

WCOC AGM
7.30 pm Thursday 22rd October 2015
 Kirkstile Inn, Loweswater

	PRESENT John Taylor, Mike Harrison, Lesley Wornham, Roger Jackson, Jon Eaton, Ian Lowles, David Spencer, Graham Watson, Bob Barnby, Lynne Thomas, Marguerite Pennell, Catherine Wetherfield, Alan Irving	Action
1	APOLOGIES Vanessa Brierley, Debbie Watson, Margaret Mackenzie, Steve Breeze, Angela Jackson, Anne Burbidge, Tony Duncan, Liz Elliott, Steve Birkinshaw, John Slater, Ian Teasdale, Daniel Spencer, Deborah Goodwin	
2	MINUTES OF THE AGM 23rd Oct 2013. These were accepted as a true and accurate record. Proposed Bob Barnby, Seconded Ian Lowles	
3	OFFICERS' REPORTS	
3.1	<p>Chair John Taylor presented this summary of the successes of WCOC over the year. I would like to thank the committee for their continued commitment and putting up with me as chair for another year. The last three years have gone quickly, and this last year in particular. Could be an age thing! I just want to say that this club is a great club and I continue to make new friends through the sport.</p> <p>We have had another successful year of orienteering; our participation has increased, particularly during the revamped Spring series of events which Mike put together this year, and also our membership has increased. Mike and Jon respectively will give more detail during their reports. Additionally the club's finances are healthy and this enables us to support juniors, our coaching programme but also to update and replace equipment and this year to support some re-mapping of Whinlatter. More on this later.</p> <p>As usual the club continues to put on one of the most ambitious programme of events in the region and maybe the country. All this is delivered by volunteers from the club, new and old alike; it is particularly good to note that some newer members are involved in the organising and planning of events. It is worth mentioning that Mike and Roger continue to give great support to the club volunteers, in order to deliver the Thursday events, our Galoppens and also the occasional larger event.</p> <p>Particular thanks are due to the Red, White and Blue team managers, Chris, Ange and Bob. I would also like to thank Helen Winskill in particular for taking on the planning of the Compass Sport Cup event in March and to Chris and Anne for organising.</p> <p>The use of the areas of landowner's demands are a real challenge and this has led to some difficulties this year, I am sure Mike will expand a little on this.</p> <p>It is also worth mentioning that a few of our members act as Controllers for other club's events, however, getting volunteers from other clubs for our events is not always easy however. Controversial?</p> <p>On a real positive note, the coaching programme continues to go from strength to strength and this is supported by many members and also the schools programme. But I would like to put on record my thanks and WCOC's thanks to Lynne and the team of coaches and in the schools programme, Natalie and Roger and the army of helpers. It is also worth putting on record the great job the NWJS do for our juniors.</p>	

	<p>Not renewed: 12</p> <p>Membership increase 35</p> <p>WCOC as nominated Open Club: 2 (Charlotte, Matthew)</p> <p>Grand Total <u>199</u></p>	
3.4	<p>Fixtures Secretary</p> <p>Mike Harrison presented the Fixtures Secretary report.</p> <p>WCOC have had a very successful year of events with participation up from 2100 to 2400 people. All the series showed a small increase with the new style Spring series being more popular than the previous Fell series. The most popular events of the year were the Autumn Park Series, reflecting an enjoyment of shorter sprint style races particularly by Juniors. These events had taken a mixture of formats, ranging from urban, wooded, mass start and longer fell style courses.</p> <p>WCOC retained the Borrowdale Trophy for Galoppens in 2014. In 2014 WCOC had hosted the Compass Sport Qualifier in High Rigg, which had been planned by Helen Winskill and organised by Chris Emerson and Anne Burbidge.</p> <p>We continued to hold a series of Sunday morning events and in 2014 these had also been aimed at experienced orienteers with events at Harris Park, Woodhall, Crag Hill and Mawbray.</p> <p>Mike thanked all the club members who had helped to plan, map, organise, and help at our very ambitious programme of events.</p> <p>After questions, Mike confirmed that the Night Hawk courses aimed at adult novices in the night series would continue next year, and that they had been successful in encouraging new members.</p>	Comm ittee
3.5	<p>Access Officer</p> <p>Mike Harrison gave a report on behalf of the club Access Officers.</p> <p>He thanked all the access officers who work hard throughout the year to ensure permissions are given for events. We have experienced difficulties with the Forestry Commission over the year as they have internal procedures which necessitates us planning courses much further ahead. Also the Commission have withdrawn permission for an event with very short notice. He expressed a massive thanks to Bob Barnby who has been the Forestry Commission Liaison Officer for 20 years, but is now stepping down. John Taylor also expressed thanks on behalf of the Committee to Bob for his tiresome work over this period. Steve Breeze will be taking over the Forestry Commission liaison. Mike also reported that there was continuing to be more bureaucracy with forms and fees to landowners. The National Trust were introducing a new online application system with an application fee, which would need monitoring.</p>	
3.6	<p>Mapping officer</p> <p>Roger Jackson gave an update on mapping throughout 2014/2015.</p> <p>He reported that Dick Warner had moved to Cornwall. The Whinlatter area maps needed updating. We had received a grant from NWOA and Pete Nelson was doing a phased mapping programme over the next few years. The main section with Lords Seat, Seat How</p>	

