

Issue 411

June 2008

CRANKS Volume 35

The Magazine of
Deeside Thistle Cycling Club

Sponsored by:



Current Membership 373 (373)

SCU Membership 148 (161)

British Cycling's Largest Club

Editorial:

There is a lot of work ongoing behind the scenes just now. Harkening back to a few years ago we had quite a number of members who were competing at a fairly high level on the road, winning National medals or verging on it. Recently our name has been kept in the lights by performances from our long distance time-trialists, from our Veteran members and from our off road stars.

This is good and well worthy of praise but we also need to see once again rising talent on the road. Past glories are fine but no substitute for current success. Where are we to find these?

Ken Bryson is leading the chase. He has in the last 18 months established a Racing Squad, which will embody all aspects of the sport and hopefully progress existing talents in all disciplines. He has a small group of members assisting, Duncan Warwick, Peter Kneeshaw and Alasdair McGill, but is open to expanding this number.

Already there are regular meetings for off-road riders and road-race riders. These meetings follow proscribed patterns and with luck new champions will emerge. Further in the background Doug Haig is running mid week interval training sessions and these may well be integrated into the official training schedules. It is important that those members who want to raise our profile be given the support they deserve.

We've been at a low ebb recently as our top riders faded or moved on but right now I think the horizon is brightening.

PHILOSOPHER'S CORNER

There are some people who live in a dream world, and there are some who face reality; and then there are those who turn one into the other

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

SCOTTISH CYCLISTS UNION 25TT CHAMPIONSHIP

The SCU 25TT Championship was held on the A90 south of Stonehaven on Sunday 15 June. Organised by Isobel Smith and Mike Brown and promoted by Aberdeen & District Cycling Association the returns belie the windy day. The Deeside had the largest number of riders but unfortunately did not get any medals. The Vets prize went to Dick Stewart and a Handicap prize to Ian Edwards.

Ladies Championship

1	J.Wilson-Young	ERC	0:58:58
2	C.McLean	SWCC	1:00:02
3	V.Hunter	PUCC	1:01:57
4	F.Duncan	YCC	1:02:12
5	J.Nicholson	DTCC	1:06:38
6	P.Rother	ERC	1:08:02
7	J.Lang	ERC	1:08:39
8	C.Middleton	YCC	1:09:48
9	M.Anderson	DTCC	1:10:49
10	L.Chellingsworth	DTCC	1:11:37
11	E.Thornell	TCG	1:11:50
12	R.Jackson	FCC	1:13:52
13	Y.Davidson	YCC	1:25:44

Men's Championship

1	M. Atkinson	SWC	0:52:15
2	G.Robson	DC	0:52:46
3	A.Doyle	DC	0:52:55
4	C.Smart	GCCC	0:53:13
5	J.Copp	SWC	0:53:26
5	J.Cusick	GCCC	0:53:26
7	D.Gibson	DC	0:53:41
8	C.Riise	SWCC	0:53:43
9	D.McGaw	APRT	0:53:52
10	R.Wilson	SWC	0:54:54
11	I.Black	SWC	0:55:15
12	J.Wilson	SWC	0:55:25
13	J.Hall	SWC	0:55:46
14	H.Jamieson	DC	0:55:59
15	B.Duncan	ERC	0:56:24
16	G.Graham	FWCC	0:56:38
17	D.Millar	GCCC	0:56:54
18	A.Torrance	DC	0:57:10
19	S.Blom	GCCC	0:57:12
20	N.Skene	GCRT	0:57:49
21	K.Lackie	FCC	0:58:23
22	H.Hamilton	FWCC	0:58:41
23	A.Rowat	MRCC	0:59:00
24	J.May	ERC	0:59:01
25	S.Monaghan	DTCC	0:59:02
26	S.McIntosh	GCRT	0:59:11
27	D.Timmins	MRCC	0:59:22
28	E.Ritchie	ABC	0:59:25
29	R.Sewell	HWCC	0:59:27
30	O.Del Corto	ERC	0:59:28
31	S.Beech	SWC	0:59:31
32	D.McLellan	FWCC	0:59:35
33	D.Harter	FCC	0:59:44
34	K.Philpot	ECC	0:59:51
35	G.Shirley	NCRT	0:59:53
36	G.Luce	ECC	1:00:10

37	N.Laing	ERC	1:00:11	23	Lloyd Billingham	PUCC	1:03:11
38	I.Anderson	DWCC	1:00:12	24	Malcolm Grant	YCC	1:03:11
38	B.Taylor	DC	1:00:12	25	Kevin Tait	ERC	1:03:19
40	A.Solway	KRC	1:00:36	26	Fiona Duncan	YCC	1:03:27
41	N.Anderson	DTCC	1:00:43	27	Colin Sim	DTCC	1:03:48
42	D.Gillies	ECC	1:00:46	28	Ken Bryson	DTCC	1:03:51
43	D.Wards	FWCC	1:00:57	29	Graham Jones	ERC	1:04:12
44	D.Stewart	DTCC	1:00:59	30	Colin Pearson	DTCC	1:04:29
45	D.Morris	DTCC	1:01:01	31	John Allan	TCG	1:04:37
46	J.Blunsdon	DTCC	1:01:21	32	Graham Walsh	SWC	1:04:46
47	W.Bunyan	DCC	1:01:33	33	Ashley Pearson	DTCC	1:04:53
48	G.Jones	ERC	1:02:03	34	Kenny Philpot	ECC	1:05:15
49	M.Pearson	RAF CC	1:02:12	35	Dave Millard	ABC	1:05:22
50	I.Watson	AWCC	1:02:18	36	Chris Jones	DTCC	1:05:33
51	C.Sim	DTCC	1:02:26	37	Alasdair McGill	DTCC	1:05:35
52	L.Billingham	PUCC	1:03:11	38	Hamish Aitchison	FCC	1:05:36
53	N.Muir	ERC	1:03:18	39	Ian Sinclair	DTCC	1:07:07
54	L.Cowie	AWCC	1:03:27	40	Jim Reid	DCC	1:07:30
55	K.Tait	ERC	1:03:36	41	Colin Allanach	YCC	1:08:43
56	A.McGill	DTCC	1:03:37	42	Jenni Nicholson	DTCC	1:09:15
57	A.Washington	CCC	1:03:44	43	Stewart Mitchell	DWCC	1:09:41
58	S.Walton	DTCC	1:03:53	44	David McIntosh	YCC	1:09:41
59	D.Gunn	FCC	1:03:57	45	Ian Grant	DTCC	1:09:58
60	F.Young	VE	1:04:44	46	Peter Clark	DTCC	1:10:46
60	C.Jones	DTCC	1:04:44	47	Ian Wilson	DTCC	1:10:52
62	F.Toms	NCRT	1:05:34	48	Paul Winter	YCC	1:11:30
63	R.Clark	DTCC	1:05:37	49	Margaret Anderson	DTCC	1:12:19
64	I.Sinclair	DTCC	1:06:04	50	Ellen Thornell	TCG	1:12:44
65	H.Aitchison	FCC	1:06:28	51	Carol Middleton	YCC	1:12:46
66	S.Mitchell	DWCC	1:07:28	52	George Grant	FCC	1:15:19
67	P.Clark	DTCC	1:08:23	53	Yvonne Davidson	YCC	1:27:10
68	B.McCabe	AWCC	1:09:22				
69	B.Byth	DTCC	1:09:25				
70	A.Speed	FCRC	1:10:02				
71	P.Winter	YCC	1:10:04				
72	G.Grant	FCC	1:11:14				
73	T.Cummings	KDCC	1:11:23				
74	I.Edwards	DTCC	1:14:12				

