

Issue 413

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CRANKS Volume 35

The Magazine of
Deeside Thistle Cycling Club
Sponsored by:



**Current Membership 380 (379)
SCU Membership 153 (168)**

British Cycling's Largest Club

Editorial:

It has been a long and pleasant relationship with BikeLife and UTI. The image of our club became colourful and well known during those 9 years of partnership. It comes to an end this month when our new sponsorship deal is put in place. This new agreement is with Freelance World and Acumen Group. Alastair McGill has spearheaded the association and seeks to enhance the support the club already gives to grass-roots participants in our sport. New club kit has been designed by Ian Humphreys and submitted to Scottish Cycling for approval. All details correct it is envisaged that the new colours can be made public at the start of October and it is hoped that the first garments will be available sometime in November.

It is fair to say that we have covered a broad spectrum this past season on the racing scene. Ian Humphreys has again excelled in the Masters Track competitions, Katrina Brown has been picking up mountain bike medals and at the other side of the rainbow the 12-hour riders also secured some hardware and Derek Stewart monopolises the Vets time-trialing. I'd like to see more riders taking part in Open events and travelling further a field. Undoubtedly we have the talent and with that talent, in the correct conditions, will come success.

Perhaps in 2009, with the support of our new sponsor, we may be able to celebrate that success, not only on the track and in the long distance time-trial, but also in shorter championship time-trials and in road-racing.

Our club is a big club and easily meets the criteria of introducing folk to our sport. What I'd like to see is those folk progressing to greatness. As I said before, the future is bright and maybe that light will soon shine this way.

PHILOSOPHER'S CORNER (Ian Buckwell)

Houseguests are like milk: keep for a maximum of five days or things will turn sour

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

ADCA HILLCLIMB

Entries are coming in for the Hillclimb. It's on 21 September. Juniors & Youths only pay their levies as an entry fee (£3.95 and £1.50 respectively). Details for this event are [on-line](#) on the [SC/BCF calendar](#)

RACE RESULTS

To create a complete record of members performances and to finalise season long competitions it is very important that we are made aware of what you have done. It is the rule that race organisers supply result sheets to participating clubs but sadly, year by year less do so. This means that you have to be relied upon to supply details. Now, there are already quite a number in, particularly from local events but it would make life easy if you sent an email listing all your performances for the past year to knockies@aol.com What we need is Event, Date, Course, Winner, Winner's Performance and Your Performance. It doesn't matter if we end up with duplicated results – better that than no results

BOB SOUTER HANDICAP "10"

This year's Bobby Souter has been switched to Colin Duncan's event on 28 September, weather forcing cancellation of original race. Please have your entries in as early as possible and not risk a cancellation - due to lack of interest. Not racing?? - How about offering your support in other ways. Link [here](#) for entries

2009 CALENDAR

2009 Events – so far there have been 4 responses from DTCC and 2 from Wheelers. GCRT are coming up with something as are Ythan - but several trophy events are at risk. Apart from the Glegg no-one has offered to do any. There are 50s and 100s to be organised as well as RRs. Please put your name forward for something. Reply to knockies@aol.com

SC NATIONAL VETERANS' ROAD RACE CHAMPIONSHIP – 17 Aug 08

1 John Kermod DTRC 65mls in 2.47.51, 2 Graham McGarrity DC, 3 Steve McIntosh GCRT, 4 A Watt GCRT all @ st, 5 M Copland FBC @ 10sec, 6 T Anderson FBC @2.13, 7 C Thomson VCA, 8 A. Mathieson MRCC, 9 S McGregor VE, 10 T Worthington GNCC, 11 J Cusick GCCC all @ st, 12 P McDonald JWCC @5.36, 13 K Thomson D&DCC @ st, 14 P Ettles FCC @8.08, 15 I Willcox unatt st, 16 G Findlater ECC Elgin @8.45, 17 G Barclay LB, 18 B Cowie AWCC all @ st, 19 R Reidy LB @ @ 8.48, 20 A Syme unatt @ st, 21 D Warwick DTCC @8.51, 22 R Kennedy GNCC @ 9.04, 23 A McAllister ARC @14.24, 24 D Lang GWCC @ 21.40, 25 G Walsh SWC @ 23.02, 26 C Fisher GNCC @ 35.37, 27 M Findlay ERC @ st, 28 A Smith RCC @ 35.40, 29 J Daly JWCC @ st, 30 K Wylie FBC @ 35.44, 31 N Howarth DTCC @ 35.59, 32 C Cowie DTCC @ 36.05

Thanks to all who helped, the commissaries and drivers, service, lead cars, marshals, first aid and refreshments, Malcolm Pritchard for the start sheets and Neil Howarth for his continual support.

Isobel

Glegg Trophy 25ml Handicap TT

Sunday 31 August 2008 AB25/3

1	Brown Philip	VE	55:50
2	Watt Alister	GCRT	57:31
3	Duncan Colin	TCG	57:37
4	Raikkonen, Veli-Matti	GCRT	57:43
5	McIntosh, Steve	GCRT	57:54
6	Warwick Duncan	DTCC	58:31
7	Skene Norman	GCRT	1:00:01
8	Sewell Roger	HDW	1:01:36
9	Brown Ian	DTCC	1:01:53
10	Monaghan Sean	DTCC	1:02:11
11	Duncan Fiona	YCC	1:02:56
12	Anderson, Neil	DTCC	1:03:19
13	Mackie Bill	TCG	1:03:22
14	Duncan, Andy	YCC	1:03:24
15	Watson Ian	AWCC	1:03:51
16	McGill Alasdair	DTCC	1:04:13
17	Allan John	TCG	1:04:16
18	Anderson Kenny H'cap	DTCC	1:04:59
19	Cowie Liam	AWCC	1:05:27
20	Grant Ian	DTCC	1:05:30
21	Clark Ross	DTCC	1:05:51
22	Howarth Neil	DTCC	1:06:39
23	Clark, Peter	DTCC	1:07:48
24	McCabe Brendan	AWCC	1:07:59
25	Allanach Colin	YCC	1:08:34
26	Chellingsworth Liz	DTCC	1:08:52
27	Carnegie David	YCC	1:09:14
28	McIntosh David	YCC	1:09:33
29	Robson Adam	YCC	1:09:45
30	Winter Paul	YCC	1:09:49
31	Thornell Ellen	TCG	1:10:45
32	Middleton Carol	YCC	1:11:50

RACING SHORTS

The Helpers 25TT at Invergordon on Saturday 23 August was won by Peter Ettles FCC in 53.15. Ian Humphreys was 4th with 57.22 and Jenni Nicholson returned 1.05.30

Ian Humphreys won the Audrey Gault 10ml TT on Sunday 31 August at Forres. His time was 22.44. Jenni Nicholson was 1st lady in 26.45 and also riding was Calum Cowie who returned 26.24

The Sam Dooley Trophy 25TT on Sunday 31 August at Ayr was won by A Doyle in 52.02. Sole Deeside rider was Dick Stewart who recorded a 59.51. Conditions good at start but deteriorating later. It was pleasing to see club exile Dave Milne shouting encouragement on the course

On 07 Sept in the Fife CA 10ml TT the first three were Steve McCaw BW 23.10, Jim Call SWC 23.14 and Ian Humphreys with 23.18. 1st lady was Fiona Duncan YCC with 25.50 and 2nd lady Jenni Nicholson with 27.04

Ian Brown rode his first 50TT in Fife on 14 September. Carlos Riise SWCC won in 1.54.55 and returned 2.09.07

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

DATE FIXING MEETING

Isobel Smith is absolutely overwhelmed by the response for organisers for the 09 season. In other words it's the typical District apathy. She points out that no organisers means no local racing. Wednesday 24 September is the date fixing meeting at her house, 28 Wallace House, Hazelhead and she is expecting a huge turnout of folk keen to help. I'll be putting forward the names of organisers from last year in the hope that they will be willing to repeat their promotion (better let me know if you definitely can't do yours) and any other member keen to get involved should reply to this email and let me know so that your name may also be put forward – or write direct to Isobel at isobel@beldie.freeseerve.co.uk

PHIL WINNING

We say some of the NASTIEST things to ourselves! I say some terrible things to myself sometimes I'm surprised we're still friends! Thinking or saying negative comments to ourselves is just like beating ourselves up! Sometimes our negative thoughts are automatic and sometimes we choose our negative thoughts. I will give you an example; I have met men and women I think are very attractive but they think they are unattractive. And vice versa. If you think you are, you are. If you think you're not you're right. Thoughts are thoughts. Thoughts are not facts! We can choose what we tell ourselves.

