

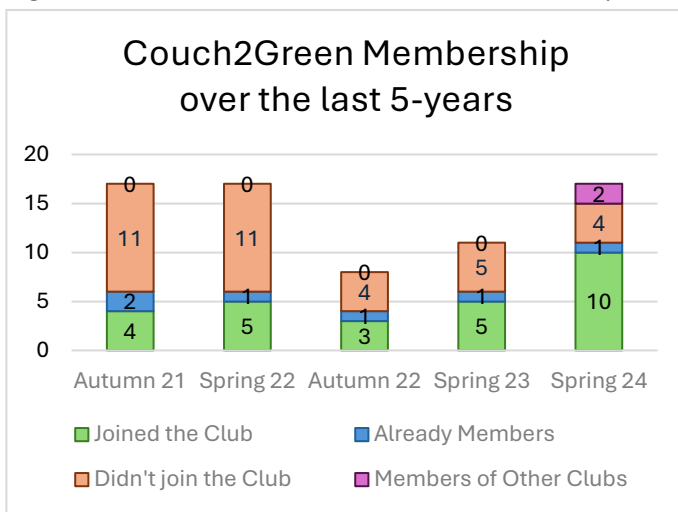


## Cleveland Orienteering Klub - CDO Annual Report 2024

Firstly, apologies that I cannot attend the AGM in person. Here is the CDO Annual Report for 2024.

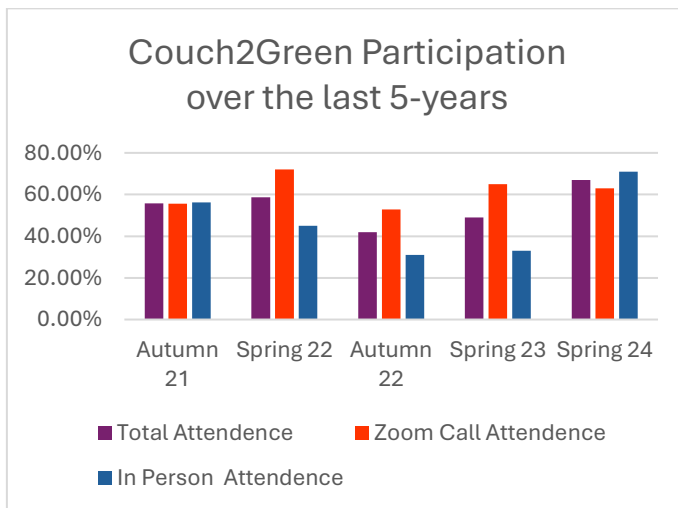
### 1. Couch2Green Summary

In the spring the club ran a very successful Couch2Green Course. Participants learnt a range of skills, starting from how to understand an orienteering map and the symbols and relating those to the ground, following line features and using handrails, using attack points and catching features, using a compass bearing and competing in their first event, relocation and route choice strategies, recognising parallel errors, learning to understand and navigate using contours, simplification, visualisation and aiming off. Participants also took part in 3 events; Boltby Regional Event, West Park Summer Series and Cowpen Bewley Summer Series.



As shown in the table to the left, the 2024 edition was extremely successful with the resulting membership

Ten of the C2G 2024 participants have now joined CLOK (*Note - of the 16 participants, 1 was already a CLOK member, and 3 were already members of other clubs, one of these has transferred her membership to CLOK.*)



To the left is the table of attendance. In 2024 there was an average of 67% total attendance, 63% attendance for the Zoom calls, and 71% for the in-person sessions.

The overall attendance has increased from Autumn 2022 to Spring 2024, from 42% to 67%.

This year's 'Zoom Call' attendance was lower than previous Spring Editions, 2022 with 72% and 2023 with 65% in comparison to 63% in 2024. However, the main difference is the 'In Person Attendance', this year being its highest at 71%, compared to 57%, 45%, 31% and 32% in previous years.





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The considerable difference in 'Membership' and 'In Person Participation' could have been a result of many factors.

- Firstly, the weather was on our side this year, we had many sunny days, and we were in sheltered areas (Flatts Lane) on the wet days.
- The decision to only hold a spring edition was a wise decision because of volunteer availability and should be kept in the future.
- The enthusiasm and willingness to help from volunteers and coaches played a tremendous role in ensuring all participants had an enjoyable time and were left wanting to return for more.
- The even spread of locations (2 in Darlington, 2 near Middlesbrough, 1 near Billingham and 1 in the Moors near Thirsk) contributed to the locations being more accessible for all.

