

## Two-Up

1	Jim Cheek/Pete Tadrow	InGear Quickvit	5.58.20
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## WATLINGTON HILL CLIMB – SUNDAY SEPTEMBER 23<sup>RD</sup>

Posn	Name	Club	Time
1	Dave McGaw	Oxford University CC	4:00
2	Harvey Pitt	Oxford City RC	4:40
3	Dexter Gardias	Torq Colnago	4:43
4	Corin Simmonds	Oxford City RC	4:55
5	Paul Thornton	Oxonian CC	5:11
6	Bill Salefski	Oxford City RC	5:16
10	Clare Vallance	Oxford City RC	6:09
=11	John Jenkins	Oxford City RC	6:17

The member profile will return next issue with a feature on our former national record holder, Mary James.

## Introduction

Apologies for the delay in this issue of the newsletter, a family bereavement coupled with being made redundant have left me with insufficient time to put it together until now.

The time trial season is at an end and it has been another bumper year of club records. Mark Jones and Keith Williams are pictured opposite setting a club record and an age record respectively. On the front Harvey Pitt is pictured on his way to winning the club Hill Climb Shield. On the back page we have pictures of Corin Simmonds, Claire Vallance and John Jenkins competing at the same event along with a couple of photos from the Alps trip to see the Tour de France back in July.

All of which should hopefully inspire you to get out on your bike now the nights have drawn in.

## Oxford City Alps Trip 2007

John Jenkins, Bill Salefski, Claire Vallance and James Hunt (from Oxonians) spent a week in the Alps cycling and enjoying the Tour de France. Extracts from their write up are below – the full version will be made available on the website soon. There are also a couple of photos at the back of the newsletter. A trip is being planned again for next year; contact John Jenkins if you are interested.

## **Sunday – Bill**

We joined dozens of other Lycra-clad zealots for services at the Church of Alpe d'Huez. Our chalet was just at the base of the climb, so we had to ride away from the famous slope for our warm up. Then we turned around, started our watches at the traditional start, and attacked the hill. We

stayed together to the first switchback, each one of us checking the others to see who would set the pace. Then Claire decided to shred the pack. Bill stayed on her wheel for one more switchback, checked out his heart rate monitor, and quickly figured out that he was as good as dropped. A large banner across the street and some spectators shouting encouragement marked the finish. Final times: Claire was seconds away from breaking an hour. Bill came in at 1:15, John at 1:20, and James, after several photo stops, at 1:30. At the top we picked one of the several open-air cafes filled with cyclists for our reward: fantastic coffee, cold Cokes, and sitting in the warm sun (this was the week Oxford was deluged with rain). We really enjoyed being in a town where the main trade was catering to cyclists.

### **Monday – James**

After the exhilaration of reaching the summit of Alpe D’Huez on the Sunday an easier day was proposed by our team leader, John. We all agreed that the ride to La Berade should be of a gentler nature, and on the map it did seem to be so. “A couple of bumps” were the words of John as we set off on a beautiful sharp, sunny morning. After a few miles of relatively flat road and a chat with a couple of other cyclists heading the same way, the road began to rise. The “couple of bumps” soon turned into 3 sharp, steep climbs as my legs began to remember (and complain) about the previous day’s exertion. As we caught our breath at the first regrouping point, John soon admitted that the “bumps” were a little bigger than he had anticipated and we realised that perhaps this was not going to be as gentle a day as we would have liked.

### **Tuesday – Claire**

Despite having been dreading the Galibier for days, once we were there I really enjoyed it. The gradient is a fairly gentle

## **EYNHAM 10 - SATURDAY SEPTEMBER 8TH**

Posn	Name	Club	Time
1	Jamie Scanlon (J)	Oxford City RC	23:47
2	Peter Oliver	Oxonian CC	23:54
3	Rob West	Oxford City RC	24:03
4	Corin Simmons (w)	Oxford City RC	24:11
5	Paul Granger	Oxonian CC	25:02
10	Adrian Sell	Oxford City RC	26:05
11	Jonathan Whitear	Oxford City RC	26:16
12	John Jenkins	Oxford City RC	27:05

## **OCRC – OPEN HILL CLIMB SUN. SEPTEMBER 16<sup>TH</sup>**

Posn	Name	Club	Time
1	Robert Gough	Johns Bike RT	5:05:20
2	David McGaw	Oxford University CC	5:39:30
3	Pete Tadros	InGear Quickvit	5:54:80
4	Ben Pochee	Bike and Run, London	6:02:80
5	Jim John Cheek	InGear Quickvit	6:16:20
11	Harvey Pitt	Oxford City RC	6:50:50

