

Issue 412

July 2008

# CRANKS Volume 35

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



**Current Membership 379 (378)**

**SCU Membership 147 (166)**

**British Cycling's Largest Club**

## Editorial:

When Scottish cycling clubs, backed by a sponsor, were in very small numbers we grabbed the initiative and went out of our way to get the support and prestige this type of association offered. That's 20 odd years ago and things have changed a lot. There are now many clubs with sponsorship, each with its own and diversified reasons for the collaboration. Our reasons are manifold. The main one is probably to raise the profile of the club, thus making it attractive to prospective members. And by attracting members it becomes intrinsic to nurture the grass roots of our sport. In addition to looking after the wider cross-section of the club, sponsorship also permits us to give tangible benefits to those who act on our behalf.

BikeLife, club sponsor for over eight years, when it officially bowed out of the union some months ago, left quite a gap to fill. It has been filled. A few of our members, principally Alan Campbell, Ken Bryson and Alasdair McGill, have worked hard in securing a deal which means we can fly a new flag for at least the next four years. This new deal is with an Aberdeen Company, Freelance World/Acumen Group.

Over the next few months we will gradually integrate our new sponsorship agreement and by the time the 2009 season dawns most things should be in place. Big efforts are in hand to get new club colours and logos finalised so that when this season completes the transition can be seamless.

The future is bright.

## PHILOSOPHER'S CORNER

**Make sure you have finished speaking before your audience has finished listening – Dorothy Sarnoff**

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)

## NEW SPONSORSHIP DEAL

With Freelance World/Acumen Group

The new sponsorship arrangement came into being following an informal discussion with Freelance World Managing Director Alasdair McGill, starting around Christmas time last year. Initial discussions showed that club sponsorship had potential advantages for both groups and a proposal was drawn up for comment and approval by the Freelance World and Acumen boards and the Deeside F & M Committee. Following a number of iterations the document was approved by all parties and we had a deal!

The objectives of the sponsorship arrangement for Freelance World and Acumen are clearly defined in the sponsorship agreement.

- Company logos displayed on DTCC "Crank" monthly magazine, website and club news Emails
- The opportunity to make exclusive offers to DTCC members
- Support with an Acumen charity cycling event – Organisation support, marshalling and pre event training advice
- Involvement of Freelance World/Acumen staff in non competitive DTCC events
- Freelance World/Acumen Marketing Manager to be copied on news Emails in order to monitor opportunities for media/marketing exposure
- Access to members for publicity purposes

### Local exposure

- Evening League and people wearing the new kit
- Media exposure
- Association with youth and junior groups

### National exposure

- Possible sponsorship of a DTCC organised Sportive type event (not included in initial agreement)
- Possible sponsorship of National level events organised by DTCC (not included in initial agreement)
- Possible sponsorship of youth meetings with other youth groups/clubs (Grampian Tigers)
- Support for junior and development riders (above Grampian Tigers age group)
- Support for DTCC "squads" to increase club support of national events
- Media exposure from members' involvement in racing activities

The value of the sponsorship is £20,000 over a four-year period with options to continue after the initial four years.

Once the sponsorship had been agreed we began to look at a new kit design. The design is based on the Freelance World and Acumen corporate colours, which are white, light blue, dark blue and orange. Ian Humphreys used his graphic design skills to produce a number of layouts for consideration. A design has now been agreed with Freelance World and Acumen and we will shortly be

approaching prospective manufacturers to see if they can make it!

The new design is based on a light blue main body with white shoulders and dark blue sides. The shorts will be dark blue with light blue panels. The jersey will have Freelance world logos and name front and back with the Acumen name on the side panels and shoulders and Deeside logos on the front, back and collar. The shorts will have Freelance world logos and name on the side panels, Acumen on the back and Deeside logos on the front of the legs. White piping will separate the light and dark blue sections on both jersey and shorts.

The plan is to have the new kit available before Christmas 2008.

This is an excellent arrangement for the club and we aim to use to opportunity to boost the profile of the Deeside and to support many of the club's activities in order to provide maximum exposure for our new sponsors. In order to make the change to the new club colours the cost of new kit will be subsidised for the first year.

For further information see the Acumen/Freelance World press release on Deeside website and P&J article: <http://www.pressandjournal.co.uk/Article.aspx/718300?UserKey=0>

*Ken Bryson*

### RIDER'S SUPPORT

With the exciting announcement of our new club sponsors we would like to start to move forward and review arrangements and support for riders taking part in open events from next season when the new sponsorship starts.

Deeside Racing will be for all riders taking part in open bike events in all forms - track, road, time trial, MTB cross country and downhill and sportives and should be spearheaded by a group of elite riders with the potential to win medals in national competitions. These riders should be role models for the up and coming riders who aspire to attain the same level. We also need to ensure that we are publicising the exploits of our riders through Cranks, the website and local and national press if applicable.

We started this process in a fairly low key way last season and we now have an opportunity to build on small beginnings. In addition to the current midweek training sessions, we will be arranging monthly off season meetings and coaching sessions to help with training and start to plan for the 2009 season. The 1st meeting will take place in late October.

We also plan to agree short, medium and long-term goals for Deeside Racing. For instance, perhaps a long-term goal would be to have a Deeside Racing team taking part in the Girvan three-day race within five years. All suggestions for Deeside Racing goals welcome!

It is early days, but we want to offer a more structured racing plan and support to racing members and to gain maximum exposure for the new sponsors with our racing exploits. If anybody would like to assist with this new initiative please get in touch with one of the Deeside Racing Committee.

*Katrina Brown Ken Bryson Pete Kneeshaw  
Alasdair McGill Duncan Warwick*

### GCRT 50TT 8 June 08 – AB50/2

1	Ian Black	SWC	1.53.45
2	Veli Raikkonen	GCRT	1.56.14
3	Norman Skene	GCRT	1.57.09
4	Steve Macintosh	GCRT	1.59.47
5	D Nicol	PUCG	2.03.44
6	Sean Monaghan	DTCC	2.04.44
7	Derek Stewart	DTCC	2.06.03
8	David Morris	DTCC	2.06.13
9	Bob Cowie	AWCC	2.06.47
10	Graham Jones	ERC	2.07.46
11	Colin Sim	DTCC	2.11.37
12	Dave Millard	ABC	2.12.13
13	Ken Bryson	DTCC	2.13.24
14	Ian Sinclair	DTCC	2.14.15
15	Alasdair McGill	DTCC	2.14.24
16	Liam Cowie	AWCC	2.15.39
17	Phil Allan	GCRT	2.17.08
18	Ian Grant	DTCC	2.20.53
19	Stewart Mitchell	DWCC	2.22.30
20	Carol Middleton	YCC	2.27.00
21	Ellen Thornell	TCG	2.30.33
22	Ian Edwards	DTCC	2.39.00

### MASSIE SHIELD 2008

#### YCC 25TT 18 June 08 – AB25/8

1	Jonathan Copp	SWC	55.50
2	Raymond Wilson	SWC	57.25
3	Alistair Watt	GCRT	58.14
4	Veli-Matti Raikkonen	GCRT	59.00
5	Steve McIntosh	GCRT	59.21
6	Duncan Warwick	DTCC	1.01.02
7	Sean Monaghan	DTCC	1.01.06
	Colin Duncan	TCG	1.01.06
9	John Blunsdon	DTCC	1.01.19
10	Fiona Duncan	YCC	1.03.34
11	Robert Cowie	AWCC	1.04.17
12	Simon Lott	DTCC	1.05.11
13	Liam Cowie	AWCC	1.05.26
14	Malcolm Grant	YCC	1.05.42
15	Ian Grant	DTCC	1.06.47
16	Ross Clark	DTCC	1.08.51
17	Colin Allanach	YCC	1.09.39
18	Dave McIntosh	YCC	1.09.42
19	Peter Clark	DTCC	1.09.59
20	Jake Vellacott	YCC	1.10.46
21	Gordon Smith	DTCC	1.11.13
22	Alan Gordon	YCC	1.11.47
23	Carol Middleton	YCC	1.12.38
24	Paul Winter	YCC	1.13.04
25	Ellen Thornell	TCG	1.14.12
26	Ian Edwards	DTCC	1.15.25
27	Lorna Adam	YCC	1.19.45
28	Dave Harrison	YCC	1.24.02
29	Yvonne Davidson	YCC	1.31.07