	<p>and the Visitors Centre had now been finished. WCOG would also be contributing to the costs. He reported that the Forestry Commission had invested in an updating of the Permanent course, with juniors helping with the production. It was noted that WCOG has access to LIDAR giving contour details. Pete Nelson has prepared several base maps through OCAD based on LIDAR. He has updated Scale Hill, Rannerdale, Latrig and Greta Gorge. It was noted that Catherine and Ian were extending the Powter Howe map to include the shores of Bassenthwaite. Pete Nelson had entered an international competition with OCAD of an area in Switzerland and came 4th. After question and discussion it was agreed that the committee would look at using Bilbo to update some Galoppen maps and use in-house training to update some smaller areas.</p>	Comm ittee
3.7	<p>Lead Coach Lynne Thomas presented a report to the meeting. Since the last AGM, WCOG coaching team has:</p> <ul style="list-style-type: none"> • Completed Orient8 sessions in Cockermonth School, designed for kids going to British Schools Orienteering • Santas and Superheroes session was just before Christmas with an Eat it or Wear it score event. Lots of dressing up and some squirty cream, enjoyed particularly by our retiring chair, • In March, we had four sessions in Brigham school for the juniors to lead them towards schools orienteering in the summer term. This was finished with a final session Harris Park Live! • Standard sessions at Woodhall Park, Hawse End, Low and High Hows and West Lakes Science Park for sprint training. • North West Junior Squad joined us at Low and High Hows for the afternoon session, which some of our aspiring juniors joined; • In June, we invited Hilary Palmer to join us for the This Girl Can an all female session on High Rigg which was enjoyed by 28 WCOG girls. All of whom definitely can. • Great Tower Wood, overnight at the Scout Camp and shared an afternoon relay event with NWJS. <p>Less sessions than last year but we have tried different types of session this year. And we have been focussing on consistent coaching messages so Plan Direction Picture is what we talk about and when they reach NWJS/Talent Squad it is still this basic navigation process that is used.</p> <p>Last year, I suggested that the coaching sessions are generally aimed at getting more juniors moving through from schools to club orienteering and on the back of this sometimes families join too. I can think of several families who are now regularly out on Thursday evening because the kids have needed driving to events. I can also think of one mother who has resisted for years but is now an enthusiastic, if sometimes, nervous participant.</p> <p>Skills No coaching courses, but I travelled to coaching conference in January where Kris Jones, one of British Squad talked us through his sprint training and we trialled a brilliant event round the school where the conference was being held which I have still to find a slot for in the WCOG calendar.</p> <p>Deborah Goodwin and I renewed our First Aid Certificates.</p> <p>Equipment This year's exciting new piece of kit which has been well used already was the "pop-up" tent. Several adults are competent to "pop-it" down now. We also invested in a mini feather for WCOG.</p> <p>2016</p> <ul style="list-style-type: none"> • UKCCL2, 4 members agreed to undertake very soon, trying to book venue. • First Aid renewals for those that did course in 2013. • More specific group training ie adult novices, absolute beginners, maybe Boys Can Too! 	

