

Fife Wheels

CTC Fife & Kinross Newsletter. Issue 81. October 2015



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Never mind the weather!

The recent unseasonable benign spell of weather has seen a lot of miles covered en route to the rendezvous meets... let's hope it continues... but last night's rain and today's high winds make me think that we may be coming to the end of the decent weather and that Autumn 'proper' is arriving.

Judging from the chat at the meets, some of the members have had very interesting rides, tours and weekends away this year.

It's great to hear all about them so keep sharing your experiences at the meets about where you've been to, or even your plans for the future... sometimes that's all the incentive that someone needs to go out and do it for themselves.

Or better still (bear with me while I don the editorial cap..) why not send in some words and photos of your trips? It doesn't matter if they're recent or years in the past, whether your trips are long or short, exotic or local, whether you attend meets or not... this is to anyone out there reading this now.. if you have anything even vaguely cycling related to share... the readership will enjoy it. I guarantee it.

Very Very Late Newsletter!

My apologies for the exceptionally long wait you've had for this newsletter.

It's really out of my hands though if I don't have articles to fill your newsletter with (see editor's plea above)

The front cover was done in January in readiness and redone but I'm afraid there was absolutely no material at all for a Winter 'Fife Wheels' so I held it back until Spring in the hope that the plea on the website might attract some articles. Thankfully it attracted one article about the Audaxes that Fife & Kinross used to run... complete with pictures... my thanks to the author(s) for this excellent article and the photos.

That still wasn't enough to publish a newsletter then so it was held back until more articles arrived... they did... but Spring had become Summer and here we are now in October! Anyway... it's here now.. I hope you enjoy it

New Club Kit

We received the new Club Kit from Endura earlier in the year.. the new slightly brighter red is much more noticeable on the roads and is looking good at the Club meets whilst not looking too different when compared to the older tops.

If you wish to become the proud owner of a jersey in the club colours we have a small stock of tops in varying styles and sizes. It's likely to be a long time before any more are ordered, so grab one while you can. To pinch someone else's marketing slogan... "when they're gone - they're gone!" (you can try them on at the AGM)

CTC FIFE & KINROSS AGM (and Slide Show) 2015

This year's AGM will once again be held in Falkland Village Hall

Friday 6th November - 6:30 for 7pm start.

Afterwards there will be refreshments and a slide show presented by G. McDermid entitled - Kirkpatrick Macmillan: The Man, The Bicycle and The Rally.

If you

- **have nominations for Committee members**
- **wish to be considered yourself for nomination as a Committee member**
- **want a motion to be raised at the AGM**

then please contact the committee using the form on the website [Committee Page](#), or contact Kaye Lynch, Secretary...details also on the website's [Committee Page](#).

Cover photo: George McDermid negotiating the road home from a rendezvous meet in Cupar.

Audaxes are long distance endurance cycling events. They have to be completed within a time limit. A card is stamped at strategic points along the route where food is often on offer... and usually included in your entry fee. The results are never published, and are rendered irrelevant anyway, as it is not a race... the person who completes the route in 4 hours has done exactly the same as the person finishing in 6 hours...it's all about finishing and enjoying the route/companionship/food... whatever you want out of your ride?

This article is taken from extracts from past club newsletters. Read on for a bit of nostalgia.

1992 Although club members were probably riding "Randonees" long before 1992, that's when the first mention of Audax appears in the club newsletter.

1993 The following year there's a report from John Myerscough (organiser) . A 100km Fife Tourer and a 200km Tayside Traveller in September. Only George Berwick from the DA on the 200 but a load of familiar names on the 100, Jack Campbell, John Elder , June Bushell, Douglas Macarthur, Dave Adams, John O'reilly and Jimmy and Tom Hamilton. There were 50 riders from across Scotland in total for the two rides.

1994 In 1994 the Tayside Transgression was resurrected (but from where/when?) by John M. He and George Berwick were amongst the 32 riders.

Also in 1994 John and his wife Christine and daughter went north to Sutherland where Charlie and Lorraine Brown were on holiday and all participated in events up there. Baby Joanne became the youngest person ever to complete an Audax event (in the sidecar). 70 riders took part in the clubs two events in September. This time we had David & Linda Gibson, Barbara Cuthbertson, Steve Noy, Bert Brown, Douglas & Ann Macarthur, John O'Reilly and Dougie Latto from the Fife & Kinross DA on the 100, and on the 200 John Elder at 76 and Jack Campbell on his first 200.

