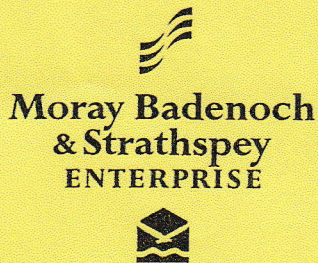


RACE MANUAL

**STAKIS
AVIEMORE**



**CAIRNGORM
CYCLING
CLUB**

TOUR OF SPEYSIDE

MULTI-STAGE CYCLE ROAD RACE

SATURDAY/SUNDAY 10-11 JUNE 1995

STAGE 1

The Badenoch Stage

SPONSORED BY

STAKIS COYLUMBRIDGE RESORT HOTEL

50 mile Road Race

STAGE 2

The Cairngorm Stage

SPONSORED BY

**CAIRNGORM CHAIRLIFT COMPANY LTD
CAIRNGORM**

25 mile Road Race

STAGE 3

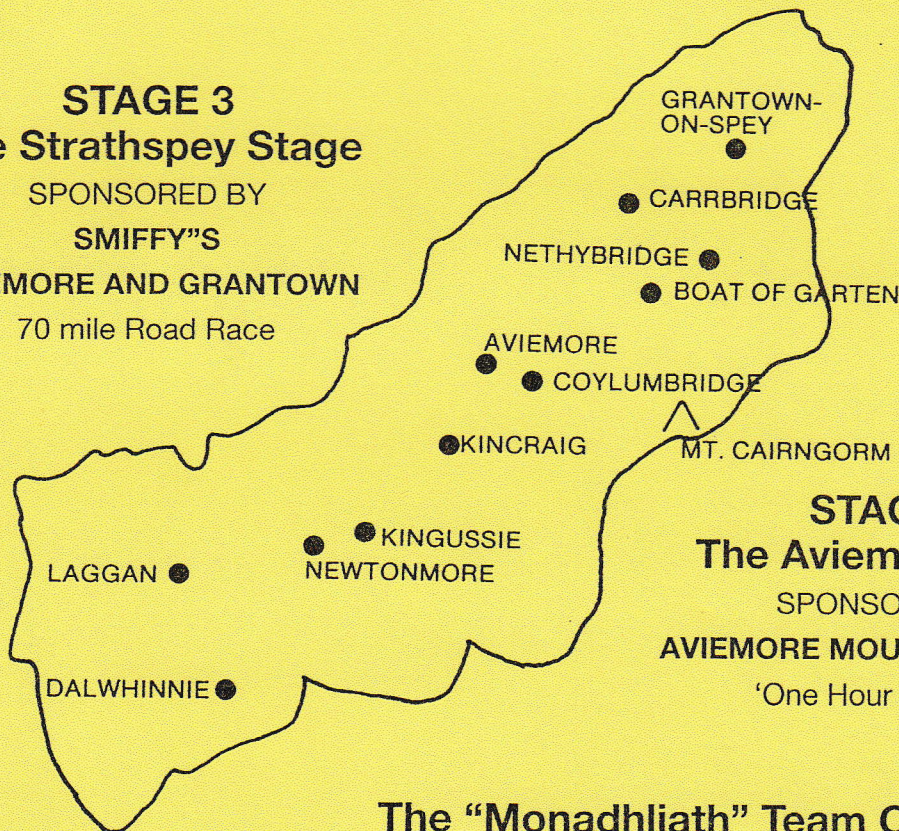
The Strathspey Stage

SPONSORED BY

SMIFFY'S

AVIEMORE AND GRANTOWN

70 mile Road Race



STAGE 4

The Aviemore Stage

SPONSORED BY

AVIEMORE MOUNTAIN RESORT

'One Hour Criterium'

The "Monadhliath" Team Competition

SPONSORED BY

BADENOCH & STRATHSPEY DISTRICT SPORTS COUNCIL

"GENERAL CLASSIFICATION"

(YELLOW JERSEY)

OVERALL COMPETITION

SPONSORED BY

**STAKIS
AVIEMORE**

"OSPREY CHALLENGE"

(GREEN JERSEY)

POINTS COMPETITION

SPONSORED BY

STAKIS

COYLUMBRIDGE TIMESHARE



CAIRNGORM CYCLING CLUB

affiliated to:
N.O.S.C.A.
S.C.U.
B.C.F.

