

WCOC AGM
7.00 pm Thursday 18th October 2018
 Wild Zucchini's bistro (Station Street, Cockermouth)

	PRESENT	Action
	Graham Watson, Roger Jackson, Mike Harrison, Lesley Wornham, Steve Breeze, David Spencer, Steve Birkinshaw, Jon Eaton, Vanessa Brierley, Liz Elliott, Lynne Thomas, Marguerite Pennell, Mike Billingham, Steve Holmes, Ian Teasdale, Deborah Goodwin, Rosie Spencer, Niamh Hunter. Helen Rennie, Jamie Rennie, Anne Burbidge	
1	APOLOGIES John Taylor, Simon Hunter, Jane Hunter, Debbie Watson, Angela Jackson	
2	MINUTES OF THE AGM (19th October 2017). These were accepted as a true and accurate record. Proposed Steve Breeze, Seconded Mike Billingham.	
3	OFFICERS' REPORTS	
3.1	<p>Chair</p> <p>Graham Watson presented this report to the meeting.</p> <p>As you will hopefully have read in the various officer's reports, and no doubt been aware of through the weekly ebulletin, website and facebook pages, WCOC has had a busy and very successful year since the last AGM. The reports necessarily detail the huge amount of activity that has taken place which lie behind the achievements.</p> <p>2017 was rounded off with the Allerdale Sports Award at which the club won Junior Team of the Year, as well as a Special Award to the Club. Just recognition of our Juniors and also the coaching and support team who back them up. Well done to the Juniors and to Lynne Thomas and her team.</p> <p>This effort of course has continued throughout 2018 and Niamh's Junior report tells of the widest range of activity possible - from getting new people involved through school orienteering to success at regional and national championship level (10 British Champions and a 3rd Peter Palmer Relays!), and from members at various talent development camps to representing Great Britain at the Junior European Cup, the European Youth Championships and the Junior World Championships. That's from the very tiny roots of grass roots to the highest level of Junior competition in the World.</p> <p>At Senior level we were represented by Sue Skinner at Interland, and Charlotte continued to fly the WCOC flag at the European and World Championships, as well as World Cup Rounds 3 and 4. We fielded a very junior JK Trophy relay team and also had a very junior Womens Premier team at the British Champs take 3rd. From Mike Harrison's Fixtures report you'll see that participation remains very good across the year.</p> <p>2017, our 50th year also spilled over into 2018 with a very successful dinner which brought together many of our past and older members to share a lot of great memories.</p> <p>This activity from grass roots to elite, junior to senior, only happens of course through the underpinning activities of access, mapping, event planning and organising at all levels, keeping an eye on the finances and equipment, and a social programme which brings people together at various times of the year to share and celebrate this success. I thank on behalf of the club all those involved whether in one of the roles mentioned or just one of the other volunteers helping on the day. This year in particular we should thank Mike Billingham and team involved in the Lakes 5 Day event.</p> <p>We are a club particularly good at bringing juniors on from beginners to juniors performing at their best. Participation is good but it is becoming harder for our best juniors to continue</p>	

