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Issue 455 February 2012

CRANKS

Volume 38

The Magazine of
Deeside Thistle Cycling Club
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Current Membership 436 (452)
SCU Membership 168 (176)
British Cycling's Largest Club

Editorial:

Every other week you see mention on the TV, hear on the radio or read in the papers that something has got to be done to make life on the road safer for cyclists. A chorus of voices claim to back any move. Then in days things go quiet.

Local authorities say that safer cycling is prominent in their forward thinking plan and that money will be set aside to implement the thoughts. Some things get done. Then the plans change and money gets earmarked for elsewhere.

A London journalist, cycling to work, was recently crushed by a truck and three months on is still in a coma. *The Times* newspaper has reacted to this and has started a campaign which they hope will make our streets and roads safer for us to use. The campaign is spreading and gaining support from many influential figures.

Alan Campbell, who led several innovative cycling projects while at the helm of Aberdeenshire Council, has picked up the gauntlet and hopes that you will too. In this issue his report urges you to make representation to the authorities.

Hardly a day goes past but there is a horrific story of cyclists being killed or injured and co-incidentally I got this clip a few days ago which graphically illustrates the way cyclists can be abused on our roads. Check it out [here](#).

Maybe in the future we will be allowed our rights more often and more space most of the time.

PHILOSOPHER'S CORNER

Don't wait for a light to appear at the end of the tunnel, stride down there and light the bloody thing yourself."

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

The Times

CITIES FIT FOR CYCLING CAMPAIGN

The Times launched a big campaign last week which is relevant to all of us. I have never known a national paper to devote their front page to this subject. Ever.

I know only too well that death on the road is something we don't like thinking about but we are always conscious of it. I am referring to our vulnerability on the roads in relation to cars and trucks. We know that there is no better way to get around but we also know that we share road space with drivers of cars and trucks who are frequently inconsiderate and regularly reckless.

The Times campaign was prompted by a horrific bike "accident" to a young female *Times* Journalist who was crushed by a massive truck on her regular commute to work in London. Three months after she remains in a coma.

The number of fatalities to cyclists is on the increase with cycling's growing popularity as a means of transport and as sport.

Chris Boardman and all the British Olympic medallists as well as Cav are totally signed up to the campaign.

Boardman points out that since 2010 some 570 British Service personnel have been killed in Iraq and Afghanistan while more than 1200 cyclists have been killed on the roads of Britain. And that is people like you and me. Regardless of age, gender, experience, equipment, etc. The harrowing letters from relatives in *The Times* makes it very clear that regular club cyclists using all their road craft are still vulnerable in towns or country. And we in *The Deeside Thistle* are no strangers to this. During my time as Chairman four local club cyclists including 3 Deesiders were killed in four separate incidents where they were blameless. On one occasion it was a very drunk driver and on another occasion it was a reckless driver who lost control. On another occasion a driver did not see the cyclist in broad daylight. The locations were a mix of city and country.

So please sign up to the campaign. www.thetimes.co.uk/cyclesafe

Do it today.

If you think it will make no difference then I would beg you to remember that other countries do it so much better than we do in relation to road design, driver culture and legislation. A presumption of guilt on the vehicle driver in any collision is the case in some countries and the space to be given to cyclists when being overtaken is also set out in legislation in others. Road design for cyclists is woefully inadequate and especially locally. We need to think differently as a society. It's about attitude and culture. That can change.

Do you ever reflect that a 60mph speed limit on narrow country roads is sensible when 70mph is motorway limit?

We can change things. So, sign up today. The life you save could be someone you know - or even your own.

Alan Campbell

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FROM BRITISH CYCLING'S MEMBER NEWS

I'm writing to you to request your support. I passionately believe that with all the media attention road safety issues are highlighting at the moment we really have a once-in-a-lifetime opportunity for change. I think it's possible that if we work hard we can get the political will to put cycling at the heart of all road design, planning and transport policy, rather than an add-on so that we totally revolutionise the way that cycling and cyclists are treated in this country. That's why I [wrote this article](#) in *The Times*. I'm asking you all, as British Cycling members, to please get involved. This affects us all, whether you're a first category rider or someone who rides their bike to the shops.

What you can do to help:

Since being launched two weeks ago *The Times'* 'Cities fit for Cycling' campaign has received huge backing, including fellow members and GB riders like Sir Chris Hoy, Mark Cavendish and Victoria Pendleton. With more than 25,000 people already pledging their support, a three hour Commons debate will be held next Thursday to discuss cycling issues. So please take this opportunity to make a difference to cycling in this country. [Urge your local MP to attend the debate by clicking here.](#)

Many thanks for all your support *Chris Boardman*

ADCA CALENDAR 2012

This calendar is as supplied. There may be anomalies which will be corrected as time goes on. Those events not highlighted have yet to be listed on the BC calendar

Date	Day	Event	Club
18 Mar	Sun	Dick Londragon RR	ADCA
25 Mar	Sun	Presentation TT	ADCA
01 Apr	Sun	Deeside 10 TT	DTCC
15 Apr	Sun	Spring Bunny 25 TT	DTCC
22 Apr	Sun	Ythan Hilly TT	YCC
06 May	Sun	Neish/Low 25TT	AWCC
13 May	Sun	GCRT 25 TT	GCRT
20 May	Sun	Ythan Classic RR	YCC
24 May	Thu	Deeside RR Series No1	DTCC
26 May	Sat	Cyclefest Sportive	DTCC
27 May	Sun	Youth & Senior Crit Races	YCC
03 Jun	Sun	Fitnut Trophy 50 TT	GCRT
10 Jun	Sun	District RR C'ships	ADCA
17 Jun	Sun	Ian Brodie 10 TT	DTCC
20 Jun	Wed	Massie Shield 25TT	ADCA
28 Jun	Thu	Wheelers RR Series No2	AWCC
01 Jul	Sun	Furneaux/Ian Porter 100 TT	ADCA
04 Jul	Wed	Old Skool TT	Ythan
22 Jul	Sun	Bob Souter 10 TT	ADCA
26 Jul	Thu	GCRT RR Series No 3	GCRT
09 Aug	Thu	Ythan RR Series No 4	YCC
12 Aug	Sun	Coffee Pot 50 TT	ADCA
19 Aug	Sun	Glegg Trophy 25 TT	ADCA
26 Aug	Sun	Ellon Youth Crit	Ythan
02 Sep	Sun	Rising Westerly 100 TT	GCRT
15 Sep	Sat	District Hill Climb C'ships	ADCA
16 Sep	Sun	Wheelers Classified 10TT	AWCC
30 Sep	Sun	District TT C'ships	ADCA

STRATHPUFFER 2012 RACE REPORT

Deesiders were out in force at the Strathpuffer 24 hour Mountain Bike race in early January - an event that attracts competitors from all over the world and is recognised as one of the 10 toughest Mountain Bike events on the planet.

