh S Granite City | |
| 6 | Stewart D DTCC | 02.07.36 |
| 7 | McLean Chris Sh Whs | 08.02.60 |
| 8 | Monaghan S DTCC | 22.02.68 |

Novice 2 x 10 + 1 x 25 Trophy

Quite a number of riders are in line for the Novice title but as yet it appears none have completed all the required events

Junior BAR 25 & 50ml on avg. mph Trophy

Juvenile BAR 1x10ml+2x25ml avg. mph Trophy

Boab Gibson

ADCA CHAMPIONSHIPS 2008

| Date | Trophy | Winner | Club |
|----------|------------------------|--------------|------|
| 16 Mar | Dick Londragon | Alister Watt | GCRT |
| 18 Jun | Massie 25ml Team | GCRT | GCRT |
| 06 Jul | Coffee Pot 50ml | Carlos Riise | SWCC |
| 27 Jul | Furneaux 100ml Team | GCRT | GCRT |
| 27 Jul | Ian Porter 100ml Champ | Alister Watt | GCRT |
| 10 Aug | Jolibar RR Champ | | |
| 17 Aug | SCU Vets RR Champ | | |
| 31 Aug | Glegg 25ml H'cap | | |
| 21 Sep | H/C Else/Mitsubishi | | |
| 28 Sep | Bob Souter 10ml H'cap | | |
| SCU 12hr | Alfie Brand 12hr Champ | | |

FOUND

I found a small Continental seat pack containing 1 inner tube and a pair of tyre levers on the road just past the Cairnie Roundabout (Aberdeen direction) after Tuesday 12 August's Evening League event. If you recognize the description, drop me a line and you can be reunited with it.

Steve Darling (steve@darlings.org.uk)

LETTERS

Sir, I've completed most of the Sarcopenia study for the University. The staff were impressed with my performance, the thing is right up my street. They would like to see more over 65s. Also they would like one person between 18 and 25. If you are over 65 or a fine fit fellow between 18 and 25 and would like to know more please contact me.

Regards, Dick Dastardly Stewart
derek@stewart98.fsnet.co.uk

Sir, Came across this and it's very enjoyable.
<http://www.youtube.com/watch?v=jdlpJqHxLxk>

Regards, Phil Kelman

Sir, I still have fond memories (some at least) of the roller marathons and sprint sessions in Little Belmont St. If I am not mistaken those rollers were mistakenly thrown out when the club moved premises? There is quite a bit of excitement in the press with new roller 'contests' that go on around the country. I came across this web site <http://www.rollapaluza.com/> who seem to get involved in them. Is this something that could be revived? 1 hour Marathons (still shiver at the thought of that pain)? Evening Sprint Competitions early season? I think it would generate a lot of interest. I can imagine though it will be costly to set it up again with the equipment needed. If we got Doug Haig rattled with his air horn it could be quite a buzz...

Regards, Jonathan Ritchie

Sir, A friend and I are setting up a mountain duathlon on 14 Sept. This year it is a trial run so entry is completely free. Check <http://deesiderunners.com/dp/node/815> for more information

Regards, Gary Hughes

Sir, I've set up a "Just Giving" webpage so you can all sponsor me when I ride day 2 of the Wooden Spoon John O'Groats to Lands End cycle challenge from Inverness to Perth on 24th August!! Wooden Spoon's mission: to enhance the quality and prospect of life for children and young people in the United Kingdom and Ireland who are disadvantaged physically, mentally or socially. The link is below. C'mon - it's 126 MILES!

<http://www.justgiving.com/dickbird> *Regards, Dick Bird*

NEW MEXICO CONNECTION

In case you didn't know, Deeside's own Donny Brown has just completed the RAGBRAI (seven-day bike ride across Iowa).

What a trip - the Woodstock of bicycling! 10,000 riders invading both pass through towns about every 10 miles as well as our host town for the night. The pass through towns turn out with food and drink of an unbelievable variety, particularly for ride throughs mostly well before 11am: smoothies, home made ice cream made on the spot, home made cinnamon rolls, home made pies everywhere, pork chops, sweet corn. Lots of church ladies baking overtime!

The Iowa countryside is surprisingly hilly and lush green with rows and rows of corn. My favorite memory of the day was the family along a lonesome highway serving fresh lemonade made with home grown honey. Absolutely delish! And it was free. Amazingly gracious people.

As we rode into host town Harlan, Iowa, after lunch, neighbors gathered along the route to hose us down ("Hosers!" yelled the riders as they actively steered into the water). All in all, a very fun day. Tonight I am sleeping on a church sanctuary floor for seven bucks - my one night of AC and just in time for the most gruelling day of the week tomorrow: 83 miles and extremely hilly.

Don Brown

RIDE FOR RYDER

I am a fundraiser with Sue Ryder Care, Aberdeen. We are in the midst of starting a new campaign called "Ride for Ryder". For this year's Ride for Ryder we are encouraging people to ride their bikes to work for 21 days (they say it takes 21 days to develop a new habit!) and donate the money they save on petrol to Sue Ryder Care. This is something that is good for the environment, good for the individual, and it will provide vital funds for the individuals which Sue Ryder cares for. We are currently looking for organizations that would be interested in either co-sponsoring this initiative, or even just spreading the word! If there is any way that the Deeside Thistle Cycling Club would be interested in participating in this initiative, please let me know. Feel free to contact me with any questions or for more details.

Kind regards, Angela Rike
angela.rike@suerydercare.org

CALENDAR NEWS

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

THE KINTORE KLASSICS

The Kintore Classics is the new name for the rather cumbersome "End of Season Reliability Ride". Why? Cos it will start and finish at the Village Hall on Kintore's main street.

The hall is booked. There is parking for over 90 cars in the School carpark 100 yards up the street, and the hall offers toilets, kitchen etc - all that is needed. So make a date in your diary:

5th October - Kintore Classics. Choice of 100K or 200K Reliability Ride.

Keep up to date with the latest gossip on the rides by visiting the DTCC forum; see <http://dtcc.forumup.co.uk/about97-dtcc.html>

The Kintore Classics - Come and have a go if you think you are hard enough!

BRAVEHEART

Braveheart Fundraising Ride, Saturday 25th October 2008. This year's main ride promises to be challenging and varied, going over the Ballageich, almost 1000 feet above sea level and past the site of the Whitelee Wind Farm, currently the largest planned in Europe. The short route skirts the side of the hill before returning down the A77 Cycle Route. The route will be signposted and copies of route maps will be available at registration. Some junctions will be marshalled but riders must be aware that the roads will be open to all traffic. Marshals will not be stopping traffic. It is the rider's responsibility to familiarise themselves with the route and to observe the rules of the road, including stopping at traffic lights and giving way to traffic as appropriate. Riders must ride on the left hand side of the road at all times. Entry here: <http://www.braveheartfund.com/EventDetail.asp?EventID=7583>

ERIC THOMPSON

Eric Thompson is the hall keeper at our clubrooms at Garlogie. He's a worker. Recently he was doing some painting around the outside of the hall. There's a fence round the side at the children's play area screening off the old mill lade and he was painting this when he lost his footing. It's a long way down. He smashed his shoulder and broke his pelvis. I'd been wondering for a couple of weeks why things had been so quiet at his house. One Tuesday at the league event I got the chance to speak with him. He'd just got home and though on crutches is on the mend. It'll take a long time and we wish him all the best.