Welcome to the ninth STAKIS Tour of Speyside.
The Club has again asked for the field to be 100 riders and the Photo-finish equipment will be present.
The Club records it's sincere thanks to STAKIS AVIEMORE, the Moray, Badenoch and Strathspey Enterprise, the Stage and Competition Sponsors and the Prize Donors for their continued support.
In asking everyone to have an enjoyable weekend I also ask you to support the commercial concerns that support the race.

Colin C. Horn Race Organiser.

Race Guest - Mr. Arthur Campbell MBE, Past President of the Scottish Cyclists Union and British Cycling Federation.

ACKNOWLEDGEMENTS

The Cairngorm Cycling Club wish to thank the following, whose help in many ways have made this event possible.

STAKIS AVIEMORE.
Moray, Badenoch and Strathspey Enterprise.
STAKIS Coylumbridge Resort Hotel.
Cairngorm Chairlift Company Ltd.
"Smiffy's", Aviemore and Grantown-on-Spey.
Aviemore Mountain Resort.
Badenoch & Strathspey District Sports Council.
STAKIS Coylumbridge Timeshare.
P. Grant - Chemist, Kingussie.
Craggan Mill Restaurant, Grantown-on-Spey.
Landmark Visitor Centre, Carr-bridge.
MacKellar Engineering Ltd., Grantown-on-Spey.
Lochanhully Woodland Club, Carr-bridge.
Speyside Sports, Aviemore and Grantown-on-Spey.
Colin Baxter Photography, Grantown-on-Spey.
A.W.Laing, Grantown-on-Spey.
The Trophy Shop, Lossiemouth.
Tyree House Hotel, Grantown-on-Spey.
Mercury Hotel, Aviemore.
Dalfaber Golf and Country Club, Aviemore.
Glenmore Shop, Glenmore.
Cluny Hill School of Motoring, Forres.
Rothiemurchus Estate.
Nethybridge Community Council.
Scottish Co-op.
Bikes of Inverness.
Highland Regional Council.
Badenoch and Strathspey District Council.
Police - Badenoch & Strathspey Sub-Division.
Members and Friends of the Cairngorm Cycling Club.
Officials of the North of Scotland Cycling Association.

STAKIS TOUR OF SPEYSIDE

Race Regulations

The STAKIS Tour of Speyside is run under the rules of the Scottish Cyclists Union together with those rules specified within this Manual and registration for this event signifies acceptance of same.

All Competitors, Team Managers, Race Officials, Drivers, Marshalls and Helpers must register for this event by signing on. Competitors must sign on prior to every Stage.

Race Control for Stages One, Three and Four is at the Osprey Building Aviemore Centre (South Door) and for Stage Two at the Woodshed Bar, STAKIS Coylumbridge Resort Hotel. This Hotel is 1.5 miles from Aviemore on the Cairngorm road.

Race H.Q. - STAKIS Coylumbridge Resort Hotel. Tel. (01497) 810661.

A Race Meeting will be held in the Reception Office, Osprey Building, Aviemore Centre, on Friday evening, 9th. June at 21.00. All Team Managers, Race Officials, Drivers, Marshalls and Helpers are asked to attend if possible.

Changing accommodation prior to Stages One, Three and Four will be in the Reception Office, Osprey Building, Aviemore Centre and prior to Stage Two will be at the Woodshed Bar, Coylumbridge Hotel. Showers will be available after Stages One, Three and Four at the Ice Rink, Aviemore Centre, and after Stage Two at the Swimming Pool, Coylumbridge Hotel.

NOTE - These facilities are for Competitors only.

Unauthorised following cars are prohibited.

