

Issue 418

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CRANKS

Volume 35

The Magazine of
Deeside Thistle Cycling Club

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Current Membership 389 (383)
SCU Membership 160 (167)

British Cycling's Largest Club

Editorial:

I'd just got myself rigged out in my kilt and clutter when the phone rang. Time was running short with the haggis in Newtonhill hottering away waiting on the address and an expectant group of women sitting patiently. Should I ignore the phone? Hello, I barked into the mouthpiece and this Liverpoolian voice bet that I wouldn't know who it belonged to. It's hardly a big deal getting a phone call from St Helens but the owner of the voice at the other end of the line was Phil Boden and to me that made the call important. Phil's one of those guys you exchange Christmas cards with; you seldom phone and letter writing ceased years ago. Only, Boden and I went through a lot together. We became close friends and friendships are something to be cherished. Many a mile was pedalled in each other's company, many the event attended together; holidays shared, troubles halved; a boon companion in times of pleasure and strife. Our abilities on the bike were near equal and it led to interesting competition. We'd some good tussles at District and National level and even though in different clubs the support given each other was always done willingly. It's over 30 years since Phil returned to Merseyside. Way back then I'd cycle overnight from Aberdeen to spend a few days with him. We'd do some of his local courses; ride a few of his lanes, before I headed back over Shap Fell and Devil's Beef Tub. Then he phoned to tell me, at the start of May, he's heading north for a weeks holiday at Huntly. At the Newton Arms the piper fidgeted and slapped his instrument into fettle. The call had made my day; the dram could wait ten minutes.

PHILOSOPHER'S CORNER (*Phil Kelman*)

The bicycle is the most civilized conveyance known to man. Other forms of transport grow daily more nightmarish. Only the bicycle remains pure in heart - Iris Murdoch

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

DEESIDE RACING

Deeside Racing has held a number of racing workshops over the winter. These have been held on Saturday mornings at Garlogie Hall and took the form of a coaching talk followed by a group ride or Turbo session. Based on numbers and abilities attendees were split into a number of groups. There was also the opportunity to discuss squad objectives, goals and events for next season and beyond and coaches were on hand to answer any training questions. These sessions have been open to all members who are interested in improving their cycling performance. The final workshop timetable is as follows.

- 21st February, 9am
 - Nutrition
 - Race preparation
 - Group ride

If you would like to attend this final workshops please contact Ken Bryson, ken.bryson@talk21.com, Tel 01224 877533.

Ken Bryson

RT – 6

Ginny Pollard has joined Rt-6 bringing the team to 10 in number. This is good news for Rt-6 for Ginny's contribution can only strengthen the team.

In 2006 Ginny smashed the Vets SCU 12hr record with 235 miles. Then in 2007 she was crowned the British Ladies Vets 24hr champion with an amazing 386 miles.

When it comes to Ginny she is an all rounder, fast at short distances, put her into a group and she will give as good as she gets, at the longer distances she obviously excels. I am absolutely delighted to have her on board. The whole team will be brought together at the start of February to do some forward planning.

Doug Haig

GRAMPIAN TIGERS

Ewan Murray has taken up his post of full time Scottish Cycling coach for the Grampian Area. This is great news for youth cycling in Grampian. Ewan is soon to meet with officials of Grampian Tigers to progress his involvement.

DOWNHILL

One of the faster growing aspects in cycle sport is downhill competition. It is exciting, glamorous and adrenaline loaded. It is also dirty and expensive and to some folk, one of the more dangerous sides of our interest.

Over the few short years downhill racing has been in the public domain there has been an amazing growth of purpose built trails appearing throughout the country. Most of these trails are on Forestry Commission ground at places like Innerleithen, Fortwilliam and Pitfichie. The Forestry Commission has put a lot into these ventures and helped with the infrastructure needed. They have built roads to hitherto inaccessible areas; constructed lots of single track and been closely involved with the

planning of specific race courses. They have also ensured that the busier areas have been able to develop catering and maintenance facilities for users.

In other areas lots of irregular courses have appeared. The Forestry Commission has been generally understanding and where the cowboy routes have met good criteria they have been left in place – until now. The routes which have not been properly sanctioned are gradually being dismantled.

