

West Cumberland Orienteering Club

AGM 7 pm Thursday 2nd October 2021 at Ullock Village Hall

Present:

Steve Breeze, Michael Billingham, Deborah Goodwin, Lesley Wornham, Steve Birkinshaw, Jon Eaton, Helen Rennie, Paul Tickner, Pete Nelson, Liz Elliott, Simon Hunter,, Janette McHendry, Janet Evans, Dave Fenwick, Anne Burbidge, Scott Ashworth

1	<p>Apologies for Absence</p> <p>Apologies received from : Jane Hunter, Herbie Ashworth, Lynne Thomas, Nick Evans, Mike Harrison</p>	
2	<p>Minutes of last AGM (22nd October 2020).</p> <p>These had been posted online. These were accepted as a true and accurate record, apart from Deborah Goodwin seconded the nomination of Paul Tickner for Secretary. Proposed Lesley Wornham , Seconded Steve Breeze.</p>	
3	<p>Officers' Reports</p>	
3.1	<p>Chair: S Breeze</p> <p>The club has been as active as ever and as usual, there is a long list of volunteers to thank. Orienteering is very dependent on its volunteers and these are often very skilled roles. Thanks to (in no particular order): The planners The mapmakers The organisers The car park attendants The website people The results processors The controllers The team captains The coaches The committee members The social media influencers The newsletter writers The results analysts The drivers The access officers The printers The cake bakers The first aiders The equipment maintainers/storers/orderers It was great to see 2021 finish on a high with a third place at the Compass Sport Cup – certainly the best result I remember achieving and a credit to the membership for successfully navigating Covid and finishing all the stronger. It is great to see the club maintains an active bunch of juniors and now a regular Tuesday night training (TNT) for juniors. WCOC also seems to have supplied a fresh cohort of Juniors to Edinburgh It is also been a great year for club representation at World Champs/Cups; Home Internationals; training camps and plenty more to boot.</p>	

	On a less successful noet: we had to cancel a galoppen at Whinlatter this November due to a lack of volunteers. It probably comes as no surprise when you look at the efforts and energy the club has put into this year already. Here's to a successful 2022 Steve Breeze	
3.2	Treasurer. D Goodwin SAVED SEPARATELY	
4	Election of the Committee	

Position	Name	Proposer	Secunder
Chair	Scott Ashworth	Steve Breeze	Deborah Goodwin
Vice Chair	Michael Billinghamurst	John Slater	Howard Leslie
Secretary	Paul Tickner	Lesley Wornham	Jon Eaton
Treasurer	Deborah Goodwin	Janette McHendry	Steve Breeze
Junior Rep	Herbie Ashworth	Steve Breeze	Lesley Wornham
Membership secretary	Jon Eaton	Jane Hunter	Michael Billinghamurst
Fixtures Secretary	Michael Billinghamurst	John Slater	Kim Leslie
Welfare Officer	Steve Breeze	David Spencer	Debbie Watson
Social Secretary	Lesley Wornham	Liz Elliot	Dave Fenwick
Junior Team Captain	Janette McHendry	Paul Tickner	Steve Breeze
Committee 1	Steve Birkinshaw	Steve Breeze	Michael Billinghamurst
Committee 2	Alan Irving	Jane Hunter	Deborah Goodwin
Committee 3	Helen Rennie	David Downes	Pete Nelson
Committee 4	Jon Eaton	Jane Hunter	Michael Billinghamurst
Committee 5	Lesley Wornham	Liz Elliott	Dave Fenwick
Committee 6	Jon Eaton	Jane Hunter	Michael Billinghamurst
Committee 7	Janette McHendry	Paul Tickner	Steve Breeze

The positions of Chair, secretaty and treasurer were the only ones voted on. Scott Ashworth was elected. Other positions were carried unelected so previous proposers and seconders are recorded.

