

Issue 415

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CRANKS

Volume 35

The Magazine of
Deeside Thistle Cycling Club

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SCU Membership 156 (165)

British Cycling's Largest Club

Editorial:

I'm sitting here at Pitfichie with a laptop trying to get some inspiration for this, the first few paragraphs of your magazine. The loon is up there doing some downhill and I'm filling in time before he comes off, muddy, scraped, hopefully in one piece - and the bike. These specialist off road bikes are a hit. The chain stay on his bike recently broke. A few years ago the frame would have been a right off, or maybe an expensive repair. Off to the frame builder's for hours of work filing the broken bit out and brazing or silver soldering a new stay in. Unlikely for you to see your machine back on the road before Christmas. A few emails and getting passed pillar to post, a few phone calls and still getting passed around, I visited that place on Holburn Street. No problem, should be here by the end of the week. The very next morning I got a phone call. That left the fitting to be done. Two Allen keys, a hammer and drift were the tools. Gentle tapping drifted the bushings out. In the absence of a torque wrench a guess was made at how tight to bring up the bolts. Replace the components and back on the road in less than an hour from starting the job. In today's world there is far less maintenance carried out by individual riders. It's sad that some folk will even have their bike into the shop to get a puncture repaired. What great satisfaction riders used to have when they'd gradually filled that box in their bedroom with all the bits needed to assemble a complete bike. And sitting, resplendent, on cushions to preserve the paintwork, the 531 masterpiece. What joy to piece everything together.

PHILOSOPHER'S CORNER

The good thou hast a mind to do

Let it be quickly done

We every day examples see

How soon the glass is run

Do you have a view on life? Why not submit your favourite few words of wisdom for public consumption in this exclusive corner of your magazine. Send now to Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ or email Knockies@aol.com

DEESIDE RACING

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

The timetable for the workshops is as follows.

- 25th October, 9am
 - Riding Position and Aerodynamics
 - Basic Group Riding
 - Steady Group ride
- 28th November, 9am
 - Training Principles
 - Turbo training
 - Group turbo session
- 17th January, 9am
 - Racing, Fitness and Skill Requirements
 - MTB, Track, Road race, Individual TT, Team TT
 - Group ride
- 21st February, 9am
 - Nutrition
 - Race preparation
 - Group ride

If you would like to attend one or more of the workshops please contact Ken Bryson, ken.bryson@talk21.com, Tel 01224 877533.

Doug Haig has had huge success in encouraging mass club participation in long distance time trials and his enthusiasm and training rides have introduced many people to the "joys" of long distance riding. Doug has now joined the Deeside Racing committee and he will soon be launching a new initiative aimed at improving the performances of young and aspiring road riders. Ken Bryson will be providing coaching support for Doug's new initiative. This is a great initiative to support and encourage some of our younger members to get into road racing, not just to take part but to get results and he has the experience to make a difference having finished just outside the top twenty in Scotland's premier road race, the Girvan 3 day Stage Race as an 18 year old.

Doug will be providing more details of his plans over the next few months.

Ken Bryson

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!

CAIRNGORM STAGE RACE

It's Cairngorm stage race time! Stage 1 is a H/C to the summit of Cairngorm at 580m, Stage 2 is the Mackie Trophy - a 14 mile undulating TT then on the Sunday is the Kincaig 10 to Kingussie and back (from Kincaig) then in the afternoon stage 4 is the APR.

I'm unlucky enough to be placed in the third group of 4 so it's unlikely I'll repeat my 4th place. I'm going up with Al McGill, so I'll be keeping him right, and behind me hopefully. This is my Vuelta in September to the Caithness stage races Tour de France so I hope to keep the side up as best I can.

Stage 1 was - as ever - the dreaded hillclimb. We start from the Rothiemurchus Hilton entrance and slowly wind our way past the chalets and various activity centres, Loch Morlich and then we hit the climb, which lasts around 2 miles. The initial weather was not good. It stayed that way, the temperature at the top a brisk 7°C, the start line barely scraping 10.5°. Last year it was 10° on the summit and about 17° in Aviemore. Things were going to be slow. And it was! The wind was a block headwind for the 6 flattish miles and before the climb had crept up on us I was in the little ring using one of the bigger sprockets at the back. By this point with the steepest stuff to come I had realistically the 21 and the 23 sprocket left in reserve. They were used shortly after. I had a pretty bad climb, losing all which I would have gained using the aerodynamic position my TT bike has to offer. I ended up with a disappointing time of 32.19 which was 1 second outside my PB - set last year on much warmer, dryer and faster day. I had to think I would have gone perhaps 50s - 1-00 quicker had the weather been on a par as in 2007. One improvement though. I was 15th on this occasion. James Millar (Dooleys Cycles) did 27.02 for the win 1-24 ahead of Allan McCaffrey (Nevis Cycles) and 1-33 ahead of Peter Alexander (Moray Firth CC). (15th overall for weekend).

Stage 2 was the Mackie Trophy and which followed on from the hillclimb in which it was cold and chucking it down with Mother Nature's weakness. I had a better warm-up so much in I had one to speak of. The wind was unrelenting but somehow changed somewhat from the morning and giving us a tailwind down the old A9 towards Kincaig. The long straights would reveal your minute man/woman. The return leg in not quite so much an 'out-and-back' course, more a skinny loop, is very technical and quite fast despite the headwind. Given it was wet it became more of a rollercoaster than it usually is and although there were no reports of uncomfortable dismounts around the course apart from Mathew Hamilton (Perth United) coming off at the very start. I have to add that I very nearly became a statistic. I was passing my minute man from Glasgow St Christopher and so focused I was on getting a gap thus not taking him with me I refrained from using the brakes where clearly I should have done and JUST got round the corner by the thickness of my skinsuit. That off road excursion screwed up the entry for the next corner but I got squared up and all legs and elbows back on board to finish the course and record a 36.12 which was a good 2-20 quicker than my

time in 2006 (2007 was run on the same course without the first mile). I was 15th again but up to 5th overall.