DTCC 25TT 25 May 2008 AB25/8

Organiser: A Scott-Kiddie

1	Peter Ettles	FCC	54:06
2	Raymond Wilson	SWC	55:38
3	Ian Black	SWC	55:48
4	Barry Duncan	ERC	57:22
5	Norman Skene	GCRT	57:55
6	Alister Watt	GCRT	58:03
7	Gareth Luce	ECC	59:25
8	Duncan Warwick	DTCC	59:38
9	Sean Monaghan	DTCC	59:47
10	Kevin Lackie	FCC	59:50
11	Steve Nutley	FC2000	59:51
12	Roger Sewell	HWCC	1:00:18
13	Steve Beech	SWC	1:00:49
14	Kevan Sturgeon	ECC	1:01:23
15	David Morris	DTCC	1:01:37
16	Derek Stewart	DTCC	1:01:41
17	Philip Brown	VE	1:01:43
18	Timothy May	ERC	1:01:53
19	William Bunyan	DCC	1:02:26
20	Andy Duncan	YCC	1:02:27
21	Neil Anderson	DTCC	1:02:28
22	Sandy Wallace	SWC	1:02:36

BRITISH VTTA 25 CHAMPIONSHIP

Dick Stewart took the long road south to Merseyside to ride the British VTTA 25TT Championship. He didn't disappoint even if he failed to add to the 10TT medal he got a few weeks ago. The event was around Telford on a hilly course. Warm, breezy conditions saw him return 1.03.07, which at age 71 gave +20.00 on standard and 4th place. Winner was D Millsom MSW with 1.06.41 and a +22.13 at 80 years old. 2nd was D Hodgins with 1.03.49, +21.11 at 74 and 3rd F Kerry LRC, 1.03.16, +20.22, 71yrs.

ADCA TOUR

Sean Monaghan (DTCC) is now stretching 40 points clear of Ythan's Stevie Argo who's got 195 points after 10 events. Fiona Duncan is in third place with 162 points. Top Granite City man is Norman Skene on 130 points. Liam Cowie is top Aberdeen Wheeler after an exceptional ride in the Deeside APR. He has 55 points. Top Under 23 is still Marco Munro who has 100 points. Top under 18 is David Vinten on 60 points although his 5-point lead is likely to evaporate when Liam gets another event in.

UP AND DOWN HILLY TT

Entries are welcome for Tri-Changing Gear's event on 26 June. It's out at Crossroads and is a short hilly time-trial with good prizes. Go [here](#) to enter. Alternatively contact Colin Duncan at Tri Changing Gear in Inverurie

DUNDEE WOMENS ROAD-RACE

Three Deeside road-racing virgins popped their cherries at the weekend. Katrina Brown, Margaret Anderson and Shelley Farrar raced in the Women's and Masters Road Race organised by Dundee Thistle. There were ten women racing and we were set off with the three over 60s men.

Katrina and I (Shelley) had heard that the women's road races could be a little tame with not much of interest happening until the last sprint. This certainly was not the case on Saturday. Given how green I am at these things it was sometimes difficult to know what was going on but there were definitely lots of attempted breaks by the two Edinburgh Road Club riders and a couple of other women. The rest of us had to work hard to haul them back before they could get away on a number of occasions and the pace was changing all the time.

The three guys played games with us - Margaret reliably told me this afterwards. They would take it in turns to shoot down the outside of the peleton tempting anyone feeling strong to jump on their wheel for a break away. Again we also had a chase these down. And this is only a description of the first lap and a bit!

Unfortunately my large chain ring came loose and was getting dangerous so I had to pull out. (Any ideas on how this could have happened please let me know. It was fine the night before - I rode for an hour locally - and yet by the end of lap one I had two bolts missing and two hanging on by threads.)

It wasn't until I pulled over that I realised that the group had split. Me, Katrina and Margaret were in a break away group with Claire Thomas (expected to go Cat 1 at the end of this year I believe), Ruth Fraser-Moodie (ex-Common Wealth games mountain biker) and the three guys. The remaining five women were dropped by a good way. This group kept ahead for the rest of the race. Katrina and Margaret did fantastically just to stay in it. I am not sure that I would have been able to.

The race finished on an uphill section. Katrina wasn't sure whether she had the legs for a short sharp sprint so made an early escape at the foot of the hill. She was only caught by Claire. Margaret dug in and hung on to the group. So the fantastic results for these two Deeside women in their first road race are Katrina Brown was 2nd and Margaret Anderson was 4th. Well done to you both. I am jealous as stink. Shelley

The next target on the calendar for the women's race squad is the women's road race in Perth on 12 July. Any women interested in racing please contact Shelley or Katrina, s.farrar@abdn.ac.uk, k.brown@macaulay.ac.uk

Full results are here:

<http://www.scuonline.org/newsdetail.asp?Nid=1882&DID=8>

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.

RACING SHORTS

On 07 June in the Forres CC 10TT, David Black CCC was 1st in 22.06. 2nd was Peter Alexander MFCC with 22.43 and 3rd came David Harter FCC with 23.01. The only Deeside rider was Jenni Nicholson with a tremendous 26.22, which gave her 1st Vet on standard

Bill Byth and Jenni Nicholson were the only representatives of Deeside Thistle at the SVTTA 10TT Championships at Cambusbarron on Sunday 01 June. No prizes though. Bill says - I did 25:56 for +5:49, only just ahead of Jenni on 26:05 for +3:57. Stewart (in Dundee Wheelers colours) Mitchell did 26:06 for +5:39. I've no idea how that compared since the timekeepers didn't give us Standard scores and we didn't get ages on the start sheet. A bit disappointing I thought for a Vets Championship. (On the plus side, that is the only time I'll ever been able to say I was the fastest Deesider!)

