

**WCOC AGM**

**7.30 pm Thursday 20<sup>th</sup> October 2016**

Wild Zucchini's bistro (Station Street, Cockermouth)

	<b>PRESENT</b>	<b>Action</b>
	Graham Watson, Mike Harrison, Roger Jackson, Lesley Wornham, Jon Eaton, Steve Breeze, David Spencer, Ian Lowles, Alan Irving, Steve Birkinshaw, Catherine Wetherfield, Anne Burbidge, Liz Elliott, Lynne Thomas, Bob Barnby, Simon Hunter, Matthew Vokes, Natalie Burns, Debbie Watson, Angela Jackson, Marguerite Pennell, Mike Billinghurst	
<b>1</b>	<b>APOLOGIES</b> Vanessa Brierley, Margaret Mackenzie, Tony Duncan, Ian Teasdale, Daniel Spencer, Deborah Goodwin, Chris Emerson, John Taylor, Nettie Milburn.	
<b>2</b>	<b>MINUTES OF THE AGM (22nd October 2015)</b> . These were accepted as a true and accurate record. <b>Proposed</b> Mike Harrison , <b>Seconded</b> David Spencer	
<b>3</b>	<b>OFFICERS' REPORTS</b>	
<b>3.1</b>	<p><b>Chair</b></p> <p>Graham Watson presented this summary of the successes of WCOC over the year.</p> <p>Just an initial note that this year we have presented the numerous officers reports on the website and will not read them out here - although questions are welcome of course. Please let us know what you think.</p> <p>Those of you who were at the Pie and Pea last week will have heard from the Juniors about their fantastic successes this year. From those representing Great Britain in Europe, winning major domestic championships through to those visiting Scandinavia for the first time and making enormous strides in their ability the club has a very talented and rapidly improving squad of junior orienteers. And of course their collective strength demonstrated so well in winning the Peter Palmer Relay. You can read more about their successes in the Junior report.</p> <p>In fact if you haven't done so I'd encourage you to read all the reports on the website. They collectively show the trials and tribulations overcome, commitment and effort put in, and as a result the very broad picture of so many people volunteering and making this club what it is - highly active, sociable and successful.</p> <p>You will see in these reports that Membership is healthy (even if a few down on last year) (thanks Jon Eaton).</p> <p>Numbers at our evening events remain broadly similar to last year although Galoppens seemed to attract fewer people this year. However, we continue to provide events every week plus Galoppens and other events due in major part to Mike Harrison recruiting planners and organisers. One of the biggest challenges for Mike this year has been the National Trust's new online permissions system with a 6 week notice period requiring a significant shift in the way many of us work. Thanks to Mike and all the planners and organisers. Orienteering is what we do so without this effort the support of mapping (mappers notably Pete Nelson seemingly on a mission to create a single orienteering map of the western Lake District!, and printer Roger), equipment (Roger again), statistics (Kate), access officers (Mike and many helpers in the shadows), and publicity (Ian Lowles with supporting cast of Jane Hunter, David Spencer and the social media addicts) would all be in vain.</p> <p>Of course I could have turned all that round and said without all that support cast the events couldn't happen. Equally true.</p> <p>On the subject of events and access I'd like to repeat Mike's last lines in his Fixtures and Access reports: 'It's fantastic that the club is able hold an event every Thursday throughout the year as well as several larger events'; and 'the club is still looking for a dedicated NT Liaison Officer to manage the new event application system to ease the burden on myself.'</p> <p>Whilst coaching may not be necessary to hold events it does of course serve to inspire our members (it's not only for juniors), challenge the team to improve their skills in order to help</p>	

	<p>members achieve their ambitions, and contributes to the success of the club. Lynne's leadership has been excellent and has led, in her words, to consistent coaching from a coaching team that feels stronger in number, skill level and experience. The evidence is in the 16 juniors who have progressed to North West Junior Squad as well as three members of the British Orienteering Talent Squad. Thank you to Lynne and the coaching team.</p> <p>The Club is also defined by its social aspect and Catherine continues to plan and organise a great programme of events. Many thanks. Looking to 2017, the Clubs 50th year, we hope to put on a programme of both orienteering and social events which will celebrate our 50 years. This will include our standard events but also some additional 'one offs'. Please keep an eye on the website and in the forthcoming newsletter for more details.</p> <p>Two things to finish on: a highlight of 2016? How would you choose from JK and British Champions, Peter Palmers and all the other successes? Or of course Alastair's call up for GB at the European Youth Championships and his 5th place in the Sprint and 11th in the Long. I won't choose, they are all worth celebrating.</p> <p>And finally our finances are in good health under the watchful eye of Roger; and my thanks to the Committee for their continued effort and commitment in guiding the club through the year.</p>	
<b>3.2</b>	<p><b>Treasurer</b></p> <p>Roger Jackson presented the accounts (comparing 2015 and 2016) and copies were distributed at the meeting. He thanked Dave Fenwick for auditing them.</p> <p>He reported that we had a surplus of £3,732 in 2015 (largely due to NWOA grant and activities such as Lakes 5 Day, JK 2015). However this year, 2016, we had a deficit of £980 which reflected that we were an active club, particularly in the area of coaching. He reported that the income from evening events and colour coded events had remained the same for the two years but that the expenses for these events had increased largely due to access charges by NT and Forestry Commission, in addition to an increase in fees to the NWOA.</p> <p>The large reserve we had of £12,482 was discussed. However it was decided that we needed a contingency fund in view of the funding difficulties of British Orienteering. Also this size of reserve was not large in terms of our turnover of £30,000. It was suggested that we have a set contingency amount of about 3 months of our turnover, ie at least £10,000. The acceptance of accounts were proposed by Bob Barnby and seconded by Matt Vokes. They were carried unanimously.</p>	
<b>4</b>	<b>Election of Committee</b>	