Sunday morning was the sequel to the whole of Saturday in that it was cold, misty and damp. No rain but the chance of a mere patch of blue sky would be a fine thing. It was the Kincaig 10 this time. On a usually FAST course it was anything but today with the wind in our faces coming back. I returned a 26.10 for 28th place. Only thing of note to write was that I was slowed down by Peter Ettles (Forres CC), when he passed me for two minutes, by his vortex. I climbed up to 4th in GC though this would have been third had I put in a slightly better time.

The last stage now is the most exciting for me. The APR. It was on the first 5 of the 10TT course then down through Kingussie and past the Barracks, back towards Kincaig through Insh and Feshiebridge. Having partaken in my second favourite pastime - banditry - I convinced the organiser and group-setter that myself and Calum Cowie would be better off in the 2nd group - it worked. The first lap for me was awful. I wasn't in pain but there was no power going to the engine room.

I did maybe three turns the whole time during the first lap. Two were certainly in the hills. Onto the second lap and my roommate for the weekend Alasdair McGill attacked off the front but no one went with him so he sat up. It was status quo - certainly for our group anyway until the hills again just over the railway line at Kingussie. Here I felt the urge to put a dig in. My brain was saying 'No! not now! Don't be a twat!' But I went anyway. I was joined eventually by Alastair Little (Perth United) and Calum Finlayson (Forres CC) and we promptly worked together.

David Carnegie (Ythan CC) decided it be best if he made the junction and dragged Alasdair with him. We then made a group of 5. Carnegie was not contributing to the pacemaking at all and McGill doing bits. Myself and Little did the bulk as I found panic in my veins and tried to do the hurrying up as much as possible.

We didn't get to the finish without the Royal cavalry charge. Led by Peter Alexander (MFCC) the scratch group had arrived - bringing some of group 3 along with it - and promptly set pace on the front. It then got all narrow, fast and even more eye-balls out stuff.

We all looked out for each other as oncoming cars were forced to slow down as we all looked for as much room as possible with a long downhill right hander and a 90° lefthander onto the wooden bridge to negotiate. Having been squeezed out I got onto Wim Chalmet's (Cromarty Firth CC) wheel and then took him on the right. I got onto James Millar's (Dooleys Cycles) wheel then got past him. I just got up the finishing hill as fast as I could and having passed a few more big strong titans I had no-one left in front and thought to myself I had third. I held on and DID get third! What a moment! Just a golden, priceless moment during a bike race which makes all the sacrifices worthwhile. That's my best ever result and its salvaged my season. I finished 4th overall @ 11-44 to Peter Alexander on GC. *Mark Munro*

Results

ADCA H/C Cairn Mon earn 21 Sept 2008

1	Alister Watt	GCRT	4.04
2	Liam Cowie	AWCC	4.08
3	Colin Duncan	TCG	4.21
4	P Kelman	DTCC	4.27
5	K Robertson	DTCC	4.28
6	Veli-Matti Raikkonen	GCRT	4.30
7	M Munro	DTCC	4.32
8	G Balfour	ABC	4.36
9	R Cowie	AWCC	4.38
10	J Ritchie	DTCC	4.54
11	I Grant	DTCC	5.08
12	S Monaghan	DTCC	5.16
13	Katrina Brown	DTCC	5.18
14	S Pirie	DTCC	5.24
15	P Dennis	DTCC	5.25
16	A Duncan	YCC	5.44
17	M Harper	Una	5.47
18	N Skene	GCRT	5.50
19	L Coutts	AWCC	5.56
20	Fiona Duncan	YCC	7.32
21	Doug Haig	DTCC	9.20

Tri Changing Gear 10TT AB10/3 28 Sept 2008

1	Carlos Riise	SWCC	21.56
2	Ali Watt	GCRT	23.01
3	Norman Skene	GCRT	23.16
4	I. Humphreys	DTCC	23.18
5	Veli-M Raikkonen	GCRT	23.32
6	S Monaghan	DTCC	24.16
7	Chris McLean	SWCC	24.39
8	D Stewart	DTCC	24.42
9	L Cowie	AWCC	25.03
10	W Mackie	TCG	25.15
11	H Aitchison	FCC	25.33
12	C Finlayson	FCC	25.38
13	J Allan	TCG	25.41
14	I Grant	DTCC	26.13
15	C Sim	DTCC	26.22
16	S Walton	DTCC	26.28
17	S Richards	DTCC	26.55
18	K Stewart	DTCC	27.07
19	C Allanach	YCC	27.20
20	B McCabe	AWCC	27.24
21	S Pirie	DTCC	27.26
22	S Mitchell	DWCC	27.54
23	Jenni Nicholson	DTCC	27.58
24	A Robson	YCC	28.03
	P Winter	YCC	28.03
26	Carol Middleton	YCC	28.38
27	B Byth	DTCC	28.53
28	Marianne T Smitts	DTCC	29.11
29	I Edwards	DTCC	29.14
30	M Grant	FCC	30.44

CLUB WEBSITE

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

RACE RESULTS

We are trying to get together as many results as possible from members so that season long competitions can be finalised. It's a time consuming task and you can help make it easier. What is needed is not just your best performances but also all of your performances from the past year. To hand are all of the league results so you can forget about them. However quite a few of you have competed in Open events during the past year. It's these results, which are being searched for.

Race organisers are required by rule to supply these results to participating clubs but I'm afraid they don't always comply. We need all of the results, regardless how well or badly you performed, to retain a complete record of what has been done by club members.