5	Officers' Reports
5.1	<p>Membership Secretary; Jon Eaton</p> <p style="text-align: center;">WCOC Membership Secretary Report 2021 Jon Eaton</p> <p>2021 has carried on as 2020 finished, with no orienteering for the first three months of the year. Although slow to pick up at the start of the year, WCOC membership has increased throughout the year. Current membership stands at 198, of which 23 are new members for 2021. Although the total is slightly down on 2020, this shows good resilience in an adverse climate. How much the membership has been skewed by the arrangements for loan dibbers during the pandemic is not known.</p> <p>Final figures will be produced at the end of October. The current membership can be broken down as follows:</p> <p style="text-align: right;">2021 2020 2019 2018</p>

	<table border="0" style="margin-left: auto; margin-right: auto;"> <tr> <td>Renewal from previous year:</td> <td style="text-align: right;">175</td> <td style="text-align: right;">171</td> <td style="text-align: right;">158</td> <td style="text-align: right;">162</td> </tr> <tr> <td>Lapsed member renewals:</td> <td style="text-align: right;">0</td> <td style="text-align: right;">7</td> <td style="text-align: right;">6</td> <td style="text-align: right;">3</td> </tr> <tr> <td>New members:</td> <td style="text-align: right; border-top: 1px solid black;">23</td> <td style="text-align: right; border-top: 1px solid black;">24</td> <td style="text-align: right; border-top: 1px solid black;">36</td> <td style="text-align: right; border-top: 1px solid black;">26</td> </tr> <tr> <td></td> <td style="text-align: right;">198</td> <td style="text-align: right;">202</td> <td style="text-align: right;">200</td> <td style="text-align: right;">191</td> </tr> </table> <p>We also have a strong cohort of ex-members now at University who continue to support our club by running for WCOC in addition to their closed University club.</p>	Renewal from previous year:	175	171	158	162	Lapsed member renewals:	0	7	6	3	New members:	23	24	36	26		198	202	200	191
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<p>5.2</p>	<p>Fixtures/Access Report; Michael Billingham</p> <p>Its great to see things getting back to normal. After losing most of the 2020/21 winter series to lockdown the club has held an almost normal programme of Thursday evening events, as well as two galoppens. Participation in these was, if anything, slightly higher than pre-Covid levels.</p> <p>Once again, thanks to those who have contributed to making it happen, particularly organisers, planners, controllers and access officers. As I've said before, and will again, our ability to continue to provide regular orienteering depends entirely on members willing to do these jobs.</p> <p>A full winter series is now scheduled with planners in place for all but one of these. We are also holding another galoppen event in November at Whinlatter.</p> <p>On access, Brian Wilson stepped down as access officer for several area around Lamplugh. Our thanks to him for supporting the club in this way for many years after ceasing active orienteering. He has been replaced by Alex Crawford.</p> <p>For 2022, as well as the normal Thursday evening and galoppen programme, the club is hosting two major events. These are the Compasssport Cup heat at Hawse End in February and one of the Lakes 5 Day events at Threlkeld in August. While these are a great opportunity to participate in major events on our doorstep, the Lakes 5 Day in particular will require a high turnout of club members to officiate at the event.</p> <p>Enjoy your orienteering in 2021/22.</p>																				
<p>5.3</p>	<p>Mapping Officer: Pete Nelson</p> <p>Mapping Report 2021</p> <p><u>Introduction</u></p> <p>With Covid restrictions easing, we started to get the benefit of much mapping activity that was carried out during the cessation of events through 2021.</p> <p><u>Mapping Day</u></p> <p>We held a successful outdoor Mapping Day, with five participants. Another will be held shortly, for the benefit of those who wanted to come to the first one, but were unavailable.</p> <p><u>Scope of mapping</u></p> <p>Over the years we have mapped a huge area of 'West Cumberland' – see attached Map of Maps. As reported last year, there is such a lot that we can't maintain it all, so we have to be selective in updating the areas most important to our fixtures lists. Help is always welcome for updating maps.</p> <p><u>Larch Disease</u></p> <p>Phytophthora ramorum continues to affect us. We've lost much of Setmurthy. A lot of felling is in progress in Darling How (Whinlatter west). There will be further felling in the main part of Whinlatter. The felling in Cogra Moss was more extensive than expected. Work has yet to start in Dent and Lowther Park, but it will take out most of Dent (Uldale) forest as far as we are concerned.</p> <p><u>Software</u></p> <p>The use of Open Orienteering Mapper (for making and maintaining maps) and Purple Pen (for course planning) is spreading through the club, as recommended by the committee. Both apps are currently free, and provide an easier alternative to the versions of OCAD that many of us use. OOM is currently at version 0.9.5, and incorporates some improvements requested by us. It may go to a paid version at version 1.0 (no date yet) so get your free</p>																				

version while you can!