Prize Presentation - Stage Winners will be presented with Winners Sash immediately after Stage finish. Points Leader will be presented with Leaders Jersey immediately after Stage finish. Race Leader will be presented with Yellow Jersey prior to Stage start.

The final Prize Presentation will take place at 17.30 in the STAKIS Coylumbridge Resort Hotel.

ALL COMPETITORS ARE EXPECTED TO ATTEND.

High Tea will be available in the STAKIS Coylumbridge Resort Hotel from 16.30 - 17.30, and will be free to all Competitors.

High Tea will be available to Family and Friends at a subsidised rate of £5.00. It is essential that advance notice is given. Tickets can be obtained at Race Control prior to Stages One, Two and Three.

Race Service is a spare wheel service only and the Race Organisation is supplying three service cars. Team Managers are asked to volunteer and supply service cars.

Each Competitor MUST supply one RACEWORTHY wheel - odd numbers a front wheel, even numbers a rear wheel.

ALL RACE SERVICE TO BE STRICTLY NEUTRAL

Competitors not in Club Teams may be grouped into Centre or Composite Teams.

STAKIS TOUR OF SPEYSIDE
Race Regulations

COMPETITIONS.

"GENERAL CLASSIFICATION". The Yellow Jersey.

Time Bonuses - Finish of Stages.

1st. 15 seconds, 2nd. 10 seconds, 3rd. 5 seconds.

Primes and Hot Spots - 1st. 6 seconds, 2nd. 4 seconds, 3rd. 2 seconds.

"OSPREY CHALLENGE" Points Competition. The Green Jersey.

Points for Primes - 1st. 4 points, 2nd. 3 points, 3rd. 2 points.

Points for Hot Spots - 1st. 3 points, 2nd. 2 points, 3rd. 1 point.

Stage One - Kincaig Prime, Kingussie 1 Hot Spot, Newtonmore Hot Spot, Catlodge Prime, Kingussie 2 Hot Spot.

Stage Two - Dalfaber Hot Spot, Glenmore Hot Spot.

Stage Three - Carrbridge Hot Spot, Craggan Mill Hot Spot, Grantown-on-Spey Hot Spots 1,2 and 3, Nethybridge Hot Spot, Loch Garten Hot Spot, Lochanhully Hot Spot.

Stage Four - Hot Spots at 15, 30 and 45 minutes approximately.

"MONADHLIATH" Team Competition. The White Jerseys.

Any three riders to count from a team of four riders, calculated on a stage by stage basis. Based on time - EXCLUDING BONUSES

RACE FORMAT - All Stages are massed-start road races.

Competitors numbers will be from 1 to 110.

MAXIMUM OF 100 RIDERS MAY START.

Numbers must not be folded. Riders wearing Competition Jerseys must also wear their race numbers.

STAKIS Tour of Speyside crashhat covers MUST be worn during this event and MUST be returned with numbers and safety pins before race licence is returned.

Special notes on Stage Four - One Hour Criterium.

The normal laps out procedure for short circuits will apply. The Timekeeper will indicate when the number boards are shown for the last five laps. The race will end when the winner crosses the finish line. Lapped riders times will be calculated on average times plus adjustments to place lapped riders behind the last rider to complete the full distance. Riders will be adjudged to be lapped when overtaken by Lead Car.

Protests - Including Protest Fee of £10 - must be handed, in writing, to the Chief Commissaire within one hour of Stage finishes.

Protests regarding results must be handed, in writing, to the Chief Commissaire not less than 30 minutes prior to the start of the next Stage.

The Race Jury will comprise of the Organiser, Chief Judge and Chief Commissaire. Decisions by the Race Jury will be final.

STAKIS TOUR OF SPEYSIDE

Stage One The Badenoch Stage Sat. 10 June 95.

Signing-on 08.30-09.40 Osprey Building, Aviemore Centre.
Start - 10.00.

