

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

Apr to Jun 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>April</u>						
Sat 2	Slower Full Day	C	09:30 Seaton Park St Machar Entrance, The Chanonry, coffee at Craibstone Golf Club, Craibstone (01224 716777), lunch at Beakies Neuk, Newmachar (01651 862740).	[Led by Gordon]	Airyhall Library, Springfield Rd..... Asda, Bridge of Dee..... Asda, Dyce	NJ 911046 NJ 925036 NJ 895127
Sun 3	Faster Full Day	A	09:00 Old Mill Inn, Maryculter, coffee at Kirktown Garden Centre, Stonehaven (01569 764343), lunch at The Anchor, Johnshaven (01561 362288).	[Led by Dave W]	Asda, Portlethen	NO 915968
Sun 3	Morning Run	D	09:30 Airyhall Library, coffee at Mains of Drum Garden Centre, Drumoak (01330 811000).	[Led by Cindy]	B&Q, Bridge of Don	NJ 946123
Sun 3	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, All welcome.	[Led by John C]	Bridge of Feugh Car Park	NO704951
Sat 9	Audax	A*	08:30 Huntly, Room to Ride Audaxes , 50K (09:30 start), 100K (09:00 start) and 160K (08:30 start). See details at: http://www.aukweb.net/ . Register before 4th April.		Brig o'Balgownie	NJ 943096
Sat 9	Morning Run	D	09:30 Duthie Park, Riverside Drive, coffee at Teacake, Chapelton of Elsick (07917 762464).	[Led by Liz L]	Cammies, Cammachmore	NO907948
Sun 10	Medium Full Day	B	09:30 Peterculter (west end), coffee at Inchmarlo Golf Club, Banchory (01330 827080), lunch at Belwade Farm, Aboyne (013398-85398).	[Led by John T]	Cults Library.....	NJ 892028
Sun 10	Try Cycling	E	10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome.	[Led by Sandy]	Dobbies, Lang Stracht	NJ 886067
Sat 16	Faster Full Day	A	09:00 B&Q, Bridge of Don, coffee at Meldrum Cafe Town Hall, Oldmeldrum (07810-218077), lunch at Aden Country Park (01771 624590), or picnic at Deer Abbey.	[Led by Andrew]	Duthie Park, Polmuir Rd.	NJ 939046
Sat 16	Morning Run	D	09:30 Brig O Balgownie, coffee at Parkhill Garden Centre, Parkhill (01224 722167).	[Led by Cindy]	Duthie Park, Riverside Drive (<i>Start for 'Try Cycling' in car park by the pond</i>).....	NJ 942043
Sun 17	Slower Full Day	C	09:30 Leggart Terrace, coffee at Mains of Drum Garden Centre, Drumoak (01330 811000), lunch at Burnett Arms, Banchory (01330 824944).	[Led by Alan]	Dyce Railway Station.....	NJ 884128
Sun 17	Try Cycling	E	10:00 Seaton Park, Don St Entrance, Short easy rides, all welcome.	[Led by Moira]	Easter Anguston, Peterculter	NJ 821016
Wed 20	Pub Run	D	19:30 Brig O Balgownie to Under the Hammer, North Silver St.	[Led by Sheila]	FiveMile House, Kingswells	NJ 871062
					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>June continued...</u>					<u>April continued...</u>				
Sun 12	Try Cycling	E	10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome.	[Led by Irene]	Sat 23	Social		Please contact Heather by this date, if you wish to attend Muriel's talk on the 30th of April.	[Led by Heather]
Wed 15	Pub Run	D	19:30 Woodend Hospital, Eday Rd to Broadstraik Inn, Elrick.	[Led by John B]	Sat 23	Faster Full Day	A	09:00 Westhill Shopping Centre, coffee at Old Post Office, Chapel of Garioch (01467 681660), lunch at Bistro, Alford (019755 63154), or picnic at Suie Hill, if weather good.	[Led by Alberto]