Map Scales

Evening events based on maps drawn at 1:10000 have mostly used a scale of 1:7500 for some years. This has been judged to be a good compromise to suit newcomers, young people, and those whose eyesight is not as sharp as it was. The international standard requires a simple enlargement of the 1:10000 symbols. Where appropriate we are changing smaller 1:7500 maps to 1:4000 or 1:5000 and converting to sprint (ISSprOM 2019) symbols, which gives a neater appearance (Low & High Park, Curwen Park, KeltonFell Top, StoneyWath, Bleach Green, Wood Hall, Silloth Dunes). Some have also been converted to 2m contours, to comply with the sprint standard.

Course planning symbols

There was a debate in committee and in the wider club about the appropriate size of course planning symbols on 1:7500 maps. It was decided to enlarge the control circles in the same way as the map symbols. Opinion remains divided about this policy.

External Maps

We had no requests for maps from Fell Race organisers or other bodies this year.

Permanent courses

Whinlatter: Updates made to the Whinlatter map, particularly for the new felling and new out-of-bounds area around GoApe. New line maps printed. Decision still awaited about the star course, which is badly affected by the new OOB. Steve Birkinshaw set up the Hard Course A as a MapRun Bowness Knott: Now operating on the iOrienteering system. We had hoped to get a better impression of usage from this system, to inform a decision on extending the system to former courses up to and beyond Gillerthwaite. The only courses open are the two close to Bowness Knott. The short technical has only two recorded uses in the last year. The short easy has none. There is evidence on the ground of the courses being visited, but the web results do not reflect this. The Ennerdale courses were recommended in the Camping and Caravanning magazine, with no apparent response.

Bleach Green: Now operating on the iOrienteering system. Just four records on the easy course and none on the harder course. The permanent course map has been updated. iOrienteering: The developer requested a report comparing iOrienteering with MapRun, for use with BOF. I prepared one, but it did not draw the conclusions he wanted. MapRun and iOrienteering appear to be growing closer together in their capabilities. MapRun: There are about 20 events using club maps on MapRun. I haven't found a way of checking completions for those I have not done myself.

Mapping Data

More free LiDAR data is becoming available from the Environment Agency, but unfortunately in a form that our current OCAD version can't handle. It is also at too high a resolution, which means direct conversion to contours gives very wiggly lines. Methods developed to pre-process this data so that it is useful for orienteering maps. Ordnance Survey are making more of their data freely available via APIs. We can now get georeferenced maps at all scales.

Last year we...

Howard and Kim Leslie: Cockermonth - The Moor: brand new map created dated APR 2021 (this area had never been previously mapped with the O sprint spec). This map was used for the first time at Thu Sprint event on 22/04/2021. Map of school / Beech Lane area – minor edits / additions Remainder of Cockermonth – various misc edits / updates as notice.

Steve Birkinshaw: Major new map of Threlkeld Common, which joins on to the existing Threlkeld

Knotts and Clough Head maps (and ultimately to High Brow). This map was used successfully at a weekend event.

Mike Hind: Updated Latrigg Top and Greta Gorge

Redrew Keswick Urban Map for BOF selection race now in ISSprOM 2019 with 1:4000 and 2m contours

Began joining Low and High Hows onto Honister and High Doat
Started the update of Hawse End ready for the CST in Feb 2022

Roger Thomas: Attended a club mapping course day in June 2021 and was 'rewarded' with being given Holme Wood at Loweswater to update. A lot has changed in 10 years! A summer vegetation survey has been completed and revisions are due to be completed this autumn. A 2022 planner and competitors are going to see some significant changes – hopefully for the better! Roger has also embarked on mapping a new area; Bessyboot above Stonethwaite in Borrowdale. It's a high fell area, sheep cropped grass, no heather and virtually no bracken. Plenty of rock, contour and marsh detail as draft extract shows.

