

WCOC AGM
7.00 pm Thursday 19th October 2017
 Wild Zucchini's bistro (Station Street, Cockermouth)

	PRESENT	Action
	Graham Watson, Roger Jackson, Lesley Wornham, Steve Breeze, David Spencer, Catherine Wetherfield, Liz Elliott, Lynne Thomas, Debbie Watson, Marguerite Pennell, Mike Billingham, Steve Holmes, Ian Teasdale, Deborah Goodwin, Daniel Spencer, Tony Duncan, Jeff Goodwin,	
1	APOLOGIES Mike Harrison, John Taylor, Jon Eaton, Simon Hunter, Jane Hunter, Vanessa Brierley, Margaret Mackenzie.	
2	MINUTES OF THE AGM (20th October 2016). These were accepted as a true and accurate record. Proposed Liz Elliott, Seconded Roger Jackson	
3	OFFICERS' REPORTS	
3.1	<p>Chair Graham Watson submitted this summary of WCOC successes throughout the year.</p> <p>Firstly apologies if I miss anything - please speak up if you think I have. It's difficult to keep abreast of what's happening through the year - some people will have heard all of what I'm going to say but many won't.</p> <p>As last year the various reports are available to read on the website and you can find more detail of all the things I'll talk about there - please do so. Thank you to all the authors. It's great to say each year that our club is successful. If you take an interest in British Orienteering's strategy you'll know it is summed up as MP3 - more people, more places and more podiums. Our club meets that quite nicely.</p> <p>More people - Jon Eaton's report tells us membership is up, bucking the national trend, allowing us to have more runners and in the future more helpers. Mike Harrison reports a significant increase in runs across all our local series (Winter, Spring Park, Summer and Autumn Park), Galoppens and club chases. We have had some problems - one or two events cancelled due to lack of planner-organisers - but Mike and his team addressed this in the summer and we now have active recruitment of planners and mentors which has allowed us to get back on track. We will always need new people to get involved so please encourage others to do so. Thanks to all who have planned and organised this year (particularly Alan, Bob and Bob at the British Relays) and of course to all those behind the scenes dealing with access, mapping and kit.</p> <p>While we're on Access please note we urgently need someone to be a National Trust Liaison officer, as well as to replace Steve Sullivan who had done many years sorting access at Ennerdale and Kinniside. If you know anyone who can do these please let the Committee know.</p> <p>More people - more coaches, led by Lynne - we have a growing band both in numbers and skills, with new level 2 coaches. They not only coach at club training but also North West Junior Squad and the Junior Regional Orienteering Squads events. We are very proud that they send 18 TD5 technically competent junior orienteers to NWJS, as well as supporting Roger's School Festival O events with follow up coaching - as Lynne says, many many juniors and parents, and many many smiles. So many many thanks to Lynne and her team. And a shout out for the juniors who inspire younger juniors (and us), give back in planning and helping at events, and act as great ambassadors for the club. Lynne is very keen that we continue to develop and meet people's needs and will continue the coaching conversation after this AGM and throughout the year.</p> <p>Orienteering can be seen as a turn up, run and go home activity but our social activities have brought people together both through our regular meets like the Pie and Pea, but also by creating events with more social opportunity - the Club Chases at Hawse End and Loweswater village hall, the Keswick Biathlon at the Football club in Fitz park, as well as</p>	

