

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	Heather	☎ 01224 482698
Treasurer	Doug	☎ 07760 720428
Membership Records	John T	☎ 01224 639012

Right to Ride Representatives

North Aberdeenshire	Rod	☎ 01467 623317
Central Aberdeenshire	Hamish	☎ 07547 953000
Aberdeen	John T	☎ 01224 639012

Runs Co-ordinators

Try Cycling Rides	Gerard	☎ 01224 734799
Morning Runs	Cindy	☎ 01224 310719
Slower Full Day Runs	Heather	☎ 01224 482698
Medium Full Day Runs	Sheila	☎ 01224 639012
Faster Full Day Runs	Dave B	☎ 01224 876136

Additional Runs Leaders

Alan	☎ 01224 861209
Andrew	☎ 07969 521172
Anne	☎ 01224 317184
Dave W	☎ 01569 730313
Gordon	☎ 01224 318507
Ian	☎ 01224 702326
Irene	☎ 01224 869434
Joe M	☎ 01224 583195
Liz L	☎ 01224 314127
Mike	☎ 01224 638953
Nigel	☎ 07769 144909
Sandy	☎ 01224 682781

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
- Cotswold Outdoor Stores 15% on all goods



Grampian Cyclists' Touring Club

Cycle Runs List

Oct to Dec 2016

Grampian CTC website: www.ctcgrampian.org.uk/

CTC headquarters website: www.ctc.org.uk/



Runs Lists: To obtain the next runs list, email John at j_m_scott@yahoo.com, or phone Sheila on 01224 639012. Runs are also on our website: 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 3 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 advised to 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 points have 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: Slower 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 Alberto.

Weather: In the event of bad weather, riders may wish to telephone the designated leader or visit the club yahoo group, where leaders will notify the group of the cancellation of a scheduled ride if possible.

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 19:15 for a 19:30 start and take a bottle and some food. Please also give a contribution of £3.00/head.

Tea & Biscuits: Visits to member's homes. Please give a contribution of £2.00/ head.

Date	Type	Dist	Start time, Route	[Leader]	Start point	Grid ref.
<u>October</u>						
Sat 1	Faster Full Day	A	09:00 B&Q, Bridge of Don, coffee at Antonios, Ellon (01358 722372), lunch at Aden Country Park (01771 624590).	[Led by Andrew]	Airyhall Library, Springfield Rd..... Asda, Bridge of Dee..... Asda, Dyce	NJ 911046 NJ 925036 NJ 895127
Sat 1	Morning Run	D	09:30 Leggart Terrace, coffee at Teacake, Chapelton of Elsick (07917 762464).	[Led by Anne]	Asda, Portlethen	NO 915968
Sun 2	Slower Full Day	C	09:30 Leggart Terrace, coffee at Mains of Drum Garden Centre, Drumoak (01330 811000), lunch at Potarch Hotel, Banchory (013398 84468).	[Led by Heather]	B&Q, Bridge of Don	NJ 946123
Sun 2	Try Cycling	E	10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome.	[Led by Irene]	Bridge of Feugh Car Park	NO704951
Sat 8	Faster Full Day	A	09:00 Westhill Shopping Centre, coffee at Meldrum Cafe Town Hall, Oldmeldrum (07810-218077), lunch at Fyvie Castle, Fyvie.	[Led by Doug]	Brig o'Balgownie	NJ 943096
Sat 8	Morning Run	D	09:30 Duthie Park, Riverside Drive, coffee at Peterculter Parish Church, Peterculter (07854 054090).[Led by Alan]		Cammies, Cammachmore	NO907948
Sun 9	Medium Full Day	B	09:30 Old Mill Inn, Maryculter, coffee at Kirktown Garden Centre, Stonehaven (01569 764343), lunch at Grassic Gibbon Centre, Arbuthnott (01561 361668).	[Led by Dave W]	Cults Library.....	NJ 892028
Sun 9	Try Cycling	E	10:00 Seaton Park, Don St Entrance, Short easy rides, all welcome.	[Led by Joe M]	Dobbies, Lang Stracht	NJ 886067
Sat 15	Social		Please let Gerard (01224 734799) know by this date, if you are attending the social on the 22nd.	[Led by Gerard]	Duthie Park, Polmuir Rd.	NJ 939046
Sat 15	Slower Full Day	C	09:30 Brig O Balgownie, coffee at The Store, Foveran (01358 788083), lunch at Redgarth Hotel, Oldmeldrum (01651 872353).	[Led by Wilf]	Duthie Park, Riverside Drive (Start for 'Try Cycling' in car park by the pond).....	NJ 942043
Sun 16	Faster Full Day	A	09:00 Peterculter (west end), coffee at Inchmarlo Golf Club, Banchory (01330 827080), lunch at Belwade Farm, Aboyne (013398-85398).	[Led by Sheila]	Dyce Railway Station	NJ 884128
Sun 16	Morning Run	D	09:30 Cults Library, coffee at Mains of Drum Garden Centre, Drumoak (01330 811000).	[Led by Cindy]	Easter Anguston, Peterculter	NJ 821016
Sun 16	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Gerard]	FiveMile House, Kingswells	NJ 871062
Sat 22	Medium Full Day	B	09:30 Westhill Shopping Centre, coffee at Cafe Treehouse, Midmar (01330 830000), lunch at Belwade Farm, Aboyne (013398-85398).	[Led by John T]	Flora's Café, Cullerlie	NJ 766029
					Footdee (Round House)	NJ 959058
					Girdleness Lighthouse	NJ 972053
					Hazlehead, Groats Rd	NJ 895055
					Inversneckie Café, Beach Esplanade	NJ 954067
					Kingswells Roundabout	NJ 869063
					Leggart Terrace	NJ 929034
					Mannofield water works (at traffic lights).....	NJ 914040
					Maryculter Community Hall.....	NJ 856001
					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
					Seaton Park, Don St Entrance.....	NJ 943091
					Tesco, Danestone.....	NJ 911098
					Templars Park, Maryculter.....	NO846999
					Tesco, Danestone.....	NJ 911098
					Torry Battery Car Park.....	NJ 966056
					The Store, Foveran.....	NJ 967243
					Woodend Hospital, Eday Rd	NJ 897065
					Westhill Shopping Centre	NJ 832070

