

LAST OXONIAN CC CROSS 2008/9

We only had one finisher in the main event at Oxford School and that was Nick Druce who was placed 6th, the other three starters Pete Warwick, Steve Freeman and Junior Tom Robbins all failed to finish. We had no riders in the U12s event.

GROUP TRAINING DATES 2009

DATE	COURSE	LAPS	TIME
Sat 07 March	Power Station	2	3.45pm
Sat 14 March	Harwell Hilly	3	3.45pm
Sat 21 March	Power Station	2	3.45pm
Tues 31 March	Power Station	1	8.45pm
Tues 07 April	Harwell Hilly	2	8.45pm
Tues 14 April	Power Station	1	8.45pm
Tues 21 April	Power Station	1	8.45pm
Tues 28 April	Harwell Hilly	3	8.45pm
Tues 05 May	Power Station	2	8.45pm
Tues 12 May	Power Station	2	8.45pm
Tues 19 May	Harwell Hilly	3	8.45pm
Tues 26 May	Power Station	2	8.45pm
Tues 02 June	Power Station	2	8.45pm
Tues 09 June	Harwell Hilly	3	8.45pm
Tues 16 June	Power Station	2	8.45pm
Tues 23 June	Power Station	2	8.45pm
Tues 30 June	Harwell Hilly	3	8.45pm
Tues 07 July	Power Station	2	8.45pm
Tues 14 July	Power Station	2	8.45pm
Tues 21 July	Harwell Hilly	3	8.45pm
Tues 28 July	Power Station	2	8.45pm
Tues 04 Aug	Power Station	2	8.45pm
Tues 11 Aug	Harwell Hilly	3	8.45pm
Tues 18 Aug	Power Station	1	8.45pm
Tues 25 Aug	Power Station	1	8.45pm

JOHN WINS THE FREEWHEEL COMPETITION

John Moody won the Freewheel Competition and Stan Maciak was second. There was a reasonable turn out for the event and conditions were good.

CLUB TIME TRIALS FOR 2009 SEASON

Date	Day	Course	Dist	Start	Fld
22 MAR	SUN	CC220	11.4	11.01	40
29 MAR	SUN	CC243	10	11.01	40
+02 APR	THU	H10/15	10	18.46	25
09 APR	THU	CC140	10	19.01	30
16 APR	THU	CC243	10	19.01	30
23 APR	THU	CC220	10	19.01	35
+30 APR	THU	CC241	10	19.16	35
#02 MAY	SAT	H10/17R WLCA	10	15.01	120
07 MAY	THU	CC118	10	19.01	35
#10 MAY	SUN	H127/17R DPCC	25	07.01	120
14 MAY	THU	CC243	10	19.01	40
22 MAY	THU	CC241	10	19.16	40
+28 MAY	THU	CC118	10	19.01	40
*04 JUN	THU	H10/17R Champ	10	19.31	40
11 JUN	THU	CC241	25	19.16	40
18 JUN	THU	H10/17R B Owen	10	19.31	60
+25 JUN	THU	CC241	10	19.16	40
02 JUL	THU	U95/25 Champ	25	19.31	30
09 JUL	THU	CC243	10	19.01	40
16 JUL	THU	CC241	10	19.16	40
#19 JUL	SUN	H50/1A WLCA	50	07.01	120
+*23 JUL	THU	H10/17R	10	19.31	40
30 JUL	THU	CC118	10	19.01	40
06 AUG	THU	CC241	10	19.16	35
13 AUG	THU	CC243	10	19.01	35
+20 AUG	THU	CC241	10	19.16	30
\$27 AUG	THU	H10/15	10	18.46	30
SEP	SUN	Road Race Goring	11.30	-	-
06 SEP	SUN	HCC012 HC	10	09.31	40
06 SEP	SUN	HCC005 HC	10	10.31	40
+13 SEP	SUN	CC220	11.4	11.01	40
*26 DEC	SAT	CC241	10	11.01	40

MEETING POINTS FOR COURSES:

CC220 Layby opposite Harwell main gate.
 CC118 Lane on right after Stadhampton Green.
 CC241 Layby just before Fairmile Hospital on Cholsey road from Winterbrook Roundabout.
 CC243 & H10/15 On A4130 near turn for Brightwell, one mile up from Slade End Roundabout.
 H10/17R Turn left first opening after island on second dual carriageway from Oxford A420 near small island.
 CC140 In Industrial site layby on right on A??? just after roundabout from Eynsham.
 U95/25. On left of A??? Burford/Lechlade road just after Wildlife Park.
 # These are Open & WLCA events and need proper entry form: Mick Fountain address as cover.
 \$ Post Time Trial Supper.
 + Come and Try It. Event open to novices with no obligation.
 * These events don't count for the Ken Castle 10 Mile Points Competition.