Sandy Lindsay

CLUB FORUM

This is a reminder to members that there is a club forum, which can be found at <http://dtcc.forumup.co.uk/> The forum has been set up to allow members to share news, discuss topics, and will be the focus point for Deeside Racing announcements. It's a free service; so don't be afraid to use it!

RECENT NEW MEMBERS

| | | | |
|------|----------------------|------------|----|
| 778 | John Hall (rejoiner) | Aberdeen | 43 |
| 1980 | Kevin Watson | Stonehaven | 21 |
| 1981 | Paul Davis | Torphins | 47 |
| 1982 | Robert Davis | Torphins | 15 |

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

WALKING AND CYCLING STRATEGY

In 2007, Aberdeenshire Council published its Local Transport Strategy (LTS) outlining the Council's aspirations to lead by example in the promotion of travel behaviour change and the adoption of more sustainable travel modes such as walking, cycling and public transport use.

One of the first projects to emerge on the back of the LTS is the development of a Walking & Cycling Strategy, including Action Plans outlining specific actions and policies that will be implemented to increase levels of walking and cycling throughout Aberdeenshire.

Rather than develop and present a complete, detailed, Strategy for consultation, a questionnaire has been developed to investigate current levels of walking and cycling in Aberdeenshire and future opportunities that the Strategy should consider, and as a cycling group with an interest in Aberdeenshire, we would like to hear your views.

The questionnaire is available for completion at: https://www.surveymonkey.com/s.aspx?sm=XZ4K2Aj7MmucdA9DVsvSRw_3d_3d

Those completing a questionnaire will be eligible for entry into a £200 cycle voucher prize draw.

The closing date for returning questionnaires is the 8th September 2008.

I would also appreciate if you could raise awareness of the Strategy and questionnaire to others that you feel would be interested in responding.

The results from this consultation exercise will be used to develop a Draft Walking & Cycling Strategy, which will be subject to final consultation in autumn 2008.

For further information on the development of the Walking & Cycling Strategy, please visit www.aberdeenshire.gov.uk/walkingandcycling or email walkingandcycling@aberdeenshire.gov.uk.

GOTO THIS

For honest to goodness entertainment <http://www.youtube.com/watch?v=jdlpJqHxLxk>

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).

CYCLE CAIRNGORMS SPORTIVE

The Cycle Cairngorms Sportive is a 2-day charity cycle around the beautiful Cairngorms National Park on Saturday 20th and Sunday 21st September 2008, starting and finishing at Coylumbridge near Aviemore. The aim of the event is to raise funds to help people with disabilities enjoy an outdoor holiday in the Cairngorms National Park.

Day 1 (50 miles) starts at Badaguish Outdoor Centre, near Aviemore and tackles the road through Bridge Of Brown, Tomintoul and over the Lecht (2090 feet), finishing in Ballater for an overnight stop and Evening Entertainment.

Day 2 (120 miles) Leaving Ballater and passing through Braemar before the climb up to Glenshee Ski Centre (2132 feet). Passing through Kirkmichael and on to Pitlochry. The route then picks up the Sustrans National Cycle route through Drumochter heading North through Newtonmore and Kingussie and finishing at Badaguish Outdoor Centre.

If 2 days is too much for you then sign up to day 1 only!!

For registration information and further details, please go to www.cyclecairngorms.org, or call 01479 861285

GREAT INVERURIE BIKE RIDE

The 22nd Great Inverurie Bike Ride is set to commence Sunday 31st August from Noon. Aberdeenshire Council wish to carry on the great tradition of the event established by Sandy Lindsay and have taken over the promotion after 21 years. The scenic 25-mile route remains the same as previous years beginning at Kellands Park in Inverurie, and then heads via Chapel of Garioch, Bennachie, Pitfichie and Monymusk, returning to the start via Fetternear and Burnhervie.

The event is for riders of all ages and abilities and is suitable for the whole family, as well as individuals. The main charity beneficiaries this year are CLIC Sargent and Gordon Renal Dialysis. For the first time the event will also be raising funds for the proposed 10-pin bowling facility at the Garioch Indoor Bowling Club and other local good causes such as Cash for Kids and fund4ben, a local 4 year old with the diagnosis of quadriplegic Cerebral Palsy.

Organising the event is Laura Sinclair, a club member employed as a Sports Development Officer by Aberdeenshire Council. She would like to see the event as big as previous years and looks forward to many members participating. Entry is available online at <http://www.aberdeenshire.gov.uk/recreation/gibr.asp> or you can telephone 01467 625971

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 John at 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

August

Sun 17 Slower Full Day B 09:30 Old Mill Inn, Maryculter, coffee at Stonehaven Bowling Green (07732 336435), Stonehaven Bike Ride [Led by Alan]

Wed 20 Pub Run D 19:30 Parkhill Bridge, Dyce, Four Mile, Bucksburn. [Led by Sheila]

Sat 23 Faster Full Day A 09:00 Westhill Shopping Centre, to Monymusk Walled Garden (01467 651543) for coffee, Picnic Lunch at Glenkindie Arms Ho (01975641288)[Led by John T]

Sun 24 Med Full Day B 09:30 Old Mill Inn, Maryculter, Here and Now, Stonehaven (01569 767099) to Crawton, Catterline, Kineff, Inverbervie for picnic, Castle of Fiddes [Led by Joe]

Sun 24 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Sandy]

Wed 27 Pub Run D 19:30 Brig o' Balgownie, Ghillies Lair, Bridge of Dee. [Led by Sheila]

Sat 30 Medium Full Day B09:30 Kingswells Roundabout, Coffee at Ross's, Inverurie (01467 620764), Dunnideer Hill Fort for picnic lunch. [Led by Gordon M]

Sun 31 Morning Run D 09:30 Brig o' Balgownie, visit Newmachar war memorial and standing stone (NJ871 183) coffee Asda, Dyce (01224 724134). [Led by Sandy]

Sun 31 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Dave L]

Sun 31 Faster Full Day A* 09:00 Peterculter (west end), to Inchmarlo Golf Course, Banchory (01330 826426) for coffee, Picnic at Fettercairn via Cairn o' Mount. [Led by Hamish]

September

Wed 3 Pub Run D 19:30 Hazlehead, Groats Rd, Cocket Hat, Anderson Drive [Led by Sheila]

Sat 6 Nicholl Trophy D 10:00 Flora's, coffee at Flora's Cafe (01330 860848), details to be advised. [Led by Albert]

Sun 7 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Gerard]

Sun 7 Faster Full Day A 09:00 Parkhill Bridge, Dyce, to Lochters, Oldmeldrum (01651 872787), picnic at Dunnideer Fort, Inch or Kellockbank (01464 851114) if wet [Led by John S]

Wed 10 Pub Run D 19:00 Airyhall Library, Pub supper: Four Mile House, Kingswells. [Led by Sheila]