Participant	Flatts Lane		South Park		Boltby		West Park		Flatts Lane		Cowpen	Individual Attendance	
	W1 Wed	W1 Sat	W2 Wed	W2 Sat	W3 Wed	W3 Sun	W4 Wed	W4 Sat	W5 Wed	W5 Sat	W6 Wed		W6 Sat
Charlie Anderson	1	1	1	1	1	1		1	1	1	1	1	11
Lesley Branch		1		1		1	1		1	1	1	1	8
Helena Conlin	1	1	1	1	1				1	1	1	1	9
Lorraine Fraser	1	1	1		1		1		1		1		7
Ann Harrington	1	1	1	1	1		1	1	1	1	1		10
Julie Hatch	1	1		1			1	1	1	1	1	1	9
Simon Nickless	1	1	1	1			1	1	1	1	1		8
Sue Peel	1	1		1		1		1	1			1	7
Derek Phillips	1	1				1		1		1	1	1	7
William Rowan	1	1	1		1		1	1	1	1	1	1	10
Rebecca Royds Gosney	1	1			1	1	1	1	1	1			8
Joanna Schreiber	1	1	1		1	1	1	1	1	1		1	10
Pamela Singleton	1	1	1	1	1		1	1	1	1	1	1	11
Amanda Stott	1	1	1		1	1	1			1	1	1	9
Bernadette Wallace		1	1	1		1		1		1		1	7
Stephen Wallace		1	1	1		1		1		1		1	7
<b>Attendance Totals</b>	<b>13</b>	<b>16</b>	<b>11</b>	<b>10</b>	<b>9</b>	<b>9</b>	<b>10</b>	<b>12</b>	<b>11</b>	<b>14</b>	<b>11</b>	<b>12</b>	<b>138</b>

However, our lowest attendance was the Boltby Event, (9/16 participants) so for future editions choosing areas more local will help keep the attendance higher. This is further backed up by our 2 sessions at Flatts Lane having our highest attendance rates of 16/16 and 14/16.

### Challenges and improvements for future editions:

- ✓ Pairing the sessions with events is an excellent way to give the C2G members experience of orienteering events, but the Spring 2024 edition struggled with some of the factors associated with pairing with events. A regional event as the first exposure to an orienteering event is too much for the participants, with the new system being confusing enough, having to go through start boxes, and a long walk to the start didn't help smooth the process. For future editions it would be best that the first event is a local event (i.e. Summer Series) to slowly introduce them to the processes of running an event.
- ✓ The session that was paired with the Summer Series at West Park was an excellent local event to help the participants understand the nuances of orienteering events. However, the disconnected download and registration and lack of signage proved to be a struggle for the Couch2Green participants and volunteers, as time was taken away from coaching and doing





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the exercises to sort SI hire, registration, and shuttling people to and from the finish to download.

- ✓ A delay in getting passwords for the 'New CLOK' webpage', the Facebook and Instagram accounts and being about to set up payment for the Facebook ad delayed the promotion of the Couch2Green Course. For future, a document with notes on how to access these sources and who to contact has been downloaded to CLOK's Google Drive.

### 2. Move More Days Darlington



This year CLOK ran an expo at 3 Move More Days in Darlington, on the 8<sup>th</sup> of April, the 5<sup>th</sup> of August and the 19<sup>th</sup> of August. All 3 days had a considerable turnout, and the club organised the 'Cones Exercise' in the town centre, before sending those more confident off to try a course around the church and surrounding area.

For the first expo in April we had many enthusiastic and helpful volunteers, and some of our juniors showed up, which helped to create a welcoming atmosphere.

We had approximately 70 attendees on the 5<sup>th</sup> August, and 57 on the 19<sup>th</sup> August, and both days had 2 returning attendees. During the August 'Move More Days' the club engaged with 9 keen families, and we have continued to keep in contact with them through adding their email addresses to the CLOK Tchimes distribution list.

#### Challenges and improvements

- ✓ For the first expo on the 8<sup>th</sup> April, there was an issue with the flyers being delivered, so we did not have any material available to give families who were keen, nor did we take any contact details of those interested families. The process was improved for the following days, by having promotional material, recording email addresses of interested families and ensuring the CDO contacted them.
- ✓ For the first expo on the 8<sup>th</sup> April, we neglected to record how many people (youth/ adults) we engaged with and took part in our activities. The process was improved for the following days by recording the numbers of participants.
- ✓ On 19<sup>th</sup> August less children took part in the club's activities due to the circus display that was also being held at the venue.

### 3. Flatts Lane Fun Day

On 3<sup>rd</sup> August, the club were present at the 'Flatts Lane Fun Day'. Neil Hunter ran his 'Cones Exercise', before sending those who were keener off to take part in a small course. Organisers





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Roy Bradley and Carolyn Rigby made this day possible, with help from our volunteers. Five families were added to the Tchimes distribution list, and one family has continued to pursue their interest in orienteering and showed up to the Stokesley Family Fun Day.

### 4. Stokesley Family Fun Day



On the 24<sup>th</sup> August (Bank Holiday Saturday) we ran a Family Fun Day at Stokesley Leisure centre.

Participants took part in:

- Cones Exercise indoors
- Matching the map symbol to pictures indoors,
- Naughty Numbers outdoors
- Courses around the school

There was also a course set out around the town which several CLOK members completed.



Whilst we only had 2 new families who showed an interest, one of them was a returning family from the Flatts Lane Fun Day.

The club now has a draft map of Stokesley Town and the school map has been updated. Both of which can be used for future events.

