



Cleveland Orienteering Klub - CDO Annual Report 2025

1. Couch2Green Summary

In the spring, the club held a Couch 2 Green Course. Participants learned various orienteering skills, including:

- interpreting an orienteering map and its symbols in relation to the terrain;
- following line features and using handrails;
- applying attack points, catching features, and simplification;
- using compass bearings and understanding pace counting;
- navigating by reading contours; and
- practicing relocation, route choice strategies, recognising parallel errors, visualisation, and aiming off.

Participants also attended two events, Bassleton and Thornaby Summer Series #1 and Yarm School Summer Series #2, where they received a Certificate of Achievement and a flyer listing the summer events.



Certificate Of achievement

*Congratulation on completing the
2025 Couch to Green Course*



**Future Events**

- Sat 31st May- Bedale Urban- CLOK
- Sun 1st June - Richmond town- CLOK
- Tue 3rd June- Ripon- CLARO
- Wed 4th June- York- EBOR
- Sat 7th June- Knaresborough- CLARO
- Sat 14th June- Durham- NN
- Wed 18th June- York- EBOR
- Sun 22nd June- Bridlington- HALO
- Tue 1st July- Knaresborough- CLARO

All future events on British Orienteering

Join future CLOK events

Click weekly email updates

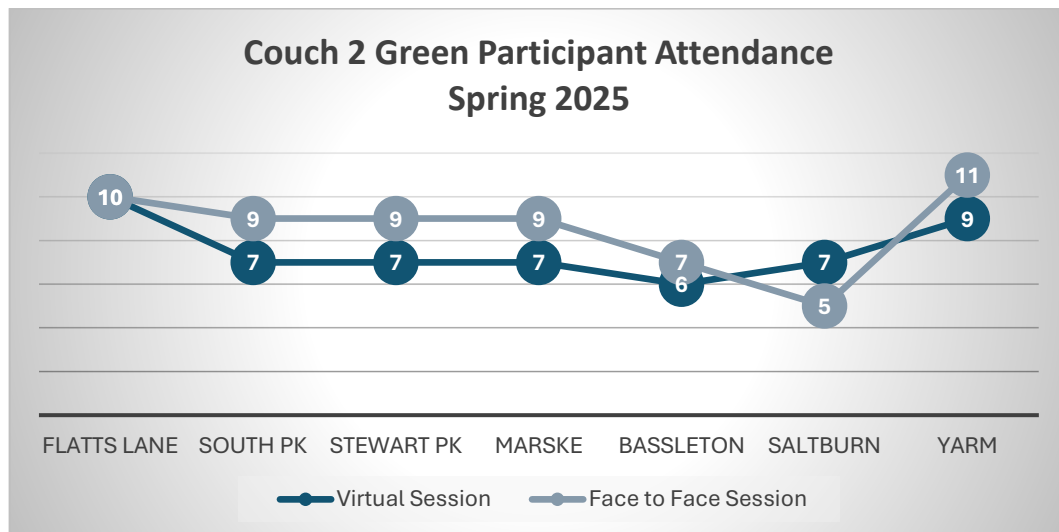




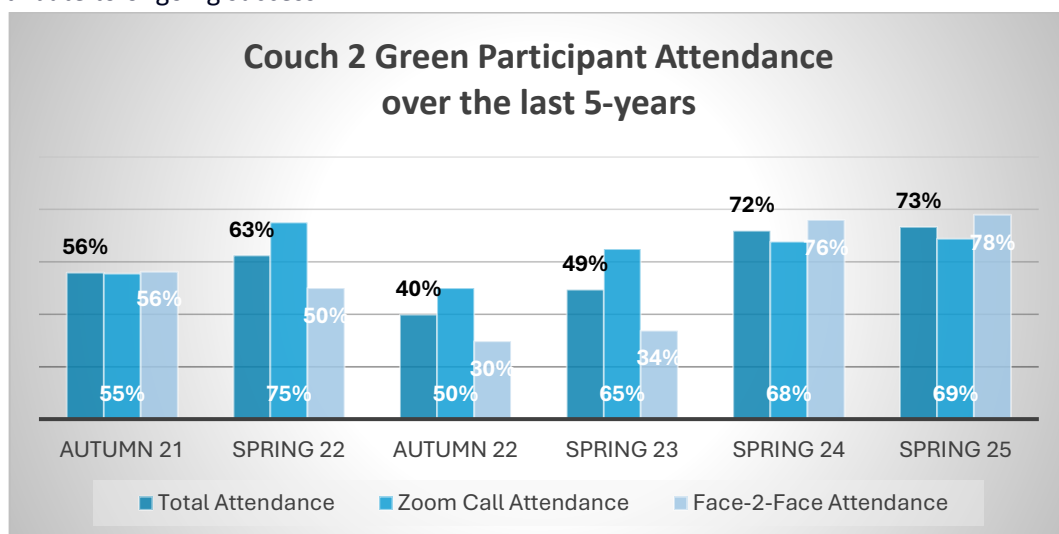
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The course was conducted at multiple sites across the region, including Flatts Lane, South Park, Stewart Park, Marske Stray, Bassleton and Thornaby, Saltburn Valley Gardens, and Yarm. The table below summarises participant attendance at both virtual and face-to-face sessions.

