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UPCOMING EVENTS

- **Thurs 18 June - [Creekside Park, Kenmore Hills](#)**
- **Sat 20 June - [EN Learn to Orienteer Term 2 Series - Old Petrie Town](#)**

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- Sun 21 June - [Map Run Parks - Roma St Parklands](#)
- Thurs 25 June - [Mid week - Underwood Park](#)
- Sat 27 June - [EN Learn to Orienteer Term 2 Series - North Lakes Town Park](#)
- Sun 28 June - [MTBO State Series 4](#)
- Sun 28 June - [Map Run Parks - Moore Park](#)
- Sat 4 July - [EN Learn to Orienteer Term 2 Series - James Drysdale Reserve](#)
- Thur 9 - Sun 12 July - [Junior Camp, Columboola](#)
- Sun 12 July - [Junior Camp Champs - Gurulmundi State Forest](#)
- Sat 11 July - [Map Run Parks - Gold Coast - Event #8: 11th July, Pizzey Park, Miami](#)

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

LAST CHANCE TO ENTER JUNIOR CAMP



Attention all junior orienteers!

If you plan on coming to Junior Camp (Thur 9 - Sun 12 July) but aren't ready to enter on Eventor yet, could you please email Felicity rroc.oq@gmail.com ASAP so we can finalise helpers.

The camp is open to all junior members of Orienteering Qld aged between 12 and 20, doing moderate or hard navigation. It is designed to provide instruction and coaching for intermediate to advanced levels. Please note that this camp is not suitable for beginners.

This year's camp will be based at Columboola Outdoor Education Centre, near Miles. The camp will start with sprint training at Dalby SHS at 9.45am Thursday 9 July. There is a bus which leaves Brisbane at 7am, passes through Toowoomba at 9:30, and arrives in Dalby at 10.45am. We can collect juniors from this bus if required, they will not miss the first session. From Dalby, participants will travel in Helpers' and Coaches' cars. Camp Champs will be held on Sunday 12 July at Gurulmundi State Forest.

COST: \$150 – will include all meals from dinner Thursday evening to lunch Sunday, 3 nights' accommodation in permanent tents (under shelter - see photo below) at Columboola OEC, transport from the first training at Dalby SHS to the Camp Champs, all coaching and maps.

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included in all camp activities.

Please note that the cost of the camp does not include entry to the Camp Champs on Sunday.

Everyone must register separately for this event, and pay on the day (cash or eftpos).

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Photos: [Fatih Kopcal](#) and [Bruno Saito](#)

None of us want our fun day of orienteering to be marred by tragedy, so here are some safety tips for organising events around roads.

1. Courses should always be checked by a qualified controller. But if you can't find a controller, even an informal **Club event/MidWeek/NightNav** needs to have a second pair of eyes, doing a **basic safety check**.
2. In general, courses should be designed to **avoid** any route choice that crosses roads or car parks.
3. Participants in **Street O/Night Nav** obviously cross roads all the time, however courses should be designed so runners **do not cross major roads**.
4. Consider using a **remote start and/or finish** to avoid a road crossing. Then people can take their time to walk safely to and from the Assembly Area, and accompany children.
5. **Very easy** and **Easy** courses should never cross any road or car park unless there is a **Marshall** present to ensure a safe crossing.
6. If a busy road crossing cannot be avoided, position a control on either side of a crossing place. In **MeOS**, under 'Controls', choose the status 'No Timing' for the far control. This means that the time to the control is ignored, and the total time for the course will be the same no matter how long it took to cross the road.
Preferably also have a marshall present.

Small tweaks like these on a course can ensure that people don't risk their lives for a good result at an O event. Happy Orienteering!

REVIEW THE DRAFT ORIENTEERING QUEENSLAND STRATEGIC PLAN 2026-2030



After many months of consultation, discussion and planning, the draft Orienteering Queensland Strategic Plan 2026–2030 is now ready for review.

This plan outlines our proposed vision, priorities and strategic directions for the next five years and will help guide the growth and development of orienteering across Queensland.