Mona Petrie competed as female soloist; Duncan Warwick, Ewan Murray, Dave Whitcombe and Duncan McGowan as the "Deeside Deviants"; Ian Wilson, Ian Brown, Pete Kneeshaw along with Ed Bradley from Inverness making up the "Deeside Kittens"; Rachel Chalmers in the Female Quad Team "In the Knick of Time" along with Katy Boocock, Ness and Clarie; and Forbes Duguid along with champion motorcyclist Guy Martin forming "Gairnside Thrashers".

The race starts at 10.00 am on Saturday morning and competitors must start their last lap by 10.00 am on Sunday morning and complete it by 11.00 am

On the Friday before the event the Deeside camp was set up part way up the main fire track climb with 3 vans, 1 mobile home, a caravan and a giant tent with fired heater and gas barbeques, and lots of good food.

Ian Wilson who had put in some excellent pre-race organisation gave us all a military style pre-race briefing on how the teams should be organised to ensure slick handovers of the dibber and to ensure incoming riders would be well fed and rested and bikes cleaned, checked and fixed. All the puffer virgins took heed of all advice being dished out by the hardy puffer veterans.

The quad teams were going for the optimum format of going for one lap each before handing over to the next guy ensuring you could push it really hard on each lap and then have a good rest.

Each lap of the course is 11km long and consists of a few miles of uphill fire track from the transition area followed by a knarly rock garden with a couple of narrow wooden bridges to negotiate and a large steep rock slab followed by swooping downhill and towards the end of the lap very thick mud. An interesting route, which suits all-rounders.

Over the years the Strathpuffer has had every possible type of weather condition - gales that blew away tents, iced roads, 2ft of snow the week before the event, -10 degrees, rain, hail. This was to be our lucky year with temperatures around 5 deg C and even some sunshine appearing.

Just before 10am on Saturday morning a very excited congregation of hundreds of mountain bikers formed a tunnel of people alongside the uphill firetrack just up from the start area to hand over the bikes to the starting riders after the Le Mans style run start. This was truly a sight to behold in the early morning sun and was one of the highlights of the whole event.

The first laps went by in fine weather without any crashes or bad mechanicals. There were fast early laps from Dave Whitcombe, 35 mins, Ian Wilson and Ian Brown, 37 mins.

The Deeside Kittens pulled out an early lead over the Deeside Deviants with the Kittens being up in 3rd position out of all Quad teams early on the event.

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Nessa came back from her first lap to realise she was well within an hour after having been practicing on the course a few days prior to puffer and never lapping faster than about an hour/an hour and a quarter.

Darkness came along at 4pm but the fantastic atmosphere of the event just continued with music pumping out loudly at the transition area and at marshals' points around the course, with cheers of encouragement from folk huddled around brazier fires as sparks flew off popping logs and wood smoke scented the air all the way up the fire track climb.

Now was the time for a massive number of powerful helmet and handlebar mounted lights to emerge, and several multiplug sockets were set up in the tent. Thankfully the generator held out all through the night with just a few times brief cut-outs.

Thanks to Shelley Farrar's fantastic Deeside blog through night and early hours we kept tabs on the race positions and here's a snippet from 7pm: Mona Petrie is flying as female solo, Rachel Chalmers in Girls in the knick of time are 1st fem quad and a respectable 47th in the quads and creeping upwards, Deeside kittens are 6th quad, Deeside deviants 8th quad, 12 minutes later, Forbes Duguid and pal - DTCC/gairnside thrasher were 4th pair and battling it out with Steve Nutley (TTer extraordinaire) and an Aardvark.

During the night there were a few crashes for the male quads with Ewan taking a flier on the rock garden and finding himself running through the woods in the dark - without his bike! Pete crashed coming down the chocolate river and bashed his helmet and received help from another biker to get back on his bike.

The teams were digging deep and pushing themselves and bikes to the limit. The abrasive grit of the course was really taking its toll on the bikes, but we were lucky to have Andrew Kneeshaw and Donny straight from a full day in Banchory Cycles to give us help with replacing brake pads, brake cables and drivetrain components right through the night.

The early hive of activity in the tent quietened down in the early hours of the morning with folk positioning ever close to the space heater.

Tim Mackley and Mark Tandy performed a very attentive job of looking after Mona who was unsurprisingly beginning to look very tired and cold on her brief visits to the tent between laps.

Katy Boocock, organiser of the Strathpuffer and member of the female quad team, ensured we were all being well fed through the night making folk sandwiches and cups of tea which were very much appreciated. Katy realised during the night that with the speed of their laps they could beat the lap total of her previous winning all female quad team which gave extra incentive for their team.

The Kittens suffered a few mechanicals and punctures through the night and in the early morning but we were all kept inspired by the efforts of Mona who battled on incessantly and only took a prolonged break late in the race. It was an emotional moment for all when Mona

hobbled out from the caravan determined to put in a final 20th lap and gain a good overall solo position and seal the female solo title.

As the sun rose around 8am everybody gained renewed energy and going out for a lap in natural light felt fantastic.

Thanks to very consistent laps through the night the Deviants pulled past the Kittens towards the end to finish 5th Quad overall just ahead of the Kittens in 6th place.

Mona finished with a sizeable lead over her nearest female solo rival and with a brilliant 8th solo position overall and the female quad team In the Knick of Time sealed their win.

The Gairnside Thrashers thrashed it through the night and moved up to get a podium position as 3rd placed Pair, another great performance.

Duncan Warwick summed it all up well: "It was an incredible experience. The Deeside village and support was awesome and was a major contributor to the performances (like having a 5th rider)".