	<p>Triple O and Run and Ride.</p> <p>More people are aware of what orienteering is and what's going on through the efforts of Roger Jackson's weekly news and Jane Hunter with her press reports, along with the rise of our social media presence.</p> <p>More Places - we have many dedicated people on a mission. The mappers continue to link up areas, update maps and find new areas which in turn takes us to new places, and gets more schools orienteering. Our members continue to travel far and wide for great orienteering experiences both at international festival events and coaching tours and representing England and Great Britain which leads me on to</p> <p>More Podiums. For British Orienteering this means success of our elite athletes at World Cup and Championship events. At WCOC we have people aiming at that level (and reaching it - Charlotte on the international podium in the GB relay team, 5th at the Latvia World Cup event in August). However, I think it also means orienteers at all levels improving and succeeding with their own goals, both individually and as part of a club team. This is everything from stepping up from one colour course to the next and completing the course. It is winning the Borrowdale Trophy where everyone counts (we're ahead with two events to go - let's get it back!). It is improving your placing in our local series, national ranking or beating those personal rivals we all have (don't we?). And then it is a whole series of higher successes - it's really difficult to catch them all or to put one above another but they include:</p> <p>Wins at the Peter Palmer Junior Relays (second consecutive time - we had 3 teams and 23 juniors running), British School Championships (again second consecutive time for Cockermouth School), British Night, Relay, Long, Middle and Sprint Championships (I think we have 5 British Champions and 2 British Relay champion teams), as well as wins at the JK. And many more top 3s and top 10s.</p> <p>And of course club members have represented England and Great Britain at the World Schools (9 club members in the team!), Junior Inter-regionals, Home Internationals, Interland, Junior European Cup, European Youth championships and the World Championships.</p> <p>This of course is the Club's 50th Anniversary year, in which we have put on extra events, along with trimmings such as a 50th Banner, O-top, trophy and a few more. We're looking forward to a celebration dinner on 25th November and seeing Mike Pearson's photos from the year. Many thanks to all those who have worked hard to bring this 50th programme in particular the working group of Lesley Wornham, Lynne Thomas, Iain Teasdale and John Taylor.</p> <p>We are a very successful club - thank you to you all who have made it so!</p>	
3.2	<p>Treasurer</p> <p>Roger Jackson presented the accounts (comparing 2016 and 2017) 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 - £980 in 2016 and £1210 in 2017. This demonstrated that we were an active club with expenses reflecting this, including £4,500 spent on new maps. He expressed concern that the margin between income and expenditure was decreasing as costs increased, so the surplus income generated from both evening events and Galoppens was decreasing, which would need to be kept under review with possibility an increase of entry fees. The highest component of the expenditure of £4602 against evening events was the levy to BOF which amounted to £3457. The Forestry Commission payment had been £700 and NWOA levy £345.00.</p> <p>Questions were raised about the income from permanent courses of £822. It was suggested that we should consider developing more permanent courses with suitable venues distributing maps. This was given as an action for the Committee to investigate further and</p>	Comm ittee

	consult with MDOC who had online administration of permanent courses. The accounts were proposed by Mike Billingham and seconded by Tony Duncan.	
4	Election of Committee	

Position	Name	Proposer	Seconded
Chair	Graham Watson	Simon Hunter	Jane Hunter
Vice Chair	Mike Harrison	John Taylor	John Slater
Secretary	Lesley Wornham	Liz Elliott	Debbie Watson
Treasurer	Roger Jackson	Malcolm Ruckledge	Dave Fenwick
Junior Rep	Niamh Hunter	Steve Breeze	Lesley Wornham
Membership secretary	Jon Eaton	Paul Tickner	Anne Burbidge
Publicity Officer			
Welfare Officer	Steve Breeze	Deborah Goodwin	Lynne Thomas
Social Secretary	Catherine Wetherfield	Ian Teasdale	Deborah Goodwin
Committee 1	David Spencer	John Taylor	Simon Hunter
Committee 2	Steve Birkinshaw		
Committee 3	Alan Irving		
Committee 4	Mike Billingham		

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 submitted the following report.</p> <p>WCOC membership continues strong in 2017 with a small increase in membership from 2016, bucking the national trend.</p> <p>We recorded 200 members by the end of 2016, excluding renewals for 2017 by people who were a member of another open or closed club for 2016.</p> <p>Currently, WCOC membership for 2017 stands at 203 members. This can be broken down as follows:</p> <p style="text-align: center;">Renewal from 2016: 150 Lapsed member renewals: 6 New members: 47</p> <p>This is an extremely strong performance by WCOC, and a testament to the hard work being put in by the membership to recruit new members. From the figures, it can be seen that we have quite a high turnover in membership, currently running at around 25%, most of which are people who joined first in 2016.</p>	
5.2	<p>Fixtures Secretary</p> <p>Mike Harrison submitted the following report.</p> <p>Since the last AGM we've had a very successful year of events in the club's 50th year, covering our four main winter, spring, summer and autumn series (see average attendance figures below), Galoppens and Club Chases.</p>	

Summer 2010	82
Summer 2011	65
Summer 2012	64
Summer 2013	61
Summer 2014	59
Summer 2015	61
Summer 2016	59
Summer 2017	70
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
Autumn Park Races 2010	68
Autumn Park Races 2011	62
Autumn Park Races 2012	54
Autumn Park Races 2013	55
Autumn Park Races 2014	55
Autumn Park Races 2015	63
Autumn Park Races 2016	61
Autumn Park Paces 2017	74
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

Numbers have been very good this year showing significant increases across all four series compared to last. The Summer Series was a great success. Total attendance over 18 events was 1260, an average of 70 per event, with numbers ranging from 38 (Miterdale) to 93 (Coledale). It was noted that some of the older maps would benefit from an update.

The 2016-17 Night series attracted ~801 runners with an average of ~47. Great to see many more members enjoying the challenge of orienteering in the dark, and a great new venue for the finale and prize giving at Maryport Golf Course.

The 2018 Spring Series was once again a mixture of formats, starting with 4 short sprint events, and then two 'retro' and two 'modern' events as part of the 50th Anniversary celebrations. The former gave the current membership a taste of the black and white maps and pin punches from the olden days and were an entertaining change from dibbers and downloads. Unfortunately, due to the lack of a planner we were only able to hold one of the 'Modern' events at Buttermere, with 83 runners turning up to this popular event. Although the 'Retros' were a special for 2017, it is still planned to do a mixture of events next spring, so again keep an eye on the website (and the request for planners!). In total, 406 people came to the Spring series, an average of 58 per event.

Finally, the Autumn series that has just come to a close with the traditional event in Keswick

followed by the pie and pea supper at Kong has again proved very popular, especially with the local Brownies and Beavers! Numbers were again up on last year with a total of ~440 participants, and average of ~74.

We again put on several Sunday winter morning events at Keltonfell, Camerton, Slate Fell and Whinlatter Visitors Centre, which attracted an average of 42 runners (168 total), with the latter two being by far the most popular. In an effort to rationalise the number of level D events that the clubs holds, it has been decided to reduce the number of Sunday morning winter events for 2017-18 down to two at venues close to Cockermouth after Christmas, i.e. Slate Fell (14/01/18) and Setmurthy (18/02/18).

Hence, the total attendance over the last year over the four main club series (plus Sunday winter morning events) was ~3050 compared to ~2300 last year), demonstrating how much the weekly Thursday evening events are a mainstay of the club and part of its identity.

As a result of recent difficulties finding planners for our weekly Thursday evening events, especially with the extra demands on volunteers in the 50th Anniversary year, the Committee considered the following three causes and agreed courses of action:

1. A steady increase in the number of Level D events over the past ~5 years (spring series, Sunday mornings, etc.): **Reduce the number of Level D events by 4 or 5 in the short term until 2) below is addressed (Sunday morning, events near Xmas, events near/in JK, S6D, L5D, etc.)**
2. A slow decrease in the pool of regular planners for Level D events: **A more pro-active approach to finding new planners will be taken and the club will have all the mechanisms in place to allow new planners to take on a Thursday evening event (including shadowing, mentoring, guidance, training, etc.)**
3. An increase in the 'formal' requirements (risk assessment, NT/FC permissions, mandatory BOF Event Safety Workshop) for our 'informal' events: **Some of this is unavoidable, but where possible generic RA, NT- and FC-applications would be made available to planners. Event Safety Workshops will be organised as required.**

In the Galoppen series, WCOC narrowly lost the Borrowdale Trophy in 2016 to LOC, but are currently ahead in 2017 with two events remaining (Grizedale North, 29/10/17 and Bleaberry Fell, 26/11/17). Numbers have been up since the last AGM with 208 at High Brow, 211 at Hawse End, 176 at Blea Tarn, 203 at Dalegarth (in the 50th 'Double Header' Eskdale weekend), 166 at Threlkeld, and 208 at Cockup (an average of 195 compared to 161 over the previous 4 events). Whether this is an increasing trend, or whether we've benefitted from better weather and scheduling of events isn't clear.

However, although Galoppen numbers have improved for WCOC, it has been increasingly difficult for the Cumbrian clubs to support the number of events it used to. In 2017 there are 9 events in the series (BL = 1, LOC = 3 and WCOC = 5). BL do not have sufficient members for >1 event per year, and LOC tend to focus on their Spring/Autumn level B weekends. Hence, for 2018, the series only has 8 events planned (WCOC = 4, LOC = 3, BL = 1).¹ Hence there are some question marks over the long-term sustainability of the Cumbrian Galoppen Series. The WCOC events for 2018 are: High Rigg (29/04/18), Wythop Valley (03/06/18), Whinlatter (16/09/18) and Leaps Beck (25/11/18).

A successful Club Chase, held at Hawse End back in January, was won by Matt Vokes. In addition, as part of the club's 50th Anniversary Celebrations, a Summer Club Chase was held at Scale Hill in July with Joe Sunley first back. The Parish Relays and a Bike-O event were also held on the same 50th Anniversary weekend. The 2018 Club Chase is scheduled on 7th January at Rannerdale - details will appear on the website soon (and a planner is needed!).

Finally, I'd just like to thank all the people in the club who have helped at our events in the past 12 months. In particular, I'd like to thank all the planners, organisers, mappers and

¹ The SROC level C event at Farleton Knott may also be included in the 2018 Galoppen series (tbc).

	<p>Access Officers. Roger for printing the maps and looking after all the equipment (including managing the SI boxes and sorting out the results), Kate and latterly Pete for looking after the leagues, and the website team for ensuring event details and results are posted in a timely fashion. It's fantastic that the club is able hold an event every Thursday throughout the year as well as several larger events, but only because of the generosity of its members giving up their time.</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. The new National Trust on-line permission system has now been operating for well over a year, and the extra requirements (including 6 weeks' notice) are largely being managed satisfactorily. Even the larger events for the 50th Eskdale weekend had no issues from an access point of view.</p> <p>The response from the NT remains inconsistent, e.g. sometimes a formal permit is sent, sometimes not, but the new on-line Event Application system has moved on from being a local pilot to a fully national scheme. 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>Although a concession has been agreed that if a number of events were submitted at the same time, a "two for one" charge would apply this is rarely possible due to most events not being submitted until right on the 6 week deadline. It is proving impractical to get a large number of events planned sufficiently far in advance to do this. On a positive note, none of the submitted requests have been declined and all of the events on NT land have taken place, albeit sometimes without any response from the relevant Lead Ranger, or an actual permit!</p> <p>The club is still looking for a dedicated NT Liaison Officer to manage the new event application system to ease the burden on myself.</p> <p><i>Further information on the new NT event permission process can be found via the following link:</i></p> <p>http://www.ntlakesoutdoors.org.uk/event-permission</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. Steve Breeze is our FC Access Officer, who has requested that he be sent the required information (just the draft courses) 7 weeks in advance to ensure the application is submitted in good time. The FC are generally becoming more conscious of the use of their land for events, especially where clashes between users may occur, e.g. MTBs and orienteers. This has limited us in some areas in terms of parking and increased out-of-bounds areas.</p>	
5.4	<p>Mapping Officer</p> <p>Roger Jackson submitted the following report.</p>	

Pete Nelson continues to update the Whinlatter extended area (all the way from Whinlatter Visitor Centre to Beck Wythop and Ling Fell). Events are planned on these areas as soon as possible before they go out of date! Pete has a large number of areas where updates keep him busy. The Whinlatter Permanent course was updated by the Spencer family. Forest Enterprise paid for the update and installed all the new posts. 1000 maps were printed of the three courses. Tony Brand-Barker prepared an MTBO map for FE, with a stock of maps printed. More than a dozen school maps have been prepared; four new ones, and about a dozen updated for the school league. Several new schools are using the maps for curriculum based orienteering sessions. Two small areas were mapped for very successful O Festivals (at Brigham and Fairfield schools). Malcolm Ruckledge has been working on a couple of small areas. He prepared an extension of Silloth Green which was used for an O Festival for Silloth and Kirkbride schools. Mike Pearson has been linking Threlkeld Knotts to High Brow for the 2017 Copeland Chase. He is also working on an area around Armboth Fell. Quite a few of our maps are showing their age and will need updating in due course. The new ISOM2017 mapping standard comes into force over the next couple of years, the timing depending on the level of event it is being used for.

5.5

Lead Coach

Lynne Thomas submitted the following report.

As in previous years, October 16 to September 17 has been full of events and coaching sessions. Often it has been difficult to fit in coaching sessions because weekends seem to be so full of events, local, regional and national.

Practical Coaching Activities

We have tried to deliver coaching sessions in a number of different ways and aimed at different interest and technical levels this year.

October 16	Kelton Fell Top	Compass work	TD3/4/5
	Brigham School	Orient8	TD1/2
November	Hawse End	Compass work	TD 3/4/5
December	Whinlatter	Christmas fun activities for juniors	TD1-5
February	Borrowdale	Relocation, Long legs	TD3/4/5
	Whinlatter	Pre-Sunday event coaching	TD1-3
March	Hogs Earth	Long legs plus	TD1-5
April	Marron Leas	Orientation, Decision making, Relay training	TD1-3
May	Harris Park	World Orienteering Day, Cockermouth Guides	TD1/2
June	Scale Hill	Cockermouth School, Pre BSOC coaching	TD1-4
September	Mawbray	Orientation, compass work	TD1-5
	Fairfield School/ Harris Park	Festival of O Bite sized advice	TD1/2
	C'mth Memorial Gardens	Bite – sized session – Orientation and Sprint conversations	TD1-5
October 17	Hawse End	Compass, relocation, decision making, corner cutting and compass	TD1-5

The sessions outlined above reflect only WCOC coaching. Of course, many of the coaches on the WCOC team not only deliver club coaching sessions but are involved in schools and regional coaching (NWJS) and JROS tours also. Both of these are demanding programmes of activity too but are enormously rewarding for individuals and the club.

Skills

This year, David Spencer, Steve Breeze and Debbie Watson have been assessed for their UKCCL2 coaching award with Deborah Goodwin to be assessed shortly.

BOF National Coaching Conference was held January and was attended by Lynne and Matt. There were interesting classroom sessions on Talent Development and training phases as well as practical sessions on Tempo and TrailO which suggested coaching exercises around decision making. Lynne undertook the pilot Advanced Coaching session

	<p>“Coaching in remote and high places” which will be required of all L2 coaches in the near future.</p> <p>Coaching Development</p> <p>At last years’ AGM, a discussion group considered coaching and made a number of suggestions for development. Notes from the AGM discussion, along with the responses provided to Committee, follow this Coaching Report. Perhaps most important, is that the discussion about developing coaching continues. The following notes and response include some further questions for consideration by the 2017 AGM.</p> <p>For the coaching team, one of the key issues seemed to be one of communication or perhaps comprehension. Some of the suggestions are already part of our standard coaching sessions or throughout the programme. In particular, we have tried to ensure that the message is clear this year: sessions are always open to adults as well as juniors. Coaching distinctions are based on technical ability not age.</p> <p>Working with different coaches is always a good idea for both those learning and coaching. Charlotte Watson, fresh from a year in Australia delivering orienteering coaching, came to deliver a session for us at Mawbray recently.</p> <p>Most recently we have begun Bite-Sized Coaching at Thursday evening events in the autumn. These sessions aim to allow beginners, as well as very experienced orienteers, the opportunity to concentrate on one simple technique per session and then implement it immediately.</p> <p>2017 Summary</p> <p>Not only does WCOC send 18 juniors to the North West Junior Squad, we send 18 TD5 technically competent orienteers. This is what coaching should look like at club level. Coaching is a club conversation and a club burden. We have a strong, enthusiastic, flexible and developing team of coaches. No one coach could deliver our programme, it is successful because we have a team of coaches and supporters, each with different skills, talents and approaches delivering to a range of athletes with different interests, motivation, fitness and skill levels.</p> <p>Finally, whilst we can be exceptionally proud of the current and unique position that WCOC occupies in Talent Development, it was a club level activity that was the standout moment of 2017 for me. On Thursday 21st September, many, many, many juniors and their parents to attended our Thursday evening event at Harris Park following the Fairfield Festival of O lead by Roger. Lots of mispunches, lots of headless chickens (or maybe that should be beavers) but so many smiles.</p>	
5.6	<p>Equipment Officer</p> <p>The following report was submitted by Roger Jackson.</p> <p>The yellow nylon stakes used for control markers were adjusted (with a four inch reduction in height) to make them easier to handle and less obvious in the terrain. Two double sided feathers (Start and Finish) were purchased primarily for the schools league events to help publicise the sport and the competition when in school grounds. They have also proved very useful for our evening events and Galoppens. We purchased another six licences for OCAD10CS Course setting software.</p>	
5.7	<p>Social Secretary</p> <p>Catherine Wetherfield submitted this report.</p> <p>Spook-O October 27th 2016 Not so much a social event, but a great fun evening to raise awareness of the club and to entertain adults and children. 58 adults, 77 children attended - fewer than previous years due mainly to poor weather conditions, but very well enjoyed nonetheless. Most visitors were from West Cumbria, but a few from as far afield as</p>	

Oxfordshire; most reported being repeat visitors. Thanks to great input from members of the club for making the evening a success. Spooky controls included impressive laser lights, a flying witch, a very scary werewolf, trolls, witches offering spooky food tasting, Macbeth's Hubble-Bubble witches, the Addams Family and a horrid witch in her little house insulting visitors!

New Year Social, January 7th 2017 The WCOG annual club social evening was held at Embleton Village Hall after a successful and sociable Club Chase at Hawes End. As usual, all the guests provided the delicious food. Party games included multiple ingenious and testing quizzes, blow football and the club-favourite Baked Bean game. This social is particularly enjoyed by WCOG families. There was an award ceremony for 2016 club champs and Galoppen winners.

Sociable Camping at Eskdale weekend 13th/14th May 2017 As part of the WCOG 50th birthday celebrations, a double event weekend was held in Eskdale. The base was Fisherground Camp site and the weekend attracted both members of the club as well as visitors from other clubs. Many orienteers camped overnight at the campsite, so I am including this weekend as a sociable event! Great bacon rolls, tea & cake stall to raise funds for the juniors.

Summer Social 8th July 2017 Following a very enjoyable combined Summer Chase and MBO event, we held a simple Summer Social at Loweswater Village Hall. Around 30 members attended, bringing a delicious array of sweet and savoury food for a shared buffet. Thanks to the beautiful weather, the junior members enjoyed badminton and football-based play outside, whilst the adults chilled inside and chatted. A very pleasant evening.

Scottish Six Day 2017 A large contingent from the club attended the Scottish 6 Day Event based around Ballater/Braemar. Many of the club camped at the large camping ground provided at Ballater, which must have been very sociable! The club used its tent at each day's event, so there was a friendly base for those who wished to hang out together. No former social event was arranged.

Summer Season Finale, Coledale Inn, 31st August 2017 As is traditional, the final event of the Summer Season 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 2016 – Pie and Pea Supper, 12 th October 2016 The final social event of the year was this week's successful Pea and Pie supper, held once again at Kong Adventure in Keswick after a great Keswick Streets event. We were very fortunate to have Joss Naylor to entertain us with amusing tales from his life of world-class fell-running, and our thanks also go to Tony Duncan for guiding Joss's talk like a 'pro'. Special thanks also to the Rea's for their help getting Joss to Keswick and back home and to all those who contributed to the collection of slide show images that illustrated the talk. The pies were excellent again this year, and around 90 members and non-members attended. £130 was raised for Joss Naylor's chosen charity, Brathay Hall, by way of a raffle provided by Steve Birkinshaw and Berghaus. Many thanks to all for this. Sincere thanks go to all those members of the club who have helped and contributed to the running of these social events.

We look forward to the Club's 50th Birthday Formal meal on November 25th 2017 at the Melbreak Country House Hotel, A595 Great Clifton. Full details will be announced next week, when tickets will go on sale for £21.50 each (for 3-course formal meal with after-dinner speaker (tbc))

<p>5.8</p>	<p>Publicity Officer</p> <p>In the absence of a Publicity Officer, Steve Breeze submitted this summary of publicity over the year.</p> <p>The role of publicity officer has remained vacant since Ian Lowles stood down last year. A number of club members are sharing the role at present. Jane Hunter is doing sterling work writing news reports for the local press.</p> <p>Unsurprisingly social media seems to be the most 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 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>Not to be left behind, the club juniors have set up an Instagram Page (wcojuniors) and have already attracted over 200 followers.</p>	
<p>5.9</p>	<p>Junior Report</p> <p>Daniel Spencer presented the following report. He was thanked for his great contribution in ensuring excellent liaison between the Committee and juniors.</p> <p>The past year has been full of successes for the Juniors. These have been nationally at all the British Champs as well as international selections for the World Schools Championships, the European Youth Orienteering Championships and the Junior European Cup. As well as this we've had lots of juniors representing the North West at the JIRCS and 4 juniors making up part of the England team for the Junior Home Internationals where England were victorious again.</p> <p>The club's juniors have had lots of fantastic training opportunities throughout the year. Lynne and Matt Vokes assisted by other coaches have organised WCOC coaching and there have been weekends by the North-West squad to attend. Many of the club's juniors also went on camps in the summer; the British Orienteering talent camp at Badaguish, the JROS camp for M/W14s at Lagganlia, the JROS camp for M/W16s at Deeside, the JROS 16/18 camp to Stockholm and pre-JWOC in Hungary.</p> <p>There are nearly twenty West Cumberland juniors currently in the North-West Squad. This is an impressive number that reflects the club's efforts and high levels of commitment in putting on so many good quality events. As part of the North-West Junior Squad many juniors will be offered the opportunity to go on a ten-day training camp to Fredrikstad in Norway next summer. This is a fantastic opportunity but is an expensive trip. With regards to this and to fundraising in general in the future, Roger as treasurer has kindly set up a junior fundraising account so that money from grants and fundraising can be dealt with separately to the club's main finances.</p> <p>As part of the club's drive to encourage new families into the sport, there have been a number of events run for primary schools. These have been in addition to the usual primary league events and are designed to encourage primary children to try orienteering. This has clearly been successful as there was a very high turnout at the following park series events, with all the events getting around 95 runners. Club juniors were happy to assist in making these a success.</p> <p>The achievements of the club's juniors are clearly well known throughout the country and I'd liken to them as one of the reasons behind the Rennie family moving to Keswick! They have 3 children; Charlie - M14 George - M10 and Daisy - W12 who will hopefully all be competing for the club in the future and will be joining in the new year. Hopefully other families will</p>	

