

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

O-NEWS
@OrienteeringQld #OrienteeringQld

[Forward to a Friend](#)[View this email in your browser](#)

IN THIS BULLETIN:

- Upcoming Events
- QLD Schools Orienteering Championships - 25-26 July
- Volunteer Spotlight - Cam Schubert
- Junior World Orienteering Champs - 2 Silver Medals!
- MapRun Parks Gold Coast - Pizzey Park, Miami
- Coaching for Beginners
- Junior Camp Champs Public Event
- Help Shape meshO Manager
- Free Traffic Marshal Training
- Midweek Orienteering - Bardon Forest Park
- Enoggeroos Learn to Orienteer Series
- South-East Queensland Night Nav Events
- MapRun Parks Series - No Event This Week
- Artificial Intelligence (AI) in Sport
-
- Review the Draft Orienteering Queensland Strategic Plan 2026-2030
- Event Safety - Road Crossings
- Many Hands Make Great Events
- Course Setting Pre-Finalisation Checklist - Purple Pen
- Farewell to Lauren
- 2026 NSW State Middle and Long Championships
- Post Event Recovery Sessions are Important
- Are You Planning an Event This Year?
- 2026 Date Savers

UPCOMING EVENTS

- Thurs 2 July - [Bardon Forest Reserve - bush and park - BCC event](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

- Thur 9 - Sun 12 July - [Junior Camp, Columboola](#)
- Fri 10 July - [Coaching for Beginners, Gurulmundi State Forest](#)
- Sat 11 July - [Coaching for Beginners, Columboola EEC](#)
- Sun 12 July - [Junior Camp Champs - Gurulmundi State Forest](#)
- Sat 11 July - [Map Run Parks - Gold Coast - Event #8: 11th July, Pizzey Park, Miami](#)
- Sun 12 July - [Junior Camp Champs and Public Event](#)
- Sun 19 July - [TTOC Metro-Cyclegainne - Sherriff Park](#)
- Sun 19 July - [Map Run Parks - Refer to Parkinson Event](#)
- Sun 19 July - [Bush Trail Orienteering at Coombabah Lakelands](#)
- Sun 19 July - [Glen Mine, west of Warwick](#)
- Sun 19 July - [Brisbane Forest Series - Parkinson](#) - postponed
- Tues 21 July - [Night Nav - Term 3 - Event #1 - Cicada Park Chapel Hill](#)
- Sat 26 July - [2026 Qld Schools Orienteering Championships - Mass Start - Perseverance Dam](#)
- Sat 26 July - [2026 Qld Schools Orienteering Championships - Sprint](#)
- Sat 26 July - [2026 QSOC Public Race - Sprint - Highfields](#)
- Sun 27 July - [2026 Qld Schools Orienteering Championships - Long Distance](#)
- Sun 27 July - [2026 QSOC Public Race - Long - 'Jericho' Crows Nest](#)

See the [Eventor listing](#) for more details.

QLD SCHOOLS ORIENTEERING CHAMPIONSHIPS - 25-26 JULY



QLD SCHOOLS ORIENTEERING CHAMPIONSHIPS
25-26 JULY 2026

Sat AM - Mass start - Perseverance Dam
Sat PM - Sprint - Highfields State School
Sun AM - Long distance - 'Jericho' Crows Nest

11 years & under
13 years & under
15 years & under
19 years & under

+ Public races open to ALL!

ENTER NOW

ORIENTEERING QUEENSLAND

The 2026 Queensland Schools Orienteering Championships are heading to the Darling Downs!

- 25–26 July 2026
- Crows Nest & Highfields

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Open to all Queensland school students who can complete a course independently:

- independent athletes
- members of regional representative teams

Public races: As well, there are courses for everyone at the Sprint and Long Distance, ranging from very easy to very challenging!

