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OUCCC Alumni Newsletter



Our latest news and updates from
Trinity Term and summer 2023.

Hello OUCCC alumni!

I hope this email finds you well. While we may be amidst the cross-country off-season, our members have nevertheless kept busy over the past few months – from organising events, to running PBs, and preparing for another big year for the club in 2023/4. Read on for information on everything from Iffley Festival of Miles 2023 to member and alumni successes in the last term and beyond; and from exciting developments to important upcoming dates for your diaries. As a collaborative endeavour from the OUCCC committee to recognise the invaluable contributions of our alumni network, I hope you find the rest of this email enjoyable and informative!

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Iffley Festival of Miles



On the 3rd June hundreds of athletes flocked from around the country to compete at Iffley Festival of Miles, joined by elite athletes from as far afield as Idaho and the South of France.

The event, organised by members of OUCCC, was once again a great success. A clear highlight of the event was the race for visually impaired athletes, giving people of all levels of sight the opportunity to race on the track, a scarce opportunity in the UK.

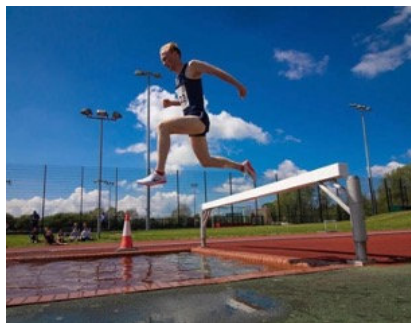
Over 150 athletes took part in the event, with 10s of OUCCC athletes improving their mile PB's after a summer of hard training. The event culminated in our women's and men's elite races, which were again battled out by some of the best middle-distance athletes in the United Kingdom.

In our elite women's race Georgia Bell, a 4:33 miler, produced an impressive kick to take the title from OUCCC's own Alex Shipley who improved the OUAC club record with a blistering 4:45.5 clocking. The elite men's race saw a battle between some of the country's finest athletes, with Tyler Bilyard winning the Roger Bannister Elite Mile title in 4:02.98, with OUCCC athlete Miles Weatherseed coming home a respectable 7th.

The wait at the event continues for a sub 4:35 and sub 4:00 clocking, but the 70th anniversary event in 2024 is sure to be special...

[Full Results](#)

OUCCC Athletes Shine as Achilles Club Come Up Short in Transatlantic Fixture



Thomas Renshaw storming to victory in a new OUAC club record of 5:57.67



Charlotte Buckley on her way to victory in the Harvard Yale match

Over the last few weeks our athletes have been busy competing in the Transatlantic series against the Ivy League universities of Penn, Cornell, Harvard and Yale. The matches are the oldest international fixtures in the world, with the Oxford and Cambridge (Achilles Club) v Harvard and Yale match predating the modern

Harvard and Yale match preceding the modern Olympics. The first match at Iffley Road saw us take on Penn and Cornell. The event was incredibly tight, and for much of the afternoon it seemed that the Achilles Club may gain their first victory in the event since the '60s.

Despite impressive victories from OUCCC Secretary Thomas Renshaw in the 2000mSC and Alex Shipley in the women's mile we sadly came up just short of victory, though full of confidence as we travelled to Cambridge for the second fixture.

A week later, at Wilberforce Road, Achilles Club faced the might of the Harvard and Yale track and field programmes. Former Cross-Country women's captain Charlotte Buckley once again showed her incredible athletic versatility, beating America's finest over 400m hurdles just 6 months after competing for the blues cross country team at Wimbledon Common. Despite a range of other brilliant performances from OUCCC, OUAC and CUAC athletes the Achilles Club came up short in the final event of the day, meaning we will need to wait for 2 years for a shot at Transatlantic redemption.

Cross Country Women's Relay Takeover



This athletics season, three OUCCC women have shown their range, and contributed to some groundbreaking results for Oxford's 4x400m relay team. Blues cross country runner Charlotte Buckley, along with Turtles runners Catherine Gallagher and Ella Fryer teamed up with sprinter Natalie Groves to put their names in the Oxford sporting history books.

Fryer, Gallagher, and Buckley are training partners, all specialising in the 800m in the summer months under the guidance of Matt Seddon. All Blues 800m runners, the trio were hoping to clock some speedy relay times, with all three boasting flat pbs below the blues standard of 58 seconds.

Their first chance for success came at the BUCS Athletics Championships, where they were hoping to repeat the Oxford successes of the previous year and secure a bronze medal. They breezed through the heats, qualifying second fastest with 3:58.02, after some strenuous work done in their individual events. On the third day of the championships, the team were warming up on tired legs after their individual events, with Buckley racing the 800m final just a few hours earlier. Nerves were in the air as they knew not only was a medal on the line, but maybe even the OUAC all-time record of 3:54.98.

After a commanding run from all four athletes, the team clocked a blistering 3:52.32, smashing the previous record, and winning a bronze medal in the process. The men's team (unsurprisingly made up of sprinters!) also won a bronze medal this day, leaving the whole of the Oxford team elated. The glory for our cross-country lot doesn't end here though. With Athletics Varsity just around the corner, there was another record up for grabs, the Varsity Match Record. After a day of 400s, 800s and even 400 hurdles for our OUCCC runners, the team needed to go faster than 3:54.9, a 31-year-old record. After a long day of racing, you might think this a big ask, but clearly the cross-country endurance pulled

through and the team managed to clock 3:53.70, smashing the previous record and leaving Charlotte Buckley, anchor, on the floor.