Please make this job as easy as possible. If you have competed in any event other than league events, during the past season, please send the result. Send direct to the Championship Secretary on sherri.donaldson@btinternet.com and include the following detail: Date, Event, Distance, Your performance, Winner's Name, Winner's performance

2009 CALENDAR

The 2009 Calendar is not complete. We need someone to do the Coffee Pot 50TT. So far not that many events and we could do with more. DTCC members are running 6 events - GCRT are doing 9 (6 x non standard Thursday Evening TTs) - YCC have 5 events - AWCC 2 events. Take out the 6 evening events and we only have 17 events at weekends. Those at the Date Fixing thought we should try for Nat 25TT again. With the promise of help like last year I'm OK with that. We could do with another 10 at least and possibly a 25 - or more. No point in complaining about the lack of events in 09 if members are not prepared to put them on. Over to clubs and their members.

Isobel Smith

isobel@beldie.freemove.co.uk

RELENTLESS 24

This event is worth bringing to the attention of members - <http://www.nofussevents.co.uk/event/Relentless-24/1022/> All "No Fuss" events are well organised, friendly and great value. The course at Fort William should be 100% rideable

Phil Kelman

IN BALANCE PHYSIOTHERAPY

I run In Balance Physiotherapy & Sports Injury Clinics, providing specialist sports physio in Aberdeen and Banchory. I specialise in sport Injury rehabilitation, and have worked with athletics clubs, national sports institutes and recreational athletes for over 12 years. I am recognised by all the major health insurers. I am a keen athlete and hill runner, a recreational cyclist and have previously been a competitive triathlete. I am a Scottish Athletics registered coach. I would be happy to offer Deeside Thistle members discounted physiotherapy. Please contact Alan Sealy MCSP, Chartered Physiotherapist on alan.sealy@btinternet.com

KINTORE KLASSIC

Next month greater detail about this end of season event will be published. For the moment I just wanted to record my thanks to Rob Armstrong for organising a great day out on the bike. He'd had a word with the Big Man and had arranged for sunshine. He'd obviously forgotten to mention the wind, however, and we seemed to have a strong headwind for most of the day.

The route took us from Kintore over the Slug into the Mearns, which meant riding some unfamiliar roads for me. It was like riding in Belgium with the wide-open countryside and side winds!

The Cairn o' Mount did for most of us, however there was an excellent food stop at Finzean following which we soldiered on to complete the ride in Kintore where more food and tea / coffee awaited us.

All in all, a great way to end the season. *Alasdair McGill*

PHIL WINNING

Seek first to understand - then to be understood. Don't you find that, while others are speaking to you, instead of really listening to understand, you are busy preparing your response? Valuing the difference is the essence of synergy - realise that all people see the world, not as it is, but as they are - *Stephen R. Covey*

Don't send me flowers when I'm dead. Spend me flowers while I'm alive! - *Brian Clough*

The best things in life are free

Friends are people you can call at 4am

Friends are people who know everything about you and are still your friend

Strangers are only friends we haven't met

Put yourself in the other persons shoes

Treat other people the way THEY wish to be treated

If you can't be nice, be as nice as you can

I want to see my friends while I'm alive, not at my funeral when I'm dead!

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

TEAM RACE 12

From the moment team DTCC met up in the Marine Hotel, Invergordon on the Saturday night I knew we were in for a special event. The mood was very positive, almost like a party, with lots of anticipation about the ride itself. After a 4.30 AM rise on Sunday it was straight to the race HQ to meet the riders and transfer their grab bags into the support car. Steve Spink and I were providing support to Ian, Shelley, Alan Rose and Sandy Whyman initially but as the ride progressed we took on most of the other riders at some stage or another.

In order to provide the perfect support, Steve and I adopted a methodical, time driven strategy to ensure we were at the right place at the right time with pre-mixed drinks and portions of food to suit the riders needs. It worked extremely well and we surprised the riders with our exact timings and efficiency. All part of the

masterplan known as "Project DTCC", similar to the strategy copied by British Cycling in the recent Olympics I believe!!

We navigated around the course synchronising with Sandy and Andrew's movements and clocked up nearly 200 miles ourselves (in the car) in the process. It was evident that the riders needed most coaching around the 6 to 8 hour mark and by this time the strong wind was taking its toll. Once the riders were on the finishing circuit it became easier to manage and the riders certainly picked up momentum and belief that they would indeed complete the event. Some of the riders relished this circuit and pushed hard for more miles.

It was satisfying to see the riders giving their all in the final hour and we knew Team DTCC would be in with a shout for placings and medals. All in all this was a memorable day with a combined team effort reaping just rewards, again raising the profile and standards for DTCC.

Doug Haig has been "Mr Motivator" for the 12 and 24 events in recent years and once again he assembled a worthy and capable team. If this is, as he says, his swansong then his dreams of taking DTCC members to the heights of long distance cycling have been achieved. So, well done Doug - job done. *Kevin Stewart*

MOUNTAIN BIKE TRAINING RIDES

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

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

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

ADCA TOUR

The final record of the ADCA Tour being tested by Mark Munro is at <http://www.deeside.org/results.html>. Adjustments are being made to how it has operated and a proposition is being prepared for the ADCA AGM.

GRAMPIAN TIGERS YOUTH CYCLING CLUB

Grampian Tigers Youth Cycling Club has been reconvened. Members interested in getting involved with this youth group are invited to contact Gareth Smith on 0787 9282666. He is also on info@grampian-tigers.co.uk and there is a web site at www.grampian-tigers.co.uk. The success of this group and the appointment of a cycling officer by Aberdeenshire Council may lead to other similar groups being formed elsewhere in the north-east.