[Details & registration](#)

Entries close: Saturday 18 July 2026

VOLUNTEER SPOTLIGHT - CAM SCHUBERT



This week's Volunteer Spotlight is on Cam Schubert from Range Runners

How long have you been involved in orienteering?

Since 2013 when we moved to Toowoomba from Adelaide

What's one of your favourite orienteering memories?

Watching the ASOC relay finishes - Always brings a tear to my eye seeing how much it means to the kids.

What kind of volunteer roles have you helped with?

Course Setting, setting up, putting out and collecting controls, ASOC25 Co-ordinator, RROC Committee

What do you enjoy most about volunteering?

Seeing the kids develop skills, friendships and resilience.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

The more you put in, the more you get out of orienteering.

Orienteering is a wonderful sport full of wonderful people.

Thank you Cam for all you do for the sport of orienteering!

JUNIOR WORLD ORIENTEERING CHAMPS - 2 SILVER MEDALS!



The first JWOC event of 2026 saw great results for the Australian team including a tied second place finish by Elye Dent and Cooper Horley and many other superb finishes of Owen Radajewski in 14th place and 17th by JWOC first-timer Katherine Maundrell. Well done Aussies!

Full Results: 2 Elye Dent 14:13 +0:17, 2 Cooper Horley 14:13 +0:17, 14 Owen Radajewski 15:02 +1:06, 17 Katherine Maundrell 15:43 +1:16, 31 Hayden Dent 15:26 +1:30' 32 Erika Enderby 16:08 +1:41, 57 Euan Best 15:49 +1:53, 60 Matty Maundrell 15:53 +1:57, 72 Ella Clauson 17:10 +2:43, 74 Milla Key 17:15 +2:48, 100 Liana Stubbs 18:01 +3:34, 103 Ariadna Iskhakova 18:08 +3:41

Here's what the 2nd place boys had to say about their finish after their race:

"It feels good, especially sharing with Cooper. It's so much better, the double-second. It was a good run and super excited! The race was good. We had done lots of map studying beforehand so I was familiar with the area. Overall it was a good run, a couple of maybe small hesitations but really good otherwise." - Elye Dent

"Really happy with the result! I went out there to have a normal run and try to put myself in a good position as possible to have a good result. To share second with Elye is just (amazing). The run went pretty well. I started pretty hard and was very confident in where I was. Coming through the map flip, I got a little bit tired and a little bit of hesitation near the end but I pushed through and I kept it all together so I didn't lose much time." - Cooper Horley

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

The Sprint was a great showing from the entire Australian team! Let's keep cheering for our young Aussies as they compete in the Sprint Relay today and try to replicate a similar, if not better, result from the Sprint!

Photo credit to Svensk Orienteering and Evalin Mae.

MAPRUN PARKS GOLD COAST - PIZZEY PARK, MIAMI



Photo: [Must Do Gold Coast](#)

All welcome to a MapRun Score event around **Pizzey Park, Miami**

Saturday 11 July from 3:30pm

All ages and fitness levels are welcome.

Every event will cater for all skill levels and will have dedicated volunteers to assist you in getting started.

Compete solo or bring your friends and family for a group adventure!

Most routes are wheelchair and stroller friendly.

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/23605>

COACHING FOR BEGINNERS

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Are you new to orienteering?

Good news!

Here are two coaching sessions especially for you!

There will be coaching for all beginners from 10-11am.

Members of the South West Schools team in the 11 and 13 Years age groups are encouraged to attend. Friends and family are also very welcome.

Cost is \$6. Pay on the day, cash only.

