



Club Development Report 2022



Firstly my, apologies I cannot be at the AGM in person. Here is a CDO summary:

Club Coaching Days

A popular and well enjoyed club coaching day was held at Cod Beck at the end of 2021 and another, with a Christmas theme, at Eston Moor. Both days had more than 10 participants and attracted a wide variety of members. Feedback that the peg relay at Cod Beck was a great activity has been received, and the events calendar survey has shown that half our members would like to participate in these types of activities at least once per month so – where time permits (between SDO activities and mapping work – I will aim to hold at least one training activity of this style per month throughout 2023.

Couch 2 Green / Track 2 Green

In 2022 the club ran two C2G courses and incorporated a T2G option in the Autumn course to try to appeal more widely to both walkers and runners. The Spring course had much higher registration and participation numbers. This is quite probably because the Autumn course started during the school holidays.

Both courses have fed new members into the club and we have even seen some of these members travel further afield to the Lakes for events and/or volunteer to help run subsequent C2G courses. Although participation in the Autumn course was lower, both courses this year have had higher post course interaction from new members than in 2021. This may be because future events / activities timetables have been added to the presentations this year and participants have been encouraged to come along / commit to further orienteering before the end of the course.

For 2023, we will review whether we should run the course in both Spring and Autumn or whether we should just run a Spring course and ensure that it is followed up by monthly club activities.

I am working with the Orienteering Foundation to develop some open-source resources for other clubs to create their own Couch 2 Green courses (or their own version of the concept) and LOC has already put their first version of the course into place.

Mapping Contracts

As Caroline has mentioned, we have had a lot of grants from Cleveland Councils this year to update a lot of parkland mapping and create virtual and permanent orienteering in these areas. I have been working with a group of club members to develop these maps and POCs/VOCs. The following areas are now either complete and live on the Go Orienteering webpage and the CLOK web site or are on their way there:

- Blackwell Grange (completed (with thanks to Dennis Hooton, Myself and Stephen Hooper) but now needs updating due to hotel modifications to the land)
- Darlington Town Centre VOC's (complete with thanks to Malcolm Hewitson)
- West Park, Darlington (complete with thanks to Phill Batts)
- Ropner Park and Hartburn Beck (in development)
- Preston Park and Tees Wildlife Trust (complete with thanks to Phill Batts and myself)
- Cowpen Bewley (in development)
- Albert Park (in development)
- Locke Park (in development)
- Raven Gill Scout Camp (complete with thanks to Paul Taylor and myself)

- Saltburn Valley Gardens (in development)

Thank you to Alan and Ann Cranke, who have been working with me on a lot of the 'in development' areas and are currently waiting for me to get on with my part. 😊

Find Your Way

In 2022 CLOK joined other clubs around the country in the Find Your Way initiative, which is a BOF project that has been given Sport England funding to encourage and provide more accessible orienteering activities in lower socio-economic areas. We have had a bit of a rocky start, with very low participation numbers, so we have taken a step back and decided to (i) revisit the programme when we have some of the newly mapped areas ready and (ii) target sessions post parkrun only or where we have a designated group attending, in order to improve participation numbers. Therefore, CLOK participation in this program will continue and pick up as we move into 2023.

Tour de MapRun and Running Wild Weekly Challenges

Each week the club holds a 'Tour de France' style MapRun challenge, which has a designated 'king of the hills' leg and 'sprint specialist' leg as well as awards for the stage leader, league leader and junior leader. These are advertised weekly (with the odd exception) through Tchimes and on the newcomer section of the CLOK web site. Participation in these has been very up and down, but we have definitely had some regulars and it is my pleasure to acknowledge the winners of the first 21-stage league, which ran from August 2021 to October 2022:

- | | | |
|-------------|-------------------|---------------------------------|
| • Yellow | League Leader | Viv Murphy |
| • Polka Dot | King of the Hills | Graeme Addison |
| • Green | Sprint Specialist | Graeme Addison |
| • Pink | Stage Leaders | Viv Murphy and Malcolm Hewitson |
| • White | Junior Leader | Joe Harrison |

Stay posted for a prize coming your way.

I have also started holding a Running Wild challenge each week. Running Wild is an open-source, virtual route choice game that anyone can enjoy. Each week a different and interesting course is set for club members to have a go.

Both the Tour de MapRun and Running Wild challenges make up the virtual challenge tally, and when club members have reached 25 challenges they receive a free entry to a CLOK event. A few members are really close – if not already there – to their first 25 milestone. You have to make sure you upload your results to MapRun publicly and email your Running Wild result to me to make sure they are counted in the tally.

Going into the last few months of the year and 2023 I will create a WhatsApp group for weekly challenges to try to help club members keep each other motivated, to make it easier to communicate the challenge each week and to make it easier to add your results for Running Wild. I will advertise this in Tchimes, but feel free to get in touch with me at any point if you wish to be added to the group.

With such a widespread demographic – geographically and physically – it was always going to be a challenge to look at major and fast increases in club membership, and it is definitely more realistic to expect incremental membership advancements. We have definitely achieved this over the last year, seeing new faces join the club, stay involved and volunteer to encourage other newcomers along, as well as increased participation in activities from a wide group of people who were already engaging regularly in the club, as well as some who weren't. The club's friendliness and community support speak volumes for the sorts of members we have, and I have no doubt that this will only draw more people in with everything we have planned in the coming year.

Many thanks to you all.

Mary Fleming
Club Development Officer