The Deeside support crew dedicated themselves to the task of maintaining bikes and riders in good order for the whole event in very cold, wet conditions and we couldn't have succeeded without them, so a big thanks to them.

The Strathpuffer is THE best organized, best marshalled and the toughest 24hour MTB endurance race in Scotland/UK which needs to be on the palmares of any true Mountain Biker
Ian M Brown

MONA'S REPORT:

Strathpuffer 2012

The start of the race is a Le Mans style run to your bike. This really kicked off the lagging end of a chest infection I'd been battling for a couple of weeks and had me unable to breathe by the time I got to the bike! Not the best of starts, but luckily it calmed down once I started pedalling and I was able to get a good first lap in with only 10 seconds separating me from the main solo competition, Jo Caldwell.

With the first couple of laps out of the way I really managed to settle down and after lap 4 I started to put a few minutes between me and Jo. At this point I decided to swap off my race hardtail onto my full suspension bike due to the course being quite rough and was fatiguing my lower back, the more upright full suspension really helped. I ended up staying on this bike for the rest of the race as due to the suspension lockout it had no affect on the ups and allowed me to keep the pressure up on the rough sections and the descents.

Once the temperature started to drop as the sun went down, my cough started to flare up again. My pit crew, Tim Mackley and Mark Tandy, decided that the temperature variation caused by coming into our warm tented pit area could be aggravating it. With this in mind they changed strategies, only allowing me to stop for 3 minutes each lap and refuelling out on the course. This meant that I wasn't getting a chance for my legs to seize up or for the hot air to affect my lungs. This strategy

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worked quite well though I did really want to sit down in the nice warm tent!!

At about 2am I came in for a change of clothes while Tim did a formula 1 style brake pad change on both the front and rear brakes. I headed out once more, but fatigue was starting to set in and each rest stop I was getting so cold that I could not stop shaking. Tim and Mark had to resort to hugging me to try and keep me warm whilst I refuelled! (The lengths a pit crew have to go to!!) My cold was really starting to take its toll now and I was beginning to feel very zapped of energy and sleepy. I had to keep going though as I knew Jo had taken a few hours rest so now was the time to really push and increase my lead.

I managed to keep going until around 6am when I was really starting to struggle with my breathing and I found myself falling asleep on the fire track climb! By this point I had managed to build a 4 lap lead (worth about 4.5 hours) over Jo in second so Mark and Tim decided now was the time to get some rest whilst they monitored the competition. They both carried me off my bike to our caravan and I was asleep before my head hit the pillow.

They decided to let me sleep on longer as my lead was still secure. Once day light arrived, at around 8am, I was ready to head out once more to ensure my position in the overall top 10. Tim and Mark once again helped carry me out to my bike and I got my final lap in before the finish. I ended up finishing with 20 laps, 1st in category and 8th overall. During the night there was some good competition between the solo women and I ended up being 3 laps ahead of Katie Cheeswright (single speed!) and 4 laps clear of Jo Cardwell in 3rd.

The race was brutal at times but I am chuffed to have completed it. I have my pit crew, Tim Mackley and Mark Tandy, to thank for doing so well, I could not have done it without them! I also need to thank the other Deeside members there for their moral support. My only post race complaint is that I still can't feel all the fingers in my right hand!!

Mona Petrie

LAURA'S RR STORY

I did my first two RR's last year, which anyone who asked about will have had me boring them about it. It was great fun and the absolute hardest I have worked on a bike.

Everyone gets ready and has a race briefing, then pedals in a casual group to the start area. Then you ride 'de-neutralised' - i.e. ready to race and pedalling along in a gang but not racing until the leading car beeps or drops a flag or gives a signal. Don't worry - you will know when this happens!

The Ladies RR champs was in this format. Then it was a case of the pack speeding up, and breaking into the lead bunch, a couple of chase groups, and a few stragglers. It is a 6 lap format so this means if you are having a horrid time you can just pull in at the end of the lap, and also if you are lapped or about to be lapped you have to stop anyway.

Shelley was in the lead bunch which flew along at a fair old rate and had a bunch sprint at the end. I was in a

chase group which was quite civilised and worked as a chain gang (apart from one nasty lass who tried to just sit on the back until the rest of us shouted at her). So this race had a wide range of speeds and was a really good first race - i.e. no pushy men. But the top ladies, make no mistake, are a powerful bunch and there is no messing about at the sharp end. Ask Shelley.

The ideal tactic here would be to sit in the bunch, shelter as much as possible and get towed along. For me the pace in this lead bunch was just too fast for me to hang in for more than ½ a lap, the course is undulating and the pace didn't drop on any of the wee hills so I was 'out the back' once we hit a few climbs. But in the wee chase gang I was in, I really enjoyed it and learned a lot.

At one point I fell off the chase pack and had to do a time trial effort for about 15-20 mins trying to catch them - it was murder and highlighted how crucial it is to stay in the bunch. You must bust a gut to do this if you can.

In the ladies and vets RR it was a static start where you have to be a bit more careful as people wobble about trying to get clipped in. It was also a huge bunch of maybe 60 riders with all the over -50 men and above. But there was much more shelter with lots of big men to hide amongst! This group rode a lot more closely - takes a bit of practise being comfortable with people really close to you from all sides. You mustn't panic or do anything sudden. If in doubt - simply stay near the back. You won't get as much shelter but you will still get some and gain experience. BUT the back of the pack kind of erratically zooms then brakes in response to the changes of speed at the front which can be tiring, so make your choice...

Also the older men are not worried about shouting at you to move in, move out, move over, do this, do that.... take reasonable advice but don't take anyone trying to push you about.

This was a two lap 60 mile race so you really had to decide at the end of lap one if you were in a nice bunch and wanted to continue. Again I fell out the bunch after about 30 minutes when they went up a big hill and myself and quite a few others dropped back as we couldn't maintain the speed. Now, myself and another man chased like mad for another 20 mins to try and get back on to the bunch - remembering how crucial it is we really hurt to try and get there - but when you have 60 people it's not going to happen with a 2 man chase!

So after a while myself and one other lady paired up and worked together. It was super windy and at the end of lap one she decided to bin it. I however had driven from Aberdeen so decided if for nothing else I would carry on for the training ride. And even though it was windy, it was dry and I felt good so thought - what the heck.