ADCA COMPETITIONS

Best Performance in ADCA Events only to count

Novice Championship

1	Cowie Liam	AWCC
2	Allanach Colin	YCC
3	Mcintosh Dave	YCC
4	Byth Bill	DTCC
5	Middleton Carol	YCC
6	Winter Paul	YCC

Ladies BAR

1	McLean Chris	SWCC	24.219
2	Duncan Fiona	YCC	23.892
3	Middleton Carol	YCC	21.212
4	Thornell Ellen	TCG	20.670

Jnr BAR

1	Cowie Liam	AWCC	22.878
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Snr BAR

1	Riise C	SWCC	26.263
2	Raikkonen V	GCRT	24.883
3	Skene N	GCRT	24.821
4	Monaghan S	DTCC	23.560
5	McLean Chris	SWCC	23.327
6	Stewart D	DTCC	23.025
7	Watson I	AWCC	22.589
8	Sim C	DTCC	22.502
9	Clark R	DTCC	21.922
10	Howarth N	DTCC	21.739
11	Grant I	DTCC	21.111

Vets BAR

1	Stewart D	DTCC	+5.8528
2	Riise C	SWCC	+5.0692
3	Skene N	GCRT	+5.0501
4	McLean Chris	SWCC	+4.1253
5	Howarth N	DTCC	+2.0653
6	Monaghan S	DTCC	+1.8842
7	Sim C	DTCC	+1.7786
8	Grant Ian	DTCC	+0.0721

CHAMPIONSHIPS 2008

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

OLD CLUB CLOTHING

As agreed with our new sponsors our old colours may still be worn for training and in Evening League events, certainly for the 2009 season. There is still a small stock of garments held by Mike Brown, 01224 743304. These are being sold off at 50% reduction in price. Please give Mike a call if you would like to take the opportunity of this sale. He has a number of winter wear garments, which will be ideal for use during the close season.

NEW CLUB CLOTHING

Supplies of new club clothing will arrive in a few short weeks. The manufacturers have promised a rapid turn around once they have numbers and sizes confirmed. Unfortunately only a few members have ordered garments from the initial round up. This means that first estimates might not be too accurate and some sizes will be in short supply. However, second orders will be very welcome. It is suggested that once the first delivery is made we could hold a clothing evening at Garlogie Hall. I think that is a good idea for it would help shift quite a number of the garments at one session. *AJL*

NOTICE OF ADCA AGM

Aberdeen and District Cycling Association will hold its Annual General Meeting on Wednesday 29 October 2008 in Aberdeen Airport Social Club from 7.30pm. Any proposals for changes to or additions to the Constitution should be submitted to Isobel Smith isobel@beldie.freemove.co.uk by Wednesday 22 Oct.

NEW MEXICO CONNECTION

TopCat James, here, from Deeside New Mexico. I noticed from an earlier Deeside e-mail that Ya'll were having an event that was to be visited by many top cycling personalities, to wit: Sean Kelly, et al.

To say that I'd attend, if I could, is unnecessary, as Mr. Kelly is a long time cycling God in my eyes. I am sooooo very jealous that you have access to gain input from Him and His renowned cycling buddies in attendance. Probably just as well as I'd embarrass myself gobbling all over Him.

So, please pass on to whomever is attending, so they can pass it on to Sean Kelly, this simple statement - "You have inspired me in the past; and in the present, I admire you for what you have done!"

Cheers and Thanx a bunch, Jim Clark aka: TopCat James

PS: Now all Ya need is for Jan Ras to show up and I'll really go Green with Envy!

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

BRAVEHEART

Braveheart Fundraising Ride, Saturday 25th October 2008. Special guests this year are Sean Kelly, David Millar, Scott Sunderland, Mark Cavendish and Graeme Obree. Help the organisers by entering online <http://www.braveheartfund.com/EventDetail.asp?EventID=7583>

FORESTRY NEWS

Witches brooms in the birch trees

As the birch loses its leaves in the autumn you might be able to spot the tell-tale signs of low flying witches! Watch out for tangles of shoots in the branches - when the shoots all grow in the same direction it really does look like a traditional broom - but they can also look like old birds' nests.

These dense bunches of short, small-leaved shoots (properly known as a gall) are caused by a fungus called *Taphrina betulina*. The fungus, which doesn't harm the tree, causes extra growth so that many shoots grow instead of just one. The fungus uses the extra shoots as a food supply.

Popularly known as "Witches Broom" it used to be thought that they were signs that a witch had flown over the tree - (but not high enough...)

Why do leaves change colour?

Leaves are the "food factory" of the tree. When the days grow short and night time temperatures fall, the tree realises that autumn and winter are coming. Most trees do not grow in autumn and winter, so there is no need for food and the 'food factory' closes down.

The green pigment (called chlorophyll) left in the leaf is not needed and starts to decompose. That means the other pigments from the sugars and starches start to show - and they're the golds and reds that we know as autumn colours.

Follow the changing colours over the next few months in our forests. We record these at The Bin, Bennachie, Cambus O'May and Dunnottar. Check the [website](#) also to see the changes.

Halloween event

Are you prepared to be scared? What goes on in a forest on Hallow's Eve? Do you dare go into the forest at night? You do? Then mark down Saturday 1st November as a date for a Spooky Wood walk in Tyrebagger.

Come along to hear ghostly stories about witches, werewolves, bloody battles and much more and don't worry about the frightening characters you will meet - you will be guarded at all times by The Grim Reapers.

We ran the event for the first time last year and 300 brave souls dared to enter the woods. We are now taking bookings for the 2008 event but places are limited so book early! (See the Events Section for more details).

This year please remember:

- no children under eight years of age
- no dogs please as they will be scared and will bark
- bring a torch per group to help you find the way along the paths safely.

Path Improvement Work

We have just finished improving the two way-marked trails through Delgaty Wood near Turriff. You can check them out - starting from the Delgaty Castle car park - and experience the autumn joys of this beautiful, diverse woodland. It's well worth a visit - and why not stop at the castle afterwards for some refreshments! We have

also recently done work on the paths around the car park at Scolty Woods near Banchory.

Tree Harvesting Work

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

Fetteresso near Banchory and Stonehaven:

Some of the longer routes will still be closed in October.