Michael Billingham: Further updates to Setmurthy to reflect forestry work. This is still going on in some places so more changes will be needed. Completed Elva Hill map, with first use of the area for many decades in July. Remap of Mawbray following conservation work in the area - gorse cutting, new fence, new ponds. Reinterpretation of contours. Partial update of Silloth Dunes
Mike Pearson: Continued working on the Armboth to Bleaberry Fell map. Now mostly done.
Updated Derwent Hill

Bob Barnby: Updates to Slate Fell

Pete Nelson: Completed resurvey of Lowther Park. Three attempts at holding an event on it failed. Two were Covid related. The third was for forestry work, that started just three days before the planned event. We are unlikely to get onto it until the felling is finished, which will remove the best bit.

Ennerdale resurveyed, as far as Irish Bridge. Successful evening event held, using some areas we haven't been in for many years.

Bleach Green resurveyed for permanent courses and evening events.

Rannerdale Knotts was surveyed for the first time, thus connecting the Buttermere and Rannerdale maps, and opening up a suitable area for larger events.

New map made of Seaton School, Workington.

New map made of Paddle School, Eaglesfield.

New contours and resurvey of the Leaps/Gavel map, with emphasis on the neglected parts of SE Gavel.

Raven Crag (Dent) resurveyed for MapRun.

Flat Fell resurveyed with new contours.

High and Low Park (Loweswater), Stoneywath, Woodhall, Mire House, Silloth Dunes and Keltonfell Top converted to Sprint (ISSprOM 19) standard. Update and minor extension for Keltonfell Top.

Whinlatter updated for recent felling around the visitor centre.

Base map prepared for Flimby Great Wood. No fieldwork yet.

Base map of Bessyboot prepared for Roger Thomas

Blea Tarn and Eel Tarn/Stony tarn maps largely redrawn in current software.

Major resurvey on the ground needed. Minor updates to many other maps

Next year we'll...

Start on Coledale at some time (Howard Leslie)

Continue working on Blease Fell, Blencathra (Steve Birkinshaw)

Continue joining High and Low Hows with Honister/High Doat (Mike Hind)

Finish resurvey of Holme Wood (Roger Thomas)

Continue first survey of the summit of Bessyboot (Roger Thomas)

Continue on Armboth to Bleaberry (Mike Pearson)

Finalise Setmurthy once forestry work is complete (Michael Billingham)

Possible extension to Elva Hill (Michael Billingham)

Potential remap of Caer Mote (Michael Billingham)

Update Whinlatter in preparation for the British Night Championships in 2024 (Pete) (unless I can find someone else to do it!)

Keep on top of changes to many smaller maps (Pete) Continue to replace old interpolated 5m contours with LiDAR, particularly

Loweswater Fells and Lank Rigg (Pete)

	<p>We need mappers for... Lots of updates. Minor updates to some smaller maps – suitable for new mappers Keeping on top of forestry changes in Whinlatter Eskdale (Blea Tarn and Eel Tarn) update. Pete Nelson September 2021</p>
5.4	<p>Lead coach; Simon Hunter</p> <p>WCOC Coaching Report 2020 -21</p> <p>Coaches</p> <p>A small number of coaches have delivered the bulk of the coaching during this year, with a similar number offering to support if needed. The overall number remains sufficient but additional coaches would strengthen the ability to delivery coaching for the club.</p> <p>Coaches have continued to undertake training to maintain and enhance their qualification. This has included Coaches attending the online BOF Coaching Conference and also renewing the Safeguarding and Protecting Children qualification. In addition to this Jamie has undertaken the Level 2 qualification with only the final assessment remaining, Lynne has qualified as a Coach Assessor as well as renewing her First Aid training and I have completed the Coaching in Remote and Exposed Places.</p> <p>Adult Coaching</p> <p>Due to Covid no adult coaching sessions were planned or undertaken during the period.</p> <p>Junior Coaching</p> <p>The Covid rules have changed through the period which has meant delivery of coaching has needed to adapt to ensure it was compliant and the risk to all attendees was minimised to acceptable levels. The advantage provided by the external nature of orienteering has significantly help but the rules have meant period when normal training could not be delivered.</p> <p>Tuesday Night Training (TNT) started as a none WCOC, unregistered, parent led ‘get together’ by juniors based in the Cockermouth area. To meet Covid rules which only allowed organised junior training TNT became a formal WCOC Junior club night which has run on most Tuesday, when allowed, from September 2020. Coaching has been delivered by Jamie Rennie, Lynne Thomas and myself with Jamie most often running sessions. Formalising delivery has required all sessions to be registered, supported by Session Plans and Risk Assessments. Delivery has mainly been undertaken in areas in and around Cockermouth with Harris Park and Memorial Garden most used. The sessions have included individual courses, relays and even biathlons with the Nerf guns popular but not always reliable.</p>



