



O-NEWS
@OrienteeringQld #OrienteeringQld

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

IN THIS BULLETIN:

- Upcoming Events
- Enter Now: Cascades training + Club Relays at Foxbar Falls
- Orienteering at Firth Park, Mudgeeraba
- Sprint Event & L2O at St Ursula's College
- MTBO Event at Peak Crossing
- 2026 AUS MTBO Champs - QLDers Excel
- Paid roles to develop MTBO
- National Junior Camp 2026
- Australian 2026 Non-Elite Rankings for Foot Orienteering
- New Ugly Gully Night Nav Series
- Easter 2027 - Get Planning!
- Final Southern Cross Results
- Ageing Well: What Orienteers Can Control
-
- Results From Oceania Championships & ASOC Continued
- New Zealand National Champs 2027
- 2027 National Orienteering League Calendar
- National MTBO Standings
- Warm Up Smarter for Better Performance
- Are You Planning an Event This Year?

UPCOMING EVENTS

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

ENTER NOW: CASCADES TRAINING + CLUB RELAYS at FOXBAR FALLS



Come join us for an end of season celebration around Stanthorpe 24-25 Oct

- Sat 2:30pm - **Training exercises** (all levels) at **Cascades** – one of Australia’s best granite maps – [Enter here](#)
- Sat 6pm – **Casual dinner** at Stanthorpe RSL (please add as “Service” on Eventor if you are interested)
- Support the landowners by booking a **campsite** at [Foxbar Falls](#).

Results are weighted according to the percentage of club members who participate, so come and support your club!

- Long 5.2km
- Short 3.1km
- Easy 1.3km

The Long course will venture into the NW corner of the Amiens map so long O pants are recommended.

- Followed by **OY Award** Presentations

Entries close Wed 21 Oct

ORIENTEERING AT FIRTH PARK, MUDGEERABA



Everyone is welcome to an Orienteering Event at Firth Park, Mudgeeraba

Start location and courses TBC.

Sunday 18 October, with starts from 9-11am

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

No need to pre-enter or register, but please let us know right away if you plan to bring a substantial group so we can print more maps.

Start between 9am and 11am with course closure at 12pm.

Non-member adults \$10, kids \$8, families \$22.

More information at <https://eventor.orienteering.asn.au/Events/Show/23661>

SPRINT EVENT & L2O AT ST URSULA'S COLLEGE



Come and try orienteering - something for Everyone!

As well as the standard line courses - Very Easy, Easy, Kid O and Short, there will be a **2 person Sprint Relay**. Both team members will do 2 x 1km courses each. If you don't have a partner, we will find you one! Just enter the 'Short' course.

Where: St Ursula's College, Taylor St, Toowoomba. Assembly area is in Rome St..

Sprint starts from 2-3.30pm, Kid-O (for 0-10 year olds, and the young at heart) will run from 2-4pm.

Newcomers are very welcome!

Orienteering develops problem solving, persistence and resilience all in a fun family activity!

Family groups are encouraged to enter together.

Cost: Juniors (under 21)/ Adults/ Families | Members \$6/ \$8/ \$22 | Non-members \$9/ \$12/ \$33

SI Hire \$2 each. Newcomers (first event): Member prices and free SI.

Pay on the day by cash or card

Register by emailing roc.oq@gmail.com, or if you have an Eventor login register online. Newcomers choose 'Learn to Orienteer' if unsure of what course you would like to do.

For more information, email roc.oq@gmail.com or text 0427523541

MTBO EVENT AT PEAK CROSSING



When: Sunday 25 October

Event type: Long Distance MTBO

Courses: W14, W16, W20, W21, W40, W50, W60, W70, M14, M16, M20, M21, M40, M50, M60, M70, Women Open Long, Short, Medium, Long, E-bike, Score, Duo

Entry deadlines: Normal - Tues 20 October, Late- Thurs 22 October

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/22998>

2026 AUS MTBO CHAMPS - QLDERS EXCEL



The 2026 Australian Mountain Bike Orienteering Championships were held to great success in Ballarat on the weekend.

Competitors were treated to an excellent new Middle Distance map at the Djuwang Baring (Creswick) Mountain Bike Park, along with a classic long distance at the legendary Nerrina / White Swan, a high-energy technical challenge in the mass start at Woowookarung and a fantastic sprint at Federation University.

orienteers compete for places in the classes W21, W40, W50, W60, M21, M40, M50, M60 and M70.

QLDers who did well were:

Mass Start: Isaac Adams (M14) 2; Joel Young (M40) 3; Craig Steffens (M50) 2; Tamsin Barnes (W50) 2; Lisa Dodds (W50) 3.

