

CLAVERHOUSE ROTARY CLUB

Dundee Cyclathon 3 - 9 August 2020 www.dundeecyclathon.com



Background Brian Cairns, Stewart Davidson, John Mee (Broughty Ferry Club), Donald Gordon (BFC), Alan Henderson (BFC), Alan Cook (BFC), Roger Edlington (BFC), Alastair Scott (Dundee Club), Robert Burns, Eli Ross (17) (Son of Iain Ross the Younger), Tom Gunning (16) (Friend of Eli Ross), Maureen Boxer, David Boxer, Foreground Alex Horner (3) (Grandson of Malcolm and Bev), Oliver Horner (6), Frankie McLaren(6) (One of the youngest entrants), Reggie McLaren (3) (The youngest entrant), Zac Malone (8) (Grandson of Aubrey Wood), Chelsea Malone (12) (Granddaughter of Aubrey Wood) Photo courtesy of DCT Media

Cyclists of all Ages to Pedal Thousands of Miles During Dundee Cyclathon Week

Local cyclists assembled outside the V and A in Dundee on Monday to mark the beginning of Dundee Cyclathon Week, taking place during 3rd - 9th August, and organised by the Rotary Club of Claverhouse.

The event, which has been reshaped this year to conform with pandemic conditions, allows cyclists to select their own route and distance which can be covered any time during the week.

Hundreds of cyclists of all ages, signing up before and during the event, plan to travel a variety of distances, both outdoors on their bikes or at home on their exercise bikes to raise much needed funds for the STV Children's Appeal.

Claverhouse Rotarians Stewart Davidson, David Boxer and Brian Cairns with wives Margaret Davidson and Maureen Boxer will pedal a total of 520 miles, covering 20 laps of the Dundee Green Circular Cycle Route between them. Brian, who will pedal a further 100 miles around nearby glens, said 'Nothing compares to the simple pleasure of riding a bike which gives you an enormous sense of freedom. It is even better when you know that you are also raising much needed funds to support the many local kids in Dundee who are living in poverty.'

Local Dundee family Iain and Ann Ross, together with Calum and Paola Ross and grandchildren Lily (11 years) and Felix (7 years) will cover a total distance of over 600 kilometres between them, mainly on their exercise bikes. Said Iain 'We are all pulling together as a family to raise money for the Children's Appeal. It does not matter whether you are outdoors on your bike or indoors on your exercise bike. It all counts.'

The youngest cyclists entering the Cyclathon are Frankie and Reggie McLaren, aged 6 years and 3 years, who will each be cycling 6 miles from Charleston to Riverside. Mother of the two young heroes, Mardou McLaren commented 'Frankie and Reggie learned to cycle during lockdown and then we read about the Cyclathon on Facebook which was an opportunity too good to miss. They set themselves a target to reach £100 for the STV Childrens Appeal but they have already reached £180 which is brilliant.'

The furthest distance of 300 miles cycled in a day has so far been achieved by 5 Broughty Ferry Rotarians, John Mee, Donald Gordon, Alan Cook, Roger Edlington and Alan Henderson who rode from Broughty Ferry Lifeboat Station into Perthshire and back through the Sidlaw Hills.

Cyclathon entrants have come from far and wide, including Duncan MacWalter from Brisbane, Australia and Jacqueline and Ashton Barr from New York who are all pedalling for Dundee's children in need.

Robert Burns, Vice President of Claverhouse Rotary Club, thanked all cyclists taking part in the Cyclathon and emphasised 'Whether you cycle 10 miles or 100 miles, it does not matter. Taking part and having fun are the most important features of this great event plus raising money for our local bairns who deserve a break in life. There is still plenty of time to get involved and you can register any time during the course of this week.'



Local Celebrities Launch Dundee Cyclathon Challenge 2020

Haley Bouma, STV North reporter and presenter, and Lawrence Shankland, Dundee United striker, joined members of the Rotary Club of Claverhouse at Broughty Ferry Castle to celebrate the launch of the Dundee Cyclathon Challenge 2020.

Due to lockdown restrictions, this year's Cyclathon, organised by the Rotary Club of Claverhouse in aid of the STV Children's Appeal, will operate differently to previous Cyclathons over the past 15 years. Participants can cycle where they want, how far they want and when they want during 3rd - 9th August and can even participate indoors on their exercise bikes.

