

Junior Report 2017-2018

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.

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.

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 the Talent Squad meaning WCOC now has 5 juniors in the squad.

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 Northerns 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.

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.

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, it's a great chance to show just how good the WCOC team spirit is and to invite new people to come try orienteering.

We hope for another even more successful year! *By Niamh Hunter*