

Minutes of the Meeting of Coaching Committee held on Saturday 19th
March 2011 at
Carr's Lane Church Centre, Birmingham, B4 7SX

11/01 Chairman, Welcome and Introductions

Present; Keith Marsden, Chairman; Mike Hamilton, Chief Executive; Ed Nicholas, Development Manager; John Woodall, Director; Lynne Walker, (SOA), Dave Rogers (SCOA), Hilary Palmer (EMOA), Don McKerrow (SEOA), Christine Vince (SWOA), Caroline Louth (EAOA), Ruth Lockley (WMOA), Jon Carberry (NWOA), Jim Clarke (BSOA).

11/02 Apologies for Absence

Nev Myers (YHOA)

Corresponding members; Raymond Finlay (NIOA), Mick Garrett (NEOA).

11/03 Declaration of Interest

Not everyone had completed their Declaration of Interest for 2011.
MH offered to get Laura Martin to follow up on those not completed.

Action; MH

Committee members were requested to declare any personal interest if the need arose during the discussions.

11/04 Minutes of last meeting for approval

The minutes of the last meeting were approved. See British Orienteering web site;
http://www.britishorienteering.org.uk/images/uploaded/downloads/governance_minutes_coaching_13_11_10.pdf

11/05 Matters arising not covered by the agenda

Disaster Management Plan (Emergency Response Plan)

It is not clear at what stage this document is at. International Committee believed it was awaiting Board approval whereas the Chief Executive confirmed that it had not been to the Board.

As it could be a useful document KM offered to try to find its current status.

Action; KM

eLearning for UKCC Level 1

The British Orienteering web site has now been updated in preparation for loading the e-learning software. Amendments are being made to the software and the latest version will then be loaded on to the web site.

MH to get Steve Vernon to progress.

Action; MH

Assessor DVD

Caroline Povey is due to confirm the source type so that the DVD can be copied.

It was explained that the DVD was not 'chaptered' and it was felt that this would be helpful.

MH to enquire whether this can be done easily.

Action; MH

It was agreed that all attendees at Assessors courses would receive the DVD.

Coaching Kit

Discussion deferred until the next meeting

Forestry Commission Agreement

Following the appointment of an advisory panel by the Government to (re)consider access, British Orienteering is preparing a paper for submission.

The best advice that British Orienteering can offer to clubs using FC areas is to book as far ahead as possible

CRB Checkers

The list of CRB checkers does not seem to be on the web site as suggested.
KM to check.

Action; KM

11/06 Feedback from the Board

The final meeting of the current Board has been held prior to the AGM.

11/07 Continuous Professional Development (CPD)

The Chairman thanked Dave Rogers for his presentation on CPD at the recent Coaching Conference and Christine Vince for her recently published article on the subject.

There had been some items of feedback which were discussed;

- it was agreed that licences should be 'deferred' rather than 'suspended' when a coach had failed to reach their CPD target
- whether points should be awarded for 'being mentored' as well as being a mentor. This was generally felt a good idea and that Regional Reps or Club Coaching officers should be able to provide advice on this.
- concern was expressed that there was not enough weight given to 'self reflection'. It was felt that the additional column on the CPD log provided by Hilary Quick went some way to addressing this issue.
- it was noted that the points for attending First aid courses had been changed and this change needed to be reflected in the CPD log.
- there was some discussion whether personal involvement in orienteering (competing) should attract points. Although this was generally felt advantageous it was pointed out that under the rules of the Coaching Framework (which governs UKCC awards) this involvement is unnecessary so we cannot insist upon it.
- the need for regular 'CPD Newsletters' was highlighted and it was felt that they should be on the British Orienteering web site. It was agreed that an attempt would be made to publish one following each Coaching Committee meeting and representatives were asked to provide input at each meeting.

Action; All

- it was noted that the recently published articles by Paul Murgatroyd provided an excellent list of 'further reading'. It was wondered whether we could reproduce the list.

Action; KM

The following next steps were agreed;

- The Chairman would produce a much shorter introductory e-mail, for circulation to coaches, without the need for justification.

Action; KM

- Members of the committee to review the points scoring

Action; All

- The process is to begin First Quarter 2011 and coaches will be asked to submit their points capture diary annually beginning first quarter of 2012 to their Club Coaching Officer or Regional Representative. (An annual check initially was suggested in order that we provide support to anyone who needs assistance maintaining a log of their activities.)

