

Bike Oxford

powered by



Sunday 23rd June 2024

On-the-Day Event Details

The on-the-day Event Control telephone no. is 0752 8055110.

About the event

Thank you for signing up for the 11th edition of Bike Oxford.

The event is designed by Iconic Cycling Events, the specialist cycling division of Breathing Space. The event will attract around 700 cyclists where riders will complete either the introductory (13), short (25), medium (56) or long (78) mile routes from Oxford University RFC (OURFC)

This year the event will support [Maggie's, Oxford](#) and we are grateful to all those organisations which have sponsored, supported, and entered as teams or individuals.

We look forward to seeing you on the day and are very grateful to you for your support!

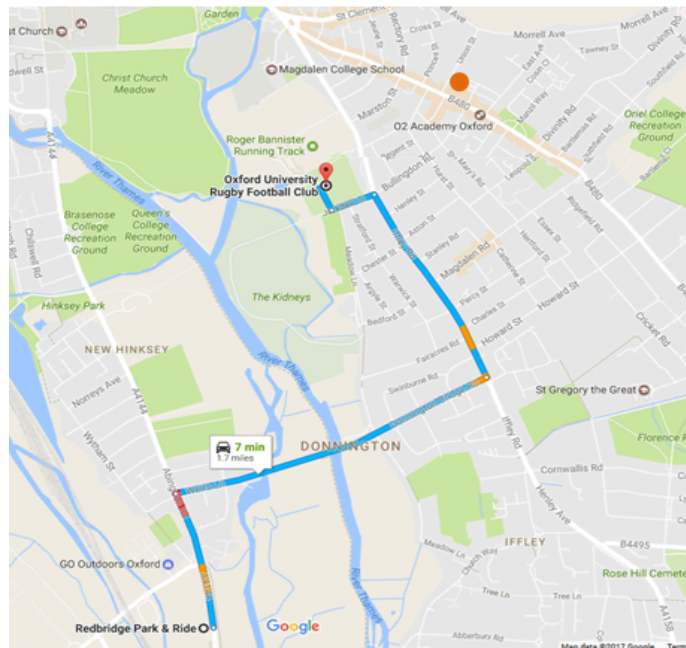
Location and Parking

Oxford University Rugby Club, Jackdaw Lane, Iffley Road, Oxford, OX4 1SR - [view on Google Maps](#)

Oxford City and Oxfordshire County Councils are keen to promote cycling in the city and reduce congestion.

There is no parking available at the venue (red marker on the map below) so we encourage all riders arriving by car to use the [Park and Ride facilities at Redbridge](#) (black marker on the map, a short flat ride from the start) which is just £2 for the day and a 10 minute ride from the venue. Alternatively there is a Pay and Display long stay car park on Union Street (orange circle on map below) or riders should find suitable on street parking.

The main Park and Ride facility at Redbridge has a barrier restriction meaning that cars with bicycles on the roof are unable to enter. Therefore, if you are parking here, you will either need to have your bicycle in the boot of your car or remove it prior to entering the car park. However there is a dedicated area within Redbridge Park and Ride for high-sided vehicles which can be accessed via the entrance opposite “Go Outdoors” on Old Abingdon Road, but be advised that there are limited spaces available there.



Timings - Sunday 23rd June 2024

- 7.00 am Hot & Cold drinks available to purchase at the rugby club.
- 7.15 am Check in opens for the 78-mile route.
- 7.30-8.30am Long route (78 miles) riders will be directed to the start
Groups of 15-20 will be briefed and depart. Groups will depart at 3-5 minute intervals.
- 8.15 am Check in opens for the 56-mile route.
- 8.30-9.30am Medium route (56 miles) riders will be directed to the start.
- 9.15 am Check in opens for the 25-mile route.
- 9.30-10.15am Short route (25 miles) riders will be directed to the start
- 10.15 am Check in opens for the Introductory Route
- 10.30-11.00am Introductory Route riders will be directed to the start to be briefed and depart.