Sat 13 Faster Full Day A 09:00 Old Mill Inn, Maryculter, to Kirkton Garden Centre, Stonehaven (01569 764343) for coffee, picnic lunch at Inverbervie or Salutation Hotel (01561 361455), if wet. [Led by Dave B]

Sat 13 Morning Run D 09:30 Cults Library, coffee Asda, Portlethen (01224 782200) [Led by Jonathan]

Sun 14 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Sandy]

Sun 14 Car Assist B/C 08:45 Airyhall Library, bring coffee, drive to Brechin Castle, run leaves 10.00am to Forfar and Arbroath for picnic lunch [Led by John B]

Sat 20 Faster Full Day A 09:00 Westhill Shopping Centre, to Millers, Midmar (01330 833462), picnic lunch at Aboyne or Boat Inn (013398 86137/287), if wet. [Led by Dave W]

Sun 21 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Dave L]

Sun 21 Slower Full Day C 09:30 Parkhill Bridge, coffee Pitmedden Gds (01651 842352), picnic Prop of Ythsie [Led by Gerard]

Sat 27 Faster Full Day A 09:00 B&Q Bridge of Don, JRD Equip, Ellon (01358 720294) for Coffee, Picnic Lunch at Fyvie Castle or Vale Hotel (01651 891376), if wet [Led by Alan]

Sat 27 Morning Run D 09:30 Woodend Hospital, Eday Rd, coffee at Flora's Cafe (01330 860848) [Led by Dave L]

Sun 28 Med Full Day B 09:30 Parkhill Bridge, Dyce, Haddo House (01651 851440) for coffee; Loanhead stone circle, Daviot for picnic lunch. [Led by Joe]

Sun 28 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Gerard]

25 YEARS AGO

VETERANS

The Deeside is steadily becoming the same as a lot of other clubs in having a number of Vets racing so it is about time that the Club recognised that Vets racing is all about a mysterious thing called Standards. Back in 1943 when the VTTA was formed a set of standard times for each age group was worked out so that there was something to compete against on a country wide basis, thus the expression "beating your standard" was begun.

CYCLE GRAMPIAN WEBSITE

The website for those wanting information about cycling in the Grampian area of the North East Scotland is <http://www.cyclegrampian.co.uk/>. It 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.

CLUB CLOTHING

The imminent new sponsorship deal with Acumen/Freelance World means that existing stock of club clothing will be sold at a discount of 50%. Garments will cost you half the price shown below.

From the start of the new sponsorship agreement, the new club colours will have to be worn in Open events but it has been agreed that our old colours are still usable in the 2009 Evening League and for training. In stock in various sizes are a number of Skinsuits, Gilets, Windproof tops, Tracktops, Biblongs, Fluorescent tops and caps. There are no Bibshorts or Racing vests. Please contact Mike Brown on 01224 743304 if you want to snap up a bargain.

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 |

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

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 £12.00 for those joining for the first time or after a lapse of two years. You can download that form [here](#) – or contact your secretary for more detail.

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.outdooraccess-scotland.com>

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

HOLIDAYS

www.tasteprovince.com/cycling.html

www.residencedespres.iowners.net

www.craiglealodge.co.uk

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.

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

These have not been going for a few months now, but will start up again in October and the plan is to advertise the route, start time etc on the Club Forum each week

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) Specialised Allez 21" Chromoloy Frame with Aluminium Forks, old style head set and Campag 8 Speed Chain Set with 172.5 mm cranks. Some scratching but otherwise in good condition. Would build into a competent training/commuting bike. £55 (1)
- 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. £135 (1)
- c) Campag Chorus 27.2 mm seatpost £30 (1)
- d) ITM Forged Lite Carbon Stem 110mm £30 (1)
- e) Campag 10 Speed Daytona Rear Mech £20 (1)
- f) Campag Chorus 8 Speed Rear Mech £35 (1)
- g) Campag Athena 9 Speed Ergo levers and cable (Converted to 8 Speed) £65 (1)
- h) Pair of Mavic CXP30 Rims (Tubs) on 32 hole Veloce Hubs with 8 Speed Campag Cassette 12 - 23. Built by Dave Hinde £60 (1)
Contact johngrantcumplings@hotmail.co.uk or 01224 735629
- 2 a) Santa Cruz Heckler 2006 (Medium) Pike 454 forks with lockout 5th element shock, DT Swiss E540 rims on Ringle Hubs, Hayes Nine Brakes, Cane Creek Headset, amoeba borla stem and bars, Intense Grips, Shimano Deore Groupset with trigger shifters, New stem and new Bontrager saddle, Maxis High Roller tyres in good condition. Little used but not abused. Odd stone chips and minor cable rub. Excellent all round bike. Reason for sale is lack of time and concentration on roads. Price £750 to sell (1)
- b) Kona Stinky Custom 2005 (small). Stinky frame in custom gunmetal aluminium finish (awesome), Fox DHH 4 shock, Halo SAS 24" custom blue rims on Hope bulb hub front and on Shimano rear hub with almost new Choir boy tyres, Pair of DMR Moto tyres for urban riding, Pike 120 travel forks with lock out, 24/7 headset with through tube brake hose guide for front wheel spins and tricks, Hope 4 pot brakes, Saint cranks with Blackspire chain device /bash ring, Sram X9 shifter and rear mech. This bike is something special - a great downhill / jumps and tricks machine for younger rider or smaller female. Used but not abused with some paint chips to forks and rims wheels but looks awesome. Reason for sale: rider has grown too big! Price £750 to sell (1)
- c) Orbea Asphalt Road Bike 56 cms frame, Zeus Ziccs Carbon forks, Carbon rear stays, Mavic CXP22 rims on Shimano hubs, New Continental ultra sport tyres, Shimano 18 speed groupset - mainly Tiagra with 172.5 crankset with 53 /39 chain ring and 12 to 23 block. Long cage rear mech (ready for triple). Good condition. New bike requires it to be sold. Price £325 (1)
- d) I have an older style fan turbo trainer which is in working order (a little battered and dusty) but is going free to anyone who would like it. Works just as well as the new fangled ones but is just a little noisier. Price Free (1)
- e) Bike Bag - soft bag, used once, good condition, takes full suspension mountain bike or road bike. £30 (1)
For all items phone Peter on 07796 336266 or 01330 844122
- 3 a) A HED 90mm deep carbon rear wheel with alloy braking surface. It has a very nice and light Shimano Hyperglide 9 speed cassette on and a new Michelin tyre. Can come with Mavic Skewer if desired. £140 (3)
- b) Also Vision clip-on Tri bars. Very adjustable, suit oversize bars, can have bar-end shifters on them. a bargain at £55. Bonthron was still selling them for £99.95 last time I looked (3)
- c) AXcS winter gloves, windproof, Trittech size L £4
Contact Mark on 07754807181 or email nuvolari1953@hotmail.com
- 4 Specialized S Works E5 Columbus 54cm Frame with carbon forks in excellent condition. Also included are ITM Millennium handlebars and stem, Campag Record Carbon seat post and Specialized S Works seat, Dura-ace 10 speed bottom bracket fitted. £400 ono. Contact David Morris 07812123505 (1)
- 5 A friend of mine is selling a Trek 1000, 43cm road bike in good condition - suitable for a child/small adult up to approx 5ft(152cm). It cost £500 new - would sell for £200 ono. I can easily send a photo if anyone is interested. I believe it's a triple, and is about two years old. Please contact Steve Spink on stevespink@tisacli.co.uk (2)
- 6 For Sale; Shimano Ultegra SL, Hollowtech II 2-piece crankset. 53/39t. With integrated bottom bracket. BRAND SPANKING NEW! Never been used! Cost £119, sell for £100. Email lilyslady@hotmail.com (2)
- 7 For Sale Gary Fisher mountain bike. 24spd. Only ridden twice and never off-road. Disk brakes, Shimano kit. Yellow and black. Bought for about £500, sell for £250 ovno. Contact John on 01224 743449 or email foulkes874@btinternet.com (3)
- 8 a) Black Quill stem 120mm. Never used - £10 (3)
- b) 2 frame fitting pumps. Never used. Cost £20 each, sell for £10 each (3)
Contact doughaig@talktalk.net

