



Issue 417      December 2008

# CRANKS

## Volume 35

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

Freelance World   
YOU COUNT. WE COUNT.

and   
acumen group

**Current Membership 389 (383)**  
**SCU Membership 164 (165)**

**British Cycling's Largest Club**

### Editorial:

2008 draws to a close. Not, perhaps, the most eventful of years for the Deeside but certainly notable for cycling in the wider circles. Every paper, every newscast, every sports programme has highlighted Chris Hoy and his amazing achievements on the bike. In the Scotsman newspaper article it was paraphrased how the authorities had removed Chris' chosen discipline from the Olympics but cocking a snoot at this he changed tack and won three separate Golds in alternative events.

To cap his wonderful year he won the BBC Sports Personality of the Year.

Let's hope that the fallout from what is undoubtedly a vintage year is positive and that our sport at all levels will see benefits. My wish is that cycling and cyclists get greater recognition and respect from a wider public.

Maybe the most important thing to happen to our club in recent months is the sponsorship agreement with Freelance World and Acumen Group. The injection of new enthusiasm, coupled with the heightened interest in cycling because of the Olympics, will hopefully see resurgence in competitors in open competition.

Moves were made a year ago to reintroduce a club squad, which would go to major events and efforts are in hand to attract more riders to the fold. With the selfless support of coaches and other interested members, 2009 could be the start of a new successful era for our club.

And well we deserve it. With a club the size of ours we should constantly see emerging talent.

### PHILOSOPHER'S CORNER (Albert Einstein)

*Not everything that counts can be counted, and not everything that can be counted counts.*

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](mailto:Knockies@aol.com)

## DEESIDE RACING

*Deeside Racing* is holding a number of racing workshops over the winter. These will be held on Saturday mornings at Garlogie Hall and will take the form of a coaching talk followed by a group ride or Turbo session. Based on numbers and abilities we may split the rides into a number of groups. We will also have an opportunity to discuss squad objectives, goals and events for next season and beyond and coaches will be on hand to answer any training questions. These sessions are open to all members who are interested in improving their cycling performance. The timetable for the workshops is as follows.

- 17th January, 9am
  - Racing, Fitness and Skill Requirements
  - MTB, Track, Road race, Individual TT, Team TT
  - Group ride
- 21st February, 9am
  - Nutrition
  - Race preparation
  - Group ride

If you would like to attend one or more of the workshops please contact Ken Bryson, [ken.bryson@talk21.com](mailto:ken.bryson@talk21.com), Tel 01224 877533. **Ken Bryson**

### Rt-6

The first ever structured ladies team in the Deeside is:

Chantel Clark  
Laura Sinclair  
Ellen Thornell  
Katrina Brown  
Shelley Farrer  
Lisa Leonard  
Jenni Nicholson  
Linda Reid  
Charlie Hamilton  
Manager Doug Haig  
Coach Ken Bryson

I am absolutely delighted with the new Rt-6 team and I can tell you after speaking to most of the team there is a buzz about these riders and that is what I listen to first. They are all looking forward to the 2009 season.

When it comes to managing teams there is nothing new in that. I managed two teams that went to the Girvan 3-day in the 80s. The first team was all Deeside. I had a pool of 8 riders but only 4 could go. Some of the riders were not happy with me but this is the fact when it comes down to it. The manager is in charge. I picked the right team because they all finished. The second time we went to Girvan it was a composite team, a bit more tricky to manage, but I got there in the end with all riders finishing.

When Rt-6 was being put together Ken Bryson and I met. Ken has to be on board with this as, so far as I am concerned, there is no one in the UK any better than Ken. In the Deeside we have the tools. It's now time to build a dominating ladies road team in Scottish cycling.

I really feel the balance is right in this team. We have the new, the up and coming and the experience and when it comes to experience there is no better a name than Jenni Nicholson. I see her as a real asset to the team with short distance time trialling, road racing, and let's not forget her full on track experience. She has also previously competed at National level.

Chantel Clark was the first to email and at just 17yr is already part of the British Cycling Talent Team and next month she meets up with the rest of the Talent Team in Manchester

Lisa Leonard, 21, came 4th at the world championships in Hamburg 2007 in her age range and was ranked 1st U23 female Scot in Triathlons. She sees cycling as the discipline she wants to pursue and Rt-6 will bring the best out of her

Laura Sinclair, a strong and determined competitor sees Rt-6 as the way forward. She wants to road race and wants to be good at short distance time trials

Ellen Thornell recently joined Deeside because she wanted to be involved in a working team and already has road race experience

Katrina Brown tried to get females to form a road team in 2008 and now sees Rt-6 as the team to be part of. She is already on a good level and is ready to step up a level. She like's the sound of taking on the opposition then to take them out

Shelley Farrar, known this year for her Bronze Award in the SCU 12hr wants to improve in short dist time trials and is ready to try road races but realises she has to train in accordance. She may also target the 12Hr

Charlie Hamilton, when she is on form this girl is fast. Stick a hill in front of her and she is unbelievable. She has the ability to be a good road rider - definitely a name to look out for

The plan is to compete in local time trials up to 25mls, to compete in 2-up TTs, APRs and to road race. As I said earlier we have the tools. It will all come down to who is the hungriest. The team will get together in January.

Linda Reid, along with Shelley Farrar will be aiming for repeats in the 12hr. They have the team record at the moment but want to be on hand to defend if there is any challenge.

Rt-6 has great depth taking in short distance time-trials, team trials, track and road racing to the gruelling 12hr. The team will welcome more ladies and those interested should not hesitate to contact me on [doughaig@talktalk.net](mailto:doughaig@talktalk.net)

*Doug Haig*

## CLUB Handbook

**Club Handbook** - this important document is available on line and a link to it is published every time Deeside Notes goes out. It has been recently updated - in preparation for any changes which might take place at our AGM. Please take a look and if you have any comments please reply to [knockies@aol.com](mailto:knockies@aol.com). This is the [link](#) to the [update](#)

## GRAMPIAN TIGERS

Recently announced was the person to be the full time Scottish Cycling coach for the Grampian Area. He is Ewen Murray and it is good news that he has joined our club. It is also great news for youth cycling in Grampian. Mark Pain has also taken up a post of full time Active Schools Co-ordinator for the following academies - Harlaw, Hazelhead, Kincorth, Torry and Cults. Recent meetings with a teacher at Hazelhead has shown that there is an active Mountain Biking club in the school, and they are looking to expand the club and potentially look at running an inter-school mountain biking competition. This is all positive news for Grampian Tigers. Mark Pain can be contacted on 01224 497173.

## 24Hr STANDARDS

Attempts are being made to put in place a fair range of Standards for those who take part in 24 Hr time-trials. Nobby Clarke, a veteran 24 Hr rider just before his death had accepted the principal of these standards and so that those members who have ridden this event are rewarded for their performances it is surely time to put the standards in place.

Bruce Bricknell, a 24 Hr rider himself, has assessed proposed standards. He thinks that the standards listed below are reasonably in line with those for the other distances. As an example he cites his 401 miles which would give a Gold Certificate and just outside a Silver Vets Medal. He compares this with his 25TT time in the same season where his time of 1.00.04 means he just missed the Silver standard but gets Gold Vets Medal. He regards his rides as comparable so the 24 Hr Standards work out just a wee bit on the tougher side - but not by much! If tougher then maybe they should be relaxed.

24Hours	Gold	Silver	Certificate
Senior Women	400miles	380miles	370/360/350miles
Senior Men	450miles	425miles	400/380/360miles
Special Standard Awards	Men	Women	
24hours	460miles	420miles	
Veterans	Gold	Silver	Certificate
24hours	30miles	20miles	10/0/-10miles

To ensure that the standards are fair the table below is offered as an alternative for consideration. It is fractionally less tough than the original proposal. Comments are welcome and should be made to Sandy Lindsay on [knockies@aol.com](mailto:knockies@aol.com)

24Hours	Gold	Silver	Certificate
Senior Women	380miles	360miles	350/340/330miles
Senior Men	425miles	400miles	380/360/340miles
Special Standard Awards	Men	Women	
24hours	460miles	420miles	
Veterans	Gold	Silver	Certificate
24hours	30miles	15miles	5/0/-5miles

## ACCIDENT

Dick Stewart, while out riding with John Allan at Inchmarlo on Thursday 18 December, was brought off by a car overtaking too closely. The driver admitted fault and fortunately Dick only suffered bruising and torn clothing.

## LETTERS

*Sir*, I'm well, been doing a lot of running this last while, did London Marathon and a couple of 1/2s as well. I suppose the real highlight of the past year was doing LeJog with Linda Reid and her friends. I hope to do the Edinburgh Marathon 2009 and the hill run from Braemar to Aviemore. I was speaking with Phil Kelman recently. We are speaking about the 24hr again. So we'll see where we go from here  
*Regards, Kenny Watson*

*Sir*, The presentation of the Gold Badge of Honour was a real Christmas present, completely unexpected and I feel a bit ashamed to accept and being chosen for this selective award in sport. I am only a spoke in a big wheel hub who equally promotes services to sport, in particular to youth - our future champions. Dedicated coaches, team event leaders and those all-weather marshals all make it happen in training and competitive sports - better known as team work. To conclude, this medal of recognition will take pride in my sport cabinet, which is getting rather crowded. Many thanks to all for making '08 a year for me to remember

*Thank you & regards, Bert McIntosh*

*Sir*, I'm happy to report that John Gordon lives just down the street from me here in Katy, Texas and we team up for weekend rides and race with the same local team (M7 Racing). He and Fiona have also tempted me into Duathlons. As there aren't many TTs here in sunny, flat Texas, "Du's" are a good excuse to ride the TT bike. The running is a necessary evil in my book! If things go according to plan, looks like we'll be back in Aberdeen around May/June 2010, when I'll be looking to get back into The Evening League. Something I took for granted whilst at home, but you find out that's it's somewhat unique and therefore something to be appreciated a bit more (by me). The new team kit looks great, look out for an order from me.  
*Regards, Mike Cooper*

*Sir*, Owing to the Scottish Groups' Time-Trial Secretary misplacing a BAR claim form, a Scottish member's name is missing from the National VTTA BAR. If he had been included he would have obtained 21<sup>st</sup> position. The rider is Derek Stewart, Deeside Thistle CC, age 71/72 with performances of 59.07, 2.06.03 and 4.50.09 giving him a plus of 153.16. My apologies to Derek

*Jim Harris SVTTA Time-Trial Secretary*

## DAVID VINTEN

David Vinten was hit by a car while cycling home from Aberdeen to Lathallan on the evening of Monday 01 December. He was seriously injured and is still in hospital. However, he has been moved out of the high dependency unit to an orthopaedic ward (46). His injuries are likely to keep him in hospital immobilised for at least 8 weeks.

He is a remarkable young man, with a supportive loving family, strong faith and determined outlook- and most importantly he is alive.

Well wishers are welcome at the hospital and a website to regulate timings is at <http://www.bcfchurch.org.uk/admin/david.asp>

*Stuart Keir*

## CIRCUIT TRAINING GARLOGIE

Circuit training sessions continue at Garlogie on Wednesdays starting at 7.00pm. All members are welcome and though the sessions can be very hard no-one is expected to work beyond their capability. They are there to establish a ground base fitness, which is not possible on the bike. Starting out at fairly low level the intensity increases as the weeks go in. There is no charge for the evening's entertainment and refreshments (tea and biscuit) will be provided. You should arrive dressed ready to start, trackie bottoms/t-shirt/trainers and bring a towel to dry the sweat afterwards. Next session takes place on 08 January.