The Cyclathon Challenge is for fun and is not a race. Entrants can join on their own, with their family or as a team with neighbours or friends from school, university, club or work to add to the fun.

All monies raised will go to the STV Children's Appeal to support the 1 in every 4 young people in Scotland who are living in poverty. Haley Bouma explained 'The Dundee Cyclathon Challenge is a great way for everyone of all ages and level of fitness to set themselves a goal and have some fun achieving it, while making a huge difference to some of the country's poorest children.

By getting on your bike, going for a spin and raising money through your efforts, you can provide essential supplies like food, nappies, toiletries and gas and electricity to reach those who really need that help, particularly now during the pandemic.'

Lawrence Shankland echoed Haley's comments, saying 'We want everyone in Dundee with a bike to get involved in this brilliant event and have fun at the same time. The more money we raise, the more Dundee children can receive the help that they so desperately need. Let us all get on our bikes and show what we can do for our kids in Dundee.'

Participants will be known as 'Dundee Heroes' and can register for the Cyclathon by visiting the dedicated website www.dundeecyclathon.com where more information on the event can be discovered. A hero's medal and certificate will be awarded to each entrant with the opportunity to enter a Lucky Draw to win an exciting prize.

Pat O'Connor, President of the Rotary Club of Claverhouse, said 'Dundee folk always help each other out in times of crisis and the recent pandemic has caused more hardship than ever before. We want lots of Dundee Heroes to join in the Cyclathon and cycle to raise money to put smiles on the faces of our local children. You can cycle as far or as little as you want, it is entirely up to you. Come on Dundee, let us make this year's event the biggest Cyclathon yet.'

The launch, timed three weeks before Cyclathon week, 3rd - 9th August, allows participants to register for the event and start fundraising from friends and supporters in good time before it starts.

Photo (Left to right): David Boxer, Rotary Club of Claverhouse, Pat O'Connor, President, Rotary Club of Claverhouse, Haley Bouma, STV North reporter and presenter, Lawrence Shankland, Dundee United FC, With two children – Mara and Sorley Bell



Mark Beaumont Urges Dundee Cyclists to Join the Cyclathon

Mark Beaumont, world renowned long distance cyclist, broadcaster and author, calls on all cyclists to join the Dundee Cyclathon, the city's only family cycling event, scheduled for week commencing Monday, 3rd August. The event, organised by the Rotary Club of Claverhouse, runs for the entire week in aid of the STV Children's Appeal.

Mark said 'Have fun in setting your mileage target for the week with enough challenge to encourage your friends and family to sponsor you on your journey. Register for the event on www.dundeecyclathon.com and clock up your miles as you go.

Cycling is a great sport and every journey is a thrilling experience. I can vividly remember my first cycling adventure at the age of only 12, when I set off from Discovery Point, Dundee. This early experience developed my passion for cycling and the desire to embark on my sporting career.'

Mark was born in Blairgowrie, educated at Dundee High School and became Rector of the University of Dundee during 2016-19. He holds the record for cycling around the world, completing a journey of 18,000 miles in less than 79 days, when he also raised £18,000 for charity.

In 2018, he was awarded the British Empire Medal for services to sport, broadcasting and charity and is heralded as one of the world's cycling legends.

He went on to say 'The Rotary Club of Claverhouse have chosen a truly excellent charity. I have been a great supporter of the STV Children's Appeal in the past because it raises such desperately needed funds to support the 1 in 4 children in Scotland who are living in poverty'.

Ian Balgowan, Cyclathon organiser and Rotarian, commented 'We ask everyone with a bike or exercise bike to join in the Cyclathon to have fun and stay healthy. Leave the stresses of the world behind and enjoy the sense of freedom as you cycle, whether you are pedalling 2 miles, 20 miles or a lot more. It is up to you. Let us show our local bairns with little to enjoy in life that we really care and are solidly behind them'.

Each entrant will win a hero's medal and certificate with the opportunity to enter a lucky draw to win exciting prizes.



'Get on your bike and join the Dundee Cyclathon Challenge 2020'

'Get on your bike and join the Dundee Cyclathon Challenge 2020 during 3rd - 9th August to raise money and support Dundee children who are living in poverty' is the key message to Dundee folk from Martel Maxwell, Dundee's own TV and Radio celebrity, journalist and presenter of the BBC 1 show, 'Homes Under the Hammer'.

Martel joined Pat O'Connor, President of Claverhouse Rotary, organisers of the Cyclathon, and Abi Abubaker, Head of Al Maktoum College of Higher Education, the main sponsors of the event, to appeal to everyone in Dundee with a bike or exercise bike to join the event by registering via the dedicated website, www.dundeecyclathon.com.

All monies raised will be donated to the STV Children's Appeal.

Martel continued 'I have already joined the Cyclathon with my two sons, Monty and Chester, because it is a great way for everyone of all ages and levels of fitness to set themselves a goal and have fun in achieving it indoors or outdoors.

You can make such a huge difference by reaching out to so many local children who really need that helping hand right now. By going for a spin at your own pace, you can raise money through your efforts to provide life's essentials like food, nappies, toiletries and gas and electricity in the home for those who desperately need it.'

Cyclists can join this fun event either on their own, with family or as a team with friends from school, college, club or work. Entrants choose their own route and distance and will win a hero's medal and certificate with the opportunity to enter a lucky draw to win exciting prizes.

Abi Abubaker said 'The Dundee Cyclathon definitely ticks all the boxes and provides many benefits. It raises much needed money to help our local community, particularly in these difficult times due to lockdown. At the same time, it promotes health and wellbeing through exercise. Cycling is now recognised as one of the best ways to stay fit and keep healthy. For these reasons, I have had great fun in joining the Cyclathon over past years and encourage

everyone to be a part of this great event in Dundee's annual calendar'.

This sentiment was echoed by Pat O'Connor who said 'During the pandemic crisis and to this day, living a healthy life style has never been more important. What better way can there be to stay healthy than cycling in the fresh air and enjoying the enormous sense of freedom as you travel, whether it is in your local lanes or further afield. Leave the stresses of the world behind and have great fun, whether you are pedalling only 2 miles or 20 miles or more, it does not matter. Do what is comfortable for you and raise money for our local bairns as you do it. Come on Dundee, we can do it!'

Cyclists can set their own targets and pedal for the STV Children's Appeal at any time during 3rd - 9th August.

Photo: Outside the McManus Galleries. From left to right: Abi Abubaker, Head of Al Maktoum College of Higher Education, Martel Maxwell, TV and Radio celebrity and presenter, Pat O'Connor, President, Rotary Club of Claverhouse
In the foreground: Martel's two sons: Monty (7) and Chester (5)



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Al-Maktoum College Sponsors Dundee Cyclathon Challenge

Dundee's Al-Maktoum College of Higher Education is continuing its support for the local community by sponsoring the city's Cyclathon Challenge which is taking place this week.

Following the success of the College's Coronavirus Rapid Response Fund, and its commitment to provide free laptops for all its full-time students to ensure lack of IT doesn't hold them back, Al-Maktoum College is now lending its support to the fun cycling event.

Organised by the Rotary Club of Claverhouse, the Cyclathon Challenge encourages all cyclists in Dundee to plan their own sponsored cycling activities to raise money for the STV Children's Appeal.

Head of Al-Maktoum College Dr Abi Abubaker said:

'At Al-Maktoum College we're committed to helping people in difficult circumstances. As part of that commitment, we're sponsoring the Cyclathon Challenge that will raise money to help some of the estimated 200,000 children living in poverty in Scotland. The Cyclathon Challenge is a really fun event, helping people keep fit while they raise money and we're delighted to be part of it.'

Head of Al-Maktoum College Abi Abubaker (right) hands over a £2,000 cheque to Pat O'Connor, President of Cyclathon Challenge organisers the Rotary Club of Claverhouse.

Teenager Neil Triumphs in Dundee Cyclathon Challenge

A Cyclathon participant over the weekend was 18-year-old Neil Ferguson, grandson of Rotarian Don Meekison, who cycled 17 miles from his house in Edinburgh to Musselburgh beach and back.

Neil had a major stroke 4 years ago after a rugby injury, and can no longer use a regular bike. This brilliant recumbent bike is adapted for him to use his left hand to control steering, gears and braking. It also allows him to send signals to his helmet which has lights to indicate, and his right foot is strapped in.

Neil has really enjoyed this challenge, and said: 'I really appreciated all the help and support I got after my stroke, and want other people to have the same opportunities.'

A Cyclathon hero indeed!



Cyclists Around the World Join the Dundee Cyclathon

Virtual events offer the exciting opportunity for participants to join such occasions from far and wide, wherever they may be.

This year's Dundee Cyclathon Challenge is no exception and has benefitted from cyclists registering for the event from the USA, Australia and the west of Scotland.

Ashton Barr cycled around Liberty Park and the surrounding area in New York with his father, Keith, and mum, Jacqueline, to raise much needed monies for the STV Children's Appeal. Ashton, grandson of Claverhouse Rotarian Bill Barr and wife Ena, is a chip off the old block with a desire to help others less fortunate than himself. He said 'Riding around the park with Mum and Dad was like riding around with Laurel and Hardy and so I tried to cycle ahead of them so that people did not think we were together.'

Doctors Duncan and Gordon MacWalter have teamed up with their Rotarian father, Doctor Ron MacWalter, to form an intrepid trio of cyclists, despite living in different corners of the world. Duncan, now living in Brisbane, Australia has been cycling the Cockatoo Trail, on the outskirts of the city, before work which is no mean feat, bearing in mind that this mountain trail climbs at 32 metres/kilometre.

Not to be outdone, brother Gordon also tackled an arduous route by cycling up the Campsie Fells mountain trail, just north of Glasgow, to reach the Earl's Seat at the top at a height of 578 metres. Duncan and Gordon, both born in Dundee, clearly demonstrated that they were Dundee heroes and that distance and challenge were no barriers to raising money for local children living in poverty.

Father Ron capped off the trio's achievements by also tackling the trail between Dundee and Errol. Said Ron 'People do not realise how hard it is to cycle against the west wind from here to Errol but hopefully I'll have a tail wind on the way back. I am heading off home now to get Sheila to rub me down with liniment.'

We all thank these Dundee heroes for their great contribution and hope that Ron achieved his aspiration despite the perspiration.



Photo 1 – Duncan MacWalter on the Cockatoo Trail, Brisbane

Photo 2 – Ron MacWalter at Errol

Photo 3 – Gordon MacWalter on Campsie Fells, north of Glasgow



Jacqueline and Ashton Barr in Liberty Park, New York
Dad, Keith Barr (taking photo)



Jacqueline and Ashton Barr in Liberty Park, New York
(Note the Statue of Liberty in the background)

The Ross Family Pedal Power Across Scotland to Raise Funds for Local Charities



Rotarian Iain Ross, wife Ann, son Calum and wife Paola and grandchildren Finlay (13), Lily (11) and Felix (6) have 'cycled' a total of 798 kilometres between them on exercise bikes as their contribution to the Dundee Cyclathon 2020. They decided to pull together as a family to raise money for the STV Children's Appeal and local Claverhouse Rotary charities. Each member of the family chose a place in Scotland which was meaningful to them individually. Iain cycled to his birthplace, Macduff; Ann to Stirling where she grew up; Calum to Berwick Upon Tweed via

North Berwick; Paola to Edinburgh where she and Calum live and work; Lily to St. Andrews for the beach; and Felix to and from Dundee. Finlay decided to help Iain on his forward journey to Inverness, another 125 kilometres!

Family friends Rene and Chris live in Orpington near London and they have promised to make a donation because the total distance covered will take the Ross family almost to their doorstep! Rene (80) still rides his mother's bike, a Raleigh Rudge, bought in 1945 in Basel, Switzerland. The bike was in regular use for a period after the war to cross the border between Switzerland and Germany. A permit was needed for each journey and attached to the cycle. By chance in 2002, friends of the family, with the help of Rene's father, identified the bike still with its permits attached, in a junk shop and got it to Rene who had the old cycle restored. What a tale of survival!

Iain says '800 kilometres may not seem a long cycle trip compared to the sterling efforts of others participating in Cyclathon 2020 but it meant a lot for us to get together and achieve something meaningful for those in greater need in our own community. It's also made us fitter and brought us closer together as a family.'

[Iain Ross](#)

Double Bonus for Claverhouse Rotary, Thanks to Dundee Freemasons

Robert Burns, Vice President of the Rotary Club of Claverhouse, was recently presented with two donations from Freemason Graham Letford and fellow Masons from Masonic Lodges across Dundee. Robert was accompanied by Rotarian Ian Balgowan.

The event, conducted at Broughty Castle Masonic Lodge in Brook Street, Broughty Ferry, donated a cheque for £500 in favour of Rotary charities and an additional cheque for £500 to support the Dundee Cyclathon Challenge 2020 in aid of the STV Children's Appeal.

Robert said 'We are bowled over with the kindness and generosity of all the Masonic Lodges in Dundee and with the enormous amount of effort undertaken to generate these magnificent contributions. Rest assured that all the monies raised will be spent wisely and carefully on very worthwhile causes to benefit those in the community less fortunate than ourselves.'

Graham replied 'The Masonic Lodges of Dundee are pleased and proud to support Claverhouse Rotary who perform tremendous work both in Dundee and other parts of the world. We in Freemasonry are delighted to assist and

collaborate with the Rotary organisation to address the needs of those who are unable to help themselves, particularly over recent months due to the impact of the pandemic.'

A team of Masons – Charlie Shepherd, Jimmy Ireland, Garry Bertie, Dan Neale and Graham Letford will be cycling the Tour de Province, covering 32 of 33 lodges in the Masonic Province of Forfarshire, in one day. The route of 120 miles will pass through Dundee, Broughty Ferry, Carnoustie, Arbroath, Montrose, Tarfside, Kirriemuir, Forfar, Glamis and back to Dundee. This noble team of athletes will be supported by driver Doug McKenzie and first aider, Arthur Halliday.

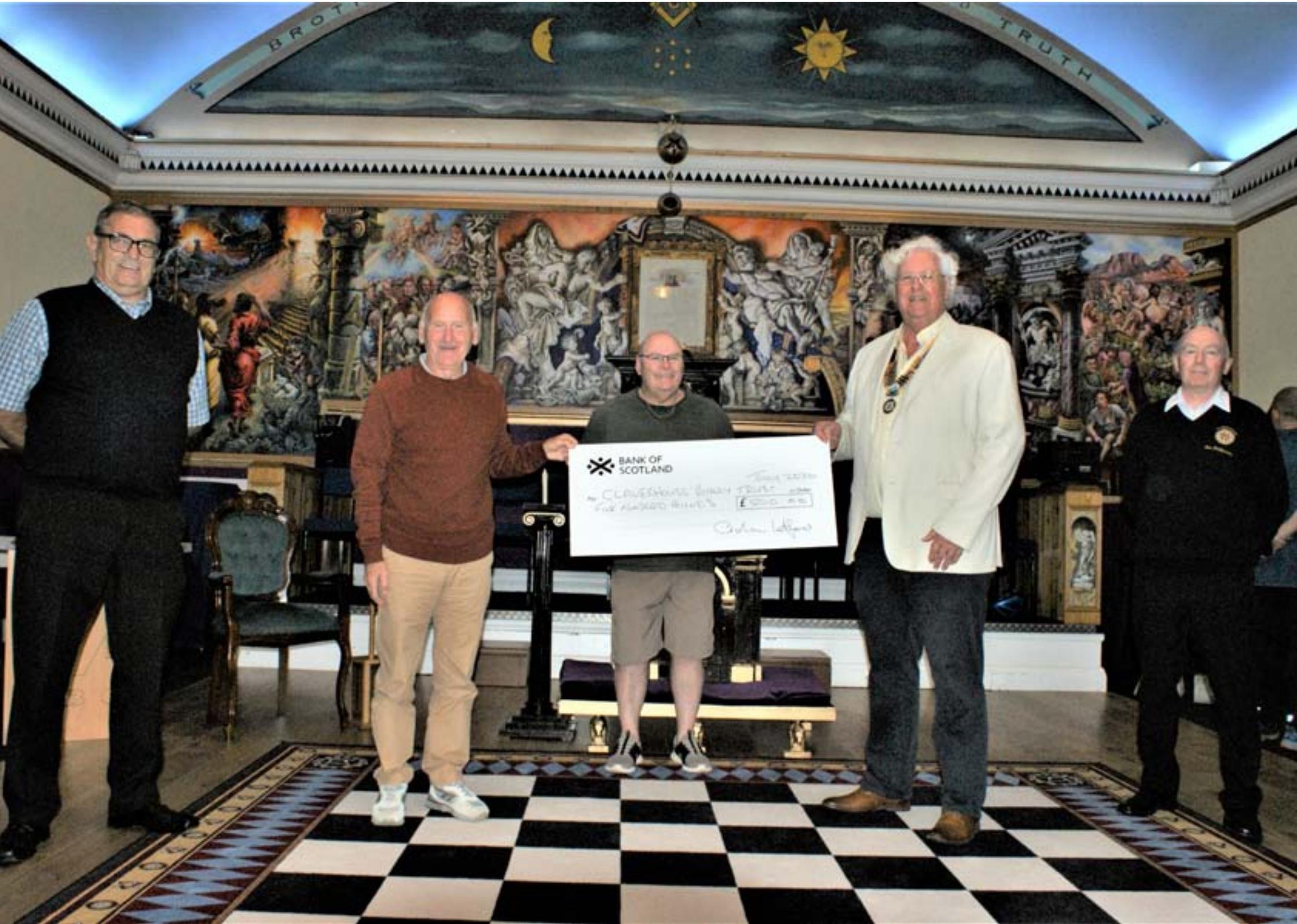
Graham went on to say 'I have been cycling in the Cyclathon for many years now, having been introduced to the event by my good friend, Garry. It is a great event where you can enjoy the fun of cycling and, at the same time, raise much needed funds for charity. This year, we might well need the services of first aider Arthur, particularly when we have to cycle up so many hills for so long.'

The cycling team all agreed with that sentiment but are resolved to be the winners they truly are.

Many congratulations to all the Masonic Lodges in Dundee for their valiant efforts.

Photo 1 Presentation of £500 to Rotary Claverhouse Trust (left to right):
Arthur Halliday
Michael Casey
Jim Bain
Robert Burns
Ian Balgowan

Photo 2 Presentation of £500 cheque to Dundee Cyclathon (left to right):
Charlie Shepherd
Jimmy Ireland
Garry Bertie
Robert Burns
Dan Neale
Graham Letford
Doug McKenzie
Arthur Halliday



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Five Freemasons Travel 600 Miles in Dundee Cyclathon



Early in the morning of Saturday, 8th August, 5 intrepid Dundee Masons took part in the Dundee Cyclathon, setting off from Downfield to tackle a challenging 120 mile cycle journey, visiting 32 Masonic Lodges across the Masonic Province of Forfarshire.

Known as the Tour de Province, the route will take the team through Broughty Ferry, Arbroath, Montrose, Tarfside, Kirriemuir, Forfar, Glamis and back to Dundee.

Well done and a big thank you go to Graham Letford, Garry Bertie, Jimmy Ireland, Dan Neale and Charlie Shepherd for tackling this 10 hour test of endurance with many hills to climb en route.



Cyclathon Triumphs from Teamwork and Commitment . . .

The latest financial estimate from the proceeds of the Cyclathon Challenge 2020 indicate that we will be able to donate £6,800 to the STV Children's Appeal. Monies will continue to trickle in over the days ahead and a final outcome of £7,000 or slightly more, is potentially on the cards.

This result well exceeds our original expectations and is the highest value initiative we have undertaken in the Club for years. The public image of the Rotary Club of Claverhouse has also benefitted from 8 articles in the local press, 18 items circulated through social media and hundreds of contact points made by the 12 member Claverhouse Contact Team, promoting the event to businesses, clubs and organisations throughout Dundee.

This magnificent achievement has been delivered through the dedication and commitment of both Club members and our other supporters in Dundee. All have collaborated with true skill and expertise to implement a brand new venture when public confidence has been at an all time low, many locals have been on holiday and the public purse has been tight due to job insecurity. Sincere thanks and congratulations go to:

Ian Balgowan for leading, chairing and coordinating the entire project from beginning to end with pace, momentum and precision. He is a well known solutions provider and has participated at all events both as a key attendee and photographer.

Bill Barr for his continuous generation of creative ideas as a Cyclathon Committee member and producing swift sets of minutes from each meeting. Bill recruited his New York family to join, donated funds to member cyclists, contacted Dundee Youth Clubs and designed and produced the sponsors' certificates.

David Boxer who contributed wisdom and logic to the design and execution of the project as a Cyclathon Committee member, took part in photo shoots and cycled the Green Route with Maureen to raise funds for the cause.

Brian Bullions who promoted the event on the Club website and promoted the event to all surrounding Rotary Clubs with great effect.

Robert Burns who attended and added joy to some key events as the Club senior official.

Harry Byers who worked with Brian Cairns to promote the event to Sports Clubs.

Brian Cairns who, as a Cyclathon Committee member, designed the flyer, managed the Cyclathon website, promoted the event to Sports Clubs, cycled the furthest distance of 200 miles and raised a bagload of money for the cause.

Stewart Davidson who, as Co-coordinator of the Cyclathon, added sound practical ideas to the running of the Cyclathon, provided equipment and people at most photo shoots, promoted the event to local Cycle Clubs and cycled 7 laps of the Green Route with Margaret.

Rhona Duncan who promoted the event to local Youth Clubs.

David Herbert who acted as communications consultant on all publications, promoted the event to all Dundee schools and colleges and produced this Bulletin.

Malcolm Horner who promoted the event to local businesses, secured major sponsorship contributions and provided grandsons Alex and Oliver for the start day photo shoot.

... Sincere Thanks to Everyone for their Excellent Contributions!

Ron MacWalter who managed all the Club social media with speed and creativity, circulated the event through other social media sites, recruited his sons to join the Cyclathon from afar and participated in the event himself.

Don Meekison who enrolled and encouraged his grandson, Neil Ferguson, to participate in the event on a recumbent bike.

Ivor Morton who, as a co-opted Committee member, devised and coordinated the Marketing Plan, wrote content for the flyer and press releases, acted as photographer and organiser at key events, managed the Press, recruited some celebrities and updated the Club on progress. Ivor's drive and sheer determination to make the event a success, kept the team going!

President Pat who attended and added joy to key events as the senior Club official and received the main sponsorship cheque from Al Maktoum.

Iain Ross the Elder who promoted the event on all public websites, recruited his entire family of 6 to cycle 798km on bikes and exercise bikes and raised the greatest amount of money on Just Giving of any Club member to date.

Iain Ross the Younger who promoted the event across Morgan Academy and other Interact Clubs and recruited son Eli to attend the start day press shoot.

Aubrey Wood who promoted the event to St. Andrews University and provided grandchildren, Chelsea and Zach, at the start day press shoot.

Nick White who was all set to cycle in the event but sustained injuries which wrote him out but he contributed nevertheless.

All Club Donors who from their own pockets, and by sponsoring others, raised a whole heap of cash.

The Cyclathon was also royally supported by many outside of the Club. Very many thanks and congratulations go to:

Scott Maxwell – Fundraising Manager at the STV Children's Appeal who, as a Committee Member, promoted the event on all Appeal websites and social media, set up and organised the Just Giving website, sought cooperation from STV, managed the event on Twitter, consulted on social media best practices and designed and produced participants' certificates.

Our Celebrities – Martel Maxwell, Mark Beaumont, Lawrence Shankland, Haley Bouma and David Fox-Pitt who freely gave up their valuable time to support and promote the event.

Our Sponsors – Al Maktoum College of Higher Education, Whole Life Consultants, Blackadders and the Dundee Gin Company who played a great part in making the Cyclathon such a financial success.

Carnoustie Creative who developed and updated the Cyclathon website free of charge and sent out Mailchimp communications to participants.

Dundee Freemasons – 5 members who cycled 600 miles in the day and have raised over £1,500 towards the Cyclathon.

All Participants who cycled the many miles to support the cause and raise a ton of money to support children in need via the STV Children's Appeal.

Well done Team!

You are all Dundee Heroes!