

Aerodynamic Triathlon Club

Time Trial Schedule 2019

Purpose

Aerodynamic Triathlon Club invests heavily in the development of all our triathletes. The main objectives from our time trial schedule is to improve performance, to achieve personal goals and experience realistic tests of fitness that will be faced under race conditions.

NB Please be aware that we shall endeavour to give a much notice to cancelling any of the Time Trials if inclement weather is forecast.

Aerodynamic Triathlon 'Club Training Weekend'

The Peebles training weekend is scheduled for the last weekend in March therefore Friday 22, Saturday 23 and Sunday 24 March. This 'kick starts' the season for most with structured swim, bike and run sessions set at your ability.

A relaxed 20+ miles cycle is arranged for the Friday afternoon. Saturday has a 2 hour swim set, 60 or so long and hilly bike route then a run off the bike if you have any energy left!

Sunday is another 2 hour swim set followed by a 30 mile bike to conclude the weekend.

Swim

All of the Monday swim time trials are at Troon pool for a 1950 start. Warm up available from 1930 with 3 lanes being used each with 2 swimmers who will swim side by side over the 16 lengths. Exception to this is the 750m swim TT where it is arranged as per race structure with 5 in a lane off on 5 second intervals. Swimmers are seeded by fastest off in the first waves and so on until all have completed.

The 750m and 1500m open water time trials for the 'Pond' or 'Bookers' will have a 'mass' start at 1745 with sign in at 1730. Parking is available at Bookers cash and carry with a short walk to the water. Both distance events start from the first buoy.

The 750 TT is one lap counter clockwise ('Pac Man') and the 1500 will be two laps also counter clockwise. Finish is on the 'beach'.

NB The open water time trials will take place on Wednesday evenings so as not to interfere with the 'track run' sessions scheduled for a Tuesday evening at the Ayrshire Athletic Arena in Kilmarnock.

Swim TT's

- 11 February 400 Pool TT - Monday
 - 15 April 750 Pool TT – Monday
 - 20 May 400 Pool TT - Monday
 - 19 June 750 OW TT - Wednesday
 - 7 August 1500 OW TT – Wednesday
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- 2 December 2019 400 Pool TT – Monday NB This is included in the 2020 club championships scores

Bike Events

The Martin McMillan race is in memory of one of our founder members who passed away at a young age. This race contributes to the British Heart Foundation in Martin's memory. Start is at the car park sited at Shewalton Woods on the left approximately 800 metres off the roundabout heading towards the paper mill or just past the junction where you turn right towards parking for the pond. Teams are handicapped in pairs as a relay with each member running approximately 3km, tag and then cycling (mountain bikes please as cross bikes are frowned upon!) approximately 7 km off road/parkland/gravel track until both members complete the course. Details of location as shown below.

<http://scottishwildlifetrust.org.uk/reserve/shewalton-wood/#go-tabs-3>

TBC!!!!

The 10 mile time trials start from the Loans above the junction leading to Fullarton Woods. Cyclists are asked to sign in for 1830 for a 1845 start. Handicaps are set in 30 second intervals.

The 25 mile time trial leaves from the outskirts of Ayr (Doonfoot) in the layby past the new roundabout heading toward what was formerly known as 'Butlins'. The route continues passing the Electric Brae, to Pennyglen take a right and head to Maidens. You will do a 'U' turn as you enter the village and follow your route back the way you came. Start time is 1000 prompt and cyclists are asked to sign in for no later than 0940. Handicaps are set in 30 second intervals.

Multi-Sport TT's

The Aquathlon of 750m open water swim and 5km run is at the 'Pond' or 'Bookers' and will have a 'handicap start' from the beach. Participants will finish on the beach and then remove their wetsuit at T1 and run out onto the Shewalton Woods course as used for the club event in August.

Start at 1745 with sign in at 1730. Parking is available at Bookers cash and carry with a short walk to the water.

The 750 TT is one lap counter clockwise ('Pac Man').

The run will start and finish at the path next to the life buoy stand.

Each participant will have a 'handicap' on their swim and run time combined to make it 'interesting'!

- 26 June Aquathlon (750 OW swim and 5km Run) – Wednesday
NB This is not a championship points scorer as it is handicapped!

Bike TT's

- 17 March Martin McMillan Handicap – Sunday Possibly later for warmer weather. Decision to be made by the committee for this event.
- 5 May 25 Mile TT – Sunday
- 15 May 10 Mile TT - Wednesday
- 22 May 10 Mile TT - Wednesday
- 29 May 10 Mile TT – Wednesday
- 12 June 10 Mile TT - Wednesday
- 10 July 10 Mile TT - Wednesday

- 31 July 10 Mile TT - Wednesday

Please be aware that if inclement weather is forecast then the TT's may well be cancelled or rescheduled in the interest of competitor's safety and that of the timekeepers.