Miles Time Route

0	10.00	Start at Badenoch Hotel, Aviemore Centre. Neutralised.
0.8		Leave Centre. Turn right onto B9152.
1.2		Turn left onto Cairngorm Road B970.
1.4	10.05	Official Start on bridge over River Spey.
1.9		Turn right at Inverdrue onto B970 for Feshie Bridge.
7.7	10.20	Feshie Bridge <u>GREAT CARE AND ATTENTION.</u>
8.6		Turn right for Kincaig.
9.6		Enter Kincaig. Very narrow bridge <u>GREAT CARE AND ATTENTION.</u> Tele.kiosk.
9.8	10.25	KINCRAIG PRIME - hydro-pole NO.D4 30m before T junction. At junction turn left onto B9152 for Kingussie.
14.0	10.35	Lynchat
15.3	10.38	Enter Kingussie (Traffic Lights)
15.7		KINGUSSIE HOT-SPOT 1 at Scottish Co-op.
18.0	10.45	Enter Newtonmore
18.5		NEWTONMORE HOT SPOT at Scottish Co-op.
18.8	10.48	Bear right on A86 for Laggan
19.4		Leave Newtonmore
26.8	11.07	Laggan Bridge
27.1		Turn left onto A889
28.5		CATLODGE PRIME
28.6	11.12	Turn left for Glentruim at Catlodge. Kiosk. (SINGLE TRACK ROAD)
33.0	11.22	Turn left onto A9 <u>GREAT CARE AND ATTENTION</u>
34.5	11.26	Turn left onto B9150
35.6	11.29	Enter Newtonmore
36.8		Leave Newtonmore on A86
38.3	11.36	Enter Kingussie
39.0		KINGUSSIE HOT SPOT 2 at River Gyack bridge.
39.5		Leave Kingussie (off A86 onto B9152)
40.8	11.40	Lynchat
44.9	11.52	Kincaig (straight-on on B9152)
48.8	12.02	Lynwilg Hotel
50.6	12.06	Enter Aviemore
51.2	12.08	Turn left into Aviemore Centre
51.8	12.10	Finish 3/4 way round Aviemore Centre at Fuel Depot

Stage Two The Cairngorm Stage Sat. 10 June 95.

Signing-on - 14.00-14.40 Woodshed Bar, Coylumbridge Resort Hotel.

00.0	15.00	Start at Woodshed Bar, Coylumbridge Resort Hotel.
00.1		Leave Hotel, turn left onto B970.
00.5		Coylumbridge, turn left on B970.
07.0	15.15	T Junction, turn left for Boat of Garten.
08.9		T Junction at Deshar School, turn left onto A95.
09.7	15.20	Kinveachy Junction, turn left for Aviemore (A95 B9152).
13.4		DALFABER HOT SPOT. (At Dalfaber road end)
14.4	15.30	Aviemore.
14.6		Turn left onto Cairngorm road, (B970).
20.7	15.45	GLENMORE HOT SPOT. (At Glenmore Shop).
24.5	16.00	Finish in Ski Car Park, Cairngorm.

STAKIS TOUR OF SPEYSIDE

Stage Three The Strathspey Stage Sun. 11 June 95.

Signing-on 08.00-08.40 Osprey Building, Aviemore Centre.

Start - 09.00.

