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To: tdrenshaw@icloud.com



Oxford University Cross- Country Club

Alumni Newsletter

OUCCC logo v2



Our latest news and updates for Michaelmas Term
2023.

Dear Thomas,

I hope this newsletter finds you well. I write at the start of another Michaelmas term, with the nights drawing in and leaves turning brown. While summer may be at an end, the cross-country season is only just beginning. Later this month, this year's crop of athletes will begin their season with Cuppers, our first selection race. Having brought several incoming students along to our pre-season training camp in the New Forest (see report below), and with many others since joining us for training in Oxford, it is my hope that participation will be greater this year than ever before. Hopefully this will bode well for our competitive fixtures, culminating in the Varsity Match towards the end of this term.

Read on to hear more about what has been happening in the club during the last couple of months, our preparations for the busy term ahead, and important diary dates for 2023-4. I hope you find the rest of this email interesting and useful.

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Training Camp

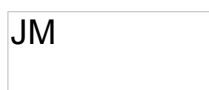
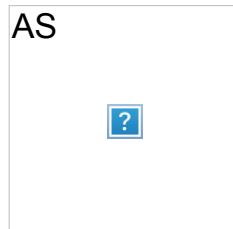


Training Camp Report

Between the 12th and the 17th of September, nearly 40 runners, including several incoming students, attended our pre-season training camp in the New Forest National Park. Basing ourselves in the quaint village of Minstead, the week entailed sessions and runs on pristine forest trails, as well as an exciting array of group activities – from a pub dinner in Minstead to Parkrun volunteering at Brockenhurst, and from a cultural excursion to Winchester Cathedral to an evening out at St. Mary's for Southampton FC vs Leicester City. With summer making a final stand, we even managed a trip to the beach, as well as a final night in the atmospheric setting of our very own roundhouse.

The camp was an excellent training and teambuilding experience, hopefully setting us up well for the term ahead. For a more extensive account of what we got up to, as well as more photographs, read the report from incoming freshers Beth and Jemima:

[Read More](#)



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Summer Race Performances

Though waiting with anticipation for the return of cross country from October, many of our members have managed to keep busy on the racing front, with some fantastic performances on the track, road, and up in the mountains. There are too many performances to highlight them all in this email. However, some particularly noteworthy racing achievements include:

- **Alex Shipley** rose to 3rd on OUAC's all-time 1500m standing with an

outstanding 4.15.16 on the track at Watford.

- **Naphtali Moulton** set a huge personal best for the half marathon, with a time of 66.29 in Buenos Aires.
- Fellow Blue **Joe Morrow** ran a similarly speedy 66.50 in the Copenhagen Half Marathon. Recent alumni, **Claire Hammett** and **Bethanie Murray**, also completed the race in 85.10 and 82.18 respectively.
- Less speedy, but understandably so given almost 2000m elevation gain, current Club Captain, **Jared Martin**, and last year's Women's Captain, **Charlotte Buckley** completed the gruelling Jungfrau Marathon in 3.27.18 and 4.40.23 respectively.
- Also in the mountains, **Tom Wood** retained his title in the Black Mountains Fell Race and claimed the title at Râs Pedol Peris, the race staging next year's British Long Distance Fell Running Championship. He also ran strongly at Sierre-Zinal and La Montée du Nid d'Aigle - both Mountain Running World Cup races this year.
- Incoming student, **Beth Rawlinson**, represented Wales in the British & Irish Junior Home International Mountain Running Championships. Finish in an impressive 6th position, she also led her Welsh team to a bronze medal.

These are just some highlights among the racing performances in the last few weeks.

Seddon



Q&A with OUCCC Coach Matt Seddon

Q: How did you get into running and coaching?

A: I came from a big running family, with my dad and older brother running. I was very competitive with my older brother; he went onto compete in the Olympics and I have gone into coaching the sport.

Q: How have you found it so far coaching OUCCC?

A: Brilliant, there are no bad days coaching this group. The team is huge and incredibly social, and it's probably the most hardworking bunch I have come across in this sport. I could count on one hand the amount of times people have complained at training, which is down to their incredible work ethic.

Q: How are you feeling for the upcoming season with OUCCC?