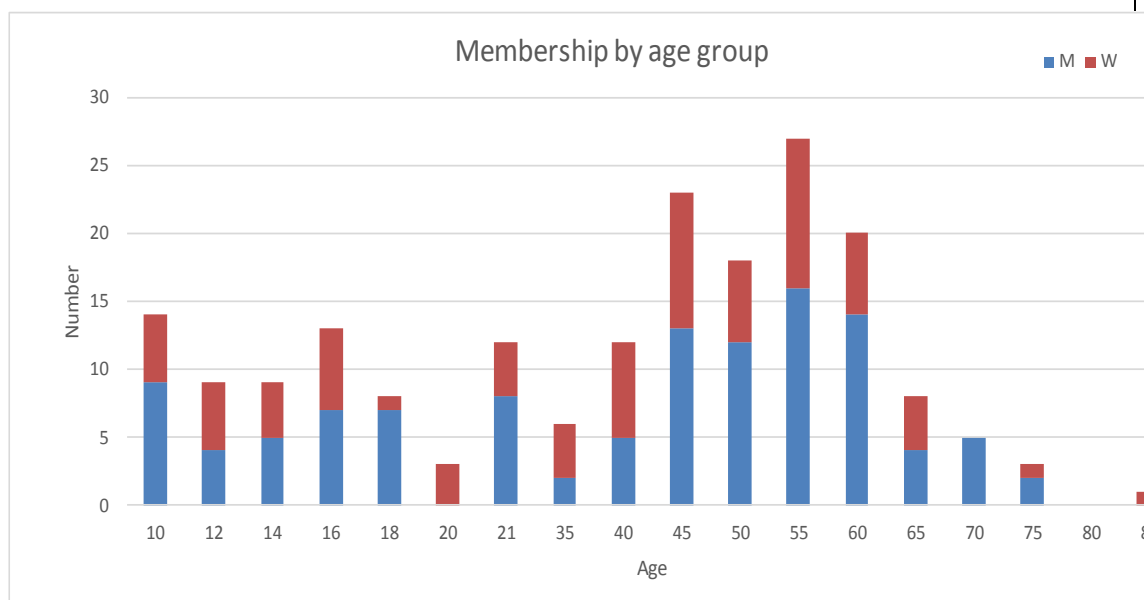
	<p>to improve and perform at their best into the senior international scene as funding is now absent at senior level and due to be cut at junior level for the performance programme in 2020. Around a decade ago Charlotte was one of the juniors inspired by the likes of Mhairi Mackenzie to aim to be the best she could be. I've no doubt that many of our present juniors share that ambition. In my view we need elite orienteering to inspire our juniors but without funding that elite scene will decline. Without that will orienteering retain those juniors or will the best go down other avenues, such as sponsored international mountain running or sky racing? Perhaps the best we can do for orienteering is to continue to nurture our juniors but also to campaign for a funded Great Britain Performance squad.</p> <p>I joined the Committee 9 years ago, and having served as Chair for 3 years I thank all the Committee for their hard work and support. In particular to those now standing down - Mike Harrison, Catherin Wetherfield and David Spencer - and I wish the next Chair the best of luck.</p>	
<p>3.2</p>	<p>Treasurer</p> <p>Roger Jackson presented the accounts (comparing 2017 and 2018) and copies were distributed at the meeting. David Fenwick was thanked for auditing the accounts.</p> <p>The Treasurer reported that we had shown a shortfall for the last two years - £1210 in 2017, and £1632 in 2018. This demonstrated that we were an active club with expenses reflecting this. We had a balance of £9,585. He expressed concern that the margin between income and expenditure was decreasing as costs increased, so the surplus income generated from both evening events (£1714 compared with £2725 in 2017) and Galoppens (£1363 compared to £2624 in 2017) was decreasing, which would need to be kept under review with possibility an increase of entry fees. The highest component of the expenditure of £7200 against evening events was the levy to BOF which amounted to £5000, an increase of 10% since 2017. The Forestry Commission and National Trust payments were now both £50 per event. Our Club Chases were now generating income with £958 generated in 2018.</p> <p>Concern was expressed that our income was not meeting the expenditure by £1600. Two suggestions were made that this could be addressed by increasing membership fees from £0 or increasing the costs of evening and/or Galoppen events. It was agreed that the Committee would consider both these options. The Committee was able to implement an event entry increase, but a membership increase would need to be approved by the AGM, so would be considered by the Committee and any proposals put to next year's AGM. It was noted that we had received £1000 as a grant from NWOA. The NWOA had generated £300,000 in income since 1993. Clubs were able to apply for grants from NWOA and WCOC had been successful in several recent grant applications. If money wasn't allocated in grants there was an equal annual grant to all clubs. WCOC had submitted a proposal that part of the grant allocation should be related to club size, which would be discussed at the NWOA CDM in March. It was reported that the Lakes 5 Day had generated roughly £32,000 which would be distributed between all NWOA clubs in 2019. It was noted that club socials had reported a deficit of £824 in 2018. RJ agreed to provide a breakdown of these costs.</p> <p>The accounts were proposed by Mike Harrison and seconded by Jon Eaton.</p> <p>Junior Fund Account.</p> <p>Roger Jackson presented the Junior Account to the meeting. There was currently a surplus of £2,144 in the account. £3618 had been paid towards WCOC juniors attending the biennial Norway trip and £118 had been paid to support WCOC juniors attending the Peter Palmer event. Most of the fundraising had been by juniors via cake stalls, bag packing and grant appeals. It was suggested that the Junior Fund should be part of the main WCOC account so</p>	<p>Comm ittee</p>

	that it could be audited and ratified at the same time as the accounts. However it was decided to not use this route since if WCOC ceased trading the Junior Fund would become part of NWOA accounts. It was agreed that it should be run as a separate account to solely benefit WCOC juniors. Junior account proposed by Michael Billinghamurst, seconded by Jon Eaton.	
4	Election of Committee	

Position	Name	Proposer	Seconded
Chair	Steve Breeze	Debbie Watson	Lesley Wornham
Vice Chair	Mike Billinghamurst	David Spencer	Vanessa Brierley
Secretary	Lesley Wornham	Mike Pearson	Dave Fenwick
Treasurer	Roger Jackson	Mike Pearson	Dave Fenwick
Junior Rep	Rosie Spencer	Lynne Thomas	Niamh Hunter
Membership secretary	Jon Eaton	Helen Rennie	Catherine Wetherfield
Fixtures Secretary	Michael Billinghamurst	Steve Breeze	Roger Jackson
Welfare Officer	Steve Breeze	Deborah Goodwin	Lynne Thomas
Social Secretary	Catherine Wetherfield	Ian Teasdale	Deborah Goodwin
Committee 1	Steve Birkinshaw	Mike Billinghamurst	Roger Jackson
Committee 2	Alan Irving	Steve Breeze	Helen Rennie
Committee 3	Helen Rennie	Vanessa Brierley	Lynne Thomas
Committee 4	Deborah Goodwin	Lynne Thomas	David Spencer

All the positions in the Committee were unanimously elected.