### 5. Club Coaching Day



On 25<sup>th</sup> August the club held a coaching day on Dale Town Moor. Twenty-four members took part and the objectives for the day were to:

- Understand the basic running technique
- Learn how to take accurate compass bearings
- Learn/ improve pace counting
- Learn control descriptions





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The final session of the day saw the members take part in a Peg Relay, where all the pegs were taken by the younger children!

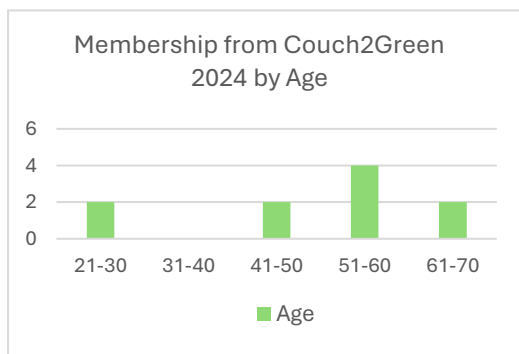
The day attracted a wide age range of participants and was a good day as a replacement for the cancellation of the White Rose.

### 6. Membership

To date, in 2024 we have had 3 families with juniors join CLOK:

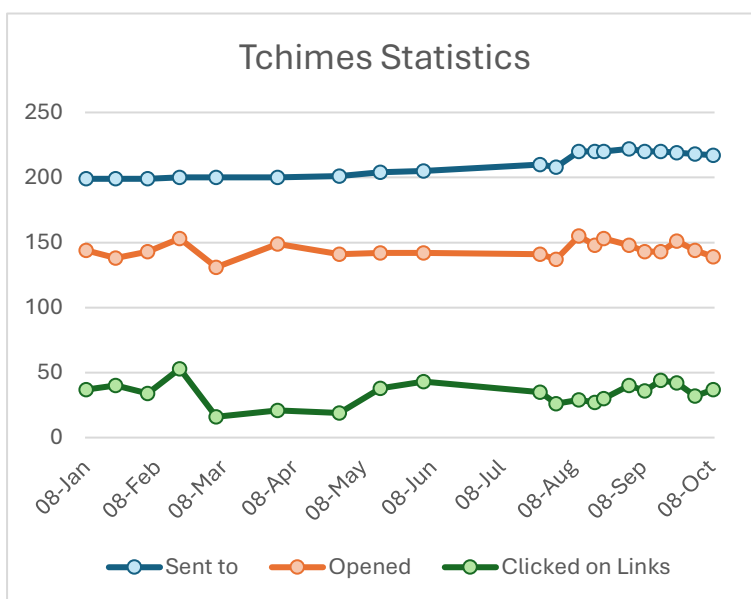
- Rowans - 2 juniors and 1 senior
- Millings - 1 junior and 1 senior
- Baker/Hague - 1 junior and 1 senior

Unfortunately, our junior membership has only increased from 21 in 2023 to 22 in 2024 due to the non-renewal of the Browns (2 juniors and 1 senior), and one junior becoming a senior.



Through the Couch2Green Course we have had 10 senior members join CLOK. The age range of these new members are as shown in the graph to the left.

### 7. Tchimes – Weekly/ Fortnightly Newsletter



As shown by the graph on the left, those signed up to Tchimes has increased from 199 to 217 since the start of this year. The number of those who have opened Tchimes has remained consistent although we have seen more than 150 opening Tchimes more times in the last 2 months. The number of those who clicked on links at the start of this year is comparable to June, July and September, with lower rates during March, April and May.





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### 8. Club Success at Major Competitions



CLOK has had an extremely successful year at major competitions in 2024. Highlights include the club qualifying for the **Compass Sport Cup Final** and our Juniors qualifying and then coming **4<sup>th</sup> in the Yvette Baker Final** (only 4 points off 1<sup>st</sup> place)! For the first time in the club's history, our juniors also ran in the Peter Palmer Relays.

CLOK has also had success at many British Championship Races and the JK. With 9 podium results in the individual races at the JK and Champions in the Women's Short relay set the club up for success in the British Champs, where we had 5 age class champions! We also had 4 podium results in the British Middles, and 8 the next day at Northern Champs.

Two CLOK juniors were also selected for their respective JROS camps at the end of the summer, both gaining valuable experience and having a great time! We also had 5 of our junior members involved with the NEJS (at training camps and JIRCS).

### 9. Future Outlook

This year we have had a successful start to the year engaging and introducing Orienteering to the community. We will continue to keep in contact with the families we met at the Move More Days, Flatts Lane Fun Days and Stokesley Fun Day, encouraging them to events as we start our beginner friendly events (e.g. Dusk Events and Autumn Series.)

We also will continue to have family friendly experiences, through family fun days associated with the coming local events. In November we are excited to be running our Club Weekend in the Lake-District with support from the Orienteering Foundation, with 23 people signed up (19 CLOK members, 9 juniors and 11 seniors.)

Tchimes will continue to be issued on a Weekly/ Fortnightly basis to ensure everyone is informed about our coming activities.

Planning for Couch2Green Spring 2025 is underway, and we are trying to set a schedule before preparing the material and advertising materials.

Rachel Baker  
CDO, Cleveland Orienteering Klub  
14<sup>th</sup> October 2024