A: I am excited, this year we are taking a more direct approach to Varsity and BUCCS, and the team are buying into this attitude. I am sure the team will be in great shape to target individual goals in the weeks surrounding The Varsity Match, but the goals are to get it right on the two big days. We have a good chance after only being 1 point off the victory in last year's men's blues match, and our depth means we have 16 athletes who could score for the team. Our women are aiming to close the gap on Cambridge's team after last year, and I am confident we can do that.

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Iffley Festival of Miles 2024

Preparations for next year's 70th anniversary event are well underway, and we are excited to share more details with you soon. The track meet, held on 6th May 2024, will feature high quality elite athletes as well as the opportunity for the general public to race a mile at this historic venue.

We are delighted to also announce that OUCCC will be hosting an alumni garden party at an Oxford college on the afternoon of Sunday 5th May. Invitations and further details will be sent out in the coming weeks. We would appreciate if you could circulate these details with any old club members who may no longer be in touch with OUCCC, so they don't miss out on this exciting event.

Turtles-2



Turtles and Tortoises

Thank you very much to Simon Molden who has kindly paid for this year's Tortoises vests. Competing for the Tortoises is always a special occasion and after we reintroduced the Tortoises crest onto the vests and mid-layers last year they have been worn with pride throughout Oxford. Simon's continued support for the Tortoises ensures that this year's Tortoises can look forward to being presented with a vest at selection meeting.

With the reintroduction of the Tortoises vest a competition was launched on the women's side of the club to design a new Turtles crest. Lucy Thompson (Secretary 2021-22) was the winner of the competition and her design get its first run out at II-IVs Varsity this year.

Dates for the Diary

- **Saturday 21 October 2023** – Cross Country Cuppers (South Parks, Oxford): alumni welcome to race.

- **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.
 - **Sunday 26 November 2023 (CHANGE OF DATE!)** – 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, at which 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).
 - **Sunday 5 May 2024** – Alumni Garden Party at Merton College.
 - **Monday 6 May 2024** – Iffley Festival of Miles, 70th Anniversary of the first 4-minute-mile.
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Sponsorship

The club currently does not have an official sponsorship agreement, but we are creating a branding package under the guidance of the University's Sports Federation to approach potential sponsor(s). A monetary sponsorship would be of incredible value to the club, allowing more of our members to compete at national fixtures such as the UK Cross Challenge and British Universities and Colleges Sport ('BUCS') Championships, and to pay for the incredible coaching we receive.

If you are interested in helping us through this process, or in becoming a potential sponsor, please contact Tom Wood, our sponsorship rep [here](#).

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

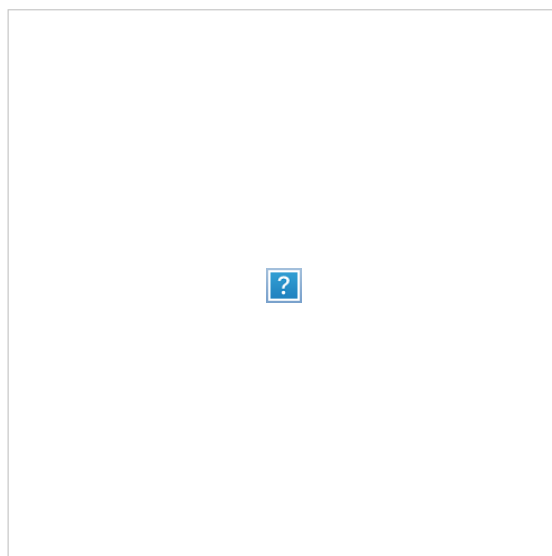
Larry Mathews

Nick G. Scroxton

Phillip J. Scarr

Robert O. Bowyer

Get in Touch



My thanks once more to those alumni who have provided advice, comments, and suggestions these last few months. I hope to send another email towards the end of this term, hopefully reporting on Varsity success from St Neots and Wimbledon

Common! If you have any information you would like to be shared in this newsletter, please get in touch. We are keen to celebrate the contributions and achievements of alumni as well as current students.

To contact us, email: crosscountry.club@sport.ox.ac.uk.

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

[Giving to the Cross-Country Club](#)

Find us on social media:



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