## CHRIS HOY

Chris Hoy is the BBC Sports Personality for 2008. Well deserved. Thanks for bringing it to my attention. For the first time in my life I actually voted. To say I was delighted with Chris Hoy winning was an understatement.  
*Mervyn Stanley, Acumen Group*

## ANNUAL GENERAL MEETING

The Annual General Meeting of the Deeside Thistle Cycling Club took place on Wednesday 03 December 2008 in the clubrooms at Garlogie Hall. The meeting commenced at 8.00pm and there were 36 members in attendance. Apologies were received from Dave Anderson, Tom Barratt, Ken Bryson, Ian Edwards, Chris Good, Dave Milne, Jenni Nicholson and Ellen Thornell.

1 Alan Campbell, the Chairman, welcomed the members saying that this is the 55<sup>th</sup> AGM of the Deeside Thistle Cycling Club. Some members present had been to very early ones, Frank Caie and Derek Stewart while Alan Gibb had been to most. Bad weather was forecast so he hoped that the long Agenda could be completed quickly. It had been a good year for the club with younger membership coming more to the fore. This could be because of the National success of the likes of Chris Hoy at the Olympics. Use of our roads continues as a challenge and only a few days ago David Vinten had been seriously injured near Catterline. This meeting sends its best wishes for a speedy recovery

2 **Minutes of Previous AGM** – accepted after the following correction:

**Correction to Minute** – A discussion took place in relation to a proposed hard track development by Bert McIntosh at Knockburn Loch. Further discussion was referred to the F & M Committee

3 **Business Arising from Minute**  
**There was no Business Arising**

4 **Annual Report**

a) **Membership**

Senior	353 (350)	Life	28 (28)	Family	50 (59)
Junior	7 (7)	Vet	243(241)	Associate	42 (10)
Juvenile	20 (22)	Lady	66 (68)	Honorary	10 (18)
Total	380 (379)	New	77 (76)	SCU	153 (163)

76 members failed to rejoin from last year, which is 20% (9.5%) of our total. Of this total 20% (20%) are new or have renewed from previous years. The over 40-year-old percentage in the club is now at 64% (63.5%). Only 7% (7%) of our membership is under 18 years of age. SCU Membership is at 40% (43%) of our membership. This total is the highest of any club in Scotland and will win the SCU's John Bull Trophy for the 23rd consecutive year. The

- average age of members has gone up a small bit since last year at 42.7 (42.5) yrs?
- The new racing committee led by Ken Bryson is working steadily at improving things on the National front. They hope that their efforts start to bear fruit in the new season. Our most successful racing returns in the past year again came from Ian Humphries and Derek Stewart. Ian performed well on the track taking World Masters medals while Derek continued to upgrade Vets records
  - Doug Haig persuaded a squad of members to ride the National 12 hour
  - Ken Bryson continues his coaching of many riders and this close involvement will soon bring new talent to the fore
  - The Evening League has once more our most successful competition with 112 members riding at least one event over the season. 55 riders rode six or more events. Two events were lost due to weather problems and an average of 46 riders rode each other event. During the season Bob Gibson and Isobel Smith assisted the timekeeping of the league. A resolution of our timekeeping problems must be found for the 2009 season. Dick Bird, Duncan Warwick, Mary Lindsay and John MacRae formed a back bone to keep the league operational
  - Grampian Tigers is the youth club which has developed out of the Youth Strategy project started by this club a few years ago. Gareth Smith, Simon Lott and Peter Clark are the principals here. With new appointments at local authority level specifically aimed at cycling the future of youth cycling in the Aberdeen area is a bit brighter
  - Just before last Christmas we lost one of our most valued members. Nobby Clarke died and left a vast hole in the official area of our club. At the time it was said he would be hard to replace. Not many Nobby's exist and we are still trying to overtake all that he did
  - Sportives are the in-thing for many cyclists and though we don't formally promote an event of this nature, both Alan Campbell and Rob Armstrong have put on Reliability Trials which rival the standards set
  - Other club activities include Circuit Training at Garlogie on Wednesday evenings during the off-season. There is an annual Christmas Dinner/Presentation and other ad-hoc social activities
  - Club Membership comes from many areas and disciplines. Most members are located in the north-east of Scotland but there is a sprinkling worldwide. This may be largely due to relocation of employment but there are individuals who choose to join from afar. The group in New Mexico continues to flourish. All of the cycling disciplines are covered by members with many Triathletes and Duathletes in our colours as well as track riders, off-road riders and downhill experts
  - Cranks, the official magazine of the club, is now over 35 years old. No issue has been missed with issue 417 appearing this month
  - At the end of the 2008 racing season Freelance World and Acumen Group entered into a four-year sponsorship deal with our club. Their wish is to support the grass-roots of our sport. New clothing has been designed by Ian Humphreys and there should be a good stock before the start of the 2009 season. This is a new beginning for our club and though there will be support for top riders and administration of the club, one of the main thrusts of the agreement is to foster the development of new talent
  - The club's website, deeside.org, has been revamped in line with our new sponsors and the webmaster, Des Young, does regular updates. A major step forward in the use of internet facilities is the introduction of PayPal facilities for annual subscriptions and other cash transactions

It was agreed to look at the promotion of an official Sportive event in 2009

Ewan Murray, the recently appointed Regional Coach for Scottish Cycling indicated he would take up his post in January 2009. He gave a summary of what he is to do through schools and clubs and would work in close liaison with groups like Grampian Tigers

## 5 Treasurer's Report

### Balance Sheet

<u>Fixed Assets</u>				<u>1817</u>
<u>Current Assets</u>				
Stock - Clothing		4639		
Bank - Investment Account		15000		
Bank - Current Account & Cash		4036		
		23751	23751	
<u>Current Liabilities</u>				
Sponsorship Advance		-1800		
Due But Unpaid Race Grants		-650		
Donations agreed but Unpaid		-500		
Espoir Fund		-1500		
		-4450		<u>-4450</u>
Net Current Assets				<u>19301</u>
Total Assets				<u>21118</u>
Represented by				
Accumulated Fund @ 31 09 06		19902		
Surplus/(Deficit)		1216		<u>21118</u>

### Income and Expenditure

<u>Income</u>				
Membership Fees		5874		
Miscellaneous		15		
Donations		66		
Bank Interest		665		
Gain on Sale of Garments		120		
Racing		788		
			7528	
<u>Expenditure</u>				
Administration				
Communications		833		
Hall Rentals		261		
Affiliations		380		
Website		178		
Miscellaneous		538		
SCU Membership		160		
M Elliott Lecture		641		
Trophies/Presentations		395		
Depreciation on Equipment		983		
Race Awards (2007 to be allocated)		650		
Race Awards (Current Season)		113		
Espoir Fund		850		
Gratuity Clothing		-		
Commemorative Seat		330		
				<u>6312</u>
Surplus/(Deficit) for Year to 30 09 07				<u>1216</u>

### Garments Account

Sale of Garments				5044
Less Cost of Sales				
Stock at Start		4649		
Add Purchases by Club		4914		
		9563		
Deduct Stock at End of Period		-4639		
Cost of Sales				<u>4924</u>
Gain/(Loss) on Sale of Garments				<u>120</u>

### Bank Reconciliation

Balance as per Pass Sheets		5282.97		
Less Cheques not yet presented				
No51		86.00		
No54		110.00		
No55		1068.32		
				<u>-1264.32</u>
Net				<u>4018.65</u>

## 6 Racing Report

Mike Brown said that the level of activity locally in 2008 had been quite low. The Championship Report would highlight performances at club level. There were the usual difficulties in getting assistance, often because of legislation. Organisers must start the ball rolling early. A debt of gratitude is owed Isobel Smith and Bob Gibson for their assistance at our Evening League

## 7 Championship Report

### Novice Championship

Peter Anderson	Novice Champ 10 2008	24.30
Keith Nettleton	Novice Champ 10 2008	25.31
Peter Crawley	Novice Champ 10 2008	25.44

### Senior BAR

Sean Monaghan	Snr BAR 2008	23.560 mph
Derek Stewart	Snr BAR 2008	23.180 mph
Colin Sim	Snr BAR 2008	22.501 mph

### Vets BAR

Dick Stewart	Vets BAR 2008	+ 17.256
Ian Sinclair	Vets BAR 2008	+ 6.155
Sean Monaghan	Vets BAR 2008	+ 5.653

### Women's BAR

Jenni Nicholson	Ladies BAR 2008	23.379 mph
Ashley Pearson	Ladies BAR 2008	23.339 mph
Katrina Brown	Ladies BAR 2008	22.746 mph

### Juvenile Bar

Lewis Murchie	Juvenile BAR 2008	20.240 mph
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### Junior BAR

### NO QUALIFIERS

**Snr RR BAR 2008** It was agreed that the Club's Snr RR BAR award should be calculated from all of the ADCA road-races in 2008. Points to be awarded 50 down to 1 regardless of the club. The Deeside Thistle member with the highest number of points to win the award.

### 25 Trophy 2008

Ian Humphreys	56-35 + 57-22
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### 50 Trophy 2008

Sean Monaghan	2-04-44 + 2-07-00
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### Evening League

	Points
Ben Gowland	1st Overall 942
Lewis Murchie	1st Juvenile 694
NO QUALIFIERS	1st Junior
Duncan Warwick	1st Veteran 924
Katrina Brown	1st Lady 722
Tom Barratt	2nd Overall 939
Duncan Warwick	3rd Overall 924
Derek Stewart	1 <sup>st</sup> Leili Clarke Trophy 300
Stewart Mitchell	2 <sup>nd</sup> Leili Clarke Trophy 295
Dave Morris	3 <sup>rd</sup> Leili Clarke Trophy 289

### Alex Anderson Memorial 2008

Duncan Warwick	59.38
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## 8 Propositions: [Link to Club Handbook](#)

a) Rules and Byelaws - 7. Standard Medals. Proposed by S Donaldson and A Elkington. Delete reference to Certificates (Gold, Silver and Bronze) and replace with Bronze Medal. If proposition carries the Standards Tables Certificate Column is to be replaced with a Bronze column that will have the Silver Certificate Standard. *Carried nem con*

b) Rules and Byelaws - 7. Standard Medals. Proposed A Lindsay and M Fowkes

Insert the following as appropriate

24Hours	Gold	Silver	Certificate
Senior Women	400miles	380miles	370/360/350miles
Senior Men	450miles	425miles	400/380/360miles
Special Standard Awards	Men	Women	
24hours	460miles	420miles	
Veterans	Gold	Silver	Certificate
24hours	30miles	20miles	10/0/-10miles

If proposition b) is carried propose that the awards be backdated. If proposition a) is carried Certificate Column is to be replaced with a Bronze column that will have the Silver Certificate Standard

*This proposition referred to Finance and Management Committee for further investigation*

## 9 Election of Officials

### Position

Hon President  
Hon Vice-President

Chairman  
Vice-Chairman  
Secretary  
Treasurer  
RR Secretary  
EL Secretary  
MTB Secretary  
Championship Sec

Press officer  
Committee

Ex-Officio for Sponsor

### 2009

Mary Lindsay  
Frank Caie  
Alan Gibb

Alan Campbell  
Mike Fowkes  
Sandy Lindsay  
Sandy Lindsay  
Mike Brown

?

?

Dick Bird

*proposed by A Lindsay*

?

Ken Bryson  
Alan Elkington  
Andrew Harrington  
Andy Massie  
Jenni Nicholson  
Katrina Brown  
Peter Dennis

Alasdair McGill

## Non-Agenda Items:

- It was agreed to investigate the provision of a casual garment in club colours
- Alan Gibb indicate that he is organising a 50s/60s/70s reunion in the Mannofield Cricket Club-house on 20 or 27 March 2009

## OPEN ATHLETICS MEETING

### ELLON MEADOWS

Sunday 18<sup>TH</sup> January 2009 at 12.30pm

(Soup and Sandwiches will be provided)

This is your chance to have your say on how we should revitalise Athletics in Aberdeenshire in preparation for the 2014 Commonwealth Games and to provide the legacy of a healthier population.