1995 The '95 Tayside Transgression saw David Gibson and Dougie Latto completing their first 300km. John & Christine and Charlie & Lorraine headed north again for a full weekend of Audaxes. The September Fife 100km attracted the usual suspects and the 200 had Trevor Keer and Steve Noy amongst others. 76 riders altogether. Well done here to Linda Gibson for "manning" 2 controls singlehandedly – the morning rush at Newburgh and the afternoon at Dunning. Ron Jardine organised a 100km in November with 12 DA members riding, notable for the tandem pairing of Dougie Latto and his brother Gordon as stoker – never seen again after the first couple of miles.



6 a.m. and Audaxers leave Carnbo on the Tayside Transgression in 1998

1996 In 1996 Lorraine Brown took over from John M as organiser of the DA's Audax events. Although, John M did organise one last event in April '96. This was an 80km 2 bridges (Forth and Kincardine) ride which attracted 79 riders. Lorraine wasn't happy with the rain and wind for her first event as organiser, but out of 34 entries, 28 turned up for the 300km. Dougie Latto guided Crichton Baker to finish and Jack Campbell, David Gibson and Charlie Brown stayed together. Trevot Keer, Douglas Macarthur and Steve Noy also rode. That year Steve sneaked away and completed a 600km event from Edinburgh.

Lorraine added a 50km to the 100 & 200 September rides this year. On the 200 were the usual names plus Jimmy Hamilton, Bert Brown and Enid Brown and the 100 saw Gordon & Beth Paterson and Jim & Fiona Alcock. John Elder opted out of the 200 to ride the 100 with his friend Dennis Clamp from Doncaster – a combined age of 160 years. The new 50km attracted 18 riders including Darren and Matthew McIlroy with their dad Ken. The event was planned to attract newcomers and families and on this ride Ann Macarthur completed her first solo Audax. Derek Baty of Dalgety Bay rode the distance on his penny farthing! A total of 86 riders. Also this year D.A. members were supporting events throughout Scotland from the borders to Sutherland.



Some 'kent' faces leaving Carnbo Village Hall

1997 1997's 300km Tayside Transgression saw better weather and 39 riders. A stalwart of this ride, David Gibson goes on to complete an SR series (200, 300, 400, and 600k in one year) – against his better judgement, it would seem. Later that year the 50, 100 and 200 events all had a drop in numbers but were still well represented by DA members. John M and Christine, completed the 50km, both now each with a daughter in kiddy seats. A total of 58 riders on the day.

1998 Similar numbers started the 300km in May '98, notably a couple of new names from the DA, Graham Crowder (a seasoned Audax veteran from Lincolnshire) and George Shepherd. Unfortunately it seems George had mechanical trouble and wasn't seen again until the next morning when Nan went to bring him home. The three rides were held again in August this year with the usual DA riders on the 200 among the 33 starters but only George Berwick on the 100 (he was late for the start of the 200). The 50 though attracted 22 riders of which 16 were DA members- oldest rider 83 youngest 8. Note here Dougie Latto failed to finish the 200 due to a knee injury, but also in this year Dougie completed his first Super Randonneur series (as well as his second!)

1998/99 Fife & Kinross DA began to make arrangements for the "National 400" which we were hosting in 2000. Ron Jardine was still organising a November 100km and a January 100km over the winter. These rides attracted 90 riders each. The January event was notable for the first Audax of 14 year old Jura, Nan's daughter.

1999 "To Kingdom Come" – that was to be the name picked from a selection for the National 400 in 2000. It was Dougie Latto's suggestion which also came with a logo (now modified and on our club tops).



This year 1999 was a Paris-Brest-Paris year (an 1100km 4 yearly event) and our 300 was a qualifying event which explains the large number of entries- 73. Also 10 DA members rode the event – a record. A new name appearing this year is Douglas Allan. Douglas Macarthur becomes the first person to ride the Kingdom Come 400 route as a permanent ride. Douglas Allan and Jack Campbell become Super Randoneuers as does Douglas Macarthur after a few attempts.

The September 50, 100 and 200 rides attracted 71 riders. This year sees 13 year old Stuart Allan helping out at an early control on the 200 and then returning to ride the 100km solo.

Two weeks later a group head for Deeside for a weekend of Audaxes, where Stuart completed another 100k on the back of the tandem.

Club history and probably Scottish history was made in the Fife Finale 100km when Nan Shepherd and Lorraine Allan teamed up to do this ride on Tandem.