DIDCOT PHOENIX C C NEWSLETTER

APRIL 2009

ISSUE 65

VERY SUCCESSFUL DINNER AND PRIZE PRESENTATION

The Dinner and Prize Presentation was held at The Bear North Moreton and forty-one people were present. Our guest Dr Gordon Wright gave an amusing informative speech about his time coaching Stuart Dangerfield and Nicole Cooke then presented the prizes to the winners, assisted by Mark Scanlan and Alan Allcock.

Thanks must go to Laura Wells for organising such an enjoyable evening. There is a complete list of the trophy winners below and as you can see Mark Cox had quite a few to carry home. It was good to see that our Club managed to win both the Roller Competition and the Ben Owen Memorial 10.

2008 TROPHY WINNERS

Senior BAR (Short Distance)	Phil Brown 25.560mph
Vet's BAR (Lupton Trophy)	Stan Maciak 23.178mph +5.024mph
Ladies' BAR	Ginny Henderson
Junior BAR	No Competition
Juvenile BAR (Davison Trophy)	No Competition
Best 25 Improvement (Eric Cole Trophy)	Steve Wright + 4m. 00s.
Juvenile Hill Climb (Sulham)	No Competition
Juvenile Roller Competition	No Competition
Road Race Boswell Cup	Nick Beale
Group Training Trophy	Kevin Eversley 26 pts
Club Runs Trophy	Steve D'Arcy-Ryan
Freewheel Competition	John Moody
25 Mile Championship	Mark Cox 55m.51s.
10 Mile Championship	Phil Brown 21m. 31s.
10 Mile Points (Ken Castle Trophy)	Mark Cox 67 pts
Boxing Day Handicap (Christmas Cup)	Stan Maciak -4m. 42s.
Time Trial Scratch Trophy	Mark Cox 70 pts
Hill Climb Trophy (new hill Cray's Pond/Streatley)	Mark Cox 9m. 8s.
Senior Cyclo Cross (Dave's Trophy)	Paul Lloyd
Juvenile Cyclo Cross	No Competition
Men's Audax Trophy	Matt Chambers
Ladies' Audax Trophy	Ginny Henderson
Clubperson of the Year (Sycotta Cup)	Pauline & Tom Graystock
Inter Club Roller Competition	Didcot Phoenix C C
	Nick Druce, Nick Beale, Phil Blyth, Steve Luck 3m.29.54s.
Ben Owen Memorial	Didcot Phoenix C C
	Phil Brown, Mark Cox, Nick Druce, Alan Allcock 1m. 27.55s.

READING C C WIN THE INTER CLUB ROLLER COMPETITION

There was a change in both the winners and the method of doing the competition this year. The teams normally run off against each other by riding a flat out 1000 metres, but this year the teams rode together taking turns for times of their choice for 20 minutes and the team with the greatest distance were the winners.

Reading C C took first place changing every 30 seconds with a team ride of 15.602 miles followed by Oxonian C C changing every 45 seconds with 12.673 miles, Didcot Phoenix C C changing every 2 minutes with 12.370 miles, Oxford City R C changing every 1 minute with 11.201 miles. The new format for the competition seemed to have gone down all right with everyone.

FIRST CLUB TIME TRIAL OF 2009

The Harwell hilly 11.4 mile time trial was held in very good sunny but breezy conditions.

Mark Cox was the fastest rider with a 27 minutes 55.92 seconds ride, just 1 minute slower than his own course record set at the end of last season, meaning of course that he is in good shape for the rest of this season. Second Nick Druce 30.23.09 and third Warren Bates 32.08.06.

Fourteen riders took part with two ladies and some first time riders.

FULL RESULT

Name	Lap 1	Lap 2	Time
Mark Cox	14.01.76	27.55.92	
Nick Druce	15.08.80	30.23.09	
Warren Bates	16.12.09	32.08.06	
Mike Cooper	16.08.30	32.46.89	
Phil Brown	16.38.45	33.03.48	
Pete Warwick	16.36.72	33.36.09	
Steve Molloy	17.40.32	35.34.26	
Paul Waugh	17.42.26	35.37.26	
Simon Gibbs	17.40.16	35.40.26	
Adam Gardner	17.57.01	36.11.29	
S Camps	17.57.61	36.18.67	
Kevin Middleton	18.30.02	37.19.98	
Laura Wells	19.59.11	39.23.13	
Catherine Bates	20.48.13	42.11.67	

MARK COX TAKES 2nd IN 36 MILE OPEN TT!

