

*MONDAY June 11th
2018*

Newsletter No.4

Recent Events update

Sunday saw a host of events for Team Ayrodynamic athletes. On top form as she prepares for the European Sprint Triathlon Championships in Glasgow 2018 in August, Lorna Todd, Kilmarnock, once again brought home the bling placing 2nd female overall at Lochore Meadows Sprint Triathlon in Fife. Finishing less than 1 minute behind the winner, Lorna completed the race in 1:11. Scott Russell competed in the standard distance event and after a blistering 10km run, finished in 2.34.



SCOTT RUSSELL & LORNA TODD | LOCHORE MEADOWS TRIATHLON

Marc Auchie, Kilmarnock traveled to Staffordshire to take part in Ironman 70.3. After a delayed start due to fog, Marc completed the challenging 1.2

mile swim, 56 mile bike and 13.1 mile run in 4 hours 48 minutes placing him a fantastic 7th in his age group.



MARC AUCHIE | IRONMAN 70.3 STAFFORDSHIRE

The fog also caused early morning problems in Leeds at the AJ Bell World Triathlon Races taking place in Roundhay Park and Leeds City Centre. Poor visibility resulted in a shortened swim course for the male athletes who were off first. Eddie Gilmartin had his swim cut to 750m for safety reasons and finished in 2:25. The fog cleared enough for the female athletes to revert back to the planned 1500m swim and Lyndsey Blair crossed the finish line in 2:41 and 15th in her age group in the British Championships race.

Five athletes took part in varying swim distances the Great North Swim in a toasty Lake Windermere. Stewart Bailey took on the longest at 10km, finishing 1st in his age category and in the top 6 overall in 2.31. Fiona O'Dowd and Tracey Middleton took on the 5km swim competing it in 1.26 and 1.28 respectively. Katrina Livingstone swam in the 2 mile wave, finishing in 1.23 and young Abigail Middleton swam in the 1 mile wave in 28 mins.



ABIGALE MIDDLETON, TRACEY MIDDLETON, FIONA O'DOWD | GREAT NORTH SWIM



KATRINA LIVINGSTONE | GREAT NORTH SWIM

Kilmarnock's Roon the Toon 10km road race saw 6 Aerodynamic Runners take part. First home was Darren Nicol in a personal best time of 40.30. Derek Cambers was next back in 47.28 followed soon after by William Allan in 48.16, Chris Figgins 49.09, Alice McNulty 51.42 and Gordon McBain in a

person best time of 53.29. Alice Vernon ran the Simply Health Great Women's 10km in Glasgow in a personal best time of 52.40.

What's on this week

TIME TRIALS

10 MILE BIKE TT – LOANS WEDNESDAY 13TH JUNE SIGN UP 6:45PM

OPEN WATER SWIM TT – WEDNESDAY 20TH JUNE TIME TBC (5:30 WARM UP FOR FIRST WAVE)

NAMES TO DAVIE OR JOHN PLEASE

ALL ABILITIES WELCOME