



O-NEWS
@OrienteeringQld #OrienteeringQld

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For a full listing of upcoming events and all their details, please go to the [Event Calendar](#).

ENTRIES OPEN FOR OY9 AT KARAWATHA - NEW MAP + KID-O

QLD MIDDLE DISTANCE CHAMPIONSHIP

Karawatha OY9
22 AUG 2026
1.00 pm

Sign up right this way!

KID-O IS ON AT THE QLD MIDDLE DISTANCE CHAMPS

HEAD ALONG TO THE QLD MIDDLE DISTANCE CHAMPS AND HAVE A GO AT KID-O 22ND AUGUST

We will have orienteering games on offer for our youngest orienteers. Participants will receive stickers and an orienteering whistle!

KID-O is free and no need to register IF YOU WISH TO ENTER THE QLD MIDDLE DISTANCE CHAMPS YOU WILL NEED TO DO SO VIA EVENTOR

Entries are open for OY9 at Karawatha

Saturday 22 August with starts from 1pm with allocated start times..

This event will be run on a New Map called "Frog's Hollow"!

This will be the QLD Middle Distance Championships.

The terrain is fast, subtle gully spur terrain on sandstone. There are a few small areas of rock outcrops and many termite mounds and root mounds.

Courses available:

Sat 22 August	OY9 - Qld Middle Champs - Karawatha			
Course	Classes	Distance km	Climb	Controls
Hard 1	M21	5.2 km	85 m	17
Hard 2	W21, M20, M35	4.6 km	75 m	16
Hard 3	W20, W35, M16, M45	4.2 km	60 m	13
Hard 4	W45, M55	3.1 km	40 m	10
Hard 5	W16, W55, M65	3.0 km	35 m	11
Hard 6	W65, M75, Open Hard	2.5 km	35 m	10
Hard 7	W75, W85+, M85+	1.6 km	15 m	8
Moderate Long	M14, Open Moderate	3.2 km	45 m	12
Moderate Short	W14	2.4 km	15 m	11
Easy	W12, M12, Open Easy	2.6 km	20 m	10
Very Easy	W10, M10, MW10 Novice, Open Very Easy	2.0 km	15 m	10

Attention families! KID-O is at this event!

Join us for fun orienteering games and activities, exciting challenges, and outdoor discovery designed especially for our youngest orienteers.

Every child will receive stickers and an orienteering whistle!

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/23329>
[OY9 Bulletin 1](#) available here.

Remember to bring a WHISTLE (compulsory)

Entry Deadline: 16 August (Normal); 19 August (Late)

REGISTER NOW FOR OY10 AT PROUT ROAD



Entries are open for OY10 at Prout Road.

Sunday 23 August with starts from 9:30am.

Approximate course lengths (TBC): Hard 1 - 7.0 km; Hard 2 - 5.5 km; Hard 3 - 4.5 km; Hard 4 - 3.5 km
Hard 5 - 2.4 km; Moderate 1 - 4.3 km; Moderate 2 - 3.2 km; Easy - 2.5 km; Very Easy - 2.0 km

Remember to bring a WHISTLE (compulsory)

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/23328>

Entry Deadline: Thursday 20 August

INDEPENDENT ATHLETE JUNIOR DEVELOPMENT CAMP AT ASOC / OCEANIA



OMG ORIENTEERING MEET AT GALAMBARY

Galambary is the Ngunnawal name for Black Mountain in Canberra

LEARN EXPLORE BELONG CONNECT

Held in conjunction with

OCEANIA ORIENTEERING CHAMPIONSHIPS 2026
26 SEP–04 OCT
NGUNNAWAL COUNTRY

AUSTRALIAN SCHOOLS ORIENTEERING CHAMPIONSHIPS 2026

SAVE THE DATE
26 SEPTEMBER – 4 OCTOBER 2026

VENUE
Based at
Alivio Tourist Park

ACCOMMODATION
Book your own accommodation at
<https://alviotouristparkcanberra.com.au/>

THE MEET WILL INCLUDE

- ✓ Orienteering coaching
- ✓ Speaker sessions
- ✓ Social activities

ALL SCHOOL AGED JUNIORS WELCOME
AGED 12 YEARS AND ABOVE

ORIENTEERING AUSTRALIA

EXPLORE. CONNECT. COMPETE!

