

Aerodynamic Triathlon Club

Time Trial Schedule 2020

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. Often if there is a clash with other events therefore rescheduling will be necessary. It may also be necessary to re-schedule some TT events if road race dates change by the calendar.

Aerodynamic Triathlon 'Club Training Weekend'

The Peebles training weekend is scheduled for the last weekend in March therefore Friday 20, Saturday 21 and Sunday 22 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 on arrival. Saturday has a 1½ hour swim set, a 60 miles or so long and hilly bike route then a run off the bike if you have any energy left!

NB Shorter routes are available for those not wishing to cycle so far but keeps the group together at pre-arranged meeting

points. We have been fortunate in previous years to have both Joyce and Lester drive the bike route for those requiring assistance or indeed on the climb at Tala dam.

Sunday is another 1½ hour swim set followed by a 30 miles bike to conclude the weekend.

Coffee stops break the route on both Saturday and Sunday cycles to recharge before the final push home to the bunkhouse.

Davie Auchie has taken care of this and has booked the 'Kailzie Bunkhouse, Peebles EH45 9HT exclusively for numbers up to 30.

Ayrodynamic Club Training Day

November 22, 2020

Itinerary from 2019 however some changes will be made to keep it 'fresh' and is proposed as follows:

0700 to 0830 swim

0900 to 1015 run

1045 to 1115 'second breakfast'

1115 to 1215/1230 guest speakers – nutrition has been suggested TBC

1230 to 1315 light lunch

1315 to 1415 spin session Group 1 1445 to 1545 Group 2

1315 to 1415 Group 2 1445 to 1545 Group 1 yoga for triathlon

1600 depart

NB Where gaps are shown this will allow for nutrition, hydration and showers!

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.

The 1500m swim TT this year will have an 'Aussie Exit' on the beach going on to lap 2.

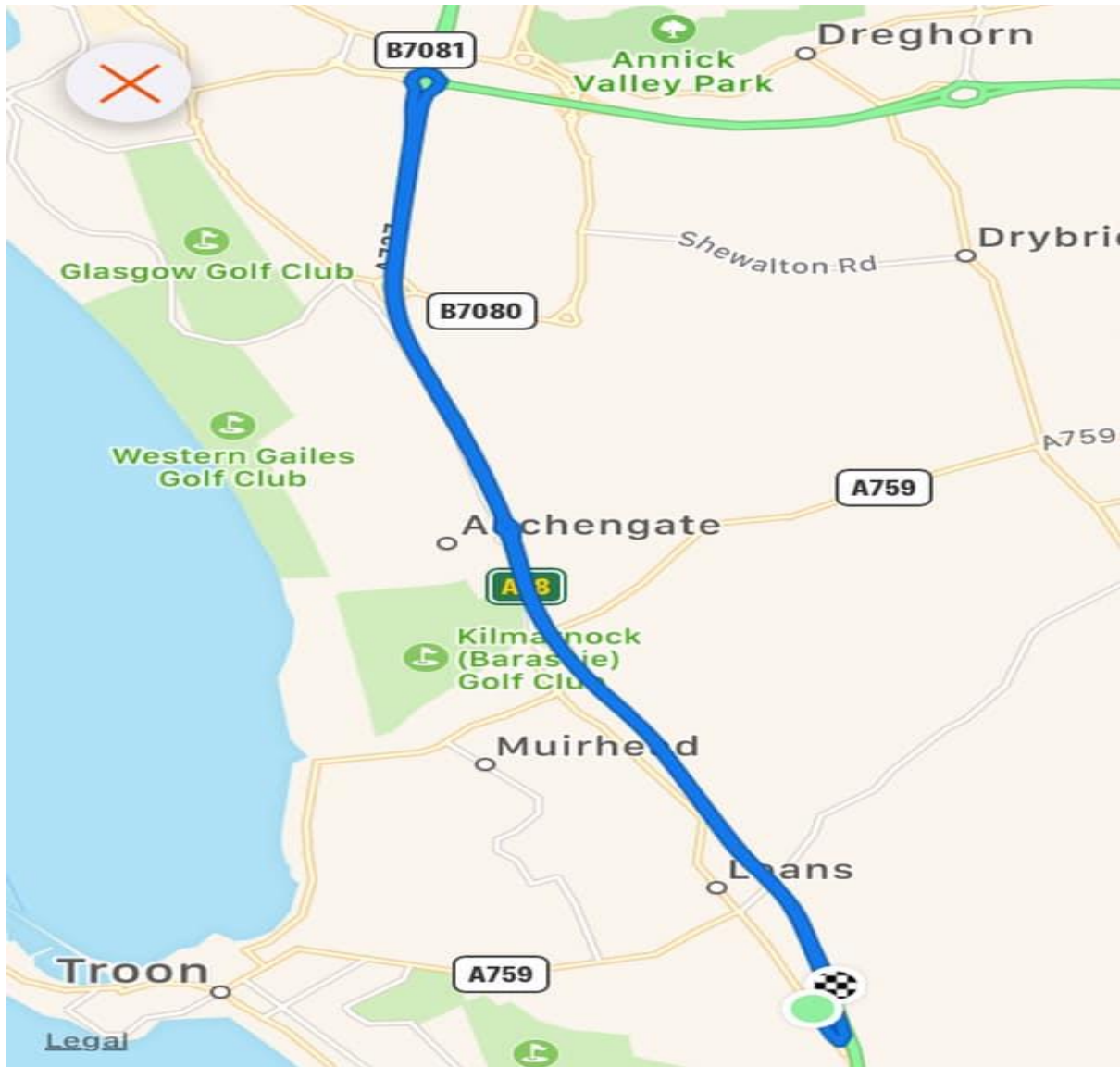
http://www.mapometer.com/swimming/route_4401840.html

