



O-NEWS
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UPCOMING EVENTS

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

CLUB RELAYS + OQ AWARDS at FOXBAR FALLS - 24-25 OCT



Bullecourt Boulder Bounders are kindly letting us ~~gatecrash~~ join in their end-of-year celebration at beautiful Foxbar Falls, near Amiens (via Stanthorpe). So mark your calendars for a weekend orienteering getaway 24-25 Oct:

- casual training among the granite at Cascades on Saturday afternoon
- dinner at the Stanthorpe RSL
- club relays and OY Awards presentations on Sunday morning at Foxbar Falls.
- cool off in the farm dams and maybe even paddle a canoe

BBB are bringing a few canoes – if anyone else has a canoe, please bring it along!

Might even meet up at Stanthorpe parkrun on Saturday morning to start off a cool weekend!

Further details to come: <https://eventor.orienteering.asn.au/Events/Show/24545>

WHO WILL BE CROWNED 2026 ORIENTEER OF THE YEAR?



Photo: Ryan Gray winning 2025 Orienteer of the Year

Who will be crowned the 2026 Orienteer of the Year?

...Best Male / Female / Junior / Senior / Veteran / SuperVet / Moderate / Easy / Very Easy / Most Improved = 16 awards + 3 trophies + Overall Orienteer of the Year...

The last OY11 and OY12 last weekend were the final events in the 2026 Orienteer of the Year competition:

In the OY competition, results are weighted for age, sex, course length and difficulty, [using a handicap system](#). Members' best 5 results are counted. In 2026:

- 3 people attended all 12 event

In the last 4 OYs, the coveted top place (200 points) went to 4 different people:

	OY9 Karawatha	OY10 Prout Rd	OY11 Wilsonton	OY12 Leyburn
200 points	Luca Schulz	Anna Sheldon	Alex Vanzella	Meredith Gray
2nd	Hannah Giese	Ben Schulz	Will Barnes	Ben Schulz
3rd	Meredith Gray	Alex Edwards	Alex Edwards	Brenton Gray

The scores from this last weekend have had many people in the top 10 change positions.

Winners in each category will be announced at the **OQ Club Relays & Awards** celebration at Foxbar Falls. In the meantime, can you guess...

- Who will top Junior Boys and Girls?
- Does Ben or Luca end up higher on the ladder in the Schulz household?
- Who has had the highest improvement on their best score from the last five years?
- Just how super are the SuperVets this year?

Can't wait to find out at Foxbar Falls!

GREAT EVENTS AT TOOWOOMBA OY DOUBLE HEADER



Fine and cool meant perfect running weather for last weekend's double header in the Toowoomba and Southern Downs regions. OY11 & OY12 provided two very different but equally enjoyable orienteering experiences, with competitors tackling a brand new sprint map at Wilsonton SHS on Saturday before heading south-west to Leyburn State Forest on Sunday. The weekend attracted competitors from across Queensland and showcased both fast-paced urban navigation and challenging bush orienteering.

OY11 – Wilsonton State High School

Saturday's event was conducted on a brand new sprint map: Wilsonton SHS is a tight school campus with an extra farm section. But no time to stop and admire the newborn triplet lambs in fast and furious courses set by Eric Lovell (who was off relaxing somewhere in Samoa while the event was on!).

Congratulations to:

Course	1st	2nd	3rd
Hard 1	William Barnes	Alex Vanzella	Ben Schulz
Hard 2	Grace Jardine	Shari Gilbert	Gretel Young
Hard 3	Melissa Tomlins	Tom Schults	Philip Burrill
Moderate	Wellington Wood	William Spoelder	Scarlett Young
Easy	Caspian Gauntlett	Lachlan Spoelder	Evelyn Mervine
Very Easy	Isabelle Spoelder	Eve Trethewie	Lucas Hillyer

Vanzella two years ago, before surprise logging canned that event. Many participants clocked up around 2 hours on course. Some met echidnas, wallabies, lace monitors, and wild pigs. Lachlan S wins a prize for finding the phone Felicity had dropped while tagging control sites a few weeks ago! Well done to all those who pushed through rocky watercourses and dense saplings to finish their course! The course winners at OY12 were:

Course	1st	2nd	3rd
Hard 1	Alex Vanzella	Ben Schulz	Mikaela Gray
Hard 2	Meredith Gray	Brenton Gray	Dave Edwards
Hard 3	Neil Simson	Shari Gilbert	Matt Tomlins
Hard 4	Dave Trethewie	Flynn Trethewie	Philip Burrill
Hard 5	Robin Spriggs	Esther Townsend	Doug Wilson
Moderate 1	Luca Schulz	William Spoelder	Hannah Giese
Moderate 2	Christopher Hoye	Ollie Trethewie	Trooper Wood
Easy	Caspian Gauntlett	Evelyn Mervine	Fraser Merretz
Very Easy	Eve Trethewie	Isabelle Spoelder	Elisabeth Giese

Many thanks to Eric & Richard (course setters), Felicity Crosato & Juliana de Nooy (Controllers), Tony Bryant (printing, download, results, radios), MTBOer Lolly Lancaster for access to the school and help with the sprint, and all the helpers from Range Runners and Bullecourt Boulder Bounders who assisted with set up, registration, starts, control collection and pack-up.

Check out the results and livelox routes online: [OY11 Results](#) | [OY12 Results](#)

Full results and detailed analysis tools available at <https://events.mesho.live/>



Ride-Race-Navigate
QLD MTBO CHAMPS
SEPT 19TH 20TH 2026

SPRINT SAT AM: SUNSHINE BEACH S.H.S.
MIDDLE SAT PM: MOOLOOLAH NATIONAL PARK.
LONG SUN AM: BEERBURRUM E.S.F.

\$50 PER EVENT FOR NON MEMBERS. \$30 FOR MEMBERS. 90 MIN REC \$25

ENTER OR INFO:
[HTTPS://EVENTOR.ORIENTEERING.ASN.AU](https://eventor.orienteering.asn.au)
ENTRIES CLOSE WED 16TH SEPT.

Ride, race, navigate!

Three events over two days on the Sunshine Coast.

Grab your mates, family or come solo.

As an individual you can try and win a State Championship or compete in the score or social line courses to have a navigational adventure with your buddy.

- **Saturday 19th September** will be the **Sprint Distance** at Sunshine Beach.

This will be followed by the **Middle Distance Race** at Mooloolah State Forest, Landsborough in the afternoon - **please note the correction to the order of events**

The most prestigious events to win will be the line courses. However, we are catering to everyone's preferences by hosting some recreational and score classes.

Added to this years program will be the E-bike categories for all 3 events.

To enter or more info: <https://eventor.orienteering.asn.au/Events/Show/22992>

Event Director: Mark Petrie | Mobile: 0429 899 928 | info@sunshineorienteers.com.au

MIDWEEK ORIENTEERING CHAMPIONSHIPS 2026



This week's Mid-Week Orienteering event will be the MidWeek Orienteering Championships on Thursday 17 September at Caloundra.

MWO is pleased to announce this new venue, and a new map for this year's championship event. This venue was created by cyclone Alfred early in 2025. Before that cyclone, the northern tip of Bribie island was only accessible from the mainland near Caloundra by boat (or very strong swimmers). We spent a lot of time in Caloundra when our son was young, and I can remember idly dreaming that the distant dunes visible from Bulcock beach might make a nice place for an orienteering event one day

Time: Starts from **10am** until 11am but low tide is at 5am, high tide at lunch time, so the later you start the more chance you'll get your feet wet!

Assembly area: Happy Valley picnic and BBQ area. The exact location may depend on availability of shelters, seating and BBQs, so just keep your eyes open. We are trying to keep a low profile so there will not be any signs. <https://maps.app.goo.gl/Mtjivd4v9cEYrnyw8>. See the Bulletin below for public transport details.

Courses: There will be the usual 3 courses: Long 5.0kms, Medium 3.0, Short 1.5kms. Map 1:4000, 1 metre contours.