<b>Position</b>	<b>Name</b>	<b>Proposer</b>	<b>Secunder</b>
Chair	Graham Watson	John Slater	Kate Charles
Vice Chair	Mike Harrison	John Taylor	John Slater
Secretary	Lesley Wornham	Deborah Goodwin	Dave Fenwick
Treasurer	Roger Jackson	Dave Downes	Malcolm Ruckledge
Junior Rep	Daniel Spencer	Lesley Wornham	Lynne Thomas
Membership secretary	Jon Eaton	Paul Tickner	Anne Burbidge
Publicity Officer	Post to be filled at a later date		
Welfare Officer	Steve Breeze	Lynne Thomas	Vanessa Brierley
Social Secretary	Catherine Wetherfield	Ian Teasdale	Deborah Goodwin
Committee 1	David Spencer	Simon Hunter	Jane Hunter
Committee 2	Steve Birkinshaw	Mike Billinghamurst	Steve Breeze
Committee 3	Alan Irving	Bob Barnby	Ian Lowles
Committee 4	Mike Billinghamurst	Ian Lowles	Debbie Watson

5	<p><b>Amendment to Constitution</b> It was unanimously agreed that the text below be added to the WCOC Constitution</p> <p><b>SAFEGUARDING CHILDREN AND AT-RISK ADULTS</b></p> <p><b>1 The WCOC agrees to adopt the British Orienteering Safeguarding Policy and Procedures.</b></p> <p><b>2 All individuals involved in orienteering through WCOC at every level, including participants, Officials, Instructors/Coaches, Administrators, Club Officials or spectators (where it is feasible to manage) agree to abide by the <i>British Orienteering Code of Ethics and Conduct</i> (“Code”) and all such individuals participating or being involved in orienteering through WCOC in one of the aforementioned roles or in a role which comes within the intended ambit of this paragraph and the <i>British Orienteering Safeguarding Policy and Procedures</i> generally are deemed to have assented to and as such recognise and adhere to the principles and responsibilities embodied in the Code.</b></p> <p><b>3 Each and every constituent member of WCOC including without limitation all clubs and disciplines, shall be responsible for the implementation of the <i>British Orienteering Safeguarding Policy and Procedures</i> in relation to their members.</b></p>															
6	<p><b>Officers’ Reports</b></p>															
6.1	<p><b>Membership Secretary</b></p> <p>Jon Eaton summarised the membership details for the year, and compared to 2015.</p> <table border="0" data-bbox="256 1025 1374 1420"> <tr> <td><b><u>Total Membership (at 31<sup>st</sup> December 2015):</u></b></td> <td style="text-align: right;"><b>197</b></td> </tr> <tr> <td>Renewals (as individual people):</td> <td style="text-align: right;"><b>159</b></td> </tr> <tr> <td>New Members:</td> <td style="text-align: right;">24</td> </tr> <tr> <td>Lapsed members (i.e. not 2015 members) renewed:</td> <td style="text-align: right;"><b>6</b></td> </tr> <tr> <td><b><u>Total 2016 membership:</u></b></td> <td style="text-align: right;"><b>189</b></td> </tr> <tr> <td></td> <td style="text-align: right;">Not yet renewed:</td> </tr> <tr> <td></td> <td style="text-align: right;"><b>38</b></td> </tr> </table> <p><b>The current position represents a <u>reduction of 8 members</u> on the final 2015 position.</b></p> <p>In addition, Matthew Vokes has renewed for DRONGO, but has expressed the desire to have WCOC as his open club.</p>	<b><u>Total Membership (at 31<sup>st</sup> December 2015):</u></b>	<b>197</b>	Renewals (as individual people):	<b>159</b>	New Members:	24	Lapsed members (i.e. not 2015 members) renewed:	<b>6</b>	<b><u>Total 2016 membership:</u></b>	<b>189</b>		Not yet renewed:		<b>38</b>	
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6.2	<p><b>Fixtures Secretary</b></p> <p>Mike Harrison presented the Fixtures Secretary report, which included a table summarising attendance at the different event series over the past 7 years.</p> <p>Since the last AGM we’ve had another successful year of events, covering our four main winter, spring, summer and autumn series (see attendance figures below).</p> <table border="1" data-bbox="528 1868 1102 2047"> <tr> <td>Summer 2010</td> <td style="text-align: center;">82</td> </tr> <tr> <td>Summer 2011</td> <td style="text-align: center;">65</td> </tr> <tr> <td>Summer 2012</td> <td style="text-align: center;">64</td> </tr> <tr> <td>Summer 2013</td> <td style="text-align: center;">61</td> </tr> <tr> <td>Summer 2014</td> <td style="text-align: center;">59</td> </tr> </table>	Summer 2010	82	Summer 2011	65	Summer 2012	64	Summer 2013	61	Summer 2014	59					
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<b>Summer 2016</b>	<b>59</b>
Spring Fell Races 2010	38
Spring Fell Races 2011	33
Spring Fell Races 2012	35
Spring Fell Races 2013	27
Spring Fell Races 2014	22
Spring Sprint Series 2015	55
<b>Spring Sprint Series 2016</b>	<b>44</b>
Autumn Park Races 2010	68
Autumn Park Races 2011	62
Autumn Park Races 2012	54
Autumn Park Races 2013	55
Autumn Park Races 2014	55
Autumn Park Races 2015	63
<b>Autumn Park Races 2016</b>	<b>~60</b>
Winter 2009-2010	39
Winter 2010-2011	29
Winter 2011-2012	35
Winter 2012-2013	32
Winter 2013-2014	35
Winter 2014-2015	37
<b>Winter 2015-2016</b>	<b>35</b>