I think everyone has some negative thoughts and some negative labels about themselves;

My life is crap, I'm not good enough, I'm not good looking, I am a loser, I can't do anything right, I can't go on, I give up

What do you tell yourself?

I want to share with you one scientifically proven technique co-invented by Happiness expert Prof Seligman and used within Cognitive Behavioural Therapy;

ABCDE

A- Adversity situation

B- Belief that we tell ourselves

C- Consequences –how we feel and act- due to negative belief that we tell ourselves

D- Dispute and challenge the negative belief with alternative positive belief(s)

E- Energize

This technique can be used in any work, sport, study, relationship or life situation to help stop the abuse we give ourselves. Negative self-talk can have negative effects on our lives in a number of ways. Another approach which is also well researched and proven is called 'Mindfulness'. The mindfulness approach to negative self-talk is to be aware of the thoughts and accept them for what they are, just thoughts. Most of our thoughts are completely untrue and yet many of our thoughts affect how we feel and act

"He who conquers himself is the mightiest warrior."

-Confucius

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

TEAM RACE 12

Courtesy of Phil Kelman and Steve Spink here's a link to some photos of the recent 12hr: - <http://deeside-thistle.fotopic.net/>

Steve Spink

"So, a large group of us from the Club are going up to the Scottish 12 hour TT at Invergordon in August" said the Living Legend, commonly known as Doug Haig, "Are you up for it?" "Sorry" I replied, "Do you think I'm mad".

"We're looking for support, if you can manage that?" was his next question, and so I agreed, and along with Kevin Stewart, we began making plans for our weekend.

Following a meeting at Garlogie Hall, we were all set, and it was agreed that Sandy L would keep us right on the day. Thanks goodness for Sandy.

So, on to Invergordon for the big event, and after booking in to our two star accommodation (which shall remain nameless) we set off to the recommended eatery, the Marine Hotel, and before we knew it, were met by several of the riders, and had a hearty meal of Steak Pie and chips, washed down by a few beers, or at least Kevin and I did. Talk was of the following day, and it was agreed that we would all meet at registration, and that rider's equipment, clothing and spares etc. would be split up between the support vehicles. Then at 9pm it was time for goodbyes, good lucks, and see you in the mornings.

After what felt like little sleep, the alarm went off at 4.30am, and just after 5am, Kevin and I met up with the first riders within the Hall for registration. Ian Wilson and Shelley Farrar were outside, having had little sleep due to the gale force winds next to the golf course in their little camper van.

Blood was taken from those who thought they could spare some for a survey, and then it was off to the start line, which I thought was a bit unfair as it was three miles away, and at 6.01am, the first ride started off on his 12 hours of toil.

All set off well, and Eric Malcolm raised a few eyebrows from the Marshals, with his Top Box fitted to his panniers, but off he went too.

Kevin and I had taken initial responsibility for Ian, Shelley, Allan Rose and Sandy Whyman. Every two hours I'll need fed, Ian had told us, so we may as well sit back and enjoy the scenery I said to Kevin, as no doubt the others will be the same. Sounds easy, but within minutes, we had riders scattered to all four corners.

We met up for the first stop near to the turn beside the Cromarty Bridge, and all seemed well with the riders, a quick stop and a feed and they were off again. A top up of all bottles we had with the various formulas given to us, and off we set for the next stop.

Three riders came past us near to Invergordon, and were happily sent on their way, then we stood and waited for Shelley, and we waited, and we waited, before realising something was wrong, and after a quick call to Sandy, it was established that she has been sent off up another leg to Bonar Bridge.

Kevin and I tried to get our breath back, but a short time later came Dave Kilshaw desperate for some formula, and food, and as we did not have his feed stuff, a quick chicken and cheese bun was stolen from Kevin and my lunch, and off he went into the sunset, before Alan Rose turned up. 'Give me my other shorts' he told me, but they were not in his kit, 'ok, I'll just take my mitts', not their either I explained to Alan, as it dawned on him he had left a box sitting in his car. After taking possession of my mitts, he was off.

Right then, lets get back and see Sandy L, and so we set off to the Nigg Roundabout, refuelling Ian and Sandy W, on the way. All were still going strong and seemed happy enough.

A quick talk to Sandy and Andrew at Bruce's campervan, and we were advised that Alan McCourt, was heading up the road to see us having had a brief mechanical, where his water bottle cage had fallen off. A quick blast with the Allen keys and he was all set.

Let's hope that's the worst thing that goes wrong, I thought, and Sandy L told us to get going and make sure Eric Malcolm was still ok, and so it was onto the leg up to Portmahomack, where at the old church we met up with him. He had a big grin on his face as we stopped and he dived into his bags to pull out some of his magical food supplements, Malt Loaf! And he stuffed his face with same. 'Who needs all this Gels' he asks, 'Good old fashioned food does me', and away he went, enjoying the tail wind.

A short time later arrived Shelly. I need to rest for three minutes she said, and that's exactly what she got. 'No sympathy' Sandy had told us, or they will not get back on the bike, but give Shelley her due, she was back on her bike, after a brief 'hello' to Ian, who had arrived, and away they went. A refuel of hot cross buns and gels for him, and away he went.

Back to Nigg Roundabout we travelled before a quick word with Sandy L again, and off we set to try and get in front of any of the others who had been sent back down the A9. We had not gone far, when I shouted to Kevin, 'There's been a crash' or words to that effect, and 200 yards in front of us, Peter Crawley was seen to catapult into the air before landing on the middle of possibly the quietest part of the A9.

We saw that Sandy W was also on the deck, and it was revealed that Sandy had punctured his front Tub, and was walking at the side of the road trying to get a reception on his phone to get help, when Pete had came up behind whilst 'In the zone' and ran straight into the rear of Sandy's bike hitting the cassette which slashed his front tyre and sent him into space.

After a quick check that no one had broken anything, a replacement wheel was brought by Norman Skene, who was up watching the event, and I stripped the front wheel from my bike and threw it onto Pete's to get him back in the race. This is not in the script I thought, and after a few moans from Sandy about an STI lever being stuck where it shouldn't be, he too set off down the road into the fierce headwind, that had been on the go all day.

Nervously laughing with Kevin about how lucky they had been, and that we had not run them over as well, we headed back to the Cromarty Bridge area to set up camp, where we were met by Norman Skene whose good lady made a cup of coffee for us. The first of the day, and we were now nearing the end, but before I could enjoy it, Ian Wilson turned up for his two hourly feed, and proceeded to devour my coffee before my eyes, ah well, he was riding his heart out, and I wasn't, so I let him off. Not long after we had managed to get round the others, and it was amazing to see how much Assos cream Alan Rose could remove from a tub in one go before rubbing it...., well you know where, and all with my mitts on.

Now we were onto the finishing circuit, and we took up a strategic position at the sea front, and watched as the riders flew by trying to use the tail wind to their advantage, and they fairly increased the miles.

Then, before we knew it, it was all over, and we returned to the metropolis of Invergordon where stories of pain and saddle sores were discussed. Estimated times were shown on the wall of the hall, and some tried to argue that they had been short changed, but most just sat in a daze, and rested their weary legs, some even gave away more blood.

Kevin and I left the 'heroes and heroines' not long after and made the journey back to Aberdeen. God knows how they felt after the race, but I was exhausted.