This paid off as only 9 women finished, from 15 starters, so (by default) I was fifth!

I slogged round the second 30 mile lap alone into the wind and in the last 2 miles or so a group of 3 women caught up to me. However silly as it sounds, I was not going to let them out-sprint me after 30 miles alone so I worked with them for the last mile and then put in a wee push to the line.

Laura Sarkis

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GRAEME OBREE TRAINING MANUAL

Scotland has produced some remarkable cyclists in the last 40 years. There is a debate as to which of Robert Millar, Chris Hoy, David Millar or Graeme Obree should be the most celebrated.

For me it's between King of the Mountains Millar or Graeme Obree with Obree tipping the balance.

It was summed up by French Sports Daily paper L'Equipe who devoted their complete front page to a giant photo of Obree on old faithful when he took The Hour record in Norway. "L'Incroyable Mr Obree!"

He had taken a record which had been the province of pro riders at the very top of their game. Eddy Merckx, Jacques Anquetil and Francesco Moser. The elite of the elite.

Obree became world Individual Pursuit gold medallist and when the hour Record was taken from him because of his unconventional machine he took it again in the superman position. And he did it all on the basis of turboing in his shed in Ayrshire with marmalade sandwiches and tinned sardines. Many/most/all of the previous holders had a history of performance enhancing drugs at some point in their career and all said The Hour was tougher than anything else.

Obree's manual is unusual-but that will hardly come as a surprise!

GO is fixated about consistency of results on a dedicated turbo trainer as everything is geared to 20 or 30 minute flat out sessions on the turbo where measuring improved performance is of the very essence. An obsession which on top of his incredible athleticism took him to the very top even though his idiosyncratic bike designs and ideas were ridiculed by nearly all. At Garlogie he rode his TT bike with the bars upside down in the style of paper boys of the time. He won by a huge margin although legend has it that he fell off at the turn.

In the manual he goes into detail about equipment, diet and self motivation. Much of it is absolute common sense while some is downright quirky and could be argued with. A lot! But nobody else has ever done what GO did. He must have had enormous self belief and self-motivation because nobody else was doing this stuff.

Obree came to speak to the club when he was world champion. Again he was unconventional but likeable. His own man.

The manual reminded me a bit of Peter Read's manuals on turbo training in terms of format and layout. Amateurish and with typos and a spelling mistake. But Read gave you detailed plans of what to do every day which involved a lot of sweat Obree just gives the rudimentary framework so a lot needs to be done by the reader.

At 30 quid it's certainly not cheap and it doesn't give wattages and heart rates - if that's your bag. If he had produced this book just after his world successes it would have sold in truckloads but the moment has probably

passed with his well documented personal crises of recent years about his depression and his sexuality. But for those who want to know more about Scotland's most unexpected World Champion this will be quite fascinating but probably ultimately frustrating as it does not give an instant formula. Other than the hardest and most focussed training you have ever done. Maybe, fellow Deesiders, that's it!

PS in a London bike shop a couple of weeks ago I spoke to owner Maurice Burton - a Jamaican/Londoner who as a pro enlivened the 6 Day track scene and Belgian crits of the 70s and 80s. He said he was speaking to another Scot yesterday - yes Obree - and he was saying that GO needed the cash from Manual sales to fund an attempt on the absolute speed record for aero recumbent machines. Sounded just like Obree.

PPS Maurice Burton's son Germaine is Britain's best under 17 year old and if you have cash to spare it might be worth putting something on him to win a classic, a tour stage or even Le Tour itself. All depends on who looks after him and if he can remain disciplined.

Alan Campbell

THE NEW VETERAN STANDARDS

All you Vets (over 40s) in the club should be prepared for big changes in the Standard Tables for 2012, approved by the VTTA on 28 Jan. This will affect you in Open TTs and in the Evening League Leili Clarke competition. The VTTA have a special website where you can find the Tables and the reasoning behind the changes <http://veteran-cycling-standards.org.uk/>.

Essentially the changes make the Standard times easier for younger vets and harder for older vets. Dick Stewart was at the meeting as 2011 VTTA National 25 Mile Champion and at his suggestion I have used the 2011 Championship results to illustrate the effects of the new Standards.

Here is the [link](#) to the "New VTTA 25 Champs results" spreadsheet. You will see that massive improvements in placings are made by the younger vets. (Look at the furthest right column Age*Change.) Kevin Tye, the fastest man and one of the youngest at 49, would be the Champion on the new Standard, moving up from 34th! Carol Gandy (66) up from 9th and Ian Cammish (54) up from 22nd join him on the podium. Dick Stewart (74), the 2011 Champion would have dropped to 5th, Ken Usher (76T), silver, to 30th and Eric Marsh (81), bronze to 10th. Ken Usher's Trike seems particularly hard done by.

I've only calculated for places 1-50 with the addition of some of the fastest riders beyond that. The really fast men all improve their positions, most notably Peter Balls (44) and fast (0:50:50) who moves from 65th to a top ten finish at 9th! Now, as Dick has pointed out, there are a lot of sub-50 minute men in their 40s who don't enter the VTTA Champs because they reckon they've no chance against the 70 year olds like Dick. Now they have. There will be slim pickings for the older vets from now on I think. I hope the VTTA haven't simply reversed the problem.

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How will the changes affect DTCC vets? The other spread sheets show what happens when the New Standards are applied to the three 10TTs and three 25TTs in last season's Evening League. The changes are woman friendly and Shelley Farrar moves right into contention. Dick still holds his position at the top, but only just, with Phil Kelman now hot on his heels with seconds rather than minutes between them. That seems just about right since all three may be called elite riders. Back to the rest of us, the younger you are the more you gain and the older you are the more you lose. The "normal" 70+s, Stewart and I, drop a bundle of places but considering that neither of us was fit or injury free last season we didn't really deserve the placings we had. I reckon I can do better than 19-20th and I'll aim for top ten but I'll have to work for it. How do you think you'll do?

Best of luck for the new season.

Bill Byth

SPORTIVES

The Grampian Transport Museum Cyclefest Sportive is now open for entries. It takes place on Saturday 26 May and there are three distances, 100 miles, 100kms and 25 miles. Go [here](#) to find out more.