## INDIVIDUAL RIDERS

Posn	Name	Club	Time
1	Matt Rowley	Oxonian CC	24:41
2	Paul Granger	Oxonian CC	24:54
3	John Vallis	Oxonian CC	26:56
4	Bernie Calnan	Oxonian CC	29:06
5	Ingrid Anson	Oxonian CC	29:39

## SOUTHMOOR 10 – SAT. SEPTEMBER 1<sup>ST</sup>

Posn	Name	Club	Time
1	Dave McGaw	Oxonian CC (2 <sup>nd</sup> Cl)	20.18
2	Andy Sherwood	Mid Oxon	21.10
3	Mark Cox	Oxford City RC	21.36
4	Pete Oliver	Oxonian CC	21.44
5	John French	Oxford City RC	22.04
8	Harvey Pitt	Oxford City RC	22.34
12	Paul Allday	Oxford City RC	24.02
15	Keith Williams	Oxford City RC	25.07
16	Adrian Sell	Oxford City RC	25.09

6 or 7% for most of the climb, with a big kick up to 12% for the last two or three hairpins just as you're getting high enough to notice the altitude (I'm sure there must be a corollary to Murphy's Law that says oxygen will start to become more scarce just when you really need it!). Luckily at that point you're also getting high enough to notice that you're nearly at the top. The scene that greeted us when we reached the summit was quite something. Even if we had anything in the UK to rival the Alps and the Tour de France, I somehow doubt that thousands of Brits would be willing to cycle to the top of one of the highest mountain passes in Europe to hold a party in celebration of a bike race. While waiting for the Tour to arrive, we were entertained by the crowds, and by the various weird and wonderful objects some had felt compelled to bring to the summit, which ranged in strangeness from a trumpet to a rather amazing piece of headgear involving a full set of stag's antlers.

### Friday – John

Sunny again so we all set off for the strangely forbidding sounding Col de Crois de Fer and Col de Glandon. I'd driven part way in heavy rain last year and knew the roadside rivers and waterfalls were dramatic but wanted to see them in sunshine. The climb proved testing rather than horrific - it just goes on and on, up and across the hydro-electric scheme dam at Allemont and upwards towards the hairpins of the intermediate descent. Then back to double chevrons for the big push up beyond the tree line to Col de Glandon at 1924M. Glandon was photographed and James, Bill and I pushed on the last 2½k to Crois de Fer - more photos and a mushroom omelette for energy and we sped rapidly back downhill to the hydro dam - where it started to rain. The last thirty minutes down to the chalet in the rain were interesting but the sun was shining again in the evening in time for us to clean the bikes and pack.

## Club Events

By the time this reaches you the club dinner will just have happened. Last count it looked like the turn out was going to be similar last year.

There are a number of other events planned through the winter. Social events, organised by Mark Jones in tandem with Oxonians are:

Wed 19th December Christmas buffet

Wed 16th January: Measuring and monitoring recovery after racing and training (talk by Gordon Wright, High Wycombe C.C. coach)

Wed 20th February To be advised

Wed 19th March History of Oxford Cycling (talk by Ken Lansbury and Keith Williams)

All are held at Long Hanborough Village Hall, turn up at 7.30 for an 8.00 start. There is normally space for bikes inside if you want to ride, or parking both in the car park and on the street.

## Club Records Tumbling

Mark Jones has this year beaten his own 10 mile club record (previously it stood at 20.15) but agonisingly failed to break the twenty minute barrier clocking 20.00 dead! He did it on the Andover Wheelers P613 on 15 September. Congratulations to him, and as he said it gives him a target for next season.

At the same event a raft of age records were set as well. They were: Howard Waller 20.43 (veteran age-43 club

## STADHAMPTON 10 – WED. AUGUST 29<sup>TH</sup>

### **2-UP**

Posn	Name	Club	Time
1	Dave McGaw	OUCC	20:45
	John Tuckett	Oxonian CC (temp)	
2	Clive Thomas	Oxford City RC	23:38
	Harvey Pitt		
3	Mark Jones	Oxford City RC	23:43
	Mark Kent		
4	Malcolm Rose	Oxonian CC	24:49:00
	Brodie Gardias	Oxford City RC	
5	Marion Rickman	Mid Oxon	25:13:00
	Alison Stringer	Oxonian CC (temp)	
6	John Jenkins	Oxford City RC	25:49:00
	Bill Salefski		
7	Paul Allday	Oxford City RC	26:02:00
	Claire Vallance		