Middle Distance: Isaac Adams (M14) 2; Joel Young (M40) 3; Tamsin Barnes (W50) 1; Eva Kovacs (W50) 3; Richard Robinson (M70) 3; Barry Huntington (M80) 2.

Sprint Distance: Isaac Adams (M14) 3; Eva Kovacs (W50) 1; Lisa Dodds (W50) 3; Richard Robinson (M70) 3; Barry Huntington (M80) 2.

Long Distance: Isaac Adams (M14) 3; Joel Young (M40) 3; Craig Steffens (M50) 1; Lisa Dodds (W50) 1; Tamsin Barnes (W50) 2; Eva Kovacs (W50) 3; Barry Huntington (M80) 3

Results for each event are in Eventor:

- [Mass Start](#) event, 9th October;
- [Middle Distance](#) event, 10th October;
- [Sprint](#) event, 10th October; and
- [Long Distance](#) event, 11th October.

PAID ROLES TO DEVELOP MTBO



Have you got the skills, experience or ideas to help grow bike-based orienteering in Australia?

Orienteering Australia is seeking Expressions of Interest for two paid project roles that will help develop MTBO, strengthen coaching pathways and introduce more people to the enjoyment of navigating by bike.

MTBO Coaching Accreditation and Pathways Project Officer: The project will develop learning materials and resources to support new coaches, provide formal recognition for existing MTBO coaches, and create a pathway for qualified orienteering coaches to transition into MTBO coaching.

Bike-O Project Coordinator: Develop and pilot a Bike-O product that can introduce orienteering to a broader audience and help transition more people into MTBO.

Expressions of Interests are now open. Visit the [OA Opportunities page](#) for full details and application information.

NATIONAL JUNIOR CAMP 2026

A promotional poster for the 2026 Junior Camp. The top half features the text '2026 JUNIOR CAMP' in large, bold, green letters over a background of a topographic map. Below this, an orange banner reads 'JUNIORS BORN 2006-2012'. The main body of the poster is green and contains white text: 'Five days to develop your skills, challenge yourself and connect with juniors from across Australia. Come ready to train, learn, have fun and discover what's next in your orienteering journey.' Below this text is a white box with 'DECEMBER 17-21 BALLARAT, VICTORIA' and 'PAX HILL SCOUT CAMP' in bold. To the right of the text is a small inset image of a campsite. At the bottom left is a 'REGISTER NOW' button and a QR code. At the bottom right is another inset image of a topographic map. The bottom of the poster has an orange banner with the text 'BUSH | SPRINT | NIGHT | RELAY' in white.

**2026
JUNIOR
CAMP**

JUNIORS BORN 2006-2012

Five days to develop your skills, challenge yourself and connect with juniors from across Australia. Come ready to train, learn, have fun and discover what's next in your orienteering journey.

**DECEMBER 17-21
BALLARAT, VICTORIA**
PAX HILL SCOUT CAMP

REGISTER NOW

BUSH | SPRINT | NIGHT | RELAY

Five days to develop, connect and challenge yourself

The National Junior Camp is an opportunity to spend five days surrounded by other juniors who share a passion for orienteering.

Open to juniors born 2006-2012 who regularly compete on hard courses.

Come ready to train, learn, challenge yourself and have fun.

17–21 DECEMBER | BALLARAT, VIC | PAX HILL SCOUT CAMP

Bush. Sprint. Night. Relay.

DEVELOP

Build your technical skills through targeted coaching and varied training.

CONNECT

Train, compete and socialise with juniors from across Australia.

DISCOVER

Learn about international opportunities, athlete pathways and different forms of orienteering.

REGISTER

Submit your expression of interest via Eventor by 18 October 2026.

<https://eventor.orienteering.asn.au/Events/Show/24230>

NEW UGLY GULLY NIGHT NAV SERIES



Everyone is welcome to the new Ugly Gully Night Nav Series

When: Tuesday evenings

Starts: 5:30 - 6:30pm. Course closes 7:15pm.

Events left in this series:

Event #2, 13 October - [Witton Road, Indooroopilly](#)

Event #3, 20 October - [Camp Hill](#)

Event format: 40 min score event. 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 MapRun6 on your smartphone before you arrive and your phone will register the checkpoints you visit.

Cost: BCC Sponsored Event, cost per phone - \$5 Tap & go' payment preferred.

More information: Email: nightnav@oq.asn.au

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. Full instructions given.