Attendance was at its highest when the participants were engaged in the progression requirements for successfully completing an orienteering 'GREEN' course. However, it is important to note that attendance at face-to-face sessions decreased when these were combined with the Summer Series or held outside the catchment area.



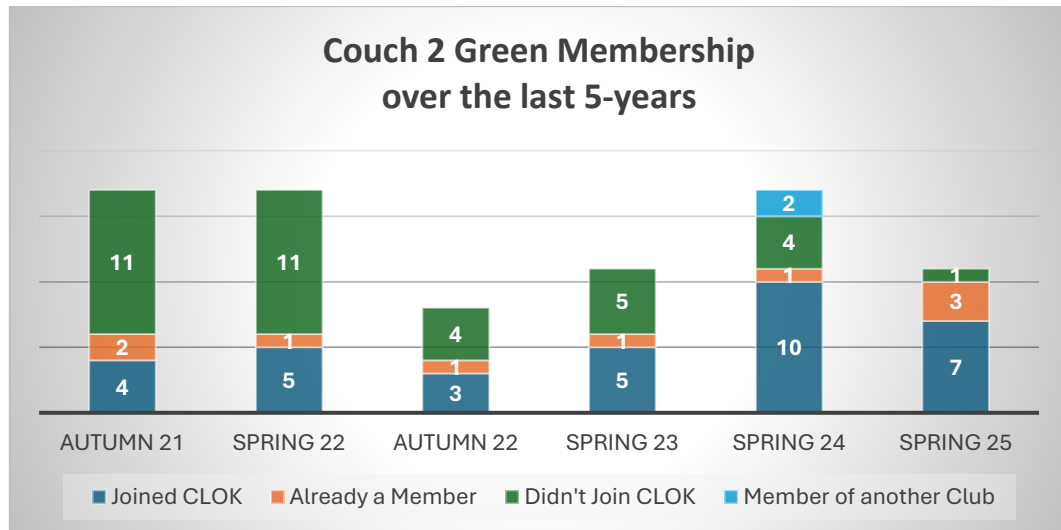
As shown in the table below, overall participant attendance at both virtual and in-person sessions increased from 56% in Autumn 2021 to 73% in Spring 2025. Following two years of reviewing course deliverables, the club has strengthened its knowledge regarding the organisation of Couch 2 Green, developed source material for future use, and established templates that are reusable for the course activities. These resources have demonstrated their value and continue to contribute to ongoing success.





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The table below indicates that, over the past two years, following completion of the Couch 2 Green course, participants have demonstrated an interest in joining the club and further developing their orienteering and navigation skills. Of the eleven C2G 2025 participants, seven have become members of CLOK (*note: three participants were existing CLOK members*), and nine of the participants have competed in follow-up events with a number of them attending neighbouring club events



Challenges and improvements for future editions:

- ✓ Conducting seven sessions over an eight-week period proved effective for the 2025 cohort
- ✓ Incorporating orienteering skills into the CLOK Summer Series provides valuable experience for Couch 2 Green participants in actual orienteering events. However, there is an ongoing concern that the CDO and their assistants may be allocated responsibilities that divert their focus from supporting the Couch to Green participants
- ✓ Requesting participants to travel outside their local area led to decreased attendance
- ✓ Should the 2026 programme incorporate the Summer Series event, it will be essential to evaluate the inclusion of urban orienteering to adequately prepare participants. This modification could have implications for the progression criteria associated with successful completion of an orienteering 'GREEN' course.

2. Darlington Day

Around 120 people attended the Darlington Day event and participated in the 'Animal Cones' game, with 40 individuals completing the short course provided. Follow-up communication has been maintained with attendees who expressed interest in orienteering.

Rebecca Mayes (CDO, Cleveland Orienteering Klub)

- with input from Sarah Hague (Renew Your Running)

4th October 2025