Before the plan is finalised, we are seeking feedback from members, clubs, volunteers, officials, athletes and other stakeholders to ensure it reflects the needs and aspirations of our community. We invite you to read the draft plan and complete a short feedback survey. Your input will help identify any areas that may require clarification, adjustment or further consideration before the plan is adopted. Whether you are a long-time member or new to the sport, your perspective is valuable.

View the draft Strategic Plan and provide feedback via the survey: <https://forms.gle/pPz27cVube6ibZcz8>

Feedback closes on **30 June 2026**.

Thank you for taking the time to help shape the future direction of orienteering in Queensland.

Management Committee
Orienteering Queensland

VOLUNTEER SPOTLIGHT - LINDA DAVIS



[Subscribe](#)[Past Issues](#)[Translate ▼](#)**How long have you been involved in orienteering?**

First Event in 1991 - 35 years

What's one of your favourite orienteering memories?

Racing in the snow in Wales (UK) in 1999, so different to running in Queensland! Freezing fingers that struggled to hold the map and compass, puffing out so much steam that you couldn't see in front of you, but beautiful location and fun teammates - good times!

What kind of volunteer roles have you helped with?

Committee member, course setter, putting markers out, registration - pretty much everything that a small club needs to do!

What do you enjoy most about volunteering?

I love the participant debriefs after their runs: the good, the bad, the dramas, the laughs... seeing how much fun people have regardless of how good or bad their runs have been!

Why should people give volunteering a go?

Nothing is ever too small, just that offer to help pack-up, jumping into scoring after running, collecting markers, helping out with the post-event BBQ... Volunteering doesn't mean you miss out on participating, it just shares the workload and helps the whole club!

Volunteering and Orienteering are alike - we cater for everyone and if you are injured, there is always a role for you to help out and stay involved whilst you recover, and we all appreciated it!

OY 7 AT MT GOOLMAN WRAP-UP

Almost 100 orienteers enjoyed a great day of bush orienteering at Mt Goolman near the new town of South Ripley on Sunday.

It was a challenging event in open forest on steep spur gully which made for fast (if muddy) running and interesting route choices. There was some thicker vegetation in the major creeks which slowed

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One long "4 to 5" leg which took 30 minutes on average was a particular challenge!
A special highlight: delicious quiche, lollies and drinks.

Winner of some courses were:

Hard 1: William Barnes, Trent Blinco, Lorenzo Calabro

Hard 2: Aiden Tomlins, Richard Vanzella, Sebastien Lhote

Hard 3: James Ellison, Neil Simson, Tony Bryant

Hard 4: Felicity Crosato, Lynda Rapkins, Lucy Peljo

Moderate 1: Luca Schulz, William Spoelder, Daniel McConville

Easy: Caspian Gauntlett, Lachlan Spoelder, Evelyn Mervine

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

OY points for the event will be available soon.

A huge thank you to Mark Crowe and Ben Schulz for course setting and controlling and to Robin, Julie, Kristine, and all volunteers for setting up, managing the event, and collecting controls. Thanks for organising a great event.



BUSH ORIENTEERING AT QUINZEH ROCKS, LOGAN

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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>

BUSH ORIENTEERING AT AMIENS / CASCADES



Join us for a fabulous bush orienteering event at the classic Amiens/ Cascades!
 Sunday 21 June with starts from 9-11am, courtesy of BBB.

This event will use part of the Cascades North map and the south western section of the Amiens map.
 The Easy and Very Easy courses will use the tracks in the plantation area of the south western section of the Amiens map.

The Amiens map was predominantly exotic pine plantation with an extensive network of major and

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areas and heathland around rock slabs. The pine plantation area has been clearfelled and is progressively being replanted.

The Cascades map contains open eucalypt forest and heathland with complex areas of granite boulders and pavement.

Courses for everyone, from beginner to experienced.