There is good reason for this dismantling. The Forestry Commission does not have a responsibility for them. Though original building may have been to a good standard, without guaranteed maintenance, deterioration can be expected. And consequently health and safety issues are raised.

Pitfichie near Monymusk is seen as a good downhill course. Local downhill riders have developed it with the blessing of the Forestry Commission. It may not have the infrastructure inherent at places like Laggan Wolftrax or Kirroughtree but it has been raced on.

Without proper supporting infrastructure the Forestry Commission cannot see how an event can happen again at Pitfichie in the foreseeable future. They instance transport for riders on the uplift. Tractor and trailer is adequate for bikes but is not suitable for the riders. The fear is that in the event of capsize there is no escape route from the boxed in trailer.

Unfortunately, circumstances ongoing in relation to an accident resulting in serious injury are another reason why attitudes are changing. The accident happened at Fochabers where an inexperienced rider on an inadequate bike attempted to do a manoeuvre he wasn't capable of and that his bike couldn't handle.

A lot of money has been spent on Pitfichie. Helicoptered to the hill top and to the adjacent Cairn William was hundreds of tons of hardcore to make the tracks. This has depleted available funds and it is unlikely that more money will be made available in the short term. It would be a shame if this area, as one of the few accessible places for down hillers in the north-east is allowed to waste away.

The areas where the Forestry Commission is concentrating on include Scolty, Fetteresso and Pitcaple. Though downhill and cross-country tracks may remain, the wooden bridges, boardwalks, and other unnatural structures that have been lovingly built are to be removed.

SC CONSULTATION

There is a **Scottish Cycling Consultation Event** on 01 February at 10am in Salutation Hotel, Perth. More details on SC [web site](#). The format is an "Open Space" day where the agenda comes from the floor. This gives members the opportunity to raise and discuss issues they think are important to the future of cycle sport in Scotland. Places are limited so those interested should contact Sine Pederson on 0131 6520187 or email sinepedersen@scottishcycling.com no later than Friday 23 January

ADVENTURE TOURS

Taking over from the highly successful Haig's Tours is Adventure Tours. The provisional calendar follows. This may be added to as interest increases

18 April Sat Ullapool 100mls, Drumrunie, Polbain, Brae of Achnahaird, Lochinver, Newton, Ullapool. You'll need to stay overnight the Friday and Saturday - do it all on the 18th if you want but I don't recommend this

29 to 31 May Fri – Sun Applecross - a mere 91miles - starting at Kinlochewe on the Saturday and on Sunday, also from Kinlochewe the 42 miles to Diabeg and back.

Adventure Tours Making the difference - doughaig@talktalk.net

LETTERS

Sir, I noticed in a recent issue of the comic that Planet X are running an "Old Skool" time trial series next season (no TT bike, tri bars, aero helmet or aero wheels) and I wondered if this might be an idea for a couple of Evening League events? An Old Skool 10 or 25 would be interesting!

Regards, Alasdair McGill

Sir, A slightly belated happy new year to the Deeside members, etc. Thanks for another year of Cranks and info. Again in 2008 the "Deeside" has shown, with its events, members, etc, to be one of the best Clubs in Britain. All the best for 2009

Regards, Dick Pratt, Dusseldorf

S M CYCLING GROUP

The SM Cycling Group was formed in June 2008 by two 14 year olds from Peterculter. Gregor Milne and Caleb Small set up the group with two main aims. First is to raise money for good causes and second is to encourage youths to cycle more rather than hanging around shop corners.

To date they have held two fund raising rides one for Children in Need and another for CLAN. This coming year they are aiming to raise funds for Alzheimer Scotland. The event to be held in August is open to youths 10 – 16 years of age and they are hoping for 10 – 15 riders. The event is to be dedicated to Barbara Milne who died in July 2008.

In Aberdeen there are few if any groups like the SM Cycling Group. They started from scratch and are run by young people aged from 10 – 16. They take no personal monetary benefits from their work with all funds raised being turned over to the worthy causes.