Across Aberdeenshire, many youngsters are being introduced to Sportshall Athletics by the Athletic Development Officer greatly assisted by the Active Schools Team which has stimulated the interest of many youngsters in Athletics. Currently there are only a small number of Athletics Clubs in Aberdeenshire and there isn't the capacity to develop this new interest.

This is an ideal opportunity to meet with like minded people to discuss possible avenues of development to provide suitable pathways to promote and encourage the fantastic Athletic talent we have in Aberdeenshire youngsters.

This meeting is open to all and everyone is welcome, particularly parents of youngsters who have an interest, teachers and those already involved in Athletics.

Aberdeenshire Sports Council is committed to providing funding for any initiative that arises from this meeting. So please come along – together we can make it happen.

*Kenny Gibb Chair Aberdeenshire Sports Council*

## CLUB BOTTLES

I planned to do this last year and ran out of time. With our new sponsor it would seem time to get this off the ground. I would be willing to act as focal point for the production and supply of cycling Bottles with the club logo printed on them. Surely something our sponsor would welcome as well as the riders?

I have checked out one supplier who can do 600 or 800ml bottles for less than £2 each if we order sufficient! Minimum order is 250.

Bottles in the shops are typically about £3 - £5 depending on size. The club could make a few pounds if we sold them for £2.50/£3.00. In the first instance I suggest we hold only one size, but we could see what people want. To order 250 of each size would only cost £757.50 - not a huge sum! Delivery is some 4 weeks so if we got our act together we could order early in the New Year for delivery in time for the start of the racing season.

*Simon C.H.Richards*

## CHRISTMAS FUNCTION

Our Christmas do on Sunday 14 December at Echt Hall was well attended with almost 100 members and family sitting down to a pleasant meal. Park Lane from Huntly was the caterer and the food was good enough to ask them back next year.

Almost 10 riders took part in the morning's TT. It had been raining steadily for ages and the event was held in dreich conditions with a wee bit too much standing water. Only Chantel Clark rode in fancy dress, and on a 1950s bike. Only Andrew Lindsay wore shorts. Only Ken Bryson and Alan Campbell rode a tandem.

### Result:

1 Kenny Anderson/Kenny Watson	13.52
2 Ken Bryson/Alan Campbell	13.59
3 Kevin Adam/Bert McIntosh	14.04
4 Eric Malcolm	18.36
5 Chantel Clark	20.12
6 Andrew Lindsay	20.49

After the meal the annual Club Awards were presented. The Steven Chaplin Award went to Isobel Smith and Bob Gibson. Derek Stewart was awarded with a special one off for his Vets performances. Gold Badges of Honour were presented to Ken Bryson and Bert McIntosh. Race trophies, medals and certificates were presented to many of those attending.

The partying finished with a raffle that only the Deeside can put on. Many bottles of wine, boxes of sweets, cakes and cycling related articles were distributed.

Thanks for a lovely afternoon *Mark and April Simpson*

Thanks for a great Christmas Sunday Lunch with friends and fellow cycling folk. The food was first class and the service fast and the venue ideal *Sandy Pirie*

A great event once again, thanks for your efforts in making it happen. Great result in the Sports Personality

*Ken Bryson*

Many thanks for awarding Bob Gibson and me the Steven Chaplin Memorial Award, especially as it was to two folk out with the club. Between that and the SCU

honour it's been a special two weeks for me and in both cases greatly appreciated. My aim in 09 is to get all these Evening League riders to enter local open events and make worthwhile fields. If the more mature like Dick, Bill and Stewart can, so can the rest. My thanks once again

*Isobel Smith*

Thanks for the award for Issy and myself but as I have already said to her. "We do what we do" for this daft sport we are involved in? An award that Chris Hoy hasn't had. No bad goin' for a couple o' aul' yins. I realise the significance of the award as I believe it is the first time it has been awarded outside the Club. For me that is a big thing. Saying thanks is not really enough and sorry I missed the "do". Awrabest to yersel' and Deeside over the festive season *Bob Gibson*

It was a great day, well done to everybody involved

*Pete Clark*

We had a great time and would like to thank everyone involved in organising the day. All the best for Christmas and the New Year *Joe, Vicky and Arroza Fee*

Here's a vote of thanks to all involved in the organisation of the Christmas Party. Lewis and I thoroughly enjoyed the proceedings, held in friendly, couthy surroundings but always still focussed on the most important subject on the agenda - cycling! The fact Chris Hoy went on to win the BBC award on Sunday evening was a true bonus and rounded off a memorable day. Thanks and have a great Christmas *Jon Murchie*

I really enjoyed the day and got a bit emotional when given that special award. Thanks to everyone. It was one of the best dos ever *Dick & Irene Stewart*

## FEES ARE DUE

Annual Club Subscriptions are due. You should be considering payment of your annual fee to the Club – your own, your spouse/partner and family if appropriate

**Over 18 - £23.00, 16–18 - £12.00, Under 16 - £7.00, Family (each) - £2.00, Associate - £7.00.** Family is defined as spouse or those under the age of 12 of an existing member.

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

Bank: Lloyds TSB

Account Name: Deeside Thistle Cycling Club

Bank Sort Code: 30 10 01

Account Number: 00802182

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

- By PayPal - on the club [website](#) Many members have used this facility and though it does cost the

club a bit in commission it is instant and transcends currency boundaries

## PROPOSED 2009 CALENDAR

21 March	Sat	D.Londragon RR	60mls	ADCA
29 March	Sun	Presentation TT	15mls	ADCA
05 April	Sun	B.Souter Trophy TT	10mls	ADCA
18 April	Sat	Spring Bunny TT	25mls	GCRT
26 April	Sun	Ythan Hilly TT	20mls	YCC
07 May	Thurs	Non Std TT (1)	19.2km	GCRT
12 May	Sun	APR	50mls	DTCC
21 May	Thurs	Non Std TT (2)	23.1Km	GCRT
24 May	Sun	Drumlithie 25	25mls	DTCC
31 May	Sun	Olympic TT	15mls	YCC
06 June	Sat	Neish/B.Low TT	25mls	AWCC
11 June	Thurs	Non Std TT(3)	33.1km	GCRT
14 June	Sun	Fitnut Trophy TT	50mls	GCRT
17 June	Wed	Massie Shield TT	25mls	ADCA
21 June	Sun	National C'ship	25mls	ADCA
25 June	Thurs	Non Std TT (4)	23.2km	GCRT
28 June	Sun	Coffee Pot TT	50mls	ADCA
05 July	Sun	Super 6 Series	85mls	DTCC
19 July	Sun	Furieux Trophy	100mls	ADCA
26 July	Sun	Ythan 10 TT	10mls	YCC
06 Aug	Thurs	Non Std TT (5)	22.4 km	GCRT
13 Aug	Thurs	Non Std TT (6)	19.2km	GCRT
0 Aug	Sun	Glegg Trophy TT	25mls	ADCA
06 Sept	Sun	Rising Westerly	100mls	GCRT
13 Sept	Sun	Ythan APR	45mls	YCC
19 Sept	Sat	AC Yule TT	10mls	AWCC
20 Sept	Sun	Hill Climb	1mls	

## 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!

## CLUB WEBSITE

Des Young has developed a good website for our club. You are invited to make comment and submit material for publication. Please visit regularly as the content keeps changing. Des can be contacted via the website at [www.deeside.org](http://www.deeside.org) or at [webmaster@deeside.org](mailto:webmaster@deeside.org)

## SPORTIVES

This is the link to 5 Sportives in 2009. All really good but will fill up fast. Entries open 3 Dec 2008  
<http://www.handsonesports.co.uk/>

## DOWNHILL PROPOSAL

Here's the downhill proposal for the Lecht.  
<http://www.cairngorms.co.uk/resource/docs/boardpapers/25072008/CNPA.Paper.2565.Planning%20Committee.Paper.1.Lecht.M.pdf>

## RELENTLESS 24

This event is worth bringing to the attention of members -  
<http://www.nofussevents.co.uk/event/Relentless-24/1022/>

All "No Fuss" events are well organised, friendly and great value. The course at Fort William should be 100% rideable  
*Phil Kelman*

## PHIL WINNING

People who savour the taste of a food enjoyed it more than those that were distracted while eating. Distractions can be talking, reading or watching TV while eating! We have all done that! I will tell you a little story; An old monk was enjoying a beautiful sunset with another monk. He was not impressed when the younger monk started talking about the sunset because by talking he was no longer fully appreciating!

If we look at our favourite photos, which could include pictures of people we love and pictures of memorable moments, it boosts our happiness! I will give you an example; The Open University carried out a study comparing different options people may use to boost their happiness including looking at favourite pictures in photo album, chocolate, music, TV and even having our favourite drink! It was much a better, bigger and longer lasting happiness booster!

"I was aware of the potential positive effects of looking at personal photographs but I was surprised by its ability to produce shifts in specific factors, such as being more relaxed, calm or bright. Looking through a photo album has a far more beneficial effect than many traditional ways of unwinding and mood boosting - and it's certainly a lot better for you." Dr Peter Naish, OU

Capture the moment - I was attending a wedding celebration and during a funny moment I went to get my video recorder. One of my friends objected and suggested that the memory would be recorded in our minds and our hearts. I agreed and put the camera down. The camera would have changed the moment and the spontaneity of the moment and made those on film self-conscious.

"We rarely seem to live in and savour the present moment. We postpone our happiness. Yet, the ability to savour the positive experiences in your life is one of the most important ingredients of happiness." Prof Sonja Lyubomirsky Ph.D

"The way to love anything is to realize that it may be lost." G. K. Chesterton

"The most delicious food in the world cannot be enjoyed if consumed in too large quantities, neither can we enjoy activities, no matter how 'delicious they are; if we have too much of them. Quantity affects quality; there can be too much of a good thing" Tal Ben-Shahar Ph.D

*Phil McNally* <http://www.veryhappyphil.com/>  
*Author & Positive Psychology Coach*

## ENCHANTED CIRCLE CENTURY TOUR

We were there finally, the ride several of us New Mexico Deesiders had been training for all summer. The Enchanted Circle Century Tour in Red River, New Mexico. An interesting name for a one hundred mile ride. Having never ridden this loop before I imagined a surreal, magical tour through northern New Mexico.

Country roads traversing scenic meadows and paralleling streams all with a backdrop of the majestic Rocky Mountains. In actuality, I now believe that the name refers to the feeling you have at about the 95 mile mark into the ride. Enchanted in the way of being cursed by some sadistic demonic hell-spawn which takes pleasure in delivering hypoxia to foolish mortals.

The ride begins and ends on Main St. in Red River at an elevation of 8,750 feet (2667 meters). It was a cool morning in the upper 30's F (around 3 C) and after some brief words from the tour officials the DTCC contingent and a few hundred other cyclists started our descent out of town toward the town of Questa. Once out of the mountains and down to an elevation of 7,400 feet it quickly becomes not so cool anymore. Time to strip off all of those extra layers that seemed like too little protection just a few minutes ago. Suitably outfitted again we set off for Taos, New Mexico and the lowest elevation in the tour, 6,950 feet, practically sea level. The ride to Taos is uneventful, and now with about 30 miles behind us we are getting warmed up and into a groove. The area is more wide open and the mountains and trees have given way to typical sparse desert vegetation.