Drumtochty near Auchenblae and Stonehaven:

Some of the walks there will be closed for part of the month. The link route to Fetteresso will also be closed.

Bennachie near Monymusk:

There is work happening here but the way-marked routes will not be affected.

Events

Wed 15th + Thurs 16th Oct - Wild Autumn October Camp - there are still a few places left on this two day camp for children in the October holidays. See the [website](#) for more details

Sat 18th Oct - Orienteering at Bennachie, 11.00am - 1.30pm - learn more about orienteering. Suitable for adults and children, beginners to advanced. Basic coaching provided. No booking required and it's free.

Sat 1st Nov - Spooky-Wood Ghost Walk, 6 - 9pm (different time slots) - a guided walk through the woods for Halloween. Not suitable for children under eight, children must be accompanied by an adult. Adults welcome on their own too. Cost - £2 per person. Booking essential, walks from 6pm onwards, running every half hour until 9pm. The first one will not be so scary as it will not be fully dark. Each one will get even scarier, the last one being the most scary!! The walks last about 45 minutes. Bring your torch!

TOUR OF SPAIN

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

RECENT NEW MEMBERS

1987	Derek Thoms	Westhill	37
1988	Chris Roy	Elgin	22
1989	Mike Johnston	Banchory	44
1990	John Allan	Aberdeen	52

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).

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 John at j_m.scott@yahoo.com You may also phone Sheila on 01224 639012 or check www.ctcgrampian.org.uk

Contact numbers: Please do not phone after 9pm - In case of bad weather, you may wish to phone that day's designated run leader to check if the run is going ahead

Office Bearers

Chairman	John B	01224 571984
Secretary	Sheila	01224 639012
Runs Co-ordinator	John S	01224 790269
Social Secretary	Claire	01224 611550
Treasurer	Doug	
Membership Records	John T	01467 620146

Right to Ride Representatives

Aberdeen City	Dave L	01224 314127
South Aberdeenshire	Mark	01330 823418
Central Aberdeenshire	Albert	01467 651255
North Aberdeenshire	Bill	01888 562550

Runs Co-ordinators

Try Cycling Rides	Gerard	01224 734799
Morning Runs	Sandy	01224 682781
Slower Full Day Runs	Dave W	01224 730313
Medium Full Day Runs	Gordon M	01224 318507
Faster Full Day Runs	Sheila	01224 639012

Additional Runs Leaders

Dave B	(01224 876136)
Dave L	(01224 314127)
Cindy	(01224 484891)
Joe	(07971 036 933)
Hamish	(013398 82333)
Jonathan	(01224 744658)
Wilf	(01224 658274)

Discounts are available at the following shops on production of a current CTC membership card:

- Alpine Bikes: 10% on all accessories
- Nevisport 10% on selected goods

Newcomers: We welcome newcomers, particularly on the 'Try Cycling' and 'Morning' runs. You do not need to be a member of the CTC to join our runs, but after 4 or 5 runs you would be expected to join the CTC. Ask the run leader for a membership form or join through the CTC website: www.ctc.org.uk/

Runs start promptly at the time stated. Distances are calculated from the meeting place. Bring spare inner tube, puncture repair kit, tools, wet weather gear, some food, drink and LIGHTS where relevant. It is recommended that all cyclists carry a First Aid kit.

Runs Leaders are requested to contact the coffee/lunch stops with rider numbers and expected arrival time, as early as possible.

Try Cycling: Runs aimed at beginners, at a slow pace with frequent stops, about 10-15 miles long. They may include a coffee stop. The start point (Duthie Park, Riverside Drive) has parking for those bringing their bikes to the start by car.

Morning Runs: These runs are at a relatively slow pace and are usually about 25-30 miles long. A coffee or picnic stop will usually be made.

Full Day Runs: These are all-day runs intended for experienced cyclists. A coffee stop and lunch/picnic stop will be made. Distances and speeds vary as outlined below:

Slower Full Day Runs: Slowish - distance normally 30-45 miles

Medium Full Day Runs: Moderate - distance normally 45-60 miles

Faster Full Day Runs: Fast pace - distance normally 60-75 miles

Pub Runs: Start prompt at the time stated, to reach the pub by 21:00 approximately. LIGHTS! For further information, contact Sheila

Bike & Hike: These runs are generally from Aberdeen to a beauty spot for a short walk and picnic, before returning

Social Evenings: Partners & friends welcome. Please arrive at 19:45 for a start at 20:00 and take a bottle and/or some food. Please also give a contribution of £2.00 per head

Tea & Biscuits: Visits to member's homes. Please give a contribution of £1.00 per head

October

- Sat 4 Slower Full Day C 09:30 Airyhall Library, Coffee at Inchmarlo Golf Club, Banchory (01330 826426), Lunch at Millers, Midmar (01330 833462) [Led by John T]
- Sun 5 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Dave L]
- Sun 5 Faster Full Day A 09:00 Peterculter (west end), coffee at Inchmarlo Golf Club, Banchory (01330 826426), lunch at Bistro, Alford (019755 63154) [Led by Dave B]
- Sat 11 Faster Full Day A 09:00 Old Mill Inn, Maryculter, coffee at Here & Now Stonehaven (01569 767099), lunch at Clatterin Brig Café (01561 340297) [Led by John B]
- Sat 11 Morning Run D 09:30 Brig o' Balgownie, coffee at Parkhill Garden Centre (01224 722167) [Led by John S]
- Sun 12 Medium Full Day B/C 09:30 Peterculter (west end), Crathes Castle (01330 844634/525) for coffee and Potarch Hotel (013398 84339/84223) for Lunch [Led by Joe]
- Sun 12 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Sandy]
- Sat 18 Faster Full Day A 09:00 Parkhill Bridge, Dyce, coffee at Oldmeldrum Town Hall, (01651 872351), lunch at Kellockbank, Inch (01464 851114) [Led by John S]
- Sun 19 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Dave L]
- Sun 19 Slower Full Day C 10:00 Asda, Dyce (01224 724134), for coffee, run starts 10:30, lunch at Ross's Coffee Shop, Inverurie. (01467 620764) [Led by Gordon M]
- Sat 25 Medium Full Day B/C 09:30 Westhill Centre, Monymusk Walled garden (01467 651543) for coffee, Redgarth Hotel, Oldmeldrum (01651 872353) for Lunch. [Led by Dave W]
- Sun 26 Morning Run D 09:30 Airyhall Library, visit various consumption dykes, Kingswells, coffee at Craibstone Golf Club (01224 716777) [Led by Alan]
- Sun 26 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Gerard]
- Sun 26 Faster Full Day A 09:00 Westhill Shopping Centre, coffee at Monymusk Garden Centre (01467 651543), lunch at Dess Activity Park (013398 83536) [Led by Sheila]