Numbers have been generally good this year being broadly similar to last. The summer and autumn series were slightly down, but holding their own at an average weekly attendance of ~60, which has been the case since 2011. The 2015-16 night series was also about the same as the previous ~5 years (35). The most significant difference was again for the new Spring Series, with average attendance down this year to 44 from the peak of 55 following the change in format in 2015. It is not clear why there has been this drop, although attendance is generally still higher than the old Fell Race Series – perhaps the format needs further tweaking.

Total attendance over the last year over the four main club series was ~2300 (compared to ~2400 last year), which is mainly due to the reduced numbers attending the Spring Series.

In the Galoppen series, WCOC retained the Borrowdale Trophy in 2015, and are looking good to retain the trophy in 2016 with 2 events remaining (although it was quite close in the mid-year standings). Numbers have been down since the last AGM with 178 at Muncaster Fell (including Cumbria Schools), 139 at Leaps Beck, 179 at Greta Gorge and 149 at Whinlatter (an average of ~161 compared to ~190 over the previous 5 events). There is, therefore, scope to look at what we offer for our Level C events – any comments and suggestions welcome.

We again put on several Sunday Winter events with the aim to attract experienced orienteers as well as novices, juniors and improvers. The three events, at Harris Park, Woodhall Park (jointly with a coaching session) and Mawbray, had an average attendance of 34 (compared to 44 over 4 events last year). Four similar events are planned for Winter 2016-17; the venues will be Keltonfell (preceded by a coaching session), Camerton (tbc), Slate Fell and Whinlatter Visitors Centre in October 16<sup>th</sup>, December 11<sup>th</sup>, January 15<sup>th</sup> and

	<p>February 12<sup>th</sup> respectively.</p> <p>A successful Club Chase, held at Rannerdale back in January, was won by Anne Burbidge. The 2017 Club Chase is scheduled as a 50<sup>th</sup> Anniversary special event at Hawse End on Saturday January 7<sup>th</sup>, with Anne picking up the mantle of planner – details will appear on the website soon.</p> <p>For the spring we again held a mixture of events; a mass start score in Setmurthy, a street event in Cockermouth, 2 small woodland sprint events at Marron Leys and Powter How, then 3 “high and low” events (Bleach Green, Leaps and Fangs) before the summer prologue at Sale Fell. The “high and low” form that attempted to give competitors the choice between a low-level park/sprint event and a longer run up onto the fells. In 2016, it is planned to do a similar mixture of events, so again keep an eye on the website (and the request for planners!).</p> <p>We’ll be organising five Galoppens in 2016, including a weekend in Eskdale on 13-14 May as a further special event to celebrate the club’s 50<sup>th</sup> anniversary with a Middle distance event on Saturday and a classic on the Sunday. The other three Galoppens are Threlkeld Knotts, Bleaberry Fell, and Cockup, the latter possibly on an extended map).</p> <p>Finally, I’d just like to thank all the people in the club who have helped at our events in the past 12 months. In particular, I’d like to thank all the planners, organisers, mappers and Access Officers. Roger for printing the maps and looking after all the equipment (including managing the SI boxes and sorting out the results), Kate for looking after the leagues, and the website team for ensuring event details and results are posted in a timely fashion. It’s fantastic that the club is able hold an event every Thursday throughout the year as well as several larger events.</p>	
<p><b>6.3</b></p>	<p><b>Access Officer</b></p> <p>Mike Harrison gave a report on behalf of the club Access Officers.</p> <p>Before I start, I’d just like to say that I’m giving this report on behalf of all the club’s Access Officers, who’ve worked tirelessly to ensure that we’ve continued to have a largely trouble free year getting permissions for our events. The main issue has been the new National Trust on-line permission system, which needs to be completed a minimum of 6 weeks in advance for all competitive events with &gt;25 participants. The new system was described in a Newsletter earlier in the year, with the article summarised below for information.</p> <p>We started using the new system in March for the Spring series following face-to-face discussions with the NT, which confirmed that the majority of our Thursday evening events wouldn’t be exempt from the formal on-line application process nor the £50 admin fee. However, a concession was agreed that if a number of events were submitted at the same time, a “two for one” charge would apply, i.e. £50 would cover 2 events.</p> <p>Since March, 11 applications for events (10 Thursday evening and one Galoppen) have been made on the new NT system, with 8 x £50 cheques written (of which 7 have been cashed). The on-line form requires a lot of information, e.g. environmental policy, insurance, normal and emergency operating procedures, maps of the site as well as the courses, risk assessment, competency of officials, risk assessment, etc. that took a long time to complete the first few times. However, the process is now a lot slicker, with most of the information being generic for Thursdays or Galoppens, and once a permit has been received, the previous application can be used as a template, again saving a lot of time.</p> <p>The response from the NT has, in general, been inconsistent, e.g. sometimes a formal permit is sent, sometimes not. Note that the on-line applications get directed to the appropriate Lead Ranger for the relevant NT Lakes region (North, West, or Central and East for WCOC’s events), and again the response has differed depending on who is dealing with the request. For example, useful feedback was provided for the Wasdale event about some new fencing that had been put up and needed to be added to the map. On a positive note, none of the</p>	

submitted requests have been declined and all of the events on NT land have taken place, albeit sometimes without any response from the relevant Lead Ranger, or an actual permit!