Friday 10 July - [Coaching for Beginners, Gurulmundi State Forest](#)

Entry deadline Wed 8 July

Register here: <https://eventor.orienteering.asn.au/Events/Show/24337>

Saturday 11 July - [Coaching for Beginners, Columboola EEC](#)

Entry deadline Wed 8 July

Register here: <https://eventor.orienteering.asn.au/Events/Show/24338>

For more information please email rroc.oq@gmail.com or text 0427523541

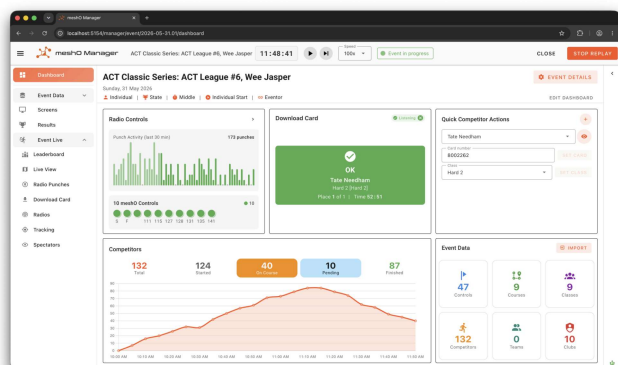
JUNIOR CAMP CHAMPS PUBLIC EVENT

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Come pit your orienteering skills against the juniors!
 Come along to the Junior Camp Champs Public Event.
 Sunday 12 July at 9:30am
 Gurulmundi State Forest, north of Miles.
 Run the same course and compare your times ... how will you match up?

Courses will be Hard 1, Hard 2, Moderate 1, Moderate 2, Easy and Very Easy
 Registration and more information at <https://eventor.orienteering.asn.au/Events/Show/24322>
 Pay on the day, cash only.
 Entries close Tues 7 July

HELP SHAPE meshO MANAGER



Help Shape meshO Manager — testers and feedback wanted

meshO Manager is new event-management software for orienteering: entries, classes, downloads, live radio punches, results, analysis and cloud sync, all run standalone from your own laptop.

We're looking for clubs and organisers to put it through its paces at real events — and we'd equally love to hear from anyone willing to take it for a spin and share first impressions. Free software; no

Interested? Drop a line to tate@mesho.live and we'll get you set up.

FREE TRAFFIC MARSHAL TRAINING



Photo by [Sadock Kaisi](#)

Keep Orienteering Events Moving – Become an Event Traffic Marshal!

Running a great orienteering event isn't just about navigation—it's about creating a safe, smooth experience from arrival to finish line. That's where **Event Traffic Marshals (ETMs)** come in.

The Queensland Government's ETM training gives volunteers the skills to safely manage traffic at low-risk sporting events—perfect for orienteering meets, where participants and spectators are often moving through shared spaces.

- **Keep competitors safe** with effective vehicle and pedestrian management
- **Gain practical skills** through a simple online training and assessment
- **Play a vital role** in delivering professional, well-run events

With the ETM scheme, trained volunteers can legally assist with basic traffic control—helping direct cars, manage parking and ensure safe movement around event sites.

Whether you're a regular volunteer, event organiser, or club member looking to contribute more, this course is a great way to step up.

This [simple short online course](#) is mandatory if you are stopping/diverting traffic on public roads.

Here is some more information: [How to become an Event Traffic Marshal at a Special Event](#) || [Event Traffic Marshal Scheme - Info for Event Organisers](#) || [ETM eLearn Training Program](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

This week's Mid-Week Orienteering event will be on Thursday 2 July at Bardon Forest Park.

There will be a mixture of park and bush.

Starts between 10:00am and 10:30am.

Start Location: Bowman Park under shelter near corner of David Ave and Bardon Esplanade.

Courses: lengths to be advised

Fees: Members \$6, Casual \$8, Family/Group \$12. Cash only.

Please pre enter to guarantee a map.

Pre-enter here: <https://eventor.orienteeing.asn.au/Events/Show/24351>

Pre-entry closes at 11pm on Wednesday prior.

All welcome!

ENOGGEROOS LEARN TO ORIENTEER SERIES



Find Your Way – Discover the Thrill of Orienteering!

Are you ready to turn a map into an adventure?