Taos is a rather busy place. Quite a contrast to the rural byways we were just riding. Taos attracts many tourists due to its southwestern art and they seem to all be driving cars and doing touristy things. We do our best imitations of New York City bike messengers and surgically slice our way through the traffic. Once through the disarray the ride becomes very scenic. The road slowly climbs (at first) through green valleys and along a stream. There are houses and small shops tucked in between rocky outcroppings along the valley walls. The area is a good distraction to take your mind off the fact that you are slowly, but consistently climbing. After several miles of this, however, you are no longer distracted and you realize this is getting painful. The valley scenery slowly turns to pine forest and as it does the grade gradually steepens. Finally at around mile 70 of the ride you reach the top of Palo Flecho at an elevation of 9,101 feet (2,774 meters) and a good rest stop to take on water and food. It is also a good time to consider what you have already put yourself through and ponder the fact that the real climb in the tour is yet to come. Leaving the rest area we descend rapidly, really rapidly, down a narrow two lane road full of switch backs to quickly give back all of that elevation we worked so hard to gain. Half way down the descent we see a rider in the next corner waving at us to slow down, as we round the corner there are numerous riders and bicycles scattered on the shoulder of the bend. They are getting cared for so we continue on down the mountain. I guess they were not kidding on the brochure for the ride to be careful on that descent.

The next section of the tour crosses a wide open valley between mountain ranges and is truly an impressive sight. It should also be a relatively easier period in the ride before the final climb over the infamous Bobcat Pass. Well, it was easier, but the 20 mile per hour crosswind made it not nearly as much of a rest as I had hoped. I was really looking forward to getting back into the cover of the trees and hopefully out of the wind. Pedalling on we

reach the 90 mile mark and the start of the real gut check. To hamper matters and add a touch of "excitement" to the challenge, we make a left turn into the nagging crosswind to make it a headwind. I am now seriously questioning what drives me to do these silly rides. We slowly and painfully make our way up the mountain to Bobcat Pass. Time seems to come to a standstill and your whole being becomes focused on the wind desperately trying to push you back down the mountain and your breathing which is now as loud as the wind. The climb has quite a few false summits in it too, just to add to the "fun". Having never been on this ride before I am elated each time I see what appears to be the top only to have my hopes dashed by the appearance of more mountain. Riders are becoming walkers and I too am starting to wonder if I couldn't make better time on my feet, but I am determined to ride the whole way. Finally the real summit of Bobcat pass comes into view and re-energizes you. At the summit you are at an altitude of 9,820 feet (2,993 meters) where the oxygen molecules are few and far between, a height more suited to mountain goats and airplanes rather than feeble humans on bicycles, but we have made it. The last miles of the ride are a nice descent back into Red River, New Mexico and the finish line. We glide back down to an elevation of 8,750 feet (2,667 meters) and gather at the finish line to cheer on the other riders before retiring to the nearby park to relax and discuss our adventure.

Every one of the DTCC riders that came out to the Enchanted Circle Century Tour made it back to the finish line. It was a great effort by all. As for me, I will definitely go back and do the ride next year and if any of you get the chance to ride in our area I recommend timing your travel to coincide with this century. I think next year I may bring some extra lungs or oxygen mask myself.

*Bryse Davis*

## FORESTRY COMMISSION NEWS

Christmas trees on sale at Tyrebagger. Put some of the magic back into Christmas by having a real tree. Have a great day out at the same time. We have two sales centres. The large one is at Tyrebagger near Aberdeen where we can supply trees of any size. You'll love the whole experience - buying the Christmas tree is really the start of Christmas. Tyrebagger is open till Tuesday 23rd December from 9-5. Remember it is in the forest so bring your wellies and wrap up warm. At Tyrebagger you can end your visit with a well-earned cup of coffee or tea and a burger. If you want information on prices or if you have special requests, please phone 01466 794161.

Tree Harvesting Work From time to time we have to close woods and trails due to tree felling operations which can be dangerous if you get too close. Here is a list of our current closures:

Kirkhill, near Aberdeen: Part of the red trail is still closed but a diversion is in place. We hope to open this route again soon

Fetteresso near Stonehaven: The through route to Drumtochty will be closed till the end of December

Our District (Aberdeenshire) recently merged with Moray Forest District to become Moray and Aberdeenshire Forest District. We now cover an area from Laurencekirk in the south to Forres in the north.

### MEMBERS PERFORMANCES 2008

Below please find details of members' time-trial performances at standard distances on registered courses and officially timed during the season 2007. Every effort has been made to have this list complete but inevitably there will be errors and omissions. If you spot an anomaly please feel free to report it. The anomaly could be errors in times as published, results missing from named riders, riders not being listed. It is important to have a full record and you can help get this by contacting the Club Secretary, Sandy Lindsay, on 01467 681330 or email knockies@aol.com.

#### 10ml TT

Name		Course	Dist	Time	Date
Humphreys	Ian		10	21.52	06-Aug-08
Barratt	Tom	AB10/3	10	22.35	12-Aug-08
Stewart	Derek		10	22.43	18-Jun-08
Humphreys	Ian		10	22.44	31-Aug-08
Warwick	Duncan	AB10/3	10	22.46	12-Aug-08
Monaghan	Sean		10	22.49	18-May-08
Humphreys	Ian	AB10/3	10	22.59	13-Sep-08
Gowland	Ben	AB10/3	10	23.00	12-Aug-08
Barratt	Tom	AB10/3	10	23.02	05-Aug-08
Monaghan	Sean	AB10/3	10	23.13	06-May-08
Gowland	Ben	AB10/3	10	23.14	05-Aug-08
Warwick	Duncan	AB10/3	10	23.17	05-Aug-08
Warwick	Duncan	AB10/3	10	23.18	22-Jul-08
Humphreys	Ian		10	23.18	07-Sep-08
Humphreys	Ian	AB10/3	10	23.18	28-Sep-08
Barratt	Tom	AB10/3	10	23.24	22-Jul-08
Warwick	Duncan	AB10/3	10	23.34	27-May-08
Stewart	Derek	V718	10	23.39	05-Apr-08
Gowland	Ben	AB10/3	10	23.47	27-May-08
Monaghan	Sean	AB10/3	10	23.50	12-Aug-08
Anderson	Neil	AB10/3	10	23.56	12-Aug-08
Monaghan	Sean	AB10/3	10	23.58	27-May-08
Stewart	Derek	AB10/3	10	23.58	12-Aug-08
Sim	Colin		10	24.00	18-May-08
Blunsdon	John	AB10/3	10	24.01	22-Jul-08
Morris	David	AB10/3	10	24.03	05-Aug-08
Stewart	Derek	AB10/3	10	24.03	05-Aug-08
Blunsdon	John	AB10/3	10	24.05	05-Aug-08
Gowland	Ben	AB10/3	10	24.08	06-May-08
Monaghan	Sean	NS31	10	24.09	12-Apr-08
Robertson	Keith	AB10/3	10	24.10	22-Jul-08
Brown	Ian	AB10/3	10	24.12	05-Aug-08
Morris	David	AB10/3	10	24.14	27-May-08
Morris	David	AB10/3	10	24.16	22-Jul-08
Morris	David	AB10/3	10	24.16	12-Aug-08
Monaghan	Sean	AB10/3	10	24.16	28-Sep-08
Brown	Ian	AB10/3	10	24.18	27-May-08
Stewart	Derek	AB10/3	10	24.20	22-Jul-08
Anderson	Neil	AB10/3	10	24.20	05-Aug-08
Monaghan	Sean	AB10/3	10	24.20	13-Sep-08
Stewart	Derek		10	24.21	14-May-08
Clark	Ross	AB10/3	10	24.23	12-Aug-08
Robertson	Keith	AB10/3	10	24.24	12-Aug-08
Whittle	Chris	AB10/3	10	24.27	22-Jul-08
Monaghan	Sean	AB10/3	10	24.30	22-Jul-08
Anderson	Peter	AB10/3	10	24.30	12-Aug-08
Tulloch	William	AB10/3	10	24.32	27-May-08
Clark	Ross	AB10/3	10	24.33	16-Jul-08
Robertson	Keith	AB10/3	10	24.36	05-Aug-08
Stewart	Derek	AB10/3	10	24.38	27-May-08
Morris	David	AB10/3	10	24.40	06-May-08
Stewart	Derek	AB10/3	10	24.41	06-May-08
Pearson	Colin	AB10/3	10	24.41	27-May-08
Bryson	Ken	AB10/3	10	24.41	05-Aug-08
Walton	Stephen	AB10/3	10	24.41	12-Aug-08

Blunsdon	John	AB10/3	10	24.42	06-May-08
Stewart	Derek	AB10/3	10	24.42	28-Sep-08
Armstrong	Robert		10	24.44	18-May-08
Wilkie	Iain	AB10/3	10	24.45	12-Aug-08
Whittle	Chris	AB10/3	10	24.46	06-May-08
Richards	Jack	AB10/3	10	24.48	22-Jul-08
Richards	Jack	AB10/3	10	24.49	12-Aug-08
Anderson	Peter	AB10/3	10	24.51	06-May-08
Sim	Colin	AB10/3	10	24.52	16-Jul-08
McGill	Alasdair		10	24.55	07-Sep-08
Wilkie	Iain	AB10/3	10	24.57	27-May-08
Durham	Stephen	AB10/3	10	24.58	27-May-08
Keir	Stuart	AB10/3	10	24.58	12-Aug-08
Stewart	Derek	AB10/3	10	25.01	13-Sep-08
Chapple	Ian	AB10/3	10	25.06	27-May-08
Keir	Stuart	AB10/3	10	25.08	05-Aug-08
Wilkie	Iain	AB10/3	10	25.08	05-Aug-08
Chesterman	Alan	AB10/3	10	25.08	12-Aug-08
Nicholson	Jenni		10	25.09	22-Jun-08
Wilkie	Iain	AB10/3	10	25.09	22-Jul-08
Bryson	Ken	AB10/3	10	25.12	27-May-08
Bryson	Ken	AB10/3	10	25.14	22-Jul-08
Harrington	Andrew	AB10/3	10	25.14	12-Aug-08
Sim	Colin	AB10/3	10	25.17	27-May-08
Nicholson	Jenni		10	25.17	06-Aug-08
Spalding	Mike	AB10/3	10	25.17	12-Aug-08
Lott	Simon	AB10/3	10	25.18	05-Aug-08
Tulloch	William	AB10/3	10	25.21	06-May-08
Harrington	Andrew	AB10/3	10	25.21	22-Jul-08
Anderson	Kenny	AB10/3	10	25.23	12-Aug-08
Jones	Chris	AB10/3	10	25.24	27-May-08
Massie	Andy	AB10/3	10	25.24	22-Jul-08
Munro	Mark	AB10/3	10	25.28	05-Aug-08
Keir	Stuart	AB10/3	10	25.31	22-Jul-08
Nettleton	Keith	AB10/3	10	25.31	12-Aug-08
Walton	Stephen	AB10/3	10	25.33	27-May-08
Armstrong	Robert	AB10/3	10	25.34	06-May-08
Pearson	Ashley	AB10/3	10	25.35	22-Jul-08
Dennis	Peter	AB10/3	10	25.35	05-Aug-08
McGill	Alasdair	AB10/3	10	25.36	22-Jul-08
Sim	Colin	AB10/3	10	25.37	22-Jul-08
McGill	Alasdair	AB10/3	10	25.37	12-Aug-08
McGill	Alasdair	AB10/3	10	25.38	16-Jul-08
Pearson	Ashley	AB10/3	10	25.38	12-Aug-08
Pearson	Colin	AB10/3	10	25.40	05-Aug-08
Spalding	Mike	AB10/3	10	25.41	05-Aug-08
Grant	Ian	AB10/3	10	25.41	12-Aug-08
Dennis	Peter	AB10/3	10	25.42	06-May-08
Grant	Ian	AB10/3	10	25.42	16-Jul-08
Dudgeon	Alan	AB10/3	10	25.43	27-May-08
McGill	Alasdair	AB10/3	10	25.44	05-Aug-08
Crawley	Peter	AB10/3	10	25.44	12-Aug-08
Grant	Ian	AB10/3	10	25.45	06-May-08
Walton	Stephen	AB10/3	10	25.47	06-May-08
Cowie	Calum	AB10/3	10	25.47	27-May-08
Nettleton	Keith	AB10/3	10	25.47	05-Aug-08
Dudgeon	Alan	AB10/3	10	25.47	12-Aug-08
Wilkie	Iain	AB10/3	10	25.48	06-May-08
Munro	Mark		10	25.48	13-Jul-08
Harrington	Andrew	AB10/3	10	25.49	05-Aug-08
Sim	Colin	AB10/3	10	25.50	06-May-08
Crawley	Peter	AB10/3	10	25.50	22-Jul-08
Grant	Ian	AB10/3	10	25.51	05-Aug-08
Sinclair	Ian	AB10/3	10	25.51	05-Aug-08
Clark	Ross	AB10/3	10	25.52	06-May-08
Munro	Mark	AB10/3	10	25.52	22-Jul-08
Chesterman	Alan	AB10/3	10	25.52	05-Aug-08
Dudgeon	Alan	AB10/3	10	25.52	05-Aug-08
Vinton	David	AB10/3	10	25.52	12-Aug-08
Anderson	Kenny	AB10/3	10	25.53	27-May-08
McGill	Alasdair	AB10/3	10	25.53	27-May-08
Nicholson	Jenni		10	25.53	18-Jun-08
Clark	Ross	AB10/3	10	25.54	27-May-08
Brown	Katrina	AB10/3	10	25.54	12-Aug-08
Rose	Alan	AB10/3	10	25.55	05-Aug-08
Byth	Bill		10	25.56	01-Jun-08
Farrer	Keith	AB10/3	10	25.57	22-Jul-08
Byth	Bill	Magic 10	10	25.58	18-Jun-08

