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UPCOMING EVENTS

For a full listing of upcoming events and all their details, please go to the Event Calendar.

2027 MEMBERSHIPS OPEN NOW



2027 memberships are now open, valid through to 31 Dec 2027.

- We have held prices steady for 2 years, however increased costs and OA registration fees mean we have had to increase the full membership fee for 2027 from $50 to $60 and the junior fee from $10 to $12.
- The Rural & Remote discount will no longer be available as it is no longer supported by Orienteering Australia. OQ pays full state registration fees for all adult members, irrespective of location. And over recent years, orienteering activities have expanded in areas west of the Dividing Range, delivering value for members there.
- Despite the above changes, orienteering remains one of the most affordable family sports in Queensland!

Renewal: (1) Log in to Eventor; (2) select My pages, My memberships, (3) select "Renew" next to your 2026 club membership.

- If you have family members, use the “Add/renew membership of another person” option to include them as well before making payment.

Any problems, contact the Membership Officer

Membership fees for 2027:
Member 21 yrs+: $60
Member 20 yrs & under: $12
50% student discount 21-24 yrs: $30

FIRST AID TRAINING OR UPDATING - REGISTER INTEREST NOW



OQ is offering its members a fully sponsored CPR or First Aid Course (with Asthma & Anaphylaxis if desired). **Please note that this opportunity is for members who volunteer at events only, as places are limited due to budget constraints.**

Many dates are offered for the various courses. Go to First Aid CPR Courses | First Aid Certification in Brisbane to select a date.

- **CPR only:** Offered Tues to Sat: 8:30-10:00am or 12:30-2:00pm/1:30-3:00pm (CPR valid for 1 year only)
- **Full First Aid including CPR:** Offered Tues to Sat 8:30-11:30am or 12:30-3:30pm (First Aid valid for 3 years)

If you wish to include **Anaphylaxis and Asthma Training** (as well as CPR and Full First Aid), this course is **only** run on Fri and Sat from 8:30am - 12:00pm.
Please note: there is a homework component required prior to each course (CPR ~1hr or Full First Aid Course ~3hr).

If you are interested in attending one of the courses, please email Linda **ASAP** including your **full name, address, unique email address, phone number**, **date of birth, which course type** you want to attend and on **which date in November or early December** do you wish to attend.

Payment by OQ is upfront so **no cancellations please**.
This course is made possible through a Grant.

Courses are also offered in **Toowoomba for our Darling Downs** members. The venue and times are to be confirmed.
OQ will also fully sponsor members in other **regional areas** to do an equivalent CPR or First Aid Course (with Asthma & Anaphylaxis if available). Please contact Linda if you wish to do this.

You can use your **$200 Qld Government** [PLAY ON! Sports Voucher] for one of the 2027 Membership Packages below.
Vouchers are open to all Queensland juniors aged 5-17.

QLD MEMBERSHIP + EVENTS PACKAGES 2027





2027 Packages are open to ALL JUNIORS born 2007 or later.

- *If you have a Play On! voucher, you can redeem it by emailing the relevant Treasurer*

OQ Membership Package - $200

- OQ Junior Membership + Membership of your choice of Qld club
- entry to all 12 OY events, including Qld Champs
- entry to Regional All Schools events (incorporating selection trials for the Regional Schools Teams)
- entry to Queensland Schools Orienteering Championships
- $50 credit toward training camps

Email - treasurer@oq.asn.au

Enoggeroos Membership Package - $200

- OQ Junior Membership + Membership of Enoggeroos club
- entry to all Enoggeroos club events
- entry to 1 OY event
- entry to Brisbane All Schools Orienteering (incorporating selection trials for the Brisbane Schools Team)
- entry to Queensland Schools Orienteering Championships

Email – membership@enoggeroos.com.au

Great value!

ORIENTEERING FAMILY WANTED



Chiara Mandou, an enthusiastic 18-year-old orienteer from New Caledonia, is hoping to spend six months in Australia as an au pair from mid-December 2026. She is first-aid trained, has childcare experience, recently completed her secondary studies with honours, and competed at this year's Oceania and ASOC Championships. Chiara would particularly love to join an Australian orienteering family and become involved in the local orienteering community.

Interested families can contact Chiara directly at chiara.mp@ntymail.com or via WhatsApp **+687 50 70 79**. Read Chiara's bio here.

SUNSHINE ORIENTEERS SUMMER NIGHT NAV SERIES



Ready for an adventure after dark?

Join Sunshine Orienteers for seven weeks of fast, fun and family-friendly night navigation this summer. Whether you're a seasoned orienteer, a keen runner, mountain biker, or a beginner looking for something different, Night Nav offers the perfect combination of exercise, strategy and excitement.

Using the MapRun app, navigate your way through parks, streets and pathways under the stars. Choose your pace, test your decision-making skills, and enjoy a different map each week across the Sunshine Coast.

Courses: 40 & 60 minutes
Registration from: 5:50pm
Starts from: 6:00pm
Members: $6 | **Casuals:** $10

Date	Location
Tuesday 17 November	Currimundi West

Tuesday 1 December	Heritage Park
Tuesday 8 December	Baringa
Tuesday 15 December	Christmas Special

Don't miss our Christmas Special Finale on 15 December!