6	C. Thomas	OCRC	1:01:26
12	P. Allday	OCRC	1:07:29
13	K. Williams	OCRC	1:07:31
14	A. Sell	OCRC	1:08:15
17	C. Vallance	OCRC	1:09:49

### **HARDWICK 10 WEDNESDAY AUGUST 22<sup>nd</sup>**

Posn	Name	Club	Time
1	Dave McGaw	Oxford University CC	21:03
2	Mark Jones	Oxford City RC	21:59
3	Asa Adey	Oxford City RC	22:47
4	Chris Edginton	Oxonian 2 <sup>nd</sup> Claim	23:13
=5	Ben Simmons	Oxford City RC	23:20
=5	Dexter Gardias	Torq Colnago - (Oxford City RC 2 <sup>nd</sup> Cl.)	23:20
7	Jamie Scanlan	Oxford City RC	23:28
8	Clive Thomas	Oxford City RC	23:44
9	Harvey Pitt	Oxford City RC	24:06
16	Paul Allday	Oxford City RC	26:07
=17	John Jenkins	Oxford City RC	26:22
=17	Peter Gronbech	Oxford City RC	26:22
20	Claire Vallance	Oxford City RC	26:34

record); Clive Thomas 21:27 (veteran age-46 record) and Keith Williams 24:10 (veteran age-68 record).

Corin Simmonds has added the women's 25 record to the 10 and 50 that she broke earlier in the season taking over a minute of the previous record and lowering it to 1.00.06 – again leaving herself a target for next year.

### **Final Time Trial Points Table**

Harvey ran away with it in the end, congratulations to him. The final top ten are listed below.

Position	Name	Points
1 <sup>st</sup>	Harvey Pitt	184
2 <sup>nd</sup>	Corin Simmonds	126
3 <sup>rd</sup> =	Mark Jones	98
3 <sup>rd</sup> =	Clive Thomas	98
5 <sup>th</sup>	Brodie Gardias	97
6 <sup>th</sup>	Asa Adey	84
7 <sup>th</sup>	Jamie Scanlan	81
8 <sup>th</sup>	Mark Kent	70
9 <sup>th</sup>	Pete Gronbech	65
10 <sup>th</sup>	Adrian Sell	61

## Club Runs

Meet at Martyrs Memorial, St Giles Oxford at 9:00 am

Ride will leave Oxford via route at time shown, or meet at venue approx. 11:30 am

Date	Objective	Venue	Miles	Route - via	Leader
November					
25	Winslow	Mkt Sq cafe	60	Marston @ 9:20	Asa
December					
2	Lechlade	Garden Centre cafe	50	Cumnor @ 9:25	Corin
9	Thame	Mkt Sq cafe	50	Marston @ 9:20	Howard
16	Stokenchurch	Waterfront cafe Benson	65	Horspath @ 9:30	Tom
23	OCRC Club Runs Christmas Lunch		45	Red Lion, Yarnton	John J
January					
6	Faringdon	Mkt Sq cafe	35	Cumnor @ 9:25	Pete G
13	Benson	Waterside cafe	55	Horspath @ 9:30	Paul
20	Wantage	Chilton G C	50	Cumnor @ 9:25	Claire

## BURFORD 10 WEDNESDAY 9<sup>th</sup> AUGUST

Posn	Name	Club	Time
1	John French	Oxford City RC	23:09
2	Chris Edginton	Oxonian CC (2 <sup>nd</sup> Claim)	23:18
3	Neil Johnson	Oxonian CC	23:44
4	Clive Thomas	Oxford City RC	24:18
5	Ben Simmons	Oxford City RC	24:22
10	Dexter Gardias	Torq Colnago - (Oxford City RC 2 <sup>nd</sup> Cl.)	25:24
=11	Adrian Sell	Oxford City RC	25:40
21	Brodie Gardias	Oxford City RC	29:16

## CHESTERTON 10 – WED. AUGUST 15<sup>TH</sup>

Event cancelled – torrential rain!