The new on-line process is actually a pilot scheme being trialled in the Lakes and some other areas, with a view to it ultimately going nationwide following review and stakeholder discussions (due to take place in September 2016). The outcome of these discussions is not currently known, so watch this space, but it is likely that only minor tweaks rather than wholesale changes will result (I've not been asked for feedback, nor to my knowledge has the NWOA). So, until we hear otherwise we will continue using the process under the existing agreement and hope for a more consistent response from the NT (as they themselves get used to the new system).

**Finally, the club is still looking for a dedicated NT Liaison Officer to manage the new event application system to ease the burden on myself.**

#### **NT Access**

*In common with the FC, the LDNPA and the NT are also now charging for events. In the case of the NT, this is to "cover the time and systems that are needed to look at the application, deal with any relevant tenants, get permission for protected sites (SSSIs and SACs) and generally help with the application".*

*The new charge being levied by the NT is part of their new centralised online permission system for **all** events being held in the Lake District on NT land. This new system is a direct response by the NT to the increased number of sporting events taking place in the Lakes, coupled with the additional environmental responsibility in line with Natural England requirements. It is specifically aimed at the larger commercial organisations who base their outdoor events within the Lakes rather than small local sports clubs with many years of good relations with the local NT Rangers and their tenants. However, we all have to follow the new system, which is a 'simple' three stage process, i.e.*

- 1) **Contact the relevant NT Ranger at the start of planning your event** (via the new website)
- 2) **Apply online for your event permit to use NT land (admin fee = £50)**
- 3) **Donate to NT Lakes (3% of takings is suggested as a minimum).**


*The initial contact with the local NT ranger is intended to determine whether permission is required, including any application to Natural England (which can take up to 4 months). The criteria for whether permission is required are:*

- a) *A static base on NT land, e.g. registration / download*
- b) *More than 25 participants*
- c) *Competitive (over a set route or timed)*
- d) *Organised by a professional organisation*

*Hence, the vast majority of WCOC Thursday evening events will need to go to step 2, as well as all the Galoppens, Level Bs, etc, but coaching activities wouldn't need a formal application, just notification of the relevant local NT Ranger.*

*The online event application system itself asks for a lot of information, but much of this either won't be applicable or will be generic, i.e. the same for every event. The main information required is:*

- *Brief description of route and a description of the area being used with a jpeg map file*
- *Insurance certificate (from BOF)*
- *Risk assessment (WCOC's generic RA)*
- *Environmental policy (from BOF)*
- *Qualifications/experience of the person running the event*
- *Entry fee and maximum number of competitors*
- *Details of any SSSIs that the event passes through or near*

	<ul style="list-style-type: none"> <li>• <i>Normal and emergency operating procedures</i></li> </ul> <p><i>Once everything required has been submitted, the NT “aim to issue a permit within 6 weeks”. However, 4 months might be required if Natural England get involved. The NT advocate you apply at least 6 months before you want to start advertising your event, and start planning the event 12 months in advance – rather more in advance than we do currently!!</i></p> <p><i>So, what are the implications of the new NT event permission system? Obviously, there’s the increased cost – almost half of our informal club events use NT land in some capacity. This will in all likelihood necessitate an increase in our entry fees, although the exact amount is still to be determined. In addition, many more events will need to be organised and planned earlier (minimum of 6 weeks, possibly up to 6 months). And finally, there is the increased bureaucracy and time burden for the new application process.</i></p> <p><b><i>To this end, the Club is looking for a dedicated NT Liaison Officer to act as single point of contact and to manage the new event application system, similar to the way we interact with the FC. I’ll be happy to talk over any aspect of the role with anyone who’s interested.</i></b></p> <p><i>The club will continue to use its existing local contacts with NT tenants and commoners to ensure all the relevant stakeholders are informed, and also to ensure we get the most up to date information about the land we want to use.</i></p> <p><i>Further information on the new NT event permission process can be found via the following link:</i></p> <p><a href="http://www.ntlakesoutdoors.org.uk/event-permission">http://www.ntlakesoutdoors.org.uk/event-permission</a></p>	
6.4	<p><b>Mapping officer</b> Roger Jackson gave an update on mapping throughout 2015/2016.</p> <p>A constant series of map updating takes place all the time. Almost all maps receive some amendment before they are used for an event.</p> <p>The whole of the Whinlatter complex is being remapped in stages by Pete Nelson, and the second major chunk was completed this year. We received £1000 in grant from NWOA to go towards this project. The Forestry Commission have also funded the updating of the map for the Permanent course. The course itself has been reshaped.</p> <p>Pete Nelson has been involved in many updates and remapping of areas. With the purchase of Lidar it has been possible to provide detailed base maps to club members interested in mapping. Several small areas have been completed, but yet to be used for an event.</p>	
6.5	<p><b>Lead Coach</b></p> <p>Lynne Thomas presented a report on the very successful coaching activities of 2016.</p> <p><b>Activities</b> Coaching sessions have been led by different coaches this year, so there have been new ideas and activities across the 12 coaching sessions which have been offered since the last AGM:</p> <ul style="list-style-type: none"> <li>• Offering shorter sessions in advance of Sunday morning events making it easier for smaller ones to participate and for all to test their new skills immediately in a race. These sessions were offered at Harris Park, Woodhall Park and this month at Keltonfell Top.</li> <li>• Four Orient8 sessions were organised at Brigham school for primary aged juniors, basic skills for all.</li> </ul>	