LEWIS MURCHIE

As the father of one of Deeside Thistle's newest and youngest recruits, allow me to pay an early tribute to the Club for the way Lewis has been treated during the first two months.

Cycling is new to us (I have been more involved over the years in both football and swimming Clubs) but we have not encountered a better or more friendly atmosphere than that which Lewis has received at Deeside in terms of advice, encouragement, support and sheer generosity.

This "first impression" has undoubtedly already helped him progress towards his future goals in Triathlon and it says much for the Club that an inexperienced novice should be taken under your wing so effectively. I am unfamiliar with the names of some of those who have offered a friendly word but Ian Humphries, Jenni Nicholson, Liz Chellingsworth, Ian Wilkie, Sandy Lindsay, Sean Monaghan and, most of all of course, Lewis's "mentor" Bert McIntosh have all supported him in one way or another for which we are both most grateful.

Jon Murchie

SPORTS STUDIES

Muscle Mass Loss - Aberdeen University Sports Scientists are currently recruiting males 18 - 25 years old and those over 65 years for a study that looks into the regulation of muscle mass over the life span. In particular they are researching the causes of sarcopenia. Sarcopenia is the normal loss of muscle mass and strength during ageing. If you are interested then please contact: Sarcopenia Study Aberdeen, ANU JOYSON, email: a.joyson@abdn.ac.uk or phone: 01224 559045

Overuse Injuries - The Physiotherapy Dept, School of Health and Social Care at Glasgow Caledonian University are conducting research on the incidence of overuse injuries amongst club level cyclists. Overuse injuries are a common problem in amateur cycling due to the fixed postures and repetitive nature of cycling, particularly over long periods of time. A survey is available on line and you are welcome to take part in it. http://www.gcal.ac.uk/cycling/cycling_survey_andy_kerr.htm. The study has ethical approval from the school of Health and Social Care Ethics Committee.

COACHES COLUMN

Maintaining Carbohydrate

In order to train and race effectively, or even to undertake a long tour, it is essential to maintain your carbohydrate reserves at as high a level as possible. This can be achieved by eating a high quality, high carbohydrate diet, by refuelling immediately after training and in longer events, by refuelling during the event.

There are two fuels for exercise, carbohydrate and fat, however at intensities above 80% of maximum heart rate carbohydrate is the preferred fuel. Due to the limited reserves of carbohydrate which we can store in our bodies it is important to maintain as high a level as possible in order to allow intensive training and racing.

The makeup of an endurance athlete's diet should be approximately:

- Carbohydrate 60 - 70%
- Fat 20 - 30%
- Protein 11 - 15%

It should be predominantly carbohydrate but must also contain some high quality (unprocessed) fats and proteins as these are essential to maintain bodily functions, assist in repairing muscle damage after training, etc.

Note that these percentages are by calorie, not weight. Fat contains far more calories per gram than protein or carbohydrate.

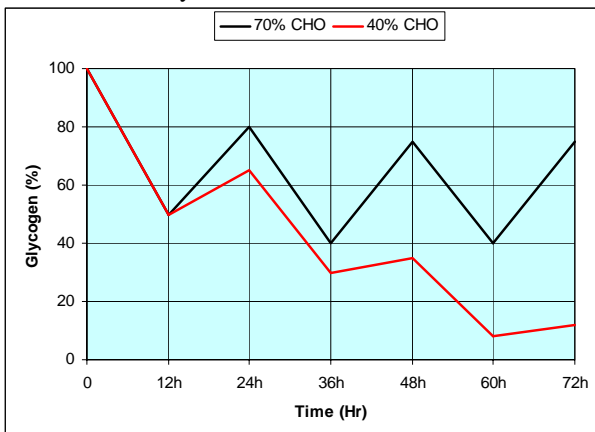
- Carbohydrate 4 Kcal/gram
- Protein 4 Kcal/gram
- Fat 9 Kcal/gram

The example below shows how to calculate the percentage of carbohydrate, protein and fat in food by calorie, rather than weight.

The example used is a Geobar, advertised as a tasty 90% fat free snack containing Oats, Raisins, Honey and apricots

● Per Bar		● Per Bar	
Protein	1.9g	Protein	7.6 kcal
Carbohydrate	24.2g	Carbohydrate	96.8 kcal
Fat 3.1g		Fat	32 kcal
Fibre	1.2g	Fibre	0 kcal
Fat % by weight	9.8%	Fat % by calorie	23.4%

This shows that the percentage of fat by calories in a Geobar is actually 23.4%, not the 10% advertised.



The graph above shows what happens to glycogen (carbohydrate) reserves if you are training intensively

every day and are eating either a 40% or 70% carbohydrate diet. You can see that after 3 days the athlete on the 40% diet has virtually depleted his carbohydrate reserves and will be unable to complete another quality training session while the athlete on the 70% diet has maintained approximately 80% of his reserves and is in good shape to keep training.

Ken Bryson

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.

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

16 FOR RACE 12

Race-12 is now up to 16 riders and I can tell you that by next month I am confident that this number will extend further, both in ladies and the men.

Keith Rowson is one of the latest recruits and if you have ever ridden or trained alongside this guy you will know he is a powerful rider who gives 110%. He has already shown he can do distance but on top of that he shows great determination with his interval training. We are now only 4 riders away from my target.

As you will likely know Marianne Smitts is a very lucky woman. The nasty accident she had while cycling through Banchory split open her helmet, left her out for 45min, 11 stitches and a broken nose. On behalf of the whole Race-12 team we wish her a speedy recovery.

Ladies and Gents are wanted for the SCU 12Hr on 24th Aug. This is one of the big challenges in our club this year. It might never be repeated. It's now or never. One day - live it. Pain is temporary. Contact Doug on doughaig@talktalk.net

ADCA NOVICE TITLE

I am looking for nominations for the Novice Competition this year (again). It is much easier if I can start making my list ASAP instead of a wholesale search at the end of the season. Basically the rules are:

You must be a fully-fledged member (SCU membership) 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	
Senior BAR	25, 50 & 100ml on avg. mph	Trophy
Ladies BAR	10, 25 & 50ml on avg. mph	Trophy
Vets BAR	25, 50 & 100ml Std avg. mph	Trophy
Novice	2 x 10 + 1 x 25	Trophy
Junior BAR	25 & 50ml on avg. mph	Trophy
Juvenile BAR	1x10ml+2x25ml avg. mph	Trophy

GRAMPIAN TIGERS YOUTH CYCLING CLUB

Members interested in getting involved with the Grampian Tigers Youth Cycling Club are invited to contact Gareth Smith on 0787 9282666. He is also on info@grampian-tigers.co.uk and there is a web site at www.grampian-tigers.co.uk

ADCA CHAMPIONSHIPS 2008

Date	Trophy	Winner	Club
16 Mar	Dick Londragon	Alister Watt	GCRT
18 Jun	Massie 25ml Team		
06 Jul	Coffee Pot 50ml		
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		

COMMONWEALTH GAMES 2014

As you will know, Glasgow will be hosting the Commonwealth Games in 2014.