### COFFEE POT 50

#### ADCA 50TT 06 July 08 AB50/2

1	Carlos Riise	SWCC	1.53.31
2	Raymond Wilson	SWC	1.55.13
3	John Sturgeon	CRT	2.01.11

4	James Hall	SWC	2.03.19
5	Gilbert Runcie	TCG	2.05.50
6	John Blunsdon	DTCC	2.07.34
7	Christine McLean	SWCC	2.08.35
8	Ian Anderson	DWCC	2.08.36
9	John Connaghan	ERC	2.08.58
10	Fiona Duncan	YCC	2.09.45
11	Phil Duncan	DTCC	2.10.25
12	Ian Watson	AWCC	2.10.40
13	Colin Sim	DTCC	2.11.24
14	Derek Stewart	DTCC	2.11.45
15	Ross Clark	DTCC	2.12.24
16	Neil Howarth	DTCC	2.14.49
17	Stephen Walton	DTCC	2.16.45
18	Brendan McCabe	AWCC	2.19.35
19	Ian Chapple	DTCC	2.20.58
20	Colin Allanach	YCC	2.21.07
21	Peter Clark	DTCC	2.22.28
22	Ian Edwards (No23)	DTCC	2.37.10
23	Rose Leith	ERC	2.39.15
24	Jennifer Lang	ERC	DNCC
25	Kenneth Anderson	DTCC	DNCC
26	Stewart Mitchell	DWCC	DNCC
27	Ian Grant	DTCC	DNCC
28	Ellen Thornell	TCG	DNCC
29	Kenneth Ross	CFCC	DNS
30	David McIntosh	YCC	DNS
31	Andy Duncan	YCC	DNS

## ROAD RACE TRAINING RIDES

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

## RACING SHORTS

**For the Magic 10 at Cambusbarron** on 18th June the conditions were warm, damp with a light wind. Obviously perfect. Dick Stewart returned a personal best of 22.43. Jenni Nicholson got her fastest of the year with 25.53, as did Bill Byth on 25.58. Dick's performance has to be looked at in perspective. It's a Vet's record for a 71 year old. His birthday is due in a couple of weeks. What a way to celebrate. The winner was Arthur Doyle (Dooleys), the current SCU 10TT Champion, in 20.08

**Scottish 50 TT Championship Invergordon** 29th June Dry but windy with the wind stiffening from the South West during the morning. Roadworks meant that there was a last minute change to the course. The loop back through Invergordon was omitted and a modified loop from Nigg roundabout to the Hill of Fearn was added. Road surfaces on this new section were very rough in places and with the headwind out to the peninsula it was a tough section. 1st Mark Atkinson SWC with 1:50:45, 2nd Jon Copp SWC 1:52:02, 3rd Jim Cusick 1:53:21. Deeside were represented by Sean Monaghan 2:07:00, Colin Sim 2:13:17, Kenny Anderson 2:28:13

## PHIL WINNING

Remember,  
"Take a few minutes out every hour, a few hours out of every week and a few weeks out every year."

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

## MB X-COUNTRY SC CHAMPS

Rain battered on the windscreen as we sat in the van parked up in what the locals know as the "car park in the sky" at Gleniffer Braes near Paisley due to the potential for spectacular views from the steep escarpment northwards towards Glasgow. Today the gloomy, rain-filled sky was lying so low that we were definitely in it, and the view was restricted to a damp greyness. The bleak outlook was chiselling away at our resolve to race. This unwelcome weather was not what we wanted for the Scottish Mountain Bike Cross Country Championship. Last year at the same event the course here was the least hilly and technical of the series and not one that suited us well. We struggled to devote ourselves to getting prepared but deep down we knew that heavy rain, wet grass and muddy slopes would provide our best chance of a technical advantage. The harder the course was to ride the more we might gain over the fast roadie types who turn up each year with thoughts of showing the mountain bikers how to do it. Those thoughts were just enough to motivate us into taking on a practice lap and we rode out onto the soggy trails.

It was a new course this year, and an improvement over last year's design. The lap began with a fast, twisty grassy descent (although in the race itself the start had a section of uphill road to string the riders out). This was followed by an exposed section of gradual uphill over grass, and then the course dived into twists and turns through trees and short, sharp slopes up and down. It wasn't possible to lock all this into the memory but we built up a feel for the terrain. By the end of the four laps of racing we would know the intricacies of the course in much more detail. One steep descent was already turning into a slippery chute and we could tell this was only going to get worse as more riders raced down it. Another section of the course was a long traverse of a muddy slope on an off-camber path criss-crossed by tree roots that had most riders fighting to keep their bikes upright. Some were giving up and resorting to running with their bike and even then losing their footing in comedy pratfalls.

On completion of the practice lap I made the decision to change my tyres. I remembered being very short of grip last year, and knowing that it cost me places, I bought a pair of mud specific tyres. These had more tread than most other riders seemed to have opted for so I could only hope that they were the right choice and wouldn't drag too much on the grassy uphill sections. In the end, it turned out to be an inspired move and gained me several places in the final standings. From the very early grassy descent I could tell I'd made the right decision. Other riders went spilling off the course into long grass either side as they lost traction on the wet corners but I could hold my line and keep plenty of speed through this section. On the next drag uphill I was overtaken by some of the stronger riders and this pattern was to repeat through the race. I hung on to any wheel I could on the climbs though riders would often get a gap on me. On the descents the help from the mud tyres was significant and I took my chances to race past competitors who were slipping this way and that and cursing their bikes.

Through the finish at the end of my penultimate lap it was announced that I was in seventh, my best placing ever by some margin. But the climbing on this last lap was harder than ever and again riders came past me. I was determined to keep them in sight, knowing that if I could I would have a good chance on the descent to get back past them. On the off camber traverse I made the tyres count with a determined push and got ahead. There was still a way to go to the finish and it included more climbing. I just refused to look back and gave it everything I had to keep ahead. My body was coated in mud, I had lost the use of several gears on the bike and my legs were barely able to turn the pedals as I battled to the line, refusing to give up hard gained places. I had finish sixth, only seven seconds in front of the next rider after nearly two hours of racing, and my best placing to date in mountain bike events.

In Katrina's elite women's race there were six competitors. After the first lap Ruth Fraser-Moodie, who has previously represented Scotland at the Commonwealth Games, had stretched out a comfortable lead. The next three riders passed through the feed station in close contact. Katrina would have to battle hard to keep her hopes of a podium finish alive. As the race developed, Vicki Barclay had enough strength to gradually pull away to a clear second place and Katrina held third and was building a gap on fourth. In the fourth and final lap the riders often have to make decisions about how hard to push to gain a place balanced against the risk of a tired mistake causing a fall and a loss of a place or worse still an injury that causes an abrupt end to their race. In this case Katrina kept a steady head and rode across the line in third place, thereby achieving a season goal of a podium finish in the Championships.

Other Deeside Thistle results on the day were Jack Richards 10th in the Elite Men's race, Pete Kneeshaw 6th and Simon Richards unfortunately a DNF in the Grand Veteran's category.

*Peter Dennis*

## **TEAM TIME TRIAL**

The Scottish Cycling Team Time Trial Championship takes place on Saturday, 16th August on a 37-mile course based on Kingsmuir near Dundee. The event is contested by teams of four men (with the team time taken on the 3rd finisher) or three women, with all three required to finish. A few riders have already expressed interest in the event through the Deeside forum, but we need more! If you would like to take part in this unique event please get in touch, no previous experience necessary! Entries have to be in by 2nd of August so we haven't got much time – do it today. The club will be paying the entry fees. Contact Ken Bryson, Telephone 01224 877533 or Email [ken.bryson@talk21.com](mailto:ken.bryson@talk21.com)

## **ADCA TOUR**

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

## **TRANSALP MOUNTAIN BIKE STAGE RACE 19-26 July 2008**

The Transalp is an annual 8-day mountain bike stage race that is acknowledged to be one of the toughest MTB races in the world – or certainly one of the toughest an amateur can do – so an obvious holy grail for those of us looking for ever-more gut-busting endeavours. It is notoriously hard to get an entry so it was with both surprise and not a little consternation we received our 'Congratulations you're in' email back on that cold afternoon in early December. Yet it was still less daunting back then with a 6-month buffer between us and reality. Writing this with a week to go I can say we are not quite as fit as we'd like but have probably done as much 'rough' mileage as our bones and bottoms (and Archie's paws) can take. But neither of us have ridden more than 2 big MTB days together, so 8 consecutive days will be a massive unknown frontier ... but we still can't wait!!

550 teams of two mountain bikers (and a few random elites from other sports) will line up for the start on Saturday 19th, including both pro riders and what they term "ambitious amateurs" (oh help, that's us!). The route traverses the Alps going from Füssen (Germany), through Austria and Switzerland, to Riva del Garda (Italy) in eight stages covering over 660 kilometres and 21,600 metres (apparently the equivalent of 2 Mt Everest's if you need to calibrate your scale) (can't help those of you determinedly still working on imperial).