	<p>Thanks for the coaching team who as always stepped in and did whatever was needed at coaching sessions, thanks to the unofficial coaches/parents too who also assisted in many ways.</p> <p>Last year I ended with Jeff's comment about Myrtle "great route choice and skipping". Two highlights for me this year: Six of our juniors move easily into NWJS in May and; in June enjoying This Girl Can. The picture of the front of the current newsletter is Myrtle wearing her borrowed fantastic WCOG "dress" and standing by a boulder on High Rigg. The picture was of her at This Girl Can session where she took Hilary Palmer round in the bracken which was much taller than she was.</p>	
3.8	<p>Equipment Officer</p> <p>It was reported that we had invested in new sport ident equipment. We had also purchased a new tent and 20 new road signs.</p>	
3.9	<p>Newsletter Editor</p> <p>Graham Watson presented the report. He thanked all the contributors without whom the newsletter would be very one dimensional and repetitive from issue to issue. He had enjoyed putting it together for three years but was now ready to hand it on and very happy that Rob Stein had offered to take over.</p> <p>The Chair expressed thanks to Graham for the very high quality of the newsletters.</p>	
3.10	<p>Social Secretary</p> <p>Catherine Wetherfield reported on a very active social year for 2014,</p> <p>In addition to the weekly club orienteering events, the West Cumberland enjoyed a number of fun social events which were enjoyed by many.</p> <p><u>Spook-O October 30th 2015</u></p> <p>Not so much a social event, but a great fun evening to raise awareness of the club and to entertain the adults and children. 81 adults, 97 children attended. Balmy evening. Thanks to great input from a number of members of the club for making the evening a success. Most visitors were from West Cumbria, but also as far away as Southampton, Lancaster, Chester, Wigan, Walsall and Leeds! Made over £100 profit.</p> <p><u>WCOG Club New Year Social, January 2015</u></p> <p>The WCOG annual club social evening/ceilidh took place this year on Saturday, January 10th 2015. Held at Braithwaite Institute Hall. 37 adults and 20 children came to the Social. This may have been slightly down on previous years. Village Green once again provided the ceilidh, and all guests provided the delicious food. Ceilidh band quite expensive, and this format seemed slightly tired, so may try something different for next year's New Year Social. Thanks to Ian Teasdale provided a fiendish quiz and map sudoku.</p> <p>The Club Social, combined with a very successful Club Chase the next morning made for a great club w/e.</p> <p><u>WCOG Club Summer Social 2015</u></p> <p>Due to denied permission for Powter How in June (due to ground-nesting birds) and the upcoming pilgrimage for many members of the club to Scotland in July, this didn't take place this year.</p> <p>Scottish 6 Day with new pop-up tent turned out to be nicely social.</p> <p><u>WCOG Great Towers Family Training weekend 2015</u></p> <p>Not organised by the social secretary, but organised by Lynne as a Family Training weekend, a number of families stayed together at Great Towers. Much fun and social contact had by all. Great communal food as well as a fun quiz provided by Catherine and Ian, and an</p>	