The Scottish Government is conducting a series of public meetings to discuss the potential lasting legacy from these Games for the whole of Scotland.

We would be delighted if you and/or anyone from your organisation (where applicable) could join us for our meeting in Aberdeen, on June 30th 2008. The meeting is taking place at the Town House, Union Street, from 18:00 - 19:30, courtesy of the Lord Provost. This will be an opportunity for you to share your thoughts on what you would like to see as a lasting legacy from the Games.

At the meeting there will be a very brief presentation about the development of the Games Legacy Plan from Scottish Government officials, which will then be followed by a discussion session.

Places are limited but if you, or anyone else would like to attend please call Claire McKenna on 0131 244 0993 or email Glasgow2014legacy@scotland.gsi.gov.uk

The Scottish Government will publish an interim action plan towards the end of this year, and a Games Legacy Plan in summer 2009. Your and your constituents' input will help to shape the Games Legacy Plan so that your own individual area can benefit from the opportunities that the Games provide.

CHRIS HOY – NEW BOOK HEROES

Braveheart have teamed up with Olympic champion Chris Hoy to give you the chance to win a signed copy of his new book, Heroes, Villains and Velodromes, by Richard Moore. All you have to do is answer this simple question:

In which discipline did Chris win his Olympic gold medal?

- A) 1km TT
- B) 4km Pursuit
- C) Team Sprint

If you think you know the correct answer then email your answers to info@braveheartfund.com. All correct entries will be entered into a ballot where one lucky winner will be selected at random.

Closing Date: Friday 20th June 5pm. Winner will be notified by email.

PHIL WINNING

Tiger Woods plans his shots from hole to tee before he hits his tee shot. Arnie thinks ahead too. One of the reasons Arnold Schwarzenegger has become Mr Universe, Mr Actor and Mr Governor is because he wrote them all in his 50 year plan over 30 years ago!

We can change our character if we want. I will give you an example; when I went from primary school up to secondary school I made a conscious decision to be more outgoing and less shy and therefore new classmates accepted this as my personality and character and never knew the 'shy Phil'.

Here're some quotes:

- Give it your best shot everyday!
- The Power of Now
- Seize the day
- Who do you wanna be?
- It is never too late to be all that you could be.
- You can be whoever you want to be.

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

KNOCKBURN LODGE

Proposed developments at Knockburn Lodge, Bert McIntosh's sporting facility in the hills near Strachan include the construction of a purpose made building for accommodation and catering. The most important thing would be the GP room and café. The accommodation block area could access tourism money and other funding streams if linked to training camps and overnight stays for courses. This could be a good investment and appeal to youth and corporate markets. Other successful similar projects include the Ballater Field Centre, Sir Arthur Grant Centre (Monymusk), Loch Inch (Kincraig) and Badaguish (Glenmore).

Bert welcomes further comments and he can be contacted on bert@mphltd.co.uk

LETTERS

Sir, My extreme gratitude to all the Deesiders who rallied round to help on Sunday at the National 25TT and not a broken arm or leg needed. Without them it would have been a nightmare. In fact it's been easier than I thought it would be
Regards, Isobel Smith

Sir, I got home on Friday afternoon after doing so well with the physio. I still have a bit of swelling to my leg but overall I am doing great. Bill Byth came in to see me on Thursday afternoon, which was much appreciated and we were discussing that we need one more for a three-up. Hope to be up and about soon if the weather is a bit kinder
Regards, Jim Robb

Sir, Is anybody out there interested as a Mountain bike team of 3 or 2 teams for the Corriearick Challenge on 05/07/08. Ideally would like oldies - 1 @ 59+ & 1 @ 49+. We travel on the day, leaving at 6.30am - please respond at your earliest to me on bert@mphltd.co.uk
Regards, Bert McIntosh

Sir, Thank you to everybody for sending me all the messages. I really appreciate it. I've only been in Scotland for 5 months and all this support you have given me has proven once again that this is a good place to be and becoming a Deeside Thistle club member was a good decision! I have been in contact with British Cycling regarding insurance, etc and they have been really helpful. My recovery seems to be coming along quite well; the stitches will be taken out on Tuesday! Just this weekend I got a new bike for my birthday, it's in Holland waiting to be ridden so I will be seen here on the road again....though I don't think I will ever forget how vulnerable we are on our bikes!!
Regards, Marianne Thissen

SKYE SPORTIVE 2008

On Saturday 31 May 2008 I took part in the first Sky Sportive. There were two rides taking place, Skye Mor 95 miles and Skye Beag 50 miles. There were only 48 riders taking part in each event, which was a lot less than the 500 who took part in the recent Bealach Beag 2008 sportive. The reduced numbers did not detract from the fact that this was a great event riding through great countryside.

Like all Sportives the organisers make it clear that you are not in a race, but whether you're up against the clock or another rider, most rode the course as quickly as they could. I was no exception and it made for some exciting riding being part of a 7-strong group going around the North of the Island and at Uig pulling ahead with two of us finishing the last 60 miles together.

I started the event with Deesider Keith Robertson, who after 3 miles gave me a Lance Armstrong style look and left me for dead finishing first in 4hrs 50min. Linking up with Niall McDonald from Edinburgh Road Club I finished 4th in 5 hrs 14 min. 2nd, 3rd and 4th were all within 30 seconds of each other so it was pretty close.

People have different opinions of Sportive and some may never have done them. What I will say is that it's a great way to have a day's riding with lots of different folk from all over the country who enjoy their riding and over the past 3 years of doing them I have met some great people.

Ian Wilson

CALENDAR NEWS

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

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

GARMIN EDGE 305

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

APPLECROSS

Along with many other photographs a selection of photographs from the trip to Applecross is available to view on the club Gallery at <http://deeside-thistle.fotopic.net/> (courtesy of Phil Kelman and Brian Gourlay).

RECENT NEW MEMBERS

1963 Lewis Murchie Westhill 16

CLUB WEBSITE

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

CLUB FORUM

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

VETERANS' TIME TRIAL ASSOCIATION

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

CYCLE CAIRNGORMS SPORTIVE

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

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

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

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

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

WILDHEARTS

My name is Ed and I am a member of the almighty Forres Cycling Club. This is a little different from the average note you'd read here but I thought it was something you would find interesting. During my day job I work as an events organiser for a charity called WildHearts (SC037072). We have a number of individuals undertaking epic challenges all over the world to raise money for the work we are involved in, and one of these people is Dan Martin. He is somebody who I think you may find very interesting.