Courses available: Hard 1 - 5.1km, Hard 2 - 4.1km, Hard 3 - 2.7km, Moderate 1 - 3km, Moderate 2 - 2.5km, Easy - 1.9km, Very Easy - 1.2km

Late entry deadline is 18 June

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/24191>

Click here for the [Information Flyer](#)

MTBO AT WILD HORSE MOUNTAIN



MOUNTAIN BIKE ORIENTEERING

SUN 28TH 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.ORIENTEERING.ASN.AU/EVENTS/SHOW/23696](https://eventor.orienteering.asn.au/events/show/23696)

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

Email: info@sunshineorienteers.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

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

Get your entries in by midnight 25 June.

LATEST OA ELITE RANKINGS



Here are the latest Orienteering Australia Elite Rankings - and several QLDers have done very well!

Live rankings are updated continuously over a rolling 12-month period:

<https://rankings.orienteering.asn.au/>

Henry McNulty (WA) and Nea Shingler (NSW) continue to lead the senior elite rankings, with Cooper Horley (NSW) and Milla Key (VIC) at the top of the junior elite classes.

Matt Doyle (VIC) rose 9 places to #3 in the last quarter, with Julian Dent (NSW) up 56 places to #11.

Mikaela Gray (QLD) climbed 8 spots to #11 and a comeback from Asha Steer (VIC) helped her rise 49 places to #18.

Ariadna Iskhakova (ACT) up 33 to #15, Hayden Dent (ACT) up 18 to #12, **Xanthe Schubert (QLD)** up 10 to #8 and Henri du Toit up 8 to #11 were the biggest movers in the junior elite rankings in the last 3 months.

Ranking event major participation milestones (achieved since March 2025) are awarded to Rob Preston (300 races), Aislinn Prendergast (250), Vanessa Round (200), Matt Doyle (150), Dave Meyer (150) and Emily Sorensen (100).

Every athlete can see their current event totals by class and discipline on their athlete page, as well as the overall participation counts on the Stats page.

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

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?

MIDWEEK ORIENTEERING - CREEKSIDE PARK, KENMORE HILLS



This week's Mid-Week Orienteering event will be on Thursday 18 June at Creekside Park, Kenmore Hills.

This is a park and street event

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Courses: Long 4.4kms, Medium 2.6kms, Short 1.9kms, Very Short 0.8 kms

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/24255>

Pre-entry closes at 11pm on Wednesday prior.

All welcome!

SOUTH EAST QUEENSLAND NIGHT NAV EVENTS



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

Brisbane Westside | Tues 23 June | Starts 5:30 - 6:30pm | Taking a 3 week break

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.

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MAPRUN PARKS SERIES - ROMA STREET PARKLANDS



This week's MapRun Parks Series event will be at Roma Street Parklands on Sun 21 June.

The start/finish location: TBC (check the Eventor link)

Starts from 3:30pm.

Come along for a fun, friendly run/jog/walk in the park.

You have 40 mins to visit as many checkpoints in the park as possible.

More information: <https://eventor.orienteering.asn.au/Events/Show/23880>

All ages and fitness levels are catered for. Go individually or in a group.

Children 14yo and younger must be accompanied by an adult.

Prices (Member/Non-Member): \$7 per phone / \$9 per phone. 'Tap & go' payment preferred.

ENJOY THE HIGHEST-ALTITUDE ORIENTEERING EVENT IN AUSTRALIA



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held at Perisher valley on Sunday 9 August.

Organised by Red Roo, Big Foot and Perisher X Country with the start in front of the beautiful, warm and special Nordic Shelter at Perisher.

Everyone who loves or dreams of trying Skiing or Orienteering, will be able to take an opportunity to combine both skills and to take part in our exciting Championship.

It will be the 12th Championship, after Swedish ski-o expert Patrik Gunnarsson brought the concept back to Perisher in 2014. It is the only Ski-O event in Australia and among the only few in the Southern Hemisphere!

Entries are open already at Eventor <https://eventor.orienteering.asn.au/Events/Show/23595>,
Book accommodation and start training!

We will be thrilled to see very many orienteers at the highest-altitude orienteering event in Australia!

FITNESS ISN'T ONE-SIZE-FITS-ALL



Photo: [Wellness Gallery Catalyst Foundation](#)

We often talk about “getting fit” like it’s a single finish line. But as this week’s science insight reveals, fitness is actually a **multi-event contest** — and most of us are only training for one or two of them.