Miles Time Route

0	09.00	Start at Badenoch Hotel, Aviemore Centre. Neutralised
0.8		Leave Centre, turn left onto B9152 for Carrbridge.
1.7	09.06	Official start at de-restriction signs.
2.7		T junction, continue straight on, on A95.
5.2	09.14	Kinveachy junction, continue straight on, on B9153.
7.9	09.20	CARRBRIDGE HOT SPOT at Landmark Visitor Centre.
8.1		Turn right onto A938 for Grantown-on-Spey.
14.8	09.35	Dalnain Bridge, continue straight on, on A95.
MAJOR ROAD WORKS AT GRANTOWN-ON-SPEY - TAKE GREAT CARE		
17.0	09.40	CRAGGAN MILL HOT SPOT
17.7	09.44	GRANTOWN-ON-SPEY HOT SPOT 1 at A.W.Laing, 110 High Street.
17.8	09.45	Turn right onto A95/A939 at Traffic Lights
21.9	09.55	A95 Cromdale Village. Turn left immediately after 40 Restriction Sign
22.5		Narrow bridge over River Spey. DANGER
23.5		T junction, turn left for Grantown-on-Spey.
25.0	10.03	T junction, turn left onto A939.
25.4		GRANTOWN-ON-SPEY HOT SPOT 2 at War Memorial
25.6		Turn left onto A95/A939 at Traffic Lights. <u>START SECOND CIRCUIT</u>
29.7	10.14	A95 Cromdale Village. Turn left immediately after 40 Restriction Sign
30.3		Narrow bridge over River Spey. DANGER
31.3		T junction, turn left for Grantown-on-Spey
32.8	10.22	T junction, turn left onto A939
33.2		GRANTOWN-ON-SPEY HOT SPOT 3 at War Memorial
33.4		Turn left onto A95/A939 at Traffic Lights
33.6		Leave Grantown-on-Spey on A95 <u>FOR THIRD TIME</u>
34.4	10.26	Turn right onto B970 for Coylumbridge
38.1	10.35	Pass Abernethy Church, turn left for Lurg
38.4		T junction, continue straight on for Lurg
39.0	10.38	Nethybridge, Causer X roads, turn right
39.6		T junction at Nethybridge Hotel, left onto B970
39.8		NETHYBRIDGE HOT SPOT after football park
40.0	10.40	Turn left for Loch Garten
41.0		Fork junction, bear right for Loch Garten
42.3		T junction, straight on for Loch Garten
42.9	10.47	OSPREY HIDE - GREAT CARE AND ATTENTION
43.2		LOCH GARTEN HOT SPOT 300m after loch side.
44.5		T junction, turn left onto B970
45.1		T junction, turn right for Boat of Garten
45.3		Cross River Spey, enter Boat of Garten
45.7		T junction, turn left
47.1		T junction at Deshar School, left onto A95
47.8	11.00	Kinveachy junction, turn right onto B9153
50.5	11.06	Carrbridge.
50.7		Turn right onto A938 for Grantown-on-Spey
51.2		LOCHANHULLY HOT SPOT at Lochanhully Woodland Club.
57.4	11.24	Dalnain Bridge, turn right onto A95
65.1	11.42	Kinveachy junction, turn left on A95 for Aviemore
67.6	11.49	T junction, straight on, on B9152
69.7	11.54	Aviemore. Turn right into Aviemore Centre
70.3	11.56	Finish 3/4 way round Centre at Fuel Depot.

STAKIS TOUR OF SPEYSIDE

Stage Four The Aviemore Stage Sun. 11 June 95.

Signing-on 14.00-14.40 Osprey Building, Aviemore Centre.
 Start - 15.00 Near Reception Office, Aviemore Mountain Resort.
 Route - Round circular road at Aviemore Centre. The race will be
 neutralised from the line-up until the Official Start at the Finish
 Area, approximately 1/2 lap.
 Race Distance - One Hour.
 HOT SPOTS - at 15, 30 and 45 minutes.

RACE PERSONNEL

Race Director	Colin Horn	Driver	Ian Watson
Chief Commissaire	Al Sutton	Driver	Peter Finlayson
Chief Judge	Tom Bruce	Driver	Self
Commissaire Two	Peter Wright	Driver	Self
Commissaire Three	Gordon Lawrie	Driver	
Prime Judge(Sat)	Susan Van der Vlies	Driver	Alan Bell
Prime Judge(Sun)	Mary Bell	Driver	Alan Bell
Prime Judge Two	Peter Bennett	Driver	Hilary Scott
Timekeeper	Jim Thomson		
Recorders	Jane Hyde, Maureen Malone, Susan Van Der Vlies		
Announcer	Jammy Johnstone	Driver	
Lead Car		Driver	Ewan Scott
Reserve Lead Car	Alasdair Mackenzie		
Protocol	Dennis Speight, Anne Speight		
First Aid	Hazel Moody	Driver	Liz Hawkins
Number Steward	Liz Hawkins		
Broom Wagon	Dave Currie, Maureen Malone		
Clerk of the Course	Sam Crymble, Keith Crymble		
Results Room	Tony & Trish Gray, All Judges		
Motorcycle Marshalls	Jim Simpson / Scotriders		
Chief of Service	Peter Robertson		
Service One	Peter Robertson		
Service Two	Dominic Sermanni, Malcolm Skelly		
Service Three	Des McPherson		
Photo-Finish	Bob Brady		
Liaison Officer	Karl Turner		STAKIS AVIEMORE.
Race Organisation	Colin Horn, Peter Bennett, Callum Scott, Liz Hawkins, Doninic Sermanni, Alasdair Mackenzie		