They have had a very successful first six months and deserve support. They are looking for sponsorship and can recognise any prospective sponsor by showing details on posters for events, including information on mailing lists and publishing links on their web site. More information is available on their web site www.smcyclinggroup.webs.com

CYCLISTS' REUNION

Alan Gibb is organising a re-union. It takes place on Friday 27 March 2009 in the Mannofield Cricket Club Function Suite. There'll be a buffet, display of bikes and equipment, audio visual displays, etc. Everyone is welcome and it is hoped that many ex-members of this club and other clubs in the area will come along. More details as they become available

POLAR TAGS

The Coolest Way to Carry ID - however active you are. (www.polartags.co.uk). Ever been for a ride or jog and realised you have no personal ID on you? Carrying ID when you are out can provide the voice **you need** when you can't communicate - ensuring those who come to your aid give you the help you need. PolarTags provides a unique range of affordable sport and personal ID products designed for the specific needs of individuals, allowing you to easily carry ID any time. The Helmet ID system is ideal for all commuter, road and mountain bikers. The system attaches to the outside of the Helmet and utilises 3M Scotchlite for extra visibility. Shoe and Personal ID are ideal for Runners and Walkers or any outing where you want to have Identification easily available. 10% discount to DTCC members using the Coupon dtcc129786 at Check out. Note: it will indicate £0.80 discount. We will only charge 'Total Order Price - 10%' when processing. Anyone not keen on Internet shopping can contact us and we will accept a cheque.

Richard Nicholas

MAVIC R-SYS FRONT WHEEL Do You Use A Mavic R-SYS Front Wheel?

As part of its ongoing commitment to customer safety and satisfaction, Mavic has announced a voluntary recall of its R-SYS front wheels as a precautionary safety measure.

Mavic has identified that the carbon tubular spokes of the R-SYS front wheel may break during use in certain circumstances and causing the rider to lose control and possibly fall, potentially sustaining injury.

All models of Mavic R-SYS front wheels are concerned (R-SYS, R-SYS test, R-SYS Premium), whether purchased separately or as part of a bicycle. The wheels must no longer be used.

Consumers should immediately return their front wheel to a Mavic dealer; and a new upgraded R-SYS front wheel will be delivered free of charge. This exchange will start from 31st of March 2009. Until this date, and to facilitate the continued use of your bicycle, Mavic will offer a set of Aksium wheel that customers will keep after they have received the replacement R-SYS front wheel.

For any further question, please ask your Mavic Dealer. Go to this forum for a wee bit more discussion <http://fairwheelbikes.com/forum/viewtopic.php?f=3&t=5946>

BIKEFIT

Instant Neighbour Charity opened its doors almost 25 years ago with an aim to alleviate the social and economic hardships of the family/individual and to assist in the development of health, welfare and self esteem. Instant Neighbour already run a number of projects and 'Bikefit' is the most recent.

Bikefit is the only bike recycling initiative in the north-east of Scotland. The basic proposition is to offer recycling opportunities for bicycles through accepting donations from the general public and other sources. The donated bikes (delivered and collected) would be inspected, repaired as required, cleaned and refurbished as required. Bikes would be then offered for sale or free of charge in certain circumstances. Bikes would also be provided to individuals for who access to transport is a significant barrier to their take up of employment or training opportunities.

The workshop is located within Instant Neighbour premises at 5 St Machar Drive, Aberdeen, AB24 3YJ and is fully equipped to deal with all requirements.

Dr Bike is a mobile inspection and repair service, which offers door to door servicing at workplaces, Universities and Colleges.

The person looking after the workshop is Peter Cooper, a bicycle mechanic of 36 years. Peter most recently worked with Bill Reid at Broomhill Road Cycles and started his career with Anderson Cycles on Rosemount. Many of you cyclists out there will know him well and the experience and expertise he brings to this role. Peter is looking forward and eager to get his 'hands dirty' again. He will be able to offer an extensive repair service including wheel building.

The Service

- The collection of donated bikes is free.
- The basic service will cost £25 plus parts and is inclusive of VAT.
- The collection/return of bikes for servicing will incur an additional charge depending on distance.
- If we attend at work premises or university to service 'on-site' there would have to be a minimum of 4 bikes.

To make use of this new and exciting project please contact Bikefit/Instant Neighbour on 01224 489955 to arrange a donation or a service. Alternatively you can call in past Instant Neighbour at 5 St Machar Drive, Aberdeen with your bike for donation/service. Bikefit is open between 8.30am – 4.30pm.

