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UPCOMING EVENTS

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

ENTER NOW: STANTHORPE WEEKEND 28-29 NOV

Cascades Training | Dinner | Camp | Club Relays



Rained out last month, our Club Relays weekend has been rescheduled for 28-29 November.

Plenty of water in the dams now for post-relay canoeing…

So come join us for an end of season celebration:

- Sat 2:30pm - **Training exercises** (all levels) at **Cascades –** one of Australia's best granite maps **– ENTER**
- Sat 6pm **– Casual dinner** at Stanthorpe RSL. The RSL is heavily booked, so please add this as a "Service" on Eventor (Relays) if you plan to come.
- Support the landowners by booking a **campsite** at Foxbar Falls.
- Sun 10am **– Club Relays** at Foxbar Falls **– ENTER** in your choice of Long (5.2km) / Short (3.1 km) / Easy (1.3km) and you'll be put in a team of 3. Teams will include at least one female and one 14U or 60+ years. Results are weighted according to the percentage of club members who participate, so come and support your club!

- Followed by **OY Award** Presentations and free sausage sizzle.

Entries close Wed 25 Nov

EOI - MARKETING & PROMOTIONS OFFICER



Orienteering Queensland is seeking **Expressions of Interest** for a casual position as Marketing and Promotions Officer for 2027.

- $42.49 per hour (including casual loading) + 12% superannuation
- flexible hours, work from home
- up to 250 hours per year

Skills required are the ability to:

- take the initiative and find opportunities for marketing orienteering events (local and state) to schools, local communities, and newcomers as well as to members
- liaise with event organisers
- use social media effectively
- imagine other ways of communicating with potential audiences
- use Canva or other graphic design software

Enquiries and expressions of interest: president@oq.asn.au by end December 2026.

DATE CLAIMER: SKILLS DEVELOPMENT CAMP 1-3 MAY 2027



This year, the traditional Minis Camp will be broadened to cater for **all levels**, with group training from beginner to elite levels.

🔶**Venue:** The camp will be based at the beautiful **Ivorys Rock** camping and events centre, Peak Crossing, Ipswich Region

🔶**Accommodation:** Please book your own accommodation. Cabins and camping available – mention "Orienteering" when you book. Cabins are donga style (single or twin) so a family may need 2 cabins. Day campers are also welcome for those who prefer to commute.

🔶**Meals:** self-catered (camp kitchens) or nearby pubs (Peak Crossing, Harrisville)

🔶**Under 18s** must be accompanied by a guardian/adult responsible for accommodation, meals and transport.

More info to come!

OQ JUNIOR COACHING SUPPORT 2027 - PAID POSITION (50 HRS)



Orienteering Queensland is looking for an enthusiastic Coach to assist with continuity of training throughout the year for Juniors, focussed around OY events (pre- and post-race zooms for preparation and debrief/analysis, training exercises at events, etc).

Find out more here

CYCLONES CO-ORDINATOR 2027

Find out more here

MEMBER PROTECTION INFORMATION OFFICER



A big thank you to **James Mitchell**, who has filled the role of Member Protection Information Officer (MPIO), for many years now, in addition to his many other volunteering roles for Mid-Week, Ugly Gully, and for State and National events).

James is handing over the role to **Linda Burridge**, who is also our Blue Card coordinator (in addition to Admin Officer and managing the weekly Bulletin!). Thank you Linda!

The MPIO is the first point of contact for concerns concerns or questions about harassment, abuse, child safeguarding, or unfair behaviour. As of next week, the MPIO will have a new email address: integrity@oq.asn.au



Representing Queensland at the Australian Schools Orienteering Championships is the highlight of the year for many school-aged orienteers.
The selection policy is reviewed and updated every year.

Please see the For Teachers and Students page of the OQ website for the 2027 policy.

2027 MEMBERSHIPS OPEN NOW



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

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

Information & New Members: https://oq.orienteering.asn.au/membership

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

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

Any problems, contact the Membership Officer

Member 20 yrs & under: $12

50% student discount 21-24 yrs: $30

FIRST AID TRAINING OR UPDATING - REGISTER INTEREST NOW



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

The **Brisbane courses** will be run by CBD First Aid Training located in Queen Street Mall: Suite 14, Level 4, 180 Queen Street.

