



O-NEWS
@OrienteeringQld #OrienteeringQld

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UPCOMING EVENTS

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



Late entries are open for OY9 at Karawatha until midnight.

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 and orienteering whistle!

KID-O is free and there is no need to pre-enter your children for them to participate.

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/23329>

[OY9 Bulletin 1](#) available here.

REGISTER NOW FOR OY10 AT PROUT ROAD - ENTRIES CLOSE TOMORROW

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

compete at the Australian Schools Orienteering Champs (ASOC) but just missed out on state team selection?

Or just want to experience Oceania & ASOC with lots of learning and fun along the way?

Then Orienteering Meet at Galambary (OMG) is just for you!



What is OMG?

OMG is an orienteering meet where juniors have the opportunity to compete in ASOC as independent competitors. This means you are not in a state/territory team but still able to enter all ASOC and Oceania events.

Where is OMG being held?

In 2026, OMG will be based at Alivio Tourist Park in O'Connor, 4 km from the Canberra city centre.

How much will it cost?

Entries for juniors costs \$20 but accompanying adults can attend for free.

When do I have to enter by?

Registrations close after 5 September 2026.

What is included in the OMG entry?

- Shade tent as a meeting place for all events
- Social activities
- Presentation program
- Coaching at events and afterwards

What is not included?

- Entry fee to ASOC events. You will need to enter separately each ASOC or Oceania event through Eventor.
- Accommodation – book at Alivio Tourist Park or other accommodation nearby.
- Meals – meals will not be provided but Alivio Tourist Park has an on-site brasserie.
- The Verandah which provides breakfasts and evening meals.



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](#) | 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](#).

VOLUNTEER SPOTLIGHT - JO FOWLER



This week's Volunteer Spotlight features Jo Fowler from Enoggeroos!

Occupation/interest outside of orienteering?

I'm an accountant by trade, but have always been an adventurer! I enjoy bushwalking, mountain biking, swimming, paddle craft of all shapes and sizes, reading and a wide variety of creative pursuits.

How did you discover orienteering and how long have you been involved in orienteering?

I discovered orienteering 5 years ago thanks to my son Dan, who, having completed an OQ trial event at primary school, declared "Mum, I found my sport!". Enoggeroos were running a sprint series at the time and after just one event I was absolutely hooked!

What's one of your favourite orienteering memories?

What kind of volunteer roles have you helped with?

I've helped with event starts, map collection, putting out and collection of controls, course planning, map walks with people new to orienteering and I'm on the Enoggeroos Committee.

What do you enjoy most about volunteering?

A warm fuzzy feeling from helping out!

Why should people give volunteering a go?

Our sport thrives on volunteers. If you've taken part in an event, it was made possible by the tireless effort of an individual volunteer, or a group of individuals. Step forward and give it a go - there will always be another volunteer willing to show you the ropes.

QLD MTBO CHAMPS - SUNSHINE COAST

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.

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

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

SUNSHINE ORIENTEERS

Ride, race, navigate!

Three events over two days on the Sunshine Coast.

Grab your mates, family or come solo.

- **Saturday 19th September** will be the **Middle Distance Race** at Mooloolah State Forest, Landsborough.
This will be followed by the **Sprint Distance** at Sunshine Beach in the afternoon.
- **Sunday 20th August** will be the **Long Distance Championships** starting from 9am at East Beerburum State Forest.

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

SUNSHINE ORIENTEERS NIGHT NAV SERIES

SPRING NIGHT NAV - TUESDAY NIGHTS **SERIES 3 2026**

25/8 KULUIN
1/9 TEWANTIN
8/9 PELICAN WATERS
15/9 BUDERIM PARKS
29/9 SUNSHINE BEACH
6/10 KINGS BEACH

Rego from 5:50pm
STARTS FROM 6PM

Members \$6 **Casuals \$10**

MAPRUN APP REQ!