- 9 Trek 1200, 56cm frame, Trek SL Superlight Aluminium Frame, Shimano Tiagra 9sp hub, 3 front rings, Vuelta 'Airline2' alloy 700 rims. Decent training bike. Some marks/scratches as it is used. £280.00. Phone Joe 07710 123125, 01467 681298. Email: leonardsmusic@btinternet.com (3)
- 10 Mavic Ksyrium SSC-SL wheels. Very light, very stiff. Shimano 8/9/10 compatible. Only used for a few sunny holiday miles on the continent. A snip @ £300 Contact Steve on Steve.Muir@Shell.Com (3)
- 11a) Campagnolo Chorus Carbon Ultra Torque chainset 175mm cranks 53 x 39 rings, c/w BB cups British threads, almost new - £120 (3)
- b) FSA SLK carbon chainset 175mm cranks, 53 x 39 rings, c/w BB Italian and fitting tools - almost new - £90 (3)
- Contact Phil on 01224 867299 / 0781 463 5030 or email phil.duncan1@btopenworld.com

WANTED

- 1 Does anyone have a Burley Kids Trailer for sale/rent/shot of, for the summer, to take 2 x kids? Contact Rod on rod.west@shell.com (2)
- 2 I'm looking for a second hand road bike for my son. He's 13 years old, but already 5ft 7in. Probably a 54 frame. Contact Alasdair on amcgill69@btinternet.com or 07515 067786 (2)
- 3 Wanted for Charity: Clincher wheels f/r 700c for 7/8/9/10sp, old gear systems (front/rear mechs, shifter-brake levers etc). You are bound to have some of these at the back of the garage. Needed to send out to Africa where they can be put to good use. Preferably to be in reasonable shape. I can collect, let me know what you have: Jonathan Ritchie, Jritchie3@slb.com, 07717346399 (3)

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

EVENING LEAGUE

I spent an hour and a bit at the startline catching up with John and Alan and the players as they passed through. Sorry didn't make it to the Hall - maybe next week.

However what stood out and concerned me was:

- the number of new faces - who after completing their rides turned to go back to the Hall between "finish" and "start". There were a few close shaves
- the number of riders who rode past the start (towards Hall) at the same time as new riders were just shoving off
- a very small number of riders crossing the road (in both directions) within 100/200 metres of the startline
- The rule that riders should use the Cairnie roundabout as a warm up seems to be getting ignored

Kenny Walker

Event No 12 10ml TT AB10/3 22 07 08

| Name | Time | H'cap | Fpts | Hpts | Tpts |
|--------------------|-------|-------|------|------|------|
| 1 Robertson Keith | 24.10 | 19.27 | 77 | 80 | 157 |
| 2 Barratt Tom | 23.24 | 20.10 | 79 | 77 | 156 |
| 3 Warwick D | 23.18 | 20.15 | 80 | 75 | 155 |
| 4 Whittle C | 24.27 | 20.12 | 74 | 76 | 150 |
| 5 Harrington A | 25.21 | 20.00 | 69 | 78 | 147 |
| 6 Morris D | 24.16 | 20.44 | 76 | 69 | 145 |
| 7 Stewart D | 24.20 | 20.41 | 75 | 70 | 145 |
| 8 Blunsdon J | 24.01 | 21.08 | 78 | 65 | 143 |
| 9 McGill A | 25.36 | 20.39 | 65 | 72 | 137 |
| 10 Crawley P | 25.50 | 20.40 | 63 | 71 | 134 |
| 11 Farrer Keith | 25.57 | 20.19 | 61 | 73 | 134 |
| 12 Massie A | 25.24 | 21.04 | 68 | 66 | 134 |
| 13 Wilkie I | 25.09 | 21.10 | 71 | 62 | 133 |
| 14 Stewart Kevin | 27.13 | 19.35 | 47 | 79 | 126 |
| 15 Clark P | 26.13 | 21.02 | 56 | 67 | 123 |
| 16 Sim C | 25.37 | 21.17 | 64 | 57 | 121 |
| 17 Bryson K | 25.14 | 21.26 | 70 | 50 | 120 |
| 18 Nettleton Keith | 26.04 | 21.13 | 59 | 60 | 119 |
| 19 Richards Jack | 24.48 | 21.45 | 72 | 47 | 119 |
| 20 Rowson Keith | 27.20 | 20.15 | 44 | 75 | 119 |
| 21 Monaghan S | 24.30 | 21.50 | 73 | 45 | 118 |
| 22 Pearson Ashley | 25.35 | 21.25 | 66 | 51 | 117 |
| 23 Munro M | 25.52 | 21.22 | 62 | 54 | 116 |
| 24 Richards S | 26.58 | 21.08 | 50 | 65 | 115 |
| 25 Spencer Charles | 26.08 | 21.17 | 58 | 57 | 115 |
| 26 Keir Stuart | 25.31 | 21.48 | 67 | 46 | 113 |
| 27 Grant I | 26.20 | 21.17 | 55 | 57 | 112 |
| 28 McLeman T | 27.28 | 20.46 | 43 | 68 | 111 |
| 29 Chesterman A | 25.59 | 21.30 | 60 | 48 | 108 |
| 30 Farrar Shelley | 27.13 | 21.12 | 47 | 61 | 108 |
| 31 Mitchell S | 27.07 | 21.13 | 48 | 60 | 108 |
| 32 Dudgeon A | 26.23 | 21.24 | 54 | 53 | 107 |
| 33 Anderson Kenny | 26.33 | 21.24 | 52 | 53 | 105 |
| 34 Bird D | 28.13 | 21.08 | 40 | 65 | 105 |

| | | | | | | |
|----|---------------|-------|-------|----|----|-----|
| 35 | Gourlay C | 27.16 | 21.15 | 45 | 58 | 103 |
| 36 | Smith Gordon | 26.58 | 21.27 | 50 | 49 | 99 |
| 37 | Chapple I | 26.33 | 22.01 | 52 | 44 | 96 |
| 38 | Dobson R | 26.29 | 22.09 | 53 | 43 | 96 |
| 39 | Duncan Phil | 26.10 | 22.43 | 57 | 39 | 96 |
| 40 | Byth W | 28.11 | 22.37 | 41 | 41 | 82 |
| 41 | Watson Kevin | 27.30 | 22.39 | 42 | 40 | 82 |
| 42 | Fraser Lynne | 31.45 | 22.10 | 37 | 42 | 79 |
| 43 | Fee J | 30.50 | 25.59 | 39 | 38 | 77 |
| 44 | Clark Chantel | 30.52 | 26.01 | 38 | 37 | 75 |