Chesterman	Alan	AB10/3	10	25.59	22-Jul-08	Mitchell	Stewart	AB10/3	10	27.07	22-Jul-08
Young	Des	AB10/3	10	26.00	12-Aug-08	Dolle	Norbert	AB10/3	10	27.07	12-Aug-08
Munro	Mark	AB10/3	10	26.01	12-Aug-08	McIntosh	Bert	AB10/3	10	27.07	12-Aug-08
Crawley	Peter	AB10/3	10	26.02	27-May-08	Stewart	Kevin	AB10/3	10	27.07	28-Sep-08
Richards	Simon	AB10/3	10	26.02	05-Aug-08	Anderson	Duncan	AB10/3	10	27.08	12-Aug-08
Howarth	Neil	AB10/3	10	26.03	27-May-08	Nicholson	Jenni	AB10/3	10	27.10	13-Sep-08
Bricknell	Bruce	AB10/3	10	26.04	06-May-08	Sim	Colin	AB10/3	10	27.11	13-Sep-08
Nettleton	Keith	AB10/3	10	26.04	22-Jul-08	McIntosh	Bert	AB10/3	10	27.12	05-Aug-08
Nicholson	Jenni		10	26.05	31-May-08	Whyman	Sandy	AB10/3	10	27.12	05-Aug-08
Nicholson	Jenni		10	26.05	01-Jun-08	Farrar	Shelley	AB10/3	10	27.13	22-Jul-08
Sinclair	Ian	AB10/3	10	26.07	27-May-08	Stewart	Kevin	AB10/3	10	27.13	22-Jul-08
Spencer	Charles	AB10/3	10	26.08	22-Jul-08	Mitchell	Stewart	AB10/3	10	27.16	27-May-08
Cowie	Calum	AB10/3	10	26.09	12-Aug-08	Gourlay	Cameron	AB10/3	10	27.16	22-Jul-08
Grant	Ian	AB10/3	10	26.10	27-May-08	Byth	Bill	AB10/3	10	27.20	27-May-08
Munro	Mark		10	26.10	31-May-08	Rowson	Keith	AB10/3	10	27.20	22-Jul-08
Duncan	Phil	AB10/3	10	26.10	22-Jul-08	Rose	Alan	AB10/3	10	27.22	06-May-08
Munro	Mark		10	26.10	07-Sep-08	Smith	Gordon	AB10/3	10	27.22	27-May-08
Clark	Peter	AB10/3	10	26.13	22-Jul-08	Byth	Bill	AB10/3	10	27.22	16-Jul-08
Grant	Ian	AB10/3	10	26.13	28-Sep-08	Mitchell	Stewart	AB10/3	10	27.24	06-May-08
Nicholson	Jenni	AB10/3	10	26.14	12-Aug-08	Darling	Stephen	AB10/3	10	27.25	27-May-08
Varney	Keith	AB10/3	10	26.15	27-May-08	Pinder	F	AB10/3	10	27.26	06-May-08
Spencer	Charles	AB10/3	10	26.15	05-Aug-08	Pirie	Sandy	AB10/3	10	27.26	28-Sep-08
Richards	Simon	AB10/3	10	26.16	12-Aug-08	Walton	Hugh	AB10/3	10	27.27	12-Aug-08
Dobson	Ron	AB10/3	10	26.18	27-May-08	McLeman	Thomas	AB10/3	10	27.28	22-Jul-08
McLeman	Thomas	AB10/3	10	26.19	12-Aug-08	Watson	Kevin	AB10/3	10	27.30	22-Jul-08
Grant	Ian	AB10/3	10	26.20	22-Jul-08	Stewart	Kevin	AB10/3	10	27.33	13-Sep-08
Howarth	Neil	AB10/3	10	26.21	06-May-08	Smith	Gareth	AB10/3	10	27.35	05-Aug-08
Nicholson	Jenni		10	26.22	07-Jun-08	Liversidge	Derek	AB10/3	10	27.35	12-Aug-08
Sim	Colin	AB10/3	10	26.22	28-Sep-08	McIntosh	Andrew	AB10/3	10	27.36	27-May-08
Dudgeon	Alan	AB10/3	10	26.23	22-Jul-08	Munro	Mark	AB10/3	10	27.41	06-May-08
Cowie	Calum		10	26.24	31-Aug-08	Patton	Ben	AB10/3	10	27.41	06-May-08
Young	Des	AB10/3	10	26.28	06-May-08	Chellingsworth	Liz	AB10/3	10	27.41	27-May-08
Farrer	Keith	AB10/3	10	26.28	27-May-08	Gourlay	Cameron	AB10/3	10	27.41	12-Aug-08
Stewart	Kevin	AB10/3	10	26.28	12-Aug-08	Stewart	Kevin	AB10/3	10	27.42	05-Aug-08
Walton	Stephen	AB10/3	10	26.28	28-Sep-08	Clark	Peter	AB10/3	10	27.43	06-May-08
Dobson	Ron	AB10/3	10	26.29	22-Jul-08	McIntosh	Bert	AB10/3	10	27.44	06-May-08
Clark	Peter	AB10/3	10	26.29	05-Aug-08	Liversidge	Derek	AB10/3	10	27.45	05-Aug-08
Brown	Katrina	AB10/3	10	26.31	05-Aug-08	Cant	David	AB10/3	10	27.49	06-May-08
Chellingsworth	Liz	AB10/3	10	26.31	12-Aug-08	Bird	Dick	AB10/3	10	27.49	12-Aug-08
Jones	Chris	AB10/3	10	26.32	06-May-08	Darling	Stephen	AB10/3	10	27.49	12-Aug-08
Anderson	Kenny	AB10/3	10	26.33	22-Jul-08	McLeman	Thomas	AB10/3	10	27.50	27-May-08
Chapple	Ian	AB10/3	10	26.33	22-Jul-08	Pirie	Sandy	AB10/3	10	27.51	05-Aug-08
Pearson	Ashley	AB10/3	10	26.34	06-May-08	Campbell	Alan	AB10/3	10	27.51	12-Aug-08
Grant	Ian	AB10/3	10	26.34	13-Sep-08	Cowie	Calum	AB10/3	10	27.55	06-May-08
Rose	Alan	AB10/3	10	26.35	27-May-08	Murchie	Lewis	AB10/3	10	27.57	12-Aug-08
Smith	Gordon	AB10/3	10	26.36	16-Jul-08	Nicholson	Jenni	AB10/3	10	27.58	28-Sep-08
Sinclair	Ian	AB10/3	10	26.37	06-May-08	McIntosh	Bert	AB10/3	10	28.01	27-May-08
Dalton	John	AB10/3	10	26.37	12-Aug-08	Campbell	Alan	AB10/3	10	28.02	05-Aug-08
Wilson	Ian	AB10/3	10	26.37	12-Aug-08	Watson	Kevin	AB10/3	10	28.04	05-Aug-08
Bossenbark	M	AB10/3	10	26.39	12-Aug-08	Liversidge	Derek	AB10/3	10	28.05	27-May-08
Calder	Ross	AB10/3	10	26.40	05-Aug-08	Halstead	John	AB10/3	10	28.05	05-Aug-08
Calder	Ross	AB10/3	10	26.42	27-May-08	Bird	Dick	AB10/3	10	28.08	05-Aug-08
Chesterman	Alan	AB10/3	10	26.42	27-May-08	Byth	Bill	AB10/3	10	28.08	12-Aug-08
Anderson	Kenny	AB10/3	10	26.45	16-Jul-08	Byth	Bill	AB10/3	10	28.11	22-Jul-08
Nicholson	Jenni		10	26.45	31-Aug-08	Bird	Dick	AB10/3	10	28.13	22-Jul-08
Harrington	Andrew	AB10/3	10	26.46	06-May-08	Brown	Katrina	AB10/3	10	28.14	06-May-08
McLeman	Thomas	AB10/3	10	26.48	05-Aug-08	Edwards	Ian	AB10/3	10	28.14	12-Aug-08
Mitchell	Stewart	AB10/3	10	26.49	12-Aug-08	Walton	Hugh	AB10/3	10	28.16	27-May-08
Clark	Peter	AB10/3	10	26.50	16-Jul-08	Watson	Kevin	AB10/3	10	28.18	12-Aug-08
Wilson	Ian	AB10/3	10	26.54	16-Jul-08	Rowson	Keith	AB10/3	10	28.20	27-May-08
Rowson	Keith	AB10/3	10	26.54	05-Aug-08	Munro	Mark		10	28.21	27-Apr-08
Richards	Simon	AB10/3	10	26.55	28-Sep-08	McLeman	Thomas	AB10/3	10	28.31	06-May-08
Armstrong	Robert	NS31	10	26.56	12-Apr-08	Edwards	Ian	AB10/3	10	28.33	27-May-08
Laughton	Ivan	NS31	10	26.56	12-Apr-08	Murchie	Lewis	AB10/3	10	28.35	05-Aug-08
Crawley	Peter	AB10/3	10	26.56	05-Aug-08	Edwards	Ian	AB10/3	10	28.38	05-Aug-08
Spalding	Mike	AB10/3	10	26.57	27-May-08	Murchie	Lewis	AB10/3	10	28.40	27-May-08
Farrar	Shelley	AB10/3	10	26.58	16-Jul-08	Pithie	Mike	AB10/3	10	28.41	27-May-08
Richards	Simon	AB10/3	10	26.58	22-Jul-08	Ligertwood	Phil	AB10/3	10	28.44	27-May-08
Smith	Gordon	AB10/3	10	26.58	22-Jul-08	Hamilton	Charlene	AB10/3	10	28.47	27-May-08
Pithie	Mike	AB10/3	10	26.58	12-Aug-08	Kefford	Paul	AB10/3	10	28.48	06-May-08
Pirie	Sandy	AB10/3	10	26.59	12-Aug-08	Nicholson	Jenni	AB10/3	10	28.53	27-May-08
Calder	Ross	AB10/3	10	27.00	06-May-08	Byth	Bill	AB10/3	10	28.53	28-Sep-08
Whyman	Sandy	AB10/3	10	27.00	06-May-08	Walton	Hugh	AB10/3	10	28.54	06-May-08
Pithie	Mike	AB10/3	10	27.00	05-Aug-08	Byth	Bill	AB10/3	10	28.56	06-May-08
Nicholson	Jenni		10	27.04	07-Sep-08	Stewart	Kevin	AB10/3	10	29.04	27-May-08
Mitchell	Stewart	AB10/3	10	27.05	05-Aug-08	Thissen	Marianne	AB10/3	10	29.06	06-May-08
Cant	David	AB10/3	10	27.06	27-May-08	Smits	Marriane	AB10/3	10	29.11	28-Sep-08
Whyman	Sandy	AB10/3	10	27.06	12-Aug-08	Halstead	John	AB10/3	10	29.12	27-May-08