All four women will still be in Oxford next year (albeit three of them running cross country in the winter), so only time will tell if they secure membership to the sub 3:50 club.

Awards for OUCCC at the Sports' Ball



Oxford University Sports Ball took place on Wednesday 7th June at Oxford Town Hall, where 160 students, sports staff, sponsors and friends from the Oxford sporting community came together to celebrate an incredible year of sport at Oxford.

There were eleven awards up for grabs and with over 150 nominations sent in, every award was extremely competitive; the winners and all those shortlisted should be incredibly proud.

Special congratulations must go to last year's Club Captain, Thomas Renshaw, and our coach, Matt

Seddon. Thomas Renshaw was awarded a Contribution to Sport award for his contribution to the Cross Country Club, Athletics Club, Blues Committee and the wider sporting community. While Matt Seddon was nominated as Coach of the Year. Both have contributed significantly to the Club in the past year and we can't wait to see what both have planned for the coming year!

Tommy Lees' 100-mile Charity Challenge



Recent OUCCC alum Tommy Lees embarked on that the Cotswold Way, a 102 mile National Trail that starts at the Village Hall in Chipping Campden and ends at Bath Abbey, to raise money for the Helen and Douglas House.

Tommy decided that 27:30 would be a worthy goal, being the median time for the races along the Cotswold Way since 2018. Despite this, he set off at 18:00 on Saturday evening from Chipping Campden at a pace well ahead of his target. Throughout the attempt he was supported by his partner and friends, who kept him watered and fed through the night and into Sunday. After reaching Cold Ashton Tommy was joined by the

Olympic Gold Medalist, Kate French, who supported him to the Abbey where he was greeted by friends, family, and a celebratory bottle of champagne which ended up being sprayed on the lucky crowds of visitors present. Tommy completed the Cotswold Way in a time of 22 hours 19 minutes, which was much faster than he had thought and would have put him top 5 in the races that have been running since 2013.

Tommy's side-mission was to count the kissing gates along the trail. It turns out that there are 131 operational kissing gates along the way, at which he was kissed at every single one.

This year, Tommy's personal goal is to raise £10,000 for Helen and Douglas House, the Children's Hospice in Oxford. Helen & Douglas House is a local charity that helps local families cope with the challenges of looking after a terminally ill baby or child who will die prematurely. They are a home from home for the patients and their families, and provide round-the-clock care in a warm, loving environment. If you can, please consider supporting Tommy's fundraising ambitions here:

JustGiving

Jared and Tom at Yr Wyddfa



Tom Wood (second from left) on the podium as Tîm Cymru take bronze.



OUCCC Club Captain, Jared Martin (fourth from left), with his Northern

Ireland teammates.

Club members Tom Wood and Jared Martin represented Wales and Northern Ireland respectively at the Snowdon International Mountain Race/Râs Yr Wyddfa in Llanberis on Saturday 15th July. The race was shortened due to atrocious weather conditions higher up the mountain, but Tom and Jared nevertheless managed excellent runs, leading their respective nations home in 16th and 18th place overall.

It was also great to see OUCCC alumnus, and current Thames Hare & Hounds President, Andy Weir, supporting on the course!

Televised highlights of the race are available on S4C:

Highlights

OUCCC Joins LinkedIn

OUCCC has joined LinkedIn. We hope this will serve as a means of better connecting with our alumni and invite you to follow our page and share it with your connections for updates on all things OUCCC. Our page can be accessed via this link:

LinkedIn

Dates for the Diary

- **Saturday 21 October 2023** – Cross Country Cuppers (South Parks, Oxford): alumni welcome to race. Potentially an alumni-friendly post-race social (TBC).
- **Sunday 12 November 2023** – Cross Country Varsity team selection meeting (Oxford college

TBC): We hope to make this a more substantial event, potentially with a keynote speaker, at which alumni will be welcome.

- **Saturday 25 November 2023** – IIs-IVs Varsity Match (Priory Park, St. Neots): all support appreciated as we attempt to replicate the success of our last visit to St. Neots, where every Oxford team emerged victorious, back in 2021.
- **Saturday 2 December 2023** – Blues Varsity Match, Alumni Race, and post-Varsity dinner (Wimbledon Common, London): help Oxford maintain its winning record in the alumni race, before cheering on the Blues and enjoying a post-race dinner organised by Thames Hare & Hounds.
- **Wednesday 6 March 2024** – Teddy Hall Relays and Annual Dinner (St. Hilda's College, Oxford):

Thank You to Our Donors

A big thank you must be extended to the OUCCC alumni who have donated to the Club within the last year. Your support goes a long way to ensure the Club can offer as much support to its members as possible, particularly in providing high quality coaching, helping us to perform at the highest level. To those of you listed below, thank you very much.

Alex P. Gaskell

Alice Beverly

Andrew W. Arbour

Christopher W. Phillips-
Hart

David J. Bruce

Fiona J. Brown

Jamie D. Darling

Jonathan K. Brooke

Larry Mathews

Nick G. Scroxtton

Phillip J. Scarr

Robert O. Bowyer

Get in Touch



Sincere thanks to those alumni who have written in and sent comments, observations and your own stories. As we enter the middle of the summer break, I would like to keep our news going throughout the Summer and therefore am relying on any news or information you'd like to share.

Please get in touch with me:
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or +44 7846 284210

I'd be delighted to share your news and updates.

Yours in dark blue,
Jared Martin
OUCCC Club Captain,
2023-4

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