New women only Sportive. It's on 20th May. See http://www.action.org.uk/diva100_scotland *S Farrar*

BIKE BALMORAL

The website and online entry have just gone live for BikeBalmoral 2012, the only charity MTB event held on Balmoral Estate. Some Deeside members took part in previous years, and we would love to have more of you come along this year! We are encouraging team entries this year - at a discounted rate! - so perhaps you could have an inter-club challenge! If you need any more information please get in touch. <http://www.bikebalmoral.co.uk> *Morag Murray*

RETUL BIKE FITTING

The bike fitting man Garth Kruger is wanting to plan a trip to Aberdeenshire and as such is looking to see if there is sufficient interest to allow him to make the trip. Members keen to be fitted should contact Garth on:

Garth Kruger
VANKRU Performance Cycling
www.vankru.com
Mobile: 0788 3063 007
twitter.com/vankru_cycling

Iain Pryde

CIRCUIT TRAINING AT GARLOGIE

Each Wednesday evening at Garlogie Hall we have a circuit training session. The session starts prompt at 7.00pm. Doors are open from 6.30pm. All members are welcome and this is an ideal way to recover from the excesses of your cycling during last year and to prepare yourself for this year. There is no charge. You'll get a cup of tea afterwards. Please come dressed for your efforts, shorts/trackies, t-shirt, trainers. Bring a towel

ANNUAL SUBSCRIPTION

There is a small number of members who haven't yet told me their intentions for this coming year. I'll be sending out reply paid envelopes soon in a final effort to persuade you to rejoin but if you don't intend to keep up your membership of our great club please let me know and save us some funds and admin time.

To ensure you remain in place please use any of the payment methods below.

Over 18 - £23
16 / 17 - £12
Under 16 - £7
Associate - £7
Family members - £2 each.

Family members are those under 12 years of age or the spouse/partner of an existing full member.

Your subscription can be paid:

[on line](#) via PayPal

By Bank Transfer to Lloyds TSB Sort Code 30 10 01 A/c 00802182

By Cheque made out to DTCC and posted to

Sandy Lindsay
Rowan Cottage
Inveramsay
Inverurie
Aberdeenshire
AB51 5DQ

You can also pay in cash on a Wednesday evening in the clubrooms at Garlogie Hall. *Sandy Lindsay*

LAPTOP TIMEKEEPING

The club has a new dedicated timekeeping laptop. It's been trialled several times and works really well using an Excel based spread sheet to input race entry data and work out race times. It's a move away from traditional timekeeping and involves knowledge of laptop and Excel spread sheet use.

It's hoped that this new era in timekeeping will encourage more members to assist with timekeeping duties at EL and Open events.

The club plans to hold awareness sessions before the start of the season to encourage participation. Those interested should confirm their initial interest to Kevin Stewart at kvstewart@btinternet.com

CLUB WEB SITE

Our new webmaster, Mona Petrie, is working hard at bringing things up to date on the club website. She is looking for notes on Road riding so if you'd like to have a look at the format and pen us something please go to www.deeside.org then send through your notes to knockies@aol.com. Mona has also created a calendar of events. This is already well populated. Go [here](#) to check it out. You can also add stuff if you like. Send it through now so that you can help create something really useful

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GRAMPIAN TIGERS

Youth Cycle Club based in Aberdeen



Grampian Tigers Youth Cycling Club offers cycling for 7-15 year olds. It follows the principles of Go-Ride which is British Cycling's Club Development Program aimed at improving young riders. The Go-Ride coaching activities have been specifically designed to introduce young people to a range of cycling disciplines, such as: BMX, Cycle Speedway, Cyclo-Cross, Mountain Biking, Road and Track Riding. So whatever their age or ability, there will be something to suit their needs. Web site address for Grampian Tigers: <http://grampiantigers.wordpress.com/>

CLUB HANDBOOK

After the few changes made to our club's Constitution and Rules at the AGM our Handbook has been updated. It is republished on our website so feel free to have a look at it. It contains all our rules and Regulations as well as a complete list of the new club officials, last season's award winners, Club Records and Past Champions. Notification of errors and/or omissions are welcome - go to [Handbook](#)

WELFARE OFFICER

The Club now has a full complement of Welfare Officers. These are Ian Wilson who can be contacted by telephone on 07919 280656 and Gilliam Watt who's number is 01975 564520. The email address to use is welfare@deeside.org

BC MEMBERSHIP

Is your BC Membership up to date? British Cycling will have sent you a reminder. If you haven't renewed or are not already a member go to the [website](#) and join now. It gives valuable insurance whenever you are with your bike and the cover is necessary whenever you compete.

KNOCKBURN SPORTS LOCH

A Groupspace has information for users, whether it be for events, group bookings or individual training or usage. For up to date developments at Knockburn please follow this link and join the group to receive regular updates. <http://groupspaces.com/KnockburnLochOpenWaterSwimming/>

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



: Please do not phone after 9pm - 1 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	Heather	01224 873380
Treasurer	Doug	
Membership Records	John T	01224 639012

Right to Ride Representatives

South Aberdeenshire	Mark	01330 823418
Central Aberdeenshire	Hamish	07547 953000

Runs Co-ordinators

Try Cycling Rides	Gerard	01224 734799
Morning Runs	Heather	01224 873380
Slower Full Day Runs	Gordon M	01224 318507
Medium Full Day Runs	Gordon M	01224 318507
Faster Full Day Runs	Sheila	01224 639012

Additional Runs Leaders

Alan	01224 861209
Cindy	01224 310719
Dave B	01224 876136
Irene	01224 869434
Joe	07971 036933
Liz L	01224 314127
Wilf	01224 658274

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 should contact coffee/lunch stops with eta.

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

This could be the last copy of Cranks sent to you if you haven't paid your fees!