November

- Sat 1 Slower Full Day C 09:30 Leggart Terrace, coffee at Asda Portlethen (01224 782200), lunch at The Ship Inn, Stonehaven (01569 762617) [Led by Joe]
- Sun 2 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Sandy]
- Sun 2 Faster Full Day A 09:00 Peterculter (west end), coffee at Millers, Midmar (01330 833462), lunch at Crossroads Hotel, Lumphanan (013398 83275) [Led by Dave B]
- Sat 8 Faster Full Day A 09:00 B&Q Bridge of Don, coffee at Gallery Coffee Shop, Ellon (01358 722372), lunch at Ross's Coffee Shop, Inverurie (01467 620764) [Led by Wilf]
- Sat 8 Morning Run D 09:30 Leggart Terrace, visit Albert Memorial, Tollohill, coffee at Asda, Portlethen (01224 782200) [Led by Sandy]
- Sat 8 AGM 17:45 for 18:00 AGM at Aberdeen Youth Hostel, 8 Queens Road, Aberdeen, followed by social and supper at 91 Whitehall Place.
- Sun 9 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Gerard]
- Sun 9 Medium Full Day B/C 09:30 Leggart Terrace, ASDA, Portlethen (01224 782200), for coffee and Inchmarlo Golf Club, Banchory (01330 826426) for lunch [Led by Hamish]
- Sat 15 Faster Full Day A 09:00 Westhill Shopping Centre, coffee at Millers, Midmar (01330 833462), lunch at Carriages, Inch (01464 820604). [Led by Sheila]
- Sun 16 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Dave L]

- Sun 16 Slower Full Day C 09:30 Westhill Shopping Centre, coffee at Millers, Midmar (01330 833462), lunch at Burnett Arms Hotel, Banchory (01330 824944) [Led by Alan]
- Sat 22 Medium Full Day C 09:30 Kingswells Roundabout, Moar House Furnishers, Kintore (01467 632421) for coffee. Visit Place of Origin, Kemnay then Ross's Coffee Shop, Inverurie (01467 620764) for lunch. [Led by Gordon M]
- Sat 22 Morning Run D 09:30 Duthie Park, Riverside Drive, visit War Memorial, Culter, coffee at Peterculter Parish Church [Led by Jonathan]
- Sun 23 Faster Full Day B 09:30 Parkhill Bridge, Dyce, coffee at Garden Centre, Inverurie, (01467 621402) lunch at Vale Hotel, Fyvie (01651 891376) [Led by Dave W]
- Wed 26 Social Aberdeen University, KCG7, Kings Quad. Charity Talk/slide show 'TIBET BY BIKE- altitude with attitude' given by Gordon Casely. CTC tour 2006. More details to follow.
- Sat 29 Slower Full Day C 10:00 Cockers Garden Centre (01224 313261), Lang Stracht for coffee, run starts at 10:30, lunch at New Inn, Ellon (01358 720425) [Led by Gerard]
- Sun 30 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Sandy]
- Sun 30 Faster Full Day A/B 09:30 Old Mill Inn, Maryculter, coffee at Inchmarlo Golf Club, Banchory (01330 826426), lunch at Royal Hotel, Stonehaven (01569 762979) [Led by Hamish]
- December**
- Sat 6 Faster Full Day A/B 09:30 Hazlehead, Groats Rd, coffee at Flora's (01330 860848), lunch at Spice of Life, Inverurie, (01467 629029) [Led by Joe]
- Sat 6 Morning Run D 09:30 Brig o' Balgownie, Coffee at Tarts and Crafts, Balmedie (01358 742002) [Led by Jonathan]
- Sun 7 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Gerard]
- Sun 7 Medium Full Day C 09:30 Airyhall Library, Flora's (01330 860848) for coffee and Inchmarlo Golf Club, Banchory (01330 826426) for lunch. [Led by John S]
- Sat 13 Xmas Lunch C 09:30 Duthie Park Café, Morning Ride. CTC Grampian Christmas lunch. Meet 09.30 at cafe in Duthie Park for coffee, ride leaves at 10.00, Inn at the Park at 12.00, for carvery lunch at 12.30. [Led by John B]
- Sun 14 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Sandy]
- Sun 14 Slower Full Day C 09:30 Peterculter (west end), coffee at Burnett Arms, Banchory (01330 824944), lunch at Royal Hotel, Stonehaven (01569 762979) [Led by Alan]
- Sat 20 Medium Full Day C 09:30 Asda, Dyce (01224 724134) for coffee, run starts 10.00am for Redgarth Hotel, Oldmeldrum (01651 872353) for lunch. [Led by Wilf]
- Sun 21 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Sandy]
- Sun 21 Morning Run D 09:30 Airyhall Library, coffee at Flora's.(01330 860848) [Led by Gordon M]
- Sun 21 Faster Full Day A/B 09:30 Airyhall Library, coffee at Crathes Castle (01330 844634/525), Banchory, lunch at Learney Arms Hotel, Torphins (01339 882202) [Led by John B]
- Sat 27 Slower Full Day C 10:00 Peterculter Old Bank Bar, Coffee at Old Bank Bar (01224 730003), run leaves at 10:30, Lunch at Northern Lights, Fintray (01224 791261) [Led by John T]
- Sun 28 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Gerard]
- Sun 28 Faster Full Day A/B 09:30 Duthie Park, Riverside Drive, coffee at Asda, Portlethen (01224 782200), lunch at Royal Hotel, Stonehaven (01569 762979) [Led by Dave B]