	<ul style="list-style-type: none"> <li>• At Mawbray we considered decision points and contours, whilst at Holme Wood we looked at control flow and collecting features.</li> <li>• Special guest warm up act helped us Harris Park in May; ABBA and The Village People provided backing vocals to the formal and freestyle dances proposed by Vanessa and Jane. Fully warmed up and ready to roll, we tested a WCOC Junior Park Run up, down and round the Greenway in Cockermouth, before adjourning to Lakeland Business Park (Wigwams) where Alastair had prepared a more detailed map to support Simon’s sprint training around the small but perfectly formed business units.</li> <li>• Finally, we should note that the coaching team have been even more involved with the NWJS activities this year, trips to Norway, normal monthly coaching or fitness sessions, as well as organising and leading the coaching of the NWJS weekend in June where we welcomed the full squad to Eskdale on Saturday and shared the delights of Miterdale in a parish style relay on the Sunday.</li> </ul> <p><b>Skills</b></p> <p>Matt Vokes and Simon Hunter have gained their UKCCL2 coaching award and are both now licensed.</p> <p>First Aid certificates were renewed by a number of coaches ensuring their licence remains valid.</p> <p>Steve Breeze and Lynne Thomas have renewed their Safeguarding Children certificates. Much of what we have done has been similar to previous years coaching, certainly, we have a clear thread to follow in PLAN DIRECTION PICTURE. Perhaps we should label this consistent coaching and note that this consistency is starting to contribute to more successes for club juniors, both in terms of their development through progress to the North West Junior Squad and Talent Squads but also in terms of the trophies that are being won. Junior report will focus on the wins so here simply to say that in 2016, there are now 16 juniors who have progressed to North West Junior Squad as well as three members of the British Orienteering Talent Squad.</p> <p>The coaching team feels stronger in number, skill level and experience this year. The burden of organising and leading sessions has very much been shared this year, making it easier to manage and giving time to consider how we can provide better coaching sessions. The coaching team are always supportive and above all flexible, and it is this last quality which makes it work. They are due considerable thanks for the many different jobs they have each undertaken this year.</p> <p>This year’s highlight for me was not a coaching activity but rather hearing some of our juniors tell the story of their coaching activities and performance successes this year. In their presentation to the Club Social in October 2016, they were engaging, witty and informative. If our coaching sessions can mirror their story-telling skills, never mind their navigational skills, we will be providing quality activities that will ensure the next group of juniors will be able to make similar progress.</p>	
6.6	<p><b>Equipment Officer</b></p> <p>Roger Jackson presented the Equipment Officer Report.</p> <p>The SPORTident system has served us well for many years, but the control boxes’ batteries are starting to require replacement. Six or so were replaced this year. A regular check is maintained on the voltage of the batteries in the units.</p> <p>Two feathers were purchased, for START and FINISH, both double sided.</p> <p>A Coleman shelter was purchased last autumn and used quite a few times. However, it is sensitive to high winds (One set of poles had to be replaced!) and cannot always be used. It</p>	



	<p>has, however been a focal point at several events, and has allowed for a very social atmosphere.</p> <p>The yellow nylon canes used for control sites at Galoppens have been shortened by nine inches, making them less obvious in the terrain.</p>	
6.7	<p><b>Social Secretary</b> Catherine Wetherfield reported on a very active social year for 2015.</p> <p>In addition to the weekly club orienteering events, the Club enjoyed a number of social events.</p> <p><b><u>Spook-O October 29<sup>th</sup> 2015</u></b> No so much a social event, but a great fun evening to raise awareness of the club and to entertain adults and children. 91 adults, 94 children attended. Most visitors were from West Cumbria, but the Hudds came all the way from Bristol. Thanks to great input from a number of members of the club for making the evening a success. Spooky controls included a generator-run Hallowe'en cartoon show (followed by very successful unexpected spooking!), the Flying Dutchman phantom ship, an intricate string spider's web, young witches fooling visitors into a giant spider trap, fabulously face-painted Day of the Dead witches, and a game for visitors to stab floating apples with a fork. Helped by super weather conditions.</p> <p><b><u>New Year Social, January 9<sup>th</sup> 2016</u></b> The WCOG annual club social evening was held at Embleton Village Hall, 37 adults and 20 children attended. All the guests provided the delicious food. To replace the traditional ceilidh we enjoyed many party games and ran a raffle. Party games included Bingo! Jumbled newspapers in a Train, Rolling Maltesers down a metal rule, a team-co-operation game with avalanche poles, and the Baked Bean game. Also a Geo-Guesser-inspired picture quiz. The party game format was deemed a great success. The Club social, combined with a very successful Club Chase the next morning made for a great club w/e.</p> <p><b><u>Summer Social 2016</u></b> There was no official summer social this year, due to a packed early summer orienteering programme. However, the many club members who took part in the 5-day Croeso 2016 event at the end of July enjoyed a great week of orienteering and being social in South Wales.</p> <p><b><u>Autumn Social – Pie and Pea Supper, 13<sup>th</sup> October 2016</u></b> The final social event of the year was this week's successful Pie and Pea supper, held once again at King Kong Adventure in Keswick after a great Keswick Street's event. Daniel, Ben B, Niamh, Rosie, Louis, Joe S and Zac gave an entertaining presentation on their experiences as our talented Squad members on recent international competitions, trips and training, as well as a plea to help BOF as its funding is slashed. David and Vanessa came up with a great anagram quiz. Thank you to these people. The pies were particularly good this year, and Michael Pearson treated all to delicious cake to celebrate his completion of all the ECO Wainwrights (no fossil fuel used!)</p> <p>Sincere thanks go to all those members of the club who have helped and contributed to the running of these social events. We look forward to the Club's 50th Birthday year in 2017, which will include many more special social events.</p>	
6.8	<p><b>Junior Report</b> Daniel Spencer gave the following Junior Report. There have been loads of fantastic successes this year for the juniors of WCOG. Everything from international competitions to regional wins, our juniors have travelled far and wide to represent the Club, England and even Great Britain. Here's just a sample of what we've been up to in the last year...</p>	

