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## UPCOMING EVENTS

- Wed 10 June - [TTOC Sport Ident Park Series Wk3 - The Stadium](#)
- Thurs 11 June - [Anzac Park, Toowong](#)
- Sat 13 June - [Level 1 MTBO Controller Workshop](#)

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- Sun 14 June - [OY7 - Mount Goolman](#)
- Sun 14 June - [Map Run Parks - Please come along to the Mt Goolman Event](#)
- Tues 16 June - [Night Nav - Term 2 - Event #8 - Auchenflower](#)
- Thurs 18 June - [Kenmore Hills](#)
- Sat 20 June - [EN Learn to Orienteer Term 2 Series - Old Petrie Town](#)
- Sun 21 June - [Amiens/Cascades west of Stanthorpe](#)
- Sun 21 June - [Bush Orienteering at Quinzeh Rocks, Logan](#)
- Sun 21 June - [Map Run Parks - Roma St Parklands](#)
- Thurs 25 June - [Mid week - Underwood Park](#)

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

### OY 7 AT MT GOOLMAN - ENTRIES CLOSE TOMORROW



Save the date for the next OY event!

Sunday June 14 at Mt Goolman

Starts from 9:30am. Course closure at 12pm

Mount Goolman is a classic bush event near the new town of South Ripley.

The assembly area is at the end of Spowers Road.

Starts are about 600 metres from the assembly along a fairly flat track.

Course Lengths and Climb:

Hard 1 6.9kms/320m; Hard 2 5.4/280m; Hard 3 4.2/230m; Hard 4 3.1/170m; Hard 5 2.3/110m;  
Moderate 1 3.0/130m, Moderate 2 2.2/95m, Easy 2.2/90m, Very Easy 1.8/75m

Please see [more information here](#).

\*\*\*NB: Remember to bring a WHISTLE (compulsory)\*\*\*

Students wishing to use this OY as a selection race for the Qld Schools Team should run the following classes in this event:

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Juniors (15yrs and under by 31 Dec):

Boys Moderate 1, Girls Moderate 2

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/23211>

## VOLUNTEER SPOTLIGHT - MARK CROWE



**This week's Volunteer Spotlight is on Mark Crowe from Ugly Gully**

Thank you Mark for all you do for orienteering!

**How long have you been involved in orienteering?**

5 years

**What's one of your favourite orienteering memories?**

The 2023 National Championship relay in WA. It was one of those rare days when everything went right, and I ran what is probably still my best ever race. And as a proud dad, seeing my sons compete at ASOC is also a wonderful memory.

**What kind of volunteer roles have you helped with?**

The highlight would have to be organising the AusChamps Sprint event at UQ - 800 competitors, world-class competition, and a fantastic venue. I've also organised and set a few club events, and have been secretary for the Ugly Gully committee for the last two and half years. I'm now in the middle of course setting for an upcoming OY, after which I'll finally be eligible to qualify as a level 1 Controller.

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As someone who's come to orienteering relatively late in life, it's been a great way to get involved in the community and to meet everyone. Setting and organising events has also really helped improve the standard of my own orienteering.

### Why should people give volunteering a go?

It's not as hard or scary as you might think - there's plenty of easy ways to get involved and always someone willing to support you. We wouldn't have orienteering events without volunteers, so it's vital for the future of our sport that everyone tries to help out where they can.

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## LEVEL 1 MTBO CONTROLLER WORKSHOP



Have you ever wanted to get more involved in MTBO course controlling, or are you just curious what its all about?

If so, there will be a Level 1 MTBO Controller Workshop on Saturday 13 June

Facilitators: Mark Petrie, Craig Steffens

Topics will include:

- how to plan good courses and avoid errors
- how to make courses fair, and suitable for various cohorts
- safety and risk management

Understanding how a controller thinks is also a great way of improving your orienteering skills!

Attending the workshop is one of the tasks needed to be accredited at Level 1.

The other main requirements are to:

- be Course Planner for an event\*
- be Organiser for an event\*

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After attending this workshop and completing the appropriate Level 1 tasks, participants may complete the accreditation form and email it to [technical@oq.asn.au](mailto:technical@oq.asn.au)

## MTBO AT WILD HORSE MOUNTAIN



**MOUNTAIN BIKE  
ORIENTEERING**

**SUN 28<sup>TH</sup> JUNE**

**WILD HORSE MOUNTAIN  
BEERBURRUM**

Ride, Race, Navigate  
3 hour Score  
90 min Recreation Course  
Plus 5 Line Courses &  
E-Bike category

Get your entries in by  
midnight 25 June

**MORE INFO OR ENTER**

**[HTTPS://EVENTOR.ORIENTEEING.ASN.AU  
/EVENTS/SHOW/23696](https://eventor.orienteeing.asn.au/Events/Show/23696)**

**MEMBERS: \$15.  
NON-MEM: \$25  
KIDS RIDE FREE!**

Email: [info@sunshineorienteeers.com.au](mailto:info@sunshineorienteeers.com.au)

Come experience the thrill of Mountain Bike Orienteering at Wild Horse Mountain, Beerburrum East State Forest.