During Lockdown 3 through the winter months WCOC joined with Juniors from the North West Junior Squad (NWJS) and attended weekly Core Strength training sessions on Zoom lead by Lynne and Simon. The focus was on quality with a gradual ramp up in duration and number of different exercises being done. Multiple Rennie's in the same room on different camera's was always a sight to see.

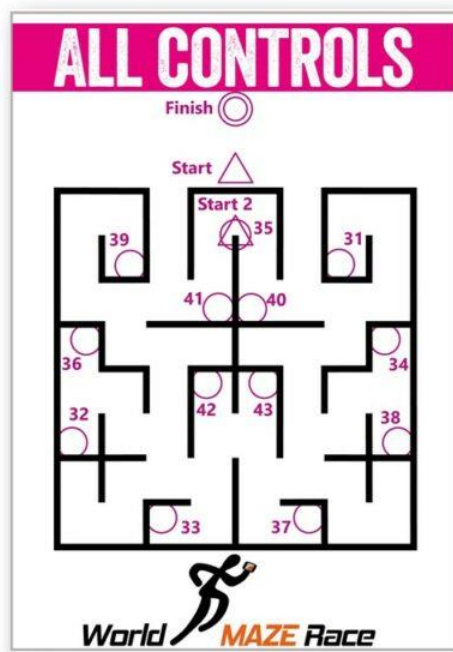
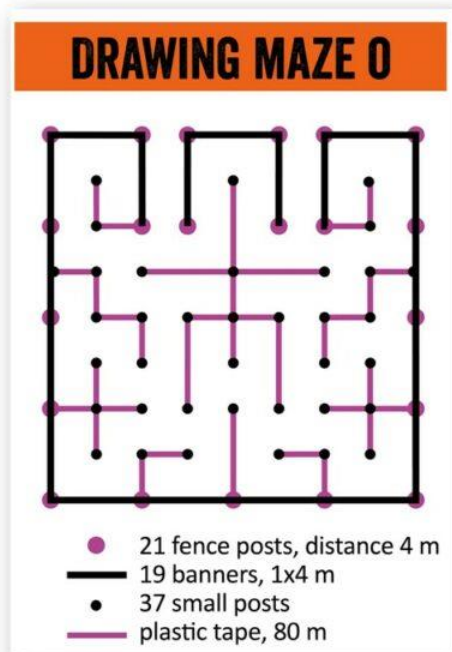
Following restart of in-person training after Easter session continued and a number of juniors new to orienteering have join in, which is great to see. While this is good news, it does add the extra complication of needing to cope with a broader orienteering skill range, with the varying age meaning physical ability is also quite wide. Park orienteering does provide a good fun 'map in hand' session with some short hard physical training but keeping sessions interesting will be a challenge especially for the older juniors.

A one-off summer holiday TNT training session prior to the British Sprint and Relay Championships was held on the Highfield estate area of Cockermonth. This small complex area allowed for short fast course as a warmup for the championships the next weekend with our 3 junior teams put through their paces. Thanks to Joe Sunley for planning and All Saints School for allow us to use their car park as relay handover.

Translating attendance at TNT to attendance at WCOC events doesn't automatically happen. Targeting the Derwent Hill event did get a number of new attendees but maintaining the link will take effort. A junior focused Cockermonth events is one option being considered.