11/08 Annual Coaching Conference

Lynne Walker was thanked for all the work she had done in making the 2011 conference such a success and for volunteering to organise the 2012 conference.

LW had summarised the feedback from attendees at the Coaching Conference and this had been circulated.

After some discussion it was felt that we would find it difficult to find a more suitable venue than Lilleshall and that the first week in February was felt appropriate. Accordingly LW will liaise with Janine White to book the 2012 conference, An effort will be made to reserve accommodation in the Clayton wing as this seemed to be most comfortable.

Early advertising of the dates (3rd-5th February) will be arranged.

Action; LW

There was a short discussion regarding content;

- Nev Myers has agreed to organise TD4/5 practical
- Possibly conference one day followed by streamed sessions on Sunday
- IV standardisation on Friday afternoon

Actions;

- All to consider keynote speakers
- Consider why people did not attend.

Action; All

11/09 Coach Education

Coach Education Qualifications

HP presented a paper (Appendix A) outlining the possible changes to the Coach Education awards and their possible replacements

PTLLS is the proposed new award for Coach educators, but a number of sports would like to retain CTS.

IAPS will be replaced by AAVRA for coach simulation assessment (UKCC Level 1) and CAVA for both simulated and workplace assessments. (UKCC Levels 2 and 3).

The new Learning programmes have not yet been published so a detailed assessment of the work involved is not available but it is likely that assessors will need to do additional work.

Scotland(SQA) is producing Tutor training and assessing courses. These need to be mapped to QCF.

Action; LW with HP/Pat Mee.

Training UKCC Level 1 Coaches in a Club Environment

HP reported that she had been unable to find anyone to trial this approach in NOC and LEI. She will therefore liaise with Judith Holt in DVO to try to find volunteers.

Action; HP

Consolidation of Training Needs

It was felt that the initial tranche of training at UKCC Level 1 was over and clubs are unlikely to be able to offer enough candidates for a course. There was therefore a need to consolidate requests from two or more clubs.

This was borne out by a straw pole conducted in SEOA which showed a requirement for Level 1 and Level 2 training but spread across a number of clubs.

It was agreed therefore that EN would hold a central register of requirements. Once he had 6 candidates in an area he would propose a course with the expectation that the course would run.

All Regional Reps to inform EN of all requests for training and EN to propose suitable courses.

Action; EN/RR's

UKCC Level 3

An outline of the award had been circulated.

KM reported that this outline had been circulated to a number of people and feedback had been received from sportscoachUK, John Palmer, Paul Murgatroyd, Richard Keegan, Jon Musgrave, Derek Allison and Mike Hamilton.

There was some discussion regarding who the award was aimed at. It was agreed that the award was generally applicable to anyone who was involved in the annual planning of coaching programmes, so could involve anyone working from Community through to Performance levels. However there is a need to present, for endorsement purposes, a more focussed view but this should not stop Orienteering from qualifying and using Level 3 coaches at all levels of the 'development' pathway.

It was also recognised that, as with all UKCC levels, a course audience will have a variety of needs as to how they wished to use the award and therefore the Coach Educators must be able to address these different needs.

Coaching Committee was reminded that it now included the function of the National Steering Group with regard to the UKCC awards and will therefore be expected to 'sign off' on the Level 3 award.

Unfortunately 1st4sport, the awarding organisation for Orienteering awards has been delayed in producing the necessary Endorsement documentation. It was hoped to get a better view on the likely timetable to completion within the next week.

10/54 Coaching General

Coaches Data Base

Once again there were concerns regarding the quality of data on the database. Regional Reps were asked to channel all generic queries to Janine White at British Orienteering

Action; RR's

Coaches with specific queries regarding their own qualifications should approach British Orienteering themselves.

Sale of UKCC level 1 Work cards

There have been some requests to buy the UKCC Level 1 Work Cards.

It was decided to allow licensed coaches with grades UKCC level 2 and above and 'old' Level 2 and above to buy the cards. They would be restricted to one set per coach and at a price to be set by British Orienteering.

Action; MH

Coaching Days

Carol McNeill has circulated details of her Coaching day on 16th April; the day before an open event on Graythwaite.

All Regional Rep's were asked to consider organising a Coaching day in their region.