Sunday 28 June with 8am start

Ride, Race and Navigate around

- 3 hour score
- 90 minute score
- 5 different line courses
- e-Bike category

More information and entry at <https://eventor.orienteeing.asn.au/Events/Show/23696>

Get your entries in by midnight 25 June.

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## BUSH ORIENTEERING AT QUINZEH ROCKS, LOGAN



Join us for a fabulous bush orienteering event at Quinzeh Rocks, Logan  
Sunday 21 June with starts from 9-11am with course closure at 12pm.

This is a MapRun event with flags on the Easy course only.

Enter on the day is available but please pre-enter to secure a map.

Please let us know right away if you plan to bring a substantial group so we can print more maps.

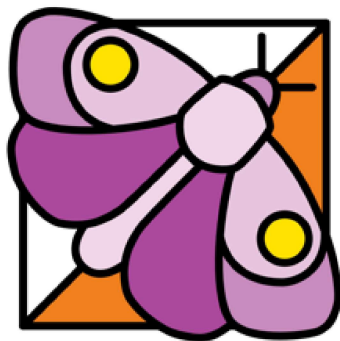
Courses for everyone, from beginner to experienced.

Courses available: Long Hard, Medium Hard, Short Hard, Intermediate and Easy

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/23611>

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## OCEANIA ORIENTEERING CHAMPS 2026 - ENTRIES OPEN



**OCEANIA**  
**ORIENTEERING**  
**CHAMPIONSHIPS**  
**2026** 26 SEP-04 OCT  
NGUNNAWAL COUNTRY

Entries are now open for Oceania Orienteering Championships in Canberra from 27 September to 4 October, 2026.

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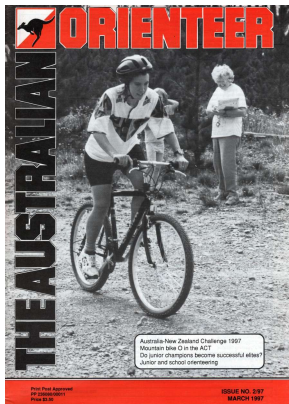
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fun, compact campus, perfect for the ASOC competitors to demonstrate their speedy sprint techniques. From there, competitors climb to the panoramic heights of **Mount Ainslie**, before navigating along the banks of the **Murrumbidgee River at Pine Island** and then tackle the technical slopes of **Stromlo Forest Park**. The carnival finishes at the **Australian National University**, where open lawns, gardened courtyards, and complex buildings provide fast decision-making and technical route choices.

Visit the [Oceania 2026 website](#) and [download Bulletin 1](#) now for more details.  
[Enter here](#).

### DON'T WANT YOUR OLD PHOTO REPUBLISHED?



We are digitising historic editions of *The Australian Orienteer*.

If you appear in a photo and **prefer it not to be republished, please contact the editor**, Hania, via email at [magazine@orienteering.asn.au](mailto:magazine@orienteering.asn.au)

### AUS MTBO CHAMPS - BOOK YOUR ACCOM NOW



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the MTBO Champs due to the recent announcement of a music festival on the same weekend. If you are planning to come, and we hope you all are, you will probably need to investigate accom options at nearby towns. Please get on to this ASAP, and please get your entry in for the Early Bird prizes.

### Early Bird Entry Prizes for MTBO Champs

'Early bird' entries to the Australian MTBO Champs will be eligible to win one of four \$50 vouchers.

Thanks to generous support from Windchill Sports, all entrants prior to 31 July will be eligible to win one of the vouchers from Windchill.

To see the full range of merchandise available from Windchill go to their website

at <http://www.windchillsports.com.au/>

And don't forget to enter early to be in the draw!

### Enter the AUS MTBO CHAMPS NOW

Get your entries in now and don't forget to book your accommodation. The program:

- Warm-up and Vic Schools Championship (8 October 2026) – Ballan
- Mass start (9 October 2026) – Ballarat
- Middle distance (10 October 2026) – Creswick
- Sprint (10 October 2026) – Ballarat
- Long distance (11 October 2026) – Ballarat

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## EOFY - SUPPORT ORIENTEERING



Support the 2026 Australian Orienteering Championships teams!

Your donations will directly help pay for accommodation, catering and getting around at the events!