MORE DETAILS TO COME!
STAY TUNED AND GET READY FOR AN UNFORGETTABLE WEEK OF ORIENTEERING!

[f](https://www.facebook.com/orienteering.asn.au) [i](https://www.instagram.com/orienteering.asn.au) [orienteering.asn.au](https://www.orienteering.asn.au)

Didn't make the QSOC Team this year - this camp is for you!

Junior Development activities at Oceania and ASOC are open to high school aged juniors who are not part of a selected ASOC state/territory team.

Juniors and support people are invited to join the Orienteering Meet at Galambary (OMG).

Sat 26 Sept - Sun 4 Oct

All School-aged Junior Orienteers Welcome (12 year and above)

All juniors will need to have a supervising adult to be eligible to attend OMG activities.

Participants are expected to book their own accommodation and cater for themselves. Clubs and families may choose to combine to meet the supervision requirements of their members in order that as many juniors as possible can be part of this wonderful – OMG experience.

The hub for the development activities and the Presentation Program will be at [Alivio Tourist Park](https://www.alviotouristparkcanberra.com.au/) | Only 4km from the centre of Canberra .

OMG Registration

Registration deadline for OMG is 5 September 2026.

[Register on Eventor](#). Registration fee for junior competitors AUD\$20 payable on Eventor. This fee covers OMG, there may be a modest additional cost for which you will be notified in due course.

What's included in the registration?

- Socials – games and get togethers after/away from competition.

- Presentation Program. The speaker topics will include:
 - a. Introduction to the youth sprint relay - one race, mixed ages, and mixed boys and girls, planned for Easter 2027– get ready for Easter 2027! Steve Craig
 - b. Navigating your way to success - Marina Iskhakova
 - c. Nutrition essentials for all young athletes – TBC
 - d. Avoiding injury in junior athletes – Catherine Hogg
 - e. What it like to podium at a world champs? Q & A session with some JWOCers
 - f. And more
- 5. Coaching support at every event.

Please find [OMG - Bulletin 1](#) here

Note that Registration for the Oceania Championships and ASOC events is additional and needs to be done [separately here](#).

EOI FOR FLIGHTS TO CANBERRA - OCEANIA & ASOC



Photo: [Juan Hernández](#)

Flights to Canberra have been prebooked for Oceania and ASOC for the Queensland Schools Team with a number of spare seats available that the OQ public can purchase.

If you are interested, please email Matt Tomlins (mdtomlins@gmail.com or jundevcom@oq.asn.au) for details. Confirmation will be required within the next fortnight.

The flight details are flying with Virgin from Brisbane to Canberra on the 25th September at 0850 and returning from Canberra at 1840 and arriving in Brisbane at 1920 on the 4th October.



Photo: Krystle McConville

Eighty six orienteers enjoyed a great day of bush orienteering at Marstaellar Road Reserve, which provided a great location for some challenging legs. The Middle Distance event was organised and run by members of Qld Cyclones, and was a huge success. Mikaela Gray's courses were enjoyed by all. Thank you also to Mark G as controller and Alex C as organiser, along with all the helpers Queensland Cyclones before during and after the event.

Winner of some courses were:

Hard 1: Ryan Gray, William Barnes, Trent Blinco

Hard 2: Joshua Newnes, Ethan Crowe, Tim McIntyre

Hard 3: Ross McGinnis, Mark Petrie, Neil Simson

Hard 4: Dave Trethewie, Lynda Rapkins, Flynn Trethewie

Full results can be [found here](#).

OY points for the event will be available soon.

For all the stats gurus out there, check out the results and add-on stats meshO has provided [here](#).

Livelox is also set up for you to overlay your tracks [here](#).