Scott	Stephen	AB10/3	10	29.14	05-Aug-08	Dennis	Peter	AB25/4	25	1.03.53	08-Jul-08
Edwards	Ian	AB10/3	10	29.14	28-Sep-08	Armstrong	Robert	AB25/4	25	1.03.57	08-Jul-08
Darling	Stephen	AB10/3	10	29.16	06-May-08	Anderson	Neil		25	1.04.00	19-Apr-08
Edwards	Ian	AB10/3	10	29.16	06-May-08	Morris	David	AB25/4	25	1.04.01	10-Jun-08
Doel	Edwin	AB10/3	10	29.20	12-Aug-08	Massie	Andy	AB25/4	25	1.04.03	08-Jul-08
Fee	Joseph	AB10/3	10	29.24	12-Aug-08	Vinten	David		25	1.04.18	19-Apr-08
Murchie	Lewis	AB10/3	10	29.40	06-May-08	Blunsdon	John	AB25/4	25	1.04.25	10-Jun-08
Nicholson	Jenni		10	29.42	18-May-08	Wilkie	Iain	AB25/4	25	1.04.27	15-Jul-08
Buchan	John	AB10/3	10	29.42	12-Aug-08	Pearson	Colin	AB25/8	25	1.04.29	25-May-08
Ligertwood	Phil	AB10/3	10	29.53	06-May-08	Pearson	Ashley	AB25/4	25	1.04.35	08-Jul-08
Clark	Chantel	AB10/3	10	29.54	12-Aug-08	Varney	Keith	AB25/4	25	1.04.37	08-Jul-08
Adam	Robert	AB10/3	10	29.57	27-May-08	Lott	Simon	AB25/4	25	1.04.41	10-Jun-08
Doel	Edwin	AB10/3	10	30.23	05-Aug-08	Jones	Chris	AB25/8	25	1.04.44	15-Jun-08
Fee	Joseph	AB10/3	10	30.50	22-Jul-08	Pearson	Ashley	AB25/8	25	1.04.53	25-May-08
Edwards	Ian	AB10/3	10	30.51	13-Sep-08	Dudgeon	Alan	AB25/4	25	1.04.53	08-Jul-08
Clark	Chantel	AB10/3	10	30.52	22-Jul-08	Duncan	Phil	AB25/4	25	1.04.57	08-Jul-08
Forsyth	David	AB10/3	10	30.55	12-Aug-08	Anderson	Kenny		25	1.04.59	31-Aug-08
Scott	Stephen	AB10/3	10	30.56	27-May-08	Sinclair	Ian	AB25/4	25	1.05.00	08-Jul-08
Adam	Robert	AB10/3	10	31.27	06-May-08	Duncan	Phil	AB25/4	25	1.05.02	15-Jul-08
Fraser	Lynne	AB10/3	10	31.40	27-May-08	Grant	Ian	AB25/4	25	1.05.08	15-Jul-08
Fraser	Lynne	AB10/3	10	31.45	06-May-08	Lott	Simon	AB25/8	25	1.05.11	18-Jun-08
Fraser	Lynne	AB10/3	10	31.45	22-Jul-08	Nicholson	Jenni		25	1.05.30	23-Aug-08
Gordon	Janice	AB10/3	10	32.59	12-Aug-08	Grant	Ian		25	1.05.30	31-Aug-08
Doel	Edwin	AB10/3	10	33.33	27-May-08	Jones	Chris	AB25/8	25	1.05.33	25-May-08
Buchan	Susan	AB10/3	10	33.34	12-Aug-08	Walton	Stephen		25	1.05.35	19-Apr-08
<b>25 Miles TT</b>											
Humphreys	Ian	Stirling	25	56.35	10-Aug-08	McGill	Alasdair	AB25/8	25	1.05.35	25-May-08
Humphreys	Ian		25	57.22	23-Aug-08	Clark	Ross	AB25/8	25	1.05.37	15-Jun-08
Warwick	Duncan		25	58.31	31-Aug-08	Anderson	Kenny	AB25/4	25	1.05.43	08-Jul-08
Monaghan	Sean	AB25/8	25	59.02	15-Jun-08	Wilkie	Iain	AB25/4	25	1.05.49	10-Jun-08
Warwick	Duncan	AB25/8	25	59.38	25-May-08	Clark	Ross		25	1.05.51	31-Aug-08
Gowland	Ben	AB25/4	25	59.43	08-Jul-08	Sinclair	Ian	AB25/8	25	1.06.04	15-Jun-08
Whittle	Chris	AB25/4	25	59.46	08-Jul-08	Clark	Ross	AB25/4	25	1.06.09	15-Jul-08
Monaghan	Sean	AB25/8	25	59.47	25-May-08	Nicholson	Jenni		25	1.06.10	10-Aug-08
Stewart	Derek		25	59.51	31-Aug-08	Rose	Alan	AB25/4	25	1.06.14	08-Jul-08
Monaghan	Sean		25	1.00.16	11-May-08	Pearson	Ashley	AB25/4	25	1.06.14	15-Jul-08
Morris	David	AB25/4	25	1.00.21	08-Jul-08	Jones	Chris	AB25/4	25	1.06.21	10-Jun-08
Stewart	Derek		25	1.00.34	10-Aug-08	Spencer	Charles	AB25/4	25	1.06.24	08-Jul-08
Anderson	Neil	AB25/8	25	1.00.43	15-Jun-08	Nicholson	Jenni	AB25/8	25	1.06.38	15-Jun-08
Barratt	Tom	AB25/4	25	1.00.48	15-Jul-08	Howarth	Neil		25	1.06.39	31-Aug-08
Gowland	Ben	AB25/4	25	1.00.50	15-Jul-08	Harrington	Andrew	AB25/4	25	1.06.44	08-Jul-08
Stewart	Derek	SV	25	1.00.52	13-Jul-08	Grant	Ian	AB25/8	25	1.06.47	18-Jun-08
Monaghan	Sean		25	1.00.59	19-Apr-08	Clark	Peter	AB25/4	25	1.06.49	08-Jul-08
Stewart	Derek	AB25/8	25	1.00.59	15-Jun-08	Sinclair	Ian	AB25/4	25	1.06.51	15-Jul-08
Warwick	Duncan	AB25/4	25	1.00.59	15-Jul-08	Spalding	Mike	AB25/4	25	1.06.54	08-Jul-08
Morris	David	AB25/8	25	1.01.01	15-Jun-08	Richards	Simon	AB25/4	25	1.06.58	08-Jul-08
Warwick	Duncan	AB25/8	25	1.01.02	18-Jun-08	Scott-Kidde	Alisdair		25	1.07.04	19-Apr-08
Monaghan	Sean	AB25/8	25	1.01.06	18-Jun-08	Smith	Gordon	AB25/4	25	1.07.04	08-Jul-08
Monaghan	Sean		25	1.01.18	10-Aug-08	Young	Des	AB25/4	25	1.07.06	15-Jul-08
Blunsdon	John	AB25/8	25	1.01.19	18-Jun-08	Sinclair	Ian	AB25/8	25	1.07.07	25-May-08
Blunsdon	John	AB25/8	25	1.01.21	15-Jun-08	Brown	Katrina	AB25/4	25	1.07.11	08-Jul-08
Robertson	Keith	AB25/4	25	1.01.25	08-Jul-08	Dobson	Ron	AB25/4	25	1.07.11	08-Jul-08
Whittle	Chris	AB25/4	25	1.01.31	15-Jul-08	Farrer	Keith	AB25/4	25	1.07.25	15-Jul-08
Robertson	Keith	AB25/4	25	1.01.32	15-Jul-08	Anderson	Kenny	AB25/4	25	1.07.29	15-Jul-08
Morris	David	AB25/8	25	1.01.37	25-May-08	Wilson	Ian	AB25/4	25	1.07.46	08-Jul-08
Stewart	Derek	AB25/8	25	1.01.41	25-May-08	Clark	Peter		25	1.07.48	31-Aug-08
Stewart	Derek	AB25/4	25	1.01.51	08-Jul-08	Varney	Keith	AB25/4	25	1.08.00	10-Jun-08
Brown	Ian		25	1.01.53	31-Aug-08	Mitchell	Stewart	AB25/4	25	1.08.00	08-Jul-08
Monaghan	Sean		25	1.02.11	31-Aug-08	Spalding	Mike	AB25/4	25	1.08.02	15-Jul-08
Monaghan	Sean		25	1.02.13	13-Apr-08	Dennis	Peter	AB25/4	25	1.08.07	10-Jun-08
Stewart	Derek	AB25/4	25	1.02.16	15-Jul-08	Harrington	Andrew	AB25/4	25	1.08.08	15-Jul-08
Morris	David	AB25/4	25	1.02.17	15-Jul-08	Anderson	Kenny		25	1.08.18	19-Apr-08
Anderson	Neil	AB25/4	25	1.02.21	10-Jun-08	Smith	Gordon	AB25/4	25	1.08.18	15-Jul-08
Sim	Colin	AB25/8	25	1.02.26	15-Jun-08	Sinclair	Ian	AB25/4	25	1.08.20	10-Jun-08
Anderson	Neil	AB25/8	25	1.02.28	25-May-08	Clark	Peter	AB25/8	25	1.08.23	15-Jun-08
Warwick	Duncan	AB25/4	25	1.02.41	10-Jun-08	McIntosh	Bert	AB25/4	25	1.08.41	08-Jul-08
Clark	Kevin		25	1.02.54	19-Apr-08	Clark	Ross	AB25/8	25	1.08.51	18-Jun-08
Stewart	Derek		25	1.03.07	01-Jun-08	Chellingsworth	Liz		25	1.08.52	31-Aug-08
Anderson	Neil		25	1.03.19	31-Aug-08	Dolle	Norbert	AB25/4	25	1.08.57	08-Jul-08
McGill	Alasdair		25	1.04.13	31-Aug-08	Dobson	Ron	AB25/4	25	1.08.59	10-Jun-08
Wilkie	Iain	AB25/4	25	1.03.20	08-Jul-08	Crawley	Peter	AB25/4	25	1.09.01	08-Jul-08
McGill	Alasdair	AB25/8	25	1.03.37	15-Jun-08	Rowson	Keith	AB25/4	25	1.09.04	08-Jul-08
Grant	Ian	AB25/4	25	1.03.38	08-Jul-08	Chesterman	Alan	AB25/4	25	1.09.07	15-Jul-08
Stewart	Derek	AB25/4	25	1.03.45	10-Jun-08	Clark	Peter	AB25/4	25	1.09.14	15-Jul-08
Sim	Colin	AB25/8	25	1.03.48	25-May-08	Nicholson	Jenni	AB25/8	25	1.09.15	25-May-08
Clark	Ross	AB25/4	25	1.03.49	08-Jul-08	Mitchell	Stewart	AB25/4	25	1.09.16	15-Jul-08
Bryson	Ken	AB25/8	25	1.03.51	25-May-08	Farrar	Shelley	AB25/4	25	1.09.19	08-Jul-08
Walton	Stephen	AB25/8	25	1.03.53	15-Jun-08	Grant	Ian	AB25/4	25	1.09.21	10-Jun-08
						Nicholson	Jenni		25	1.09.23	11-May-08