5	Officer's Reports. These had been displayed on the website prior to the meeting and were not read out at the meeting. Questions were invited from the floor.																
5.1	<p>Membership Secretary.</p> <p>Jon Eaton presented the following report.</p> <p>WCOC membership continues to be strong in 2018, only showing a small reduction in membership from 2017 (our best year for many years). WCOC membership currently stands at 191, whilst we recorded 200 members by the end of 2016 and 203 in 2017. Final figures will be produced at the end of October, when the 2019 renewals open. The membership can be broken down as follows:</p> <table style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th></th> <th style="text-align: right;">2018</th> <th style="text-align: right;">2017</th> </tr> </thead> <tbody> <tr> <td>Renewal from previous year:</td> <td style="text-align: right;">162</td> <td style="text-align: right;">150</td> </tr> <tr> <td>Lapsed member renewals:</td> <td style="text-align: right;">3</td> <td style="text-align: right;">6</td> </tr> <tr> <td>New members:</td> <td style="text-align: right;">26</td> <td style="text-align: right;">47</td> </tr> <tr> <td></td> <td style="text-align: right; border-top: 1px solid black;">191</td> <td style="text-align: right; border-top: 1px solid black;">203</td> </tr> </tbody> </table> <p>The higher retention of membership from previous years is good (80%, up from 75% in 2017), but the number of new members in 2018 is lower. This is still a strong performance by WCOC, and a testament to the hard work being put in by the membership.</p> <p>In addition to the above, we have one ex-member now at University that has elected to remain a member of WCOC in addition to her BOF-registered closed University club. There are still a few lapsed members who continue to orienteer, but have yet to re-join WCOC.</p> <p>The graph and table below shows the membership by BOF age group.</p>		2018	2017	Renewal from previous year:	162	150	Lapsed member renewals:	3	6	New members:	26	47		191	203	
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	10	12	14	16	18	20	21	35	40	45	50	55	60	65	70
M	9	4	5	7	7	0	8	2	5	13	12	16	14	4	5
W	5	5	4	6	1	3	4	4	7	10	6	11	6	4	0
	7.3%	4.7%	4.7%	6.8%	4.2%	1.6%	6.3%	3.1%	6.3%	12.0%	9.4%	14.1%	10.5%	4.2%	2.6%

Jon Eaton
 WCOG Membership Secretary

5.2 Fixtures Secretary

Mike Harrison submitted the following report.
 Since the last AGM we've had another successful year of events, covering our four main winter, spring, summer and autumn series (see average attendance figures below), Galoppens and Club Chase.

Summer 2010	82
Summer 2011	65
Summer 2012	64
Summer 2013	61
Summer 2014	59
Summer 2015	61
Summer 2016	59
Summer 2017	70
Summer 2018	62
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
Spring Sprint Series 2016	44
Spring Sprint Series 2017	58
Spring Sprint Series 2018	62
Autumn Park Races 2010	68
Autumn Park Races 2011	62
Autumn Park Races 2012	54

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Autumn Park Races 2015	63
Autumn Park Races 2016	61
Autumn Park Paces 2017	74
Autumn Park Paces 2018	56¹
Winter 2009-2010	39
Winter 2010-2011	29
Winter 2011-2012	35
Winter 2012-2013	32
Winter 2013-2014	35
Winter 2014-2015	37
Winter 2015-2016	35
Winter 2016-2017	47
Winter 2017-2018	49

Numbers have been good again this year holding reasonably steady across all four series. The attendance of the Summer Series were lower compared to 2017 but consistent with recent years going back to 2011. The total summer attendance over 16 events was ~1000, an average of 62 per event). Total attendance over the summer was ~1000, an average of 62 per event, with numbers ranging from 36 (Dalegarth) to 98 (Threlkeld). A greater 'range' than last year, with the latter benefitting from visitors remaining in the area after the Lakes 5.

The 2017-18 night series attracted ~800 runners in total with an average of ~49 per event. Great to see a small increase over last year with many members now enjoying the challenge of orienteering in the dark, and another new venue for the finale and prize giving at Silloth Golf Course.

The 2018 Spring Series was once again a mixture of formats, starting with 4 short sprint events, and then 4 (45 min) score events. Both formats proved very popular, the latter in particular benefitting from choosing 'central' venues in close proximity to Cockermouth with >80 at Fangs Brow and Scale Hill. In total, 500 people came to the spring series, an average of 62 per event.