Since the event, I have heard that some have considered competing again next year. "You can do it to" was the message I received, but after having supported for 12 hours, I can't even begin to imagine the pain they went through, as that was enough for me.

Well done to them all, and a good show of medals at the end just proved what a strong group of riders were competing that day. (Expertly assisted by a cracking Support team of course).

Alan Rose

Arrived at accommodation in Alness 530pm, Morven House Hotel, sounded okay but boy what a dump! Boarded up rear windows, Walls paper thin, rooms smelling of smoke, worn out beds. You get the picture! Highly Unrecommended!!!

Met most of the 12hour team in Marine Hotel in Invergordon for evening meal and chat before going to bed 11ish. I didn't sleep hardly and got up at 4am. Down to sign on 5.20am and off at 6 06am. Lovely morning if a bit windy on the 3 miles out to start line.

It was my first attempt at anything this duration so not sure how to approach it really. I decided to keep up average speed of 20 mph for as long as I felt comfortable. I had a low point at 3.5 hours in with sore hips. Tip (don't play tennis for 2 hours the Sunday before if you have not played for a while!)

I had Steve Spink and Kevin Stewart doing my main support so they were on the scene with Ibuprofen. Soon I had done 8.5 hours in saddle with 170 miles on clock. Balls of my feet even in my old comfy shoes were starting to hurt. It was windy and hard at times then you got the return of a tail wind to get average back on track.

Soon the clock was counting down and I got onto finishing circuit.

I got a second wind and enjoyed the thrash along the narrow streets by the sea. Finished at bottom of hill, which meant shortest route back to car! Computer reading 232 miles. It was a different story on blackboard of 228.5 then announced as 223.5!

I was very pleased with result as previous highest miles was 167. Scenery was stunning especially up by Invershin and Bonar Bridge. There was food and drink laid on in hall where we all caught up on each other's experiences. A great day for DTCC with a few medals and prize money coming home! Will be happy to ride again next year or do support.

Special thanks to the unsung hero's of the day: Steve Spink, Kevin Stewart, Sandy and Andrew Lindsay. Last but not least to Doug Haig for his training sessions and encouragement over the past few months

Shelley Farrer

My goodness that was tough. There were times I didn't think I would finish. Going into a head wind at 11.9 mph and knowing that to get 200 miles I had to average 17+ was very demoralising. But great when that same wind was behind you. My favourite bit was the last 2 hours. Once I could see the end in sight and was confident I could reach 200 I had a ball – got some good tracks on my ipod and sang my heart out to the finishing line.

What a team the Deeside riders made. Everyone did fantastically – those that got medals and everyone else. I think sometimes it's harder to keep pushing if the only person you are racing is yourself but everyone did just that and that is something for the team and the club to be really proud of. Doug had his own race plan so shouldn't be counted as a DNFer. If it hadn't been for him, few of us would have been starting the TT and I certainly wouldn't have.

The team was much bigger than the people on their bikes. The support guys were truly invaluable. It's a really hard job and can be quite stressful. Steve Spink and Kevin Stewart were my designated support. I wanted my pockets, bottles and psychy reloading every two hours and they did that perfectly. Always cheery, always on time. They also left me alone when I had my two power naps – timing them for me. For the finishing laps, the support came from everyone and that was great too, to have Deesiders and friends from Inverness popping up at the roadside all over the place. Thanks everyone. I love you all.

Ivan Laughton

This was the third 12hr I have done and by far the hardest. I Felt good on the start line real excitement to get underway. Made the first leg down to Nigg and took on some food on the way back. It didn't go down right, spent the next 2 hours feeling terrible. As if things weren't bad enough, on the leg back to Dalmore Distillery my chain broke. Just about to phone Alan my back up driver when by luck he appeared round the corner. A quick bike change and underway again.

Getting back in a rhythm with the wind proved difficult on the leg back from Bonar bridge and I must admit the

best option seemed to be to throw the bike into the car and call it a day. However at the Roundabout all the back up crews were there cheering us on. That encouragement was worth its weight in gold.

Up the hill past Tain and back down to Nigg feeling a bit better then came the long run back to Ardulie. That was sheer hell. The return leg with the strong tail wind was grand and then on to the finishing circuits. I was dreading these as in previous years they had been torture.

What made them easier this time was the support from the team, truly magic. Certainly a 12hr to remember.

Peter Crawley

'Achievement' is defined in the dictionary: 'to reach or obtain by effort; to perform: to accomplish: to win.'

The 12 hour TT at Invergordon was about all that and more. I started out with great trepidation - never having ridden much over 100 miles and worried that on the last long ride I had totally run out of energy and my muscles were empty.

Let me tell the story backwards - I have finished and am sitting with tea and sandwiches - hardly believing what everyone had achieved. This a hard event - everyone had reached or obtained by effort and the top boys were all individuals with experience and high expectations. Deeside Thistle were there in numbers - 'ordinary folk' - with a desire to finish. Everyone sharing their stories of the ride - comparing distance expectations, glad to be off the saddle. We had performed - we had accomplished. The 'we' includes all the support folk who gave up their time and fed us, cheered us, encouraged us and guided us.

What a friendship - people shaking hands and congratulating one another, thanks being given and received. Sandy and Doug and all the support crew sharing in the fantastic feeling of achievement.

Then the prize giving. Team prizes to Deeside Thistle!! What an honour, then handicap prizes, then ladies prizes - and Deeside Thistle represented again and again, this is amazing! Top 3 spots to the super-cyclists but there are lots of Deeside Thistle faces in the prize-winners photo.

I started worried whether I would finish - and now cannot believe that I am part of the Deeside winning team. What a sensation, what a day - the 'to win' part of the definition has been fulfilled for Deeside Thistle too - and as I walk back to collect my things I am struck by how special the day has been. A real 'achievement'

We were well prepared by Doug Haig - whose experience and advice was invaluable - one little gem he shared just before we started - 'Don't worry when people overtake you' - my minute man came past me only about 3 miles into the ride! Then another came past me before the first turn. This was going to be a long day in the saddle!

So it was time to buckle down and ride - don't waste effort with unnecessary leg speed, keep smooth going into the wind and rest with the wind on your back. Now off down to Nigg Ferry roundabout - strong winds saw the speed dropping, but okay on the return. Every rider nods and acknowledgement to others at the turns. Deeside riders call out names and encourage each other. Then we turned south down the A9 to the causeway roundabout - miles of unremitting head wind! 25 miles up

and I was ahead of target. 50 miles up - this is okay. Then off along the Dornoch peninsula - a couple of hills - out of the saddle to relieve some of the backside pain. Pretty road this to drive - horrible surface to ride on 75 miles. 100 miles up in 5 hours 23 so looking good to finish with a respectable distance.

I was sent off to Nigg Ferry again. Time to get my head around this. Soon I was heading back down the A9 to the causeway. The wind was stronger - I was weaker - head down - get into the groove - check ahead - head down stay in the groove - look up TOO LATE. I am sprawled into the road after hitting fellow Deesider Sandy W who had punctured. The support crew brilliantly got us back on the road with spare wheels. Still a long way down the causeway - "but remember" I kept telling myself - "it's easy on the way back".

I am not aware of the scenery - I see tarmac, white lines and road kerbs. So 150 came and went - then down to Nigg Ferry again - AGAIN? Target time for the next 25 was 1 hour 30 - this way I would be sure of getting to 200 - so I was elated to go through in 1 hour 23 - now onto the finishing circuit - here are the support teams - drinks, food, wet sponges - Doug Haig encouraging people on! I pass him and punch the air with delight - it is almost like winning a gold - and still another 33 mins to rack up some more miles.

What a day - what a 12 hours- I have achieved something I only dreamt of.

Dave Kilshaw

What an amazing day. When I started going out on Haig's Tours at the beginning of this year it was difficult to imagine doing 100 miles never mind a 12 hour. The endurance rides over the last 7 months have been brilliant and the hilly routes we've done made Sunday's course feel as flat as a pancake! Congratulations to the Deeside team - not only was everybody involved from a Deeside perspective so supportive of each other the performance of all the riders was amazing and the men and women's teams claiming first prize in their respective categories was the icing on the cake.