Dan is currently cycling some 20,000 miles, unsupported from Korea to Cape Town through some of the worlds most volatile and dangerous countries. He has cycled through the so-called 'Axis of Evil' and has experienced some amazing things. He has just featured on ITV and we thought that it was about time we started letting the cycling community know about him – he is about to also feature in a number of the top cycling magazines so look out for his story! To see the man in action you can view this clip from ITV news http://www.itvlocal.com/anglia/news/?player=ANG_New_s_15&void=185506 and to find out more just visit http://www.WildDayOut.com/Adventurer_Detail.aspx?id=1

Its pretty awe inspiring stuff and something that I am sure we all wish that we could have the time to do! However, perhaps you could get involved with something a little closer to home. My colleague Colin Downie is undertaking a 1,000 mile cycle around Scotland which will see him ascend collective heights twice that of Everest in just two weeks! Epic by any standards but what makes Colin's challenge particularly intense is that it will finish on the summit of the mountain where he

nearly died in a paragliding accident, on the 3rd anniversary of his crash. He's doing this cycle challenge as way of proving to everyone that if you keep going and dig deep, you can get yourself through anything. He's inviting others to join him on various stages of his journey. So, whilst not everyone can take a year off work and cycle across the world like Dan, they can jump on their bikes and hit the roads of Scotland with Colin! He will be leaving from Glasgow on the 28th June and will be passing through Fort William, Ullapool, Durness, Inverness, Aberdeen and Edinburgh to name a few, before finishing on top of the hill in Killin (where his accident happened) on the 12th July - exactly three years on from his crash. If you feel up for completing some of these stages with Colin then get in touch with the WildDay Out team on the details below. We have loads of folk joining him already on various sections of the route and it could turn out to become a true Tour of Scotland.

For more information on the challenge visit <http://www.WildDayOut.com/WildHeartsTour>. Colin will be using his cycle to raise funds for WildHearts, a unique charity that provides micro finance to people in the developing world to escape poverty with their dignity in tact. If you can't join Colin on the road you can still show him your support by sponsoring him here at www.WildDayOut.com/Colin

If this is something that you think you would like to get involved with, then please do not hesitate to get in contact with me on the details below.

Ed Speakman on ed@wildday.com

FORESTRY COMMISSION NEWS

Pitfichie

The work on the bike routes at Pitfichie (near Monymusk) was completed early and all routes are now open. There is still some work to do in the forest but this will not affect your enjoyment of the routes. Our thanks for your patience during the restoration works.

Bennachie

Work on the hill paths at Bennachie has been ongoing for the last four years as part of the Heritage Lottery Funded Bennachie Project. Because of its high elevation, work is restricted during winter months. We have recently just restarted work for the final phase of construction, which should be completed in the autumn. Overall, we will have completed the upgrade of some 22km of access trails. The main reason for the path improvements is to build sustainable paths, as we have over 125,000 visitors on and around Bennachie each year. It should make access to the hill for all users a much more pleasant experience.

The Bailies of Bennachie are involved in a path building training course at Craigshannoch. If anyone is interested in joining this, get in touch as the next course is in June. Contact <http://www.forestry.gov.uk/volunteerscotland>.

The forested area near the Centre will be in use for a number of orienteering events over the next few months. The next takes place on 28 June, another in the

orienteering series that is open to the public using the semi-permanent course.

Countesswells

Those of you who use Countesswells Wood, near Aberdeen, for your daily exercise will be pleased to know that it is open again after the recent harvesting work. There will still be some timber uplifts, and the lorries will have to go along the main forest road to get in and out from the site. If you see or hear a lorry, please stand well back and keep dogs and children safely out of the way. We thank you for your patience while the wood was shut.

Visit the Woods

Why not visit our woods in June and get away from the sights, sounds and smells of life in the city? Woods can be very relaxing places to visit, and wandering through a local forest will give your senses the opportunity to enjoy the fresh greens of the new foliage and the woodland flowers. You might hear bird song - anything from the resident blue tits to willow warblers visiting all the way from Africa. You might also hear the familiar cuckoo call - but did you know that it is only the male cuckoo that goes "cuckoo"? As well as birds, butterflies can often be seen flitting along path edges and in the clearings.

Huntly Peregrine Wildwatch

The centre is open daily until end September, 9.30am - 5.30 pm. It is free and well worth a visit, whether you have been before or not - you'll see different things each time you go. Watch the peregrines on closed circuit TV, or at the purpose built hide, and see their chicks as they grow up over the summer. You can also visit the website, <http://www.forestry.gov.uk/huntlyperegrines>.

Trail closures

From time to time we have to close woods and trails due to tree felling or path improvement operations. There are often big machines on site so it can be dangerous if you get too close. Here is a list of our current closures. Path improvements at various sites: Work is planned from late May to July in Countesswells, Foggieton (both near Aberdeen) and Dunnottar (near Stonehaven) to improve the quality of the paths following recent harvesting work. There will be diggers on site and some tree felling by the paths. If any routes have to be shut temporarily, we will try to put local diversions in place so you can carry on using the woods. Please bear with us as we carry out the work and remember that closures and notices are there for your safety. Your co-operation is very much appreciated. Fetteresso: The yellow and red loops at Fetteresso will be closed for harvesting work throughout June. If you want to cycle, horse ride or walk in the area, why not try the blue loop from the Swanley car park or go to Durris Forest and use the white loop?

DRAFT CORE PATHS - CAIRNGORMS

The consultation on the Draft Core Paths Plan comes to a close on 30 June 2008. The Plan has changed quite a bit since the last consultation so make sure you have a look at it and have your say. [Click here](#) for more details.

Cairngorms National Park Authority
sandramiddleton@cairngorms.co.uk
www.cairngorms.co.uk

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



To obtain the next runs list, email Sheila 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

June

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

CHECK THIS OUT

<http://www.wc2008.org.uk/default.aspx>, Andrew Harrington competes in this event in August. <http://youtube.com/watch?v=x7gGPS703jQ> Mountain bike action.

25 YEARS AGO

Highland Triathlon – Great Glen

Twenty eight riders completed the Triathlon organised by Aberdeen University PE Dept. This year the event took place from Spean Bridge up the Great Glen to Inverness. It involved a 14 mile run along Loch Lochy, canoeing the 10.5 miles of Loch Ness and cycling the south shore of Loch Ness, a distance of 33 miles. Distances appeared fairer than the first event on Deeside and the same man, James Knox from Roxburgh, once more emerged the winner.