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Tax deductible gifts may be made to Orienteering Australia through the [Australian Sports Foundation \(ASE\)](#) to support our national teams to take part in World Championships.

Details of each team and the relevant donation page can be found at –

- [National Senior Team](#)
- [National Junior Team](#)
- [National MTBO Team](#)

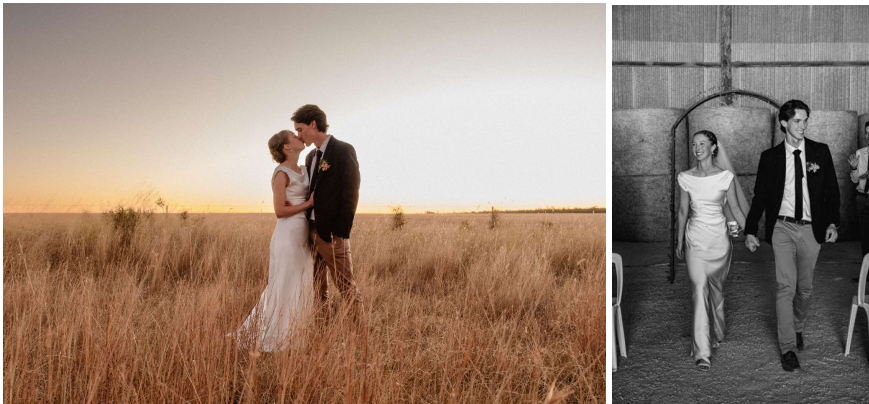
Orienteering Australia Operations

Tax deductible gifts may be made to Orienteering Australia through the [Australian Sports Foundation \(ASE\)](#) to support the operations of Orienteering Australia in delivering services to our members.

- [Orienteering Australia Operations](#)

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## CONGRATULATIONS GRANT AND HARRIET - FIRST RROC WEDDING



Announcing the first RROC-RROC wedding: Congratulations Grant and Harriet!

Rumour has it that this was an arranged marriage - at an orienteering event, the Reinbott family suggested that the Young family check out Raymont College as a possible residence for their daughter.... At least there are no arguments about which club is the best!

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## ENOGGEROOS LEARN TO ORIENTEER SERIES

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Find Your Way – Discover the Thrill of Orienteering!  
Are you ready to turn a map into an adventure?

Join the Enoggeroos **Learn to Orienteer** series and unlock the skills to navigate like a pro!

- **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

13 June - [Bowman Park, Everton Hills](#)

20 June - [Old Petrie Town](#)

27 June - [North Lakes Town Park](#)

Hard, Moderate, Easy and Very Easy courses available

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

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**MIDWEEK ORIENTEERING - ANZAC PARK**

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This week's Mid-Week Orienteering event will be on Thursday 11 June at Anzac Park, Toowong.

This is a park and bush event

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

Start Location: Assembly is nearly opposite the entrance to the park on Wool St. parking on the street.

Courses: Long 5.1kms, Medium 3.6, Short 2.5, Very Short 1.1

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/24298>

Pre-entry closes at 11pm on Wednesday prior.

All welcome!

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## **SOUTH EAST QUEENSLAND NIGHT NAV EVENTS**



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

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

No need for prior registration, just come along.

Use the App and a Map to run, jog or walk through local parks and streets in the cool of the evening.

Download the latest version of MapRun on your smartphone before you arrive.

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 - COME TO MT GOOLMAN EVENT



All Map Runners are encouraged to come along to the OY event at Mt Goolman.

Sunday 14 June with starts from 9:30am

Mount Goolman is a classic bush event near the new town of South Ripley.

Try bush orienteering at its best in classic spur-gully terrain.

Courses for everyone, from beginner to experienced.

Meeting Point: The assembly area is at the end of Spowers Road (see Eventor for details)

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/23211>

Read the event flyer here: [OY7 Mt Goolman Information - UPDATED 07/06/26](#)

## FITNESS TECH FIRES UP FEMALE MOTIVATION



Photo: [Ketut Subiyanto](#)

Fitness technology is stepping up as a key player in keeping young women active—and in the game for longer. A Deakin University study has revealed that tools like fitness trackers and mobile apps are boosting enjoyment levels and helping young women stay consistent with exercise routines over time.

Researchers spoke to 14 women aged 20–28, many of whom had been using fitness apps since high school and wearable trackers from around age 18. Their verdict? Tech isn't just training support—it's motivation central. There's no one-size-fits-all playbook. Some athletes thrive on wearables, others lean on apps—or a combination of both. The winning formula? Personalisation. When participants found tech that made workouts enjoyable, they were far more likely to stick with it long-term.