A big thank you must go to all the support team. Their help and encouragement on the day was so much appreciated. From my perspective Sandy and Andrew Lindsay as well as Kev Stewart and Steve Spinks kept me going all day with food and drinks - a real godsend. Vicky Thorburn and Lorna McCourt were also brilliant with their support.

Lastly a big thanks to Doug Haig. His training runs and encouragement have been an enormous factor in most of the team going to Invergordon this year.

Eric Malcolm

Thanks to all those who helped me get through my first cycle event ever (well they say 50 is the new 40 and life begins at...). I did the event after being pressured by Doug Haig. It was just as a personal challenge.

Linda Reid

It was a great day and to be part of such a great medal haul for the Deeside Thistle Team was very special. I was aiming for 200mls and anything over was a bonus so 202mls was just fine by me, I just couldn't have worked

any harder to get more. The wind was relentless and very tiring and the worst bit for me was the leg up to Bonar Bridge - the road surface was horrendous and I was going through a bad patch - should have stopped earlier to take on supplies but didn't.

To be part of the first women's team in Scotland, to set the Scottish record for the 12hr was particularly special, and a great achievement, memories of which will stay with me for some time - well done to Shelley with her 208mls and getting 3rd lady prize.

A big thanks to everyone who came up to support us and follow us round the course for 12hrs it was very much appreciated. And last but not least a big thank you to the Team Co-ordinator - Doug Haig. Without him encouraging people to participate in the 12hr we wouldn't have had such a big entry or such a big medal haul.

Ian Wilson

"I can't remember the exact date Shelley told me I was doing the 12 hour Time Trail, I just accepted it was another event she was making me do so I am at one with the world! I have done quite a few endurance events in other sporting disciplines so was quite looking forward to the challenge.

My Start time was 0603 so one of the first off so I did think most people would have past me by 0700! There was a strong wind but a prospect of good weather. I had decided on 2 hour food stops which worked for me perfectly, physically and psychologically and I only remember really suffering at the end of my 2nd hour, but with an adjustment to my saddle and a hot cross bun I set off again a lot happier, especially as I soon had the wind behind me!

By the start of the last 4 hours I was feeling really strong and with words of encouragement from Sandy Lindsay "If you get your finger out you might make 210", I set off eating up the miles and finished with 215 miles which I was delighted with.

I could not have achieved anywhere near this mileage without the help of Steve Spink and Kevin Stewart who fed and watered me every 2 hours on the dot no matter what far flung place I had been sent to. How they found me and all the other Deeside riders is a mystery.

Thanks also to Doug H and Sandy L whose continued support and encouragement led Deeside riders to achieve their best. It has to be mentioned that on my last two laps Doug offered me a sponge and a bucket of water and I wasn't sure if I should suck on it or I looked such a mess I was letting the club down!

The 12 hour is a great event and I would encourage anyone to do it, it doesn't require a TT bike and you're only racing the clock so you go as fast or as slow as you want, if you need a rest then take it and at the end what a great feeling of achievement you get.

Footnote: Bruce Bricknell was unable to ride this year as he had other important duties to attend to but he gave valuable support in providing his camper van as the main support vehicle.

Result:

1	Carlos Riise	SWCC	268.17
2	Kenny Kentley	TVE	248.06

3	Steve Beech	SWC	246.86
4	Christopher Adamson	MRCC	244.54
5	Euan Ritchie	ABC	238.91
6	Stephen Blom	GCCC	235.46
7	Dave Millard	ABC	226.21
8	Christine McLean	SWCC	225.86
9	Louisa Edmonston	ERC	225.48
10	Alan Rose	DTCC	223.54
11	Ian Wilson	DTCC	215.64
12	John Anderson	GCCC	213.44
13	Peter McLean	ECC	212.03
14	Peter Crawley	DTCC	211.82
15	Shelley Farrar	DTCC	207.97
16	Ivan Laughton	DTCC	202.92
17	Linda Reid	DTCC	202.39
18	Keith Rowson	DTCC	201.95
19	Sandy Whyman	DTCC	201.80
20	Allan McCourt	DTCC	192.94
21	Dave Kilshaw	DTCC	191.67
22	Stephen Darling	DTCC	189.76
23	Eric Malcolm	DTCC	139.08

NEW CLUB CLOTHING

New Club Clothing – the sub committee charged with looking after the new sponsorship for the club met recently to make final decisions about new clothing. They considered three different suppliers. One they felt was not suitable and the other two gained favourable comment. However, one of these was 30% dearer than the other. The decision was made to purchase from TAL and to have the garments manufactured strictly to our requirements. Skinsuits are to be upgraded and shorts inserts changed. Women specific shorts will also be made available. To ensure that the club gets the best overall deal alternative suppliers will continue to be looked at. New garments will come in Men's sizes XS, S, M, L, XL, XXL and in Women's sizes 10, 12, 14, 16. It is hoped that first deliveries will be possible by late November. The official launch of our new colours is scheduled for the start of October.

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

CLICSARGENT

This is the website of a son of someone who I met at the recent HPV world championships. Just raising a bit of awareness for ClicSargent charity.

<http://www.liamfairhurst.com/>

Andrew Harrington

ADCA TOUR

The full up to date record of the ADCA Tour being tested by Mark Munro is at <http://www.deeside.org/results.html>

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 NOVICE TITLE

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

SCU member of an ADCA Club

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

Bob Gibson

GRAMPIAN TIGERS YOUTH CYCLING CLUB

Grampian Tigers Youth Cycling Club is not currently meeting but will reconvene once the new school session starts. Members interested in getting involved with this youth group are invited to contact Gareth Smith on 0787 9282666. He is also on info@grampian-tigers.co.uk 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

Competition	Best Performance in ADCA Events		
Senior BAR	25, 50 & 100ml on avg. mph		Trophy
1	Skene N	Granite City	
2	Raikkonen V	Granite City	
3	Watson I	AWCC	
4	Sim C	DTCC	
5	Grant I	DTCC	
Ladies BAR	10, 25 & 50ml on avg. mph		Trophy
Currently no Deeside females are qualifying			
Vets BAR	25, 50 & 100ml Std avg. mph		Trophy
1	Skene N	Granite City	05.07.55
2	Sim C	DTCC	22.04.62
3	Grant Ian	DTCC	30.12.63
4	Riise C	Sh Whs	16.10.64
5	McIntosh S	Granite City	
6	Stewart D	DTCC	02.07.36
7	McLean Chris	Sh Whs	08.02.60
8	Monaghan S	DTCC	22.02.68
Novice	2 x 10 + 1 x 25		Trophy

Quite a number of riders are in line for the Novice title but as yet it appears none have completed all the required events

Junior BAR 25 & 50ml on avg. mph Trophy
Juvenile BAR 1x10ml+2x25ml avg. mph Trophy

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		
28 Sep	Bob Souter 10ml H'cap		
SCU 12hr	Alfie Brand 12hr Champ	Carlos Riise	SWCC

JUNIOR CHAMPIONSHIP

We only seem to have one Junior qualifying for the BAR unless somebody else knows of any others. They need to have done a 25 TT + 50TT. The only rider listed is Liam Cowie. He's had an excellent season riding both road disciplines (TT & RR) and being prepared to travel to get quality races in. His preference seems to be RR and it looks as if he could be successful at it. Good riders will turn their hand to whatever challenge confronts them. If anybody knows of any other young loons that should be on the list, let me know. If there are others out there pedalling around get them riding competitively - in open events. Who knows we may have another Chris Hoy or Bradley Wiggins.