Event No 13 15ml TT AB10/3.5 22/08/08 - Cancelled

Event No 14 10ml TT AB10/3 05/08/08

| | Name | Time | H'cap | Fpts | Hpts | Tpts |
|----|------------------|-------|-------|------|------|------|
| 1 | Gowland B | 23.14 | 19.48 | 79 | 79 | 158 |
| 2 | Barratt Tom | 23.02 | 19.57 | 80 | 77 | 157 |
| 3 | Warwick D | 23.17 | 20.16 | 78 | 72 | 150 |
| 4 | Anderson N | 24.20 | 20.11 | 73 | 76 | 149 |
| 5 | Lott S | 25.18 | 19.55 | 68 | 78 | 146 |
| 6 | Stewart D | 24.03 | 20.24 | 77 | 68 | 145 |
| 7 | Brown Ian | 24.12 | 20.20 | 74 | 71 | 145 |
| 8 | Morris D | 24.03 | 20.31 | 77 | 66 | 143 |
| 9 | Robertson Keith | 24.36 | 20.51 | 72 | 60 | 132 |
| 10 | Rose A | 25.55 | 20.11 | 56 | 76 | 132 |
| 11 | Bryson K | 24.41 | 20.53 | 71 | 58 | 129 |
| 12 | Nettleton Keith | 25.47 | 20.28 | 62 | 67 | 129 |
| 13 | Richards S | 26.02 | 20.12 | 55 | 73 | 128 |
| 14 | McGill A | 25.44 | 20.48 | 63 | 62 | 125 |
| 15 | Blunsdon J | 24.05 | 21.12 | 75 | 47 | 122 |
| 16 | Munro M | 25.28 | 20.58 | 67 | 55 | 122 |
| 17 | Grant I | 25.51 | 20.48 | 60 | 61 | 121 |
| 18 | Wilkie I | 25.08 | 21.09 | 70 | 50 | 120 |
| 19 | Dennis P | 25.35 | 21.02 | 66 | 53 | 119 |
| 20 | McLeman T | 26.48 | 20.23 | 50 | 69 | 119 |
| 21 | Spalding Mike | 25.41 | 21.00 | 64 | 54 | 118 |
| 22 | Dudgeon A | 25.52 | 20.53 | 58 | 58 | 116 |
| 23 | Brown Katrina | 26.31 | 20.40 | 52 | 64 | 116 |
| 24 | Rowson Keith | 26.54 | 20.35 | 49 | 65 | 114 |
| 25 | Harrington A | 25.49 | 21.05 | 61 | 52 | 113 |
| 26 | Spencer Charles | 26.15 | 20.53 | 54 | 58 | 112 |
| 27 | Doel Edwin | 30.23 | 19.23 | 32 | 80 | 112 |
| 28 | Keir Stuart | 25.08 | 21.25 | 70 | 41 | 111 |
| 29 | Pithie M | 27.00 | 20.43 | 47 | 63 | 110 |
| 30 | Scott Stephen | 29.14 | 20.11 | 33 | 76 | 109 |
| 31 | Halstead John | 28.05 | 20.20 | 37 | 71 | 108 |
| 32 | Sinclair I | 25.51 | 21.14 | 60 | 46 | 106 |
| 33 | Chesterman A | 25.52 | 21.23 | 58 | 43 | 101 |
| 34 | Liversidge Derek | 27.45 | 20.51 | 41 | 60 | 101 |
| 35 | Calder R | 26.40 | 21.10 | 51 | 49 | 100 |
| 36 | Pearson Colin | 25.40 | 22.20 | 65 | 33 | 98 |
| 37 | Clark P | 26.29 | 21.18 | 53 | 44 | 97 |
| 38 | Mitchell S | 27.05 | 21.11 | 46 | 48 | 94 |
| 39 | Bird D | 28.08 | 21.08 | 36 | 51 | 87 |
| 40 | Crawley P | 26.56 | 21.49 | 48 | 37 | 85 |
| 41 | McIntosh B | 27.12 | 21.32 | 45 | 39 | 84 |
| 42 | Stewart Kevin | 27.42 | 21.29 | 42 | 40 | 82 |
| 43 | Murchie L | 28.35 | 21.15 | 35 | 45 | 80 |
| 44 | Whyman S | 27.12 | 23.14 | 45 | 32 | 77 |
| 45 | Smith Gareth | 27.35 | 22.04 | 43 | 34 | 77 |
| 46 | Edwards I | 28.38 | 21.23 | 34 | 43 | 77 |
| 47 | Pirie Sandy | 27.51 | 21.51 | 40 | 36 | 76 |
| 48 | Watson Kevin | 28.04 | 21.37 | 38 | 38 | 76 |
| 49 | Campbell Alan | 28.02 | 21.56 | 39 | 35 | 74 |