Three Didcot Phoenix members rode in the Wychwood RC Hilly 36 mile event.

The fastest was Mark Cox with 1 hour 33 minutes 47 seconds taking second place, followed by Stan Maciak 13th with 1.42.24 and Derek Collett 28th with 2.04.56.

ANOTHER RECORD FOR STAN MACIAK

Stan Maciak broke another veterans plus on standard record with a fantastic 23.02, giving him a plus of 7.43, breaking Mick Fountain's recent record by 18 seconds. Stan did this ride on the U47 course in the Diamond-hf.com event.

SIX PHOENIX RIDERS IN HIGH WYCOMBE 10

We had six Phoenix riders in the High Wycombe CC 10 mile event on the H10/17 course on the A420.

Our fastest rider was Nick Druce with 22.46 followed by Stan Maciak 23.43, Ian Middleton 24.03, Mark Scanlan 24.15, Steve Wright 24.24 and Mick Fountain 26.24.



CLUB TIME TRIAL RESULTS 2009



CC243 BRIGHTWELL HILLY 10 March 29th

Mark Harvey	24.52
Stan Maciak	25.18
Steve Wright	25.25
Warren Bates	25.59
Alex Huckin	26.13
Matt Hart	26.47
Steve Molloy	27.22
Henry Latimer	27.58
Mick Fountain	30.21
Derek Collett	30.25
Pete Annells	33.36
Catherine Bates	35.43

H10/15 SYRES HILL 10 April 2nd

22 John Wager	23:22
07 Stan Maciak	23:40
18 Phil Brown	24:33
08 Steve Wright	24:45
15 Warren Bates	24:53
17 Alec Huckin	24:59
23 James Leach	25:05
04 Pete Warwick	25:15
10 Jon Seddon	25:26
16 Matt Hammersley	25:48
11 Paul Pomfret	26:12
24 Peter Richardson	26:18
20 Henry Latimer	26:22
05 Andy Peden	26:32
19 Steve Molloy	26:50
03 Martin Evans	26:51
13 Paul Waugh	27:16
12 Laura Wells	28:54
06 Derek Collett	28:59
25 Richard Gostick	29:18
21 Kevin Middleton DPCC	29:19

Off course 20 seconds

01 Mick Fountain	29:26
14 Catherine Bates	30:57
02 Pete Annells	31:45
09 Amanda Seddon	31:47

CC140 EYNHAM 10 April 9th

Mark Cox	23.15
Paul Lloyd	23.28
Angus Whitfield	25.08
Alex Huckin	25.45
John Seddon	26.35
Paul Waugh	26.47
Pete Warwick	26.54

Andy Peten	27.01
Simon Gibbs	28.38
Daniel Cox	28.48
Steve Lavender	29.12
Henry Latimer	29.34
Ian Grose	30.01
Paul Scanlan	30.02
Derek Collett	30.24
Tony Smith	31.14

BRIGHTWELL HILLY 10 April 16th

Mark Cox	22:48
Paul Lloyd	23:12
Nick Beale	24:48
Angus Whitfield	24:59
Mike Cooper	25:51
Peter Richardson	26:41
Henry Latimer	27:19
Andy Peden	27:28
Martin Evans	27:31
Derrek Collet	29:29
Laura Wells	29:30
Julian Bradwell	29:45
Mick Fountain	30:42
Martyn Jones	31:34
Pete Annells	34:32

HARWELL HILLY 11.4 April 23rd

Name	Lap 1 Time	Finish Time
Mark Cox	13:41	27:23
Paul Lloyd	14:08	28:15
Angus Whitfield	15:03	29:51
Nick Beale	14:53	29:56
Warren Bates	15:15	30:35
Mike Cooper	15:27	30:39
James Leach	15:15	30:43
Richard Costick	15:33	31:12
Alec Huckin	15:34	31:23
Steve Mead	15:35	31:23
Paul Pomfret	16:20	32:38
Paul Waugh	16:29	32:51
Henry Latimer	16:17	33:00
Andy Peden	16:48	33:33
Simon Gibbs	16:50	33:51
Craig Haller	16:35	33:54
Dan Cox	17:22	34:15
Steve Lavender	17:16	34:27
Derek Collett	18:08	36:03
Laura Wells	18:06	36:06
Mick Fountain	18:35	36:47
Tony Smith	18:53	38:01
Darren Addison	19:01	38:18
Catherine Bates	20:53	42:13