Boab Gibson

LETTERS

Sir, Just a quick note to say thanks to the folks who have been organising the Thursday Chaingang over the last few months. We have only managed to come along to a few sessions but have found them enjoyable and very useful. It has been a good opportunity to sharpen up on some RR skills and techniques and to learn from people with more knowledge and 'wheels-on' experience. Some weeks we have been down to skeleton numbers but Dave W has kept the group together which is much appreciated by the members of the female minority. Unfortunately the nights have closed in again but hopefully it is a training session that will start up again after the winter and that can be built on further, especially as the racing squad takes shape. Also, we have found the DTCC forum very useful in keeping up to date with goings on and getting things organised, e.g. the chaingang and the team time trial. The Forum is easy to use with no spamming and with the chat restricted to cycling specific topics.

Regards, Ian and Liz

Sir, It was a great end to the league and nice to see everyone chatting. All the runners are soon going to be cyclists I think. Again the supportive welcome of Deeside Thistle has been noted and I would be surprised if you didn't have some new members. Cameron was happy to end the league with a reasonable performance and hopefully he will put a bit more effort in next season. Douglas enjoyed his ride and was pleased to beat my running buddies!

Regards, Gill Gourlay

Sir, I thought it might interest those who remember me at the club to know that I am now living in Pau, in Southwest France (start town of the Hautacam stage in this year's tour) and working as a teaching assistant in the University here. With the Pyrenees close by, the opportunities for cycling are obviously excellent, and I have already been taken out there by a work colleague for my first mountain bike ride in many years, including a descent which she described as "off-piste"; a real eye-opener! In spite of this, there is still a part of me that sincerely wishes I could join you in Kintore next month on (hopefully) a bright, clear autumn morning for an encyclopaedic tour of the hills of Aberdeenshire.

Regards, Alex Forbes

Sir, I would like to acknowledge from Lewis and I for the Club's support of him in these early months. It really has been of great benefit to him to improve his cycling, proved recently at the Banff Triathlon where he won the Under 20's section and was 4th overall out of a field of around 70. He is keen to continue training through the winter, both with Deeside and also Fleet Feet.

Regards, Jon Murchie

Sir, Enjoyed doing the EL this year particularly the nights wi' the wee bit o' hassle. Ye ken fit a mean. It keeps one on one's toes. The "bubbly" is very much appreciated and thanks for that. *Regards, Boab Gibson*

Sir, Evening League - It was a great series and on a personal note special thanks to the regular helpers, Dick Bird, Bill Byth, Alan Gibb, Bob Gibson, Mary Lindsay, John MacRae, Isobel Smith, Duncan Warwick. It would have been very difficult without the assistance of timekeepers, Isobel Smith and Bob Gibson. Though they willingly helped out and I imagine will do so again next year if necessary, it is important that we try to be self-sufficient. Several members have indicated a willingness to learn the intricacies of time-keeping but haven't really been utilised yet so next year let's hope that a rota of timekeepers can be established. Both Bob and Isobel have indicated that they will run a "night class" over the close season. This is with Nobby's watches. More information soon.

Regards, Sandy Lindsay

Sir, May I thank the Deeside Club for a brilliant Evening League, which for me in my novice season has proved very enjoyable. I know you guys put a lot of effort in and it is appreciated. Please keep up the good work.

Regards Stephen Scott

NEW MEXICO CONNECTION

Cliff McNary had a little accident recently in Bernalillo. He and Wolf locked wheels for a minute and he flew over his bike and rolled a few times. After a few hours at Kaseman, it appears he has a broken rib, some shoulder/arm socket problems and some road rash. He tried to go to work today but was pulling back into our driveway about 15 minutes after he left. Needless to say, he's off the bike for a few weeks but hopefully will heal soon. It wouldn't be like Deeside New Mexico to have everyone in one piece!

Saturday, September 6th, 2008, the most popular event the Red River bike club sponsors is the Enchanted Circle

Century Tour. It was started by local rider John Miller in 1977 and is a 100 mile bicycle tour through the Sangre de Cristo Mountains in beautiful Northern New Mexico. The lowest elevation on the tour is 6813 ft. above sea level and the highest is 9820 ft.

Few tours compare when it comes to the physical and mental strength needed to accomplish this event at the same time enjoying some of Northern New Mexico's incredible scenery. During the same weekend the RRBC also sponsors the Top of the World Mountain Bike race. This race is NORBA sanctioned and consists of 1-4 loops on a 3-5 mile course at the Enchanted Forest Cross Country Ski and Snow shoe area located 2 miles outside of Red River, NM. *Amy M. Miller*

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. This year's main ride promises to be challenging and varied, going over the Ballageich, almost 1000 feet above sea level and past the site of the Whitelee Wind Farm, currently the largest planned in Europe. The short route skirts the side of the hill before returning down the A77 Cycle Route. The route will be signposted and copies of route maps will be available at registration. Some junctions will be marshalled but riders must be aware that the roads will be open to all traffic. Marshals will not be stopping traffic. It is the rider's responsibility to familiarise themselves with the route and to observe the rules of the road, including stopping at traffic lights and giving way to traffic as appropriate. Riders must ride on the left hand side of the road at all times. Entry here: <http://www.braveheartfund.com/EventDetail.asp?EventID=7583>

FORESTRY NEWS

October Holiday Camp

Our rangers are running a new two-day camp near Aberdeen for 8-12 year olds in October. They will be able to take part in all sorts of outdoor activities

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:

Bennachie and Millstone Hill, near Monymusk: Sections of forest road between these areas will be closed

Fetteresso near Stonehaven: The white through route to Drumtochty will be closed for most of September

South Drumtochty, near Stonehaven: Parts of this forest will be affected by harvesting in September.

Further details: www.forestry.gov.uk/scotland.

Events

Fungi in the Woods - Sunday 21 September from Donview Car Park, by Monymusk. 2-4pm. Learn why fungi are so important in the woods. Free event, no booking required.

Really Wild Autumn - 15 and 16 October at Tyrebagger near Aberdeen, 9.30am - 3.30pm, each day. Children aged 8-12 years are invited to join our rangers for a really wild two-day workshop in the October holidays. They will get the chance to explore nature, animals and the environment through games and activities. The group will enjoy den building, wildlife safaris, basic bushcraft, treasure hunts and much more. Cost £30 for the two days. To book a place or for more information, please phone Julia on 07823 535972.

Advance Warning!!! .Spooky-Wood Ghost Walk !! Can we scare you again? After last year's hugely successful Halloween walks, we are running them again on Saturday 1 November at Tyrebagger. There will be more details in the next newsletter but you can book now on any of the timed slots from 6pm. It is suitable for over eight year olds and adults. Children under 8 will be too scared! There will be a charge of £2 per person, payable at the event.

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*

DEATH OF A LEGEND

Hero worship? No. Admiration? Undoubtedly. It goes back a long way does my memory and I recall 30+ years back reading with acute pleasure the tales of this intrepid explorer as he sat in the middle of a desert filing away at a nail to make a pawl to replace the one from his free wheel he'd lost in the sand, or the days he spent walking his bike through the Darien Gap. His efforts impressed me and maybe, just maybe, guided me a bit in my cycling.

Phil Kelman alerted me to the fact that Ian Hibell had been killed while cycling in Greece. I was saddened for to me he epitomised the adventurer and perhaps his trip from Cape Horn to Alaska will rank as one of the greatest adventures and not just by bike.

Here are some links. Scroll down page for story: <http://www.cyclingnews.com/news.php?id=news/2008/sep08/sep03news2>

<http://www.cyclingnews.com/newsphotos.php?id=/photos/2008/news/sep08/sep03news2Hibell/gallery-sep03news2Hibell>

<http://www.youtube.com/watch?v=3ylhWPCekdM>

Sandy Lindsay

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!