Finally, the autumn series, which is shortly to come to a close with the traditional event in Keswick followed by the pie and pea supper at Kong has again proved very popular. With two events remaining, the average attendance is 56, which is down on last year, although again similar to recent years prior to 2017.

As decided last year in an attempt to rationalise the number of level D events the club puts on, we only held two Sunday winter morning events at Slate Fell and Setmurthy. Both were popular, with ~70 attending each showing that there is a place for them on the calendar, although choice of venues and dates is key.

Hence, with two autumn events remaining, the total attendance over the last year over the four main club series (plus Sunday winter morning events) was ~2650 compared to ~3050 last year. Although this is a decrease it should be borne in mind that 2017 was the Club's 50th, and is perhaps better compared to the ~2300 in the previous year. So, notwithstanding the very high attendance in 2017 for the Club's 50th anniversary, total numbers are very healthy and are generally trending higher.

As a result of last year's difficulties finding planners for our weekly Thursday evening events, especially with the extra demands on volunteers in the 50th Anniversary year, the following were implemented in 2017-18:

¹ Up to Harris Park (27/09/18)

	<ol style="list-style-type: none"> 1. Reduction in the number of Level D events by 4. 2. A more pro-active approach to finding new planners with mentoring, etc. being offered. 3. Use of generic RA, etc. for NT- and FC-applications. 4. Completion of the mandatory BO Event Safety Workshop by ~60 club members. <p>These measures have resulted in planners being found for all level D events this year, although there is still more that can be done to encourage both new and returning planners.</p> <p>In the Galoppen series, WCOC won the Borrowdale Trophy in 2017 and are currently ahead in 2018 with several events remaining (including Leaps Beck on 25/11/18). Numbers have been mixed since the last AGM with 248 at High Rigg, 142 at Wythop, and 142 at High Brow (an average of 177 compared to 195 over the previous 4 events). Whether this a decreasing trend, or whether we'd benefit from better scheduling and location of events isn't clear. Note that the cancellation of the Bleaberry event in November 2017 as a result of access issues has resulted in WCOC only organising three Galoppens since the last AGM.</p> <p>Despite some difficulties for the Cumbrian clubs to support the number of Galoppens it used to, there will be 10 events in 2018, thanks in part to the inclusion of SROC's Fartleton Knott event in the series, and BL organising 2. However, there are still some question marks over the long-term sustainability of the Cumbrian Galoppen Series. The WCOC events for 2019 are: Hawse End (10/02/19), Muncaster Fell (28/04/19), Threlkeld Knotts (09/06/19) and Cockup/Uldale (06/10/19).</p> <p>A successful Club Chase, held at Rannerdale back in January, was won by Louis Morris. The 2019 Club Chase is scheduled on 6th January at Scale Hill - details will appear on the website soon (and a planner is needed!).</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. It's a real team effort with many people involved in ensuring that we are able to hold an event every Thursday throughout the year. 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), Pete for looking after the leagues, and the website gurus (Anne and David) for ensuring event details and results are posted in a timely fashion.</p> <p>I've been coordinating this effort over the past 6 years, but am unable to continue in this role. I am also stepping down as Fixtures Secretary, so if anyone is interested in taking on either of these roles, please let me know.</p>	
5.3	<p>Access Officer</p> <p>Mike Harrison submitted the following report.</p> <p>Access Officers Report</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. And special thanks to Kate Charles for taking over as Kinniside Access Officer.</p> <p>The response from the NT remains inconsistent, e.g. sometimes a formal permit is sent, sometimes not, but the on-line Event Application system is here to stay (at least in the Lake District). Although 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. it is possible to use previous applications as a template with many of the fields automatically completed, saving significant time. Furthermore, a library of documents has now been built up covering the majority of our NT areas.</p> <p>On a positive note, none of the submitted requests have been declined and all of the events</p>	

	<p>on NT land have taken place, albeit sometimes without any response from the relevant Lead Ranger, or an actual permit!</p> <p>The other major landowner that the club has to deal with on a regular basis is the Forestry Commission, who have a similar permissions system to the NT again requiring 6 weeks notice. There can be a few more restrictions on FC land due to felling operations and other users. However, they are keen to support events on their land and were extremely helpful in the re-arranged Lakes 5 event at Whinlatter this summer.</p> <p>The club is looking for an NT Access Officer to manage the on-line event application system. In addition, Steve Breeze is stepping down as FC Access Officer, so if anyone would like to take on this role, please let myself or a member of the Committee know.</p>	
<p>5.4</p>	<p>Mapping Officer</p> <p>Roger Jackson submitted the following report.</p> <p>Pete Nelson A major activity this year has been the conversion of many maps to ISOM 2017. Mapping has continued on Wythop Woods, and is nearly complete. This is currently suspended during harvesting operations. Remapping of Knockmurton started, but effort switched to Mosser</p> <p>New Maps Pelham House sprint map Setmurthy remapped as part of a Forestry Commission job Graystones Aiken Hunter How and Hollins (first use November 2018) Near Thwaites (not yet used)</p> <p>Updated and converted to ISOM 2017 Whinlatter for Lakes 5 days Whinlatter for Thursday evening finale Whinlatter for permanent courses Whinlatter visitor centre sprint map Whinlatter South Leaps Beck (2 maps) Loveswater Fells Wythop (for Galoppen) Wythop and Ling Fell (for Galoppen) Bowness Point Gillerthwaite Ling Fell Matty Benn's (2 maps) Fangs Brow and Burnbank (2 maps) Holme Wood Owsen and Burnbank Hogg Wood</p> <p>Converted to ISOM 2017 High Park (3 maps) Knockmurton Whoap (two maps) Whinlatter Fell Scale Hill High Rigg Blea Tarn</p>	