### September 2015 – JIRCS

The Junior Inter-Regional Champs were held in the West Midlands with the individual day in Cannock Chase. Some classic fast running southern courses might not be quite what the club juniors are used to but everyone coped and performed well. West Cumberland had lots of juniors representing the North West who came second overall, and although we lost to Scotland (who are a country really!) this was a good experience for everyone involved.

### October 2015 – Junior Home Internationals

Alastair and I were lucky enough to be selected to represent England at the Junior Home Internationals held in Northern Ireland. This was a tough but fun event based at Martello Tower army base with both days' courses run on the sand dunes just next to the camp. Despite losing again to Scotland both England and WCOC can remain positive that West Cumberland juniors will surely be key to beating Scotland in the future. After all we are making up a large percentage of the team now!

### November 2015 – British Schools



Cocker-mouth School won the British Schools Championships for the first time ever! This might not be strictly a WCOC success, but everyone who counted in the team was a member of West Cumberland. Here's a breakdown of some of the best results: Gold for the Y13 girls' team of Katie, Jenn and Kate (winning their age group for an incredible 6th year running!); Gold for the Y9 girls' team of Rosie, Lily and Issy; and Silver for the Y11 boys' team of Alastair, Daniel and Joe; individual Golds for Alastair (Y11) and Rosie (Y9); Silver for Niamh (Y10) and Bronzes for Katie (Y13), Joe (Y10)

and Daniel (Y11).

### March 2016 – Interland and the JK

Niamh, Rosie and I were lucky enough to attend this fun international competition to represent England - here's an extract from my report (you can read the rest in the Juniors section of the website):

*The Interland 2016 event itself was held around 20km north of Antwerp, just outside the town of Brasschaat on military land around an airfield. The area was mainly flat with lots of intricate detail, and because of lots of rain large areas were underwater. It also had lots of paths and open forest that meant the race was very quick through the terrain. Although I was nervous at the start, I was feeling well-prepared and had a good race. The key to success for me was using my compass consistently and using paths where possible because they were much quicker than trying to run through the terrain. I didn't make any significant mistakes and kept my running speed high throughout the race. Because of this I ended up winning my course, with a Belgian runner just behind me in second, followed by another England runner in my age group, Zac Hudd (soon to join WCOC), who was just 3 minutes behind me in third.*

### JK 2016

WCOC was well represented by the juniors who went to the JK. This year's event was the 50<sup>th</sup> anniversary and was hosted by Yorkshire. While it obviously wasn't quite as good as the Lakes JK, it was still a fantastic international competition. The club juniors enjoyed successes in both the individual and relay. There were some fantastic results included Golds for our junior relay teams on W48- (Caitlin, Rosie and Niamh) and M48- (Ben, Daniel and Alastair), Golds for Alastair (M16) and Jenny (W18L) and Bronzes for Niamh (W16) and Daniel (M16) overall individual, and Silver for Alastair (M16) at the sprint.



### April 2016 – Northern Champs

This year's northern champs were near Whitby with lots of the club juniors travelling the width of the country to compete. The planner set a series of long tough courses, but the walk to the start was definitely one of the hardest parts. Caitlin, Niamh and Alastair all won

their respective classes. Obviously this was celebrated with some amazing fish and chips.

#### **June 2016 – Sprint and Middle**

The British Sprint Champs were held in the Olympic park with the Olympic stadium giving an impressive backdrop to an interesting event. An impressive number of club members made the 600+ mile round journey to compete here. A biblical-style rainstorm made the final a bit more fun than expected, but other than that it was generally a very nice event (apart from around 60 people who were disqualified for jumping over 1 meter wide flowerbeds). The website at the time said: Congratulations to Sprint Champions Alastair (M16) and Caitlin (W14), with Daniel 2nd (M16), Rosie 5th (W14) and top 10 positions for Wilf (M12) and Carys (W14).

#### **Summer 2016**

West Cumberland juniors were really busy this summer - going to at least 5 different countries all over Europe to represent the club as well as a selection of JROS and British Orienteering camps. Alastair and I went to O-France in southern France (thanks Roger!) in challenging rocky terrain and hot weather. Lots of the club's juniors went to the Welsh 5-day event (Croeso) in South Wales with podium places for Rosie Spencer (3rd W14) and Wilf Teasdale (2nd M12). Alastair and I were lucky enough to attend the British Orienteering Talent camp that was based at Swansea University and overlapped with Croeso. As well as this we were selected by the North West to go to the JROS Deeside camp (which is held every summer), a great experience which proved useful considering the JIRCS this year were in the same area. Rosie was selected to go to another JROS camp for upper age M and W14s at Lagganlia which she enjoyed lots.