RECENT NEW MEMBERS

1983	John Buchan	Aberdeen	50
1984	Susan Buchan	Aberdeen	46
1985	David Forsyth	Aberdeen	45
1986	Janice Gordon	Aberdeen	51

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

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



Runs Lists: To obtain the next runs list, email John at j_m.scott@yahoo.com You may also phone Sheila on 01224 639012 or check www.ctcgrampian.org.uk

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

Office Bearers

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

Right to Ride Representatives

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

Runs Co-ordinators

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

Additional Runs Leaders

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

September

- Sat 20 Faster Full Day A 09:00 Westhill Shopping Centre, to Millers, Midmar (01330 833462), picnic lunch at Aboyne or Boat Inn (013398 86137/287), if wet. [Led by Dave W]
- Sun 21 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Dave L]
- Sun 21 Slower Full Day C 09:30 Parkhill Bridge, coffee Pitmedden Gds (01651 842352), picnic Prop of Ythsie [Led by Gerard]
- Sat 27 Faster Full Day A 09:00 B&Q Bridge of Don, JRD Equip, Ellon (01358 720294) for Coffee, Picnic Lunch at Fyvie Castle or Vale Hotel (01651 891376), if wet [Led by Alan]
- Sat 27 Morning Run D 09:30 Woodend Hospital, Eday Rd, coffee at Flora's Cafe (01330 860848) [Led by Dave L]
- Sun 28 Med Full Day B 09:30 Parkhill Bridge, Dyce, Haddo House (01651 851440) for coffee; Loanhead stone circle, Daviot for picnic lunch. [Led by Joe]
- Sun 28 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Gerard]

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]

25 YEARS AGO

THE SHAPE OF THINGS TO COME

Andrew Manwell, now a member of this Club, has, for some time now, been gripped by the urge to organise and take part in Triathlons. Though not grabbing the imagination of the world like the Marathon has, the Triathlon must be a tougher test of man than ever a Marathon was, involving three vastly differing disciplines.

Spending part his summer watching that greatest of all feats, the Tour de France, Manwell has been grabbed by a fervour to organise a Tour de Ecosse (but with a difference – not a stage in the Grampians, another in the borders, not one through the slag heaps of Fife, vive le cyclists, ringing of bells – a Triathlon each day starting in Aberdeen, going by Deeside, to Pitlochry, on to Glencoe and Inverness, and over the Lecht to Tomintoul and back to Aberdeen. Roughstuff has not been ruled out!). If his idea gets off the ground it will take some man to complete it.

CLUB CLOTHING

The old stock of club clothing is being sold at half price. There are still a few garments left. Skinsuits, Gilets, Windproof tops, Tracktops, Biblongs, Fluorescent tops and caps. 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.

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
Racing Caps	£4.00

CYCLE GRAMPIAN WEBSITE

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

CLUB 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 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 (1)
- b) Also Vision clip-on Tri bars. Very adjustable, suit oversize bars, can have bar-end shifters on them. a bargain at £55. Bonthron was still selling them for £99.95 last time I looked (1)
- c) AXcS winter gloves, windproof, Trittech size L £4 Contact Mark on 07754807181 or email nuvolari1953@hotmail.com

2 A friend of mine is selling a Trek 1000, 43cm road bike in good condition - suitable for a child/small adult up to approx 5ft(152cm). It cost £500 new - would sell for £200 ono. I can easily send a photo if anyone is interested. I believe it's a triple, and is about two years old. Please contact Steve Spink on stevespink@tisacli.co.uk (1)

3 For Sale; Shimano Ultegra SL, Hollowtech II 2-piece crankset. 53/39t. With integrated bottom bracket. BRAND SPANKING NEW! Never been used! Cost £119, sell for £100. Email lilyslady@hotmail.com (1)

4 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 (2)

5 a) Black Quill stem 120mm. Never used - £10 (2)

b) 2 frame fitting pumps. Never used. Cost £20 each, sell for £10 each (2)

Contact doughaig@talktalk.net

6 Trek 1200, 56cm frame, Trek SL Superlight Aluminium Frame, Shimano Tiagra 9sp hub, 3 front rings, Vuelta 'Airline2' alloy 700 rims. Decent training bike. Some marks/scratches as it is used. £280.00. Phone Joe 07710 123125, 01467 681298. Email: leonardsmusic@btinternet.com (2)

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 (2)

8 a) Campagnolo Chorus Carbon Ultra Torque chainset 175mm cranks 53 x 39 rings, c/w BB cups British threads, almost new - £120 (2)

b) FSA SLK carbon chainset 175mm cranks, 53 x 39 rings, c/w BB Italian and fitting tools - almost new - £90 (2)

Contact Phil on 01224 867299 / 0781 463 5030 or email phil.duncan1@btoopenworld.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 (3)

10 ZOO! PYTHON Trials bike. New condition. Top equipment. Has to be seen to be believed. £1000 ovno. Contact Brian on 07896 058880 or email mentalbrian2001@aol.com (3)

WANTED

1 Does anyone have a Burley Kids Trailer for sale/rent/shot of, for the summer, to take 2 x kids? Contact Rod on rod.west@shell.com (1)

- 2 I'm looking for a second hand road bike for my son. He's 13 years old, but already 5ft 7in. Probably a 54 frame. Contact Alasdair on amcgill69@btinternet.com or 07515 067786 (1)
- 3 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 (2)
- 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 (3)
- 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 (3)
- 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 (3)

DISCOUNT SERVICE

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

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

Banchory Cycles trades from Station Road, Banchory. The proprietor is club member Pete Kneeshaw and he offers Bicycle Sales, Service and Repairs. Banchory Cycles may be contacted on: 01330 820011 or email banchory.cycles@btconnect.com. 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

It was a vintage league with worthy winners but we must introduce a little more variety. We must also be aware of safety measures. Many riders use flashing rear lights during competition. Perhaps this should be a new rule.

Event No 16 5ml TT AB10/3 19 08 08

	Name	Time	H'cap	Fpts	Hpts	Tpts
1	Barratt Tom	12.06	9.47	80	79	159
2	Gowland B	12.13	9.15	79	80	159
3	Warwick D	12.14	10.38	78	73	151
4	McGill A	13.23	10.08	71	78	149
5	Brown Ian	12.44	10.51	76	70	146
6	Grant I	13.39	10.21	67	77	144
7	Ritchie Jonathan	13.09	10.44	72	72	144
8	Robertson Keith	12.46	10.54	75	69	144
9	Dennis P	13.35	10.48	68	71	139
10	Spalding Mike	13.42	10.36	64	74	138
11	Young Des	13.50	10.23	62	76	138
12	Rose A	13.33	10.58	69	68	137
13	Nicholson Jenni	13.55	10.23	60	76	136
14	Stewart D	12.53	11.24	74	62	136
15	Anderson Kenny	13.30	11.21	70	65	135
16	Lott S	13.41	11.21	65	65	130
17	Blunsdon J	12.39	11.39	77	51	128
18	Morris D	12.59	11.38	73	53	126
19	Farrar Shelley	14.04	11.04	56	67	123
20	Cowie C	14.02	11.30	57	59	116
21	Gourlay C	14.33	11.12	50	66	116
22	Nettleton Keith	13.57	11.31	59	57	116
23	Stewart Kevin	14.14	11.25	54	60	114
24	Chellingsworth Liz	14.38	11.24	47	62	109
25	Anderson Duncan	14.34	11.30	49	59	108
26	Munro M	13.46	11.49	63	45	108
27	Walton S	13.39	12.02	67	41	108
28	Clark R	13.53	11.49	61	45	106
29	Ligertwood P	15.04	11.23	42	63	105
30	Mitchell S	14.34	11.37	49	55	104
31	McLeman T	14.28	11.43	52	49	101
32	Clark P	14.13	11.49	55	45	100
33	Calder R	14.29	11.44	51	48	99
34	Murchie L	14.59	11.36	43	56	99
35	Pirie Sandy	14.41	11.41	46	50	96
36	Darling S	14.57	11.46	44	47	91
37	Buchan John	15.41	11.38	36	53	89
38	Pearson Colin	13.58	12.49	58	31	89
39	Schwartz Anna	16.04	11.37	34	55	89
40	Bird D	15.13	11.47	40	46	86
41	Whyman S	14.27	12.35	53	33	86
42	Pithie M	14.53	12.04	45	40	85
43	Taylor Scott	15.18	11.56	38	42	80
44	Campbell Alan	15.10	12.32	41	35	76
45	Watson Kevin	15.24	12.11	37	38	75
46	Scott Stephen	16.03	12.10	35	39	74
47	McIntosh B	15.17	12.42	39	32	71
48	Doel Edwin	16.27	12.32	32	35	67
49	Clark Chantel	16.34	12.26	30	36	66
50	Forsyth David	16.44	12.13	29	37	66
51	Adam R	16.06	13.03	33	27	60
52	Edwards I	16.30	13.00	31	28	59
53	Gordon Janice	18.06	12.49	27	31	58
54	Buchan Sue	18.21	12.57	26	29	55
55	Gourlay Douglas	18.05	15.40	28	26	54