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.

NEW STOCK OF CLUB CLOTHING

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

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

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.

Check out these Web links:

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

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.

HOLIDAYS

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

CLUB TRAILER BIKE

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

BORN2RUN

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

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

TRAINING RUNS

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

BANCHORY RUNS 2008

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

INVERURIE RUNS

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

BANCHORY RUNS

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

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

mail Bill Byth at bill.byth@gmail.com to join the list, or, if you don't have access to email, phone 01330 822669.

KINTORE RUNS

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

PETERHEAD RUNS

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

STONEHAVEN TRAINING SESSIONS

Mon 7pm run/circuits Green Hut Stonehaven cost £2.00(members) and £4.00(non-members)
Tues 7pm interval running then swimming at 8.30pm (sauna available) cost £2.90 for the lot or £1.70 run only
Wed Turbo Training Mackie Academy Dining Room cost £2.00 (members) and £4.00 (non-members). Doors open 1830 session starts 19:00 contact Ken Bryson. Pursuit training is finished until spring.
Thurs 7.30pm Splash n Dash interval running and swimming/sauna session's cost £2.90 or £1.70 run only
Fri 7pm run/circuits Green Hut Stonehaven cost £2.00(members) and £4.00(non-members)
Sat 9am Long Slow Distance Running Fetteresso Forest 9am free
Sun 9am Cycle - meet at Stonehaven Square free
More information on the above is available at www.fleet-feet.com/FFT/webmodules/pages/ShowArticles.aspx?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 a) Dawes Super Galaxy circa 1996 60cm - 23½in, original paint spec flam/metallic green, Blackburn Front and Rear racks (1)
- b) Dawes Super Galaxy circa 1995 50cm - 19½in, recently completely overhauled and re-sprayed in BLACK, Blackburn Front and Rear racks (1)

- c) George Longstaff bespoke Tandem, cost £3,500 new in 1999, only done 700 miles. Driver - 63cm, Stoker 50cm. Flam Blue (RAL 5022) with white trim, Ultegra 9speed, (Currently fitted with bar end shifters, but original STI levers also included), Tange ATB headset, TA Specialites chain set 170/165, Blackburn Pannier Racks front and rear, Canti Brakes, Additional V-Brake and Hope hub brake, 4 bottle cages, Silver ESGE mudguards, HPX4 high pressure pump, many extras (1)
- d) BTS Tandem Roofrack (1)
Further details/photographs etc can be obtained from Roger Mattingley, The Anvil, Netherley, Stonehaven, Kincardineshire, AB39 3QR email rogermmattingley@yahoo.co.uk or tel: 01569 730081 Email: All reasonable offers will be considered and delivery in Scotland may be an option
- 2 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 (2)
- 3 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@senergy ltd.com if interested (2)
- 4 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 (2)
- 5 a) Various cycling videos including T.D.F and many cycling documentaries (e.mail me for complete list) (2)
- 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
- 6 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 (2)
- 7 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 (3)
- 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 (3)
- c) Campag Chorus 27.2 mm seatpost £30 (3)
- d) ITM Forged Lite Carbon Stem 110mm £30 (3)
- e) Campag 10 Speed Daytona Rear Mech £20 (3)
- f) Campag Chorus 8 Speed Rear Mech £35 (3)
- g) Campag Athena 9 Speed Ergo levers and cable (Converted to 8 Speed) £65 (3)
- h) Pair of Mavic CXP30 Rims (Tubs) on 32 hole Veloce Hubs with 8 Speed Campag Cassette 12 - 23. Built by Dave Hinde £60 (3)
Contact johngrantcumings@hotmail.co.uk or 01224 735629
- 8 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 (3)
- 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 (3)
- 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 (3)
- 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 (3)
- e) Bike Bag - soft bag - used once - good condition - takes full suspension mountain bike or road bike. £30 (3)
For all items phone Peter on 07796 336266 or 01330 844122
- 9 a) A HED 90mm deep carbon rear wheel with alloy braking surface. It has a very nice and light Shimano Hyperglide 9 speed cassette on and a new Michelin tyre. Can come with Mavic Skewer if desired. £140 (3)
- b) Also Vision clip-on Tri bars. Very adjustable, suit oversize bars, can have bar-end shifters on them. a bargain at £55. Bonthrone was still selling them for £99.95 last time I looked (3)

- c) AXcS winter gloves, windproof, Trittech size L £4
Contact Mark on 07754807181 or email
nuvolari1953@hotmail.com
- 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

DISCOUNT SERVICE

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

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

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

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

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

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

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

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

EVENING LEAGUE

Event No 4 10 ml TT AB10/3 27 May 08

Name	Time	H'cap	Fpt	Hpt	Tpt
1 Gowland B	23.47	20.03	79	75	154
2 Brown Ian	24.18	19.53	76	76	152
3 Tulloch W	24.32	19.48	75	77	152
4 Durham S	24.58	18.14	71	80	151
5 Warwick D	23.34	20.31	80	67	147
6 Chapple I	25.06	20.15	70	73	143
7 Cowie C	25.47	19.01	64	79	143
8 Morris D	24.14	20.42	77	64	141
9 McGill A	25.53	20.25	63	71	134
10 Stewart D	24.38	20.59	74	57	131
11 Wilkie I	24.57	20.58	72	59	131
12 Clark R	25.54	20.25	61	70	131
13 Jones C	25.24	20.44	67	63	130
14 Monaghan S	23.58	21.18	78	51	129
15 Sim C	25.17	20.47	68	61	129
16 Dudgeon A	25.43	20.44	65	62	127
17 Anderson Kenny	25.53	20.39	62	65	127