Exercise experts break fitness into several key components. First up is **cardiorespiratory fitness** — your endurance engine. Think running, cycling, or anything that gets the heart and lungs working over time. This is the pillar most linked to long-term health and disease prevention.

Next is **muscular strength and power**. This isn’t just for athletes — it underpins everyday tasks like lifting, climbing stairs, and maintaining independence as we age. Resistance training is the go-to here.

Then there’s **flexibility and mobility**, often overlooked but crucial for injury prevention and efficient movement. If you’re stiff, you’re limiting your performance before you’ve even started.

Another important piece is **balance and coordination**, particularly as we get older. These skills can reduce falls and improve overall physical confidence.

The key takeaway? You don't need to be elite in all areas, but **well-rounded fitness beats specialising in just one**. A runner who never lifts weights, or a gym junkie who skips cardio, is leaving performance (and health) on the table.

Game plan: mix your training — endurance, strength, mobility, and balance. Because true fitness isn't about one stat — it's about the whole scoreboard.

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

LAST WEEK'S NEWS ARTICLES BELOW

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.

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.

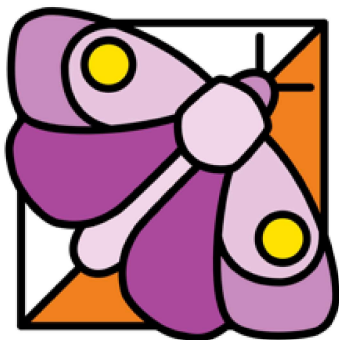
What do you enjoy most about volunteering?

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.

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.

The journey begins in the rugged bushland of **Namadgi National Park**, then moves to **Orana School**, a 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.](#)

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AUS MTBO CHAMPS - BOOK YOUR ACCOM NOW



We have been made aware that there is very little accommodation available in Ballarat for the weekend of 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/>

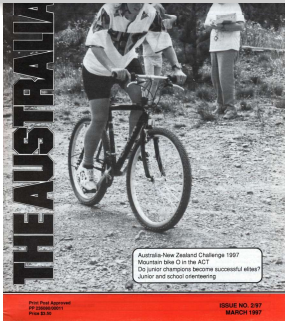
And don't forget to enter early to be in the draw!

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

DON'T WANT YOUR OLD PHOTO REPUBLISHED?

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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

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!

A massive thank you to those who have already donated to any or all of the national orienteering teams. Your contribution will help our athletes take part in championship opportunities.

Tax deductible gifts may be made to Orienteering Australia through the [Australian Sports Foundation \(ASF\)](#) 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

- [Orienteering Australia Operations](#)

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!

FITNESS TECH FIRES UP FEMALE MOTIVATION

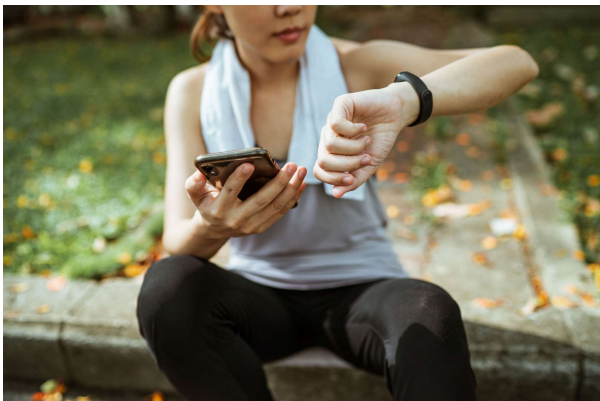


Photo: [Ketut Subiyanto](#)

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

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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](#).

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](#)

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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

Contact Details

Please use the email addresses below to contact OQ Personnel:

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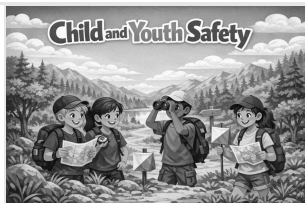
membership@oq.asn.au (Liz Ferguson)

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.

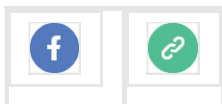


Child and Youth Safety.

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.



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