2026 AUSTRALIAN NON-ELITE RANKINGS FOR FOOT ORIENTEERING



Rankings in non-elite classes have been determined based on results in the Australian Championships (AS, AM, AL) and the Oceania Championships (OS, OM, OL). Points are awarded for each event (at least 4 starters) completed, on the basis of 100 points for first place and lesser points for other competitors (in relation to the winner's time).

points are published in the Australian Orienteer, full lists are published here.

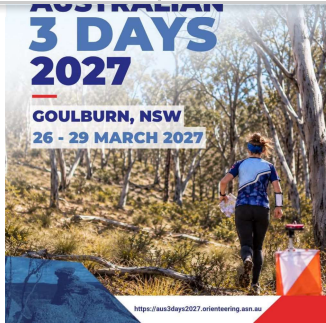
Some points of interest in the 2026 rankings are:

For classes with 4 or more ranked orienteers:

- Winner by the largest margin was Louise Fairfax, AL T, 39.5%
- The maximum winning margin for individual events was also Louise Fairfax, AL T, 49.03%. Well done Louise.
- There were no classes where more than one orienteer scored 100 points .
- There were 30 clubs that had members ranked in the first three places ('AL T', 17), ('RR A', 10), ('NC N', 7), ('BN N', 7), ('AO A', 5), ('SH N', 3), ('UR N', 3), ('PO A', 3), ('BK V', 3), ('SH T', 3), ('CC A', 3), ('EV T', 2), ('GS N', 2), ('ST N', 2), ('UG Q', 2), ('MF V', 2), ('TJ S', 2), ('BG V', 2), ('GO N', 2), ('HO N', 2), ('BS A', 2), ('BF N', 2), ('WR N', 2), ('YV V', 1), ('WH N', 1), ('CC N', 1), ('BO W', 1), ('LO W', 1), ('NT N', 1), ('BB N', 1).
- The number of orienteers ranked with 100 points was 22.
- The classes with the most ranked orienteers were, for the women, W50 19 and for the men M60 19.
- The states with the most placings were: NSW, 38; TAS, 21; ACT, 20.
- Two clubs filled all three placings: BN N, M60: AL T, M16.

[Please click here](#) to view the rankings according to age group and gender.

EASTER 2027 - GET PLANNING!



Now that Oceania is over , it's time to think about what to enter next!

Easter 2027 is coming to in the Southern Tablelands area, NSW!

The Australian 3-Days Orienteering Championships will be held in the Goulburn region from 26–29 March 2027.

Four days of orienteering, including a prologue Sprint, Middle and Long distance racing, plus the inaugural Easter Youth Relay to kick off the weekend.

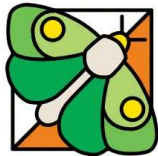
The Prologue Sprint will be on a new map in Goulburn, Days 1-2 on Timberlight near Oallen (not used for more than 20 years), and the last day is at Yuruga at Greenwich Park.

Check out the website: aus3days2027.orienteeing.asn.au

Entries open soon — stay tuned!

RANK	TEAM	Sprint	Long	Relay	Total
=1st	NZ Hārua	34	34	34	102
=1st	NZ Karahiwi	38	33	31	102
3rd	ACT	32	31	27	90
=4th	NSW	25	27	26	78
=4th	TAS	22	30	26	78
6th	SA	17	15	21	53
7th	QLD	20	20	11	51
8th	VIC	13	13	8	34
9th	WA	12	10	10	32
10th	New Caledonia	6	6	4	16

SOUTHERN
CROSS TEAM
IN ASOC
RELAY



**AUS SCHOOLS
ORIENTEERING
CHAMPIONSHIPS**
2026 29 SEP–01 OCT
NGUNNAWAL COUNTRY

All the challenge results from the ASOC Southern Cross Challenge in one final table.
See how the teams stacked up from start to finish.
Congratulations to all the competitors and organisers for a great competition.

AGEING WELL: WHAT ORIENTEERS CAN CONTROL



Photo: [Kampus Production](#)

Getting older is inevitable, but losing the ability to enjoy orienteering doesn't have to be.

A recent review of ageing and physical performance highlights an encouraging message for masters athletes: while some declines are unavoidable, many of the qualities that matter most in orienteering remain highly trainable. Research shows that maximum heart rate and aerobic capacity naturally decline with age, even in active people. However, the level you start from makes a huge difference. A fit 60-year-old and a sedentary 60-year-old may decline at similar rates, but the fitter athlete will remain capable and independent for much longer.