Enter via Eventor or contact Sunshine Orienteers for more information. Bring your sense of adventure and discover why Night Nav is one of the most enjoyable ways to spend a summer evening.

SOUTHSIDE NIGHT NAV IS BACK ON THURSDAY EVENINGS



Looking for a fun way to keep your orienteering going through summer?

Southside Night Nav is back, with a fantastic series of Thursday evening events across Brisbane!

Walk, jog, or run—the choice is entirely yours!

12 Nov – Carina Heights
19 Nov – Mansfield
26 Nov – Wishart
3 Dec – Sunnybank
10 Dec – Algester
17 Dec – Eight Mile Plains
+ 4 more events in January 2027

Whether you're chasing a fast-paced navigation challenge or simply looking for an enjoyable outdoor adventure, Night Nav is the perfect excuse to grab a map and get moving this summer.

Thursdays | Starts 5:30–6:50 pm | 40-Minute Score Events

Bring your friends, test your navigation skills, and make Thursday night your adventure night!

OA WORKSHOP #1 - EVENTS

ORIENTEERING AUSTRALIA

This is a great chance to hear updates about the projects OA is working on and engage with questions and discussions.

Workshop #1 - Events
Monday 16th November 2026 - 7:30pm EADT
Join Zoom Meeting
https://us06web.zoom.us/j/87471023552?pwd=KkWbqKhRIrbAnnbxfqRnebiIjRxKEL.1

All interested orienteers are welcome to participate in the workshop. Should any voting be required, each State/Territory will be asked to nominate one voting participant.
Full agendas and workshop resources will be added here during the week before the workshop.

COACH WELLBEING MOVES INTO THE SPOTLIGHT





For years, elite coaches have focused on supporting their athletes, often at the expense of their own wellbeing. New Australian research is now helping to change that, with lessons that resonate across all sports, including orienteering. Justine Stynes, Ann-Marie Gibson and Alyse Wilcox from Australian

Wellbeing Hub.

Established in 2022, the project investigated the pressures faced by high-performance coaches and the organisational factors that influence their wellbeing. Surveys, workshops and interviews involving coaches and sporting leaders from across Australia revealed that coach wellbeing cannot be left solely to individuals. Instead, sporting organisations need to create environments that actively support coaches to thrive.

The research has already had a significant impact. Its recommendations have been incorporated into the Australian Sports Commission's Coach Development Strategy and the AIS Coach Performance Wellbeing Framework, providing coaches with access to wellbeing resources, referral networks and professional development opportunities.

One practical outcome has been a pilot program at the South Australian Sports Institute, where a dedicated wellbeing practitioner works alongside coaches within the high-performance environment. The success of the initiative has led to further trials across Australia's national sporting network.

The work is also attracting international attention from organisations including Sport Ireland and the International Council for Coaching Excellence. For sports reliant on committed volunteer and elite coaches alike, the message is clear: supporting coaches is not a luxury but a key ingredient in long-term sporting success.

This article is summarised form an article written by exercise psychology lecturer and psychologist Alyse Wilcox and published by ANU. You can read the full article here.

LAST WEEK'S NEWS ARTICLES BELOW





Your voice matters! Share your orienteering experience in a few minutes.
We're working with the Australian Sports Commission to better understand your experience in orienteering.
Responses are anonymous and will help improve the quality of our sport for participants, coaches and officials.
Survey closes 18 November 2026.

We would like every orienteering member to submit a survey response, including parents/carers completing it with their children.

COMPLETE SURVEY:
https://sportaus.syd1.qualtrics.com/jfe/form/SV_bCxKWycy6PGA3sO
The second image above is a snapshot of orienteering's February score vs other sports (see all Research Reports).

QLD WINS NATIONAL MTBO TEAMS SERIES

		M/W Rank		Points	Rank	Points	Rank
QLD Storm	469	1st	1	296	1	173	2
VIC Cranks	438	2nd	2	256	2	182	1
NSW Stingers	332	3rd	3	253	3	79	4
ACT Cockatoos	197	4th	4	113	4	84	3
TAS Foresters	75	5th	5	31	5	44	6
SA Arrows	64	6th	6	14	7	50	5
WA Nomads	25	7th	7	25	6	0	—

Congratulations to the QLD Storm MTBO Team!
They have taken out the Combined Men's & Women's Teams Competition for the 2026 National MTBO Teams Series.
The Men's Team also took out first place and the Women's Team came second!
In the individual competition, QLD'ers also performed well. Craig Steffens took out first place in the M50 age class. Congratulations Craig!

The aim of the National MTBO series is to encourage riders to travel and compete at interstate events. It is a national competition series for individuals and state teams. Series points can be earned at the various state MTBO championships. Riders can not only earn points as an individual but also accrue points for their State team. A riders result will be determined by their best 9 individual stage scores. Points are calculated from the event results.
The 2026 National Series Standings can be viewed here.