Sat 18	Faster Full Day	A	09:00 B&Q, Bridge of Don, coffee at Lochters, Oldmeldrum (01651 872000/78), picnic lunch at Fyvie Castle, Fyvie.	[Led by John B]	Sat 23	Morning Run	D	09:30 Cults Library, coffee at Hazelhead Park Cafe , Riders can join the Pedal on Parliament ride from Hazelhead, afterwards at 12 noon.	[Led by Gerard]
Sat 18	Morning Run	D	09:30 Woodend Hospital, Eday Rd, coffee at Craibstone Golf Club, Craibstone (01224 716777), via Brimmond Hill.	[Led by Cindy]	Sat 23	Special	E	12:00 Hazelhead Park, Pedal on Parliament Ride to Marishal College.	[Led by Gerard]
Sun 19	Medium Full Day	A	09:30 Westhill Shopping Centre, coffee at Cafe Treehouse, Midmar (01330 830000), picnic lunch at Aboyne.	[Led by Doug]	Sun 24	Medium Full Day	B	09:30 B&Q, Bridge of Don, coffee at Lochters, Oldmeldrum (01651 872000/78), lunch at Kellockbank, Inch (01464 851114).	[Led by Sheila]
Sun 19	Try Cycling	E	10:00 Seaton Park, Don St Entrance, Short easy rides, all welcome.	[Led by Mike]	Sun 24	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Mike]
Wed 22	Pub Run	D	19:30 Brig O Balgownie to Buckie Farm, Parkway.	[Led by Andrew]	Wed 27	Pub Run	D	19:30 Duthie Park, Riverside Drive, to The Stag, Crown St.	[Led by Doug]
Sat 25	Slower Full Day	C	09:30 B&Q, Bridge of Don, coffee at Via Cassino, Ellon (01358 722372), picnic lunch at Tolqhan Castle, Tarves.	[Led by Wilf]	Sat 30	Slower Full Day	C	09:30 Brig O Balgownie, coffee at Parkhill Garden Centre, Parkhill (01224 722167), lunch at New Inn, Ellon (01358 720425).	[Led by Gordon]
Sun 26	Faster Full Day	A*	09:00 Westhill Shopping Centre, coffee at Bistro, Alford (019755 63154), picnic lunch at Glen Buchat.	[Led by John S]	Sat 30	Social		19:15 5 Grove Cresc, Aberdeen AB16 5DU, Social at Heather's, where Muriel Thomson will talk about her recent travels and charity work in India. Contact Heather by the 23rd of April if you wish to attend. 19:15 for 19:30. Please bring a bottle and dessert.	[Led by Heather]
Sun 26	Morning Run	D	09:30 Brig O Balgownie, picnic at Balmedie Beach.	[Led by Gordon]	<u>May</u>				
Sun 26	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Moira]	Sun 1	Faster Full Day	A*	09:00 Peterculter (west end), coffee at Raemoir Garden Centre, Banchory (01330 825059), picnic lunch at Ballater.	[Led by John B]
					Sun 1	Morning Run	D	09:30 B&Q, Bridge of Don, coffee at The Store, Foveran (01358 788083).	[Led by Anne]
					Sun 1	Try Cycling	E	10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome.	[Led by Sandy]

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<u>May continued...</u>					<u>May continued...</u>				
Wed 4	Pub Run	D	19:30 Airyhall Library to Lairhillock, Netherley.	[Led by John B]	Wed 25	Pub Run	D	19:30 Hazlehead, Groats Rd to Bielside Inn, Bielside.	[Led by Alan]
Sat 7	Medium Full Day	B	09:30 Parkhill Bridge, Dyce, coffee at The Store, Foveran (01358 788083), picnic lunch at Cruden Bay.	[Led by Wilf]	Sat 28	Slower Full Day	C	09:30 Woodend Hospital, Eday Rd, coffee at Marshall's Farm Shop, Kinellar (01224 790493), picnic lunch at Bennachie Visitor Centre.	[Led by Alan]