CYCLE JUMBLE

It's the Cycle Jumble time of year again. This jumble sale takes place on Sunday 22nd Feb at the Inglis Hall, Edzell from 11am. For table bookings or any other information please contact Bill Duncan on 01356 648048 or email lizbillduncan@btinternet.com

ON-LINE CLOTHING

Des Young, our webmaster has updated the club web site so that you are now able to order club clothing on-line. This as already been experimented with and orders are coming through fine. You can order yours [HERE](#)

Purchasers are required to insert name / postal address with the order which means all required details will come through to the club.

CLUB CLOTHING

New **Club Kit** is due to arrive in the next few days. Much of this is preordered by members but there will be a number of garments for general sale. You can order your new clothing through the club website, either by downloading a form or using the PayPal links - [HERE](#). These links are new so we'd be obliged if you let us know of any teething problems

PRO-CYCLING MAGAZINES

Ian Wilson has 10 years worth of Pro Cycling Magazines. These are on offer to any member who wants them. Arrangements will be made to drop them off. Ian can be contacted on epicwilson@googlemail.com

ADCA MEETING

There will be a District Meeting on 11 February at Glenburn Club, Dyce at 7.30pm. Deeside members are welcome to attend

CHARITY RIDE

Pete Kneeshaw has been contacted by a lady requesting help for an ex serviceman who is doing a 1500 mile charity ride to help injured servicemen and women and is looking for a donation of a secondhand bike and some cycling kit, her email address is cathrine.ross@helpforheros.org.uk and the website for anyone wanting more information is www.helpforheros.org.uk. If any member is willing to lend a machine please get in contact with Pete on banchory.cycles@btconnect.com

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.

Numbers are around the 15 mark which is fine for the hall but if you'd like to join in we'll find space

FEES ARE DUE

A few members have still to pay their Annual Club Subscriptions. 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

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
10 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	10mls	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	50kms	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
05 July	Sun	Super 6 Series	85mls	DTCC
19 July	Sun	Furneaux 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
16 Aug	Sun	Coffee Pot TT	50mls	ADCA
30 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	ADCA

This calendar has been corrected and should be as published by Scottish Cycling. Any anomalies must be reported to knockies@aol.com as soon as possible

PHIL WINNING

When something goes wrong, do you tend to bounce back or fall apart?

“People with resilience harness inner strengths and rebound more quickly from a setback or challenge, whether it's a job loss, an illness or the death of a loved one. Resilience means being able to adapt to life's misfortunes and setbacks.” –The Mayo Clinic

If, like me, you have had some trauma in 2008, then ‘bouncing back’ may be of interest to you. There are many ingredients and characteristics and qualities of resilience in people. In a review of research on people who recovered from trauma in 2005 (Wilson and Agaibi) these factors were found:

- The ability to cope with stress effectively and in a healthy manner (not avoiding)
- Being resourceful and having good problem-solving skills
- Being more likely to seek help
- Holding the belief that there is something you can do to manage your feelings and cope
- Having social support available to you
- Being connected with others, such as family or friends
- Self-disclosure of the trauma to loved ones
- Spirituality
- Having an identity as a survivor as opposed to a victim
- Helping others
- Finding positive meaning in the trauma

Dr Karen Reivich is co-author of the Resilience Factor. She has researched kids and adults and she identified 8 attributes of resilient individuals. One of them was sense of humour. Since she felt it wasn't learnable she teaches ‘Seven ‘Learnable’ Skills of Resilience’;

1. Emotion awareness or regulation
2. Impulse control
3. Optimism
4. Causal analysis
5. Empathy
6. Self-efficacy
7. Reaching out

Here are a few of my favourite quotes which inspire me;

“Bad things happen to everybody” - Kenny Herriot, #1 British wheelchair athlete and record holder (wheelchair user since 2000)

“Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.” - Chinese Proverb

“Who didn't make it out (Vietnam prison)? The optimists. They kept thinking they would be “out by Easter” and then “out by Christmas” and they died of a broken heart. This is a very important lesson. You must never confuse faith that you will prevail in the end- which you can never afford to lose- with the discipline to confront the most brutal facts of your current reality, whatever they might be.” - Admiral Jim Stockdale

When we meet adversity we have three choices; get over it, let it get us down or let it inspire us to great things.