- **Perfect for beginners** – no experience needed
- **Boost your confidence** in reading maps and finding checkpoints
- **Fun, active, and outdoors** – explore nature while learning

Whether you're new to orienteering or want to sharpen your skills, this is your chance to **learn, improve, and enjoy the challenge!**

When & Where: Saturdays at 2:30pm

4 July - [James Drysdale Reserve](#)

Hard, Moderate, Easy and Very Easy courses available

Adventure starts here – are you ready to find your way?

SOUTH EAST QUEENSLAND NIGHT NAV EVENTS



This week's Night Nav events in South East Queensland are:

Brisbane Westside | Tues 21 July | Starts 5:30 - 6:30pm | Taking a 3 week break

Brisbane Westside: 40 minute Score Events. Courses closes at 7.15pm

No need for prior registration, just come along.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

All ages and fitness levels catered for. Compete individually or participate in a group.
Children under 14 must be accompanied by an adult. Bring a small torch or head lamp.

Brisbane Westside: Member \$7; family max \$15 | Non-members \$9 | 'Tap & go' payment preferred.

MAPRUN PARKS SERIES - NO EVENT THIS WEEK



There is no MapRun Parks Series event this week

Come along for a fun, friendly run/jog/walk in the park.
You have 40 mins to visit as many checkpoints in the park as possible.
More information:

All ages and fitness levels are catered for. Go individually or in a group.
Children 14yo and younger must be accompanied by an adult.
Prices (Member/Non-Member): \$7 per phone / \$9 per phone. 'Tap & go' payment preferred.

ARTIFICIAL INTELLIGENCE (AI) IN SPORT

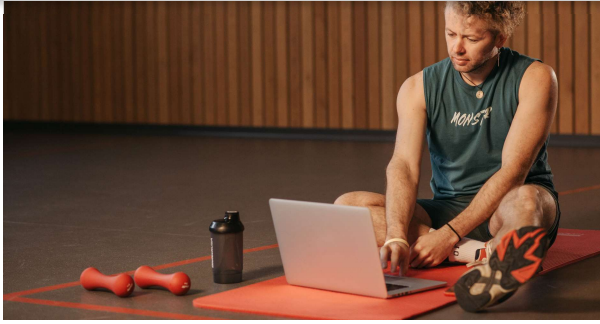
[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Photo by [Pavel Danilyuk](#)

Artificial intelligence is fast becoming a game-changer across every level of sport, from grassroots clubs to elite performance environments. The Australian Sports Commission highlights how AI technologies are already reshaping the way sport is played, coached and managed, offering new opportunities to improve performance, participation and fan engagement.

At its core, AI uses data to make predictions, provide recommendations and support decision-making—mimicking aspects of human intelligence such as learning and pattern recognition. In sport, this takes many forms: machine learning models that predict injury risk, computer vision systems that analyse technique, and generative AI tools that can create training plans or match reports in seconds.

The upside is significant. AI can streamline administration, enhance inclusivity, improve safety, and deliver powerful insights for coaches and athletes. High-performance teams are already leveraging sport-specific tools for tactical analysis, load monitoring and officiating accuracy, while community clubs benefit from simpler applications like communication tools and automated content generation. However, the rise of AI also brings challenges. Concerns around data privacy, accuracy, bias and over-reliance are front of mind, particularly as some systems operate as “black boxes.” The report stresses that human judgement must remain central, especially in areas such as coaching, wellbeing and officiating.

Ultimately, the message is clear: AI should enhance—not replace—the human side of sport. With the right safeguards, transparency and ethical approach, it has the potential to support a safer, fairer and more innovative sporting landscape into the future.

This article is a summary of an article published in Clearinghouse for Sport. You can read the [full article here](#).

LAST WEEK'S NEWS ARTICLES BELOW



After many months of consultation, discussion and planning, the draft Orienteering Queensland Strategic Plan 2026–2030 is now ready for review.

This plan outlines our proposed vision, priorities and strategic directions for the next five years and will help guide the growth and development of orienteering across Queensland.