Overall Points Situation

Name	Events	Fpt	Hpt	Opt					
1 Gowland B	6	472	470	942	61 Bird D	6	254	310	564
2 Barratt Tom	6	479	460	939	62 Spencer Charles	5	296	268	564
3 Warwick D	6	471	453	924	63 Watson Kevin	6	266	297	563
4 Robertson Keith	6	459	443	902	64 Fee J	6	232	315	547
5 Stewart D	6	461	431	892	65 Nicholson Jenni	5	217	315	532
6 Whittle C	6	457	430	887	66 Whyman S	6	307	215	522
7 Morris D	6	462	420	882	67 Duncan Phil	5	302	217	519
8 Grant I	6	419	455	874	68 Fraser Lynne	6	237	281	518
9 Dennis P	6	422	450	872	69 Ligertwood P	6	229	288	517
10 Wilkie I	6	434	404	838	70 Edwards I	6	207	303	510
11 Tulloch W	6	446	389	835	71 Pearson Colin	5	313	196	509
12 McGill A	6	394	430	824	72 Halstead John	5	228	268	496
13 Blunsdon J	6	462	356	818	73 Adam R	6	221	271	492
14 Monaghan S	6	469	344	813	74 Smith Gordon	4	215	215	430
15 Rose A	6	371	439	810	75 Lott Simon	3	208	220	428
16 Harrington A	6	377	432	809	76 Wilson Ian	4	194	228	422
17 Young Des	6	384	423	807	77 Scott Stephen	5	173	248	421
18 Clark R	6	405	373	778	78 Walton H	5	202	207	409
19 Spalding Mike	6	375	397	772	79 Jones C	3	202	190	392
20 Sim C	6	395	373	768	80 Mulligan H	4	147	205	352
21 Munro M	6	405	362	767	81 Liversidge Derek	4	158	178	336
22 Anderson Kenny	6	383	382	765	82 Keir Stuart	3	204	127	331
23 Dudgeon A	6	393	366	759	83 Doel Edwin	4	116	195	311
24 Crawley P	6	354	400	754	84 McIntosh A	3	140	171	311
25 Sinclair I	6	382	371	753	85 Clark Chantel	4	138	168	306
26 Cowie C	6	368	377	745	86 Thissen Marianne	3	128	164	292
27 Calder R	6	340	404	744	87 Ritchie Jonathan	2	141	141	282
28 Rowson Keith	6	296	436	732	88 Kelman Phil	2	156	124	280
29 Walton S	6	401	329	730	89 Dolle Norbert	3	129	144	273
30 Brown Katrina	6	314	408	722	90 Pirie Sandy	3	127	130	257
31 McLeman T	6	308	405	713	91 Vinten David	2	131	98	229
32 Richards S	6	329	376	705	92 Richards Jack	2	140	78	218
33 Murchie L	6	272	422	694	93 Bricknell B	2	121	96	217
34 Mitchell S	6	328	365	693	94 Campbell Alan	3	111	102	213
35 Farrar Shelley	6	281	407	688	95 Pinder F	2	99	92	191
36 Gourlay C	6	302	371	673	96 McCourt A	2	82	98	180
37 Dobson R	6	365	305	670	97 Anderson Duncan	2	86	85	171
38 Chesterman A	6	343	318	661	98 Smith Gareth	2	84	71	155
39 Nettleton Keith	6	332	322	654	99 Webster Scott	2	81	70	151
40 Cant D	6	302	347	649	100 Buchan John	2	60	76	136
41 Clark P	6	330	319	649	101 Kenny Marcus	1	60	60	120
42 Chapple I	5	333	312	645	102 Forsyth David	2	51	59	110
43 Pithie M	6	293	338	631	103 Patton B	1	53	50	103
44 Darling S	6	268	354	622	104 Gordon Janice	2	48	52	100
45 Farrer Keith	5	307	313	620	105 Buchan Sue	2	46	49	95
46 Anderson N	4	307	303	610	106 Trimble T	1	28	66	94
47 Stewart Kevin	6	259	350	609	107 Schwartz Anna	1	34	55	89
48 Varney K	5	316	292	608	108 Kefford P	1	45	41	86
49 Bryson K	5	351	256	607	109 Taylor Scott	1	38	42	80
50 McIntosh B	6	288	315	603	110 Dalton John	1	46	31	77
51 Brown Ian	4	303	294	597	111 Bossenbark M	1	44	29	73
52 Howarth N	5	322	272	594	112 Gourlay Douglas	1	28	26	54
53 Byth W	6	287	302	589					
54 Massie A	5	331	258	589	Winners				
55 Hamilton Charlie	6	260	323	583	1 Ben Gowland				
56 Anderson P	4	297	281	578	2 Thomas Barratt				
57 Durham S	4	284	290	574	3 Duncan Warwick				
58 Chellingsworth Liz	5	220	353	573	First Lady Katrina Brown				
59 Pearson Ashley	5	325	248	573	First Vet Duncan Warwick				
60 Armstrong R	4	287	282	569	Under 18 Lewis Murchie				
					Under 16 No Qualifiers				