2000 Although in 2000 the only Audax being organised by the DA was the National 400, members were still travelling throughout the country. A large group gathered in Oban on a Friday night for a weekend of events, where Lorraine Allan and Lorraine Brown completed their first 300km rides. Although both ladies went on to ride the Kingdom Come 400km as a permanent, it was Lorraine Allan who went on to ride a 600k and become the first and only lady in the DA to complete an SR series.

Also in 2000 Audax UK had introduced an extra SR2000 which was a normal 200, 300, 400, and 600 but with an extra 500km to give a total of 2000km. By riding the only 500 event in Scotland, the Northern Highlights in Sutherland, Douglas Allan, Graham Crowder and George Shepherd became SR2000's that year.

In July we had the National 400 - when nearly every active member of the DA helped in one way or another.

We also had assistance from every other DA in Scotland at the 6 controls. Also this was the first time the internet was used by the DA as Trevor Keer set up a website for the event. Most DA Audaxers rode this as a permanent ride. After 5 years as club organiser this was Lorraine Browns' last event as Organiser.

Later in the year Dougie Latto took over from Ron Jardine in organising the mid-winter events. On the Fife Finale 100km 13 members were in the 70+ riders. A name here for the first time, John Allison.

Also this year Stuart Allan completed a 200km at 14 years of age.

Audax UK awarded Lorraine Brown a trophy for the "best organised event of the year" for the National 400.

2001 At the beginning of 2001 Dougie also organised the Forth Flattie 100km with 95 riders. Lorraine Allan and Nan again rode this on tandem- but this time a tandem trike! Dougie organised the Tayside Transgression 300km, all the entries were in, but this was the year of Foot and Mouth and the ride was unfortunately cancelled (although Dougie was credited with completing it.. as organiser he'd ridden it 2 weeks previously to recce the route before the top of Glen Lyon and the south Lochearn road were closed. ed.)

2001/02 Over the winter, the two Georges, Berwick and Shepherd, complete an SR series on tandem.

Euan Porter organises a 100km event in the East of Fife which was well supported with 32 riders. No info on Fife riders. John Alison adds his name to the growing list of SR's.

2002 In 2002 Trevor Keer took over the organisation of the 10th annual Tayside Transgression. This year had 42 riders but only three from the DA, Dougie Latto, George Shepherd and on his first 300, Euan Porter. Euan's own ride attracted 39 riders this year.

2003 Trevor again organised the 300 in 2003 and Euan introduced a 200km to his rides.

The 300k Tayside Transgression appears at number 15 in "the 50 best rides in the UK" published in the Independent newspaper.

Again a qualifier for the 4 yearly PBP, this year the 300 attracted 66 entries. Only Dougie Latto and George Shepherd on the day but George Berwick rode it the week before and manned a control on the day.

Euan Porter rides from Cupar attracted 48 riders.

2004 Euan continued to organise his two rides in 2004 with 35 riders. No 300km this year

2005 Finlay Watt brought back the 300km for 2005 but had only one DA rider – Trevor Keer.

2006 Finlay again organised the 300 in 2006 but the ride was not well supported.

DA members continued to support events throughout the country over the next few years with the odd article appearing in the newsletter and by 2008 Audax had been dropped from the AGM reports.

But through all this time George Berwick has been riding Audaxes left right and centre. He has completed 21(twenty one) SR series and at least 4 PBP's, many long distance rides across the UK and several big rides abroad including Boston-Montreal-Boston.

And remember that 13 year old back in 1999? He has been riding well for the DA* in events all over the country. Who could have missed Stuart Allan's excellent achievement in completing the 1300Km event the "Highlands, Glens and Western Isles" as shown in BBC televisions Adventure Show in January.

And this year for the first time since Fife and Kinross organised it in 2000, the 'National 400' came back to Scotland, this time in Sutherland – was anyone up for it?



(not for the first.. or last time) 2 of our Audaxers leave late!

*(DA= District Association, now Member Group... personally I preferred being in the DA. ed.)

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Something strange is happening to me recently: I appear to have joined an unofficial cycling club but no application forms were involved and I'm not entirely sure how or when it happened...

Now, when I was commuting to work back in the day, I do recall the odd acknowledgement from others travelling in the opposite direction that we were each struggling through rain soaked, glass encrusted, pot-holed roads in deepest, darkest winter but I don't remember a summer equivalent. When off on a loaded tour, fellow strugglers cycling around the highlands and islands would often proffer a knowing smile or comment when passing by equally knackered but, when out and about on CTC runs, zilch!

