

MONDAY June 4th

2018

Newsletter No.3

Recent Events update

It's been a busy weekend for Ayrodynamic triathletes! First up, a group travelled across to the Arran to take part in the Island-2-Island Triathlon Festival. There were varying distances on offer, taking in some of Arran's beautiful scenery. Each race started with a speed boat trip to the Holy Island for the swim start back to Arran. The conditions were warm and humid which made the gruelling terrain of Arran even more demanding on the day.

Ayr's Derek Cambers took on the sprint distance (750m swim/20km bike/5km run), finishing a strong 5th in age category in a time of 1:22 while Chris Mullan, Troon, completed the standard distance (1500m swim/40km bike/10km run) finishing in 2 hours 57 mins

In the Middle distance 70.3 (1900m swim/90km bike/21km run) Graeme Wylie, Irvine, finished 8th overall in a very respectable 5hours 47 minutes. Chris Figgins was next over the line 6hours 33 minutes and Colin Davidson, Kilwinning, in 7 hours and 6 mins closely followed by Steven Bryce in 7 hours and 23 mins. Relay team of Tommy Turner, Bryan Millar and Ross Muirhead completed the challenging course in 6 hours and 7 minutes.



CHRIS FIGGINS | 70.3 ARRAN ISLAND-2-ISLAND

Kilwinning's Alan Hiddleston, raced in the Stirling Triathlon set in the picturesque grounds of the University. He worked hard to finish in 1:16 placing him 10th in his age category and an impressive 24th overall. Also racing in Stirling was TriStar 1 youth Calum Lunan in his first triathlon. Calum finished in 16:05 and in 22nd position out of the 46 youngsters who took part.



ALAN HIDDLESTON | STIRLING SPRINT TRIATHLON

Further south at the Deva triathlon in Chester, Kilmarnock's Marc Auchie smashed the 70.3 middle distance course in an outstanding 4 hours 30 minutes and scooped himself an age group silver medal in the process. In the standard distance race, which was a qualifying race for the 2019 ITU Lausanne Standard Distance World Championships, race Karl Owens, Troon,

was first to cross the finish line in 2:23 closely followed by David Auchie, Kilmarnock, in 2:25. Mandy Stewart raced strong to finish in 2:56



DAVID AUCHIE , MARC AUCHIE ,MANDY STEWART ,KARL OWENS | DEVA TRI

What's on this week

TIME TRIALS

NO TT'S THIS WEEK.

Recent Run TT Results

Karin Roud - 26:59
 Dougie Alexander - 24:43
 Alice Vernon - 24:25
 Grant Young - 23:50
 Katherine Self - 23:44
 Lyndsey Blair - 22:58
 Ian Mcalindon - 22:06
 Alan Hiddleston - 21:22
 Lorna Todd - 20:39
 David Murray - 20:14
 Roddy Dunn - 19:38
 David Auchie - 19:22