Run TT's

Run Time Trials all take place on a Monday and assemble at Troon pool for a 1900/1915 sign in for the time keepers to handicap the runners.

An approximate 1.5km jog to the start at Troon promenade for a 1930 start. All runners are set off in 30 second intervals with slowest to fastest.

This is used primarily as a motivational tool to encourage everyone to produce their best on the night and work outside of their comfort zone.

- 7 January
- 8 April
- 27 May (Bank Holiday)
- 5 August (Summer school holidays)
- 4 November - NB This TT commences the 2020 points

The following road/cross country races have been added to the club championships in order to promote and encourage our members to engage with single sport athletes and to raise the bar thereafter for multisport events. This also helps further raise our profile in the running community.

1. 'Rons' Runners 5km Road Race (incorporating the Ayrshire Championships) 24 April 2019
2. Troon 10km Road Race Usually 1st Wednesday in May 2019
3. Kilmaurs 5km Road Race – Date 25 July 2019 TBC
4. Race the Prom 10km – 25 August 2019
5. Ayrshire Cross Country Championships Venue and Date TBC 2019

Time Keepers Rota

In order to assure that the time trials take place effectively and efficiently we require timekeepers for run and bike or lap counters for the swim.

These time trials will not take place unless our member's volunteer therefore please indicate in advance those which you would be prepared to assist.

Month by Month View

- 7 January Run TT - Monday
- 11 February 400 Pool TT - Monday
- 17 March Martin McMillan Handicap (Duathlon) – Sunday TBC
- 8 April Run TT - Monday
- 15 April 750 Pool TT – Monday
- 24 April 'Rons' Runners 5km Road Race (incorporating the Ayrshire Championships) – Wednesday, Date TBC
- 1 May Troon 10km Road Race - Wednesday, Date TBC
- 5 May 25 Mile Bike TT – Sunday
- 15 May 10 Mile TT – Wednesday
- 20 May 400 Pool TT – Monday

- 22 May 10 Mile TT - Wednesday
- 27 May Run TT - Monday
- 29 May 10 Mile Bike TT – Wednesday
- 12 June 10 Mile TT - Wednesday
- 19 June 750 OW TT – Wednesday
- 26 June Aquathlon (750 OW swim and 5km Run) - Wednesday
- 10 July 10 Mile TT - Wednesday
- 24 July Kilmaurs 5km Road Race – Wednesday, Date TBC
- 31 July 10 Mile TT - Wednesday
- 5 August Run TT - Monday
- 7 August 1500 OW TT – Wednesday
- Race the Prom 10km – 25 August
- Ayrshire Cross Country Championships Venue and Date TBC
- 4 November – Run TT
NB This TT commences the 2020 points championships.
- 2 December 400 Pool TT – Monday NB This also is included in the 2020 club championships scores

Number of Time Trials and Suggested Races for Season 2019
=25/26

Swim = 6 (4 pool based, 2 OW)

Bike = 8

Run = 5 plus 5 road/cross country races

Run/Bike Duathlon = 1???? Martin McMillan!

Aquathlon 1

Scottish Championship Events and ETU/ITU Qualifiers 2019

Scottish Duathlon Championships 31 March 2019 at Stirling
TBC as it now clashes with Alloa Half Marathon!

Scottish National Mixed Relays at Monikie 13 July 2019

M3 Monikie Scottish Sprint Championships Triathlon 14 July
2019 NB This is the ETU qualifier for 2020 venue to be
announced!

Scottish Aquathlon (bikeless beastie) – Loch Lomond, Saturday
27 July, hosted by Lomond Masters Swimming and Triathlon
Club

Scottish Cross Championships, Aviemore 25 August 2019

British and Scottish Middle Distance Championships '70.3'
Aberfeldy 18 August 2019

Scottish Standard at Knockburn Loch 1 September 2019

Club Events/Races 2019

DATES TO CHECK!

- 18 March 2019 Martin McMillan Memorial Duathlon Team Race - Sunday TBC
- Ayrodynamic Ayr Duathlon 21 April 2019 – are we aware this is Easter?
- Ayrodynamic Prestwick Aquathon 11 May 2019
- Irvine Open Water Triathlon/ Shewalton Aquathlon/ Kids Aquathlon (Bookers Pond) 4 August 2019 TBC
- Ayrodynamic Prestwick Aquathon 15 September 2019?
NB If this can be integrated with the above it would save on overall management of another event.