	<p>orienteering version of Twister created by Lynne.</p> <p><u>WCOC Club Autumn Social 2015 – Pie and Pea Supper, 15th October 2015</u></p> <p>The final social event of the year was been last week’s successful Pea and Pie supper, held once again at King Kong Climbing Centre in Keswick. Angela Brand-Barker kindly gave an entertaining presentation on her experience as a physio volunteer at the 2014 Commonwealth Games in Glasgow, and the David and Vanessa came up with a great picture quiz. We ate 73 pies, and King Kong were very pleased with the extra business they received selling drinks.</p> <p>Sincere thanks go to all those members of the club who have helped and contributed to the running of these social events. They wouldn’t happen without you!</p>	
3.11	<p>Junior Report</p> <p>Daniel Spencer gave the following Junior Report.</p> <p>This last year has been a good one for the West Cumberland juniors with successes at the Midland champs, JK, Northern champs, British Champs, Saunders mountain marathon and many more. As well as results we have had a great year in terms of coaching. Orient8 sessions have been offered at Brigham School for younger juniors with older juniors being coached by Lynne who’s put a great deal of effort into organising a brilliant set of training opportunities throughout the year. In July there was also a “This Girl Can” coaching session which was popular with the WCOC ladies.</p> <p>West Cumberland coaching has also helped lots of juniors to get onto the next level in their orienteering pathway by being selected for the North West Junior Squad. The juniors selected are Caitlin Irving, Carys Thomas, Jess Breeze Henry Teasdale, Louis Morris and Joe Sunley. Seven juniors also represented the North West at the JIRCS where we came second. Myself (Daniel Spencer), Niamh Hunter and Alastair Thomas were also lucky enough to represent England at the World Schools Orienteering Champs held in Turkey this April. Unfortunately West Cumberland didn’t qualify for the next round of the Yvette Baker trophy due to illness and injury however we look forward to the challenge of the competition next year.</p> <p>Hopefully this year we can repeat our successes and build on our results from the last.</p>	
3.12	<p>Schools League Organiser</p> <p>Roger reported on an excellent series with 4 primary and 4 secondary events well supported with up to 170 in the primary events and 50 in the secondary events. . The Cumbria Schools Orienteering final had been hosted by LOC at Haverigg For the Cumbria District games held in Carlisle the orienteering section had been won by Carlisle. Thanks were expressed to Natalie and Roger for organising the league.</p>	
3.13	<p>Child Welfare Officer</p> <p>Steve Breeze gave the following report.</p> <p>No issues regarding welfare or safeguarding have come to my attention this year</p> <ul style="list-style-type: none"> • I have successfully completed a safeguarding and protecting children sports coach training • The renewal of the club mark is ready to be submitted 	
3.14	<p>Team Captain Junior</p> <p>Vanessa Brierley reported on another very successful year-several medals and lots of fun!</p>	