In addition to WCOC training, Lynne and I supported the Junior Region Orienteering Squad (JROS) Deeside tour for M/W16's from across the country including 2 WCOC Juniors. The tour couldn't use it's normal Deeside based and instead was based further north and was christened the Speyside tour. Despite difficult (Covid) circumstances and need for the coaches to camp, the tour provided 3 days of forest training thanks to the excellent planning of its lead coach, Iain Embrey. Schools and Other Development activities

Jamie has delivered some specific training within School (e.g., Paddle). Debbie Watson also delivered a set of orienteering sessions in the summer holiday in Workington using the schools/coaching kit which has benefited us allowing purchase of an extra control box. Significant work was undertaken, led by Lynne, regarding delivery of a school's orienteering programme, including how to delivery within the constraints of pandemic. It was however decided that it wasn't appropriate/possible to deliver a school programme this year. While on the face of it this could just be considered to have a short-term impact, school orienteering is a significant entry point into the sport. While a small percentage of school children who compete in the school's competition may become regulars, these do then may up a large percentage of the clubs' juniors and they intern have drawn family members within them. The formalisation of TNT may help but we can see a potential gap in younger juniors joining. On a positive note, the clubs support at the Keswick Mountain Festival (KMF) appears to have bene very positive, especially the Maze which has always been popular. Lynne (supported by Roger Thomas and Jamie) did the 'development' of a new maze including borrowing British Orienteering Banners, with the preceding weeks TNT used as a trial run. The Maze was updated in line with the 'World Maze' providing head-to-head racing and was a significant success with over 400 running, with a knockout competition on each day. There were significant number of helpers over the 2 days including a good number of juniors.



Thanks to all those who have help to support coaching delivery especially Lynne and Jamie and parents of juniors for both bring their children and helping as needed.
 Simon Hunter WCOC Lead Coach

5.5

Equipment Officer; Dave Fenwick
 Equipment Report 2021.

The Store at Rogers is working well and equipment is returned and left tidy. The caravan is kept at Liz's and is still in one piece. The fibre glass poles and small kites are being used for the evening events so we can probably dispose of the Aluminium ones if someone has a use for them. Most people get the equipment back for Sat which helps in winter as we can dry out the Si Boxes. It is worth remembering some of the dibbers and the Si boxes are probably 15years old and have been constantly in use so do need looking after. We are missing 2 small kites and 3 dibbers over the last few weeks if planners could look in there cars.

5.6

Social Secretary; Lesley Wornham
Social Secretary report 2021

Sadly, due to Covid 19 and lockdowns there have been no formal social events throughout the year.

However, with the opening up of orienteering and events throughout the country there have been several opportunities for members to meet informally in a socially distanced way.

The Juniors have held two recent cake stalls at local events which have been well received.

Nearly 50 members of WCOC attended the Scottish 6 day orienteering and a large contingent camped at the Glen Nevis campsite. Social events included a cinema trip, bowling and an ascent of Ben Nevis. We even managed a social gathering at the Lochaber Golf Course event.





Other members preferred to stay in midge-free hostels or self catering cottages. Other activities included a boat trip out to the Isle of Eigg and ascent of the Sgurr of Eigg. The format of 3 days orienteering and the other days enjoying the scenery proved popular.

Recently a large team of WCOC travelled by coach down to the Compass Sport Cup Final. Club tents were pitched near the final run in and this allowed socialising and team encouragement. We also achieved an impressive 3rd place for the Club cup.



Hopefully 2022 will allow more formal events!



Recently a large team of WCOG travelled by coach down to the Compass Sport Cup Final. Club tents were pitched near the



5.7

Publicity Officer

The 'not' Press Officer's report for WCOG AGM – Jane Hunter

There's not a great deal to say.

As you know, I have been able to produce a newsletter almost every week, which I think is helpful to keep Club members in touch with what's going on in the Club, to ask for help with things and to highlight upcoming events and entry dates etc.

I have also been regularly sharing posts on the WCOG members' page which seems popular.

As you can imagine, it was not possible to keep up with weekly newspaper reports during the lockdown as there was nothing to report. The local newspapers also seem to have drastically reduced the number of sports pages in the publications.

Having sent a few things which do not seem to have made it into the paper, I have stopped sending the weekly reports. The extra time commitment is an issue, especially when things don't get published. Although the newsletter and the newspaper report use common information, it is not possible to just copy and paste the exact information from the newsletter so writing the report does take extra time.

I will continue to send occasional reports, e.g. I did send one about the British Champs last week, but I don't know if it went in.

You may have noticed that I have asked if anyone else would be willing to take on this task but to date no-one has volunteered.

I am happy to continue with the newsletter and FB.

Thanks, Jane

10 10 2021.