ENOGGEROOS FOREST TRAINING SESSION 3



Enoggeroos Forest Orienteering Training Session (EFOTS) #3

Saturday 15 August with starts at 3pm in Enoggera (exact location TBA)

The focus will bring together a few of the skills we practised in the last couple of sessions. These sessions will be designed to last around an hour and cater for beginners to experienced as training for forest orienteering.

This will be a coaching session for members only. There will be a limit to the number of participants to ensure any permission requirements are met. Priority to Enoggeroos however other members may be welcome if space allows. Please [check with the organiser](#).

Pre entry required by Wednesday prior to ensure coaching sessions planned meet target audience. Pre Entry does not guarantee a spot is available.

More information and registration at <https://eventorienteering.asn.au/Events/Show/24477>

Exact meeting location will be communicated to participants the day before the event. Meet at designated location 2.45pm for a 3.00pm start.

Classes: Hard, Moderate, Easy, Very Easy, Unsure, Coach/Helper

BUSH EVENT AT BORDER HILLS, DALCOUTH



Come enjoy the beautiful spring weather in a gorgeous part of the state.

Courses available: Hard 1 , Hard 2 , Hard 3, Moderate 1 , Moderate 2 , Easy , Very Easy

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/24193>

MAPRUN PARKS - GOLD COAST - PIMPAMA SPORTS HUB



Photo: [Inside Gold Coast](#)

All welcome to a MapRun Score event around **Pimpama Sports Hub**

Sunday 16 August from 9-11am with course closure at 12pm.

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

Start location and courses TBC.

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/23659>

MIDWEEK ORIENTEERING - BUNYAVILLE EAST



This week's Mid-Week Orienteering event will be on Thursday 13 August at Bunyaville East.

There will be a bush event

All courses except Easy, spiky regrowth, so long sleeve shirts and trousers are best.

Easy course mainly on tracks.

Toilets and Water available.

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

Start Location: Bunyaville Picnic Area off Old Northern Road.

Courses: Long 3.3kms 145m climb, Medium 2.5/105, Short 1.7/40, Easy 1.6/40

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

Please pre enter to guarantee a map.

Pre-enter here: <https://eventor.orienteering.asn.au/Events/Show/24438>

Pre-entry closes at 11pm on Wednesday prior.

All welcome!

MIDWEEK CHAMPS - SAVE THE DATE - NEW MAP



Put this date in your diaries!

The 2026 Mid Week Orienteering Championships is on for Thursday 17 September!

Also (obviously!) a new map too! It has the ominous name of "Alfred the Great"!

The details will be on Eventor soon.

The setter's plan is to use Maprun and the few distinct "pineapple/pandanus" trees for control sites so no need for flags.

There will be a picnic in Happy Valley Park on Bullcock Beach, Caloundra afterwards.

For those who can't make it to the event, the event will remain "open" on MapRun so you can enjoy it at a different time - a good school holiday activity maybe!.

ONLINE PURPLE PEN WORKSHOP



ONSW will be conducting an online **Purple Pen workshop** (free for members across Australia) is on Tuesday Aug 18 from 6.30-9.30pm.

This is aimed at people setting courses for summer, and is also a good refresher for anyone out of practice.

Please [enter via Eventor](#) by Fri Aug 14. Windows users only, sorry.

INFINITE ORIENTEERING: ONLINE TRAINING GAME



Too hot ... too cold ... too wet... for orienteering training?

Are you frustrated with how hard it is to train outdoors during winter,

Try **Infinite Orienteering: The Hikers Path** - a year-round tool for practicing map reading and route choice.