Coaching days have proved popular, were requested by coaches attending the Coaching Conference as a means of practising their skills, and getting more into the calendar would be helpful.

Action; RR's

COTY (Coach of the Year)

Representatives were asked to provide nominations as soon as possible for the COTY award. The award is presented at the JK so nominations asap please.

Action; RR's

It was suggested that a list of past winners should be on the web site.

Action; KM

Incentive schemes (Star Awards)

There had been little progress on this however LW will report back at the November Coaching Committee.

11/11 Coaching 3-5yr Plan

There was some discussion with regard to the needs of coaches and coaching and how it could be shown to fit in with the British Orienteering's MP3.

Some of the points made were;

- what are the priorities
- is the plan to address coaches needs and how do these relate to the participation pathway
- how does this relate to the Development and International programmes
- how do we address sustainability

MH suggested the production of a paper for input to the Board with the following areas;

- SWOT analysis
- Needs analysis
- Targets, outcomes, performance indicators
- Programmes, how do we bring it about
- Cost/benefits

MH agreed to draft the framework and suggested that others (eg HP with regard to coaching in Community clubs) could provide input detail.

Action; MH

11/11a First Aid Qualifications

In her Regional report Hilary Palmer had pointed out anomalies in the current structure and raised concerns regarding the requirements.

It was proposed that a review be undertaken which would address;

- the contents of the three main courses (currently known as '4 hour', '8 hour', '16 hour') so that there was a consistency of content and assessment, not of length, of the course
- these courses would then be mapped onto the British Orienteering area classifications (A, B, C, D). Average emergency Response Times may have to be considered.
- the relationship between coaching grades and licensing levels could then be broken as it would allow coaches to choose the area classifications that they wished to be licensed at and attend the appropriate First aid course
- coaches then coaching on areas above their First Aid level would not be licensed (ie Insured by British Orienteering)
- The data base would be changed to indicate the level of licensing (ie in line with the First Aid course)

HP pointed out that a paper had been produced earlier by John Palmer relating the three First Aid course levels to their required contents. She agreed to review and update the paper.

MH agreed to work with HP on this as the database will need to be updated.

Actions; HP/MH

11/11 Report from BSOA

JC reported that there had been a recent meeting at which a tree planting ceremony had taken place at the National Forest. The trees were planted in the memory of Peter Palmer.

JC reported that plans are well under way for the WSOC in Italy but because of the timing only Junior teams will be attending.

11/12 Reports from Regions

Regional Representatives highlighted specific items from their reports as necessary Those reports submitted are summarised as Appendix B to these minutes.

11/13 Reports from other committees

SCG

The representative, Ursula Oxburgh, was not present.

JCG

HP reported the following points, taken from the minutes;

- it was decided to move the YBT final to the autumn
- JIRC moved to the autumn but must be at least 2 weeks from the Peter Palmer Relays
- There were some issues regarding the Rules for Junior competitions

It was pointed out that Hilary had stood down as Coaching Committee representative on JCG and that a new representative is required.

Action; RR's

ECSG

There had been no recent meeting.

Trail 'O'

Christine Vince had submitted a written report which is attached as Appendix C

11/14 Any other Business

MH circulated copies of a Coaching scorecard prepared by sportcoachUK.

11/15 Next Meetings

11th June and 12th November 2011, 17th March 2011

APPENDIX A

Coach Education Workforce Training – Update for Coaching Committee March 2011 Training started up to 31 March 2011:

- **IAPS** (Introduction to Assessment Practice in Sport)
- **CTS** (Certificate in Tutoring Sport)
- **CIVPS** (Certificate in Internal Verification Practice in Sport)
- Update training has been provided for people with existing assessor, teaching/tutoring and internal verification qualifications

From April 2011 (or from when 1st4Sport new qualifications are available): Assessor Training:

- **AAVRA** (Level 3 **A**ward in **A**ssessing **V**ocationally **R**elated **A**chievement QCF) will be offered for assessors of UKCCL1 only (this award is for assessing simulated coaching sessions for coaching qualifications)
Question: Will we do this with all new assessors and then add the extra bit for CAVA later if required to assess L2/3?
- **CAVA** (Level 3 **C**ertificate in **A**ssessing **V**ocational **A**chievement QCF) could be offered for assessors of UKCCL2 and above and for assessors of tutors and assessors (this qualification is for assessing simulated and work environment coaching sessions and for tutoring/assessing any of the new coach education qualifications)
- Update training will be offered to people with existing appropriate assessing qualifications (eg D32/33 or A units)