Stage 1: Füssen – Imst 80.13km, 1962m climbing, Stage 2: Imst – Ischg 76.40km, 3171m, Stage 3: Ischg – Scoul 75.26km, 2547m, Stage 4: Scoul – Livigno 77.16 km, 2621m, Stage 5: Livigno – Naturns 122.24km, 2909m, Stage 6: Naturns – Kaltern 97.36km, 3930m, Stage 7: Kaltern – Andalo 74.61km, 3071m, Stage 8: Andalo – Riva 62.24km, 1480m. Totals: 665,40 km, 21691m

Those who have done it before say that the villages compete with each other to provide the best food and perhaps now you are starting to see why beasting over rather large mountains for 8 days might actually be a good idea ...). But tempering our biking and culinary excitement is what may prove to be the REAL challenge – sleeping!! The accommodation is in 'mass quarters' (gym halls, schools, astroturfed underground car parks etc.) where you get a few square inches of floor for your Karmat and sleeping bag. We are not entirely heartened by their warning: "Please note that mass quarters may not provide an adequate accommodation option for anyone feeling cramped easily, in need of privacy or with a sensitivity to noises and smells. Adequate sanitary facilities (i.e. toilets and showers) are typically available" Yikes! We have also been regaled with horror stories of co-habitees strutting round wearing only a heart-rate monitor, serial papers and having to witness (and perhaps experience) daily rubbing of ointments into unfortunate teamies suppurating batty-sores.

We are hoping to provide daily updates on this fine test of fitness, digestion, skin, sleep, sanity and marriage – so

check back to this site when you can (if you think you're hard enough) and wish us luck!

Apparently there will be web cams to relay images from race start, finish and along the trail to share with a global audience through the official website (<http://www.bike-transalp.de/englisch/>) and we will also be posting daily progress reports on [www.total-endurance.co.uk](http://www.total-endurance.co.uk)

Amazingly (at least for those used to Scottish MTB events with no prize money), there is €20,000 prize money for the overall winning team(s). Shame it will have nothing to do with us. No mention of a wooden spoon (or should it be wooden stretcher?).

*Katrina Brown & Peter Dennis.*

## DEESIDE THISTLE SPORTIVE

Okay, so it's not an official Sportive, but we'd better start thinking along those lines. Each year we put on top class reliability trials with routes that can rival most and Rob Armstrong is preparing to dip his toe in the water.

He's asking if anyone would be interested in a late season, early October Reliability Trial. Two challenging routes have been sorted out at 100km and 200km. Neither for the faint hearted. But hey – it's the end of the season and you will all be super strong.

Rob is willing to go ahead and get the ride organised, halls booked, catering sorted etc etc - but only if he knows there will be a worthwhile turn out.

Let him know either on [tcheuter@tesco.net](mailto:tcheuter@tesco.net) or by replying to the "Feedback Sought" post on the DTCC forum if you think it is an event you would support.

## TEAM RACE 12

Team Race 12 hits new heights. It has a full ladies team prepared to ride. When they all finish the event they will have accomplished more than any other club ever has done in Scotland. With no Female Team Record performance at 12 hours in Scotland it will make a wonderful addition to the Open Female Record held by Ashley Pearson and the Veteran Female Record in the hands of Ginny Pollard. This is a proud time for the club with the ladies team made up of Linda Reid, Shelley Farrar and Charlie Hamilton. If you are in the company of these riders PLEASE wish them well.

If you'd like to be part of Team Race 12 get your name in now. Contact Doug on [doughaig@talktalk.net](mailto:doughaig@talktalk.net). He is happy to accept more riders.

For those who'd like a day out and be instrumental in helping all of those who are riding for the Deeside please contact Sandy Lindsay on [knockies@aol.com](mailto:knockies@aol.com). He is putting together a support crew and is keen to add folk to it. The course for the 12 is traditional but as the event progresses some riders will be permitted to do a leg, which will be closed to others. Though this is done to try and keep the field together and permit them all to get to the finishing circuit at a reasonable time, it also serves to fragment the field. To cover this it is important that there are enough helpers to be placed strategically. Expenses will be met.

## COACHES COLUMN

### Fat Burning Exercise.

It is widely believed that low intensity exercise burns off more fat than high intensity exercise. This is not true. It is true that at lower intensities a greater percentage of energy is provided from fat. At 25% VO2Max (very light exercise) approximately 2/3 of the energy requirement is provided by fat, but there is very little training effect at this low intensity and total energy expenditure is low. As intensity increases the percentage of energy expenditure provided by fat decreases but the total amount of fat burned increases because the total energy requirement increases.

At 85% VO2Max (very intense exercise) more fat will be burned in 30 minutes than in 2 hours at 65% VO2Max (moderate endurance exercise). This doesn't mean that all your training should be at 85% as there are other fitness benefits from training for longer at a lower intensity. But if time is limited increasing the intensity will burn more fat than maintaining what is traditionally known as a "fat burning intensity".

### TT Starting Strategy

Anyone that I talk to regularly will tell you that this is one of my pet subjects. I am convinced that most riders start most time trials far too fast and their times suffer because of it.

Scientific research with a group of competitive male cyclists has shown that if they are forced to ride minutes 1 – 4 of a 20 Km time trial at 15% below their average power output for the distance, the overall time will be faster than if they either make their normal start or ride at 15% above their average power output. Unfortunately this is very difficult to monitor in practice unless you have a power meter as even with a heart rate monitor because there is always a lag of at least 2 minutes before heart rate will reach a plateau for a steady state effort.

If your heart rate is reaching your threshold within the first 2 minutes of a time trial the research and experience suggests that you are starting too fast and that your time would be faster if you hold a little in reserve for the first 4 – 5 minutes.

## MOUNTAIN BIKE TRAINING RIDES

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

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

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

## ADCA NOVICE TITLE

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

SCU member of an ADCA Club

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

*Bob Gibson*

## ADCA COMPETITIONS

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

## GRAMPIAN TIGERS YOUTH CYCLING CLUB

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

## ADCA CHAMPIONSHIPS 2008

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

## LETTERS

**Sir,** In the May issue of Cranks two comments about having a Sportive event in this area were made. While I agree that this is a good idea, why stop at a Sportive? How about organising a weekend of cycling with the aims of drawing a good crowd to the area, promoting a range of cycling events to cyclists and non-cyclists alike, and promoting the Club as well? For example, we could have a time trial on Saturday morning, followed by a road race/APR in the afternoon (perhaps a junior race and a MTB event too?) with the Sportive on Sunday morning. I appreciate there are many issues relating to safety, security and supervision to be overcome but nothing ventured, nothing gained. I've seen in other parts of the country that these weekends are called Festivals. And finally might I suggest that one of the events be named after Nobby Clark?  
*Regards, Dick Bird*

**Sir,** I made it to Doug's APR last evening as a spectator and cheerperson and I don't regret. Congratulation to Dougie to have imposed this exercise to riders of "Taking it to the limit". My continental origins made me appreciate the atmosphere behind those races. As a continental rider, my experience and culture is more in road races than time trials. Also, circuit races ("criterium" like) are very spectacular for the crowd and easier to organise. While racing in the U.K., I've learnt how to take my personal performance to its best. This is because time trialing is big in the U.K. When I returned to France in 2003, the experience gained at the Evening League helped me perform much better than my normal "level" at L'Alpe d'Huez time trial. But how to ride in a bunch? With all respect due to British riders and its clubs, it's on the continent that I learnt. It's do to with culture, history of road regulations, etc. Road racing is when an individual sport becomes a team sport, with all its fun, stories and excitement. Think of it as a football team where new substitutes continually swap with players! There is a lot to satisfaction involved in road racing. As Doug said, yesterday night, to the riders: "Group riding is where you realize that your ego plays against you". It's all about getting sheltered to the relative head wind; being the leader does not help, but being an organised group pays a lot. Big legs don't always win. To be efficient in a group, two key things need to be learnt: distance to your front rider (often not exceeding 20 cm at 25 mph!); respect for the group (for example, accelerating when taking a relay is disrespectful). It takes time and practical experience to get these skills. Good pedalling technique is paramount, often not at all the pedalling technique of time trialists. What I've seen yesterday was very encouraging to get more riders to road racing. If only the weather had been good, 18 would have made it!  
*Regards, Laurent Schirrer*

**Sir,** MTB advice wanted - apart from don't do it. Can anyone give any MTB specific advice for The Birken? I am lucky enough to be working in Norway and have signed up through Shell for a 91k off-road bike race. It's the world's largest at over 12,000 participants. Obviously dependent on conditions on the day (wet v dry) I am not too sure about the following:- tyre & tube selection, front suspension only v rigid, steel v aluminium frame. Grateful for any advice. Please e-mail me on [rod.west@shell.com](mailto:rod.west@shell.com)  
*Regards, Rod West*

**Sir,** I was really pleased to read about the new sponsor and with it the impending strip. Given our existing strip is nearly 10 years old and whilst it may have reasonably stood the test of time, this along with the announcement of a new sponsor being secured is news I very much welcome for the club and its members. It's good to read that you have secured a four-year deal and hope that this will flourish as time and business for the sponsor develops. In closing really fantastic news and so pleased for all concerned.  
*Regards, Neil Howarth*

**Sir,** Many thanks for your warm welcome. I am looking forward to being involved and improving as a cyclist. My only regret is that I didn't "discover" cycling many years ago!  
*Regards, Simon Williams*

## CALENDAR NEWS

Go to Scottish Cycling's website at [www.scuonline.org](http://www.scuonline.org) and hit the Calendar icon on the menu bar. This will list all of the events in Scotland for you.