Event No 15 10ml TT AB10/3 12 08 08

| | Name | Time | H'cap | Fpts | Hpts | Tpts |
|----|--------------------|-------|-------|------|------|------|
| 1 | Warwick D | 22.46 | 19.46 | 79 | 79 | 158 |
| 2 | Barratt Tom | 22.35 | 19.48 | 80 | 78 | 158 |
| 3 | Gowland B | 23.00 | 20.03 | 78 | 76 | 154 |
| 4 | Anderson N | 23.56 | 20.03 | 76 | 76 | 152 |
| 5 | Anderson P | 24.30 | 20.11 | 71 | 74 | 145 |
| 6 | Stewart D | 23.58 | 20.19 | 75 | 69 | 144 |
| 7 | Clark R | 24.23 | 20.19 | 73 | 69 | 142 |
| 8 | Anderson Kenny | 25.23 | 20.14 | 63 | 72 | 135 |
| 9 | Walton S | 24.41 | 20.30 | 70 | 63 | 133 |
| 10 | Nicholson Jenni | 26.14 | 19.25 | 51 | 80 | 131 |
| 11 | Robertson Keith | 24.24 | 20.39 | 72 | 58 | 130 |
| 12 | Brown Katrina | 25.54 | 20.13 | 55 | 73 | 128 |
| 13 | Nettleton Keith | 25.31 | 20.26 | 62 | 66 | 128 |
| 14 | Harrington A | 25.14 | 20.30 | 65 | 63 | 128 |
| 15 | Morris D | 24.16 | 20.44 | 74 | 53 | 127 |
| 16 | Spalding Mike | 25.17 | 20.36 | 64 | 61 | 125 |
| 17 | Chellingsworth Liz | 26.31 | 19.56 | 47 | 77 | 124 |
| 18 | Chesterman A | 25.08 | 20.39 | 66 | 58 | 124 |
| 19 | Young Des | 26.00 | 20.22 | 54 | 67 | 121 |
| 20 | Wilkie I | 24.45 | 20.46 | 69 | 52 | 121 |
| 21 | Stewart Kevin | 26.28 | 20.15 | 48 | 71 | 119 |
| 22 | Crawley P | 25.44 | 20.37 | 58 | 60 | 118 |
| 23 | Grant I | 25.41 | 20.38 | 59 | 59 | 118 |
| 24 | Monaghan S | 23.50 | 21.10 | 77 | 41 | 118 |
| 25 | McGill A | 25.37 | 20.41 | 61 | 55 | 116 |
| 26 | McLeman T | 26.19 | 20.26 | 49 | 66 | 115 |
| 27 | Dolle Norbert | 27.07 | 20.17 | 39 | 70 | 109 |
| 28 | Dudgeon A | 25.47 | 20.48 | 57 | 51 | 108 |
| 29 | Keir Stuart | 24.58 | 21.15 | 67 | 40 | 107 |
| 30 | Richards Jack | 24.49 | 21.46 | 68 | 31 | 99 |
| 31 | Pearson Ashley | 25.38 | 21.28 | 60 | 37 | 97 |
| 32 | Richards S | 26.16 | 20.58 | 50 | 45 | 95 |
| 33 | Cowie C | 26.09 | 21.04 | 52 | 42 | 94 |
| 34 | Fee J | 29.24 | 20.26 | 25 | 66 | 91 |
| 35 | Mitchell S | 26.49 | 20.55 | 43 | 48 | 91 |
| 36 | Pithie M | 26.58 | 20.55 | 42 | 48 | 90 |
| 37 | Munro M | 26.01 | 21.31 | 53 | 36 | 89 |
| 38 | Murchie L | 27.57 | 20.40 | 30 | 56 | 86 |
| 39 | Pirie Sandy | 26.59 | 20.59 | 41 | 44 | 85 |
| 40 | Bird D | 27.49 | 20.53 | 33 | 50 | 83 |
| 41 | Vinten David | 25.52 | 22.05 | 56 | 27 | 83 |
| 42 | Liversidge Derek | 27.35 | 20.57 | 35 | 46 | 81 |
| 43 | Wilson Ian | 26.37 | 21.39 | 46 | 35 | 81 |
| 44 | Doel Edwin | 29.20 | 20.43 | 26 | 54 | 80 |
| 45 | McIntosh B | 27.07 | 21.27 | 39 | 38 | 77 |
| 46 | Dalton John | 26.37 | 21.46 | 46 | 31 | 77 |
| 47 | Bossenbark M | 26.39 | 21.48 | 44 | 29 | 73 |
| 48 | Clark Chantel | 29.54 | 20.54 | 23 | 49 | 72 |
| 49 | Edwards I | 28.14 | 20.59 | 28 | 44 | 72 |
| 50 | Darling S | 27.49 | 21.26 | 33 | 39 | 72 |
| 51 | Walton H | 27.27 | 21.41 | 36 | 33 | 69 |
| 52 | Gourlay C | 27.41 | 21.40 | 34 | 34 | 68 |
| 53 | Whyman S | 27.06 | 23.08 | 40 | 24 | 64 |
| 54 | Campbell Alan | 27.51 | 21.45 | 31 | 32 | 63 |
| 55 | Anderson Duncan | 27.08 | 22.17 | 37 | 26 | 63 |
| 56 | Watson Kevin | 28.18 | 21.51 | 27 | 28 | 55 |
| 57 | Byth W | 28.08 | 22.34 | 29 | 25 | 54 |
| 58 | Buchan John | 29.42 | 24.51 | 24 | 23 | 47 |
| 59 | Forsyth David | 30.55 | 26.04 | 22 | 22 | 44 |
| 60 | Gordon Janice | 32.59 | 28.08 | 21 | 21 | 42 |

61 Buchan Sue 33.34 28.43 20 20 40

Overall Points Situation

| Name | Events | Fpt | Hpt | Opt |
|---------------------|--------|-----|-----|-----|
| 1 Gowland B | 6 | 472 | 463 | 935 |
| 2 Warwick D | 6 | 471 | 452 | 923 |
| 3 Barratt Tom | 6 | 476 | 441 | 917 |
| 4 Stewart D | 6 | 461 | 431 | 892 |
| 5 Robertson Keith | 6 | 456 | 434 | 890 |
| 6 Whittle C | 6 | 457 | 430 | 887 |
| 7 Morris D | 6 | 462 | 420 | 882 |
| 8 Grant I | 6 | 423 | 442 | 865 |
| 9 Dennis P | 6 | 426 | 438 | 864 |
| 10 Wilkie I | 6 | 434 | 404 | 838 |
| 11 Tulloch W | 6 | 446 | 389 | 835 |
| 12 Monaghan S | 6 | 469 | 344 | 813 |
| 13 Blunsdon J | 6 | 460 | 352 | 812 |
| 14 Harrington A | 6 | 377 | 432 | 809 |
| 15 McGill A | 6 | 384 | 411 | 795 |
| 16 Young Des | 6 | 386 | 407 | 793 |
| 17 Rose A | 6 | 355 | 431 | 786 |
| 18 Clark R | 6 | 405 | 373 | 778 |
| 19 Sim C | 6 | 395 | 373 | 768 |
| 20 Munro M | 6 | 405 | 362 | 767 |
| 21 Dudgeon A | 6 | 393 | 366 | 759 |
| 22 Crawley P | 6 | 354 | 400 | 754 |
| 23 Sinclair I | 6 | 382 | 371 | 753 |
| 24 Spalding Mike | 6 | 375 | 377 | 752 |
| 25 Calder R | 6 | 340 | 404 | 744 |
| 26 Anderson Kenny | 6 | 372 | 367 | 739 |
| 27 Rowson Keith | 6 | 296 | 436 | 732 |
| 28 Walton S | 6 | 393 | 334 | 727 |
| 29 Cowie C | 6 | 359 | 364 | 723 |
| 30 Brown Katrina | 6 | 314 | 408 | 722 |
| 31 McLeman T | 6 | 299 | 408 | 707 |
| 32 Richards S | 6 | 329 | 376 | 705 |
| 33 Murchie L | 6 | 272 | 422 | 694 |
| 34 Mitchell S | 6 | 328 | 365 | 693 |
| 35 Dobson R | 6 | 365 | 305 | 670 |
| 36 Farrar Shelley | 6 | 267 | 399 | 666 |
| 37 Chesterman A | 6 | 343 | 318 | 661 |
| 38 Cant D | 6 | 302 | 347 | 649 |
| 39 Clark P | 6 | 330 | 319 | 649 |
| 40 Chapple I | 5 | 333 | 312 | 645 |
| 41 Pithie M | 6 | 293 | 338 | 631 |
| 42 Gourlay C | 6 | 286 | 339 | 625 |
| 43 Farrer Keith | 5 | 307 | 313 | 620 |
| 44 Darling S | 6 | 265 | 346 | 611 |
| 45 Anderson N | 4 | 307 | 303 | 610 |
| 46 Varney K | 5 | 316 | 292 | 608 |
| 47 Bryson K | 5 | 351 | 256 | 607 |
| 48 McIntosh B | 6 | 288 | 315 | 603 |
| 49 Howarth N | 5 | 322 | 272 | 594 |
| 50 Byth W | 6 | 287 | 302 | 589 |
| 51 Massie A | 5 | 331 | 258 | 589 |
| 52 Hamilton Charlie | 6 | 260 | 323 | 583 |
| 53 Anderson P | 4 | 297 | 281 | 578 |
| 54 Durham S | 4 | 284 | 290 | 574 |
| 55 Pearson Ashley | 5 | 325 | 248 | 573 |
| 56 Armstrong R | 4 | 287 | 282 | 569 |
| 57 Bird D | 6 | 254 | 310 | 564 |
| 58 Spencer Charles | 5 | 296 | 268 | 564 |
| 59 Fee J | 6 | 232 | 315 | 547 |