PRIZES

Place - Stage	One	Two	Three	Four	Gen. Class.	Team	Points
1	30	30	30	30	100	60	50
2	25	25	25	25	90	50	40
3	20	20	20	20	80	40	35
4	15	15	15	15	70	30	20
5	10	10	10	10	60	20	15
6	5	5	5	5	50	10	10
7	Yellow Jersey-Stage 1-£15				40	Green Jersey-Stage 1-£10	
8	"	"	2-£15		30	"	" 2-£10
9	"	"	3-£15		25	"	" 3-£10
10					20		
11 - 15					18		
16 - 20					14	18 Primes & Hot-Spots	
21 - 25					10	1-£12, 2-£8, 3-£4.	

Lantern Rouge - £15

Total Prizes - £2,097.00

STAKIS TOUR OF SPEYSIDE

ABERDEEN & DISTRICT C.A.		CAT	PERTH UNITED C.C.		CAT
1	Neil Brown Deeside Thistle C.C.	1	57	Maurice Lang Perth United C.C.	1
2	Rowland Jolly Positioning Resources	1	58	Alistair Little "	3
3	Alister Watt Ab. Multisport C.C.	1	59	Neville Stratton "	3
4	Gary Yeats Cycling World/Spec./Insport	1	60	Duncan Watkins "	2
BONNYRIGG C.C.			SCU MTB TEAM		
5	John Armstrong Bonnyrigg C.C.	1	61	Simon Alderson SCU Mountain Bike Team	2
6	Chris Flockhart "	3	62	Jonathan McBain "	3
7	Richard Garrett "	2	63	Dan Whitehead "	2
8	David Marshall "	3	64	Andrew Wright "	1
BORDER CITY WHEELERS			TYNE VELO		
9	Steven Angus Border City Wheelers	3	65	John Fettis Tyne Velo Club	2
10	Mark Nicholson "	3	66	John Oxley G.S. Metro	3
11	Stuart Pringle "	3	67	Martin Sladdin Tyne Velo Club	3
12	Michael Toth "	3	68	John Swinbank "	3
DEESIDE THISTLE C.C./POSITIONING RESOURCES			V.C. ASTAR/ANDERSIDE TOOLS		
13	Robert Brown Deeside Thistle C.C./	2	69	David Blockley V.C. Astar/Anderside Tools	2
14	Craig Flockhart Positioning Resources	3	70	Graham Brown "	1
15	Steve Shand "	3	71	Stewart Brown "	3
16	Paul Waite "	3	72	Chris Thomson "	1
DUNDEE & DISTRICT C.A.			V.C. OLYMPIA/AKURA/BRAGUAL/S. WILSONS CYC		
17	Michael Glancey Dundee Thistle R.C.	3	73	Neil Cameron V.C. Olympia/Akura/Bragual/	1
18	Antony Hastie V.C. de L'Avenir	2	74	Keith Mailer S. Wilsons Cycles	1
19	Phillip Morris Dundee Thistle R.C.	3	75	Andy Wilson "	2
20	Raymond Tully "	1	76	Grant Young "	2
FIFE C.A.			COMPOSITE "A"		
21	Kenny Linton Fife Century R.C.	3	77	Kevin Clacher Kingdom R.T./Spokes	1
22	Stephen Moore Kingdom R.T./Spokes	2	78	Andrew Ferris Edinburgh B.C.	2
23	Raymond Reidy Fife Century R.C.	3	79	Bill Hart Ferryhill Wheelers C.C.	1
24	Grant Smith Dunfermline & District C.C.	2	80	Andrew Matheson Musselburgh Roads C.C.	1
GLASGOW NIGHTINGALE C.C.			COMPOSITE "B"		