Wishing you a joyful and meaningful 2009 filled with love, fun and challenges.

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

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 or at 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.handsonevents.co.uk/>

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

NEW CLUB CLOTHING

Our club's new clothing has started to arrive. Original supply was gauged on orders received from members up to about the middle of October. A second supply is expected any day and 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. Orders can now be made via PayPal on the club's [website](#).

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 *Eric Malcolm*

RECENT NEW MEMBERS

1104	Martin Gray	Kemnay	35
2001	Lee Esslemont	Aberdeen	28
2002	Helen Miskelly	Banchory	37
2003	Kristin McGhie	Peterculter	31
2004	Kerry MacLean	Kemnay	41
2005	Mervyn Stanley	Elgin	44
2006	Andrew Fraser	Kemnay	33

VETS MEMBERSHIP

Club members who are also members of the SVTTA (and any other member over the age of 40 years who'd like to join the vets association) can as usual, have their payments processed through the club. Current prices are £10 for membership and £7 if going for standard times - £17 in total. This is due now and can be sent to me, Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ. Make cheques payable to DTCC. Further information available from 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

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.

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.

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

January

Sat 17 Medium Full Day C 09:30 Asda, Dyce (01224 724134) for coffee run starts 10.00am. Lunch at Redgarth Hotel, Oldmeldrum (01651 872353) [Led by Dave W]

Sun 18 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Gerard]

Sun 18 Morning Run D 09:30 Woodend Hospital, Eday Rd, Coffee at Asda, Dyce (01224 724134) [Led by John S]

Sun 18 Faster Full Day B 09:30 Hazlehead, Groats Rd, Coffee Flora's, lunch at Crown Hotel, Stonehaven [Led by Hamish]

Sat 24 Slower Full Day C 09:30 The Torry Teapot (01224 875163), 79 Victoria Road, Torry for coffee, run starts 10.00 to Ship Inn, Stonehaven (01569 762617) for lunch [Led by Joe]

Sun 25 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Dave L]

Sun 25 Faster Full Day A/B 09:30 Westhill Shopping Centre, coffee at Monymusk Walled Garden (01467 651543), lunch at Kintore Arms, Inverurie (01467 621367) [Led by Sheila]

Sat 31 Morning Run D 09:30 Airyhall Library, Coffee at Peterculter Parish Church [Led by Heather R]

Sat 31 Faster Full Day A 09:30 Old Mill Inn, Maryculter, coffee at Inchmarlo Golf Club, Banchory (01330 826426), lunch at Crossroads Hotel, Lumphanan (013398 83275) [Led by Wilf]

February

Sun 1 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Sandy]

Sun 1 Medium Full Day C 09:30 Asda, Dyce (01224 724134) for coffee, run starts 10.00 am. Lunch New Inn, Ellon [Led by John T]

Sat 7 Faster Full Day A 09:30 Parkhill Bridge, Dyce, coffee at Inverurie Garden Centre (01467 621402), lunch at Redgarth Hotel, Oldmeldrum (01651 872353) [Led by John S]

Sun 8 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Dave L]

Sun 8 Slower Full Day C 09:30 Airyhall Library, to Flora's Cafe (01330 860848) for coffee, lunch at the Northern Lights, Hatton of Fintray (01224 791261) [Led by Wilf]

Sat 14 Medium Full Day C 09:30 Old Mill Inn, Maryculter, to Asda, Portlethen (01224 782200) for coffee, lunch at The Ship Inn, Stonehaven (01569 762617) [Led by Gordon M]

Sun 15 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Gerard]

Sun 15 Morning Run D 09:30 Airyhall Library, Coffee at Flora's Cafe (01330 860848) [Led by Sandy]

Sun 15 Faster Full Day A 09:00 Brig o' Balgownie, coffee at Ythan Hotel, Newburgh (01358 789257/272), lunch at Aberdeen Arms, Tarves (01651 851214) [Led by Sheila]