	<p>Latterbarrow Worm Gill Sale Fell (2 maps) Beck Wythop Lords Seat Rannerdale and Cinderdale (2 maps) Flat Fell Blakely Raise Threlkeld Knotts High Stand (for Borderliners) Base Maps for other people Clough Head, joining Threlkeld Knotts to Watermillock Common Uldale Fells Others Whitehaven Library – for the autism project Roger Jackson A dozen or so maps of Schools and School grounds have been updated for the Schools League programme, of which three were new maps.</p> <p>Silloth Golf Course which was used for the final night event, and unlikely to be used for a daylight event. Silloth North was extended, with surveys by Macolm Ruckledge and Roger Jackson.</p> <p>Other Mappers Michael Pearson continues to survey and map areas around Keswick, with the Clough Head to Watermillock map being prepared for the Allerdale Chase. Mike Hind continues to survey areas around Keswick. Michael Billingham produced a map of Longlands Fell for the summer series.</p>	
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5.5	<p>Coaching Report</p> <p>Lynne Thomas submitted the following report.</p> <p>The WCOC coaching team has both supported and delivered coaching activities widely in 2017-18. WCOC coaches have been at the front of schools, club, regional and National Talent Squad sessions, at home in west Cumbria, across the North West, at JROS camp on Deeside and on tour with the North West Junior Squad in Norway.</p> <p>Local sessions included the following:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">October 16</td> <td style="width: 25%;">Manesty, Derwent Water</td> <td style="width: 50%;">Club coaching, compass, relocation, decision making, corner cutting</td> <td style="width: 10%;">TD 1-5</td> </tr> <tr> <td>November</td> <td>Slate Fell</td> <td>"Bite sized" Club coaching Distance pacing and estimation</td> <td>TD 1-4</td> </tr> <tr> <td>December</td> <td>Whinlatter</td> <td>Christmas fun activities for juniors</td> <td>TD1-5</td> </tr> <tr> <td>January</td> <td>Round Latrigg</td> <td>#This Girl Can Run</td> <td>Fitness</td> </tr> <tr> <td>February</td> <td>Setmurthy,</td> <td>Club Coaching</td> <td>TD1-4</td> </tr> <tr> <td>March</td> <td>Derwent Hill</td> <td>NWJS/WCOC Map memory</td> <td>TD5</td> </tr> </table>			October 16	Manesty, Derwent Water	Club coaching, compass, relocation, decision making, corner cutting	TD 1-5	November	Slate Fell	"Bite sized" Club coaching Distance pacing and estimation	TD 1-4	December	Whinlatter	Christmas fun activities for juniors	TD1-5	January	Round Latrigg	#This Girl Can Run	Fitness	February	Setmurthy,	Club Coaching	TD1-4	March	Derwent Hill	NWJS/WCOC Map memory	TD5
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	High Doat, Borrowdale	Club coaching, compass work	TD2-5
April	Jaws, Borrowdale Hog's Earth, Borrowdale	Club coaching, Basic skills NWJS,	TD1-3 TD5
May	Scale Hill	Basic map skills, Attack Points and controls just Off line features for orange	TD1/2/3
June	Mawbray Bank	Contours	TD1-4
	Hoggs Wood and Ladies Table	Coaching for Cockermouth School Cumbria Schools Championships preparation	TD2-5
Summer series	Thursday evening events	Training exercises in collaboration with Thursday event planners. Training included contour only maps, path path/track free maps etc	TD4/5
September	Locations in Cockermouth	Physical training aiming to improve speed, power and strength endurance	Fitness

In the early weeks of autumn 2018, we have been piloting a slightly different approach to physical training. This is intended to support club members whilst minimising the burden on club coaches: a training programme has been developed and posted online with a suggested location and meeting time. A small group of club members have been following the plan, in some weeks with a club coach leading, but the idea is that this is a self supporting group who can work together to improve or maintain their own fitness. Sessions are planned to half term with a review to determine whether this is extended through the winter.