Sun 8	Faster Full Day	A	09:00 Parkhill Bridge, Dyce, coffee at Inverurie Garden Centre, Inverurie (01467 621402), picnic lunch at Leith Hall, Kennethmont (01464 831216).	[Led by John S]	Sun 29	Faster Full Day	A	09:00 Peterculter (west end), coffee at Raemoir Garden Centre, Banchory (01330 825059), picnic lunch at Glen Tanar.	[Led by John B]
Sun 8	Morning Run	D	09:30 Seaton Park St Machar Entrance, The Chanonry, coffee at Asda, Dyce (01224 724134).	[Led by Cindy]	Sun 29	Morning Run	D	09:30 Hazlehead, Groats Rd Car Park, coffee at Cafe Treehouse, Midmar (01330 830000).	[Led by Anne]
Sun 8	Try Cycling	E	10:00 Seaton Park, Don St Entrance, Short easy rides, all welcome.	[Led by John C]	Sun 29	Try Cycling	E	10:00 Seaton Park, Don St Entrance, Short easy rides, all welcome.	[Led by John C]
Wed 11	Pub Run	D	19:30 Footdee (Round House) to St Machar Bar, Old Aberdeen.	[Led by Alberto]	<u>June</u>				
Sat 14	Faster Full Day	A	09:00 Old Mill Inn, Maryculter, coffee at Inchmarlo Golf Club, Banchory (01330 827080), picnic lunch at Laurencekirk, via Cairn O Mount.	[Led by Andrew]	Wed 1	Pub Run	D	19:30 Tesco, Danestone to Ferryhill House Hotel, Bon Accord St.	[Led by Alberto]
Sat 14	Morning Run	D	09:30 FourMile House, Kingswells, coffee at Uulas Coffee Shop, Kintore (01467 633996).	[Led by Anne]	Sat 4	Medium Full Day	B	09:30 B&Q, Bridge of Don, coffee at Via Cassino, Ellon (01358 722372), picnic lunch at Aden Country Park (01771 624590).	[Led by Wilf]
Sun 15	Slower Full Day	C	09:30 Duthie Park, Riverside Drive, coffee at Teacake, Chapelton of Elsick (07917 762464), picnic lunch at Dunnottar Castle.	[Led by Heather]	Sun 5	Faster Full Day	A*	09:00 Parkhill Bridge, Dyce, coffee at Inverurie Garden Centre, Inverurie (01467 621402), picnic lunch at Rothiemay.	[Led by Alberto]
Sun 15	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Irene]	Sun 5	Morning Run	D	09:30 Airyhall Library, coffee at Asda, Dyce (01224 724134), visit Dyce War Graves.	[Led by Liz L]
Wed 18	Pub Run	D	19:30 Leggart Terrace to Ghillies Lair, Bridge of Dee.	[Led by Andrew]	Sun 5	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Gerard]
Sat 21	Faster Full Day	A*	09:00 Westhill Shopping Centre, coffee at Bistro, Alford (019755 63154), picnic lunch at Burn O Vat.	[Led by Dave W]	Wed 8	Pub Run	D	19:30 Girdleness Lighthouse to The Neuk, Portlethen.	[Led by Dave W]
Sat 21	Morning Run	D	09:30 Leggart Terrace, coffee at Peterculter Parish Church, Peterculter (07854 054090).	[Led by Gordon]	Sat 11	Faster Full Day	A*	09:00 Old Mill Inn, Maryculter, coffee at Grassic Gibbon Centre, Arbuthnott (01561 361668), picnic lunch at Edzell.	[Led by Andrew]
Sun 22	Medium Full Day	B	09:30 Old Mill Inn, Maryculter, coffee at Kirktown Garden Centre, Stonehaven (01569 764343), picnic lunch at Drumtochty Glen.	[Led by Doug]	Sat 11	Morning Run	D	09:30 Footdee (Round House), picnic at Portlethen Harbour.	[Led by Alan]
Sun 22	Try Cycling	E	10:00 Hazlehead, Groats Rd Car Park, Short easy rides, all welcome.	[Led by Mike]	Sun 12	Slower Full Day	C	09:30 Airyhall Library, coffee at Floras Cafe, Cullerlie (01330 860848), picnic lunch at Lords Throat.	[Led by Heather]

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