Before the plan is finalised, we are seeking feedback from members, clubs, volunteers, officials, athletes and other stakeholders to ensure it reflects the needs and aspirations of our community. We invite you to read the draft plan and complete a short feedback survey. Your input will help identify any areas that may require clarification, adjustment or further consideration before the plan is adopted. Whether you are a long-time member or new to the sport, your perspective is valuable.

View the draft Strategic Plan and provide feedback via the survey: <https://forms.gle/pPz27cVube6ibZcz8>

Feedback closes on **30 June 2026**.

Thank you for taking the time to help shape the future direction of orienteering in Queensland.

Management Committee
Orienteering Queensland

EVENT SAFETY – ROAD CROSSINGS



Photos: [Fatih Kopcal](#) and [Bruno Saito](#)

None of us want our fun day of orienteering to be marred by tragedy, so here are some safety tips for organising events around roads.

1. Courses should always be checked by a qualified controller. But if you can't find a controller, even an informal **Club event/MidWeek/NightNav** needs to have a second pair of eyes, doing a **basic safety check**.
2. In general, courses should be designed to **avoid** any route choice that crosses roads or car parks.
3. Participants in **Street O/Night Nav** obviously cross roads all the time, however courses should be designed so runners **do not cross major roads**.
4. Consider using a **remote start and/or finish** to avoid a road crossing. Then people can take their time to walk safely to and from the Assembly Area, and accompany children.
5. **Very easy** and **Easy** courses should never cross any road or car park unless there is a **Marshall** present to ensure a safe crossing.
6. If a busy road crossing cannot be avoided, position a control on either side of a crossing place. In **MeOS**, under 'Controls', choose the status 'No Timing' for the far control. This means that the time to the control is ignored, and the total time for the course will be the same no matter how long it took to cross the road.
Preferably also have a marshall present.

Small tweaks like these on a course can ensure that people don't risk their lives for a good result at an O event. Happy Orienteering!

MANY HANDS MAKE GREAT EVENTS

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Every orienteering event is like a puzzle.

Competitors see the finished picture — the courses, the start line, the results, and the adventure in the terrain. But behind every successful event are many small pieces that fit together to make it happen.

From parking and registration to starts, finishes and control collection, volunteers help create the experience that participants enjoy each week. Many of these roles require little or no experience and can be completed in as little as 1-2 hours.

Over the coming weeks, our Many Hands Make Great Events series will introduce some of the volunteer roles that help bring events to life and show how everyone can contribute.

Because every puzzle piece matters — and many hands make great events.

COURSE SETTING PRE-FINALISATION CHECKLIST - PURPLE PEN



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

prepared for you to ensure consistency, legibility and safety items are included before you finalise the map ready for printing.

The checklist is designed for OY/Championship events but can also apply to local/club events. Quickly scroll down and check everything has been considered/updated.

Easily access it every time, at OQ's Admin Manual page on our website. Go to the Administration drop down menu > OQ Admin Manual > Scroll down to 8.1 or [click here for the PDF](#).

7. OQ Strategic Plan 2023-2025

8. Event Management Guides for OQ Events

8.1 Course Setting Pre Finalisation Checklist - Purple Pen

8.2 Setting up Meos for an Event

If you have any questions regarding items in this document, feel free to reach out to [Tony Bryant](#).

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

On Thursday at our event at Kenmore Hills, we farewelled Lauren who is off to Germany for some post-doctorate study.

Lauren, and her Mum, are probably the most regular Thursday orienteers – always willing to help and to stop for a chat with everyone after running.

We will miss her. Also, congratulations on her Doctorate.

Photo shows our great group of orienteering friends.

2026 NSW STATE MIDDLE AND LONG CHAMPIONSHIPS



Entries now open [here](#) for the NSW Middle and Long Championships - Central West NSW - Sept 12/13th.