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>				
Sun 18	Faster Full Day	B	09:30 Brig O Balgownie, coffee at Parkhill Garden Centre, Parkhill (01224 722167), lunch at New Inn, Ellon (01358 720425).	[Led by John B]	Sat 22	Social		19:15 1 Old Fold Place Milltimber, History talk on the Berlin Wall by Peter Stewart. At Gerard's house. If you are attending, please let Gerard know by the 15th of Oct (01224 734799). Attendees should also bring food and drink. 19:15 for 19:30 start.	[Led by Gerard]
Sun 18	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Mike]	Sun 23	Faster Full Day	A	09:00 Parkhill Bridge, Dyce, coffee at Lochters, Oldmeldrum (01651 872000/78), lunch at New Inn, Ellon (01358 720425).	[Led by John B]
Sat 24	Faster Full Day	B	09:30 Airyhall Library, coffee at Inchmarlo Golf Club, Banchory (01330 827080).	[Led by Sheila]	Sun 23	Morning Run	D	09:30 Airyhall Library, coffee at Marshall's Farm Shop, Kinellar (01224 790493).	[Led by John S]
Sat 24	Morning Run	D	09:30 Seaton Park St Machar Entrance, The Chanonry, coffee at Tesco, Danestone (01224 809500).	[Led by Alan]	Sun 23	Try Cycling	E	10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome.	[Led by Moira]
Sat 31	Faster Full Day	B	09:30 Leggart Terrace, coffee at Kirktown Garden Centre, Stonehaven (01569 764343).	[Led by Alberto]	Sat 29	Faster Full Day	A	09:00 Old Mill Inn, Maryculter, coffee at Kirktown Garden Centre, Stonehaven (01569 764343), lunch at Crown Hotel, Inverbervie (01561 361213).	[Led by Alberto]
Sat 31	Morning Run	D	09:30 Airyhall Library, coffee at Costa Coffee, Westhill (01224 743858).	[Led by Anne]	Sat 29	Morning Run	D	09:30 FourMile House, Kingswells, coffee at Uulas Coffee Shop, Kintore (01467 633996).	[Led by Cindy]
					Sat 29	AGM		17:45 Aberdeen Youth Hostel, 8 Queens Road, 17:45 for 18:00, followed by social and supper at 91 Whitehall Place.	[Led by Sheila]
					Sun 30	Special		02:00 End of British Summer Time Clocks back 1 hour.	
					Sun 30	Slower Full Day	C	09:30 Airyhall Library, coffee at Craibstone Golf Club, Craibstone (01224 716777), lunch at Bennachie Lodge, Kemnay (01467 642789).	[Led by Gordon]
					Sun 30	Try Cycling	E	10:00 Seaton Park, Don St Entrance, Short easy rides, all welcome.	[Led by John C]
					<u>November</u>				
					Sat 5	Faster Full Day	B	09:30 B&Q, Bridge of Don, coffee at Antonios, Ellon (01358 722372), lunch at Ross's Coffee Shop, Inverurie (01467 620764).	[Led by Andrew]
					Sat 5	Morning Run	D	09:30 Seaton Park St Machar Entrance, The Chanonry, coffee at Sterling Furniture store, Bridge of Don (01224 704250).	[Led by Liz L]
					Sun 6	Medium Full Day	B	09:30 Peterculter (west end), coffee at Inchmarlo Golf Club, Banchory (01330 827080), lunch at Banchory Lodge, Banchory (01330 822625).	[Led by Doug]