Now, we are all partial to a bit of lycra on the bike but it's not always a good look and my wife, for one, doesn't hold back expressing her distaste of the "old man/tight fit" look. So, if it's not the coordinated team colours, what is the magic that causes these younger, fitter types to give a friendly wave in my direction as (haha!) I speed by? The conclusion I have reached: I recently bought a new bike - a Giant Defy - which, by all accounts, makes me a member of the roadies "in group".



The last time I had a bike like this, I was still sitting my Highers and wondering when my working pals would buy some new bike kit so I could get their cast-offs to upgrade my pre-war Sun 5-speed racer. The new lightweight bike hasn't made me a whole lot better at keeping up with the non-pensioners in our midst but why did I leave it so long to get one: it has made any kind of day run so much more fun. Who knew that some painted aluminium and a bit of carbon would be comfier than the Reynolds tubing or titanium frames I am more used to (with the bonus of a slightly increased average speed) and no Brooks saddle in sight!

And, of course, I am no longer ignored by (most) elite cycling types on their latest carbon flying machines...but there had to be a downside I suppose ;-)

On Saturday 30th May, the logistics had been planned and the majority were to meet up at Queen Margaret Fauld in Dunfermline for a 9.30am start. Thankfully we were all there on time and cycled down to the Cycle path in William Street for a 10am start.

Everything was going well, all 8 of us were there Kaye, Linda G, Linda B, Nan, Lorraine, Lin, Jessie and Nikki but guess who forgot their cycle helmet – well after all, it was her husband's fault, as he packed the car. Isn't that right Nikki?

The weather was even playing ball, not too hot, not too cold and not even too much wind – what more can you ask for? We had a lovely cycle along the path into Alloa and then onto one of the Alloa cycle paths and stopped for a snack break at a wonderful café in Cambus Inn Café.

We continued on through the University of Stirling and into Bridge of Allan and out the Lecropt Road towards Doune. Next monumental [or is it just mental!!] part of the journey was getting into Doune up the hill [did I say hill – felt more like a mountain] but we all made it !



Up to Doune?

Stopped in Doune for lunch at a fantastic café called the Buttercup, through the pend and sat in the back courtyard in the sun. Wonderful.

The next part of the ride into Callander was brilliant. Passed the Deanston Distillery, we didn't bother visiting [but did think about it!!] then out the B8032 right out to the A81 to Callander and booked into our lodgings for the next couple of days. The Hostel at Callander. All 8 of us in one room – just as well we were all women and no snorers!!! Two shower rooms in the room and another just outside our room.

WE were then 50/50 with half of us staying in the hostel and the rest going for a little ride along to the 'Hut'.



It was a lovely ride even if the track was a little lumpy and the 'bugs' were biting – that is until Nan had a puncture.

Well she will ride a road bike on track!! It was no big deal we just stood, blethered and watched as Nan [the expert] repaired her puncture. Then off again to the self catering chalets and met up with a Forestry Ranger who was trying to convince us we should go on a night walk to see the wildlife.

Nae chance, I was going to bed!

We then cycled on a short distance and came to the 'Hut' which I have to say was in far better condition than I had expected. It actually looked as if it could be quite nice, but 'No' Nan that doesn't mean I'd go there for a weekend. The midges seemed to like the Hut too and they'd erected a decking area, which Nan was sure could be rigged up as a shower area!! The answer is still 'No'. Then it was back to Callander and the shops for dinner ingredients, dinner then bed.



Next day was another nice day and Lin had to go home, but the rest of us headed out towards Loch Katrine, stopping off at a bicycle hire place so that Nikki could borrow a helmet. They were really nice and I spotted a car at the back of the bike shed [another photo]. On arriving at Loch Katrine, it was starting to rain and the wind was picking up, but we decided that we'd take the boat over to the other side and ride back anyhow, so it was up to the café to wait for the boat.

The boat trip was a wee bit bouncy and Linda G was getting worried about the bikes which were sat at the front of the boat – not tied on – just sat there and were getting soaked. Just as well it was fresh water.