And the highlight of any summer, the North-West Junior Squad tour to Norway. Made even better this year by the fact that the World Orienteering Champs were only an hour's drive away so there were plenty of high quality spectator races to compete in as well as training at the local clubs "hut" and of course marsh football!

#### **September 2016 – Peter Palmers**

This year West Cumberland had enough juniors to take two teams and won the overall "Peter Palmer" trophy for the first time ever! As well as this, the other team came third in the "Joan George" trophy (the competition for teams with a combined "orienteering age" of less than 90). This is described in more detail in the Junior Team Captain's Report.

#### **NWJS membership**

We currently have a very high number of juniors in the North West Junior Squad. Sadly this is Katie Lowles last year as she's currently top year 18. However this year we have been fortunate enough to see an increase in this number. Current squad members are now: *Katie Lowles, Caitlin Irving, Niamh Hunter, Rosie Spencer, Carys Thomas, Lily Reagan, Jess Breeze, Daniel Spencer, Alastair Thomas, Ben Breeze, Ben Goodwin, Henry Teasdale, Louis Morris, Joe Goodwin, Jonty Goodwin, Herbie Ashworth and Joe Sunley.*

As well as this the Hudds (Zac and Joe) have moved to West Cumberland this school year and will next year become members of WCOC and the North West Junior Squad. This will bring our total number of juniors in the squad up to 18, and we hope that our strong coaching and schools orienteering team will continue to produce new recruits for the squad in the future.

#### **British Orienteering Talent Squad**

As well as the regional squad, juniors of age class M and W16 and above can be selected to join the British Talent Squad, the next level of junior development. Last year Alastair was lucky/good enough to be invited to join the squad and has now been in the squad one year. He has now represented GB at EYOC (in Poland) and JEC (in Scotland) - well done Alastair! As well as this, due to this year's talent camp, Niamh Hunter, Zac Hudd and Daniel Spencer (me) have been invited to join the squad.

#### **Thank you**

A huge thank you to WCOC for continuing to help and support us on lots of these amazing experiences, with excellent coaching, great events for us to practise at *every week*, and also with grants towards some of our costs. Also many thanks to our parents who take us all round the country to allow us to compete at as many good orienteering events as we can.

<p><b>6.9</b></p>	<p><b>Schools League Organiser</b></p> <p>Natalie Burns presented a report on the School League for 2016.</p> <p>Natalie gave a summary of the school league which she had organised for the last 15 years, explaining the benefits to the club. The school events had started in 2001 with 100 school grounds mapped and inset held for teachers. The league had started in 2002 with 10 events and a final. The league had continued to grow being separated in Copeland and Allerdale schools , Primary and Secondary. Areas had been mapped which were now also used for WCOC evening events including Camerton, Stockhall, Powter Howe, Kelton Fell, Cragside, Woodhall Park and Mirehouse. This has also encouraged a new generation of mappers for small areas, in addition to many Juniors being introduced to orienteering and then joining WCOC. In 2009 after the floods transport problems caused a reduction in numbers for the schools league. Also in 2011 there was a cut to schools’ transport budget which resulting in Allerdale and Copeland combining again for events. Natalie now felt that schools should be revisited to give them coaching in their own grounds, which she was hoping to be involved with.</p> <p>Natalie was thanked for her hard work with the school league over the last 15 years.</p> <p>Roger Jackson then reported that Cockermouth school had been awarded British School Champion for the large Secondary category. They were therefore eligible for a Cumbria Sports Award.</p> <p>Orienteering was also represented in the Cumbria Youth school games (comprising 15 different sports), held in Carlisle. A team of 12 from each of the Districts in Cumbria – South Lakes, Barrow, Carlisle, Copeland and Allerdale competed in orienteering with the event planned by Roger Jackson.</p>	
<p><b>6.10</b></p>	<p><b>Child Welfare Officer</b></p> <p>Steve Breeze gave the following report.</p> <p>I have continued the role of Welfare Officer for 2015-2016.</p> <p>Having a club welfare officer is a requirement for retaining the Club Mark. Not only that, but with the numbers of juniors now active in the club it remains sensible to have such a role within the club. The role of Welfare Officer however, is not exclusive to the junior members of the club.</p> <p>WCOC successfully resubmitted evidence for the Club Mark this year with BOF commenting on the strong application. Myself and Lynne Thomas attended Safeguarding in Sport courses to support this application.</p> <p>Part of this application requires the club to adopt ‘O-safe’ the BOF safeguarding policy. This having now been agreed, some changes in our club constitution are now relevant. I hope members can support the changing of the wording of our constitution at the forthcoming AGM.</p>	
<p><b>6.11</b></p>	<p><b>Team Captain - Junior</b></p> <p>Vanessa Brierley reported on another very successful year-several medals and lots of fun!</p> <p><b>J.K. Relays- March 2016, Yorkshire</b></p> <p>We had some great Relay Results:</p> <p>M48: 1<sup>st</sup> - Daniel Spencer, Ben Breeze, Alastair Thomas</p> <p>W48: 1<sup>st</sup> - Rosie Spencer, Caitlin Irving, Niamh Hunter (and they are eligible to run this class again next year!)</p> <p>Plus we had another 3 Junior teams participating!</p> <p><b>British Relay Champs – May 2016, Bridgnorth</b></p> <p>Great results again, and 5 teams again were entered:</p> <p>M18: 2<sup>nd</sup> – Dan Spencer, Ben Breeze and Al Thomas (all M16s!)</p>	

