

## 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	Maureen	☎ 01224 573417
Social Secretary	Maureen	☎ 01224 573417
Treasurer	Stewart	
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	Alan	☎ 01224 861209
Medium Full Day Runs	Gordon M	☎ 01224 318507
Faster Full Day Runs	Sheila	☎ 01224 639012

### Additional Runs Leaders

Amith	☎ 07748 570868
Cindy	☎ 01224 484891
Dave B	☎ 01224 876136
Dave L	☎ 01224 314127
Dave W	☎ 01569 730313
Gordon L	☎ 01224 723239
Hamish	☎ 013398 82333
John S	☎ 01224 790269
Jonathan	☎ 01224 744658
Steven	☎ 01224 596090
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

## Grampian Cyclists' Touring Club

### Cycle Runs List

Oct to Dec 2007



Grampian CTC website: [www.ctcgrampian.org.uk/](http://www.ctcgrampian.org.uk/)

CTC headquarters website: [www.ctc.org.uk/](http://www.ctc.org.uk/)



**Runs Lists:** To obtain the next runs list, email Maureen at [m.young@rgu.ac.uk](mailto:m.young@rgu.ac.uk), or phone Sheila on 01224 639012. Runs are also on our website: [www.ctcgrampian.org.uk](http://www.ctcgrampian.org.uk)

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

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

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

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

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

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

**Slower Full Day Runs:** Slowish pace. Distance normally 30-45 miles.

**Medium Full Day Runs:** Moderate pace. Distance normally 45-60 miles.

**Faster Full Day Runs:** Fast pace. Distance normally 60-75 miles (\* runs are longer).

**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.

Date	Type	Dist	Start time, Route	[Leader]	Start point	Grid ref.
<b>October</b>						
Sat 6 <sup>th</sup>	Slower Full Day	C	09:30 Airyhall Library, coffee at Penny Farthing, Banchory (01330 822869), lunch at Gordon Arms, Kincardine O'Neil (013398 84236)	[Led by Gerard]	Airyhall Library, Springfield Rd.....	NJ 911046
Sun 7 <sup>th</sup>	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Amith]	Asda, Bridge of Dee..... Asda, Dyce ..... Asda, Portlethen .....	NJ 925036 NJ 895127 NO 915968
Sun 7 <sup>th</sup>	Faster Full Day	A	09:00 Peterculter (west end), coffee at Pennyfarthing, Banchory (01330 822869), lunch at the Boat Inn, Aboyne (013398 86137)	[Led by Hamish]	B&Q, Bridge of Don ..... Brig o'Balgownie ..... Castlegate..... Cockers Garden Centre, Lang Stracht..... Cults Library.....	NJ 946123 NJ 943096 NJ 945063 NJ 890066 NJ 892028
Sun 7 <sup>th</sup>	Social		<b>19:15 for 19:30 at Music Hall for 'Vampires Rock'</b>		Dobbies, Hazlehead..... Duthie Park, Polmuir Rd. ....	NJ 897049 NJ 939046
Sat 13 <sup>th</sup>	Special	D	09:30 Westhill Shopping Centre for start of Nicholl Trophy Competition (cycle about 25-30 miles), picnic at the Mill, Upper Inver, Monymusk (bring your own packed lunch)	[Led by Albert]	Duthie Park, Riverside Drive (Start for 'Try Cycling' in car park by the pond)..... Dyce Railway Station .....	NJ 942043 NJ 884128
<i>Names to Alan (01224 861209) by Thurs 18<sup>th</sup> if you're coming to the social on 20<sup>th</sup></i>						
Sun 14 <sup>th</sup>	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Sandy]	Flora's Café, Cullerlie..... Footdee (Round House) .....	NJ 766029 NJ 959058
Sun 14 <sup>th</sup>	Morning Run	D	09:30 Woodend Hospital, Eday Rd, coffee at Asda, Dyce (01224 724134), visit Dyce symbol stones	[Led by Gordon M]	Girdleness Lighthouse .....	NJ 972053
Sun 14 <sup>th</sup>	Faster Full Day	A	09:00 Parkhill Bridge, Dyce, coffee at Inverurie Garden Centre (01467 621402), lunch at the Bistro, Alford (019755 63154)	[Led by Dave B]	Hazlehead, Groats Rd .....	NJ 895055
Sat 20 <sup>th</sup>	Faster Full Day	A	09:00 Old Mill Inn, Maryculter, coffee at Kirkton Garden Centre, Stonehaven (01569 764343), lunch at Salutation Hotel (01561 361455), Inverbervie	[Led by Dave W]	Inversneckie Café, Beach Esplanade .....	NJ 954067
Sat 20 <sup>th</sup>	Social		<b>19:45 for 20:00 at 4 North Deeside Road, Bieldside. Members slides night: digital, slides or prints</b>		King's College, High Street..... Kingswells Roundabout .....	NJ 939083 NJ 869063
					Leggart Terrace .....	NJ 929034
					Mannofield water works (at traffic lights).....	NJ 914040
					Maryculter Community Hall.....	NJ 856001
					Penny Farthing coffee shop, Banchory .....	NO 696955
					Old Bank Bar, Peterculter .....	NJ 837007
					Old Mill Inn, Maryculter .....	NJ 857002
					Parkhill Bridge, Dyce (south end of bridge) .....	NJ 888139
					Peterculter Parish Church.....	NJ 841006
					Peterculter (west end).....	NJ 835007
					Sainsbury's, Bridge of Dee .....	NJ 926033
					Stewart Park, west entrance, Hilton Rd .....	NJ 919084
					Tesco, Danestone.....	NJ 911098
					Templars, Maryculter .....	NO 846999
					The Anvil, Netherley.....	NO 849950
					Westhill Shopping Centre .....	NJ 832070
					Woodend Hospital, Eday Rd.....	NJ 897067

Distances (miles): A\*: >75 A: 60-75 B: 45-60 C: 30-45 D: 20-30 E: 10-15

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Date	Type	Dist	Start time, Route	[Leader]	Date	Type	Dist	Start time, Route	[Leader]
<u>December continued...</u>					<u>October continued...</u>				
Sat 15 <sup>th</sup>	Faster Full Day	A	09:30 Airyhall Library, coffee at Torryburn Hotel, Kintore (01467 632269), lunch at Redgarth, Oldmeldrum (01651 872353)	[Led by Joe]	Sun 21 <sup>st</sup>	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Gerard]
Sun 16 <sup>th</sup>	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Gerard]	Sun 21 <sup>st</sup>	Slower Full Day	C	10:00 Asda, Dyce for coffee, run starts 10:30, lunch at Ashvale Restaurant, Inverurie (01467 622800)	[Led by Wilf]
Sun 16 <sup>th</sup>	Slower Full Day	C	09:30 Peterculter (west end) coffee at Burnett Arms, Banchory (01330 824944), lunch at Kirktown Garden Centre, Stonehaven (01569 764343)	[Led by Alan]	Sat 27 <sup>th</sup>	Medium Full Day	B	09:30 Old Mill Inn, Maryculter, coffee at Penny Farthing, Banchory (01330 822869), lunch at Potarch Hotel (013398 84339)	[Led by Cindy]
Sat 22 <sup>nd</sup>	Medium Full Day	C	09:30 Duthie Park, Riverside Drive, coffee at Asda, Portlethen (01224 782200), lunch at Crathes Castle (01330 844634)	[Led by Dave W]	Sun 28 <sup>th</sup>	<i>End of British Summer Time</i>			
Sun 23 <sup>rd</sup>	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Dave L]	<i>Names to Sheila (01224 639012) by Wed 31<sup>st</sup> if you're coming to the supper on 3<sup>rd</sup></i>				
Sun 23 <sup>rd</sup>	Morning Run	D	09:30 Brig o'Balgownie, coffee at Asda, Dyce (01224 724134), Sheilhill, Brokenwind, Buchan Way	[Led by Gordon M]	Sun 28 <sup>th</sup>	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Dave L]
Sun 23 <sup>rd</sup>	Faster Full Day	A	09:30 Airyhall Library, coffee at Flora's (01330 860848), circumnavigate Hill of Fare, lunch at Inchmarlo Golf Club, Banchory (01330 822557)	[Led by John B]	Sun 28 <sup>th</sup>	Morning Run	D	09:30 Duthie Park, Riverside Drive, coffee at Asda, Portlethen (01224 782200)	[Led by Alan]
Sat 29 <sup>th</sup>	Slower Full Day	C	10:00 Old Bank Bar, Peterculter (01224 730003) for coffee, run starts 10:30, lunch at Northern Lights, Hatton of Fintray (01224 791261)	[Led by Cindy]	Sun 28 <sup>th</sup>	Faster Full Day	A	09:00 B&Q Bridge of Don, coffee at JRD Equipment, Ellon (01358720294), lunch at Kingscliffe Sporting Lodge, Methlick (01651 806375)	[Led by John B]
Sun 30 <sup>th</sup>	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Amith]	<u>November</u>				
Sun 30 <sup>th</sup>	Faster Full Day	A	09:30 Duthie Park, Riverside Drive, coffee at Asda, Portlethen (01224 782200), lunch at Carron Art Deco Restaurant, Stonehaven (01569 760460)	[Led by Dave B]	Sat 3 <sup>rd</sup>	Slower Full Day	C	09:30 Leggart Terrace, coffee at Asda Portlethen, lunch at The Ship Inn, Stonehaven (01569 762617)	[Led by Dave W]
					Sat 3 <sup>rd</sup>	<b>AGM</b>		<b>17:45 for 18:00 AGM at Aberdeen Youth Hostel, 8 Queens Road, Aberdeen, followed by supper &amp; wine at 91 Whitehall Place</b>	
					Sun 4 <sup>th</sup>	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Amith]
					Sun 4 <sup>th</sup>	Faster Full Day	A	09:00 Westhill Shopping Centre, coffee at Monymusk Walled Garden (01467 651543), lunch at Dess Activity Park (013398 83536)	[Led by John S]