Runs - February

Sat 18 Medium Full Day C 09:30 Asda, Dyce (01224 724134) for coffee, Run starts at 10:00, lunch at Redgarth Hotel, Oldmeldrum (01651 872353). [Led by Alan]
 Sun 19 Faster Full Day A 09:00 B&Q, Bridge of Don, coffee at JRD Equipment, Ellon (01358 720294), lunch at Aberdeen Arms, Tarves (01651 851214). [Led by John T]
 Sun 19 Morning Run D 09:30 Footdee (Round House), coffee at Parkhill Garden Centre (01224 722167). [Led by Cindy]
 Sat 25 Faster Full Day A 09:00 Westhill Shopping Centre, coffee at Millers, Midmar (01330 833462), lunch at Bistro, Alford (019755 63154). [Led by Joe]
 Sun 26 Slower Full Day C 09:30 Tesco, Danestone (01224 809500) for coffee, Run starts at 10:00, lunch at Ross's Coffee Shop, Inverurie (01467 620764). [Led by Wilf]
 Sun 26 Try Cycling E 10:00 Seaton Park, Don St Entrance, Short easy rides, all welcome. [Led by Heather]

March

Sat 3 Faster Full Day A 09:00 Parkhill Bridge, Dyce, coffee at Meldrum Cafe Town Hall, Oldmeldrum (01651 872315), lunch at Kellockbank, Inch (01464 851114). [Led by John B]
 Sat 3 Morning Run D 09:30 Airyhall Library, coffee at Newton Dee Café, Bielside (01224 868701). [Led by Cindy]
 Sat 3 Social Please let Alan (01224 861209) know by this date, if attending or presenting at the slideshow evening on the 10th of March. [Led by Alan]
 Sun 4 Medium Full Day C 09:30 Asda, Dyce (01224 724134) for coffee, Run starts at 10:00, lunch at New Inn, Ellon (01358 720425). [Led by John S]
 Sat 10 Slower Full Day C 09:30 Duthie Park, Riverside Drive, coffee at Asda, Portlethen (01224 782200), lunch at Crathes Castle, Banchory (01330 844634/52). [Led by Gordon M]
 Sat 10 Social 19:45 4, North Deeside Road, Bielside, Member's slideshow evening, please let Alan (01224 861209) know by the 3rd of March, if attending or presenting. Attendees should also bring food and drink. [Led by Alan]
 Sun 11 Faster Full Day A 09:00 Old Mill Inn, Maryculter, coffee at Kirktown Garden Centre, Stonehaven (01569 764343), lunch at Salutation Hotel, Inverbervie (01561 361455). [Led by Dave B]
 Sun 11 Try Cycling E 10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Gerard]
 Sat 17 Medium Full Day B/C 09:30 Airyhall Library, coffee at Flora's Cafe (01330 860848), lunch at Learney Arms Hotel, Torphins (01339 882202). [Led by Alan]
 Sun 18 Faster Full Day A 09:00 Peterculter (west end), coffee at Raemoir Garden Centre, Banchory (01330 825059), lunch at Boat Inn, Aboyne (013398 86137/28). [Led by Hamish]
 Sun 18 Morning Run D 09:30 Woodend Hosp, Eday Rd, coffee at Marshall's Farm Shop, Kinellar [Led by Heather]
 Sat 24 Faster Full Day A 09:00 B&Q, Bridge of Don, coffee at The Gallery Coffee Shop, Ellon (01358 722372), lunch at St Olaf Hotel, Cruden Bay (01779 813130). [Led by John T]
 Sun 25 Special 01:00 Start of British Summer time, Clocks go forward one hour.
 Sun 25 Slower Full Day C 09:30 Airyhall Library, coffee at Marshall's Farm Shop, Kinellar (01224 790493), lunch at Millers, Midmar (01330 833462). [Led by Wilf]
 Sun 25 Try Cycling E 10:00 Hazlehead, Groats Rd, Short easy rides, all welcome. [Led by Gerard]
 Sat 31 Faster Full Day A 09:00 Westhill Shopping Centre, coffee at Inchmarlo Golf Club, Banchory (01330 826426), lunch at Dess Activity Park, Aboyne (013398 83536). [Led by Joe]
 Sat 31 Morning Run D 09:30 Brig O Balgownie, coffee at Sterling Furniture store, Bridge of Don [Led by John S]

RECENT NEW MEMBERS

479	Dick Pratt	Dusseldorf	63
1422	Ken Tree	Pool of Muckhart	53
2193	Stuart Thompson	Insch	27
2194	Robert Tree	Pool of Muckhart	15
2195	Frank McInnes	Aberdeen	56
2196	Molly Harrington	Aberdeen	
2197	Russell Brinklow	Inverurie	46
2198	Chris Tait	Aberdeen	22

FORUM

Following the action list from the Deeside survey, access to the DTCC forum has now been fixed and is available for everyone to register. Please read the requirements on the website www.deeside.org/forum.html before registering.

For all existing users, please log in to your profile and where required, change your user name to the same format as the registration requirements on the above website page. A clean up will be made on 1st Oct to remove all out of date and SPAM registered users. All user names, not of the correct format will be deleted. If your user name is not updated and subsequently deleted, you will simply require to re-register.

If you need assistance with this process or have forgotten your password, please contact forum@deeside.org

GASP

An MTB group called GASP which has organised training and social rides will welcome you onto their email list. Initial contact is available through me. Please drop an email to Simon on schr@onetel.com if you are interested.

Simon Richards

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's hoped this site well will help you get more from your time in the saddle. Maintained by club member Rob Armstrong.

PHIL WINNING

One of the biggest mistakes we often make is focusing on being happy in the future. We think that we will be happy when.....

we achieve a goal
 we retire
 Something changes
 we get something...
 we go somewhere...

Rather than 'choosing to be happy now', doing things to make us happy now. Changing our circumstances....job, house, country, relationship...is future happiness
achieving a degree, a new body, new car....is future happiness

This month; have a think about Happiness now! Spend time doing things that make you happy now! Rather than focus time on future happiness like most unhappy people.

“Some people CHASE happiness. And some people CHOOSE happiness...” Robert Holden

Phil McNally www.winningmentality.co.uk

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CLUB CLOTHING

Club clothing is available from Mike Brown. Contact him on 01224 743304 and arrange a time to collect. We try to keep a reasonable stock available and there are a few female specific garments.

If you'd like some fresh garments for the new season you can do this via the [website](#) please then go to collect or contact Mike direct and pay on collection. So, if you are intending upgrading your clothing or adding to your stock please phone Mike on 01224 743304 and arrange a time when you can visit. Please take a copy of your order with you.

Members are welcome to order their new clothing via PayPal on the club's [website](#) but remember that you are also welcome at The Pines in Garlogie where you can try for fit before buying.