25	James Cusick Glasgow Nightingale C.C.	3	81	George Findlater Aberdeen Wheelers C.C.	3
26	Kevin Henderson "	3	82	John Graham Glasgow Wheelers C.C.	2
27	Damian McAuley "	3	83	Gregor Grant Cairngorm C.C.	3
28	Colin Scott "	3	84	Andrew Lennon Cryston Wheelers	2
GLASGOW R.C.			COMPOSITE "C"		
29	Scott Dunwoods Glasgow R.C.	3	85	Tom Carstairs Dundee Wheelers C.C.	2
30	Mark Illingworth "	3	86	Andrew McClure Newcastle Cheviot C.C.	2
31	Mark Miller "	2	87	James Miller Unattached	3
32	David Scott "	3	88	Russell Thomson Dundee Thistle R.C.	3
GLENMARNOCK WHEELERS			G.S. CORSA/RBW/BIKE BOTHY		
33	Gerrard Friel Glenmarnock Wheelers C.C.	3	89	Scott Adams G.S. Corsa/RBW/Bike Bothy	3
34	David Jardine "	3	90	Allan Wright "	2
35	Graeme Jardine "	2	91	Andy Wright "	3
36	Daniel McShane "	1	MORAY FIRTH C.C./BIKES OF INVERNESS		
JOHNSTONE WHEELERS/DOOLEYS CYCLES			92	Les Mackenzie Moray Firth R.T./	3
37	Tom Anderson Johnstone Wheelers/	1	93	Ivor Reid Bikes of Inverness	1
38	Willie Gibb Dooleys Cycles	1	94	Michael Van Der Vlies "	3
39	Graeme Herd "	1	NORTH EAST R.T./HARDISTY CYCLES		
40	Drew Wilson "	1	95	Damian Smith North east R.T./Hardisty Cyc	1
N.O.S.C.A.			96	Glen Turnbull "	1
41	Alan Garrow Team Carbon 5	2	97	Jeff Wright "	1
42	David MacDonald Clachnacuddin C.C.	J	REGENT .C.C./JACKIE CONNOR/ESSO		
43	Jason MacIntyre West Highland Wheelers	3	98	Kenny Alan Regent C.C./Jackie Connor	3
44	Roddy Riddle Moray F.C.C./Bikes of Invern	1	99	Allan McGinty Cycles/Esso	3
NORTHERN IRELAND CYCLING FEDERATION			100	Graeme McGinty "	3
45	Raymond Brownfield N.I.C.F.		RESERVES		
46	Daryl Erwin "		101	Les Muir Bedrock MBC/Aerobikes	3
47	Barry Fullerton "		102	Martin Schofield Elgin C.C.	3
48	John Neill "		103	Iain Hill Glasgow Cour/Tetra Pak/CBS	3
THE O'RANGERS			104	Ian Spence Carnoustie C.C./Angus Bike C	3
49	Martin Andrew The O'Rangers	1	105	Lee Anderson Glenmarnock Wheelers	3
50	John Cosgrove Liverpool Century R.C.	1	106	Robin Moore Penicuik R.T.	3
51	Chris Golightly C.C. Staveley	1	107	Chris Proud Tyne Velo Club	3
52	Michael Pluckrose Border City Wheelers	1	108	Laurence Morgan Perth United C.C.	3
PENICUIK R.T.			109	Malcolm Gant Deeside Thistle C.C./	3
53	John Anderson Penicuik R.T.	3		Positioning Resources	
54	Graham Moore "	1	110	David Davidson Bonnyrigg C.C.	3
55	Richard Moore "	1			
56	Craig Thomson "	1			

Note - preference will be given to Team Reserves