18 Rose A	26.35	20.14	53	74	127
19 Pearson Colin	24.41	21.21	73	50	123
20 Darling S	27.25	19.38	45	78	123
21 Crawley P	26.02	20.52	60	60	120
22 Cant D	27.06	20.25	49	69	118
23 Bryson K	25.12	21.24	69	47	116
24 Walton S	25.33	21.22	66	49	115
25 Chellingsworth Liz	27.41	20.15	43	72	115
26 Grant I	26.10	21.07	57	55	112
27 Howarth N	26.03	21.14	59	52	111
28 Calder R	26.42	21.12	52	54	106
29 Sinclair I	26.07	21.30	58	45	103
30 Varney K	26.15	21.24	56	46	102
31 McIntosh A	27.36	20.58	44	58	102
32 Murchie L	28.40	20.35	36	66	102
33 Ligertwood P	28.44	20.29	34	68	102
34 Farrer Keith	26.28	21.37	54	43	97
35 Mitchell S	27.16	21.22	48	48	96
36 Dobson R	26.18	21.58	55	39	94
37 Edwards I	28.33	21.13	37	53	90
38 Byth W	27.20	21.39	47	42	89
39 Chesterman A	26.42	22.13	51	37	88
40 Nicholson Jenni	28.53	21.04	32	56	88
41 Spalding Mike	26.57	22.16	50	36	86
42 Smith Gordon	27.22	21.51	46	40	86
43 McLeman T	27.50	21.36	42	44	86
44 McIntosh B	28.01	22.21	41	35	76
45 Liversidge Derek	28.05	23.14	40	32	72
46 Walton H	28.16	22.30	39	33	72
47 Adam R	29.57	21.40	29	41	70
48 Rowson Keith	28.20	23.29	38	31	69
49 Pithie M	28.41	22.24	35	34	69
50 Fraser Lynne	31.40	22.01	27	38	65
51 Hamilton Charlie	28.47	23.56	33	30	63
52 Stewart Kevin	29.04	24.13	31	29	60
53 Halstead John	29.12	24.21	30	28	58
54 Scott Stephen	30.56	26.05	28	27	55
55 Doel Edwin	33.33	28.42	26	26	52

Event No 6 25 ml TT AB25/4 10 06 08

Name	Time	H'cap	Fpts	Hpts	Tpts
1 Anderson N	1.02.21	51.47	80	78	158
2 Warwick D	1.02.41	52.42	79	74	153
3 Lott S	1.04.41	51.50	75	77	152
4 Dennis P	1.08.07	51.05	71	80	151
5 Wilkie I	1.05.49	52.24	74	76	150
6 Morris D	1.04.01	52.46	77	73	150
7 Stewart D	1.03.45	53.02	78	72	150
8 Crawley P	1.09.25	51.29	66	79	145
9 Jones C	1.06.21	53.16	73	69	142
10 Harrington A	1.09.55	52.25	63	75	138
11 Sinclair I	1.08.20	53.30	70	68	138
12 Varney K	1.08.00	54.20	72	64	136
13 Blunsdon J	1.04.25	55.45	76	56	132
14 McIntosh B	1.10.31	53.11	61	70	131
15 Spalding Mike	1.09.23	54.54	67	61	128
16 Mitchell S	1.10.41	53.55	60	66	126
17 Dobson R	1.08.59	55.42	69	57	126
18 Brown Katrina	1.13.15	53.09	53	71	124
19 Richards S	1.12.12	53.41	57	67	124
20 Calder R	1.10.50	53.59	59	65	124
21 Dudgeon A	1.09.41	55.00	64	59	123
22 Grant I	1.09.21	56.43	68	55	123

23	Young Des	1.11.00	54.55	58	60	118	7	Rose A	5	292	331	623
24	Massie A	1.09.27	57.00	65	53	118	8	Sinclair I	5	307	292	599
25	Pithie M	1.12.33	54.45	55	62	117	9	Warwick D	4	315	283	598
26	Byth W	1.13.34	54.44	52	63	115	10	Gowland B	4	301	281	582
27	Cowie C	1.10.10	57.28	62	52	114	11	Walton S	5	309	270	579
28	Cant D	1.12.19	56.59	56	54	110	12	Durham S	4	284	290	574
29	Gourlay C	1.13.49	55.10	51	58	109	13	Monaghan S	4	318	247	565
30	Clark P	1.13.06	58.50	54	48	102	14	Cant D	5	255	296	551
31	Rowson Keith	1.15.37	57.55	50	50	100	15	Mitchell S	5	264	276	540
32	Mulligan H	1.19.35	57.50	47	51	98	16	Dennis P	4	274	263	537
33	Hamilton Charlie	1.17.04	58.30	49	49	98	17	Murchie L	5	234	300	534
34	Darling S	1.18.59	63.02	48	45	93	18	Dudgeon A	4	262	245	507
35	Bird D	1.21.33	60.53	45	47	92	19	Young Des	4	249	256	505
36	Halstead John	1.20.40	61.18	46	46	92	20	Sim C	4	264	240	504
37	Murchie L	1.22.19	64.59	44	44	88	21	Crawley P	4	233	269	502

Event No 7 20ml HTT Durris/Slug 17 06 08

Name	Time	H'cap	Fpts	Hpts	Tpts							
1	Rose A	5.06	3.51	74	76	150	22	Harrington A	4	238	247	485
2	Murchie L	5.22	3.22	68	80	148	23	Calder R	4	222	262	484
3	Whittle C	4.49	4.17	79	68	147	24	Varney K	4	248	221	469
4	Anderson P	4.51	4.17	78	68	146	25	Munro M	4	259	200	459
5	Morris D	5.20	4.10	71	72	143	26	Byth W	5	222	227	449
6	Halstead John	5.34	3.24	64	79	143	27	Armstrong R	3	216	232	448
7	Robertson Keith	4.42	4.30	80	59	139	28	Dobson R	4	248	197	445
8	Durham S	5.03	4.24	75	64	139	29	Anderson P	3	226	207	433
9	Ritchie Jonathan	5.21	4.15	69	69	138	30	Adam R	5	188	244	432
10	Rowson Keith	5.42	3.44	60	78	138	31	Chapple I	3	212	205	417
11	Barratt Tom	4.54	4.29	77	60	137	32	McLeman T	4	187	212	399
12	Munro M	5.01	4.28	76	61	137	33	McIntosh B	4	195	201	396
13	Wilkie I	5.20	4.23	71	65	136	34	Darling S	4	174	220	394
14	Spencer Charles	5.23	4.17	66	68	134	35	Jones C	3	202	190	392
15	Spalding Mike	5.49	3.52	58	75	133	36	Rowson Keith	4	192	199	391
16	Dennis P	5.16	4.30	72	59	131	37	Clark P	4	202	179	381
17	Grant I	5.22	4.27	68	62	130	38	McGill A	3	186	183	369
18	McLeman T	5.53	3.58	56	74	130	39	Bryson K	3	210	148	358
19	Adam R	6.01	3.48	53	77	130	40	Howarth N	3	191	164	355
20	McIntosh A	5.56	4.06	54	73	127	41	Pithie M	4	172	179	351
21	Tulloch W	5.10	4.43	73	53	126	42	Brown Katrina	3	151	196	347
22	Farrer Keith	5.39	4.26	62	63	125	43	Spalding Mike	3	175	172	347
23	Calder R	6.01	4.11	53	71	124	44	Ligertwood P	4	153	191	344
24	Gourlay C	5.39	4.32	62	57	119	45	Chellingsworth Liz	3	126	214	340
25	Fee J	6.23	4.13	49	70	119	46	Walton H	4	166	174	340
26	Sinclair I	5.35	4.45	63	52	115	47	Richards S	3	166	168	334
27	Anderson Kenny	5.45	4.37	59	54	113	48	Fraser Lynne	4	149	170	319
28	Gowland B	5.29	5.09	65	46	111	49	McIntosh A	3	140	171	311
29	Crawley P	5.52	4.52	57	50	107	50	Anderson N	2	158	151	309
30	Sim C	5.55	4.59	55	49	104	51	Brown Ian	2	153	153	306
31	Fraser Lynne	7.17	4.32	47	57	104	52	Whittle C	2	154	146	300
32	Brown Katrina	6.05	4.45	51	52	103	53	Whyman S	3	169	126	295
33	Walton H	8.06	4.34	46	55	101	54	Chesterman A	3	157	137	294
34	Watson Kevin	6.07	5.01	50	48	98	55	Halstead John	3	140	153	293
35	Ligertwood P	7.03	5.02	48	47	95	56	Thissen Marianne	3	128	164	292
36	Walton S	8.37	6.20	45	45	90	57	Fee J	3	122	164	286
							58	Blunsdon J	2	152	116	268
							59	Clark R	2	127	134	261
							60	Hamilton Charlie	3	128	121	249
							61	Anderson Kenny	2	121	119	240
							62	Bird D	3	116	123	239
							63	Farrar Shelley	2	90	142	232
							64	Pearson Colin	2	133	97	230
							65	Gourlay C	2	113	115	228
							66	Farrer Keith	2	116	106	222
							67	Bricknell B	2	121	96	217
							68	Pinder F	2	99	92	191