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	£50
Skin Suit Long Sleeve	£52
Leg Warmers	£13
Arm Warmers	£11
Overshoes	£10
Hats	£5
Bottles 600ml	£2.50
Bottles 800ml	£3.50

25 YEARS AGO

RELIABILITY TRIALS

On Sunday 1 March 1987 Diane Duncan organises the Deeside's annual lung opener. This is over the longer distance of 100 miles and though it is being held for the most part on Deeside the start will also be at Garlogie Hall. From Garlogie it goes via Raemoir to Banchory where the route joins the South Deeside. West to Crathie it joins the north to Inver where the compulsory stop is scheduled and food is available. Returning on the north to Kincardine O'Neil go to Torphins where right through Raemoir to Garlogie. More food is available at the finish. Entry fee is £1.00. The times of start for this event are 9.00, 10.00 and 11.00 a.m. to finish at 4.00 p.m.

SVTTA MEMBERSHIP

Want to join the Vets Association? Go to this link: http://www.vtta.org.uk/newsite/php/vtta_group_home.php?groupname=scotland. Membership forms can be found at <http://www.vtta.org.uk/newsite/php/HowToJoin.php>. Membership is £10. Standards is £7. Cheques made payable to SVTTA. It's a great group to be in and allows competition on a level par with other over 40 year olds.

David Murphy, Secretary SVTTA

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SYNOPSIS OF MEETING

A Finance and Management Committee meeting took place at JAS Forwarding, Westhill, on Tuesday 07 February 2012. In attendance were Neil Howarth, Sandy Lindsay, Rachel Chalmers, Shelley Farrar, Doug Haig, Andrew Harrington, Tim Mackley, Ashley Pearson, Mona Petrie, Kevin Stewart, Mark Tandy and Ian Wilson.

- a) Youth Development – A request for help has been circulated with 10+ members offering to get involved. Ythan CC has been met with to discuss how they are set up. Next stage is to organise a meeting of interested parties. One aim for this group is to aim for Go-Ride accreditation. Polly Tandy has taken on a role of responsibility along with Shelley. To further this group's credibility the club will support the training of coaches. A working party is to be established
- b) Coaching Pages on Web site – This is now available and will be added to.
- c) Guidelines for Club/Training Runs – A new document detailing conduct on runs has been prepared by John O'Donovan with input from others. Though this is on the web-site it was agreed that paper copy should be issued to new members. It was also felt that new members should be supplied with an introductory pack containing such things as a welcome letter, ride etiquette, list of activities, car sticker, safety tips, photos of officials. It was agreed to bring ideas to the next meeting
- d) Basic Cycling Skills Course – Tim Mackley and John O'Donovan have offered to run suitable courses to increase basic ability and knowledge of members. It was agreed that a First Aid Course will also be held. Runs leaders are to be advised of the need to brief participants before setting out on runs
- e) RR BAR Trophy – It was agreed to replace the missing RR BAR Trophy
- f) VTTA Rep – It was agreed to refund costs of D Stewart's trip to the VTTA Presentation and AGM
- g) 2010 Awards – It was agreed that P Kelman should receive £150 in recognition of his efforts during the 2010 season
- h) Life Member – It was agreed to reinstate Dick Pratt as a Life Member
- i) S Farrar indicated that Aberdeen and District are preparing a Youth Racing Team which will have some commercial support
- j) Next Meeting Monday 05 March 2012

BORN2RUN

Check out www.born2run.co.uk. Click on the "Latest Event Results". To use born2run click on the "Sportsdiary" button at the top to get into the events section. The list of events comes up with "All" in the window at the top of the list. Change to Cycling-all in the dropdown menu, then click on "Get Events". You can do a search by typing into the "Find Word" box.

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DEESIDE TRAINING

Organised runs take place throughout the northeast. Leaders are invited to publish details in this column and to post them on <http://www.deeside.org/knockies/biketrainingrideskaw.doc>.

To confirm any particular run prospective participants should make prior arrangement with the organiser. Or, indeed, you are welcome to advertise your run here.

To keep this column accurate please update your information. If sessions have ceased or if you have a new session started please let me know so that the information can be passed on to our members. Contact Sandy on Knockies@aol.com.

Banchory - John O'Donovan

Alternating Road/Off-road Sessions – every Saturday at 12.00. Meet at the Bellview car park – Banchory for all Saturday rides. Tea/Coffee afterward all rides at Tease, Banchory high-street.

Road - Building the base, gradually increasing the distance with the introduction of hillier routes at the end of January, fit lights and mudguards.

Offroad - mountain or cyclocross bikes welcome – initially over easy terrain, increasing in difficulty to improve your technical ability as the winter progresses. Tim Mackley (SC MTB Coach) will be coaching off-road technical skills at the start of these sessions.

Contact jaodonovan@marathonoil.com to join the mailing list.

Banchory - Bill Byth

Very civilised midweek & Sunday club runs arranged by email with a stop for coffee and scones. Pace is moderate to fast. Depending on levels of fitness we may set off a faster group first followed by a moderate group five minutes later. Start from Banchory Town Hall at 10:00hrs. The route is decided on the day but is usually up the Dee Valley to Ballater for coffee, around 50 miles, returning well before 14:00hrs. Midweek runs are usually Wednesday and Friday but may also be on other days. Contact bill.byth@gmail.com to join the email list.

Deeside Divas (Woman Specific) - Tim Mackley

The Deeside Divas have now finished for the winter but these women only Wednesday evening sessions will restart again in the early spring once the weather improves. In 2011 a wide variety of sessions were run including pace work on the road, closed road coaching sessions and off-road mountain bike coaching. In 2012, if you're looking to improve your bike & group riding skills, inject some pace for summer events or just a reason to get out and push yourself with other women in a relaxed and friendly environment - then this is for you, for all skill and fitness levels. For notification of the first session with weekly updates on times/locations, email the Divas at divas@deeside.org and get added on the list ready for the 2012.

Lang Stract - Greg Quinn

We are currently running a Thursday night session of Westhill loops which leave from the Lang Stracht on a Thursday evening at 17:30 from the bus stop at Aberdeen

Ice Curl. These sessions are hard paced to prepare riders for the road race season. These winter runs will be on from November through to March.