At the Australian Mountain Bike Orienteering Championships, riders can earn points for their state team.
The two fastest state rider's times, in each class are summed to determine the team placing. If there is only one rider then that state is ranked based on that result alone – below those with two riders. After each event, points from each of the classes will be summed to give the National MTBO Series Team Scores. The scoring is simply… 1st Place = 9 Points, 2nd = 7, 3rd = 5, 4th = 4, 5th = 3, 6th = 2, 7th = 1.
The 2026 Teams Results can be viewed here.

LIGHT UP YOUR TUESDAY NIGHTS WITH ENOGGEROOS NIGHT NAV



Looking for a fun way to keep your orienteering going through summer?

Enoggeroos Night Nav is back, with a fantastic series of Tuesday evening events across Brisbane!

Starting at **5:45 pm**, each event is a **40-minute score course**, giving you the freedom to choose your own route and collect as many controls as you can.

Walk, jog or run. The choice is yours!

17 Nov – Ferny Hills

24 Nov – Wooloowin

15 Dec – Keperra

22 Dec – Mitchelton

5 Jan – Aspley Hills

12 Jan – Nundah

19 Jan – Alderley

26 Jan – Ashgrove East

Whether you're chasing a fast-paced navigation challenge or simply looking for an enjoyable evening adventure, Night Nav is a great excuse to grab a map and get moving.

Tuesdays | 5:45 pm | 40-minute score events

Find out more at enoggeroos.com.au/nightnav/

Bring your navigation skills and make Tuesday night adventure night!

RESEARCH STUDY - FOOD USE IN ENDURANCE ATHLETES



We are seeking participants for my first PhD study - Understanding sports food use among endurance

- an endurance athlete who competes at any level OR
- a sports dietitian, nutritionist, performance support practitioner or coach who works with endurance athletes,

please read the flyer in this link to learn more about what is required.
You are welcome to share this information with anyone you know who may be interested.

PHYSICAL LITERACY: A KEY TO BETTER ORIENTEERING





As orienteers, we often think about fitness, navigation and race results, but the concept of physical literacy reminds us that successful participation in our sport is about much more than that. According to the Australian Physical Literacy Framework, physical literacy is the combination of skills, knowledge, confidence and motivation that enables people to enjoy and participate in physical activity throughout their lives.

Orienteering is an excellent example of physical literacy in action. Every event challenges the four domains identified in the framework: physical, psychological, social and cognitive. We use physical skills to run, climb and negotiate terrain; cognitive skills to read maps and make route choices;

This article published in Clearinghouse for Sport highlights that physical literacy is not a linear journey. People develop at different rates and continue learning throughout life. That is encouraging news for anyone who has taken up orienteering later in life or is helping newcomers into the sport. Every training session, bushwalk, sprint event or park orienteering outing contributes to building physical literacy. Research summarised by the Australian Sports Commission shows that higher levels of physical literacy are linked to greater participation in physical activity, improved health, stronger social connections and increased confidence. Sport also helps people transfer skills and knowledge into new environments and challenges.

For orienteering clubs, the message is clear: creating welcoming, enjoyable and varied experiences is just as important as producing fast runners. By helping members develop confidence, competence and a lifelong love of movement, we are building not only better orienteers but healthier and more active communities. Read the full article here.

ARE YOU PLANNING AN EVENT THIS YEAR?



Are you involved in planning an event this year?

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

2027 Date Savers

QLD Foot Events 2027	
Date	**Major Events 2027**
28 Feb	OY1 Sprint + OQ AGM - UQ Gatton
14 Mar	OY2 Long – Rosenthal Ck, Stanthorpe
26-29 Mar	Easter 3 Days - NSW
24 Apr	OY3 **QLD Sprint Champs** – Sheldon College
25 Apr	OY4 Long - Karawatha
26 Apr	Relay – Belmont Hills

23 May	OY5 Middle – Tooney Forest
6 June	OY6 Long – Samford Forest
19 June	OY7 **QLD Middle Champs** - Maidenwell
20 June	OY8 Long - Blackbutt
9-11 July	Junior Camp
24-25 July	QLD Schools Champs - Maryborough
7 Aug	OY9 Middle - Alfred the Great, Caloundra
8 Aug	OY10 Sprint - Caloundra
28 Aug	OY11 **QLD Long Champs** – Stanthorpe
29 Aug	OY12 **QLD Long Champs** – Stanthorpe
2 -19 Oct	Aus Champs + ASOC – South Australia
24 Oct	Club Relays – Crows Nest + Skill Development (23 Oct)

ORIENTEERING QUEENSLAND

QLD MTBO Events 2026	
Date	Major Events 2026

Contact Details

Please use the email addresses below to contact OQ Personnel:

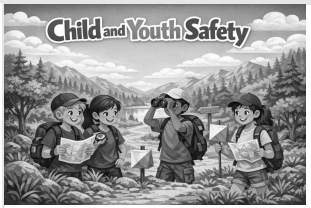
membership@oq.asn.au (Liz Ferguson)

treasurer@oq.asn.au (Tony Bryant)

bulletin@oq.asn.au (Linda Burridge)

website@oq.asn.au (Rob Crosato)

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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Our mailing address is:
PO Box 275, Ferny Hills DC, QLD 4055

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