Skills

2018 has seen Deborah Goodwin complete her UKCCL2 coaching award and renewal of First Aid training for Lynne Thomas.

Coaching Development and Schools Orienteering

Last year, I reported that WCOC sent 18 technically competent juniors off to NWJS and some of those to Talent Squad each month. This autumn, we waved a number of them off to universities across the UK and we have to plan how to support and coach the next group of top juniors as well as ensuring we have coaching to attract and assist beginners whether they are juniors or seniors.

Schools orienteering events have been part of the activities programme that WCOC supports for many years. Roger Jackson has been running the schools league for 16 years, providing the first step for many of the high performing juniors the club has produced. A number of factors, outside the control of the club, meant that participation in schools events was declining up to 2016. However, in 2017 we were awarded funding from NWOA to reinvigorate the schools programme, help us reach more juniors and to bring them into club orienteering.

In 2018-19 we will be developing this programme further based on the experience in 2017 and extending some of the brilliant ideas from last year to reach more juniors. We remain

	<p>convinced that the schools programme is the proven gateway into orienteering and quality accessible coaching is vital to support this.</p> <p>Of course, we will also endeavour to continue our monthly technical coaching sessions and to plug into any regional and national coaching opportunities that are offered. Early indications suggest that physical training may also be part of our activities.</p>	
5.6	<p>Equipment Officer</p> <p>No report was submitted.</p>	
5.7	<p>Social Secretary</p> <p>The following report was submitted by Catherine Wetherfield. In addition to the weekly club orienteering events, the Club enjoyed several additional social events.</p> <p>Club's 50th Birthday Formal meal on November 25th 2017 Held at the Melbreak Country House Hotel, A595 Great Clifton. A very enjoyable meal was enjoyed by 37 members and past-members followed by a slide show of mostly orienteering photos through the decades. Some great photos of well-known faces, and how young we all looked when we were much younger!</p> <p>Christmas holiday festive orienteering events with social gatherings Two events over the Christmas/New Year period stand out as being worthy of a mention in this report – the pre-Christmas Sunday informal event and 'mini-social' in the festive Wetherdale garage at Beck Wythop, with mulled apple juice and apple cake and mince pies; and then the fun, novel New Year's Day Mawbray Dunes score event organised by Dave Fenwick, followed by the ever-popular gathering at Bank Mill Nursery Tearoom.</p> <p>New Year Social, January 6 th 2018 The WCOC annual club January social evening was held at Embleton Village Hall the evening before the Club Chase at Rannerdale Knott. As usual, all the guests provided the delicious buffet. This year we had a huge and wonderful ceilidh band from Brigham "Travelling Light" who played beautifully for us, (and donated all their fee to a local charity.) The Goodwin family brought along an ingenious snatch-raffle game which kept us all on our feet, stealing prizes from children. There was a small award ceremony for 2017 club champs and Galoppen winners, as well as prizes for winners of Roger Jackson's year-long 50th birthday newsletter quiz.</p> <p>Summer Social 8 th July 2018 Following training and an event at Mawbray Dunes, we held a simple Summer Social at Mawbray Village Hall, a mere 300 yds walk into the village from the south-end dunes car park. Around 30 members attended, bringing a delicious array of sweet and savoury food for a shared buffet. It was noted what a good hall this is, with excellently stocked kitchen, smaller bar room and larger hall space (with stage)! We didn't really use the hall space, but chilled and ate and chatted in the bar area. A very pleasant late afternoon/early evening 'do'.</p> <p>Lakes 5 Day 2018 A large contingent from the club attended the Lakes 5 Day event. No former social event was arranged. Summer Season Finale, Coledale Inn, 30th August 2018 As is traditional, the final event of the Summer Season (this year at Whinlatter) was followed by a social at the Coledale Inn in Braithwaite. Many club members stayed to enjoy the excellent pub food and the annual Summer Season Awards ceremony. Autumn Social 2018 –</p> <p>Pie and Pea Supper, 11th October 2018 The final social event of the year was this week's Pea and Pie supper, held once again at Kong Adventure in Keswick after a rather rainy Keswick Streets event. Around 50 members attended, including some new faces – welcome! Sincere thanks go to Mike Pearson, who put together a really enjoyable sound-tracked slide show, selected from pictures that he took documenting the club's 50 th anniversary year. I am sure Michael managed to capture every one of us (although not always flatteringly!) The photographs are a precious record for the club. For those members who had missed the</p>	