For orienteers, strength, balance, and quick reactions are especially important because they directly affect running efficiency, navigation under pressure, and the ability to stay upright on uneven terrain. Encouragingly, resistance training continues to improve strength and physical function well into people's 70s, 80s and beyond. The key is progression. If an exercise no longer feels challenging, it's time to increase the load.

Balance training may be even more important. Studies show exercise programmes that combine balance work with strength training significantly reduce falls. Simple activities such as standing on one leg, heel-to-toe walking, and tai chi can help maintain stability and confidence on rough ground.

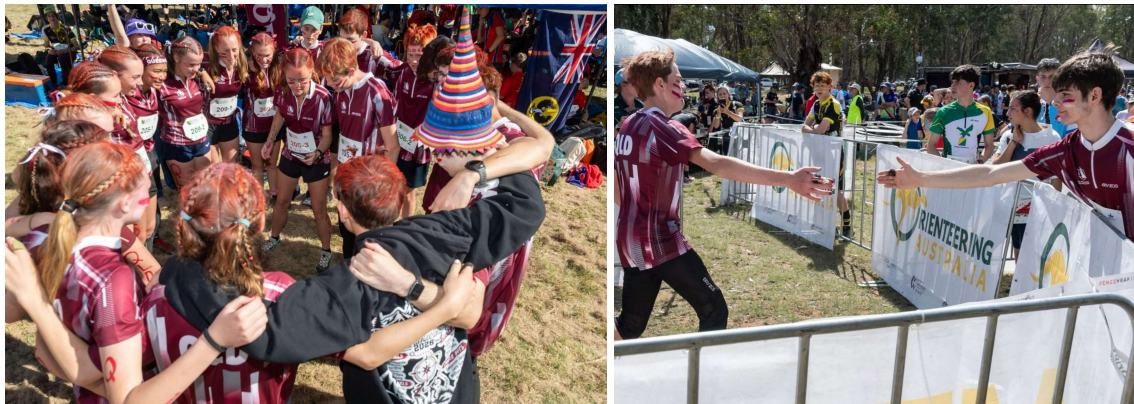
Perhaps most relevant to orienteering is reaction speed. Research found that "step training" and exercises that challenge rapid foot placement can reduce fall rates by around half. Practising quick, controlled movements may be just as valuable as building stronger muscles.

tired legs helps preserve the abilities that keep us enjoying our sport for years to come.

This article is summarised from an article in RNZ and The Conversation that was written by Jack McNamara and Lee Brown. Read the [full article here](#).

LAST WEEK'S NEWS ARTICLES BELOW

RESULTS FROM OCEANIA CHAMPIONSHIPS & ASOC CONTINUED



The Oceania Championships have continued over in the ACT.

Wednesday saw the running of the **ASOC Long Distance Championships** at Mt Ainslie South.

There were some outstanding results from our young QLD representatives.

Senior Girls: Alexandra Edwards 9(3); Grace Jardine 15(8)

Senior Boys: Alex Vanzella 11(9); Aidan Tomlins 31(17)

Junior Girls: Hannah Giese 24(13); Jocelyn O'Leary 40(24)

The Australian Schools Orienteering Championships 2026 concluded with the **ASOC Relay Championships** at Pine Island Reserve. Orienteers were treated to a fun mix of short, technical controls and more open, mid-length legs.

Again our QLD teams performed admirably!

Senior Girls: QLD Team 1 (Alexandra Edwards, Shari Gilbert, Grace Jardine) 8(3)

Senior Boys: QLD Team 1 (Alex Vanzella, Oscar Hetteling, Aidan Tomlins) 7(4)

Junior Girls: : QLD Team 1 (Hannah Giese, Jocelyn O'Leary, Ava Jeffery) mp

Junior Boys: : QLD Team 1 (Wellington Wood, Ripley Wood, Luca Schulz) mp

[Full results here.](#)



At the presentations on Thursday night, **Qld's Senior Girls team** (Alex E, Grace, Shari, Gretel, Erin and Maggie) won bronze in the overall teams event.

As just reward for an outstanding carnival, **Alex Edwards was named in the Australian Schools Honour Team**. Congratulations Alex!