All courses will cross a sandy beach to get to the dunes. It might be tempting to run in bare feet, but shoes are highly recommended in the dunes. It will be primarily a Maprun event, but some controls may be taped to avoid mis punches. You don't need to be a regular Thursday Orienteer to come but do let Geoff Peck know.

Terrain: Mixed runnability, mostly quite fast with good visibility, but some areas of thicker vegetation in the low lying (marshy) area. There are some large distinct pandanus trees which have been mapped.

Map: 1:4000 with **1m contours**! Yes, it's mostly flat but some higher dunes on the edges.

Refreshments: There are free public BBQs, so bring your own food and stay for a picnic (and a swim). Bring something sweet to share if you would like to.

Prize-giving: When everyone has finished. First Place – male and female.

Queries: Geoff joffhk@gmail.com 0410 1234 67

Bulletin: [Alfred the Great Bulletin](#)



Photos: [Must Do Gold Coast](#)

All are welcome at this Park Orienteering event!

Sunday 20 September with starts from 9 -11am.

Course closure at 12pm

Schuster Park, Tallegudgera

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

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

Registration and more information at <https://eventor.orienteering.asn.au/Events/Show/23660>

GOLD COAST SCHOOL HOLIDAY SCORE SERIES - BRING THE FAMILY



Bring the Kids Along for a Family Adventure!

Looking for a fun, active way to spend an afternoon outdoors during the school holidays?

Join our MapRun Parks Orienteering Series, where children and adults can explore, discover, and enjoy a great family adventure together!

- Saturday 26 September – [Pizzey Park](#)
- Saturday 3 October – [Botanical Gardens, Benowa](#)

Whether you choose to walk, jog, or run, you'll use a simple map to find checkpoints around the park.

It's like a treasure hunt for all ages!

Why Families Love Orienteering

- No experience or compass required.
- A fun way for kids to build confidence, problem-solving skills, and outdoor awareness.
- Suitable for all ages and fitness levels.
- Most routes are wheelchair and stroller friendly.
- Participate on your own or as a family group.
- Children aged 14 and under must be accompanied by an adult.
- Friendly volunteers will provide all the help and instructions you need.

Fees: Orienteering Club Members: \$8 per competitor | Non-members: \$10 per competitor | Family/Group Entry (3+ people): \$25. Payment by credit card or phone is preferred.

Come along, enjoy the fresh air, and share an afternoon of exploration, fun, and adventure with the whole family. We look forward to seeing you there!

DOES EXERCISE REALLY MAKE YOU HUNGRIER?



After a long bush event or a tough training session, it's easy to feel like you've earned a giant post-run meal. But does exercise actually make us hungrier, or is something else going on?

According to recent research, the relationship between exercise and hunger is more complex than many people think. In the short term, exercise can actually reduce appetite. Studies show that after a workout, hormones linked to hunger decrease, while hormones that promote feelings of fullness increase. However, this effect usually lasts only 30 to 90 minutes before appetite returns to normal.

For regular exercisers, including orienteers, increased training may lead to some increase in hunger, particularly when the body needs to replace energy used during exercise. The good news is that most people do not automatically eat back all the calories they have burned.

people are more likely to seek food rewards when they view an activity as exercise rather than simply something enjoyable.

For those aiming to manage weight while staying active, experts recommend hydrating first, recognising genuine hunger cues, and choosing nutritious recovery foods such as fruit, yoghurt, nuts, eggs, or wholegrain snacks.

The key message for orienteers: don't fear post-run hunger, but fuel wisely. Consistent training, smart recovery, and enjoyable exercise remain the best route to long-term health and performance.

This article is a summary of an article written by Nick Fuller
Clinical Trials Director, Department of Endocrinology, RPA Hospital, University of Sydney and was published in The Conversation. You can read the [original article here](#).

LAST WEEK'S NEWS ARTICLES BELOW

OQ MEMBERS SHINE AT AUSTRALIAN ROGAINING CHAMPS



The 2026 Australasian Rogaining Championships, known as the **24 Severn**, were held on 29-30 August in the rugged Nundubbermere district near Stanthorpe. The championship area covered open grazing country, rolling hills and sections of Sundown National Park, providing competitors with spectacular scenery and plenty of demanding route-choice challenges. Teams of 2-5 people, in the categories of mixed, male and female teams, navigated for 24 hours, visiting checkpoints spread across the course while balancing speed, endurance and navigation skills.