Sat 21 Slower Full Day C 09:30 Duthie Park, Riverside Drive, to Asda Portlethen (01224 782200) for coffee. Lunch at Marine Hotel, Stonehaven (01569 762155) [Led by Joe]

Sun 22 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Heather R]

Sun 22 Faster Full Day A 09:00 Westhill Shopping Centre, coffee at Millers, Midmar (01330 833462), lunch at the Bistro, Alford (019755 63154) [Led by John B]

Sat 28 Morning Run D 09:30 Brig o' Balgownie, Coffee at Parkhill Garden Centre (01224 722167) [Led by Jonathan]

Sat 28 Faster Full Day A 09:00 Parkhill Bridge, Dyce, Coffee at Meldrum Cafe, Town Hall, Oldmeldrum (01651 872315), Lunch at Kellockbank, Inch (01464 851114) [Led by Dave W]

March

Sun 1 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Gerard]

Sun 1 Medium Full Day C 09:30 B&Q Bridge of Don, Ythan Hotel, Newburgh (01358 789257/272) for coffee. Lunch at New Inn Ellon (01358 720425) [Led by John S]

Sat 7 Faster Full Day A 09:00 Peterculter (west end), coffee at Inchmarlo Golf Club, Banchory (01330 826426), lunch at Boat Inn, Aboyne (013398 86137/287) [Led by Hamish]

Sun 8 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Sandy]

Sun 8 Slower Full Day C 09:30 Old Bank Bar, Peterculter (01224 730003) for coffee, run starts 10:00, to Keiths Tower (**Tower1**) then Burnett Arms, Banchory (01330 824944) for lunch [Led by Alan]

Sun 15 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Gerard]

Sun 15 Morning Run D 09:30 Airyhall Library, Visit Binghill Stone Circle, Coffee Old Bank Bar, Peterculter [Led by Sandy]

Sun 15 Faster Full Day A 09:00 Old Mill Inn, Maryculter, coffee at Kirktown Garden Centre, Stonehaven (01569 764343), lunch at Salutation Hotel, Inverbervie (01561 361455) [Led by Joe]

Sat 21 Slower Full Day C 09:30 Parkhill Bridge, Dyce, coffee at Moar House Furnishers, Kintore (01467 632421), lunch at Redgarth Hotel, Oldmeldrum (01651 872353) [Led by Alan]

Sun 22 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Dave L]

Sun 22 Discovery C 09:30 Airyhall Library - Photography Theme - Please bring your cameras [Led by Gordon M]

Sun 22 Faster Full Day A 09:00 B&Q, Bridge of Don, coffee at JRD Equipment, Ellon (01358 720294), lunch at Kingscliff Sporting Lodge, Methlick (01651 806375). [Led by John B]

Sat 28 Morning Run D 09:30 Airyhall Library, Visit Drum Castle lookout tower (**Tower2**), Coffee Flora's Cafe [Led by Dave W]

Sat 28 Faster Full Day A 09:00 Westhill Shopping Centre, coffee at Monymusk Walled Garden (01467 651543). lunch at Dess Activity Park (013398 83536) [Led by Dave B]

Sun 29 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Sandy]

Sun 29 Medium Full Day B/C 09:30 Old Mill Inn, Maryculter, coffee at the Bowling Green, Stonehaven (07732 336435), lunch at The Cutty Sark, Inverbervie (01561 362682) [Led by Gordon M]

Sat 20 Medium Full Day C 09:30 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/B 09:30 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/B 09:30 Duthie Park, Riverside Drive, coffee at Asda, Portlethen (01224 782200), lunch at Royal Hotel, Stonehaven (01569 762979) [Led by Dave B]

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.

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

25 YEARS AGO

CORPORATION TAX

The club is now liable to Corporation Tax on all monies accrued from invested income. This money is basically bank interest and at the present time the rate is 38%. Unfortunately no one was aware of this and apparently we could be liable as far back as 1960 which could be a real body blow so far as the funds are concerned. Luckily for us we have only been well off for a few years for there are also penalty clauses and interest which can be invoked. Hopefully when the bill arrives the fact that we are a non-profit making organisation and that we didn't know about the liability will be taken into consideration.

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>

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
www.travelcounsellors.co.uk/fiona.betteridge

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

Just a wee reminder
Have you paid your Fees?