12:00pm The Bar opens (taking cash or card payments).

Riders expected to start returning, Complimentary post-event food will be provided for riders.

4.00pm Event close and riders depart.

Routes

View the routes on Strava, Ride With GPS, or download the GPX file.

INTRODUCTORY RIDE: [click for Strava](#) | [click for RWGPS](#) | [GPX file](#)

SHORT ROUTE: [click for Strava](#) | [click for RWGPS](#) | [GPX file](#)

MEDIUM ROUTE: [click for Strava](#) | [click for RWGPS](#) | [GPX file](#)

LONG ROUTE: [click for Strava](#) | [click for RWGPS](#) | [GPX file](#)

The support team will be marking the routes up to and on Saturday 22nd June and adjustments to a route may be required. The Ride Director will advise of any changes to routes at the rider briefing immediately before you set off.

Rider Maps & Emergency Details

Whilst the route is comprehensively marked, riders may want to use the simple map as an aid.

We ask that all riders carry with them in a printed format and accessible in a pocket (perhaps with your phone), their name, address, emergency contact details and any medical information.

Check-In

Rider check-in will be organised by route distance and surname. Please follow the signs directing you to the start..

Check-in will open at 07:15 on Sunday 23rd June.

If you know someone who will be registering on the day, please note that card payment only is possible.

You will be asked to show your rider information sheet as proof of entry.

Facilities at Check-In

Teas, coffees and snacks will be available to purchase on Sunday morning.

There are toilet facilities at the start/finish and at the feed stations. Period products will be available in all female toilets and from female members of Iconic Cycling Events Staff/volunteers.

There are changing facilities at the start and finish and a bag drop at the start.

There will be a bag drop area for those riders wanting to leave a bag during the event. There are toilet facilities at the start area.

Please get in touch if there are any other facilities or assistance that you would find useful and would aid your participation and enjoyment of Bike Oxford.

Female only start pods

At the start, riders set off in pods of about 20 after a briefing. There will be a female only pod for each of the ride distances for anyone who would prefer this. The pods will set off at the following times.

Long Route – 07:45 am

Medium Route – 08:45 am

Short Route – 09:45 am

Please let us know at check in if you would like to join the female only start pod.

Rider Safety and Etiquette

Please remember that Bike Oxford is a sportive and, as such, is in no way competitive. Riders should ensure they obey the Highway Code at all times and ride in a safe and responsible manner at all times.

You must wear a hard-shell helmet and will not be permitted to ride without one.

Toilets

There are toilet facilities at Oxford University Rugby Club, as well as at the feed stops: Longwick Village Hall and Frieth Village Hall.

Please be sensitive to residents and other road users if you are caught short along the way and either bin or bring back any litter.

Riding with Children

Please ensure that you have returned [a parental consent form](#) to us if you are riding with an Under-16 or riding alone as a 16-18 year-old.

Route Signage

The route will be marked throughout with white arrows on red backgrounds, before, on, and after all significant junctions. Caution signs are placed where cyclists should be extra vigilant.

Particular points on the route e.g. *Feed stations and route splits* will have signs with black writing on a yellow background. An example of each of these signs is below.



In the event of you becoming aware that signage has disappeared or been changed, we ask that you inform Event Control at the earliest opportunity.

Feed Stations

78 mile route. There are two feed stops on the long route:

- Frieth Village Hall, Frieth Hill, Henley-on-Thames RG9 6PR (30)
- Longwick Village Hall, The Green, Longwick, Princes Risborough HP27 9QY (51)

56 mile route. There is one feed stop on the medium route at Longwick Village Hall (29)

25 mile route. There are no stops on the short route.

The feed stop will be stocked with a range of healthy and high energy food products, as well as water. However, we would emphasise that riders should bring sufficient supplies with them for their ride and if you have specific hydration or energy products or dietary needs then please carry these with you.

Rider Support

We will have support vehicles out on the course but riders are expected to be self-sufficient.