| | | | | |
|-----------------------|---|-----|-----|-----|
| 60 Watson Kevin | 6 | 256 | 287 | 543 |
| 61 Nettleton Keith | 5 | 273 | 265 | 538 |
| 62 Duncan Phil | 5 | 302 | 217 | 519 |
| 63 Fraser Lynne | 6 | 237 | 281 | 518 |
| 64 Edwards I | 6 | 207 | 303 | 510 |
| 65 Halstead John | 5 | 228 | 268 | 496 |
| 66 Stewart Kevin | 5 | 205 | 290 | 495 |
| 67 Chellingsworth Liz | 4 | 173 | 291 | 464 |
| 68 Brown Ian | 3 | 227 | 224 | 451 |
| 69 Whyman S | 5 | 254 | 182 | 436 |
| 70 Adam R | 5 | 188 | 244 | 432 |
| 71 Smith Gordon | 4 | 215 | 215 | 430 |
| 72 Wilson Ian | 4 | 194 | 228 | 422 |
| 73 Pearson Colin | 4 | 255 | 165 | 420 |
| 74 Ligertwood P | 5 | 187 | 225 | 412 |
| 75 Walton H | 5 | 202 | 207 | 409 |
| 76 Nicholson Jenni | 4 | 157 | 239 | 396 |
| 77 Jones C | 3 | 202 | 190 | 392 |
| 78 Mulligan H | 4 | 147 | 205 | 352 |
| 79 Scott Stephen | 4 | 138 | 209 | 347 |
| 80 Liversidge Derek | 4 | 158 | 178 | 336 |
| 81 Keir Stuart | 3 | 204 | 127 | 331 |
| 82 McIntosh A | 3 | 140 | 171 | 311 |
| 83 Lott Simon | 2 | 143 | 155 | 298 |
| 84 Thissen Marianne | 3 | 128 | 164 | 292 |
| 85 Kelman Phil | 2 | 156 | 124 | 280 |
| 86 Dolle Norbert | 3 | 129 | 144 | 273 |
| 87 Doel Edwin | 3 | 84 | 160 | 244 |
| 88 Clark Chantel | 3 | 108 | 132 | 240 |
| 89 Vinten David | 2 | 131 | 98 | 229 |
| 90 Richards Jack | 2 | 140 | 78 | 218 |
| 91 Bricknell B | 2 | 121 | 96 | 217 |
| 92 Pinder F | 2 | 99 | 92 | 191 |
| 93 McCourt A | 2 | 82 | 98 | 180 |
| 94 Pirie Sandy | 2 | 81 | 80 | 161 |
| 95 Smith Gareth | 2 | 84 | 71 | 155 |
| 96 Webster Scott | 2 | 81 | 70 | 151 |
| 97 Ritchie Jonathan | 1 | 69 | 69 | 138 |
| 98 Campbell Alan | 2 | 70 | 67 | 137 |
| 99 Kenny Marcus | 1 | 60 | 60 | 120 |
| 100 Patton B | 1 | 53 | 50 | 103 |
| 101 Trimble T | 1 | 28 | 66 | 94 |
| 102 Kefford P | 1 | 45 | 41 | 86 |
| 103 Dalton John | 1 | 46 | 31 | 77 |
| 104 Bossenbark M | 1 | 44 | 29 | 73 |
| 105 Anderson Duncan | 1 | 37 | 26 | 63 |
| 106 Buchan John | 1 | 24 | 23 | 47 |
| 107 Forsyth David | 1 | 22 | 22 | 44 |
| 108 Gordon Janice | 1 | 21 | 21 | 42 |
| 109 Buchan Sue | 1 | 20 | 20 | 40 |