The Kirkton O'Skene Thursday evening chain gangs will recommence when the lighter evenings come in. These kick off from the Red Lion car park in the centre of Kirkton O'Skene on a Thursday at 18:00 from April to September.

Contact gregquinn@hotmail.com to join the mailing list.

Turbo Training Session - John O'Donovan

Turbo Training Sessions: 2011-12 - Thursdays 18.30–19.30 in the Crathes Hall.

These sessions will be structured and progressive and will be designed to prepare you for the 2012 season.

Will run November to March and will focus on building Base/Power/Strength/Speed over that time. You will need a heart rate monitor, a basic knowledge of how it works and a turbo trainer (and a bike of course). Bring a towel as you may sweat a little!! The cost per individual is £2 to cover the cost of renting the hall.

There is ample parking at the hall (40 cars). The doors are open and the kettle is on at 6.00 pm - The session starts sharp at 6.30 - we are now well into the Progressive Power and Strength sessions and these will continue to the end of February. The final 4 week block focussing on speed endurance will take us to March 22nd.

Contact jaodonovan@marathonoil.com to join the mailing list.

Circuits - Laura Sarkis

Throughout the winter period till the end of March, Circuit Training is held at Garlogie Hall every Wednesday. Doors are open from 6.30pm and the session starts at 7.00pm. Be on Time.

You work as hard as you wish in the company of others. Don't forget that some of this remedial work will set you up for the new season and overcome the extremes of the festive break. All you need do is turn up in longs/shorts, t-shirt/track top. Bring a towel. There is no charge and you'll get a cup of tea and a biscuit afterward. Contact knockies@aol.com

Other District Training

Spin Class – RGU

The early morning spin class at RGU:Sport has started up again. The class runs from 7am - 8am and all are welcome. Prices are £4.75 for non-members, £2.85 for Pay As You Go, and free for monthly members. No need to book as classes are released just 30mins prior to the class. It's a good way of getting the training in mid week with the dark nights/mornings and awful weather! Contact RGU on **(01224) 263666**.

Stonehaven Training Sessions - Fleet-Foot Triathletes

Multiple training sessions are available through Fleet-Foot. These include circuit training, interval running, swimming and trail running. See www.fleet-feet.com for more information.

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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 Pashley Guv'nor. Excellent showroom condition. This vintage/retro style bike will help you stand out from the crowd. Frame 20.5" Traditionally lugged and brazed Reynolds 531 tubing. Wheels 28" Westwood gold lined rims with cream Schwalbe tyres. 3 speed Sturmey Archer hub. Sturmey Archer drum brakes X-FD fully enclosed. North Road handlebars with leather grips and brass bell. Brooks B17 saddle with titanium rails. Colour Buckingham black. RRP £845 for sale £549 (can deliver). Please contact Calum on calum@cfalconer.com (2)
 - 2 Please find links for my TT and MTB bikes - [TT Link](#) - [MTB Link](#). If you are interested please contact me on barry2shoes@gmail.com (3)
 - 3 a) Polar Heart Rate Monitor (FT7 underwater transmittable) used once - £45 (3)
b) TT bike Frame only size XS (crank centre to saddle rail = 68cm - 1m 5'7") - no components (SCOTT Plasma 2 LTD 2009) used for 3 months DKIB Branded White/Green/Black- £650 (3)
c) Zipp 404 tubular front Wheel (2008 edition dimples) in good condition used in races only maybe 8-10 races (Commerzbank branded Yellow decals) - £325 (3)
d) Zipp 404 tubular rear wheel(2008 edition dimples) in good condition used in races only maybe 8-10 races (Commerzbank branded Yellow decals) - £350 (3)
e) Zipp 808 tubular front Wheel (2008 edition dimples) never used (White/grey decals) - £375 (3)
f) Road Gear Shifter set (10 speed SRAM Red) never used - £110 (3)
g) Road Bar & 90mm Stem (Profile Design Carbon Cobra) never used & still in package - £50 (3)
h) Selle Italia Carbonio road saddles never used - White (carbon rails) - £50 (3)
i) Selle Italia Carbonio road saddles never used - Black (normal rails) - £50 (3)
j) Selle Italia Carbonio road saddle used but in good condition Black(carbon rails) £30 (3)
k) Sell Italia TT Road Saddle integ bottle never used- £50 (3)
l) road bike shoes Diadora EU 42 never used £20 (3)
m) 2 X running flats never used (EU42 - Mizuno & Saucony Endurance 2) - £20 each (3)
n) 2 x Tubulars Continental Competition 22mm - £40 each (3)
o) Powerbreathe Classic - Ironman special+ edition - £20 (3)
- I can be contacted at 01224 311585 or 07733225899 if interested or email at scottneyedli@aol.com
- 4 Cube Agree GTC Race Size 56 (More like a 54) Full Ultegra 6700 groupset, Easton Vista aero wheels, Ultremo R1 tyres. Black/white/blue. Bought new in 2010 only done 1200mls. In

excellent as new condition, Selling because it is too small for me. Check Cube website for sizing. Cost new £1800 will accept £1000 for quick sale. Contact Alan Munro 01569730187 or e.mail alanmunro955@btinternet.com (3)

WANTED

- 1 I'm looking to take a bike on a plane 28th April and 24th August for a week. Does any member own one who might rent out to me? Many thanks. Please get in contact with Toby on toby.lenehan@gmail.com (3)

DISCOUNT SERVICE

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

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

CAR CLINIC

Car Clinic contacts: - greatservice@car-clinic.com , <http://www.car-clinic.co.uk/>

Car Clinic, Unit 2, Hillview Road, East Tullos, Aberdeen, AB12 3HB Phone: (01224) 891414

Car Clinic, Broadfold Road, Bridge of Don, Aberdeen, AB23 8EE Phone: (01224) 821010

ADCA Meeting

Monday 20th February 2012

7.00pm - Sport Scotland Offices, Hillhead Centre, Keith Park, Don St, Aberdeen. AB24 1XR

We are entitled to be present at this meeting so if you are to go along please let Peter know on Peter.Clark@scottishcycling.org.uk. ADCA meetings are important for they control how our sport is run

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Email ken.bryson@talk21.com
Tel 01224 877533

Ian Grant

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Web: www.travelcounsellors.com/fiona.betteridge

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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

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