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

## GARMIN EDGE 305

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

## RECENT NEW MEMBERS

1964	Phil Ligertwood	Aberdeen	37
1965	Charlene Hamilton	Aberdeen	27
1966	David Beattie	Arbroath	46
1967	Keith Farrer	Kirkwall	42
1968	Edwin Doel	Westhill	31
1969	Keith Rowson	Aberdeen	37
1970	Virginia Clark	Albuquerque	47
1971	Robert Worsman	Inverurie	50
1972	Chantel Clark	Huntly	16
1973	Stephen Scott	Billingham	51
1974	John Mackenzie	Aberdeen	28
1975	Marcus Kenny	Laurencekirk	
1976	Bryse Davis	Albuquerque	41
1977	Keith Nettleton	Banchory	45
1978	Simon Williams	Dun Echt	48
1979	Lisa Neill	Strachan	41

## CLUB WEBSITE

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

## 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!

## GOTO THIS

[http://cgi.ebay.co.uk/Time-Trial-Triathlon-Haircut-hammer-that-bike-PB\\_W00QitemZ180261473501QQihZ008QQcategoryZ5806200tcZphotoQQcmdZViewItemQQ\\_trksidZp1742\\_m153.11262](http://cgi.ebay.co.uk/Time-Trial-Triathlon-Haircut-hammer-that-bike-PB_W00QitemZ180261473501QQihZ008QQcategoryZ5806200tcZphotoQQcmdZViewItemQQ_trksidZp1742_m153.11262)

## 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)).

## CYCLE CAIRNGORMS SPORTIVE

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

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

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

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

For registration information and further details, please go to [www.cyclecairngorms.org](http://www.cyclecairngorms.org), or call 01479 861285

## GREAT INVERURIE BIKE RIDE

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

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

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

## FORESTRY COMMISSION NEWS

At this time of year the evening light turns leaf tips to gold and provides a beautiful stage for our local wildlife. Out and about in the woods on a long, summer evening you might be lucky enough to catch sight of some of our most hard-to-glimpse mammals. As the light begins to fade, badgers, foxes and bats all emerge from their sets, dens and roosts for an evening of activity. Bats are particularly easy to spot whilst they swoop and glide using echo-location to catch their fill of flying insects.

Why not come along with your family or a friend or join us on one of our series of evening walks to explore your local woodland this summer? Scottish summers aren't always so sunny - but don't let that spoil a plan for a trip to the forest. Trees offer great cover from rain - you'll be surprised how dry you will stay - and you'll have a great chance of spotting wildlife. So grab a warm drink and, whatever the weather, let the forest environment provide you with a magical experience.

So get active, get some fresh air and have a great time - and remember to take your rubbish home and to leave the forest just as you found it.

### **New Ranger for the District**

This month we welcome Julia Truscott, our new Community & Education Ranger, who will be running events in the south of the district. Julia has a lot of experience organising and leading environmental education events for school children through the Wildlife Trust and her own local venture, Muddy Feet. She is excited by the wider diversity of her new role and the opportunity to meet people of all ages.

"We are so lucky to have such accessible wild spaces that are right on our own doorstep. Sharing that enjoyment with other people makes a trip to the forest even more rewarding. Nature is like a book I can never stop reading, there is so much to learn and discover and something different to surprise you every time. Come and explore the Countesswells, Dunnottar & Cambus O'May Forests with me this summer."

### **Tree Harvesting Work**

Fetteresso Forest, near Banchory/ Stonehaven: Parts of Fetteresso Forest will be closed in July. This will affect a number of the waymarked trails. It is vitally important that people pay attention to warning signs and stay away from machinery during this time.

### **What We Do!**

This month's featured member of staff is Ewan Reid, District Forester for Planning, Social and Environment. His work include - Overview of all Forest Management Plans including annual production figures - Lead role for all Recreation & Tourism infrastructure in the district - Lead role for all Community, Education and Social agenda in the district - Lead role for all Conservation, Biodiversity and Heritage delivery

He says: "I have a wide ranging and very challenging role. There are times that variety is both positive and frustrating in equal measure, as there never seems to be enough hours in the day to get round to everything we'd

like to do in this ever changing world. "I couldn't hope to achieve a fraction of the work I do without the dedication, support and experience of my team, colleagues, our stakeholders and community partners alike."

### **Huntly Peregrine Wildwatch Centre**

Since opening for the 2008 season the Peregrine Centre near Huntly has been very busy, with three new birds proving a big draw. We have two male and one female peregrine chicks that are all healthy and are being well looked after by their parents. The chicks were ringed on 5th June and should be flying around the eyrie in July. The Centre has already featured on local radio and on STV but why not come along to the centre and view the chicks on CCTV for yourself. You can also keep up to date with the chicks' progress on <http://www.forestry.gov.uk/huntlyperegrines>

### **Events**

Thursday Evening Walks at Countesswells, near Aberdeen - 17, 24 July

Thursday Evening Walks at Cambus O'May, near Ballater - 7, 14, 21, 28 August

Thursday Evening Walks at The Bin, near Huntly - 21 and 28 August

These sets of walks will take place from 7-9pm. With each walk being longer than the one before it, your level of fitness will soon improve. As well as helping you to get fitter these walks will help you find out more about your local woods. The events are free but booking is required so contact the local office on 01466 794161.

Go Wild in the Woods - Children aged five and over can enjoy a ranger-led afternoon event every Wednesday in the summer holidays:

23 July - Treasure hunt - Countesswells, Dunnyduff (near Keith) and Delgaty (near Turriff)

30 July - Shelter building - The Bin (near Huntly) and Countesswells and Art Attack in the woods - Delgaty

6 August - Wooden games - Tyrebagger (near Aberdeen)

13 August - Mini-beast hunt - Dunnottar (Stonehaven) and The Bin

Booking is required so contact the local office on 01466 794161. These activities are free.

### **Round The World Safari**

Ramshackle Theatre Company's amazing puppet animals will be centre stage in a fun event for all the family throughout July. With six venues each staging three performances daily (10.30am, 1.00pm and 3.30pm) there are plenty of opportunities to catch this fantastic event. The safaris will be about a mile long on easy surfaces.

Friday 18 July - Cambus O' May near Ballater.

Sat 19 July - Dunnottar wood near Stonehaven.

Sunday 20 July - Bennachie Centre, near Inverurie

Monday 21 July - Countesswells wood near Aberdeen.

Tuesday 22 July - Winding walks near Fochabers

Thursday 24 July - Culbin Forest near

Tickets can be purchased in advanced by contacting

01466 794161 or online <http://www.thebooth.co.uk>.

Costs £5.00 for adults and £3.50 for Children.

For further information look on the Forestry Commission website [www.forestry.gov.uk/scotland](http://www.forestry.gov.uk/scotland) *Liz Wallace*

## 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

### July

Sat 19	Special	A	07:30	Tourists Mountain Challenge: Bridge of Feugh car park, (NO704951) Cairn o' mount, Drovers Inn, Memus for coffee, Lunch at Kirkton of Glenisla hotel (01575 582223), Devil's Elbow. 125 miles approx. [Led by Sheila + Hamish]
Sat 19	Morning Run	D	09:30	Brig o' Balgownie, Lily, Corby, Bishop's Loch circle. Coffee Asda, Dyce (01224 724134). [Led by Alan]
Sun 20	Try Cycling	E	10:00	Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Gerard]
Sun 20	Med Full Day	B	09:30	B&Q B of Don, Coffee at Ythan Ho, Newburgh (01358789257), picnic at Cruden Bay, Haddo House (01651 851440) for afternoon tea. [Led by Gordon M]
Wed 23	Pub Run	D	19:30	Kings College, High Street, Broadstraik Inn, Elrick [Led by Sheila]
Sat 26	Faster Full Day	A	09:00	Parkhill Bridge, Dyce, Parkhill, Dyce to Lochter's Oldmeldrum (01651 872787) coffee, Picnic at Leith Hall, Kennethmont (01464 831216). [Led by John S]
Sun 27	Try Cycling	E	10:00	Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Sandy]
Sun 27	Slower Full Day	C	09:30	Peterculter (west end), coffee at Inchmarlo Golf Club, Banchory (01330 826426), picnic at Forest of Birse. [Led by Wilf]
Wed 30	Pub Run	D	19:30	Bucksburn Police Station, Cults Hotel [Led by Sheila]