We recommend carrying two spare inner tubes, a pump, and any necessary tools with you. You should also carry some cash, a form of ID, a mobile phone and your usual brand of energy products.

What kit do I need?

- A roadworthy bike
- A helmet

There is mechanical support on the rides, but we recommend that everyone is self- sufficient and carries:

- Tyre levers
- Mini-pump
- Spare inner tubes
- Multi-tool
- Puncture repair kit

The feed stop will be stocked with a range of sweet and savoury high energy food products, as well as water, but we also recommend carrying:

- Full water bottle(s)
- Snacks

What clothing do I need?

You can cycle in anything you feel comfortable in, but we recommend:

- A waterproof jacket
- A pair of padded cycling shorts. This will make the riding much more comfortable. You can wear baggy shorts, leggings or trousers over the top if you don't want to just wear lycra.

Cut off times

We expect to have all riders back at the rugby club by 16:00. A dedicated vehicle will drive the routes as the courses close, potentially able to pick up riders who have to withdraw from the event at that stage. If the dedicated vehicle finds you out on the course, you will have the option of taking a lift, subject to capacity in the vehicle, or carrying on without route markers. If you abandon before the finish or anticipate arriving after 17:00 please ensure you call Event Control to notify them.

Route	Length	Start Slot	Time available	Min. av. speed required	Min. av. speed required including a 60 min break
Long	78 miles	07:30 - 08:30	8 hours – based on an 8:00 am start	9.75 mph	11.1 mph
Medium	56 miles	08:30 - 09:30	7 hours – based on a 9:00 am start	8.0 mph	9.3 mph
Short	25 miles	09:30 - 10:30	6 hours – based on a 10:00am start	4.2 mph	5 mph
Introductory	13 miles	10:30 - 11:00	5 hours - based on an 11:00 am start	2.6 mph	3.25 mph

Medals:

All riders will receive a finisher's medal.

Post Event Food and Drink:

Complimentary post-event food will be provided at the event village. Drinks will be available to purchase from the bar. Cash or card payments accepted.

First Aid Cover

There will be first aid trained staff at the event, at all the feed stops, and on our support vehicles that will be out along the route who can offer assistance for minor/non-emergency issues (contactable via event control; Event Control tel no. - 07528 055110). Please note, for serious incidents and some back injuries, we are unable to transport any casualties and the emergency services will be called.

Riders should always use their common sense and contact the emergency services where necessary. Please do inform the race organisers (using the event control number shown on the rider information sheet) of any major incident.

Emergencies and communications

Details of what to do in case of an emergency will be covered in the brief at the ride start and are summarised on the rider map. Please be aware that areas on the routes may be out of mobile phone signal. Riders are asked to look out for each other and report any accidents or mechanical problems to Event Control, the support vehicles or the event team at the feed stations.

Insurance:

Iconic Cycling Events carries a public liability insurance policy, limited to £10,000,000 for legal liabilities arising from claims made against an event organiser, official or participant that involves either bodily injury or property damage to a third party. **We recommend all riders to have their own personal cover.**

Clear Away:

Very occasionally, for a range of reasons, riders are delayed in returning to the event village (starting late, long lunch, getting lost, mechanical problems). Whilst we want to ensure all riders have a memorable and enjoyable day, we will start to dismantle the event villages from 4pm and riders should be aware of this.

Charities:

We have riders taking part in the event, raising money for a large number of charities this year including our supported charity [Maggie's Oxford](#).

Maggie's Oxford offers free support for people with cancer and their loved ones. You can find out more about Maggie's [on our blog post](#).

You can help support Maggie's Oxford by adding a donation to your booking at the basket or by fundraising through [a JustGiving page](#).

For help and support please contact Pip at Maggie's Oxford on pip.dingle@maggies.org or 07920848825.

Bike Oxford partners:

We would like to say a huge thank you to all our sponsors and friends of Bike Oxford:

