



## Cleveland Orienteering Klub

AFFILIATED TO THE NORTH EAST ORIENTEERING ASSOCIATION  
AND THE BRITISH ORIENTEERING FEDERATION



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### Orienteering Development Project Annual Report, Oct 2005 - Sept 2006.

#### Recognition for Achievement!

I am delighted to report, ahead of everything else, that the NGB awarded CLOK 2006 Club of the Year, now proudly featured on the club flag.

Award number 2 - £1500 from SportsCoachUK to fund a programme of Sports Science support for our leading orienteers. This will fund a programme of three workshops at the University of Teesside in November/December 2006, plus some individual physical testing and training interviews in the New Year.

#### Acknowledgements

A year exceeding the record year 2004/05 in terms of orienteering participation, from novice instruction at newly mapped schools, Level 1 Teacher/Leader courses, increased participation in our seven event inter-schools league, increased family membership lead by junior enthusiasm, backed by an ongoing junior training programme for the club's juniors, leading to selection possibilities to the North-East Junior Squad, invitations to NGB junior training camps and eventual national representation. During the year a further 9 PESSCL (P.E. School/Sports Club Links) certificates have been issued to Head Teachers, recognising the co-operation between the club and the individual schools, making 29 in all.

Once again, I am very pleased to recognise the help and support from our two part-time professional officers, Elaine Day and Community Sports Coach Phill Batts, together with the NGB support from and through Heather Monro, Regional Development Officer, now appointed to the Youth Sports Trust, where we wish her well. The untiring work of Linda and Paul Thornton, assisted by coaching support from Gill Hale and Chris Wright, and culminating in a most successful exchange trip for the Regional Squad with the juniors of Kongsberg Orienteering Klubb, Norway, has continued to provide an enviable programme of support for club juniors, and at the schools level our regular volunteers - Martin and Joan Adamson, Eileen and John Bedwell, Malcolm Conway, Ann and Joe Dobbs, Gill Hardy, Bill and Alison Hodgson, Peter Partington, Mike Vasey, Gerald Helm, Judith and Ian Robb, Liz Blanchard, Catherine and Patrick Bonnett and Joan Selby have contributed to yet another striking year of development.

Finally, I should like to take the opportunity of acknowledging the support received through the year from our local partners - Tees Valley Sport, The Tees Forest and the Local Authorities of Darlington, Hartlepool, Middlesbrough, Redcar and Cleveland, and Stockton-on-Tees - and also from the NGB, who continue to provide financial support from their PESSCL funding.

#### Statistics (previous year in brackets)

In the year to date, we have had 5883 (5680) individual experiences of orienteering outside the club's normal activities, of which 65% (56%) have been main-stream school-children, 20% (27.5%) from economically disadvantaged areas, 9% (7.5%) special needs and ethnic minorities, and 6% (9%) adults. Our schools mapping programme continues, and we now have 236 (197) schools mapped for orienteering, or in the process of being mapped.

### **Mainstream Development - Phill Batts**

During the year Phill planned seven schools competitions, attracting from 340 to 460 participants from 15 to 23 schools, years 5 to 11. A striking feature of these competitions is that schools now enter electronically via the club web page and competitors use EMIT cards for timing, by kind permission of EMIT-UK. This allows for instant print-out of individual times, and saves many hours before and after the competitions previously spent in preparing entries and typing up results. Credit to web-master Alastair Mackenzie for designing this system in consultation with Phill.

The system was also in use at the Tees Valley Games, a multi-sports week-end involving competition between teams representing the five Local Authorities in the Tees Valley.

In addition, three secondary schools took part in a GCSE Light Green assessment run by the club, and a school orienteering champs was organised at the request of Laurence Jackson School, Guisborough.

Phill ran a programme of 5 introductory sessions for the University of Teesside Summer School at Flatts Lane Country Park, attended in total by just over 400 teenagers.

Phill also designed and delivered a five-day introductory programme during the summer holidays at St Peter's Primary School, Brotton, starting with the basics of understanding orienteering maps, and progressing through the week to orienteering in local parks. As a result one family have joined the club and the school now takes part in our inter-schools league.

During the year orienteering coaching was delivered at 50 schools, lead in part by Phill and the rest by Mike with support from Elaine or, when not available, other club members, frequently Joe Dobbs.

In October, an orienteering festival for primary schools in the Richmond area was organised by Liz Blanchard, attracting 65 children, and Phil ran two inter-school primary schools competitions for Darlington schools during the year.

3 schools were represented at the British Schools Score Championships, and four at the British Schools Champs, where Mike was pleased to receive an award from the British Schools Orienteering Association for Outstanding Services to Schools Orienteering, an honour well shared by those club members mentioned above.

16 pupils from Hurworth Comprehensive, Darlington, had an orienteering week-end away, with coaching lead by Phill at Cod Beck on the Saturday, followed by participation in CLOK's District event on the Sunday. Mike also spent a day at Hurworth coaching 40 pupils. It is now increasingly common to see schools orienteers attending the club's Sunday events, and a strategy is developing to increase this activity in the coming year.

Orienteering featured at a fun day at Summerhill, Hartlepool, with 158 customers, and Phill delivered an introduction to orienteering at the Bowes Museum new permanent course for the Museum's family day. Paul and Linda Thornton ran a bike orienteering competition in local forest during National Bike Week, and Linda organised foot orienteering at the same location for The Tees Forest Activity Day

### **Special Needs (Elaine Day)**

In addition to her responsibilities for delivering orienteering coaching to special needs children, Elaine has a special involvement with the Scout Association. During the year 100 Brownies orienteered on the Skerne Valley permanent course, and 150 scouts, cub scouts and beaver scouts sampled our sport during two training week-ends.

Redcar Sportsability Club have orienteered with us at Stewart Park, Middlesbrough and Preston Park, Stockton, and Redcar holiday club came to the permanent courses in Saltburn Valley Gardens and Flatts Lane, Normanby.

Elaine has lead a session for Beaumont Hill Special School at the newly built Darlington Education

Village, and a course of 7 sessions in Autumn Term and 6 in Spring Term for Abbey Hill Special School, Stockton. It is good to report that Abbey Hill is now continuing with its courses itself, having observed and assisted us during Autumn and Spring Terms

A course of six sessions was delivered to a selection of special needs children from three Middlesbrough Schools, using schools maps and local parks, which again was very successful and is likely to be repeated

The club again offered orienteering at the Middlesbrough Mela, a multi-sports festival for the local ethnic communities. 61 visitors tried out our courses and duly received certificates.

### **CLOK Juniors**

This section is down to the efforts of Linda Thornton and helpers, who is reporting separately. Suffice it to report here that, in addition to the Norway exchange, junior training has been offered to either CLOK juniors or the NE junior squad at seven separate locations during the year, and is now a fixture as part of the winter series of sprint races organised by the club. The training offers support to juniors from novice to highly skilled, in a series of graded groups, and is well supported. CLOK juniors represented the club at the Yvette Baker Finals, and joined with other NE juniors at the Junior Inter-Regional.

### **Training**

In addition to staff coaching at a number of schools in the region, three Teacher/Leader Level 1 courses have been held in the year - East Barnby, coached by Paul Taylor, Longfield School, Darlington, coached by Karen Heppenstall, and Sedgfield Community College, coached by Steve Willis (EBOR).

### **Mapping**

In addition to our regular programme of schools mapping in the Tees Valley, we are now receiving requests from Partnership Development Managers and School Sports Coordinators further afield for support. In the year under review, we have been mapping primary schools in Barnard Castle, a six school cluster and a secondary school in Sedgfield, County Durham, and have taken on the task of mapping a fifteen school cluster based on Bedale, and a 10 school cluster based on Thirsk, in North Yorkshire.

Our strategy, as we are not able to offer the same level of local support, is first to discuss the project with the local club and the relevant NGB Regional Development Officer, then to offer mapping plus one introductory coaching session, a Level 1 course for teachers, and an inter-school competition in summer term, emphasising the need for the local PDM/SSCo to ensure continuity in order to get value from the mapping investment.

We have mapped two local clusters, in Stockton, and pupils from these schools are now expected at our inter-schools league competitions.

Two new permanent course have been constructed in the year, one at Bowes Museum, Barnard Castle and one at Cod Beck Reservoir, North Yorkshire, being a collaboration between Carlton Outdoor Education Centre and Yorkshire Water.

Finally, we have been commissioned to map and construct another permanent course in a Stockton park, and a recreation area in Brotton which will be suitable for primary school competitions. We have received an enquiry from The Tees Forest regarding the mapping of a local wood which will be suitable both for schools competitions and District events, and a grant application is currently in hand to fund this.