	<p>Coledale Inn Season Finale Social, Graham Watson presented some final Summer 2018 awards.</p> <p>Many thanks go to all those members of the club who have helped and contributed to the running of these social events. Of course, all our weekly events, year-round, are an ideal opportunity for social gathering alongside orienteering activity, although as we enter into head-torch season, you might not be able to see who you're talking to! Whether you take part in the winter night season, or you take a break now from evening orienteering until the spring, please do keep joining in with the daytime orienteering and social events arranged by the club over the coming winter months.</p> <p>Catherine Wetherfield, WCOC Social Secretary, October 2018</p>	
<p>5.8</p>	<p>Publicity Officer</p> <p>In the absence of a publicity officer Steve Breeze presented this report.</p> <p>A number of club members are sharing the role of publicity at present. Jane Hunter is doing sterling work writing news reports for the local press.</p> <p>The weekly bulletin distributed to all club members by Roger Jackson keeps everyone informed of recent and future events.</p> <p>In addition social media seems to be a very useful form of publicity. This year the club has been advertising a limited number of our event on Facebook. This appears to have had success in attracting people to try the sport, particularly in Keswick, Cockermouth and Whinlatter. Facebook also seems to have become a preferred method of communication for people enquiring about events. Several people have admin rights over the club page that can answer direct messages to the club.</p> <p>Catherine Wetherfield has again been successful in getting our annual SpookO advertised by the Forestry Commission via their website and literature. This year the event is acting as a fundraiser for juniors so hopefully this will help to attract a large audience.</p>	
<p>5.9</p>	<p>Junior Report</p> <p>The following report was submitted by Niamh Hunter.</p> <p>The WCOC juniors have had multiple successes this year both as individuals and as team performances. We've had juniors selected to run internationally at; the World Orienteering Championships, the European Youth Orienteering Championships, Junior European Cup and Interland. Nationally; at the Junior Home Internationals and also for the North West at the Junior Inter - Regional Championships.</p> <p>In the North West junior Squad there are currently about 20 club juniors, 15 of whom attended the biannual training camp to train with Fredrikstad in Norway this summer which was half of all the juniors on the tour! This is a very impressive number and just shows the strength of the WCOC juniors. The camp provided lots of technical training opportunities, as well as two individual races and a relay where we were racing against some of the best in the world. All the juniors going to Norway worked very hard in raising money for the trip through many cake stalls, organising some events and applying for grants from local organisations and businesses.</p> <p>As well as the NWJS tour some juniors have been on other training camps, WCOC had 4 juniors attend 2 different JROS tours; Lagganlia and Deeside in Scotland. We then also had 4 juniors who attended BOF's Talent Squad camps; the Talent Camp in Blencathra and the Pre-JWOC camp in Denmark. Following on from the Talent Camp, Joe Hudd was invited to join</p>	

	<p>the Talent Squad meaning WCOC now has 5 juniors in the squad.</p> <p>Throughout the year WCOC had over 10 British champions in all disciplines including Sprint, Middle, Long, Relay and even night. Along with these champions there have been many, many more podiums and even more top 10s in all the British Champs, the JK, the Northernns and so on. As you can see WCOC juniors have had impressive performances and represented WCOC at national and international events throughout the year. A great example of this was at the Peter Palmer Junior Relay earlier this year. We had a massive 27 juniors make up 4 teams to run for WCOC. We were just hoping to keep our title for another year and make it 3 years running that WCOC have won, fortunately we did it! And even more the Incredibles 3 team came 6th and we narrowly missed out on winning the Joan George Trophy. Following on from our success WCOC won a free entry and accommodation for the Junior Tio Mila competition held in Sweden next year. The WCOC coaching and events that have been used by the majority of the juniors are most certainly one of the main reasons why these successes can happen; along with the financial support and help and encouragement from parents and adults in the club.</p> <p>The club is always trying to get new juniors involved in orienteering. The schools orienteering and the advertisements for coaching prior, during and after these events is a great way to encourage new junior members.</p> <p>In half term the juniors have the Spook - O. This is a great fundraising opportunity which both the organisers and the runners enjoy. The spook - o always brings many visitors both new and old club members, its a great chance to show just how good the WCOC team spirit is and to invite new people to come try orienteering.</p> <p>We hope for another even more successful year!</p>	
5.10	Schools League Organiser	
	No report submitted.	
5.11	Welfare Officer	
	<p>Steve Breeze submitted this report.</p> <p>The only matter to arise this year was that of an individual named by BOF as someone not to be allowed to take part in any British Orienteering activity. Initially the name provided (along with aliases) was incorrect. The subsequent name given matched the name of an existing orienteer! The two people are not the same. This only served to highlight how difficult it is for a club to police such things. Further guidance/advice has been sought from BOF.</p>	
5.12	Team Captain – Senior	
	No report submitted.	
5.13	Team Captain – Junior	
	<p>The following report was submitted by Vanessa Brierley, Junior Team Captain.</p> <p><u>Sept '17</u></p> <p>Peter Palmer winners (2nd year) 2nd place on Joan George Trophy</p> <p><u>Oct'17</u></p>	