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@sky.com

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?pageid=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 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 (1)
- 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 (1)
- 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 (1)
- 7 Minora work stand £45. Contact Doug on doughaig@talktalk.net or 07825 241189 (1)
- 8 a) 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 (1)
 - b) Campag Chorus 27.2 mm seatpost £25 (1)
 - c) ITM Forged Lite Carbon Stem 110mm £25 (1)
 - d) Campag 10 Speed Daytona Rear Mech £20 (1)
 - e) Campag Chorus 8 Speed Rear Mech £25 (1)

- f) Campag Athena 9 Speed Ergo levers and cable (Converted to 8 Speed) £50 (1)
 - g) Pair of Mavic CXP30 Rims (Tubs) on 32 hole Veloce Hubs with 8 Speed Campag Cassette 12-23. Built by Dave Hinde £45 (1)
Contact johngrantcummins@hotmail.co.uk or 01224 735629
 - 9 a) Campagnolo Record Ergo 10 speed levers - £80, two sets available (2)
 - b) Campagnolo Record rear mech 10 speed - £80 (2)
 - c) Campagnolo Chorus rear mech 10 speed - £65 (2)
 - d) Campagnolo 10 speed chain new - £15 (2)
 - e) Campagnolo cassettes 10 speed 12-23 c/w chains, not much use 3 off - £25 (2)
 - f) FSA carbon chainset 175mm cranks 53 x 39 c/w bottom bracket almost new - £90 (2)
- All items in very good condition. Contact Phil Duncan on Philip.Duncan@shell.com
- 8 Orbea Euskaltel frameset, 46cm c-c seat tube, 52cm c-c top tube (compact frame). Would suit 5'7". Comes with carbon fork, Cane Creek headset, alloy stem, LOOK carbon seatpin, and a Stronglight impact chainset (34/48). Euskaltel orange with some paint chips. Offers around £100 would be great. Ideal for young lad or lady starting out. Contact Mark on 07754 807181, 019755 62646 or nuvolari1953@hotmail.com (3)
 - 9 SIS waterbottles size 800mm and the wideneck 500ml. Supplies are limited so a first come first served. Cost £2 per a bottle both sizes. Cash deal only - will bring a supply with me to circuit training on a Wednesday evening. Please contact Ellen at Garlogie (3)

WANTED

- 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 (2)
- 2 Tunturi Exercise Bike - I am looking for two old TUNTURI exercise bikes for indoor training. They must have a heavy front wheel and high grip bars. Any complete condition appreciated. There is no need for the pressure switch to the wheel to work. Please reply to bert@mphltd.co.uk (3)

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. 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

2009 Racing

Give this some careful thought

There is a comprehensive racing programme throughout the year which provides access to club/local and National Championships

You are eligible to enter into these Championships if you are a member of the correct body (generally BC Membership) and if you take part in the races

Our Evening League programme (there is nothing like it anywhere else in the country) may be an intense competition which gives the participants a huge amount of satisfaction but it is a confined competition, it is limited to competition against your club mates or against your own limits

In 2009 give some careful thought to entering some of the Open events on the National Calendar. The local calendar of Open events is listed elsewhere in this magazine and access to other events up and down the country is available [here](#)

By taking part in Open events you will be able to compare yourself against riders from other clubs

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

ANNUAL SUBSCRIPTION

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

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

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

- Generally you can pay cash or cheque at Garlogie on a Wednesday after 6.30pm
- You can send a cheque to Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ. Cheques should be made payable to DTCC
- You can use Internet banking to:
Bank: Lloyds TSB
Account Name: Deeside Thistle Cycling Club
Bank Sort Code: 30 10 01
Account Number: 00802182
Your name will normally be listed on the bank statement but this is not always the case so it is important to drop an email to knockies@aol.com saying what you've done
- By **PayPal** - on the [club website](#) Many members have used this facility and though it does cost a bit in commission it is instant and transcends currency boundaries.

Club web site:

<http://www.Deeside.org>

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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
Membership Application

Name:

Address:

Phone Number:.....

Email:

Date of Birth:

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

The Deeside Thistle Cycling Club publishes this magazine. The Editor is Sandy Lindsay MBE, Rowan Cottage,
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