Swim TT's

- 10 February 400 Pool TT - Monday
 - 20 April 750 Pool TT – Monday
 - 18 May 400 Pool TT - Monday
 - 17 June 750 OW TT - Wednesday
 - 5 August 1500 OW TT – Wednesday
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- 7 December 2020 400 Pool TT – Monday NB This is included in the 2021 club championships scores

Bike Events

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 an 1845 start. Handicaps are set in 30 second intervals.



NB Exception to this is the Marine Drive time trials however time starts are the same.

The 25 mile time trial

https://gb.mapometer.com/cycling/route_4982040.html

This is a new route and will be a test event for 2020.

Please meet at the car park at Eglinton Park to set the handicap. We will then move to the start just before the roundabout heading onto the A78.

Route goes through the roundabout and onto the by-pass follow the road all the way to the papermill roundabout. Go all the way round and along Gailes Road to the roundabout at Gailes Lodge/Marine Drive and again all the way round and back the way you came. At the papermill roundabout take first left and back to Eglinton roundabout. This is lap one concluded! Go all the way round and again back onto the by-pass for lap two of two. Finish is approximately 400m before the slip road to Eglinton. Start time will be 0900 prompt and cyclists are asked to sign in for no later than 0840. Handicaps are set in 30 second intervals.

Multi-Sport TT's (Martin McMillan Handicap)

The club handicap will continue with the new format for 2020 with the participants being drawn in teams of 2 for both events. The winners will be calculated against their combined times for race one and a handicap set against this for race 2.

The two individuals with the best time from which their handicap is added will be the overall winners. The challenge however may well be in getting the same pairs for both events.

Race 2 will have the handicap times applied and seeded and the team of 2 will start together. This will hopefully push you to the maximum and prevent tactical drafting on the swim. Teams will be set off in 15 second intervals.

Part One

The Sea Swim Aquathlon of 750m open water swim and 4.5km run is at Barassie beach with a run along the promenade towards the pump house, circuit of the housing estate and back to T1. The route will be well signposted to ensure no one gets lost.

It will be a 'mass beach style start' (Beach Start – run until water is deep enough, porpoise then swim). This will be wetsuit compulsory as a matter for safety. Format will be teams of 2 selected from 2 pots (one with those demonstrating good run and swim form and the other pot for members with a weakness in one event) taken and drawn from a 'hat'. Participants will finish by running up the beach to T1 and the area marked for transition. Remove your wetsuit and collect your run gear and head out along the shore front. The course will be clearly marked however a warm up on the route is advisable.

Start at 1900 with sign in at 1830. Parking is available opposite the 'chippy' or at Troon Pool and arrangement can be made to use the shower facilities at the pool as necessary.

Part Two

The Aquathlon of 750m open water swim and 5km run is at the 'Pond' or 'Bookers' and will also have a 'handicap start' from the beach based on your time from the first part.

You will start in your teams!

Participants will finish the swim 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 1800 with sign in from 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') with 1 counter clockwise loop of the Shewalton Pond which has 3 left turns and two right turns exiting on the 'beach'. Transition will be approximately 30 yards beyond this exit at the top of the banking.