### August

Sat 2	Med Full Day	B	09:30	Peterculter (west end), Crathes (01330 844634) for coffee, Cryneorsemouth to Inverbervie. (8 miles of rough track) Picnic en route [Led by Gordon M]
Sun 3	Morning Run	D	09:30	Airyhall Library, Coffee at Flora's Cafe (01330 860848), visit wooden lumberjills house (circa 1941). [Led by Sandy]
Sun 3	Try Cycling	E	10:00	Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Dave L]
Sun 3	Faster Full Day	A*	09:00	Peterculter (west end), to Inchmarlo Golf Club, Banchory (01330 826426) for coffee, Picnic Lunch at Burn o' vat or Victoria tearooms, (013398 85337) Dinner, if wet. [Led by Dave B]
Wed 6	Pub Run	D	19:30	Woodend Hospital, Eday Rd, Donview, Bridge of Don [Led by Sheila]
Sat 9	Slower Full Day	C	09:30	Brig o' Balgownie, coffee at Ythan Hotel, Newburgh (01358 789257/272), picnic at Old Slains Castle [Led by Jonathan]
Sun 10	Try Cycling	E	10:00	Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Gerard]
Sun 10	Faster Full Day	A*	09:00	B+Q Bridge of Don, The Gallery Coffee Shop, Ellon (01358 722372) for coffee, Picnic Lunch at Maud. [Led by John T]
Wed 13	Pub Run	D	19:30	Leggart Terrace, Ploughman, Peterculter. [Led by Sheila]
Sat 16	Faster Full Day	A*	09:00	Leggart Terrace, Here and Now, Stonehaven (01569 767099) for coffee, Picnic Lunch at Johnshaven (Fish Festival) [Led by Joe]
Sat 16	Morning Run	D	09:30	Duthie Park, Riverside Drive, visit Loriston Loch (Redmoss end), Coffee- Asda, Portlethen (01224782200) [Led by Sandy]
Sun 17	Try Cycling	E	10:00	Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Dave L]
Sun 17	Slower Full Day	B	09:30	Old Mill Inn, Maryculter, coffee at Stonehaven Bowling Green (07732 336435), Stonehaven Bike Ride [Led by Alan]
Wed 20	Pub Run	D	19:30	Parkhill Bridge, Dyce, Four Mile, Bucksburn. [Led by Sheila]
Sat 23	Faster Full Day	A	09:00	Westhill Shopping Centre, to Monymusk Walled Garden (01467 651543) for coffee, Picnic Lunch at Glenkindie Arms Ho (01975641288)[Led by John T]

- Sun 24 Med Full Day B 09:30 Old Mill Inn, Maryculter, Here and Now, Stonehaven (01569 767099) to Crawton, Catterline, Kineff, Inverbervie for picnic, Castle of Fiddes [Led by Joe]
- Sun 24 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Sandy]
- Wed 27 Pub Run D 19:30 Brig o' Balgownie, Ghillies Lair, Bridge of Dee. [Led by Sheila]
- Sat 30 Medium Full Day B09:30 Kingswells Roundabout, Coffee at Ross's, Inverurie (01467 620764), Dunnideer Hill Fort for picnic lunch. [Led by Gordon M]
- Sun 31 Morning Run D 09:30 Brig o' Balgownie, visit Newmachar war memorial and standing stone (NJ871 183) coffee Asda, Dyce (01224 724134). [Led by Sandy]
- Sun 31 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Dave L]
- Sun 31 Faster Full Day A\* 09:00 Peterculter (west end), to Inchmarlo Golf Course, Banchory (01330 826426) for coffee, Picnic at Fettercairn via Cairn o' Mount. [Led by Hamish]
- September**
- Wed 3 Pub Run D 19:30 Hazlehead, Groats Rd, Cocket Hat, Anderson Drive [Led by Sheila]
- Sat 6 Nicholl Trophy D 10:00 Flora's, coffee at Flora's Cafe (01330 860848), details to be advised. [Led by Albert]
- Sun 7 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Gerard]
- Sun 7 Faster Full Day A 09:00 Parkhill Bridge, Dyce, to Lochters, Oldmeldrum (01651 872787) for coffee, picnic at Dunnideer Fort, Insch or Kellockbank (01464 851114) if wet [Led by John S]
- Wed 10 Pub Run D 19:00 Airyhall Library, Pub supper: Four Mile House, Kingswells. [Led by Sheila]
- Sat 13 Faster Full Day A 09:00 Old Mill Inn, Maryculter, to Kirkton Garden Centre, Stonehaven (01569 764343) for coffee, picnic lunch at Inverbervie or Salutation Hotel (01561 361455), if wet. [Led by Dave B]
- Sat 13 Morning Run D 09:30 Cults Library, coffee Asda, Portlethen (01224 782200) [Led by Jonathan]
- Sun 14 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Sandy]
- Sun 14 Car Assist B/C 08:45 Airyhall Library, bring coffee, drive to Brechin Castle, run leaves 10.00am to Forfar and Arbroath for picnic lunch [Led by John B]
- Sat 20 Faster Full Day A 09:00 Westhill Shopping Centre, to Millers, Midmar (01330 833462), picnic lunch at Aboyne or Boat Inn (013398 86137/287), if wet. [Led by Dave W]
- Sun 21 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Dave L]
- Sun 21 Slower Full Day C 09:30 Parkhill Bridge, coffee Pitmedden Gds (01651 842352), picnic Prop of Ythsie [Led by Gerard]
- Sat 27 Faster Full Day A 09:00 B&Q Bridge of Don, JRD Equip, Ellon (01358 720294) for Coffee, Picnic Lunch at Fyvie Castle or Vale Hotel (01651 891376), if wet [Led by Alan]
- Sat 27 Morning Run D 09:30 Woodend Hospital, Eday Rd, coffee at Flora's Cafe (01330 860848) [Led by Dave L]
- Sun 28 Med Full Day B 09:30 Parkhill Bridge, Dyce, Haddo House (01651 851440) for coffee; Loanhead stone circle, Daviot for picnic lunch. [Led by Joe]
- Sun 28 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Gerard]

## 25 YEARS AGO

### HARROGATE 1983

Three members while at Harrogate during the International Festival of Cycling upgraded three Club Records. Two went in a 50. A Lindsay took the 50 time through two hours and wrested the record from A Davidson with 1.56.52 on a wet and windy day. Supported by N Skene 2.01.47 and A Davidson 2.02.43, the team record was also beaten by a substantial margin. The previous day, the RTTC Competition Record had fallen on the same course in perfect conditions – if only! A few days later Alistair Davidson got his revenge when he reversed the results and took Lindsay's 25 Record by 3 seconds setting a new standard of 57.22.

## CYCLE GRAMPIAN WEBSITE

The website for those wanting information about cycling in the Grampian area of the North East Scotland is <http://www.cyclegrampian.co.uk/>. It is for you whether you are a local, interested in racing, touring, family days out, commuting, downhill, or whether you're a visitor to the area and want to explore the land of whisky, castles, standing stones, and seascapes. Either way it is hoped this site will help you get more from your time in the saddle.

## CLUB CLOTHING

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

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

## 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.

## 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.relentless24.co.uk/>  
<http://www.outdooraccess-scotland.com>  
<http://cycling.tv>

## 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.

## HOLIDAYS

[www.tasteprovince.com/cycling.html](http://www.tasteprovince.com/cycling.html)  
[www.residencedespres.iowners.net](http://www.residencedespres.iowners.net)  
[www.craiglealodge.co.uk](http://www.craiglealodge.co.uk)

## CLUB TRAILER BIKE

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

## 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.

## 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?pageid=1](http://www.fleet-feet.com/FFT/webmodules/pages/ShowArticles.aspx?pageid=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.