**The Boat trip..
and everyone looking really
concerned about their bikes outside?**

When we arrived at Stronachlachar – it was wet, but we'd decided we were riding back, so what's a little wet!! As we set off, I noticed that my front brakes weren't working and found that the brake cable must have been pulled when the bikes was being taken off the boat. Just as well Nan had her pliers and I had my toolkit with me – as I needed my brakes going down some of the hills on the north side of the Loch. The rain didn't really last and we returned to Callander [via the hire shop to return Nikki's helmet] for another fine dinner.

The final day wasn't quite so fine! It was chucking it so we lingered over breakfast lingered over packing our bags and checking out and took a final coffee, latte, hot chocolate etc which was free as we had vouchers. By 11am we were all standing by our bikes looking out at the rain, but one of us kept saying just give it another 10 minutes. There was no way that was shifting so eventually Nan put it to a vote and it was 6-1 that we leave in the rain. A final photo and off we went. Ten minutes later it was sunny. The rain cloud was just being held over Callander and was going to stay for most of the day.



We stopped off for coffee and cake at the Buttercup café in Doune and went back the same route that we'd come out. It was a lot easier going 'down' the hill and it was pleasant cycling too, allowing for plenty of chatting. We stopped for lunch again at the Cambus Inn and were lucky enough to have arrived on their second birthday and we all had a free glass of prosecco. Yay – who could ask for more? Food was good too. A nice place to be recorded for future excursions.



The final ride back to Dunfermline along the track felt a bit of a trachle – but then it is uphill – yes it is! Think I was home by about 6pm which was pretty good considering we didn't set off until about 11.30am and we had two stops.

**Overall we had a wonderful weekend, with great craic and fantastic company.
Thank you everyone for making my weekend.**

RUNS LIST Oct. 2015 to Jan. 2016

OCTOBER		2015	
Sat 31	Map 59 Ref NO569035	Scottish Fisheries Museum Cafe , Anstruther	
NOVEMBER			
Wed 4	Map 65 Ref NT087873	Pittencrief Park, Tearoom	
Fri 6	AGM and Slide Show, Falkland Village Hall, 6:30 for 7pm start. (Kirkpatrick Macmillan: The Man, The Bicycle and The Rally – by G McDermid)		
Sat 7	Map 58 Ref NS925958	Muircot Farm Shop, Coalsnaughton	
Sat 14	Map 58 Ref NO220102	John & Betty King's, 6 East Mill Court, Strathmiglo. *see link below	
Wed 18	Map 58 ref NO120046	Heaven Scent, Milnathort	
Sat 21	Map 59 Ref NO310084	Kingskettle Hall, Kingskettle	
Sat 28	Map 66 Ref NT200854	Sands Cafe, Aberdour	
DECEMBER			
Wed 2	Map 59 Ref NO417132	White Chimneys, Pitscottie	
Sat 5	Map 58 Ref NO129190	The Brig Farm Shop and Cafe, Bridge of Earn	
Sat 12	Map 65 Ref NT005899	The Rustic Dog , Blairhall	
Wed 16	Map 59 Ref NO336096	Pitlessie Inn, Pitlessie	
Sat 19	Map 58 Ref NO112033	Linda & David Gibson's, 4 Thomson Place, Kinross. *see link below	
Sat 26	No official run...but keep an eye on the website as there may be an impromptu meet.		
Wed 30	Map 58 Ref NO164042	Balgeddie Toll Tavern	
JANUARY		2016	
Sat 2	No official run...but keep an eye on the website as there may be an impromptu meet.		
Sat 9	Annual Lunch, Location to be decided and published on Website		
Wed 13	Map 59 Ref NO306099	Ladybank Tavern, Victoria Road, Ladybank	
Sat 16	Map 59 Ref NT30393	George and Denise's, 69 East Quality Street, Dysart. *see below	
Sat 23	Map 59 Ref NO274013	Bikeworks, Unit 4, Castleblair Business Park, Fullerton Rd, Glenrothes	
Wed 27	Map 65 Ref NT103893	Townhill Loch, Dunfermline	
Sat 30		tbc	

*** Note when visiting someone's home.**

When a run is to someone's home, please try to stick as close to the agreed meeting time as possible. If you are too early, they might not be ready for you and if you are too late, they may have gone out!

Bring your own food as with a normal run, but you will be offered tea or coffee by the hosts.

There is no need to say in advance if you are going, all cyclists will be made welcome on the day.

If you are new to the club and unsure about turning up at a stranger's door, remember you can use our [buddy system](#) to meet up with someone to go with you.

Be assured that you will be made welcome however you get there and whoever you are, old or new.