25 YEARS AGO

The average member cannot see the amount of work done by a very few in running your Club. It costs those very few very much of their leisure time in getting your sport and pastime to continue operating. Yet the average member seems to feel he is duty bound to criticise fiercely any small hiccup in the organisation. Perhaps he should make an effort instead of resting on the laurels laid at his feet by unpaid, unpraised officials.

CLUB CLOTHING

A consignment of club clothing in the new colours is expected within weeks. Members are welcome at The Pines in Garlogie for fitting and collection. Give Mike a phone on 01224 743304 (evenings only) to arrange a suitable time.

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

CYCLE GRAMPAN 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 TRAILER BIKE

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

SCU/BC MEMBERSHIP

Are you about to renew your membership? British Cycling will send you notification before it is due. However, you may download a form here: [Senior](#) or [U18](#) or from, Sandy Lindsay, Rowan Cottage, Inveramsay, Inverurie, AB51 5DQ (tel: 01467 681330) or email knockies@aol.com. There is also a concession of £12.00 for those joining for the first time or after a lapse of two years. You can download that form [here](#) – or contact your secretary for more detail.

Check out these Web links:

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

GLACIER BOOKS

Interested in books about the mountains? Go to www.glacierbooks.com/Book_Just_Arrived.asp. You can search for books by Author, Title or Keyword

HOLIDAYS

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

KEFALONIA From £224pp for 14 nights
FUERTEVENTURA From £246pp for a week
ST LUCIA From £529pp for a week
FLORIDA From £449pp for a week
MEDITERRANEAN CRUISE From £799pp for 14 nights
MAURITIUS From £1079pp for a week

Fiona Betteridge Travel Counsellor phone 0845 058 7411
or email fiona.betteridge@travelcounsellors.com
www.travelcounsellors.co.uk/fiona.betteridge

BORN2RUN

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

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

TRAINING RUNS

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

BANCHORY RUNS 2008

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

INVERURIE RUNS

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

BANCHORY RUNS

Midweek - There is a midweek email group based on Banchory. It has been running for a few years. They are very civilised runs of between 30 and 50 miles with a stop for coffee and scones. Pace is moderate and no one gets dropped. Runs are ad hoc, depending on who is free and what the weather is like. Arrangements are made by email and start from Banchory Town Hall usually between 9:30 and 10:00. The route is decided on the day

though people can be met at other points, like Potarch, by arrangement. Anyone interested should email Bill Byth at bill.byth@gmail.com and he'll add you to the MIDWEEK email group

Midweek on Sunday - This group has a Sunday run leaving from Banchory Town Hall at 10:00am. The Sunday run is the same basis as Midweek and is aimed at people who don't want or can't take the faster pace of the 9:00am Banchory run. Expect a moderately paced run, which stays together with a semblance of organisation on which, REALLY, no one gets dropped - and a coffee stop. Distance is usually 40-50 miles, but depends on personnel, terrain and weather. We have been known just to go to Flora's and back on a really dreich day. Since the run is weather dependent you need to be on the emailing list to know whether anyone else is going to turn up. E-mail Bill Byth at bill.byth@gmail.com to join the list, or, if you don't have access to email, phone 01330 822669.