Help secure the  
future of our sport  
Enter Open events

## 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 Tag-A-Long, Alleycat AC110. Good condition. Comes with bracket for fixing to adults seat post. Aged 4 to 9 years. Great for transition to first bike. Cost £99 new. Open to offers. Contact Ginny on [ginny.pollard@btinternet.com](mailto:ginny.pollard@btinternet.com) (1)
- 2 Fixed wheel/single speed (flip flop hub) Genesis Flyer road bike for sale, 56 cm frame. It is 9 months old and in extremely good condition. Great to train strength and spin, also a good commuter bike. £200 (bought new £450). Contact [derek.littlejohn@senergyltd.com](mailto:derek.littlejohn@senergyltd.com) if interested (1)
- 3 Dave Rayner "Joker" road bike in pink and white. 58 cm frame, Reynolds 531 steel, Campag Mirage 9 speed. A few scratches on the frame, otherwise good condition throughout. Would make an excellent first bike for someone as it comes with Profile Design Aero Bars, a hardwired computer, Specialised Air Wave helmet and full finger gloves. The lot for just £275. I look forward to hearing from you. Contact Dick Bird on [dick.bird@auditel.net](mailto:dick.bird@auditel.net) (1)
- 4 a) Various cycling videos including T.D.F and many cycling documentaries (e.mail me for complete list) (1)
- b) Race Blades: Still in pack. The rear was used for the Nat.24hr last year and has never been used since. The front has never been fitted. A bargain for someone at £20 (2)  
Contact Phil on [philipkelman@fastmail.fm](mailto:philipkelman@fastmail.fm)
- 5 Pinarello Montello FP Carbon TT frame, fork & seat pin. Size 49cm. 5 months old as new condition. Built up but never ridden due to work commitments. The best colours in red white and carbon. Gathering dust. Must go to a new owner who will benefit the performance. Cost me £3500. Sell first £1500. No offers. Contact Chris on 01339885380 or 07900048020 (1)
- 6 a) Specialised Allez 21" Chromoloy Frame with Aluminium Forks, old style head set and Campag 8 Speed Chain Set with 172.5 mm cranks. Some scratching but otherwise in good condition. Would build into a competent training/commuting bike. £55 (2)
- b) Battaglin 56cm Aluminium Frame with Aheadset, Carbon Forks, Campag Daytona 10 Spd Chain Set with 172.5 mm cranks and Campag Daytona front mech. £135 (2)
- c) Campag Chorus 27.2 mm seatpost £30 (2)
- d) ITM Forged Lite Carbon Stem 110mm £30 (2)
- e) Campag 10 Speed Daytona Rear Mech £20 (2)
- f) Campag Chorus 8 Speed Rear Mech £35 (2)
- g) Campag Athena 9 Speed Ergo levers and cable (Converted to 8 Speed) £65 (2)
- h) Pair of Mavic CXP30 Rims (Tubs) on 32 hole Veloce Hubs with 8 Speed Campag Cassette 12 - 23. Built by Dave Hinde £60 (2)  
Contact [johngrantcummings@hotmail.co.uk](mailto:johngrantcummings@hotmail.co.uk) or 01224 735629
- 7 a) Santa Cruz Heckler 2006 (Medium) Pike 454 forks with lockout 5th element shock, DT Swiss E540 rims on Ringle Hubs, Hayes Nine Brakes, Cane Creek Headset, amoeba borla stem and bars, Intense Grips, Shimano Deore Groupset with trigger shifters, New stem and new Bontrager saddle, Maxis High Roller tyres in good condition. Little used but not abused. Odd stone chips and minor cable rub. Excellent all round bike. Reason for sale is lack of time and concentration on roads. Price £750 to sell (2)
- b) Kona Stinky Custom 2005 (small). Stinky frame in custom gunmetal aluminium finish (awesome), Fox DHH 4 shock, Halo SAS 24" custom blue rims on Hope bulb hub front and on Shimano rear hub with almost new Choir boy tyres, Pair of DMR Moto tyres for urban riding, Pike 120 travel forks with lock out, 24/7 headset with through tube brake hose guide for front wheel spins and tricks, Hope 4 pot brakes, Saint cranks with Blackspire chain device /bash ring, Sram X9 shifter and rear mech. This bike is something special - a great downhill / jumps and tricks machine for younger rider or smaller female. Used but not abused with some paint chips to forks and rims wheels but looks awesome. Reason for sale: rider has grown too big! Price £750 to sell (2)
- c) Orbea Asphalt Road Bike 56 cms frame, Zeus Ziccs Carbon forks, Carbon rear stays, Mavic CXP22 rims on Shimano hubs, New Continental ultra sport tyres, Shimano 18 speed groupset - mainly Tiagra with 172.5 crankset with 53 /39 chain ring and 12 to 23 block. Long cage rear mech (ready for triple). Good condition. New bike requires it to be sold. Price £325 (2)
- d) I have an older style fan turbo trainer which is in working order (a little battered and dusty) but is going free to anyone who would like it. Works just as well as the new fangled ones but is just a little noisier. Price Free (2)
- e) Bike Bag - soft bag - used once - good condition - takes full suspension mountain bike or road bike. £30 (2)  
For all items phone Peter on 07796 336266 or 01330 844122
- 8 a) A HED 90mm deep carbon rear wheel with alloy braking surface. It has a very nice and light Shimano Hyperglide 9 speed cassette on and a new Michelin tyre. Can come with Mavic Skewer if desired. £140 (2)
- b) Also Vision clip-on Tri bars. Very adjustable, suit oversize bars, can have bar-end shifters on them. a bargain at £55. Bon throne was still selling them for £99.95 last time I looked (2)
- c) AXcS winter gloves, windproof, Trittech size L £4  
Contact Mark on 07754807181 or email [nuvolari1953@hotmail.com](mailto:nuvolari1953@hotmail.com)
- 9 Specialized S Works E5 Columbus 54cm Frame with carbon forks in excellent condition. Also included are ITM Millennium handlebars and stem, Campag Record Carbon seat post and Specialized S Works seat, Dura-ace 10 speed bottom bracket fitted. £400 ono. Contact David Morris 07812123505 (2)
- 10 A friend of mine is selling a Trek 1000, 43cm road bike in good condition - suitable for a

child/small adult up to approx 5ft(152cm). It cost £500 new - would sell for £200 ono. I can easily send a photo if anyone is interested. I believe it's a triple, and is about two years old. Please contact Steve Spink on stevespink@tisacli.co.uk (3)

- 11 5 For Sale; Shimano Ultegra SL, Hollowtech II 2-piece crankset. 53/39t. With integrated bottom bracket. BRAND SPANKING NEW! Never been used! Cost £119, sell for £100. Email [lilyslady@hotmail.com](mailto:lilyslady@hotmail.com) (3)

### WANTED

- 1 Does anyone have a Burley Kids Trailer for sale/rent/shot of, for the summer, to take 2 x kids? Contact Rod on rod.west@shell.com (3)
- 2 I'm looking for a second hand road bike for my son. He's 13 years old, but already 5ft 7in. Probably a 54 frame. Contact Alasdair on amcgill69@btinternet.com or 07515 067786 (3)

### DISCOUNT SERVICE

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

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

**Banchory Cycles** trades from Station Road, Banchory. The proprietor is club member Pete Kneeshaw and he offers Bicycle Sales, Service and Repairs. Banchory Cycles may be contacted on: 01330 820011 or email [banchory.cycles@btconnect.com](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, tel: 01467 670111 or visit the website at [www.changing-gear.com](http://www.changing-gear.com)

### EVENING LEAGUE

That was a good 'un. When the '20TT Hilly' comes up in a header, my not unreasonable feeling is to find a nice, dark corner and hide. Now I'm glad I went back on my decision. I was slightly concerned when I saw that my number was 13, but otherwise everything went off without a hitch. I spent the upward part of the Slug having a comical conversation with Colin Sim, but was just as quickly passed by him on the descent. Unfortunately, someone decided that just for a giggle, they'd throw in a small, dirt track hill to make sure your

lungs decided they'd had enough and wanted to escape your body, generally via your oesophagus. After that though, a crazy wee hairpin bend and some small climbs actually made it a fun 20 miles, despite the encroaching cold and slight drizzle toward the end. **John Halstead**

### Event No 8 20ml HTT Durriss/Slug 24 06 08

Name	Time	H'cap	Fpt	Hpt	Tpt
1 Dennis P	55.25	38.47	73	79	152
2 Robertson Keith	55.23	40.10	74	77	151
3 Blunsdon J	52.06	41.20	80	69	149
4 Calder R	57.33	37.50	66	80	146
5 Vinten David	55.01	41.16	75	71	146
6 Kelman Phil	52.52	41.33	79	66	145
7 Stewart D	55.49	40.45	72	73	145
8 Munro M	57.00	40.33	68	75	143
9 Sim C	57.32	40.12	67	76	143
10 Harrington A	58.16	39.40	62	78	140
11 Wilkie I	56.27	41.30	70	67	137
12 Grant I	56.09	42.12	71	64	135
13 McGill A	58.27	40.42	61	74	135
14 Chapple I	56.37	42.21	69	63	132
15 Young Des	58.09	41.27	63	68	131
16 Spalding Mike	58.46	41.18	58	70	128
17 Warwick D	53.30	45.31	78	49	127
18 Dudgeon A	57.50	43.11	64	61	125
19 Whittle C	54.10	45.40	77	47	124
20 Howarth N	57.49	44.31	65	55	120
21 Tulloch W	54.18	46.10	76	43	119
22 Dobson R	58.46	43.50	58	58	116
23 Hamilton Charlie	1.00.50	41.47	51	65	116
24 Farrar Shelley	1.02.54	41.03	40	72	112
25 Rowson Keith	1.01.01	42.55	48	62	110
26 Chesterman A	1.01.13	43.22	46	60	106
27 Clark P	1.00.51	44.01	49	57	106
28 Sinclair I	1.00.15	45.24	53	50	103
29 Wilson Ian	1.01.55	43.25	44	59	103
30 Cowie C	1.00.14	45.44	54	46	100
31 Rose A	58.42	47.14	59	41	100
32 Massie A	58.32	48.34	60	39	99
33 Cant D	1.01.04	45.09	47	51	98
34 Anderson Kenny	1.00.00	47.05	55	42	97
35 Halstead John	1.00.50	46.00	51	44	95
36 Spencer Charles	59.36	49.19	56	38	94
37 McIntosh B	1.03.50	44.20	37	56	93
38 McCourt A	1.03.16	44.38	38	53	91
39 Pithie M	1.03.09	44.54	39	52	91
40 Mulligan H	1.07.47	44.36	35	54	89
41 Walton S	1.01.57	45.55	43	45	88
42 Duncan Phil	1.00.22	53.28	52	35	87
43 Bird D	1.07.18	45.32	36	48	84
44 Liversidge Derek	1.02.14	48.26	42	40	82
45 Nettleton Keith	1.01.46	51.29	45	36	81
46 Smith Gareth	1.02.46	50.12	41	37	78
47 Ligertwood P	1.08.43	53.57	34	34	68