Overall Points Situation

No	Name	Events	Fpt	Hpt	Opt
1	Morris D	6	455	414	869
2	Grant I	6	383	393	776
3	Stewart D	5	383	339	722
4	Tulloch W	5	370	346	716
5	Wilkie I	5	358	319	677
6	Cowie C	5	305	318	623

69	Edwards I	2		78	110	188
70	Nicholson Jenni	2		71	110	181
71	Mulligan H	2		82	87	169
72	Lott Simon	1		75	77	152
73	Robertson Keith	1		80	59	139
74	Ritchie Jonathan	1		69	69	138
75	Barratt Tom	1		77	60	137
76	Spencer Charles	1		66	68	134
77	Massie A	1		65	53	118
78	Pearson Ashley	1		61	54	115
79	Patton B	1		53	50	103
80	Watson Kevin	1		50	48	98
81	Trimble T	1		28	66	94
82	McCourt A	1		44	45	89
83	Kefford P	1		45	41	86
84	Smith Gordon	1		46	40	86
85	Liversidge Derek	1		40	32	72
86	Stewart Kevin	1		31	29	60
87	Scott Stephen	1		28	27	55
88	Doel Edwin	1		26	26	52

Vets on Standard Points

	Age	Ev1	Ev2	Ev3	Ev5	Ev6	Tot
1	Stewart Dick	71	50	50	50	50	250
2	Mitchell Stewart	68	49	49	49	49	245
3	Morris David	52	47	48	47	46	235
4	Byth Bill	68	45	44	45	48	228
5	Walton Stephen	58	48	47	48	47	190
6	Wilkie Ian	51	43	0	46	45	179
7	Warwick Duncan	44	0	43	44	44	17540
8	Cowie Calum	49	32	33	35	35	172
9	Monaghan Sean	40	44	45	42	34	165
10	Dudgeon Alan	51	0	38	43	41	161
11	Varney Keith	52	0	39	36	39	156
12	Grant Ian	44	37	29	28	27	155
13	Howarth Neil	51	42	42	0	38	153
14	Dobson Ron	52	0	34	41	37	152
15	Sinclair Ian	51	40	32	0	36	149
16	McIntosh Bert	64	0	0	38	44	130
17	Clark Peter	51	35	27	32	0	127
18	Armstrong Rob	47	41	41	37	0	119
19	Bryson Ken	48	0	36	39	40	115
20	Richards Simon	55	0	35	40	0	113
21	Sim Colin	46	38	37	0	33	108
22	Thissen Marianne	L40	32	22	27	24	105L
23	Pithie Mike	48	0	20	30	23	103
24	Chesterman Alan	51	0	31	34	31	96
25	Whyman Sandy	47	34	28	33	0	95
26	Crawley Peter	47	0	26	0	30	92
27	Harrington Andrew	43	31	24	31	0	86
28	Jones Chris	50	0	0	0	42	85
29	Bird Dick	51	0	21	25	0	75
30	Nicholson Jenni	L53	0	40	0	32	72
31	Bricknell Bruce	44	36	26	0	0	62
32	Edwards Ian	57	33	0	0	28	61
33	Spalding Michael	43	0	0	0	26	58
34	Pearson Colin	40	0	0	26	29	55
35	Farrar Shelley	L40	0	23	29	0	52
36	Anderson Neil	45	0	46	0	0	46
36	Mulligan Hilary	42	0	18	0	0	46
38	Massie Andy	47	0	0	0	0	35
39	McCourt Alan	53	0	30	0	0	30
40	Anderson Kenny	52	0	0	0	25	25
41	Trimble Tim	53	'0	19	'0	'0	19

Team Race – 12

The numbers who have elected to ride the 12Hr Championship at Invergordon continues to grow. The venture will be backed by the Club and it is now important that the number of Supporters also increases

The event takes place on
Sunday 24 August

To be a rider get in contact with Doug on
doughaig@talktalk.net

To be part of the support team contact Sandy on
knockies@aol.com

The course for each rider changes during the day depending on how well that rider is doing. This could mean each rider needs personal support – so the more names that come forward the better

Are you up for it – no cost to you save for a bit of time

Support the
Advertisors

RACE CALENDAR 2008

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

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

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

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

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Ken Bryson

Email ken.bryson@talk21.com

Tel 01224 877533

Grampian Tigers Youth Cycling Club

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

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

Day: **Monday**

Time: **6.00pm-7.00pm**

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

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

Cost: £20 / year or £1 per session

Contact Information:

Gareth Smith T. 0787 9282666

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

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Entry Form for the 17th 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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17th Stonehaven Great Bike Ride
12 noon Sunday, 17th August 2008

Choice of 25 & 11 mile courses

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www.grampianblind.org

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Stonehaven Fetteresso Cemetery and back to
Stonehaven Scout Hut.

11-mile route follows Forest Drive, Arduthie Road
Westfield Road, Slug Road, Rickarton and
Swanley, Fetteresso Cemetery, ending at
Stonehaven Scout Hut.

Further information from Mary Lindsay on 01569
763440 or mary.lindsay@talktalk.net



Grampian Health Foods
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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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