	<p>W14: 2<sup>nd</sup> – Caitlin Irving, Carys Thomas, Rosie Spencer  Junior Ad-Hoc: 3<sup>rd</sup> – Ben Goodwin, Wilf Teasdale, Joe Goodwin</p> <p><b>Yvette Baker Heat – May 2016</b>  This year it was held on the 15<sup>th</sup> May, quite late in the year and many of the older Juniors involved with GCSE and A Level exams were unable to commit. This meant we didn't have enough Juniors to run the different technical courses in the Heat, plus we also knew due to other commitments we wouldn't be able to take a team to the Final even if they had got through. Fingers crossed for next year and the dates involved!</p> <p><b>Compass Sport Cup Heat- June 2016</b>  This event was postponed due to flooding of the car parking field and was rescheduled to 4<sup>th</sup> June. This meant a lot of our older Juniors were involved in GCSE/ A Level exams and were unable to take part. Several Juniors did go which is all good experience and enjoyed the game of rounders after the event!</p> <p><b>Peter Palmer Junior Relays – September 2016, Ratby Woodlands</b>  We (Vanessa, Lynne, Catherine and Jeff) took 16 Juniors (2 teams) down to Leicestershire (after NWJS training) and stayed overnight ready for the 5am start. Both Teams were entered for the Peter Palmer Trophy and the Joan George Trophy. The Joan George Trophy is for teams that have a combined age of 90 years or fewer which means “younger” teams have a chance compared to some teams who run 18's and 16's on all the courses including the yellow legs. What an achievement then that they not only won the Peter Palmer Trophy but did it with such a young team. They were absolutely great and a credit to the Club, cheering each other on and various other teams. Same again next year fingers crossed!</p>	
<p><b>6.12</b></p>	<p><b>Team Captain - Senior</b></p> <p>Alan Irving presented the report on the Club's Team activities for 2015.</p> <p>The main team events of the year are the relays at the JK and British Champs and the Compass Sport cup. With orienteering being an individual sport these are good opportunities for us all to represent the club and be part of a team.</p> <p>The JK was held in Yorkshire and my initial thoughts on the venue wondered if it would offer good enough running but the event was excellent with a backdrop of snow on the fells the orienteering was varied with a small technical section of urban orienteering followed by woodland and then a run past the grandstand offering a good place for viewing and prize giving .We fielded 6 teams and had some good runs but no podium places.</p> <p>The British champs were held in Shropshire at Brown Clee Hill once again a good venue with a good arena. We fielded 5 teams in various classes. It was an exciting day with several of our teams in contention for medals the best result going to the men's short with a silver medal only missing a gold medal by a few seconds, maybe we should run some sprint finish training. Well done to the W120 team with a well-deserved bronze medal.</p> <p>The original date for the Compass Sport Cup heat at Timble Ings hosted by Claro was postponed and on the re arranged date we took a weaker team due to other commitments but still managed a creditable 3<sup>rd</sup> Place. We missed out on qualification but well done to all that competed</p> <p>I hope you all enjoyed running for the club and I think it is important for the club that we should make the effort to run in the relays as they do build team spirit.</p> <p>2017 should be an interesting year with all the events that are planned and club members being heavily involved with the British champs in the south lakes so we will need a lot of commitment from everyone to make them all successful.</p>	
<p><b>6.13</b></p>	<p><b>Publicity Officer</b></p> <p>Ian Lowles reported on the publicity activities throughout the year.</p> <p>The Club continues to publicise its events both internally to existing members and externally</p>	

	<p>in an effort to attract new people to our sport and importantly new members to the Club.</p> <p>We advertise on a weekly basis with the newsletter, press articles and on a variety of web sites; quarterly with fixtures listings; through the Club magazine, as well as the Club's website, Facebook page and Twitter feeds which are continuously updated.</p> <p>This year we supported the Go Active weekend and organised a coaching / taster session at Vulcan's Park in Workington. Although the attendance was disappointing we did get a number of families to try out the sport for the first time ever and both children and parents seemed keen to participate in future events. We also had positive feedback from two runners from the St. Bees Triers. We're following up pointing them to our website and inviting them to future coaching sessions.</p> <p>It is difficult to gauge the effectiveness that these publicity materials have in encouraging new people into the Club. The strongest advertising remains word of mouth and so we would suggest all members to encourage friends, family and work colleagues to one of our Thursday evening events.</p> <p>It is important to emphasise that publicising the Club and its events does not fall to one individual and many Club members contribute. Particular thanks go to Roger for the weekly update, Jane Hunter for her newspaper articles, Rob Stein for the magazine, David and his team for keeping the website fresh and everyone that contributes to Facebook and Twitter that keeps the drum beat going.</p>	
6.14	<p><b>NWOA</b></p> <p>It was reported that the Minutes for both the Executive Committee and CDM could be available for anyone who wished to read them. WCOC is represented on the CDM but not the Executive Committee.</p>	
7	<p><b>Discussion groups to shape the future of WCOC.</b></p> <p>Discussions took place in groups on the following topics:-</p> <ol style="list-style-type: none"> <li>1 Encouraging the orienteering of the general public</li> <li>2 Feedback on whether to use the surplus income for development and how much money to keep as a surplus.</li> <li>3 What type of coaching activities members would like</li> </ol>	
8	<p><b>ANY OTHER BUSINESS</b></p> <p><b>There was no other business so the meeting closed at 10.00</b></p>	