

MONDAY 21ST MAY
2018

Recent Events update

On Saturday 2 athletes made the journey to a pleasantly warm and sunny Nottingham for a sprint distance triathlon (750m swim, 20km bike, 5km Run) based at the National Water sports Centre, Holme Pierrepont. Grant Young, Ayr, had the race of the day finishing 2nd in his age group with a time of 1:11. This bagged Grant a hugely sought after qualification spot for the 2018 European Sprint Championships taking place in Glasgow this August as a member of Team GB. After a tough swim. Lyndsey Blair, Troon, also did well in a tough field finishing in 1:13.



GRANT YOUNG | LYNDSEY BLAIR AT NOTTINGHAM SPRINT

Sunday was another successful day for Team Ayrodynamic in sunny Southport. David Auchie, Kilmarnock, secured his place in the 2019 European Sprint Distance Championships by placing 2nd in his age group (55-59) and 21st male overall with a speedy 1:06. Emma Lunan, Dundonald, grabbed her slot in the 40-44 age group finishing in 4th place in 1:17 and 31st female overall. Andrew Rennie, Irvine, placed 3rd in 65-69 age group in a time of 1:23 also qualifying for next years European champs. Also racing strong were Lyndsey Blair who finished in 1:18 and Bob Lunan in 1:20. Marc Auchie, Kilmarnock, raced in the standard distance triathlon (1500m swim, 40km bike, 10km Run) and finished in a superb 2:14 posting a 40min 10km run time in the process placing him 8th in the 20-24 category. Karl Owens, Troon was hot on Marc's heels in 9th place in the same category crossing the line in 2:18.



KARL OWENS | MARC AUCHIE | DAVID AUCHIE | LYNDSEY BLAIR AT SOUTHPORT TRIATHLON

Also on Sunday, Tom McMaster, Kilwinning, tackled his first ever standard distance triathlon in Selkirk recording a respectable 2:58. Tracey Middleton of Ayr took part in a warm but windy 85 mile Etape Caledonia cycle starting in Pitlochry and taking in the views of the Scottish Highlands

What's on this week

TIME TRIALS

Monday 21st May 2018

400m Swim TT at Troon swimming pool – warm up 7:30pm -8pm | TT from 8pm -

Wednesday 23rd May 2018

10 mile bike TT – register at 6:45pm for 7pm bottom of Corraith hill (Troon/Loans side)

Please let David or John know if you are coming. All abilities welcome.



Marc Auchie at Southport Standard 20th May



Bob Lunan, Lyndsey Blair & Emma Lunan.

Southport