KINTORE RUNS

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

PETERHEAD RUNS

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

STONEHAVEN TRAINING SESSIONS

Mon 7pm run/circuits Green Hut Stonehaven cost £2.00(members) and £4.00(non-members)
Tues 7pm interval running then swimming at 8.30pm (sauna available) cost £2.90 for the lot or £1.70 run only
Wed Turbo Training Mackie Academy Dining Room cost £2.00 (members) and £4.00 (non-members). Doors open 1830 session starts 19:00 contact Ken Bryson. Pursuit training is finished until spring.
Thurs 7.30pm Splash n Dash interval running and swimming/sauna session's cost £2.90 or £1.70 run only
Fri 7pm run/circuits Green Hut Stonehaven cost £2.00(members) and £4.00(non-members)
Sat 9am Long Slow Distance Running Fetteresso Forest 9am free
Sun 9am Cycle - meet at Stonehaven Square free
More information on the above is available at www.fleet-feet.com/FFT/webmodules/pages/ShowArticles.aspx?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 For Sale Gary Fisher mountain bike. 24spd. Only ridden twice and never off-road. Disk brakes, Shimano kit. Yellow and black. Bought for about £500, sell for £250 ovno. Contact John on 01224 743449 or email foulkes874@btinternet.com (1)
- 5 a) Black Quill stem 120mm. Never used - £10 (1)
b) 2 frame fitting pumps. Never used. Cost £20 each, sell for £10 each (1)
Contact doughaig@talktalk.net
- 7 Mavic Ksyrium SSC-SL wheels. Very light, very stiff. Shimano 8/9/10 compatible. Only used for a few sunny holiday miles on the continent. A snip @ £300 Contact Steve on Steve.Muir@Shell.Com (1)
- 8 a) Campagnolo Chorus Carbon Ultra Torque chainset 175mm cranks 53 x 39 rings, c/w BB cups British threads, almost new - £120 (1)
b) FSA SLK carbon chainset 175mm cranks, 53 x 39 rings, c/w BB Italian and fitting tools - almost new - £90 (1)
Contact Phil on 01224 867299 / 0781 463 5030 or email phil.duncan1@btopenworld.com
- 9 Ksyrium SL SSC, Shimano, clincher - 700c.
Having a clear out of the garage and up for auction is a brand new, never used rear Ksyrium SL SSC, Shimano, clincher - 700c in silver that's surplus to requirements. This was purchased as a back up for last year's Paris-Brest-Paris but (luckily) was never needed and has been sitting in the garage for over a year. Comes in a box complete with the quick release, tools and Mavic booklet. Have uploaded some more photos here: <http://philkelman.fotopic.net/c1576628.html> £200 secures. Contact Phil philipkelman@aol.com (2)
- 10 ZOOM PYTHON Trials bike. New condition. Top equipment. Reduced to £800 with delivery anywhere in UK. Contact Brian on 07896 058880 or email mentalbrian2001@aol.com (2)
- 11 Specialized Rockhopper. Hardly used. A few small scratches on the front forks. £500 o.n.o. Phone Doug Connell on 01224 733007 or 07970 326381 (3)
- 12 a) Colnago Dream Road/Racing bike, 56cm Frame, All Campag Record and Chorus components, Mavic wheels, good condition, have some extras, ie tri bars, clip in pedals etc. Price £650 ovno (3)
b) Colnago C40 Road Racing bike, 56cm Frame, set up for triathlon/time trial but all parts included to be made standard again, Profile tri bars, bar end shifters, Mavic Krysium wheels, forward facing seatpost, all Campag, Record/Chorus, very lightweight carbon fibre bike, would have been close to £4000 when new. Price £1200 ovno (3)
c) Specialised Allez frame with bottom bracket and cranks, refurbished but good condition £45 (3)
Contact Pete on 01651 873590 or 07770 700663, e-mail: peter.royce@halliburton.com
- 13a) Durace 9 spd bar end shifters – unused £30 (3)
b) Profile Quick Stop 2 Levers £30 (3)

- c) Profile 27.2mm fast forward seat post £10 (3)
- d) Ultegra triple chainset (not many miles) £45 (3)
- e) C2 JOKER bike, medium carbon monocoque. Ultegra 9 spd with Profile Carbon X bars, Profile levers, Gripshift bar end gear shifters and Transam saddle and Gipiemme wheels. Comfortable bike £525 ono. Pictures available (3)
- f) Planet X Stealth Aero Bars New and unused. Bargain £100 (3)
- g) Syntace C2 Clip Aero bars and handlebars. Tri bars used but handlebars unused. Good condition, very light. £50 ono (3)
- h) Fondriest road bike, 45cm C to C or 49cm C to top of seat tube. Tiagra 9 speed triple. Ladies saddle but other options available. Profile tri bars and computer. Rigida wheels and Michelin tyres. Carbon fork but original available. Pedals not included. £325 ono (3)
- i) Profile Carbon X tri bars 100mm stem length. Good condition. £140 ono (3)
- j) ITM Chrono Aero bars – Quill stem. Unused and in box. Narrow bars – 36cm approx. Pads included. £80 (3)
Contact Richard Burton on 07786 081582

WANTED

- 1 Wanted for Charity: Clincher wheels f/r 700c for 7/8/9/10sp, old gear systems (front/rear mechs, shifter-brake levers etc). You are bound to have some of these at the back of the garage. Needed to send out to Africa where they can be put to good use. Preferably to be in reasonable shape. I can collect, let me know what you have: Jonathan Ritchie, Jritchie3@slb.com, 07717346399 (1)
- 4 Wanted to finish building a Turbo Training bike - Bottom Bracket + 175mm cranks + Rear wheel with free wheel + Rear mech compatible 9 speed Shimano (or may consider buying used bike with same). Contact Laurent laurent@schirrer.net (2)
- 5 Does anyone have an old/damaged set of training rollers. I'm after removing the single front roller, and just keeping the double pair to enable training on a recumbent trike tandem during the winter weather. If you have a set you want rid of, please contact Chris on chris.hall@hallinsts.co.uk or 01330 820761 (2)
- 6 Wanted is a small racing bike. Something to fit a 12 year old (29") inside leg. A small frame on it's own would also do as I have a training bike with decent Campag gear on it that I could swap over. C contact Pete Peter.Royce@Halliburton.com (2)
- 7 I'm looking for a second hand mountain bike for a teammate. He is 5ft 10in tall so will probably need about an 18in frame. He is looking to spend between £200 and £250. Please contact Callum Smith on cycle_crs99@hotmail.com
- 8 Wanted a Turbo-trainer for use in the garage through the winter. I guess we would consider anything really, just to get the wheels turning. Please contact Lewis's dad, Jon, on JonMurchie@compassprint.co.uk

DISCOUNT SERVICE

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

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

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

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

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

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

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

2009 Calendar

Give our sport the support it deserves – offer to organise an event in 2009. More folk are needed to help run events - Contact Isobel Smith on 01224 324749 or email isobel@beldie.freeseve.co.uk

RACING RESULTS

Have you competed in any Open events in the past year?

It is important the club has a record of your results. If you've not sent them in yet please get them to Sherri on sherri.donaldson@btinternet.com as soon as possible

ANNUAL SUBSCRIPTION

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

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

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

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

Club web site:

<http://www.Deeside.org>

Club Sponsors:



Support the Advertisers

The Cowdray Restaurant
Echt, Westhill, Aberdeenshire, AB32 6UL

Telephone:
01330 860534

Online:
www.thecowdrayrestaurant.co.uk

Ian Grant

Gardening: - Grass Cutting
General Tidying - Rotovation
Pressure washing - Tree Surgery,
Welding (electric) and small repairs

£9.00/hr or estimates

30 Sclattie Park, Bucksburn, Aberdeen
Tel (01224) 713033

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