
MONDAY 28th MAY
2018

Newsletter No.2

Recent Events update

Ayrodynamic's Scott Russell recently headed south to race in Liverpool's Rock n Roll half marathon. A field of just under 10,000 assembled at the start in the city's Albert Dock in bright early summer sunshine to take part.

The race took in some of the iconic sights in the centre, before heading out to Chinatown & through parkland to finish along the Mersey at the Echo arena. Scott ran a steady race during the undulating first few miles, before picking up the pace in the second half to clock 1 hr 39 min 46 sec for 519th place in the race & 30th in his age group. There were plenty of drinks on hand for the warm conditions & great encouragement from the locals, including numerous bands on the course to give that extra push to the finish.



SCOTT RUSSELL | ROCK N ROLL HALF MARATHON, LIVERPOOL.

Closer to home it was a warm but breezy night for the Land O Burns 10k in Ayr. The twisting route saw 2 Ayrodynamic runners give it their all. Lorna Todd, Kilmarnock finished in 43.10 taking 1st Female Veteran, 4th female overall, 2nd Ayrshire Harrier and 1st Female Veteran Ayrshire Harrier concluding with a medal haul of a silver and gold! Derek Cambers, Ayr, ran 47.53 placing him 14th Male Veteran50 and 82nd male overall.



LORNA TODD | LAND O, BURNS 10KM

Across to the East coast and as part of his Ironman training schedule Kilmarnock's Marc Auchie took part in the EMF Edinburgh half marathon finishing in a strong 1hr 25 mins. Darren Nicol and Chris Figgins tackled the full marathon with strong performances in the warm conditions finishing in 3 hours 40 mins and 4 hours 7 mins respectively

What's on this week

TIME TRIALS

Monday 28th May 2018

5KM RUN TT – CHECK IN 7:10PM TROON POOL FOR 7:30PM BEACH FRONT START.

Wednesday 30th May 2018

BIKE TT 2 UP FORMAT – register at 6:15pm GAILES LODGE FOR PAIRING.
1 LAP WARM UP FOLLOWED BY 2 LAPS IN PAIRS (30 SEC INTERVALS)

Please let David or John know if you intend to come along. All abilities welcome.