Vets Standard winners listed in Table below

Evening League Vets on Standard Points

	Name	Age	Ev 1	Ev 2	Ev 3	Ev4	Ev6	Ev8	Ev9	Ev10	Ev11	Ev12	Ev14	Ev15	Ev16	No	Total	
1	Stewart Dick	72	50	50	50	50	50	50	0	"50	"50	"50	"50	"50	"50	6	300	70+
2	Mitchell Stewart	68	49	49	49	49	49	0	50	"49	"49	"49	"49	"49	"49	6	295	60+
3	Morris David	52	"47	48	"47	"46	"47	0	49	48	48	48	48	"45	"47	6	289	50+
4	Walton Stephen	58	48	47	48	47	0	"42	48	0	0	0	0	48	"47	6	286	
5	Byth Bill	68	"45	"44	45	48	46	0	"41	47	47	47	0	"43	"0	6	280	
5	Warwick Duncan	45	0	"43	"44	"44	"44	48	47	0	"45	46	46	46	47	6	280	40+
7	McIntosh Bert	64	0	0	"38	"44	48	44	46	46	0	0	47	44	"43	6	275	
8	Wilkie Ian	51	"43	0	46	45	"44	47	"44	45	"44	45	45	"42	0	6	273	
9	Dudgeon Alan	51	0	38	43	41	"37	45	0	42	0	"37	40	"36	"0	6	249	
10	Monaghan Sean	40	44	45	42	34	0	0	42	0	0	"32	0	35	"0	6	242	
11	Anderson Kenny	52	0	0	0	"25	0	38	40	39	41	"35	0	39	44	6	241	
12	Richards Simon	55	0	"35	40	0	"36	0	36	41	0	38	44	37	"0	6	236	
12	Robertson Keith	42	0	0	0	0	0	40	0	36	43	40	35	"34	42	6	236	
12	Sinclair Ian	51	40	"32	0	36	39	"35	0	40	42	0	39	0	"0	6	236	
15	Dobson Ron	52	0	"34	41	"37	38	43	38	"34	37	37	0	0	"0	6	234	
16	Clark Peter	51	"35	"27	"32	0	"31	34	"32	35	40	41	37	0	40	6	227	
17	Chesterman Alan	51	0	"31	34	"31	0	"31	33	0	38	42	38	40	"0	6	225	
18	Grant Ian	44	37	"29	"28	"27	"32	41	35	33	39	"29	"31	"27	36	6	221	
19	Duncan Phil	53	0	0	0	0	0	39	39	44	46	44	0	0	0	5	212	
20	Howarth Neil	51	42	42	0	38	0	46	43	0	0	0	0	0	0	5	211	
21	Cowie Calum	49	"32	33	35	35	35	33	"30	0	0	0	0	"32	38	6	209	
22	Bryson Ken	48	0	36	39	40	0	0	0	0	0	43	43	0	0	5	201	
22	Nicholson Jenni	L53	0	40	0	32	0	0	34	0	0	0	0	47	48	5	201	Lady
24	Varney Keith	52	0	39	36	39	40	0	0	43	0	0	0	0	0	5	197	
25	Harrington Andrew	43	"31	"24	"31	0	"29	32	31	"30	36	31	33	31	"0	6	194	
26	Crawley Peter	47	0	"26	0	30	34	0	"29	29	0	34	29	33	"0	6	189	
26	Spalding Michael	43	0	0	0	"26	30	30	"27	"28	35	0	30	29	35	6	189	
28	Farrar Shelley	L40	0	"23	29	0	0	28	28	33	0	30	0	0	37	6	185	
29	Edwards Ian	57	33	0	0	28	0	0	"23	33	0	0	32	30	28	6	184	
30	Massie Andy	47	0	0	0	0	33	36	37	38	0	39	0	0	0	5	183	
31	Sim Colin	46	38	37	0	33	0	37	0	0	0	33	0	0	0	5	178	
32	Pithie Mike	48	0	"20	30	"23	28	"27	"21	27	34	0	28	"24	30	6	177	
33	Whyman Sandy	47	34	28	33	0	0	0	0	0	0	0	26	21	33	6	175	
34	Anderson Neil	45	0	46	0	0	45	0	0	0	0	0	42	41	0	4	174	
35	Bird Dick	51	0	"21	"25	0	27	"24	"22	26	33	28	25	"22	29	6	168	
36	Armstrong Rob	47	41	41	37	0	0	0	0	37	0	0	0	0	0	4	156	
37	Stewart Kevin	46	0	0	0	23	0	0	24	0	0	27	22	25	34	6	155	
38	Pearson Colin	40	0	0	26	29	0	0	26	0	0	0	27	0	31	5	139	
39	Campbell Alan	62	0	0	0	0	0	0	0	0	0	0	41	38	41	3	120	
40	Lott Simon	46	0	0	0	0	41	0	0	0	0	0	36	0	39	3	116	
41	Wilson Ian	40	0	0	0	0	0	25	25	25	0	0	0	20	0	4	95	
42	Kelman Phil	44	0	0	0	0	0	49	45	0	0	0	0	0	0	2	94	
43	Mulligan Hilary	42	0	18	0	0	26	23	20	0	0	0	0	0	0	4	87	
44	Jones Chris	50	0	0	0	42	42	0	0	0	0	0	0	0	0	2	84	
45	Pirie Sandy	49	0	0	0	0	0	0	0	0	0	0	24	26	32	3	82	
46	Thissen Marianne	L40	32	22	27	0	0	0	0	0	0	0	0	0	0	3	81	
47	Bricknell Bruce	44	36	26	0	0	0	0	0	0	0	0	0	0	0	2	62	
47	Keir Stuart	41	0	0	0	0	0	0	0	0	0	0	34	28	0	2	62	
49	McCourt Alan	53	0	30	0	0	0	29	0	0	0	0	0	0	0	2	59	
50	Smith Gareth	47	0	0	0	0	0	26	0	0	0	0	23	0	0	2	49	
51	Dalton John	46	0	0	0	0	0	0	0	0	0	0	0	23	0	1	23	
52	Trimble Tim	53	0	19	0	0	0	0	0	0	0	0	0	0	0	1	19	

NB: Competition is based on total points from 6 best scoring League events excluding the Hill Climb (Event 7). Lower points not included in 6 best are marked, eg. "30. (Event 5 cancelled due to heavy rain, Event 13 due to fog)

Race Calendar 2008

Sun	21	ADCA Hillclimb - Entries to Bob Gibson on ellington13@supanet.com	ADCA
Sun	28	Tri Changing Gear 10 mile TT	TCG

Support the Advertisers

**Kintore Klassics
(End of Season Reliability Trial 2008)**

The inaugural running of the Kintore Klassics takes place on Sunday 5th October. The start is at Kintore Village hall and both 100 km and 200 km routes are on offer.

The date at the end of the season acknowledges that everybody should still have a good level of fitness, and this is reflected in both distances offering a challenging route.

A reliability trial is not supposed to be a race – therefore race numbers won't be issued and individual's times will not be recorded. The idea is to ride with a group, which fits your level of fitness and ability, and finish inside the time limit set for that group. There will be a feed stop at approximately half way.

Please make sure that your bike is in good working order, and carry bottles, food and spare tubes. There will not be a service vehicle on the route, nor will there be a broom wagon.

To cover the cost of the hall and refreshments there is a £5 entry fee.

100 km Route

200 km Route

	Kintore Hall
8.1	Dunecht
10.8	Echt
15.3	Mill Recording Studio
17.9	A93 junction to climb Slug
20.8	Right to Knockburn
26.2	Left onto B974
28.8	AA box
32.4	FEED at Finzean
39.0	Potarch
42.7	Torphins
46.0	Top of Learney
50.0	Millbank
51.6	Tilliefourie
62.5	Finish at Kintore Hall

	Kintore Hall
5.6	Dunecht
8.2	Echt
12.7	Mill Recording Studio
15.4	A93 junction to climb Slug
22.8	Mergie
36.8	Auchenblae
44.0	Fettercairn
55.4	AA box
59.0	FEED at Finzean
65.6	Potarch
69.3	Torphins
72.6	Top of Learney
78.5	Crossroads Hotel
86.0	Bridge of Alford fork
97.8	Rhynie
101.2	Clatt
107.3	Tullynessle
110.9	Lords Throat
119.9	Kemnay
124.3	Finish at Kintore Hall

See <http://www.cyclegrampian.co.uk/KK/100K-Route.pdf> for detailed route.

See <http://www.cyclegrampian.co.uk/KK/200K-Route.pdf> for detailed route

Groups leave at

	Start	Av Speed	Finish		Start	Av Speed	Finish
Group 1	9:30	12.5 mph	14:45	Group 1	7:30	12.5 mph	17:45
Group 2	9:45	14.0 mph	14:30	Group 2	8:15	14.5 mph	17:00
Group 3	10:00	15.5 mph	14:15	Group 3	9:00	16.0 mph	17:00

The above allows for a 15 min feed stop. All rides should aim to finish before 16:00

Kintore Hall will be open before and after the ride and refreshments will be available at the end. There is ample car parking at Kintore Primary School, 200m up the road from the hall.

To enter the reliability trial or for more information contact Rob Armstrong 01467 634912 rob@cyclegrampian.co.uk, or post your entry fee to Sandy Lindsay.

2009 Calendar

Give our sport the support it deserves – offer to organise an event in 2009. More folk are needed to help run events at Championship distance time-trials – 25, 50 and 100 miles.

Contact Isobel Smith on 01224 324749 or email isobel@beldie.freemove.co.uk

Date Fixing Meeting

Wednesday 24 September at Isobel Smith, Wallace House, Hazelhead, Aberdeen at 7.30pm

The Cowdray Restaurant
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01330 860534

Online:
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POSTSCRIPT

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Membership Application

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Please complete and return to Sandy Lindsay, Rowan

Cottage, Inveramsay, Inverurie, AB51 5DQ

Telephone (01467) 681330 or email:

Knockies@aol.com