Coach Educator/Tutor Training: From June 2011

- **CTS** will no longer be available on the Qualification & Credit Framework and the alternative PTLLS (Preparing to Teach in the Lifelong Learning Sector) is considered to be beyond the requirements of sports for coach educators/tutors.
- **Level 3 Award in Delivering Learning QCF** will be available from **June 2011** to replace the CTS and will be a 'stepping stone' qualification towards PTLLS for people who would want to progress to that qualification. BOF will offer this but not the full PTLLS.
- Update training will be offered to people with existing appropriate teaching/tutoring qualifications.

Internal Verifier Training: From April 2011

- **AIQA** (Level 4 **A**ward in the **I**nternal **Q**uality **A**ssurance of **A**ssessment Principles and Practice QCF) replaces CIVPS
- This training will be offered for any new IVs
- Update training will be offered to people with existing appropriate verifying qualifications (eg D34 or V1 units)

Updating for current assessors:

- Current assessors who are part of our coach education workforce and who want to continue in these roles will need to upgrade as follows:
 - UKCCL1 assessors: **no** upgrading required
 - UKCCL2 assessors: **no** upgrading required
 - Assessors of the new Assessor and Tutoring qualifications who only have the IAPS qualification will have to show experience/competence assessing in the workplace environment i.e. submit examples of L2 assessments in order to upgrade

APPENDIX B

Regional Representatives Reports (Edited for brevity)

EMOA – Hilary Palmer

- UKCCL1 course completed in December 2010 - 8 new EM coaches passed
- UKCCL2 training completed February 2011 - 6 EM/EA and 2 YH coaches passed the internal assessment and are now working towards their final assessment - all are coaching in clubs with weekly or fortnightly sessions: in NOC (2), DVO (2), LOG (1), LEI/CUOC/WAOC (1), SYO (1) and HALO (1)
- The EM Junior Squad regular coaching sessions are now using a wider number of coaches who have qualified since the UKCC qualifications started.

Since the UKCC started we have 40 UKCCL1 and 1 UKCCL2 coaches qualified in EM clubs. 11 coaches are part way through their UKCCL2 qualification.

I have had some issues with the coach qualifications list on the database which may be due to the names from one course not having been received or entered onto the list.

NEOA – Mick Garratt

CLOK

Orienteering continued to be introduced into schools with 360, 206 and 200 participants in November, January and February. Snow causing cancellations of all activities in December.

Funding has been obtained to run after school sessions and O/16 sessions.

A TOPs 1 course in Redcar was delivered to 11 participants and a UKCC Level 1 course to 7, largely from CLOK and NN.

CLOK's Monday junior training sessions are continuing and a club evening on a Wednesday is due to start in May in Darlington.

The club's Talent Squad has commenced training with sessions every three weeks.

Third party financial support continues to look unreliable for 2011. Contracts for Regional Development Officer and Professional Officer Special Needs have been terminated and the charges for schools mapping and schools competition fees have increased.

NN

NN had a coaching day in September. Another one planned in November but had to be cancelled due to the weather. A club evening is being planned for starting in September.

NN now have 2 qualified coaches,

NWOA – Jon Carberry

Licensed Coaches – Numbers (Jon Carberry)

Six-monthly analysis of the coaches in the NW region, and the findings are summarised below.

	Registered	Licenced to Coach	%	Previous %
UKCC Level 1	27	9	33%	38%
UKCC Level 2	1	1	100%	100%
Coach Level 2	51	22	43%	34%
Coach Level 3	27	4	15%	12%
Coach Level 4	12	3	25%	25%
Coach Level 5	5	2	40%	40%
Unknown	1	1	100%	0%
Totals	124	42	34%	29%

Existing	114
New	10
Stopped	16

PFO (Hamish Willis)

PFO along with SELOC are looking to develop some more UKCC L1 before the end of the summer, Pat Mee has suggested June.

SELOC (Paul Turner)

SELOC's weekly club night continued through the winter with co-ordinate and wide-ranging sessions, and various leaders including recently qualified coaches and supported by the lead Club & Coach (HW).

DEE (Noel Schorah)

DEE Coaching Update

A successful residential weekend was held at Delamere in March with 19 juniors training from TD 1 through to 5.