	<p>follow suit...</p> <p>Finally, the upcoming Spook-O this year is being used as a fundraising event for the juniors with the proceeds going towards the funds for next year's tours and trip to Norway. Hopefully this will be successful and another chance to encourage team spirit in the juniors. Here's to another successful year.</p>	
5.10	<p>Schools League Organiser</p> <p>No report submitted.</p>	
5.11	<p>Welfare Officer</p> <p>Steve Breeze submitted this report.</p> <p>I am pleased to report that I have not had a busy year as club welfare officer. You may question why there is a need for a welfare officer in that case. Fairly recent news about child abuse issues within football serve to remind us why this remains a necessary feature of a modern sports club, particularly one with significant number of juniors. Whilst I am happy to continue in this fortunately not so busy role, I am more than happy to hand this over to someone.</p>	
5.12	<p>Team Captain – Senior</p> <p>No report submitted.</p>	
5.13	<p>The following report was submitted by Vanessa Brierley, Junior Team Captain.</p> <p><i>WCOC Juniors have had yet another successful year, winning several relays and retaining the Peter Palmer Trophy - but most importantly, all the Juniors seem to be thoroughly enjoying their orienteering! They have undertaken several fundraising ventures; cake stalls, orienteering events and even a coffee morning and have also helped out with coaching and Prize Giving at several School Events.</i></p> <p><i>Three of the Juniors recently gave a presentation about orienteering to the local Rotary Club as a thank you for funding that was received (for World Schools). The feedback has been very positive and the Rotary are very keen to continue to support the juniors in their various ventures.</i></p> <p><i>Thank you to Roger Jackson for setting up a dedicated Junior Fundraising Account – over the coming year the juniors plan to continue to raise money by holding cake stalls, bag-packing at a local supermarket, and organising special events including Spook-O.</i></p> <p><i>I would like to thank the Club and all its members on behalf of the Juniors for all the help given in subsidising travel and trips, it is very much appreciated.</i></p> <p><u>British Schools and World Schools Selection Race- Nov '16</u></p> <p>Cockermouth School were winners (again) with nearly all WCOC Juniors, plus WCOC Juniors running for Keswick and QEGS. 9 WCOC Juniors were selected for World Schools 2017- 5 Senior Boys for Cockermouth School, 1 England Senior Boys Team, 1 England Senior Girls Team, 2 girls England Junior Team.</p> <p><u>Yvette Baker Heat, Alkington – April '17</u></p> <ul style="list-style-type: none"> • Unfortunately we were missing 4 of our regular juniors (who were representing England at the "Interland" competition) and didn't make the final, being beaten by LOC by just 7 points. 	

	<p><u>JK April '17</u></p> <ul style="list-style-type: none"> • 1st W48 Relay • 2nd M40 Relay <p><u>British Champs – May '17</u></p> <ul style="list-style-type: none"> • 1st M18 Relay • 2nd M14 Relay <p><u>Harvester- July '17</u></p> <ul style="list-style-type: none"> • WCOG Junior Team winners <p><u>Peter Palmers - Sept '17 – WCOG took 23 Juniors, 3 Teams!</u></p> <ul style="list-style-type: none"> • 1st Peter Palmer Trophy (for the second year running!) • 2nd Joan George Trophy (younger junior trophy) • 6th Joan George Trophy 	
5.14	<p>NWOA</p> <p>The following report was submitted by Graham Watson,</p> <p>Club delegate meetings were attended in March by Alan Irving, and October (also the AGM) by Graham Watson.</p> <p>WCOG are the only growing club in the North West, which presents a challenge for the region (and country wide). 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). In addition we were granted the maximum £750 for a development project, led by Lynne, and will aim to apply for £1000 in this next year to continue this work. 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.</p> <p>We haven't had a club member on NWOA Exec for some time and have the opportunity now. It would be an advantage to have someone with a good knowledge of both the club and how the region works in influence their work. I would suggest our aim is to promote growth of grassroots orienteering, use of funds to foster this, as well as perhaps to consider how the region can support elite orienteering. It is of course for the WCOG Committee to guide the club representative. If you are interested in taking on a role in the NWOA Exec then please talk to Graham Watson, WCOG Chair.</p>	
6	<p>Any Other Business</p> <ul style="list-style-type: none"> a) Graham Watson reported that he was now going into his 3rd year as Chair so WCOG would need to think who they would like to be Chair for the next 3 years. b) It was reported that Steve Holmes had taken over the administration of club clothing. Thanks were expressed to Steve Telford for his administration over the past few years. It was noted that we needed to investigate suppliers for club jackets as the stock was low. Also Steve Breeze explained that he was investigating singlets. c) Jeff Goodwin suggested that WCOG could investigate sponsorship for WCOG clothing. The Committee to discuss. d) It was reported that school budgets for sports had doubled. WCOG would need to investigate ways to encourage school involvement in orienteering. It was suggested raising the entry for school event attendance from £1.00 to £2.00 to cover WCOG administration costs. 	<p>Comm ittee</p> <p>Comm ittee</p> <p>Comm ittee</p>

7	Discussion groups to shape the future of WCOC. Group discussions took place on the following topics:- <ol style="list-style-type: none">1 How we can enhance the social interaction side of our orienteering events and make them more friendly for new members.2 Review of the 50th anniversary celebrations3 Coaching discussion.	
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