	<p>3 Juniors (Rosie, Ben B , Louis) gave a talk to the Rotary Club at one of their dinners to express thanks for their donation.</p> <p>Spook O - over 400 people, rather busy night plus a cake stall, by the Juniors for the Juniors!</p> <p><u>Nov '17</u></p> <p>Allerdale Sports Awards; WCOC Juniors won Junior Team of the Year , plus a special Award for WCOC for all their achievements and a special thanks to Lead Coach Lynne Thomas.</p> <p>Cumbria Sports Awards Niamh was a special guest at the Event. WCOC mentioned in Community Club Awards and Lynne T mentioned in Coach of the Year Award.</p> <p><u>Dec'17</u> Juniors did a Supermarket bag pack to raise funds for the Juniors.</p> <p><u>April'18 – JK Relays</u> Bassenthwaite Boys – M48 Joe, Joe, Charlie 1st Fells Angels – W48 Niamh, Issy, Lily 3rd April '18 10 Milo Several Juniors went to Sweden to gain some experience of this kind of relay, Caitlin,Joe S, Joe H, Charlie, great experience.</p> <p><u>May '18 British Champs Relays</u> M18- Blencathra Boys - 1st Dan,Zac,Al- their last time on that! Junior Ad-hoc 2nd Herbie, Issie, Jonty M18- Bass'Boys – 3rd – Joe,Joe,Charlie W18- Fells' Angels 3rd Jess, Carys, Rosie</p>	
5.14	<p>NWOA</p> <p>The following report was submitted by Graham Watson,</p> <p>Club delegate meetings were attended in March by Graham Watson, and October (also the AGM) by Roger Jackson.</p> <p>This year was a Lakes 5 Day year in which WCOC were involved running a day at Whinlatter, organised by Mike Billingham and planned by Alan Irving.</p> <p>Many of our Members have benefited from grants for tours or national representation at Committee, and for funded training (first aid, coaching, organising and controlling courses).</p> <p>In addition we were delivered activities on a development grant of £750, led by Lynne. At the October Club Delegate Meeting we proposed a change to the distribution of grants from NWOA to Clubs to reflect club size. We await the minutes of this meeting for the outcome.</p> <p>Many of our juniors also attend and benefit from the NW Junior Squad whilst a number of our coaches and parents are very actively involved in helping. This year was a Norway NWJS tour year on which we had both juniors and adult helpers and coaches.</p>	
6	<p>Any Other Business</p> <p>a) Graham Watson reported that at the recent BOF and Association Conference BOF were planning to stop all Performance Athlete funding as from 2021. In the past BOF have provided a Team manager, coach and physiotherapist. Now there is just a voluntary Team Manager to support the team with no payment of entry fees, travel</p>	

	<p>or accommodation for athletes. Concern was expressed about this. It was decided that WCOC should email Craig Anthony at BOF stating that we thought Elite support should be provided centrally. Mike Billingham suggested that NW Elite Athletes should write to the NWOA for support.</p>	Committee
7	<p>Discussion groups to shape the future of WCOC. Group discussions took place on the following topics:-</p> <p><u>Event Organisation and structure.</u></p> <p>A discussion whether the current structure of the division of membership into 3 colour teams each led by a group captain is an effective way of organising events. Some discussion around whether there is an imbalance in the teams. The intention isn't for team captains to do all the jobs of planner, organiser or Controller, but this is sometimes happening. Also discussion about whether key roles could be filled from other teams as sticking to the main organising team limits who is available to eg. be Planner or Controller. Re Fixtures secretary position, JE suggested a fixtures group, which could be virtual or hold monthly meetings to alternate with the committee. MB and SBr supported the idea. It was suggested that the group should consist of 4/5 members including current team leaders. JE volunteered to be a group member. The group would choose a planner, organizer and controller for each Galoppen. The colour teams would still provide the on-the-day volunteers for each event. JE would also reorganize the current colour team membership to ensure a more balanced composition. Anne Burbidge requested that colour teams be given greater notice of Galoppens for the following year.</p> <p><u>Publicity.</u></p> <p>Aim is to promote club activities. It was agreed that the articles put in the News and Star each week by Jane Hunter are very good and keep WCOC activities and achievements in the spotlight. Other effective means of communication: Weekly Bulletin, Facebook, Website, WCOC junior Instagram. During the Winter Night O possibly not the best introduction for novice orienteers. It was suggested that a night event could be repeated the following weekend during the day which may be accessible for more newcomers and families. MH suggested the possibility of holding a Saturday night event and then leaving controls out for a day event the next day – Sunday. WCOC events could be added to the North West night league.</p> <p><u>Sponsorship.</u></p> <p>For junior members training and competing in events home and abroad. Clothing sponsorship was discussed at the last AGM and a report presented to the Committee by Jon Eaton. The Committee decided not to pursue this at present. It was agreed that Juniors were currently taking ownership of their promotion and doing really well with fundraising and writing letters.</p>	