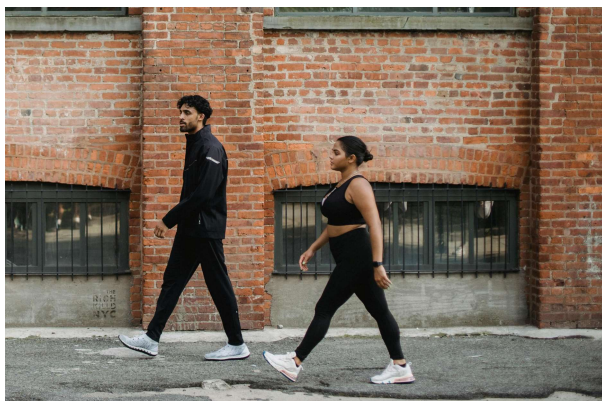
What makes it unique:

- **Infinite courses** - every course is uniquely generated with IOF-standard mapping
- **Realistic navigation** - 5m contour interval, vegetation density, magnetic north
- **Sprint / Middle / Long** - choose distance based on your needs
- **Replay function** - analyse your route choices after every run
- **Night mode** - train with a headlamp
- **More vertical terrain** - climb costs you, so route choice becomes a real decision
- **Split times after every run** - see leg by leg where the time went
- **Shareable maps** - run the same course as someone else and compare times afterwards

Steam: <https://store.steampowered.com/app/4270500/>

Discord: <https://discord.gg/tkqf6QV3pa>

IS 10,000 STEPS REALLY THE MAGIC NUMBER?



Many of us wear fitness trackers and keep an eye on our daily step count, often aiming for the famous 10,000-step target. But according to a recent article in *The Conversation*, that number did not originate from medical research at all. Instead, it began as a marketing slogan for a Japanese pedometer launched around the time of the 1964 Tokyo Olympics.

The good news for walkers, runners and orienteers is that the latest research suggests you may not need to reach 10,000 steps every day to gain substantial health benefits. A large review involving more than 160,000 adults found that many of the major health benefits were achieved at around **7,000 steps per day**. People reaching this level had lower risks of premature death, cardiovascular disease, type 2 diabetes, dementia, depression and falls.

Importantly, the greatest gains come from moving from a sedentary lifestyle to a more active one. Benefits begin well below 7,000 steps, with noticeable improvements seen when increasing from around 2,000 to 4,000 daily steps. After 7,000 steps, the benefits continue but tend to level off.

The article also highlights that **how you move matters as much as how much you move**. Brisk walking and other higher-intensity activities can provide greater fitness benefits in less time. For orienteers, this is encouraging news, as navigating varied terrain naturally combines walking, jogging and bursts of harder effort.

Finally, while walking is excellent for cardiovascular health, it should be complemented by muscle-strengthening activities such as resistance or weight training twice a week. Combined with regular walking or orienteering, this provides a well-rounded approach to long-term health and fitness.

This article was summarised from an article in *The Conversation* by Hunter Bennett, Lecturer in Exercise Science, Adelaide University. You can read the [full article here](#).

LAST WEEK'S NEWS ARTICLES BELOW

2026 QLD SCHOOLS ORIENTEERING TEAM

Senior Girls

Alexandra Edwards

Shari Gilbert

Grace Jardine

Erin O'Dea

Maggie O'Dea

Gretel Young

Reserve 1: Maya Lhote

Reserve 2: Matilda Cooper

Junior Girls

Hannah Giese

Ava Jeffery

Kirsty Savage

Scarlett Young

Reserve 1: Jocelyn O'Leary

Reserve 2: Bonnie Kent

Reserve 3: Mia Morgan

Senior Boys

Chase Deurloo

Oscar Hetteling

Luke Moore

Aidan Tomlins

Alex Vanzella

Reserve 1: Marcus Hetteling

Reserve 2: Oliver Cameron

Junior Boys

Benjamin Jardine

Luca Schulz

William Spoelder

Ripley Wood

Wellington Wood

Reserve 1: Avery Mead

Reserve 2: Joshua Moore

Congratulations to members of the 2026 Queensland Schools Orienteering Team, selected to compete in the Australian Schools Orienteering Championships, to be held in and around Canberra as part of the [2026 Oceania Championships](#) (25 Sept-4 Oct).

After careful and detailed analysis of the performances in all 10 selection races, and in accordance with the published [selection policy](#), the following **team of 20 athletes** has been chosen (in alphabetical order).

Reserves have also been nominated. If a named team member is unable to take their place in the team, a reserve (not necessarily from the same class) may be called upon to join the travelling team.