## CUMNOR 25 SUNDAY AUGUST 19<sup>th</sup>

Posn	Name	Club	Time
1	M. Jones	OCRC	57:02
2	P. Oliver	Oxonian	59:51
3	C. Simmons	OCRC	1:00:06
4	C. Edginton	Agiskoviner (Oxo 2 <sup>nd</sup> Claim)	1:00:27
5	S. McKeever	Oxonian	1:01:08

### **BRILL HILLY (15 MILES) WED. AUGUST 1<sup>ST</sup>**

Posn	Name	Club	Time
1	David McGaw	Oxford University CC	39:56
2	Dexter Gardias	Torq Colnago	43:04
3	Harvey Pitt	Oxford City RC	45:44
4	Matt Rowley	Oxonian CC	45:45
5	Neil Johnson	Oxonian CC	46:05
6	Ben Simmons	Oxford City RC	46:12
10	Bill Salefski	Oxford City RC	48:22
12	Clare Vallance (W)	Oxford City RC	50:31
13	John Jenkins	Oxford City RC	51:03
15	Paul Allday	Oxford City RC	52:56

### **CHELTENHAM & BACK 5<sup>TH</sup> AUGUST**

Posn	Name	Club	Time
1	Chris Edginton	Oxonian CC 2 <sup>nd</sup> Claim	3:36:24
2	Neil Johnson	Oxonian CC	3:37:37
3	John Jenkins	Oxford City RC	3:54:55
4	Geoff Booker (T)	Oxonian CC	4:21:51
5	Peter Oliver	Oxonian CC	DNF

Date	Objective	Venue	Miles	Route - via	Leader
27	Great Rollright	Wyatts Farm shop	60	Kidlingt'n @ 9:25	Mike Carty
February					
3	Chinnor Hill	Stokenchurch G C	65	Horspath @ 9:30	Harvey
10	Northleach	Corner cafe	80	Eynsham @ 9:25	Howard
17	White Horse Hill	Chilton G C	75	Cumnor @ 9:25	Bill
24	Stow on the Wold	Toad in Wold cafe	60	Kidlingt'n @ 9:25	Dexter /Joe
March					
2	Marlow	High st cafe	60	Horspath 9:30	Chris H
9	Bourton on Water	Elm Tree cafe	70	Eynsham 9:25	John J

Route - leave Oxford via:

Eynsham - Market Square	Cumnor - village pond	Kidlington - Black Bull
Horspath - village green	Marston - Ferry Hinksey Rd	Kennington - War Memorial

All cyclists welcome.

Mudguards please for the comfort of all as everyone takes a turn on the front!!

Further details contact John Jenkins: 01865 371655

### SOUTHMOOR 10 SATURDAY JULY 14<sup>TH</sup>

Posn	Name	Club	Time
1	D McGaw	OUCC	20:12
2	M Jones	Oxford City RC	20:58
3	J Prior	VC St Raphael	21:00
4	J Cannon	RAF CC	21:29
5	S Marchant	Swindon RC	21:30
11	C Thomas	Oxford City RC	23:04

### WITNEY 10 - WED. JULY 18<sup>th</sup>

#### **Tandem**

Posn	Name	Club	Time
1	Howard Waller/Mark Jones	Oxford City RC	20:04

#### **Solo Riders**

Posn	Name	Club	Time
1	David McGaw	OUCC	20:28
2	John French	Oxford City RC	22:26
3	Chris Edginton	Oxonian CC 2 <sup>nd</sup> CI	22:28
4	Peter Oliver	Oxonian CC	22:36
5	Clive Thomas	Mid Oxon	22:43
7	Harvey Pitt	Oxford City RC	23:24
10	Mark Kent	Oxford City RC	23:46
11	Michael Johnston	Oxford City RC	23:49

=19	Adrian Sell	Oxford City RC	24:47
=19	Johnathan Whitear	Oxford City RC	24:47
21	Peter Gronbech	Oxford City RC	25:10
22	Steve Quinn	High Wycombe CC	25:34
26	Kevin Wise	Oxford City RC	26:23

### LEIDEN PLAQUE H'CAP 25 SUN JULY 22<sup>nd</sup>

Posn	Name	Club	Time
1	Jon Simpkins	BSCC	55.48
2	Chris Lawrence	BSCC	1.00.25
3	Robert West	OCRC	1.00.47
4	Julian Phelps	BSCC	1.01.15
5	Mark Scanlon	BSCC	1.02.05
12	Alasdair MacVarish	OCRC	1.09.48

### BUCKLAND 10 WEDNESDAY JULY 25<sup>th</sup>

Posn	Name	Club	Time
1	Tom Yeatman (Juv)	Oxonian CC (2 <sup>nd</sup> CI)	23.18
2	John French	Oxford City RC	23.39
3=	Harvey Pitt	Oxford City RC	24.30
3=	Anton Blackie	Mid Oxon	24.30
5	Chris Edginton	Oxonian CC (2 <sup>nd</sup> CI)	24.31
6	Clive Thomas	Mid Oxon	24.42