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| Evening League Vets on Standard Points | | | | | | | | | | | | | | | | | |
|--|-------------------|-----|------|------|------|-----|-----|-----|-----|------|------|------|------|------|-------|-------|-----|
| | Name | Age | Ev 1 | Ev 2 | Ev 3 | Ev4 | Ev6 | Ev8 | Ev9 | Ev10 | Ev11 | Ev12 | Ev14 | Ev15 | Count | Total | |
| 1 | Stewart Dick | 72 | 50 | 50 | 50 | 50 | 50 | 50 | 0 | "50 | "50 | "50 | "50 | "50 | 6 | 300 | 70+ |
| 2 | Mitchell Stewart | 68 | 49 | 49 | 49 | 49 | 49 | 0 | 50 | "49 | "49 | "49 | "49 | "49 | 6 | 295 | 60+ |
| 3 | Morris David | 52 | "47 | 48 | "47 | "46 | "47 | 0 | 49 | 48 | 48 | 48 | 48 | "45 | 6 | 289 | 50+ |
| 4 | Walton Stephen | 58 | 48 | 47 | 48 | 47 | 0 | "42 | 48 | 0 | 0 | 0 | 0 | 48 | 6 | 286 | |
| 5 | Byth Bill | 68 | "45 | "44 | 45 | 48 | 46 | 0 | "41 | 47 | 47 | 47 | 0 | "43 | 6 | 280 | |
| 6 | Warwick Duncan | 45 | 0 | "43 | "44 | "44 | 44 | 48 | 47 | 0 | "45 | 46 | 46 | 46 | 6 | 277 | 40+ |
| 7 | McIntosh Bert | 64 | 0 | 0 | "38 | "44 | 48 | 44 | 46 | 46 | 0 | 0 | 47 | 44 | 6 | 275 | |
| 8 | Wilkie Ian | 51 | "43 | 0 | 46 | 45 | "44 | 47 | "44 | 45 | "44 | 45 | 45 | "42 | 6 | 273 | |
| 9 | Dudgeon Alan | 51 | 0 | 38 | 43 | 41 | "37 | 45 | 0 | 42 | 0 | "37 | 40 | "36 | 6 | 249 | |
| 10 | Monaghan Sean | 40 | 44 | 45 | 42 | 34 | 0 | 0 | 42 | 0 | 0 | "32 | 0 | 35 | 6 | 242 | |
| 11 | Richards Simon | 55 | 0 | "35 | 40 | 0 | "36 | 0 | 36 | 41 | 0 | 38 | 44 | 37 | 6 | 236 | |
| 11 | Sinclair Ian | 51 | 40 | "32 | 0 | 36 | 39 | "35 | 0 | 40 | 42 | 0 | 39 | 0 | 6 | 236 | |
| 13 | Dobson Ron | 52 | 0 | "34 | 41 | "37 | 38 | 43 | 38 | "34 | 37 | 37 | 0 | 0 | 6 | 234 | |
| 14 | Anderson Kenny | 52 | 0 | 0 | 0 | "25 | 0 | 38 | 40 | 39 | 41 | 35 | 0 | 39 | 6 | 232 | |
| 15 | Robertson Keith | 42 | 0 | 0 | 0 | 0 | 0 | 40 | 0 | 36 | 43 | 40 | 35 | 34 | 6 | 228 | |
| 16 | Chesterman Alan | 51 | 0 | "31 | 34 | "31 | 0 | "31 | 33 | 0 | 38 | 42 | 38 | 40 | 6 | 225 | |
| 17 | Clark Peter | 51 | 35 | "27 | "32 | 0 | "31 | 34 | "32 | 35 | 40 | 41 | 37 | 0 | 6 | 222 | |
| 18 | Grant Ian | 44 | 37 | "29 | "28 | "27 | 32 | 41 | 35 | 33 | 39 | "29 | "31 | "27 | 6 | 217 | |
| 19 | Duncan Phil | 53 | 0 | 0 | 0 | 0 | 0 | 39 | 39 | 44 | 46 | 44 | 0 | 0 | 5 | 212 | |
| 20 | Howarth Neil | 51 | 42 | 42 | 0 | 38 | 0 | 46 | 43 | 0 | 0 | 0 | 0 | 0 | 5 | 211 | |
| 21 | Cowie Calum | 49 | "32 | 33 | 35 | 35 | 35 | 33 | "30 | 0 | 0 | 0 | 0 | 32 | 6 | 203 | |
| 22 | Bryson Ken | 48 | 0 | 36 | 39 | 40 | 0 | 0 | 0 | 0 | 0 | 43 | 43 | 0 | 5 | 201 | |
| 23 | Varney Keith | 52 | 0 | 39 | 36 | 39 | 40 | 0 | 0 | 43 | 0 | 0 | 0 | 0 | 5 | 197 | |
| 24 | Harrington Andrew | 43 | "31 | "24 | "31 | 0 | "29 | 32 | 31 | "30 | 36 | 31 | 33 | 31 | 6 | 194 | |
| 25 | Crawley Peter | 47 | 0 | "26 | 0 | 30 | 34 | 0 | "29 | 29 | 0 | 34 | 29 | 33 | 6 | 189 | |
| 26 | Massie Andy | 47 | 0 | 0 | 0 | 0 | 33 | 36 | 37 | 38 | 0 | 39 | 0 | 0 | 5 | 183 | |
| 27 | Spalding Michael | 43 | 0 | 0 | 0 | "26 | 30 | 30 | "27 | 28 | 35 | 0 | 30 | 29 | 6 | 182 | |
| 28 | Edwards Ian | 57 | 33 | 0 | 0 | 28 | 0 | 0 | 23 | 33 | 0 | 0 | 32 | 30 | 6 | 179 | |
| 29 | Sim Colin | 46 | 38 | 37 | 0 | 33 | 0 | 37 | 0 | 0 | 0 | 33 | 0 | 0 | 5 | 178 | |
| 30 | Anderson Neil | 45 | 0 | 46 | 0 | 0 | 45 | 0 | 0 | 0 | 0 | 0 | 42 | 41 | 4 | 174 | |
| 30 | Pithie Mike | 48 | 0 | "20 | 30 | "23 | 28 | 27 | "21 | 27 | 34 | 0 | 28 | "24 | 6 | 174 | |
| 32 | Farrar Shelley | L40 | 0 | 23 | 29 | 0 | 0 | 28 | 28 | 33 | 0 | 30 | 0 | 0 | 6 | 171 | L |
| 33 | Bird Dick | 51 | 0 | "21 | 25 | 0 | 27 | "24 | "22 | 26 | 33 | 28 | 25 | "22 | 6 | 164 | |
| 34 | Armstrong Rob | 47 | 41 | 41 | 37 | 0 | 0 | 0 | 0 | 37 | 0 | 0 | 0 | 0 | 4 | 156 | |
| 35 | Nicholson Jenni | L53 | 0 | 40 | 0 | 32 | 0 | 0 | 34 | 0 | 0 | 0 | 0 | 47 | 4 | 153 | |
| 36 | Whyman Sandy | 47 | 34 | 28 | 33 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 26 | 21 | 5 | 142 | |
| 37 | Stewart Kevin | 46 | 0 | 0 | 0 | 23 | 0 | 0 | 24 | 0 | 0 | 27 | 22 | 25 | 5 | 121 | |
| 38 | Pearson Colin | 40 | 0 | 0 | 26 | 29 | 0 | 0 | 26 | 0 | 0 | 0 | 27 | 0 | 4 | 108 | |
| 39 | Wilson Ian | 40 | 0 | 0 | 0 | 0 | 0 | 25 | 25 | 25 | 0 | 0 | 0 | 20 | 4 | 95 | |
| 40 | Kelman Phil | 44 | 0 | 0 | 0 | 0 | 0 | 49 | 45 | 0 | 0 | 0 | 0 | 0 | 2 | 94 | |
| 41 | Mulligan Hilary | 42 | 0 | 18 | 0 | 0 | 26 | 23 | 20 | 0 | 0 | 0 | 0 | 0 | 4 | 87 | |
| 42 | Jones Chris | 50 | 0 | 0 | 0 | 42 | 42 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 84 | |
| 43 | Thissen Marianne | L40 | 32 | 22 | 27 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 81 | |
| 44 | Campbell Alan | 62 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 41 | 38 | 2 | 79 | |
| 45 | Lott Simon | 46 | 0 | 0 | 0 | 0 | 41 | 0 | 0 | 0 | 0 | 0 | 36 | 0 | 2 | 77 | |
| 46 | Bricknell Bruce | 44 | 36 | 26 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 62 | |
| 46 | Keir Stuart | 41 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 34 | 28 | 2 | 62 | |
| 48 | McCourt Alan | 53 | 0 | 30 | 0 | 0 | 0 | 29 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 59 | |
| 49 | Pirie Sandy | 49 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 24 | 26 | 2 | 50 | |
| 50 | Smith Gareth | 47 | 0 | 0 | 0 | 0 | 0 | 26 | 0 | 0 | 0 | 0 | 23 | 0 | 2 | 49 | |
| 51 | Dalton John | 46 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 23 | 1 | 23 | |
| 52 | Trimble Tim | 53 | 0 | 19 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 19 | |

NB: Competition is based on total points from 6 best scoring League events excluding the Hill Climb (Event 7).
Lower points not included in 6 best are marked, eg, "30. (Event 5 cancelled due to heavy rain, Event 13 due to fog)

| Race Calendar 2008 | | | | |
|--------------------|-----|----|--|------|
| Sun | Aug | 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 | | 21 | ADCA Hillclimb - Entries to Bob Gibson on ellington13@supanet.com | ADCA |
| Sun | | 28 | Tri Changing Gear 10 mile TT | TCG |

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