Rolling with friends or family boosted confidence, especially when navigating the flood of online fitness advice. Having a trusted teammate helped players separate quality intel from dodgy content and stay focused. Not all feedback was positive. Concerns around unreliable social media and influencer content sometimes sidelined motivation. When trust dropped, so did engagement.

This isn't about chasing elite fitness gains—it's about staying in the game. The study found young women weren't chasing peak performance, but using tech to stay engaged, consistent, and motivated.

The Bottom Line:- Fitness tech is proving to be a valuable teammate—when personalised, social, and trustworthy, it helps young women keep moving and maintain momentum long after school sport ends.

This article was summarised from an article published by Deakin University. You can read the [full article here](#).

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**LAST WEEK'S NEWS ARTICLES BELOW**

**OY 6 AT WIVENHOE WRAP-UP**


◆ **OY6**  
**Wivenhoe**

Sunday 31 May  
Starts 9:30-10:00am

◆ **Entries Open**

 ORIENTEERING  
QUEENSLAND

130 orienteers enjoyed a great day of bush orienteering on the banks of Wivenhoe Dam on Sunday. Sheepstation Creek at Lake Wivenhoe was a treat to run on as a fire went through the area last year so much of the long grass and thicker vegetation had disappeared. All orienteers appreciated orienteering in this terrain while it was clean underfoot!

Winner of some courses were:

Hard 1: William Barnes, Trent Blinco, Mark Gregson

Hard 2: Aiden Tomlins, Tim McIntyre, Kevin Paice

Hard 3: Luca Shulz, Philip Young, Matt Tomlins

Hard 4: Felicity Crosato, Jackie Gauntlett, Lynda Rapkins

A 1 hour Score event was also available for those who wished to wander around finding up to 15 designated control sites.

Full results can be found here [Eventor Australia - Official results for OY6 - Sheepstation Creek, Lake Wivenhoe](#)

OY points for the event can be [found here](#)

A huge thank you to Cam Schubert and Neil Gannon for course setting and controlling and the Range Runners Club for organising a great event.

**ASC COURSE: CRITICAL INCIDENT MANAGEMENT**

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Australian Government  
Australian Sports Commission



AIS



The Australian Sports Commission has launched a new course, **Lead Well: Critical Incident Management**.

About the course:

Part of the ASC's Critical Incident Management Program, this course introduces the role of the critical incident management team and the essential skills needed to manage incidents effectively within any organisational context.

More information:

For further information on the [Lead Well: Critical Incident Management course](#), contact [leadershipandprofessionalism@ausport.gov.au](mailto:leadershipandprofessionalism@ausport.gov.au).

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## MENTAL WARM-UPS: THE NEW EDGE IN PERFORMANCE



Photo by [Sóc Năng Động](#)

Looking to shave seconds off your next run? The answer might not be in your shoes or your training plan—but in your mind.

A recent study from the University of Birmingham has found that adding a short **mental warmup** before exercise can significantly boost performance. Recreational runners who combined cognitive exercises with a standard physical warmup improved their one-mile times by **2–3%**, cutting up to 11 seconds off their efforts.

The cognitive component involved brief, app-based tasks designed to challenge memory, reaction time, and decision-making. While longer bouts of these activities can cause mental fatigue, short bursts appear

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The benefits didn't stop at speed. Runners who completed the mental warmup reported **lower perceived effort** and recorded **heart rates 7–8 beats per minute lower** during their run. Just as importantly, they felt more prepared and motivated before starting.

So what's the takeaway? While traditional warmups aim to increase blood flow and reduce muscle stiffness, this study highlights the **power of psychological readiness**. Whether it's a true cognitive boost or a placebo effect, the result is clear: athletes performed better when they believed they were ready.

For coaches and athletes alike, this opens a new frontier. Incorporating simple mental drills—focus exercises, quick reaction games, or even visualisation—could help unlock performance gains without extra physical strain.

Next time you warm up, don't just prep your body—**get your head in the game too**.

This article was summarised from an article written by Alex Hutchinson and published in *Outside*. You can read the [full article here](#).

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## 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

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[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](mailto:technical@oq.asn.au)

## 2026 Date Savers



### QLD Foot Events 2026

Date	Major Events 2026
14 June	OY7 – Mt Goolman
9-12 July	Junior Camp - Columboola
25-26 July	QLD Schools Champs - Crows Nest
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

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**Contact Details**

Please use the email addresses below to contact OQ Personnel:

[admin@oq.asn.au](mailto:admin@oq.asn.au) (Linda Burridge)

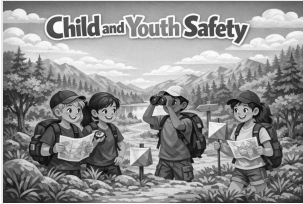
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**Last bulletin submissions to be received by 8pm each Tuesday.**



**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.**



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