5.8	<p>Junior Report: Herbie Ashworth</p> <p>Junior Report 2020-2021 As covid-19 restrictions were removed there has been lots more on offer for juniors this year, JROS camps are operating in a limited capacity with Juniors attending Deeside, and Göteborg (actually in Scotland) plus the upcoming Lagganlia camp which has been moved to Badaguish. Also, the Hawkshead weekend for M/W 16s is taking place. I would like to take the opportunity to thank the club on behalf of those who attended for their support.</p> <p>North West training weekends resumed and juniors were able to enjoy their first training weekends with the squad as some WCOC members were invited to join this year. Furthermore, the Junior inter-regional championship went ahead with the North West finishing 4th and some strong individual performances from WCOC juniors.</p> <p>While the racing calendar was not complete this year there has still been opportunities for juniors who have been selected for The European Youth Orienteering Championship although sadly the British team was pulled from the competition. Also, juniors were selected for the Junior Home internationals. On top of that some strong individual performances at British Championships.</p> <p>Thanks also go to the coaches who put on the Tuesday night training as it seems to be very popular and beneficial for younger members.</p>
5.9	<p>School League Organiser: Lynne Thomas</p> <p>There hasn't been any schools' activity during the last 12 months so there is no report to submit.</p>
5.10	<p>Welfare Officer</p> <p>Nothing to report in 2020-1.</p>
1 5.1	<p>Team Captain Senior</p> <p>Team Captains Report – Helen Rennie</p> <p>We had the first opportunity to take part in a relay at the British Mixed Sprint Relays at Skelmersdale on Saturday 21st August, the day before the British Sprint Championships.</p> <p>2 ad-hoc teams were entered.</p> <p>Alex and Stuart Crawford ran in the Yan team with Joe Sunley.</p> <p>The Tyan team contained Helen, Jamie and Charlie Rennie.</p> <p>It had to be explained to me as a non-Cumbrian what the team names meant.</p> <p>The two M18s of Joe and Charlie set off on the mass start 1st leg, with Joe just ahead of Charlie after the first leg. It was a close run race, quite a few competitors mispunches but WCOC ended up with the Rennies getting 1st place and the Crawfords/Sunley team coming in 3rd.</p> <p>It was a fun day out and we all enjoyed watching the junior teams in their races.</p> <p>The next opportunity for a team event is the Compass Sport Cup final on 17th October, hosted by South Yorkshire Orienteers.</p>
5.12	<p>Team Captain Junior: Janette McHendrey</p> <p>Junior team report - 2021</p>

	<p>2021 has seen a slow but welcome return to junior team competitions.</p> <p>First off in May was the Yvette Baker Trophy heat where a small team of 9 juniors travelled to Brun Valley Forest Park in Burnley. In a field of one we came first!</p> <p>On then to the final and the long trip to Tetbury, Gloucestershire in July, running at the Westonbirt Arboretum. Superb runs from all the juniors meant we took 3rd place. Special mention goes to Sola Holmes on what was only her 5th unaccompanied run.</p> <p>The other junior team competition of the year was the British Sprint Relay Championships in Skelmersdale in August. WCOC entered 3 teams in the M/W 16 class and were rewarded with 5th, 8th and 14th places. Two juniors ran in the mixed ad hoc class where the teams came 1st and 3rd.</p> <p>18 juniors ran in the recent Compass Sport Cup final in Tankersley, Yorkshire with 2nd place for Joe S and 3rd places for Daisy and Isaac. Overall the club came 3rd.</p> <p>Retiring juniors this year - Carys, Charlie, Jonty, Joe H, Joe S.</p> <p>Well done to all the juniors for the hard work they've put in this year, and a big thank you to all the parents who helped with transport and organisation.</p>
5.13	<p>NWOA: Jon Eaton</p> <p>Jon has attended both of the virtual NWOA meetings, they had been better attended on line than face to face ones. There was nothing significant to report.</p> <p>A focus of discussion had been the large events : Lakes 5 days next year and the JK23.</p> <p>The next meeting is on 6/11/21 at Caton VH – Jon has given his apologies and the Club response already as he prefers the online meetings.</p>
6	<p>Proposals</p> <p>There were no extra proposals. The meeting closed at 8.56</p>