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

The run route will turn left out of T1 keeping the pond on your left. Turn right at the end of the pathway, continue for a further 200 meters or so. At the junction carefully cross the road diagonally – be aware this road can be busy with traffic for the papermill. Turn left down the hill to the gate/style then to head into Shewalton woods. Stay to the main path through scenic woodland trails. DO NOT go off left or right otherwise you are lost! Arrows will direct competitors. There is a slight right turn at the end of the path across a wooden bridge, onwards to the next gate and turn left all the way down the unused road. At the end the footpath veers left, and the turn point is approximately

100m beyond this point. Dead turn at the level crossing which is approximately your 2.5km marker – ‘please run around the marker on the path and retrace your steps back to T1. NB Runners please always run on the left.

Times will be added from both parts for both team members. Team with the fastest overall time minus handicap are the winners.

https://www.mapometer.com/running/route_4669173.html

Aquathlon Dates

- 13 May Sea Swim Aquathlon at Troon – Details to follow!
- 24 June Aquathlon (750 OW swim and 5km Run) – Wednesday

Bike TT's

- 3 May 25 Mile TT – Sunday **Dunure**
- 20 May 10 Mile TT – Wednesday **Loans**
- 27 May 10 Mile TT – Wednesday **Loans**
- 10 June 20km TT – Wednesday **Marine Drive**
- 8 July 10 Mile TT – Wednesday **Loans**
- 29 July 10 Mile TT – Wednesday **Loans**
- 12 August 20km TT – Wednesday **Marine Drive**
- 26 August 10 Mile TT – Wednesday **Loans**

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

NB This year we have included 2 TT's at Marine Drive to replicate the distance of a sprint triathlon of 20km (12.5 miles).

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.

- 6 January
- 6 April
- 18 May (Bank Holiday)
- 3 August (Summer school holidays)
- 2 November - NB This TT commences the 2021 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) April 2020 TBC
2. Troon 10km Road Race May 2020 TBC
3. Kilmaurs 5km Road Race – July 2020 TBC
4. Race the Prom 10km – August 2020 TBC
5. Harriers V's the Cyclist – December 2020 TBC

NB Event 5 starts the 2021 club championships in respect of the run.

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

- 6 January - Monday
- 10 February 400 Pool TT - Monday
- 6 April - Monday
- April 'Rons' Runners 5km Road Race (incorporating the Ayrshire Championships) – Wednesday TBC
- 20 April 750 Pool TT – Monday
- 3 May 25 Mile TT – Sunday Dunure
- May Troon 10km Road Race – Wednesday TBC
- 13 May Sea Swim Aquathlon at Troon – Martin McMillan handicap Round 1
- 18 May – 5km Run TT - Monday
- 20 May 10 Mile Bike TT – Wednesday
- 25 May 400 Pool TT – Monday
- 27 May 10 Mile TT – Wednesday Loans
- 10 June 20km TT - Wednesday marine Drive
- 17 June 750 OW TT – Wednesday
- 24 June Aquathlon (750 OW swim and 5km Run) – Wednesday Martin McMillan handicap Round 2
- 8 July 10 Mile TT – Wednesday Loans

- 29 July 10 Mile TT – Wednesday Loans
- 31 July Kilmaurs 5km Road Race – Wednesday Date TBC
- 5 August 1500 OW TT – Wednesday
- 12 August 20km TT – Wednesday **Marine Drive**
- 26 August 10 Mile TT – Wednesday **Loans**
- Race the Prom 10km – August 2020 TBC
- 2 November Run TT 5km - Monday
NB This TT commences the 2021 points championships.
- 7 December 400 Pool TT – Monday NB This also is included in the 2021 club championships scores
- Harriers V's the Cyclist – December 2020 TBC NB This also is included in the 2021 club championships scores

Number of Time Trials and Suggested Races for Season 2020
= 26

Swim = 6 (4 pool based, 2 OW)

Bike = 8

Run = 5 plus 5 road/cross country races

Aquathlon = 2

Scottish Championship Events and ETU/ITU Qualifiers 2020

Qualifiers

ETU 'Fleetfeet' Sprint Triathlon at Knockburn by Fleetfeet Triathletes 31 May 2020 * Draft legal pending

ETU Standard at Southport 17 May 2020

National Championships

Scottish Duathlon at Stirling 26 April 2020

Scottish Sprint at Monikie 12 July 2020

Scottish Aquathlon Championships at Shewalton 2 August 2020

Scottish and British Middle Distance at Aberfeldy 16 August 2020

Scottish Standard at Knockburn 6 September 2020

Club Events/Races 2020 – For Reference

- Ayrodynamic Prestwick Aquathon TBC
- Irvine Open Water Triathlon/ Shewalton Aquathlon and Scottish Championships (Bookers Pond) 2nd August 2020