Senior Girls	Senior Boys
Alexandra Edwards	Chase Deurloo
Shari Gilbert*	Oscar Hetteling
Grace Jardine	Luke Moore
Erin O'Dea	Aidan Tomlins
Maggie O'Dea	Alex Vanzella
Gretel Young	
Reserve 1: Maya Lhote	Reserve 1: Marcus Hetteling
Reserve 2: Matilda Cooper	Reserve 2: Oliver Cameron
Junior Girls	Junior Boys

Kirsty Savage
Scarlett Young

William Spoelder
Ripley Wood
Wellington Wood

Reserve 1: Jocelyn O'Leary

Reserve 2: Bonnie Kent

Reserve 3: Mia Morgan

Reserve 1: Avery Mead

Reserve 2: Joshua Moore

Orienteering Queensland and its Junior Development Committee congratulate all those who have been selected and wish them well in the upcoming Australian Schools Orienteering Championships.

QLD SCHOOLS CHAMPS WRAP-UP



At fairly short notice, it was decided to move the 2026 QSOC to the Crows Nest/Highfields area to reduce average travel distances due to the petrol crisis.

It was great to see a team of 58 (up from 48 the previous year) from the South West, equalling the number in from the Darling Downs, and also to have 2 visiting students from Hungary participate. The Mass Start on Saturday morning was held on the completely remapped Perseverance Dam map, with thanks to Will Barnes for his great courses. Toowoomba Mayor, Geoff McDonald, not only came to the sprint at Highfields State School/Koojarawon to present the medals, but enjoyed being shown around the Junior Boys course by Darling Downs team captains, Alex and Erin. Many thanks to Ethan Crowe for the sprint courses.

The Long Distance on Sunday morning was held at the beautiful property, 'Jericho', near Crows Nest, with grateful thanks to owner Ian Hotchin and his daughters, Alex and Sarah and to Eric Lovell for his courses.

A huge thank you to everyone who helped in anyway to help the smooth running of the weekend, especially Juliana, Felicity, Richard, Tony and Dylan.

Congratulations to Alex Vanzella and Alex Edwards, who finished their impressive school orienteering careers with a clean sweep of the Senior Boys and Girls events over the weekend. Well done to all

The South West showed their strength, filling the top 3 places in the Champion School competition (see photo 1).

1	Taroom SS
2	Chinchilla Christian College
3	Chinchilla SHS
4	St Joseph's, Stanthorpe
5	Miles SS
6	Fairholme College, Toowoomba

Darling Downs won the Regional Shield (see photo 2), and the Mountains Team won the Cup (see photo 3).

Well done to all winners and participants and congratulations to the 2026 Qld School Team to compete in Canberra in September/October.

Presentation photos are available on the Range Runners Facebook page and at [Presentations Hagaby and Sprint | Rainbow Sport Photography](#) (a huge thank you to Krystle McConville!).

We look forward to holding the carnival in Maryborough in 2027.



CONGRATULATIONS TO OQ's NEWEST ACCREDITED CONTROLLER



Well done to Queensland's newest accredited controllers:

- **Mark Crowe**, FootO Level 1

Controllers play a vital behind-the-scenes role in ensuring the quality, safety and technical standards of orienteering events. Their work helps deliver fair courses, enjoyable competition and positive experiences for all participants.

If you are interested in taking the first steps to be a Controller, please contact your club committee or the OQ Technical Director at technical@oq.asn.au. More information can be found on the Orienteering Australia website (<https://orienteering.asn.au/get-involved/be-a-controller/>).

ORIENTEERING WORLD CUP #3 TEAM SELECTION



Orienteering World Cup continues with [Round 3](#) in Vyšší Brod, Czechia from 5-9 August 2026.

The following athletes will be competing for Australia:

Women: Erika Enderby (NSW), **Mikaela Gray (QLD)**, Justine Hobson (ACT), Milla Key (VIC)

Men: Torren Arthur (VIC), Oscar Brown (ACT), Jensen Key (VIC), Leith Soden (SA), David Stocks (ACT), Kylian Wymer (VIC)

Team Leader: Kieran Woods

varied terrain, scenic valleys and extensive forest areas that make the region an ideal destination for exploring the Czech countryside.