### Event No 9 20ml TT Dunecht/Midmar 01/07/08

1 Grant I	48.14	36.39	72	79	151
2 Barratt Tom	46.03	39.39	80	69	149
3 Warwick D	46.03	40.15	80	68	148
4 McGill A	48.45	39.14	71	73	144
5 Whittle C	48.08	39.38	73	70	143
6 Rose A	50.24	38.55	63	77	140
7 Gowland B	46.30	40.22	76	63	139

8	Dennis P	49.40	39.16	67	72	139	16	Dudgeon A	1.04.53	50.12	67	60	127
9	Farrer Keith	50.17	39.01	64	75	139	17	Sinclair I	1.05.00	50.10	65	61	126
10	Munro M	49.31	40.17	69	67	136	18	Massie A	1.04.03	51.26	70	53	123
11	Kelman Phil	46.25	40.49	77	58	135	19	Armstrong R	1.03.57	51.42	71	50	121
12	Young Des	50.12	40.17	65	67	132	20	Hamilton Charlie	1.10.50	47.01	43	76	119
13	Morris D	47.40	40.50	74	57	131	21	Darling S	1.12.20	46.58	41	77	118
14	Monaghan S	46.16	41.39	78	52	130	22	Watson Kevin	1.10.48	47.57	44	72	116
15	Blunsdon J	46.33	41.02	75	55	130	23	Smith Gordon	1.07.04	50.43	57	59	116
16	Harrington A	50.43	40.17	61	67	128	24	Edwards I	1.13.39	47.05	39	75	114
17	Wilson Ian	52.23	38.59	50	76	126	25	Farrar Shelley	1.09.19	49.19	48	65	113
18	Rowson Keith	53.21	38.31	46	78	124	26	Wilson Ian	1.07.46	51.01	54	58	112
19	Wilkie I	49.18	41.39	70	52	122	27	Rose A	1.06.14	51.54	63	48	111
20	Kenny Marcus	50.46	40.29	60	60	120	28	Spencer Charles	1.06.24	51.54	62	48	110
21	Howarth N	49.58	41.37	66	53	119	29	Pearson Ashley	1.04.35	54.10	69	40	109
22	Massie A	49.36	41.50	68	47	115	30	Mitchell S	1.08.00	51.14	53	55	108
23	Calder R	52.00	40.25	52	62	114	31	Murchie L	1.16.58	48.57	38	69	107
24	Gourlay C	54.06	39.07	40	74	114	32	McIntosh B	1.08.41	51.21	52	54	106
25	Murchie L	55.57	33.32	34	80	114	33	Spalding Mike	1.06.54	52.25	59	45	104
26	Clark R	50.33	41.44	62	48	110	34	Clark P	1.06.49	52.33	60	44	104
27	Anderson Kenny	50.47	41.41	59	50	109	35	Duncan Phil	1.04.57	56.19	66	38	104
28	Stewart Kevin	54.43	39.27	37	71	108	36	Crawley P	1.09.01	51.32	50	52	102
29	Walton S	50.47	41.53	59	46	105	37	Byth W	1.09.37	51.32	47	52	99
30	Farrar Shelley	53.35	40.37	42	59	101	38	Dobson R	1.07.11	53.54	56	41	97
31	Hamilton Charlie	54.30	40.27	38	61	99	39	Dolle Norbert	1.08.57	52.48	51	43	94
32	Dobson R	50.59	42.30	57	41	98	40	Pithie M	1.09.48	52.00	46	46	92
33	Richards S	52.21	41.53	51	46	97	41	Bird D	1.12.22	51.42	40	50	90
34	Cant D	53.34	41.10	43	54	97	42	Webster Scott	1.10.13	53.08	45	42	87
35	Spalding Mike	51.40	42.25	53	43	96	43	McLeman T	1.12.02	55.17	42	39	81
36	Mulligan H	58.13	40.20	30	64	94	<b>Event No 11 25ml TT AB25/4 15 07 08</b>						
37	Pearson Colin	50.59	43.25	57	35	92	1	Barratt Tom	1.00.48	48.06	80	80	160
38	Chesterman A	51.21	42.55	54	38	92	2	Warwick D	1.00.59	51.00	78	77	155
39	Crawley P	52.33	42.33	49	40	89	3	Robertson Keith	1.01.32	50.57	76	78	154
40	Mitchell S	53.32	42.02	44	44	88	4	Gowland B	1.00.50	51.45	79	73	152
41	Cowie C	52.35	42.37	48	39	87	5	Stewart D	1.02.16	51.33	75	74	149
42	Duncan Phil	51.13	44.19	55	30	85	6	Whittle C	1.01.31	52.24	77	71	148
43	Scott Stephen	59.00	40.54	29	56	85	7	Duncan Phil	1.05.02	51.21	72	75	147
44	Nicholson Jenni	55.20	41.42	35	49	84	8	Wilkie I	1.04.27	52.11	73	72	145
45	McIntosh B	53.45	42.28	41	42	83	9	Morris D	1.02.17	52.38	74	69	143
46	Nettleton Keith	53.26	43.09	45	36	81	10	Young Des	1.07.06	51.01	67	76	143
47	Clark P	52.50	43.28	47	33	80	11	Grant I	1.05.08	52.36	71	70	141
48	Dolle Norbert	54.15	43.58	39	31	70	12	McLeman T	1.10.16	50.35	58	79	137
49	Bird D	57.00	43.00	32	37	69	13	Pearson Ashley	1.06.14	52.53	69	66	135
50	Pithie M	56.01	43.27	33	34	67	14	Sinclair I	1.06.51	53.08	68	63	131
51	Webster Scott	55.09	44.52	36	28	64	15	Smith Gordon	1.08.18	52.49	62	67	129
52	Byth W	57.14	44.36	31	29	60	16	Clark R	1.06.09	53.27	70	58	128
53	Edwards I	59.03	43.38	28	32	60	17	Anderson Kenny	1.07.29	53.08	65	63	128
<b>Event No 10 25ml TT AB25/4 08 07 08</b>													
1	Robertson Keith	1.01.25	45.46	77	80	157	18	Harrington A	1.08.08	52.56	63	65	128
2	Grant I	1.03.38	46.12	74	79	153	19	Farrer Keith	1.07.25	53.20	66	59	125
3	Morris D	1.00.21	49.06	78	68	146	20	Mitchell S	1.09.16	52.58	59	64	123
4	Whittle C	59.46	49.08	79	67	146	21	Spalding Mike	1.08.02	53.33	64	56	120
5	Dennis P	1.03.53	47.29	72	73	145	22	Fraser Lynne	1.16.35	52.38	51	69	120
6	Varney K	1.04.37	48.19	68	71	139	23	Pithie M	1.11.04	53.16	56	61	117
7	Clark R	1.03.49	49.31	73	64	137	24	Watson Kevin	1.11.55	53.16	55	61	116
8	Wilkie I	1.03.20	49.55	75	62	137	25	Chesterman A	1.09.07	54.57	61	53	114
9	Gowland B	59.43	51.08	80	57	137	26	Gourlay C	1.12.06	53.27	54	58	112
10	Stewart D	1.01.51	51.08	76	57	133	27	Clark P	1.09.14	54.58	60	51	111
11	Brown Katrina	1.07.11	47.05	56	75	131	28	Byth W	1.12.29	54.49	53	54	107
12	Richards S	1.06.58	48.27	58	70	128	29	Dobson R	1.10.42	57.25	57	48	105
13	Rowson Keith	1.09.04	46.26	49	78	127	30	Bird D	1.14.55	54.57	52	53	105
14	Harrington A	1.06.44	49.14	61	66	127	31	Murchie L	1.18.32	53.58	49	55	104
15	Anderson Kenny	1.05.43	49.34	64	63	127	32	Darling S	1.17.17	57.21	50	49	99
							33	Scott Stephen	1.19.14	56.36	48	50	98

34	Clark Chantel	1.19.25	66.34	47	46	93
35	Fee J	1.25.16	65.08	46	47	93

59	Jones C	3	202	190	392
60	Halstead John	4	191	197	388
61	Fee J	4	168	211	379
62	Edwards I	4	145	216	361
63	Pearson Ashley	3	199	160	359
64	Bryson K	3	210	148	358
65	Mulligan H	4	147	205	352
66	Wilson Ian	3	148	193	341
67	Chellingsworth Liz	3	126	214	340
68	Walton H	4	166	174	340
69	Spencer Charles	3	184	153	337
70	Smith Gordon	3	165	166	331
71	Watson Kevin	3	149	181	330
72	Pearson Colin	3	190	132	322
73	McIntosh A	3	140	171	311
74	Anderson N	2	158	151	309
75	Brown Ian	2	153	153	306
76	Whyman S	3	169	126	295
77	Thissen Marianne	3	128	164	292
78	Kelman Phil	2	156	124	280
79	Nicholson Jenni	3	106	159	265
80	Scott Stephen	3	105	133	238
81	Bricknell B	2	121	96	217
82	Pinder F	2	99	92	191
83	McCourt A	2	82	98	180
84	Stewart Kevin	2	68	100	168
85	Dolle Norbert	2	90	74	164
86	Nettleton Keith	2	90	72	162
87	Liversidge Derek	2	82	72	154
88	Lott Simon	1	75	77	152
89	Webster Scott	2	81	70	151
90	Vinten David	1	75	71	146
91	Ritchie Jonathan	1	69	69	138
92	Kenny Marcus	1	60	60	120
93	Patton B	1	53	50	103
94	Trimble T	1	28	66	94
95	Clark Chantel	1	47	46	93
96	Kefford P	1	45	41	86
97	Smith Gareth	1	41	37	78
98	Doel Edwin	1	26	26	52