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<b><u>November continued...</u></b>				
Sat 10 <sup>th</sup>	Faster Full Day	A	09:00 Parkhill Bridge, Dyce, coffee at Lochters, Oldmeldrum (01651 872000), lunch at Kellockbank (01464 851114)	[Led by Sheila]
Sat 10 <sup>th</sup>	Morning Run	D	09:30 Airyhall Library, coffee at Flora's (01330 860848), visit mort-safe at Kirkton of Skene	[Led by Jonathan]
Sun 11 <sup>th</sup>	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Sandy]
Sun 11 <sup>th</sup>	Medium Full Day	B	09:30 Kingswells Roundabout to Sunhoney Stone Circle (NJ715057), coffee at Millers, Midmar (01330 833462), lunch at Inchmarlo Golf Club, Banchory (01330 826426)	[Led by John T]
Sat 17 <sup>th</sup>	Faster Full Day	A	09:00 B&Q Bridge of Don, coffee at Ythan Hotel, Newburgh (01358 789257), lunch at Aberdeen Arms, Tarves (01651 851214)	[Led by Joe]
Sun 18 <sup>th</sup>	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Gerard]
Sun 18 <sup>th</sup>	Slower Full Day	C	09:30 Westhill Shopping Centre, coffee at Millers, Midmar (01330 833462), lunch at Burnett Arms, Banchory (01330 824944)	[Led by Wilf]
Sat 24 <sup>th</sup>	Medium Full Day	C	09:30 Parkhill Bridge, Dyce, coffee at Ythan Hotel, Newburgh (01358 789257), pass Knockhall Castle, visit Ladymire Hut Circles (NJ978298), lunch at New Inn, Ellon (01358 720425)	[Led by Gordon M]

*Names to Gerard (01224 734799) by Thurs 29<sup>th</sup>  
if you're coming to the social on 1<sup>st</sup>*

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<b><u>November continued...</u></b>				
<i>Names to Gerard (01224 734799) by Thurs 29<sup>th</sup> if you're coming to the social on 1<sup>st</sup></i>				
Sun 25 <sup>th</sup>	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Dave L]
Sun 25 <sup>th</sup>	Morning Run	D	09:30 Brig o'Balgownie, coffee at Asda, Dyce (01224 724134)	[Led by Sandy]
Sun 25 <sup>th</sup>	Faster Full Day	A	09:30 Peterculter (west end), coffee at Millers, Midmar (01330 833462), lunch at the Bistro, Alford (019755 63154)	[Led by Dave W]
<b><u>December</u></b>				
Sat 1 <sup>st</sup>	Slower Full Day	C	10:00 Cockers Garden Centre, Lang Stracht for coffee (01224 313261), run starts at 10:30, lunch at Buchan Arms, Ellon (01358 720208)	[Led by Alan]
Sat 1 <sup>st</sup>	<b>Social</b>		<b>19:45 for 20:00 at 1 Oldfold Place, Milltimber. Quiz Night</b>	
Sun 2 <sup>nd</sup>	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Amith]
Sun 2 <sup>nd</sup>	Faster Full Day	A	09:30 Hazlehead, Groats Rd, coffee at Flora's (01330 860848), lunch at Ashvale, Inverurie (01467 622800)	[Led by Hamish]
Sat 8 <sup>th</sup>	Faster Full Day	A	09:30 Airyhall Library, coffee at Penny Farthing Café, Banchory (01330 822869), lunch at Midmar Inn (01330 860515)	[Led by John T]
Sat 8 <sup>th</sup>	Morning Run	D	09:30 Cults Library, Stranog Hill, coffee at Asda, Portlethen (01224 782200)	[Led by Steven]
Sun 9 <sup>th</sup>	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Sandy]
Sun 9 <sup>th</sup>	Medium Full Day	C	09:30 Asda, Dyce for coffee, run starts 10:00, lunch at Lochters, Oldmeldrum (01651 872000)	[Led by Jonathan]

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