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

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

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

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

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

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

JUNIORS - USE YOUR $200 PLAY ON! VOUCHER FOR MEMBERSHIP + EVENTS 2027

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

QLD MEMBERSHIP + EVENTS PACKAGES 2027





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

- *If you have a Play On! voucher, you can redeem it by emailing the relevant Treasurer*
- *If you don't have a voucher (too young, too old, already used it, etc), you can still purchase a package for $200 by emailing the Treasurer and requesting an invoice.*

OQ Membership Package - $200

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

Email - treasurer@oq.asn.au

Enoggeroos Membership Package - $200

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

Email – membership@enoggeroos.com.au

Great value!

OA WORKSHOP #2 - GOVERNANCE & FINANCE

Orienteering Australia is facilitating a series of workshops based on the orienteering strategic pillars. This is a great chance to hear updates about the projects OA is working on and engage with questions and discussions.

Workshop #2 - Governance and Fiinance
Monday 23rd November 2026 - 7:30pm EADT
Join Zoom Meeting
https://us06web.zoom.us/j/86782006089?pwd=scYwPtVdhNwRWK6WSJkWI6MaXDJNir.1

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

TOOHEY FOREST CLUB BREAK-UP & AGM



Toohey Forest members and friends are invited to the Toohey Forest Orienteering Club End-of-Year Break-Up Christmas Party and AGM!
Sunday 22 November starting at 10am.

There will not be an event, just lunch and function to celebrate the end of the year and the AGM meeting.

Cost is free to enjoy a wonderful BBQ lunch.
Please RSVP (enter) for catering purposes at https://eventor.orienteering.asn.au/Events/Show/24806.

The actual address is 18 Doran Circuit, Park Ridge but if you put 18 Doran Circuit into Google maps it will take you to the wrong spot. Best parking is on Tillerman Parade then walk through the pathway to Doran Circuit.

LET'S NAVIGATE FOR NATURE - AUSTRALIA'S BIGGEST BUSHWALK



Calling All Queensland Orienteers & Clubs: Let's Navigate for Nature!

As orienteers, we know our way around the bush better than anyone. This May, let's put our navigation skills and love for the outdoors to work for an incredible cause!

All OQ clubs, teams, and families are invited to join **Australia's Biggest Bushwalk** (1–31 May 2027) to clock up some kilometres, enjoy the trails, and help protect the incredible wild places we train and compete in.

In 2026, thousands of participants walked tens of thousands of kilometres, raising over **$600,000** to support the **Australian Conservation Foundation (ACF)** in their vital work to protect over 2,000 threatened species, stop deforestation, and advocate for our climate.

In May 2027, let's show Australia what the orienteering community can do!

Why You Should Get Involved:

most kilometres or raise the most funds?

- **Unbeatable Wellbeing:** It's the perfect excuse to spend even more time outdoors, supporting the mental and physical health of your members as we prep for the winter event season.
- **Real Local Impact:** Show the wider community how orienteers are actively contributing to protecting the very bushlands, forests, and outdoor spaces we rely on for our sport.

How It Works (It's Simple & Flexible):

1. **Register Your Team:** Sign up your whole club, or create multiple small teams (juniors vs. seniors, anyone?).
2. **Fundraise Your Way:** Raise funds to protect nature and unlock **epic milestone rewards and exclusive challenge gear** for your team as you go!
3. **Walk, Jog, or Navigate Anywhere:** You don't need to change your routine—just count the kilometres you're already doing on your weekend courses, training nights, or social bushwalks throughout the month of May.

Getting your club registered is quick and easy. **Sign up or learn more today:** australiasbiggestbushwalk.org.au | **Call:** 1800 223 669 | **Email:** fundraise@acf.org.au

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AIS MODULES - THE SCIENCE BEHIND ATHLETE DEVELOPMENT

The Australian Institute of Sport (AIS) has released two online learning resources—Physiology Unpacked and Growth and Maturation in Youth Sport—designed to translate sports science into practical applications for long-term athlete development. While applicable across all sports, these modules are exceptionally valuable for the orienteering community, helping coaches, parents, and athletes navigate endurance training, physical growth, and physiological demands.