### Overall Points Situation

	Name	Events	Fpt	Hpt	Opt
1	Warwick D	6	473	428	901
2	Gowland B	6	471	428	899
3	Stewart D	6	456	429	885
4	Morris D	6	454	426	880
5	Grant I	6	423	442	865
6	Dennis P	6	426	438	864
7	Whittle C	6	460	401	861
8	Wilkie I	6	436	401	837
9	Tulloch W	6	446	389	835
10	Young Des	6	386	407	793
11	Harrington A	6	369	420	789
12	Rose A	6	362	403	765
13	Dudgeon A	6	393	366	759
14	Sinclair I	6	382	371	753
15	Calder R	6	340	404	744
16	Munro M	6	396	342	738
17	Cowie C	6	359	364	723
18	Spalding Mike	6	359	350	709
19	Anderson Kenny	6	364	337	701
20	Monaghan S	5	396	299	695
21	Murchie L	6	272	422	694
22	Crawley P	6	332	361	693
23	Walton S	6	368	316	684
24	Rowson Keith	6	297	386	683
25	Mitchell S	6	328	353	681
26	Dobson R	6	365	305	670
27	Cant D	6	302	347	649
28	McGill A	5	318	330	648
29	Sim C	5	331	316	647
30	Clark R	5	332	304	636
31	Clark P	6	325	295	620
32	McLeman T	6	287	330	617
33	Darling S	6	265	346	611
34	Varney K	5	316	292	608
35	Chesterman A	6	318	288	606
36	McIntosh B	6	284	318	602
37	Robertson Keith	4	307	294	601
38	Howarth N	5	322	272	594
39	Pithie M	6	281	309	590
40	Byth W	6	287	302	589
41	Hamilton Charlie	6	260	323	583
42	Durham S	4	284	290	574
43	Armstrong R	4	287	282	569
44	Richards S	5	275	284	559
45	Farrar Shelley	5	220	338	558
46	Chapple I	4	281	268	549
47	Blunsdon J	4	307	240	547
48	Bird D	6	246	279	525
49	Farrer Keith	4	246	240	486
50	Brown Katrina	4	207	271	478
51	Massie A	4	263	192	455
52	Gourlay C	4	207	247	454
53	Barratt Tom	3	237	209	446
54	Fraser Lynne	5	200	239	439
55	Anderson P	3	226	207	433
56	Adam R	5	188	244	432
57	Duncan Phil	4	245	178	423
58	Ligertwood P	5	187	225	412

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### Evening League Vets on Standard Points

	Name	Age	Ev 1	Ev 2	Ev 3	Ev4	Ev6	Ev8	Ev9	Ev10	Count	Total	
1	Stewart Dick	72	50	50	50	50	50	50	0	"50	6	300	70+
2	Mitchell Stewart	68	49	49	49	49	49	0	50	"49	6	295	60+
3	Morris David	52	47	48	47	"46	47	0	49	48	6	286	50+
4	Walton Stephen	58	48	47	48	47	0	42	48	0	6	280	
5	Byth Bill	68	45	44	45	48	46	0	"41	47	6	275	
6	Wilkie Ian	51	"43	0	46	45	44	47	44	45	6	271	
7	Warwick Duncan	45	0	43	44	44	44	48	47	0	6	270	40+
8	McIntosh Bert	64	0	0	38	44	48	44	46	46	6	266	
9	Dudgeon Alan	51	0	38	43	41	37	45	0	42	6	246	
10	Dobson Ron	52	0	"34	41	37	38	43	38	35	6	232	
11	Sinclair Ian	51	40	32	0	36	39	36	0	40	6	223	
12	Howarth Neil	51	42	42	0	38	0	46	43	0	5	211	
13	Grant Ian	44	37	29	"28	"27	32	41	35	34	6	208	
14	Monaghan Sean	40	44	45	42	34	0	0	42	0	5	207	
15	Cowie Calum	49	32	33	35	35	35	34	"30	0	6	204	
16	Clark Peter	51	35	"27	32	0	31	35	32	36	6	201	
17	Varney Keith	52	0	39	36	39	40	0	0	43	5	197	
18	Harrington Andrew	43	31	"24	31	0	29	33	31	33	6	188	
18	Richards Simon	55	0	35	40	0	36	0	36	41	5	188	
20	Chesterman Alan	51	0	31	34	31	0	32	33	0	5	161	
21	Pithie Mike	48	0	"20	30	23	28	28	21	28	6	158	
22	Armstrong Rob	47	41	41	37	0	0	0	0	37	4	156	
23	Crawley Peter	47	0	26	0	30	34	0	29	30	5	149	
24	Bird Dick	51	0	21	25	0	27	25	22	27	6	147	
25	Sim Colin	46	38	37	0	33	0	38	0	0	4	146	
26	Massie Andy	47	0	0	0	0	33	37	37	38	4	145	
27	Anderson Kenny	52	0	0	0	25	0	39	40	39	4	143	
27	Spalding Michael	43	0	0	0	26	30	31	27	29	5	143	
29	Farrar Shelley	L40	0	23	29	0	0	29	28	33	5	142	L
30	Duncan Phil	53	0	0	0	0	0	40	39	44	3	123	
31	Edwards Ian	57	33	0	0	28	0	0	23	33	4	117	
32	Bryson Ken	48	0	36	39	40	0	0	0	0	3	115	
33	Nicholson Jenni	L53	0	40	0	32	0	0	34	0	3	106	
34	Whyman Sandy	47	34	28	33	0	0	0	0	0	3	95	
35	Kelman Phil	44	0	0	0	0	0	49	45	0	2	94	
36	Anderson Neil	45	0	46	0	0	45	0	0	0	2	91	
37	Mulligan Hilary	42	0	18	0	0	26	24	20	0	4	88	
38	Jones Chris	50	0	0	0	42	42	0	0	0	2	84	
39	Pearson Colin	40	0	0	26	29	0	0	26	0	3	81	
39	Thissen Marianne	L40	32	22	27	0	0	0	0	0	3	81	
41	Wilson Ian	40	0	0	0	0	0	26	25	26	3	77	
42	Bricknell Bruce	44	36	26	0	0	0	0	0	0	2	62	
43	McCourt Alan	53	0	30	0	0	0	30	0	0	2	60	
44	Stewart Kevin	46	0	0	0	23	0	0	24	0	2	47	
45	Lott Simon	46	0	0	0	0	41	0	0	0	1	41	
46	Smith Gareth	47	0	0	0	0	0	27	0	0	1	27	
47	Trimble Tim	53	0	19	0	0	0	0	0	0	1	19	

NB: Competition is based on total points from 6 best scoring League events excluding the Hill Climb (Ev7). Lower points not included in 6 best are marked, eg, "30. (Event 5 cancelled due to heavy rain)

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## RACE CALENDAR 2008

Sun		20	<a href="#">Furneaux Trophy 100 TT</a>	ADCA
Sun	Aug	10	<a href="#">75 mile Road Race</a>	DTCC
Sun		17	<a href="#">Veterans Championship Road Race/50+ Vets Champs</a>	GSC
Sun		31	<a href="#">Glegg Trophy TT</a>	ADCA
Sun	Sep	7	<a href="#">Rising Westerley 100 TT + VTTA 100 TT Championship</a>	GSC
Sat		13	<a href="#">AC Yule 10 mile TT</a>	AWCC
Sun		14	<a href="#">Ythan CC APR</a>	YCC
Sun		28	<a href="#">Tri Changing Gear 10 mile TT</a>	TCG

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

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

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

### Entry Form for the 17<sup>th</sup> Stonehaven Great Bike Ride Sunday, 17th August 2008

			Course <input checked="" type="checkbox"/>	
Name 1	Sex	D.o.B.	25	11
Name 2	Sex	D.o.B.	25	11
Name 3	Sex	D.o.B.	25	11
Name 4	Sex	D.o.B.	25	11
Team Name:		Address		
		Postcode		
Tel.				

Please complete and return to **Mary Lindsay, 2 Kings Road, Stonehaven, AB39 2HB**. On receipt of this form you will be sent additional information and sponsor forms etc.

Please note that there is no entry fee to participate, but we do urge you to support this great charitable event by raising as much sponsorship as possible. Please make all sponsorship cheques payable to "Grampian Society for the Blind"

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