Spalding	Mike	AB25/4	25	1.09.23	10-Jun-08	Howarth	Neil	AB50/2	50	2.14.49	06-Jul-08
Crawley	Peter	AB25/4	25	1.09.25	10-Jun-08	Walton	Stephen	AB50/2	50	2.16.45	06-Jul-08
Byth	Bill	AB25/8	25	1.09.25	15-Jun-08	Scott-Kidde	Alisdair		50	2.17.00	13-Apr-08
Munro	Mark		25	1.09.26	12-Jul-08	Grant	Ian	AB50/2	50	2.20.53	08-Jun-08
Massie	Andy	AB25/4	25	1.09.27	10-Jun-08	Chapple	Ian	AB50/2	50	2.20.58	06-Jul-08
Byth	Bill	AB25/4	25	1.09.37	08-Jul-08	Clark	Peter	AB50/2	50	2.22.28	06-Jul-08
Dudgeon	Alan	AB25/4	25	1.09.41	10-Jun-08	Anderson	Kenny		50	2.28.13	29-Jun-08
Pithie	Mike	AB25/4	25	1.09.48	08-Jul-08	Edwards	Ian	AB50/2	50	2.37.10	06-Jul-08
Harrington	Andrew	AB25/4	25	1.09.55	10-Jun-08	Edwards	Ian	AB50/2	50	2.39.00	08-Jun-08
Grant	Ian	AB25/8	25	1.09.58	25-May-08						
Clark	Peter	AB25/8	25	1.09.59	18-Jun-08	<b>100 Miles TT</b>					
Cowie	Calum	AB25/4	25	1.10.10	10-Jun-08	Monaghan	Sean	AB100/2	100	4.42.45	07-Sep-08
Webster	Scott	AB25/4	25	1.10.13	08-Jul-08	Sinclair	Ian		100	4.45.39	03-Aug-08
McLeman	Thomas	AB25/4	25	1.10.16	15-Jul-08	Stewart	Derek	AB100/2	100	4.50.09	07-Sep-08
McIntosh	Bert	AB25/4	25	1.10.31	10-Jun-08	Sim	Colin		100	4.50.34	20-Jul-08
Mitchell	Stewart	AB25/4	25	1.10.41	10-Jun-08	Stewart	Derek		100	4.52.20	03-Aug-08
Dobson	Ron	AB25/4	25	1.10.42	15-Jul-08	Howarth	Neil	AB100/2	100	4.53.16	07-Sep-08
Clark	Peter	AB25/8	25	1.10.46	25-May-08	Laughton	Ivan		100	4.54.04	03-Aug-08
Watson	Kevin	AB25/4	25	1.10.48	08-Jul-08	Anderson	Kenny		100	4.55.11	20-Jul-08
Anderson	Margaret	AB25/8	25	1.10.49	15-Jun-08	Clark	Ross	AB100/2	100	4.56.19	07-Sep-08
Calder	Ross	AB25/4	25	1.10.50	10-Jun-08	Grant	Ian		100	5.06.28	20-Jul-08
Hamilton	Charlene	AB25/4	25	1.10.50	08-Jul-08	Grant	Ian	AB100/2	100	5.26.17	07-Sep-08
Wilson	Ian	AB25/8	25	1.10.52	25-May-08	<b>12 Hour TT</b>					
Young	Des		25	1.11.00	19-Apr-08	Rose	Alan	NO12	12	223.54	24-Aug-08
Young	Des	AB25/4	25	1.11.00	10-Jun-08	Wilson	Ian	NO12	12	215.64	24-Aug-08
Pithie	Mike	AB25/4	25	1.11.04	15-Jul-08	Crawley	Peter	NO12	12	211.82	24-Aug-08
Smith	Gordon	AB25/8	25	1.11.13	18-Jun-08	Farrar	Shelley	NO12	12	207.97	24-Aug-08
Laughton	Ivan		25	1.11.15	13-Apr-08	Laughton	Ivan	NO12	12	202.92	24-Aug-08
Chellingsworth	Liz	AB25/8	25	1.11.37	15-Jun-08	Reid	Linda	NO12	12	202.39	24-Aug-08
Watson	Kevin	AB25/4	25	1.11.55	15-Jul-08	Rowson	Keith	NO12	12	201.95	24-Aug-08
McLeman	Thomas	AB25/4	25	1.12.02	08-Jul-08	Whyman	Sandy	NO12	12	201.8	24-Aug-08
Gourlay	Cameron	AB25/4	25	1.12.06	15-Jul-08	McCourt	Allan	NO12	12	192.94	24-Aug-08
Richards	Simon	AB25/4	25	1.12.12	10-Jun-08	Kilshaw	Dave	NO12	12	191.67	24-Aug-08
Anderson	Margaret	AB25/8	25	1.12.19	25-May-08	Darling	Stephen	NO12	12	189.76	24-Aug-08
Cant	David	AB25/4	25	1.12.19	10-Jun-08	Malcolm	Eric	NO12	12	139.08	24-Aug-08
Darling	Stephen	AB25/4	25	1.12.20	08-Jul-08						
Bird	Dick	AB25/4	25	1.12.22	08-Jul-08						
Byth	Bill	AB25/4	25	1.12.29	15-Jul-08						
Pithie	Mike	AB25/4	25	1.12.33	10-Jun-08						
Clark	Peter	AB25/4	25	1.13.06	10-Jun-08						
Brown	Katrina	AB25/4	25	1.13.15	10-Jun-08						
Byth	Bill	AB25/4	25	1.13.34	10-Jun-08						
Edwards	Ian	AB25/4	25	1.13.39	08-Jul-08						
Gourlay	Cameron	AB25/4	25	1.13.49	10-Jun-08						
Edwards	Ian	AB25/8	25	1.14.12	15-Jun-08						
Calder	Ross		25	1.14.14	19-Apr-08						
Bird	Dick	AB25/4	25	1.14.55	15-Jul-08						
Edwards	Ian	AB25/8	25	1.15.25	18-Jun-08						
Rowson	Keith	AB25/4	25	1.15.37	10-Jun-08						
Fraser	Lynne	AB25/4	25	1.16.35	15-Jul-08						
Murchie	Lewis	AB25/4	25	1.16.58	08-Jul-08						
Hamilton	Charlene	AB25/4	25	1.17.04	10-Jun-08						
Darling	Stephen	AB25/4	25	1.17.17	15-Jul-08						
Murchie	Lewis	AB25/4	25	1.18.32	15-Jul-08						
Darling	Stephen	AB25/4	25	1.18.59	10-Jun-08						
Scott	Stephen	AB25/4	25	1.19.14	15-Jul-08						
Clark	Chantel	AB25/4	25	1.19.25	15-Jul-08						
Mulligan	Hilary	AB25/4	25	1.19.35	10-Jun-08						
Fee	Joseph	AB25/4	25	1.20.16	15-Jul-08						
Halstead	John	AB25/4	25	1.20.40	10-Jun-08						
Bird	Dick	AB25/4	25	1.21.33	10-Jun-08						
Murchie	Lewis	AB25/4	25	1.22.19	10-Jun-08						
<b>50 Miles TT</b>											
Monaghan	Sean	AB50/2	50	2.04.44	08-Jun-08						
Stewart	Derek	AB50/2	50	2.06.03	08-Jun-08						
Morris	David	AB50/2	50	2.06.13	08-Jun-08						
Monaghan	Sean		50	2.07.00	29-Jun-08						
Blunsdon	John	AB50/2	50	2.07.34	06-Jul-08						
Brown	Ian		50	2.09.07	14-Sep-08						
Duncan	Phil	AB50/2	50	2.10.25	06-Jul-08						
Sim	Colin	AB50/2	50	2.11.24	06-Jul-08						
Sim	Colin	AB50/2	50	2.11.37	08-Jun-08						
Stewart	Derek	AB50/2	50	2.11.45	06-Jul-08						
Clark	Ross	AB50/2	50	2.12.24	06-Jul-08						
Sim	Colin		50	2.13.17	29-Jun-08						
Bryson	Ken	AB50/2	50	2.13.24	08-Jun-08						
Sinclair	Ian	AB50/2	50	2.14.15	08-Jun-08						
McGill	Alasdair	AB50/2	50	2.14.24	08-Jun-08						

## TOMPEE

Do you have a bike or any bike parts lurking in your garage that you no longer need or want? You could list them online on [Tompee.com](http://Tompee.com) for free. [Tompee](http://Tompee.com) is a new British classified advertising website.

At any time users can list up to ten items for free at a price they choose and their items will remain online until they sell - ideal for specialist items.

## NEW CLUB CLOTHING

**Our club's new clothing has started to arrive.** The supply was gauged on orders received from members up to about the middle of October. Prepaid orders since then means these garments are already depleted. Hours have been spent sorting orders and the second consignment is scheduled to arrive around 22 January.

Members are welcome to continue to order their new clothing but you must be aware that there is a very small stock and you might not be able to get yours until the third consignment arrives.

Bib longs should become available at the end of January.

Members are welcome at The Pines in Garlogie for fitting and collection. Give Mike a phone on 01224 743304 (evenings only) to arrange a suitable time.

Road Jersey Short Sleeve	£32
Bib Shorts Coolmax	£36
Training Top	£36
Thermal Bib Longs	£36
Gilet	£32
Thermal Jackets Windtex	£45
Skin Suit Short Sleeve	£42

Skin Suit Long Sleeve

£45

## TOUR OF SPAIN

I'm interested in doing a one week tour of the Picos de Europa in Northern Spain in late April - May 2010. It may seem a long way away but time flies -so as I say I thought a group of like-minded cyclists staying in a hotel in the Picos - and doing day rides and maybe some car assisted as well. If any body wants to chat about it I can be contacted on [cirezil@tiscali.co.uk](mailto:cirezil@tiscali.co.uk) *Eric Malcolm*

## RECENT NEW MEMBERS

1693	Laura Sinclair	Aberdeen	23
1765	Mark Simpson	Aberdeen	46
1994	Dominique Dawson	Aberdeen	23
1995	Ellen Thornell	Inverurie	42
1996	Robert McGraw	Banchory	59
1997	Lisa Leonard	Inverurie	21
1998	Matt Stevenson	Aberdeen	20
1999	Ewen Murray	Banchory	31
2000	Meg Tulloch	Stonehaven	8

## 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](mailto:knockies@aol.com)).

## 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](mailto: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](mailto: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.

## WATTIES GREAT RACE

Eric Malcolm has been particularly taken by the efforts of Wattie MacDonald from Stonehaven. Wattie is on a mission to complete the Alaska Idatroid Husky Race and at the same time race funds for charity. There's a web site at [www.wattiesgreatrace.com](http://www.wattiesgreatrace.com) where you can learn more about this great adventure. It's only 1150 miles across the roughest, toughest terrain in the world and he's only got 17 days to do it in. Wattie is racing funds for CLIC Sargent, a charity devoted to helping children and

families of children with cancer. Contact CLIC Sargent [here](#).