LOC (Carol McNeil)

Current report form LOC

The Saturday coaching sessions at TD 4 & 5 have continued from September until Easter with numbers being sustained around 15 with up to 26 Wednesday coaching at Ulverston also continues and sustains the bringing on many W/M14's to stay in the sport and start training more seriously. The LOC Talent Squad is now established and meets every Thursday for training along with any other club member who wants to train - fitness and O talks.

NWJS (Jon Carberry)

- 6 training weekends between October & March
- Revised Squad Standards have been published, 4 areas of assessment (performance, physical, attendance & conduct).
- Planning for 2012 Norway tour under-way, aiming to miss the Olympics

SCOA – Dave Rogers

Junior Squad Activities:

- Junior Squad conducted 11 training days in the last 12 months [1st March 2010 to 1st March 2011]. Squad numbers around 35 mark, with 15 to 20 regular attendees.
- Training in the last three months has been affected by the snow and lack of coaches to plan events on the originally scheduled training dates. Only two out of the three scheduled training days occurred during the last three months.
- The juniors are planning further cake stalls at SCOA league events in 2011.

Club Coaching Updates:

SOFA:

- No coaching carried out in the last 3 months. Expecting requests from youth groups (scouts) to run introductory sessions In the summer.

TVOC:

- 2 coaches attended the BOF coaching conference in February (Ian Buxton / Carol Edwards)
- We are continuing to offer coaching support at our Saturday series events.
- Ian Buxton assisted club member Simon Paterson with coaching at a 'Super Cubs' event in Witney in February. 28 cubs from local packs took part
- Coaching is to be an agenda item at the next club meeting, as we continue to receive requests for schools assistance, but since the current coaches all have day jobs, we are not often able to help with mid-week coaching.

SN:

- SN had an indoor coaching/technique session on 23rd February 2011, aimed at newcomers but including OCAD and Purple Pen for planners. They have club coaching sessions planned for 27th April, 25th May, 29th June, and 31st August 2011.
- Linda Cairns and Carol Lovegrove attended the Coaching Conference in February 2011.

BKO:

- Weekly participation club coaching nights are to commence in March 2011.
- Dave Rogers and Oone Rogers attended the Coaching Conference in February 2011.
- Katy Stubbs attended the recent UKCC L1 coaching course at Longmoor and will soon be qualified.

Other:

- SCOA Coaching Courses: Colin Dickson ran a UKCC Level 1 course on 12th, 13th and 19th February 2011 at Longmoor [10 persons qualified – Derek Allison was the tutor and Dave Rogers was the assessor].

SOA – Lynne Walker

UKCC courses

The 2011 schedule of courses has been planned in consultation with all Coach Educators & Assessors.

Level 1

Since the start of 2011, one Level 1 course has been run in Scotland with 9 successful candidates. A

course advertised to run in March 2011 has been cancelled due to lack of applicants.

There are three Level 1 courses planned for 2011 – May, July and November.

Hilary Quick is working on the revised Level 1 'Pack' (L1ACOQ) to ensure it is compatible with SQA

requirements. As the SQA certificates do not mention UKCC L1, Hilary has also produced an SOA version stating this; she will be the sole signatory for these.

In February, Hilary Quick had a meeting with the SQA External Verifier; twelve portfolios were reviewed including all assessments. Administrative procedures were also discussed. The EV was impressed with the high standards displayed. He also commended the SOA Coach Education Policy;

he remarked on the value he perceived of delivering for a mixed (as opposed to single) client group.

Level 2

One Level course is planned for June 2011 and it is fully booked with 8 candidates. This course was originally programmed for December 2010 – inclement weather led to the postponement. One Level

2 course is also scheduled for Spring 2012; it is hoped that this timing will enable the candidates to complete their 'six sessions' immediately after the course and then present themselves for assessment in the summer or autumn.

Funding

sportscotland and the SOA continue to fund places on UKCC courses for candidates who meet various

criteria.

Five clubs (where there are concentrations of population) are trialling regular meetings for training. Clyde has been selected as one of the British Orienteering Club Talent Squads' project. We await a report on this initiative.

Continuous Personal Development

In 2011 there are two update and discussion sessions planned for coaches (August – Perth and October – Banchory). It is hoped that all coaches will attend one of these days and take part in a variety of practical activities as well as have the opportunity to discuss current British Orienteering coaching developments.