The Oceania Championships resumed on Friday with the running of the **Oceania Long Distance** championships. Queenslanders who finished in the top 6 were: Ellie de Jong W21A 2; Anna Sheldon W45A 3; Meredith Gray W50A 3; Wendy Read W60A 3; Luca Schulz M14A 2; Alex Crowe M21A 3; Ben Schulz M45A 4; Mark Gregson M45A 6; Peter May M45AS 4; Wellington Wood MJrB 2. In the elite

[Full results here.](#)

The final event of the carnival was the **Oceania Sprint Distance** championships. QLD's best performances were: Aidan Tomlins M18A 3; Gretel Young W18A 6; Anna Sheldon W45A 1; Wendy Read W60A 4; Felicity Crosato W65A 6; Jacquie Rand W70A 4, Lynda Rapkins W70A 5; Luca Schulz M14A 6; Ripley Wood M14A 7; Ben Schulz M45A 4; Mark Gregson M45A 7;

[Full results here.](#)

A big shoutout to all the course setters and controllers, organisers and volunteer helpers for working tirelessly at ASOC and Oceania. The carnival wouldn't be possible without you! A huge thank you to the QLD Team Managers and Coaches who helped organised and inspire the best from our junior orienteers.



NEW ZEALAND NATIONAL CHAMPS 2027



The New Zealand 2027 National Championships are being hosted by Counties Manukau (Forest events) and Waikato (Sprint).

Organisers have published [Bulletin One](#) which can be found on the [NZ Orienteering Champs Website](#).

The schedule for the event is as follows:

- Friday 26 March 2027: **Sprint Distance Champs** | Wintec and Hamilton Central | Distance from Auckland Airport: 112km
- Saturday 27 March 2027: **Middle Distance Champs** | Ngapuriri Farm, Port Waikato | Distance from Auckland Airport: 91km
- Sunday 28 March 2027: **Long Distance Champs** | Sunset Station, Port Waikato | Distance from Auckland Airport: 91km
- Monday 29 March 2027: **National Relay Champs** | Madonna Harris Farm, Otatau | Distance from Auckland Airport: 65km

2027 NATIONAL ORIENTEERING LEAGUE CALENDAR



The 2027 National Orienteering League Calendar is now available.

Dates	Venue	Format
1 20-21 Feb	Bendigo, Vic	Sprint, Hagaby Long
2 6-8 Mar Canberra Day long weekend	Cooma, NSW	Middle, Long (Capital O)
3 26-29 Mar Easter long weekend	Southern Tablelands, NSW	Sprint, Middle, Long, Relay length (Australian 3 Days)
4 24-26 Apr ANZAC Day long weekend	Qld	Sprint, Ultralong, Relay
52-10 Oct	Burra / Adelaide Hills, SA	Australian Championships (team only NOL round)

NATIONAL MTBO STANDINGS



The points standings for the Teams and Individual series are now published on the National MTBO Series page. Please [click here](#)

WARM UP SMARTER FOR BETTER PERFORMANCE



Photo: [pexels-mart-production-7880007](#)

A recent international expert review has shed new light on one of the most familiar parts of any race day routine: the warm-up. A panel of 23 sports scientists and elite coaches from 12 countries developed a consensus statement outlining what current research tells us about preparing for training and competition.

that. They also increase heart rate, stimulate metabolism, improve oxygen delivery to working muscles, and help athletes feel psychologically ready to perform.

For orienteers, the recommended approach includes three stages. First comes a general warm-up such as 10-15 minutes of easy jogging. Next is a specific phase featuring dynamic movements like leg swings, skips, lunges, and high knees. Finally, a conditioning phase may include a few short accelerations or race-pace efforts to prepare the body for the demands of competition.

Interestingly, the panel found little evidence that a warm-up alone prevents injuries. Instead, injury reduction appears more closely linked to regularly performing strength, balance, and preventative exercises, whether during the warm-up or elsewhere in training.

The researchers also favour dynamic stretching over traditional static stretching before competition. Static stretching is not necessarily harmful, but dynamic movements are generally more effective for preparing the body for performance.

The key message for orienteers: tailor your warm-up to the conditions, your experience level, and the race ahead. A well-planned routine won't perform the navigation for you, but it can help ensure your body and mind are ready when the start whistle blows.

This article is summarised from an article in the "Outside" magazine that was written by Alex Hutchinson. 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@og.asn.au

2026 Date Savers



QLD Foot Events 2026

Date	Major Events 2026



QLD MTBO Events 2026

Date	Major Events 2026
25 Oct	State Series 9 - Peak Crossing

Contact Details

admin@oq.asn.au (Linda Burridge)

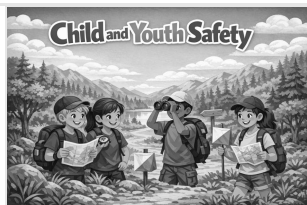
membership@oq.asn.au (Liz Ferguson)

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.



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

Subscribe

Past Issues

Translate ▼

RSS



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](#)