Why It Matters for Orienteering

- **Endurance and Adaptation:** Physiology Unpacked features five modules exploring how training creates physiological adaptation, core training principles, and the specific demands of endurance sports. For orienteers—who must balance aerobic capacity, anaerobic bursts, and sustained cognitive focus over rugged terrain—understanding these foundational principles helps optimize training loads and recovery strategies.
- **Youth Development and Growth:** Navigating growth spurts is critical in junior orienteering, where physical maturation heavily influences performance and injury risk. Developed in collaboration with the University of Sydney, Growth and Maturation in Youth Sport introduces three modules to help coaches and parents tailor training environments to young athletes' changing bodies.

blocks for long-term sporting success.

Whether you are developing junior navigators or fine-tuning your own physical preparation, these evidence-informed resources bridge the gap between complex sports science and everyday training decisions.

You can access both resources directly through the AIS learning centre.

LAST WEEK'S NEWS ARTICLES BELOW

WHAT'S YOUR EXPERIENCE OF ORIENTEERING?





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

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

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

SOUTHSIDE NIGHT NAV IS BACK ON THURSDAY EVENINGS



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

With starts between **5:30 pm and 6:50 pm**, each event features a 40-minute score course - choose your own route and collect as many controls as you can before time runs out.

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

19 Nov – Mansfield

26 Nov – Wishart

3 Dec – Sunnybank

10 Dec – Algester

17 Dec – Eight Mile Plains

+ 4 more events in January 2027

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

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

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

SUNSHINE ORIENTEERS SUMMER NIGHT NAV SERIES



Ready for an adventure after dark?

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

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

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

Date	Location

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

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

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

LIGHT UP YOUR TUESDAY NIGHTS WITH ENOGGEROOS NIGHT NAV



Looking for a fun way to keep your orienteering going through summer?
Enoggeroos Night Nav is back, with a fantastic series of Tuesday evening events across Brisbane!

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

24 Nov – Wooloowin
1 Dec – Chermside South
8 Dec – Bracken Ridge
15 Dec – Keperra
22 Dec – Mitchelton
5 Jan – Aspley Hills

26 Jan – Ashgrove East

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

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

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

Bring your navigation skills and make Tuesday night adventure night!

ORIENTEERING FAMILY WANTED



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

COACH WELLBEING MOVES INTO THE SPOTLIGHT





For years, elite coaches have focused on supporting their athletes, often at the expense of their own wellbeing. New Australian research is now helping to change that, with lessons that resonate across all sports, including orienteering. Justine Stynes, Ann-Marie Gibson and Alyse Wilcox from Australian Catholic University (ACU) have collaborated with the Australian Institute of Sport (AIS), Griffith University and the University of the Sunshine Coast to develop the national Coach Performance Wellbeing Hub.

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

The research has already had a significant impact. Its recommendations have been incorporated into the Australian Sports Commission's Coach Development Strategy and the AIS Coach Performance

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

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

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

ARE YOU PLANNING AN EVENT THIS YEAR?



Are you involved in planning an event this year?

Course setting?, Controlling? Event Organiser?

Course Guidelines at

- Event Resources - Foot-O
- Event Resources - MTBO

and the **Risk Management guide** at

- Safety & Emergency

When putting out controls, please use MapRun CheckSites to check the control is in the right place.
Questions? Please ask Dylan at technical@oq.asn.au

2027 Date Savers

QLD Foot Events 2027	
Date	**Major Events 2027**
28 Feb	OY1 Sprint + OQ AGM - UQ Gatton
14 Mar	OY2 Long – Rosenthal Ck, Stanthorpe
26-29 Mar	Easter 3 Days - NSW
24 Apr	OY3 **QLD Sprint Champs** – Sheldon College
25 Apr	OY4 Long - Karawatha
26 Apr	Relay – Belmont Hills
1-3 May	Skill Development - Bigges Hill, Wivenhoe

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

ORIENTEERING QUEENSLAND

QLD MTBO Events 2026	
Date	Major Events 2026

Contact Details

Please use the email addresses below to contact OQ Personnel:

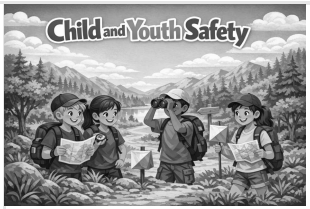
membership@oq.asn.au (Liz Ferguson)

treasurer@oq.asn.au (Tony Bryant)

bulletin@oq.asn.au (Linda Burridge)

website@oq.asn.au (Rob Crosato)

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



Child and Youth Safety

Orienteering Queensland is committed to Child Safety and to implementing the National Child Safety Standards.

Queensland Government

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

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Our mailing address is:
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