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<u>November continued...</u>					<u>November continued...</u>				
Sun 6	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Moira]	Sun 27	Slower Full Day	C	10:00 Asda, Dyce (01224 724134) for coffee, Run starts at 10:30, lunch at Ross's Coffee Shop, Inverurie (01467 620764).	[Led by Gordon]
Sat 12	Slower Full Day	C	09:30 Duthie Park, Riverside Drive, coffee at Teacake, Chapelton of Elsick (07917 762464), lunch at Station Hotel, Stonehaven (01569 762277).	[Led by Wilf]	Sun 27	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by John C]
Sun 13	Morning Run	D	09:30 Brig O Balgownie, coffee at Parkhill Garden Centre, Parkhill (01224 722167).	[Led by Heather]	<u>December</u>				
Sun 13	Faster Full Day	A	09:30 Westhill Shopping Centre, coffee at Cafe Treehouse, Midmar (01330 830000), lunch at Dess Activity Park, Aboyne (013398 83536).	[Led by John B]	Sat 3	Faster Full Day	B	09:30 Hazlehead, Groats Rd Car Park, coffee at Floras Cafe, Cullerlie (01330 860848), lunch at Ross's Coffee Shop, Inverurie (01467 620764).	[Led by John S]
Sun 13	Try Cycling	E	10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome.	[Led by Gerard]	Sat 3	Morning Run	D	09:30 Duthie Park, Riverside Drive, coffee at Green Pastures Cafe, Westhill (01224 740291).	[Led by Liz L]
Sat 19	Social		Please let Anne (01224 317184) know by this date, if you are attending the social on the 26th.	[Led by Anne]	Sun 4	Medium Full Day	C	09:30 Leggart Terrace, coffee at Teacake, Chapelton of Elsick (07917 762464), lunch at Inchmarlo Golf Club, Banchory (01330 827080).	[Led by Dave W]
Sat 19	Medium Full Day	B	09:30 Brig O Balgownie, coffee at The Store, Foveran (01358 788083), lunch at Redgarth Hotel, Oldmeldrum (01651 872353).	[Led by Alan]	Sun 4	Try Cycling	E	10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome.	[Led by Irene]
Sun 20	Faster Full Day	B	09:30 Peterculter (west end), coffee at Raemoir Garden Centre, Banchory (01330 825059), lunch at Belwade Farm, Aboyne (013398-85398).	[Led by Alberto]	Sat 10	Slower Full Day	C	09:30 Cults Library, coffee at Floras Cafe, Cullerlie (01330 860848), lunch at The Square Bar and Lounge, Kintore (01467 633943).	[Led by Heather]
Sun 20	Morning Run	D	09:30 FourMile House, Kingswells, coffee at Wynford Farm, Kingswells (01224 745411).	[Led by John S]	Sun 11	Faster Full Day	B	09:30 Leggart Terrace, coffee at Mains of Drum Garden Centre, Drumoak (01330 811000), lunch at Dess Activity Park, Aboyne (013398 83536).	[Led by John T]
Sun 20	Try Cycling	E	10:00 Seaton Park, Don St Entrance, Short easy rides, all welcome.	[Led by Mike]	Sun 11	Morning Run	D	09:30 Footdee (Round House), coffee at Paul Lawrie Golf Ctr, Ardoe (01224 865751).	[Led by Gordon]
Sat 26	Morning Run	D	09:30 Cults Library, coffee at Peterculter Parish Church, Peterculter (07854 054090).	[Led by Anne]	Sun 11	Try Cycling	E	10:00 Seaton Park, Don St Entrance, Short easy rides, all welcome.	[Led by Joe M]
Sat 26	Faster Full Day	B	09:30 Old Mill Inn, Maryculter, coffee at Inchmarlo Golf Club, Banchory (01330 827080), lunch at Kirktown Garden Centre, Stonehaven (01569 764343).	[Led by Sheila]	Sat 17	Social	C	09:30 Sainsburys, Bridge of Dee (01224 209821) for coffee, Run starts at 10:00, lunch at Ashvale, Great Western Rd, CTC Grampian Christmas lunch. Arrive at Ashvale at 12.00, for christmas lunch at 12.30. members may wish to go direct to lunch. Details will be sent to yahoo group regarding booking.	[Led by Heather]
Sat 26	Social		19:15 6 Norfolk Road, Members Slideshow Evening at Anne Stone's House. If you are attending, please let Anne know by the 19th of Nov (01224 317184). Attendees should also bring food and drink. 19:15 for 19:30 start.	[Led by Anne]	Sun 18	Morning Run	D	09:30 Hazlehead, Groats Rd Car Park, coffee at Mains of Drum Garden Centre, Drumoak (01330 811000).	[Led by Cindy]

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