A strong contingent of Orienteering Queensland members took part in the event, with many achieving excellent results across the various categories. The championship attracted competitors from around Australia and New Zealand, making it one of the premier rogaining events on the calendar.

Congratulations also to Ugly Gully's Tim McIntyre, who was one of the organisers.

Among the many memorable performances was the effort of Anna Sheldon and Ben Schulz who trekked more than 80 km over the 24-hour event. Paul Guard and Amanda Koopman won the mixed and mixed veterans categories. Cam Schubert and Joe Garbellini came 10th in the super veterans class. and Sue Clarke and Walter Kelemen came 3rd in the Ultra Vets. You can check out [all the results here](#). Congratulations to all OQ members who participated in the successful championship weekend.



ENTRIES OPEN FOR AUS MTBO CHAMPS IN BALLARAT



Entries are NOW OPEN for the AUS MTBO Champs

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

[Enter 2026 Aus MTBO Champs here](#)

[Bulletin 1 is available here.](#)

MAPRUN 7.22.1 RELEASED



MapRun version 7.22.1. is being progressively released.

This modernises the user interface of the MapRun app on Android and iOS.

Users have the option to switch back to the "Classic" user interface.

The new home page looks like the second image above. Please click on the image to see the detail.

Any comments, feedback, or suggestions are welcome.

Link to topic in the MapRun Forum: <http://maprun.308.s1.nabble.com/MapRun-New-Look-td2582.html>

EASTER 2027 RACE LOCATIONS ANNOUNCED



March in the Southern Tablelands area.

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.

Entries open later this year.

Details on the [event website](#)

WEIGHTED VESTS: WORTH TRYING FOR ORIENTEERS?



Photo: [Instituto Alpha Fitness](#)

Weighted vests are enjoying a resurgence, with many runners and fitness enthusiasts using them to add extra challenge to training. But do they offer real benefits for orienteers? Research suggests they can, if used sensibly.

Studies have found that exercising with a weighted vest increases training intensity by making the body work harder. Heart rate, oxygen use and energy expenditure all rise when extra weight is added. The

For orienteers, this could mean a more demanding walking, jogging or hill-training session without needing to increase speed. Some research has also suggested benefits for bone health, particularly in older adults, although results have not been consistent across all studies.

The good news is that current research has not shown an increased injury risk for recreational users. However, some participants in weight-loss studies reported back pain, highlighting the importance of building up gradually and paying attention to any discomfort.

Experts recommend that newcomers focus first on developing a solid base of fitness, strength and resilience before adding external load. If you choose to experiment with a vest, start light and gradually progress, keeping loads below 10% of body weight for running and walking activities.

The takeaway? A weighted vest can be a useful training tool, but it is not a magic solution. Similar benefits can often be achieved by training a little longer, tackling more hills, or incorporating strength and impact exercises into your routine.

This article was adapted from an article published in The Conversation, January 2025 which was written by Rob Newton, Professor of Exercise Medicine, Edith Cowan University. 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@og.asn.au

2026 Date Savers



QLD Foot Events 2026

Date	Major Events 2026
12 Sept	OY 11 – Toowoomba (Sprint)
13 Sept	OY12 – Leyburn (Long)



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:

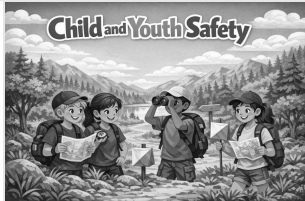
admin@oq.asn.au (Linda Burridge)

membership@oq.asn.au (Liz Ferguson)

bulletin@oq.asn.au (Linda Burridge)

website@oq.asn.au (Rob Crosato)

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

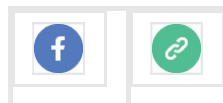


Child and Youth Safety

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.



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