Performance coaching

Scottish athletes continue to be represented strongly in both the World Class Squad and the World Class Talent Squad.

SWOA – Christine Vince

Coaching courses

The UKCC Level 1 course at the University of the West of England in January resulted in 8 new coaches (5 for SW clubs and 3 for outside organisations). The UKCC Level 2 course in the Forest of Dean in February had 8 learners (4 from the SW, 3 from other regions and 1 from an outside organisation); Day 3 will be in April.

BOK continue to run a regular Club Night; they are a Participation Club. They gained a new Level 1 coach in January and she has organised a series of six Café Orienteering sessions at Ashton Court which is proving popular. They have one person on the Level 2 course.

DEVON have two coaching sessions planned, one was in February and the next in April. The squad from Torquay Boys Grammar School has been very successful of late. The club is part of the Club Talent Squad programme.

KERNO has one person on the Level 2 course. They have regular weekly runs which are advertised on their website.

NGOC gained a new Level 1 coach in January. They are promoting the Forest of Dean Parkrun series on Saturday mornings. Although they are a Participation Club, they have not as yet started Community-O.

NWO gained two new Level 1 coaches in January. Unfortunately the two learners from Wiltshire CC did not materialise on the Level 1 course. The club has been given a grant by SportEngland to run five aMAZEing Orienteering events this summer.

QO gained a new Level 1 coach in January. The Junior Orienteering Group (based in Taunton) has a fixtures list for the Spring term and is generally well attended.

SARUM has two people on the Level 2 course; they are interesting in starting Community-O in their local town, which is also close to NWO. The town of Salisbury is starting up a Hub Club which involves a number of local sports clubs including SARUM; building work should start this summer on a dedicated facility which would allow Community-O to be run. Two club members are running a U3A-based group.

WIM and WSX regularly coordinate training sessions. A Community-O night has been started at Parkstone Grammar School, Poole.

SWJOS sent a party to Lakeside, and has just had a very successful training weekend over the February half-term. They will be putting up at least one candidate for Lagganlia.

One person has volunteered to become an Assessor and will be attending BOF training in March.

WMOA – Ruth Lockley

West Midlands Regional Squad

Our numbers have grown recently - 5 more OD and 2 WCH who have all been to recent coaching sessions. At the session on Cannock Chase in January, we shared the workload with East Midlands and Wales squads who were there for the weekend.

POTOC report

We have been busy in 2 schools and 1 college with at least 2 coaches at each venue. Henry Morgan has just attended an IAPS course with Hilary Palmer, for coach assessment.

HOC report

HOC coaching group met in January to discuss how to provide activities across the very large geographical area covered by the club

We agreed that the southernmost coaches will contact juniors in the south of our area and organize short coaching sessions, possibly alongside their local MADO events.

An indoor coaching evening has been organized at the end of March in a fairly central HOC venue, with a view to making such evenings 6 monthly if there is demand.

OD report

OD have joined the British Orienteering Lub talent scheme and have organised a series of 6 evening sessions aimed at newcomers at venues across their geographical area.

COBOC

COBOC have been working with BigStrides to run orienteering sessions during school holidays in Birmingham parks. They have also relaunched their Saturday morning events, which also cater for newcomers and are based on Birmingham Parks

APPENDIX C

Trail-O Committee, 12 February 2011 – Christine Vince (11-03-19)

I attend Trail-O committee meetings because Trail-O would be an excellent coaching tool – if only it were more widely accepted, and there was a better range of events to attend in the UK. At present there are only two Trail-O events in the BOF Fixtures List for 2011 – the JK and the British Trail-O Championships. The JK currently has 35 entries (out of an expected 2000 plus for the main event).

There are regular articles in Focus and CompassSport magazines, but little public interest in the sport.

To date there have been no formal Rules or Guidelines for Trail-O in the UK. There is now a set of Rules for Irish Trail-O which can be adapted to BOF use (probably after JK 2011 as people are busy with that). Likewise there have previously been no standards set for Trail-O officials; this has been discussed in committee.

There was discussion at the January 2010 meeting about how to bring Trail-O to clubs and the Junior Squads. Lots of interesting ideas.

Most of the discussion at the recent meeting centred on the forthcoming World Trail-O Championships to be held in Scotland in 2012.