IOF TV will be produced with English commentators. Live results and tracking will be available on [IOF Live pages](#). Follow the coverage and cheer on our Aussie athletes!

WORLD UNIVERSITY GAMES IN PORTUGAL



Mikaela Gray (Ugdy Gully) has been competing as part of the Australian team at the World University Orienteering Championship in Portugal over the past week.

The Championships were held from 28 July-1 August in Vila Real, Portugal, where athletes competed in women's, men's and mixed relay events.

The first event, a mixed Sprint Relay at Arena Campo do Calvário, had athletes racing through the city centre of Vila Real. Congratulations to Zoe, Ethan, David and Justine for a wonderful team race, finishing in 10th position!

Official Results: 10. 1:05:03 (Zoe Carter 16:56 (16); Ethan Penck 15:11 (14); David Stocks 15:35 (13); Justine Hobson 17:21) and Non Comp. 1:07:14 (Milla Key 17:03 (20); Leith Soden 15:59 (23); Torren Arthur 17:24 (25); Nea Shingler 16:48)

The team spent the rest day cooling off in one of Vila Real's favourite local spots with English and NZ friends! The watering hole was in a huge gorge right next to a hydroelectric power museum from which they caught the funicular railway back up the hill.

Photos: Tash Key



Photo: pixabay.com

When did you last rely on a paper map to navigate somewhere unfamiliar? Or make your way across town using a street directory spread across the passenger seat?

Today, navigation apps make travel effortless. Simply type in a destination, and a digital voice provides turn-by-turn directions all the way there.

But what happens if your phone battery runs out or GPS technology stops working? Would you still be able to find your way?

Ian Jessup (ONSW), an orienteering enthusiast with 20 years of experience discusses this topic with Associate Professor Oliver Baumann, psychologist at Bond University. Both believe there are significant advantages to occasionally putting away the navigation app and using a traditional map instead.

To listen to this ABC **Radio National**'s "Life Matters" program discussing "Turn off your maps app: The case for getting a little bit lost", [please click here](#).

MIND FIRST, LEGS SECOND



Photo: [Daniel Reche](#)

Most orienteers know the value of a physical warm-up before a race, but new research suggests we may also benefit from warming up our brains. A study from the University of Birmingham found that runners who combined a short mental warm-up with their usual physical preparation improved their mile times by an impressive 2-3%.

The study involved recreational runners completing one-mile time trials after different warm-up routines. Everyone performed the same physical warm-up, but in two of the trials they also spent a few minutes on cognitive exercises before heading out to run. The runners who included the mental component produced faster performances and experienced lower heart rates during their efforts.

Why might this matter to orienteers? Our sport is as much about decision-making as it is about running. Before the start whistle, we are already planning routes, interpreting terrain, and focusing on navigation. A brief mental warm-up could help switch the brain into "race mode" before the physical challenge begins.

The article suggests that effective warm-ups are not just about preparing muscles and joints. They also help prepare the mind for the task ahead. For orienteers, this might mean spending a few minutes before a race reviewing map symbols, visualising navigation strategies, completing a simple concentration exercise, or mentally rehearsing a clean first leg.

So next time you're jogging to the start, remember: warming up your brain could be just as important as warming up your legs. A sharper mind may be the simplest performance boost available.

This article is a summary of an article by Alex Hutchinson which was published in Outside Online. 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
22 Aug	OY9 (QLD Middle Champs) – Karawatha
23 Aug	OY10 – Prout Road (Long)
12 Sept	OY 11 – Toowoomba (Sprint)



QLD MTBO Events 2026

Date	Major Events 2026
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 Burridge)

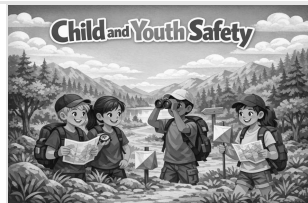
membership@oq.asn.au (Liz Ferguson)

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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