## 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](mailto:j_m_scott@yahoo.com) You may also phone Sheila on 01224 639012 or check [www.ctcgrampian.org.uk](http://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/](http://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

#### December

- Sat 20 Medium Full Day C09:30 Asda, Dyce (01224 724134) for coffee, run starts 10.00am for Redgarth Hotel, Oldmeldrum (01651 872353) for lunch. [Led by Wilf]
- Sun 21 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Sandy]
- Sun 21 Morning Run D 09:30 Airyhall Library, coffee at Flora's. (01330 860848) [Led by Gordon M]
- Sun 21 Faster Full Day A/B09:30 Airyhall Library, coffee at Crathes Castle (01330 844634/525), Banchory, lunch at Learney Arms Hotel, Torphins (01339 882202) [Led by John B]
- Sat 27 Slower Full Day C 10:00 Peterculter Old Bank Bar, Coffee at Old Bank Bar (01224 730003), run leaves at 10:30, Lunch at Northern Lights, Fintray (01224 791261) [Led by John T]
- Sun 28 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Gerard]
- Sun 28 Faster Full Day A/B09:30 Duthie Park, Riverside Drive, coffee at Asda, Portlethen (01224 782200), lunch at Royal Hotel, Stonehaven (01569 762979) [Led by Dave B]

## 25 YEARS AGO

### THE BIG EVENT OF THE WINTER SEASON

The big event of the winter season will take place on Sunday 18<sup>th</sup> December at 11 o'clock. At the Mill Inn car park on the South Deeside road Deeside Thistle's now annual Criterium Des Gentlemen will be held. Last year's event was such a success that by popular request the organisers have agreed to hold a repeat performance with the 1984 version being an open event on the SCU calendar.

The criterium will be in teams of two, and the course, 10 miles from the Mill Inn to the car park at the Bridge of Feugh, Banchory.

Immediately after the event a sumptuous meal will be provided at the Douglas Arms Hotel. The cost will be £3.00 per head for meal and entry fee.

Fancy dress is traditionally part of the Christmas bike riding scene. Last year Robert Lindsay won the prize as a caveman, just stealing the limelight from Norman Skene and John Hall a skinsuited Mickey Mice.

### 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.

This website is maintained by club member Rob Armstrong and is well worth a visit.

### OLD CLOTHING

**Old Clothing:** There is still a small stock of clothing in old colours available to members. This may be worn at all times except for open competition for the next year. Snap up a bargain now. It is selling at 50% reduction. Available are Bib Shorts size 6 only, Training Tops size 2, 3, 4 and 6, Bib Longs Roubaix size 4, 6 and 7, Bib Longs Lycra size 3 and 4, Thermal Jackets size 2, 3, 4 and 5, Skin Suits S/S size 2, 3, 5 and 6, Skin Suits L/S size 2, 3, 5, 6 and 7, Gilets size 3, 4, 5 and 6, Caps, Arm Warmers, Yellow Thermal Jackets size 2, 4 and 5 and Yellow Road Jerseys size 4, 5 and 6. Please contact Mike Brown on 01224 743304 to arrange a suitable time

### Check out these Web links:

[http://www.britishcycling.org.uk/web/site/BC/mtb/mtb\\_1atest\\_news.asp](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://strathpuffer.co.uk/strathpuffer/event_strathpuffer.htm)  
<http://www.outdooraccess-scotland.com>

### HOLIDAYS

If you're fed up of waiting for that Indian summer at home that never seems to arrive then read this! Call me now to book one of these great late summer bargains!

KEFALONIA From £224pp for 14 nights

FUERTEVENTURA From £246pp for a week

ST LUCIA From £529pp for a week

FLORIDA From £449pp for a week

MEDITERRANEAN CRUISE From £799pp for 14 nights

MAURITIUS From £1079pp for a week

Fiona Betteridge Travel Counsellor phone 0845 058

7411 or email [fiona.betteridge@travelcounsellors.com](mailto:fiona.betteridge@travelcounsellors.com)

[www.travelcounsellors.co.uk/fiona.betteridge](http://www.travelcounsellors.co.uk/fiona.betteridge)

### BORN2RUN

Check out the details of your event at [www.born2run.co.uk](http://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.

## GLACIER BOOKS

Interested in books about the mountains? Go to [www.glacierbooks.com/Book\\_Just\\_Arrived.asp](http://www.glacierbooks.com/Book_Just_Arrived.asp). You can search for books by Author, Title or Keyword

## 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](mailto:nhowarth@go2uti.com) or [Steve.Muir@Shell.com](mailto: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](mailto: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](mailto: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](mailto: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?pagid=1](http://www.fleet-feet.com/FFT/webmodules/pages/ShowArticles.aspx?pagid=1) or contact [coaches@fleet-feet.com](mailto: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](mailto: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 Specialized Rockhopper. Hardly used. A few small scratches on the front forks. £500 o.n.o. Phone Doug Connell on 01224 733007 or 07970 326381 (1)
- 2 a) Colnago Dream Road/Racing bike, 56cm Frame, All Campag Record and Chorus components, Mavic wheels, good condition, have some extras, ie tri bars, clip in pedals etc. Price £650 ovno (1)  
b) Colnago C40 Road Racing bike, 56cm Frame, set up for triathlon/time trial but all parts included to be made standard again, Profile tri bars, bar end shifters, Mavic Krysium wheels, forward facing seatpost, all Campag, Record/Chorus, very lightweight carbon fibre bike, would have been close to £4000 when new. Price £1200 ovno (1)  
c) Specialised Allez frame with bottom bracket and cranks, refurbished but good condition £45 (1) Contact Pete on 01651 873590 or 07770 700663, e-mail: [peter.royce@halliburton.com](mailto:peter.royce@halliburton.com)
- 3 a) Durace 9 spd bar end shifters – unused £30 (1)  
b) Profile Quick Stop 2 Levers £30 (1)  
c) Profile 27.2mm fast forward seat post £10 (1)  
d) Ultegra triple chainset (not many miles) £45 (1)  
e) C2 JOKER bike, medium carbon monocoque. Ultegra 9 spd with Profile Carbon X bars, Profile

- levers, Gripshift bar end gear shifters and Transam saddle and Gipiemme wheels. Comfortable bike £525 ono. Pictures available (1)
- f) Planet X Stealth Aero Bars New and unused. Bargain £100 (1)
- g) Syntace C2 Clip Aero bars and handlebars. Tri bars used but handlebars unused. Good condition, very light. £50 ono (1)
- h) Fondriest road bike, 45cm C to C or 49cm C to top of seat tube. Tiagra 9 speed triple. Ladies saddle but other options available. Profile tri bars and computer. Rigida wheels and Michelin tyres. Carbon fork but original available. Pedals not included. £325 ono (1)
- i) Profile Carbon X tri bars 100mm stem length. Good condition. £140 ono (1)
- j) ITM Chrono Aero bars – Quill stem. Unused and in box. Narrow bars – 36cm approx. Pads included. £80 (1)
- Contact Richard Burton on 07786 081582
- 4 Principia RSX Pro. Compact geometry. Anodised black. Size M/L. (Frame rrp £1350 in 2003). Mix of 9 speed Dura Ace/Ultegra. ITM bars/stem. Isaac post. Wheels, nice blue Mavic rims, Ultegra hubs, straight spokes on the front. Well maintained. Suit anyone from 5'-9" to 6'-3". All for the bargain price of £650. Contact Steve at Steve.Muir@Shell.com (2)
- 5 Corima Quadspoke rear wheel, Campy freehub, 8,9,10 and 11 speed compatible, brand new, never been out of box. Comes with skewer, Corima brake blocks, and a Corima wheelbag. £750 RRP, looking for £500. Can email pics. Contact mark on 07754 807181 or 019755 62646 or nuvolari1953@hotmail.com (2)
- 6 A 50cm C to C Ribble 7005 Allu with Carbon forks built with Campag Centaur Complete bike. Mavic wheels. Never used. 1 year old. Perfect trainer or racing bike, offers. Contact Brian Horsburgh on brian.horsburgh@btconnect.com or 07732560636 (2)
- 7 Minora work stand £45. Contact Doug on [doughaig@talktalk.net](mailto:doughaig@talktalk.net) or 07825 241189 (2)
- 8a) Battaglin 56cm Aluminium Frame with Aheadset, Carbon Forks, Campag Daytona 10 Spd Chain Set with 172.5 mm cranks and Campag Daytona front mech. £95 (2)
- b) Campag Chorus 27.2 mm seatpost £25 (2)
- c) ITM Forged Lite Carbon Stem 110mm £25 (2)
- d) Campag 10 Speed Daytona Rear Mech £20 (2)
- e) Campag Chorus 8 Speed Rear Mech £25 (2)
- f) Campag Athena 9 Speed Ergo levers and cable (Converted to 8 Speed) £50 (2)
- g) Pair of Mavic CXP30 Rims (Tubs) on 32 hole Veloce Hubs with 8 Speed Campag Cassette 12 - 23. Built by Dave Hinde £45 (2)  
Contact johngrantcumplings@hotmail.co.uk or 01224 735629
- 9a) Campagnolo Record Ergo 10 speed levers - £80, two sets available (3)
- b) Campagnolo Record rear mech 10 speed - £80 (3)
- c) Campagnolo Chorus rear mech 10 speed - £65 (3)
- d) Campagnolo 10 speed chain new - £15 (3)
- e) Campagnolo cassettes 10 speed 12-23 c/w chains, not much use 3 off - £25 (3)
- f) FSA carbon chainset 175mm cranks 53 x 39 c/w bottom bracket almost new - £90 (3)
- All items in very good condition. Contact Phil Duncan on [Philip.Duncan@shell.com](mailto:Philip.Duncan@shell.com)

## WANTED

- I'm looking for a second hand mountain bike for a teammate. He is 5ft 10in tall so will probably need about an 18in frame. He is looking to spend between £200 and £250. Please contact Callum Smith on [cycle\\_crs99@hotmail.com](mailto:cycle_crs99@hotmail.com) (1)
- Wanted a Turbo-trainer for use in the garage through the winter. I guess we would consider anything really, just to get the wheels turning. Please contact Lewis's dad, Jon, on [JonMurchie@compassprint.co.uk](mailto:JonMurchie@compassprint.co.uk) (1)
- A new start needs a £100 turbo trainer bike and he also needs a turbo please. Any out there. Please contact Bert on [bert@mphltd.co.uk](mailto:bert@mphltd.co.uk)

## DISCOUNT SERVICE

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

**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](mailto: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](mailto:sales@changing-gear.com), tel: 01467 670111 or visit the website at [www.changing-gear.com](http://www.changing-gear.com)

## Circuit Training

The annual out-of-racing season fitness training takes place in Garlogie Hall on Wednesday Evenings from 7.00pm.

This is a free to members' session. It will provide you with a good basis of general fitness. Chance to shed a few pounds

Doors open from 6.30pm and you can be away by about 8.00pm

There's also a free cup of tea and biscuit  
Queries to Sandy Lindsay 01467 681330 or [knockies@aol.com](mailto:knockies@aol.com)

## Total Endurance

### Scientific Cycle Coaching for Fitness, Bike Racing & Multisport

One [Type a quote from the document or the summary of an interesting point. You can position the text box anywhere in the document. Use the Text Box Tools tab to change the formatting of the pull quote text box.] p

Tel 01224 877533

## MITCHELL SCHOOL of DRAMA

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director

robert lindsay

catterline, stonehaven, ab39 2ul

tel: 01569 750254

e-mail: [info@thecreelinn.co.uk](mailto:info@thecreelinn.co.uk)

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



## Ian Grant

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## POSTSCRIPT

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