Get ready to explore new territory for the NSW Middle Champs on a BRAND NEW map, "Gulgaba Gullies", a mix of rolling spur gully, intricate erosion details and scattered cypress pine. Sunday's Long Distance "Tuckland" map, unused since 2007 and recently updated, returns with classic spur gully and complex rock details.

See invitation [here](#).

POST EVENT RECOVERY SESSIONS ARE IMPORTANT



It's easy to assume that elite athletes have every aspect of performance perfectly dialled in – from training loads to nutrition and recovery. Yet new research shows even top performers regularly neglect simple recovery habits like stretching and foam rolling.

Interviews with national and world-class athletes reveal a surprising gap between knowing recovery matters and actually doing it. While coaches view recovery as essential to long-term performance, athletes often see it as a short-term fix to reduce soreness or avoid injury. As a result, recovery is frequently inconsistent and only prioritised when something goes wrong.

One key finding is that environment shapes behaviour. Recovery strategies are far more likely to happen when built into structured training sessions, alongside teammates. At home, however, recovery often falls away as athletes juggle work, study and personal life. In contrast, mental recovery – such as rest, social time and switching off – is more likely to occur outside the sporting setting, but is rarely planned.

Three major barriers stand out: limited early education about recovery, competing time pressures, and poor sleep routines. Notably, many athletes only take recovery seriously after injury or burnout – often when it's too late.

For community athletes and clubs, the message is clear. Make recovery simple, convenient and part of the routine. Build it into training sessions, encourage consistent sleep, and promote small, sustainable habits. The goal isn't perfection – it's consistency.

Ultimately, the lesson from elite sport is straightforward: the best recovery strategies are the ones athletes will actually stick to.

This article was summarised from an article written by Iwan Rowlands (Senior Research Assistant in Welsh Institute of Performance Science, University of South Wales) which was published in The Conversation. You can read the [full article here](#).

ARE YOU PLANNING AN EVENT THIS YEAR?



Are you involved in planning an event this year?

Course setting?, Controlling? Event Organiser?

Please take advantage of the resources available. In particular, check the **Event Guide** and the **Course Guidelines** at

- [Event Resources - Foot-O](#)
- [Event Resources - MTBO](#)

and the **Risk Management guide** at

- [Safety & Emergency](#)

When putting out controls, please use MapRun CheckSites to check the control is in the right place.

Questions? Please ask Dylan at technical@oq.asn.au

2026 Date Savers



QLD Foot Events 2026

Date	Major Events 2026

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

20 July	QLD Orienteering Champs - Cronulla
9 Aug	OY8 – Marstaellar Rd Reserve (Middle)
22 Aug	OY9 (QLD Middle Champs) – Karawatha
23 Aug	OY10 – Prout Road (Long)
12 Sept	OY 11 – Toowoomba (Sprint)
13 Sept	OY12 – Leyburn (Long)



QLD MTBO Events 2026

Date	Major Events 2026
28 June	State Series 4 - Wild Horse Mountain
2 Aug	State Series 5 - Samford
19-20 Sept	State Series 6-8 QLD MTBO Champs
9-11 Oct	AUS MTBO Champs
25 Oct	State Series 9 - Peak Crossing

Contact Details

Please use the email addresses below to contact OQ Personnel:

admin@oq.asn.au (Linda Burrridge)

membership@oq.asn.au (Liz Ferguson)

treasurer@oq.asn.au (Tony Bryant)

bulletin@oq.asn.au (Linda Burrridge)

website@oq.asn.au (Rob Crosato)

Last bulletin submissions to be received by 8pm each Tuesday.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Child and Youth Safety

Orienteering Queensland is committed to [Child Safety](#) and to implementing the National Child Safety Standards.



Queensland
Government

Orienteering Queensland gratefully acknowledges the financial support of the Queensland Government, enabling Queenslanders to participate in sport and recreation activities.



Copyright © 2018 Orienteering Queensland Inc, All rights reserved.

Our mailing address is:

PO Box 275, Ferny Hills DC, QLD 4055

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)