	<p><u>Compass Sport Cup Heat - 15 March 2015 – 18 runners</u> The Juniors enjoyed running their courses and for some it was their first time at a Competition which adds to the excitement! We didn't get through to the Final but here's to next year....</p> <p><u>Yvette Baker Heat -29 March 2015 – 17 runners</u> Unfortunately we just missed out on going through to the Final. The heat was at the start of the Easter holidays and a few of the older Juniors were away, I happened to speak to a Coach from another Club who said they had purposefully decided to go to a different heat which wasn't at Easter to avoid this problem- food for thought.</p> <p><u>J.K. Relays- 6 April 2015 – 5 Relay Teams</u> Intermediate Men – Daniel Spencer, Ben Breeze, Alastair Thomas -Gold Medal! Mini-Relay – Henry Teasdale, Joe Sunley, Caitlin Irving – Silver Medal! All the Juniors had a great time and thoroughly enjoyed cheering their teams and the others on, a great event!</p> <p><u>British Champs Relay – 19 April 2015 – 2 Mini Relay Teams</u> Only 8 Juniors went down to the Champs, some away with British Schools in Turkey and for many too far for a weekend . M/W12 Henry Teasdale, Joe Sunley, Caitlin Irving - Bronze medal</p> <p><u>Peter Palmer Relay – September 2015</u> We took the decision not to go to Brighton for the weekend for the Relays. We did ask the parents if anybody wanted to take the Juniors but we were all in agreement that it was just too far. A shame as they all really enjoy the atmosphere but just not feasible. See below for the alternative.</p> <p><u>Great Towers Weekend – 12 & 13 September 2015</u> Lynne Thomas (Junior Coach) organised a weekend away at Great Towers, Windermere to replace the Peter Palmer weekend. This entailed Coaching in the morning (Adults and Juniors), a Relay with the NWJS in the afternoon and a quiz (courtesy of the Teasdales) in the evening. This was extremely successful and a lot closer so a big thank you to Lynne for all her hard work! Let's hope the Peter Palmers are a bit closer next year.</p>	
<p>3,14</p>	<p>Team Captain</p> <p>The first team event of the year was the Compass sport cup at High Rigg in which we were the hosts, on the day we had 58 runners across all classes giving us a good balance on most courses. There were some well-planned courses and some excellent results and as the day unfolded it was a head to head between ourselves and LOC and it all went down to the last few runners but unfortunately we lost by 1point. I am certain with a couple of alternative selections we could have won let's make up for it next year.</p> <p>For the JK in the south lakes we managed to field 11 teams in various classes. Once again an exciting day with several of our teams in contention for medals. The best performance coming from the ladies W120 team with an excellent silver medal.</p> <p>It was a longer journey for the British championships in the forest of Dean but we still managed to field 5 teams. The best performance coming on the mens short in 9th place</p> <p>For 2016 it would be good to try and enter a team in the Harvester it has been a while since we entered and if anyone would like to try a foreign relay I could look into the costs.</p> <p>Relay entries for the cheaper rates are all generally months before the event so the sooner I get to know you would like a run the easier it is.</p>	
<p>3.15</p>	<p>Publicity Officer</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>A review of the advertising activities shows that we are active on a weekly basis with the newsletter, press articles and on a variety of web sites; quarterly with fixtures listings; triennially with the magazine whilst the Club's website, Facebook page and Twitter feeds are continuously updated.</p> <p>Flyers are also a means of spreading the word. These have been produced and distributed at the beginning of a new series of events such as the night or the park competitions. We've also produced generic Club flyers which have been distributed at national events encouraging orienteers to join one of our events when they're next in the Lake District.</p> <p>This year we did pursue the idea of using the Keswick Mountain Festival as a vehicle for advertising both the sport and the Club but unfortunately that was unsuccessful.</p> <p>It is difficult to gauge the effectiveness that these publicity materials have in encouraging new people into the Club. Only 50% of advertising actually works – trouble is nobody knows which half. However, I know that people, from outside the area, have joined in on Thursday night events after having viewed one of adverts on a web site. Nevertheless the strongest advertising remains word of mouth and so we would encourage all members to support the current campaign, running in the weekly newsletter, to "Bring a Friend" – I brought my wife and we're still friends.</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 and flyer production, Graham 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>	
3.16	<p>NWOA</p> <p>It was noted that WCOA had not been present at the last two CDC meetings and that we were not represented on the Executive Committee. The Minutes could be available for anyone who wished to read them.</p>	
4	<p>ELECTION OF OFFICERS.</p> <p>Most of the Committee were willing to stand again and duly elected. A new Chair was elected.</p>	Comm ittee

Position	Name	Proposer	Secunder
Chair	Graham Watson	Lesley Wornham	Debbie Watson
Vice Chair	Mike Harrison	John Slater	John Taylor
Secretary	Lesley Wornham	Deborah Goodwin	Anne Burbidge
Treasurer	Roger Jackson	Jeff Goodwin	Margaret Mackenzie
Junior Rep	Daniel Spencer	John Taylor	Lynne Thomas
Membership secretary	Jon Eaton	Anne Burbidge	Bob Barnby
Publicity Officer	Ian Lowles	Bob Barnby	Lynne Thomas
Welfare Officer	Steve Breeze	Mike Harrison	John Taylor
Social Secretary	Catherine Wetherfield	Lesley Wornham	Roger Jackson
Committee 1	David Spencer	Ian Lowles	Lynne Thomas
Committee 2	Steve Birkinshaw	John Taylor	Mike Harrison
Committee 3	Alan Irving	Lynne Thomas	David Spencer
Committee 4	Graham Watson	Jeff Goodwin	Debbie Watson

5	<p>ANY OTHER BUSINESS</p> <p>50th Anniversary celebrations for 2017. Lynne Thomas suggested that possible celebratory events could include a weekend of Level C events, and a foreign trip to the O Ringen or Jokola.</p> <p>Vote of thanks. A vote of thanks was given to John Taylor for his huge commitment and endless energy during his 3 years as Chair.</p>	
---	--	--

There being no further business the meeting finished at 9.55 pm