40/60 MIN COURSES

The poster features a central photograph of a man and three boys looking at a map. The background is yellow with blue and green accents. The text is in various colors and fonts, including bold and italicized styles.

The ever-popular Sunshine Orienteers Night Nav Series is back!

Tuesday evenings.

Registration from 5:50pm and starts from 6-6:30pm.

Courses close at 7:30pm

There will be 40 and 60 minute Score Events each night.

Enter via Eventor or email sunshinenightnav@gmail.com

First events in the series are:

25 Aug [Kuluin](#)

1 Sept [Cranks Creek](#)

8 Sept [Pelican Waters](#)

15 Sept [Buderim](#)

29 Sept [Sunshine Beach](#)

6 Oct [Kings Beach](#)

SPRINT EVENT AT CLIFTON SHS



Come and try orienteering - something for everyone!

Clifton State High School, East St, Clifton on Sunday 30 August

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!

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

Newcomers (first event): Member prices and free SI.

More information, email rroc.oq@gmail.com or text 0427523541

MIDWEEK ORIENTEERING - GAP CREEK EAST



This week's Mid-Week Orienteering event will be on Thursday 20 August at Gap Creek East. This will be a bush event with flags. Some parts are fairly green.

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

Start Location: Picnic Area off Gap Creek Road

Courses: Long 4.3kms 200m climb, Medium 3.1/140, Short 2.0/75, Very Short 0.9/20.

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/24474>

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!

It's a rather special event as it's on "new" terrain ... not in the "not used before" sense, but newly created access to new dunes at the north end of Bribie Island, created by cyclone Alfred.

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

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!.

WILDFIRE SPORTS BACKS OCEANIA 2026!



Wildfire Sports backs Oceania 2026!

We're thrilled to have **Wildfire Sports** supporting the **Oceania Long Distance Championships 2026** with **cash prizes** for competitors.

- **Cash prizes awarded to the Men's and Women's 21E winners**
- **From the winners of all other classes, one male and one female will be randomly selected to receive a cash prize.**

A huge **thank you to Wildfire Sports** for investing in **Australian Orienteering**, supporting our competitors and helping make **Oceania 2026** a fantastic carnival/

Check out the [Wildfire Sports online store](#) for a huge range of running, outdoor and orienteering gear from specialist and premium brands.



WILDFIRE

SPORTS • TREK

TRAIN | PERFORM | EXPLORE

CHRISTMAS 5 DAYS 2026 - SOUTHERN HIGHLANDS



Five days. Five courses. Southern Highlands.

Start planning your end-of-year orienteering adventure!

The NSW XMAS 5 DAYS is heading to the Southern Highlands this year, with five days of great orienteering from **27–31 December**.

Expect the usual mix of **fun and challenging bush and sprint events**, along with prizes, social activities and plenty of opportunities to catch up with the orienteering community as we race our way towards the New Year.

Camping will be available at Belanglo Hut, or start planning your stay now with accommodation available throughout the surrounding area.

Five days. Five courses. One great way to finish the year.

Stay tuned — more details coming soon!

RUNNING MORE EFFICIENTLY: LESSONS FROM THE ELITES



Many of us have watched elite runners glide effortlessly along a course and wondered how they make running look so easy. According to a recent *Runner's World* article, the difference is not simply fitness, but efficient movement patterns that maximise speed while minimise wasted energy.

Researchers and coaches highlight four key areas that recreational runners can develop to improve running economy. First, stronger calf muscles are essential. Elite runners generate much of their forward propulsion through their calves and ankles, whereas less experienced runners often rely more heavily on their quadriceps, which can be less efficient. Simple calf-strengthening exercises can help shift the workload to the muscles best suited for running.

Second, increasing cadence while slightly shortening stride length can reduce the amount of time spent on the ground. Faster runners apply force more quickly and avoid "sinking" into each stride, conserving valuable energy.

Third, plyometric exercises such as pogo jumps can improve the spring-like action of muscles and tendons. Elite runners make excellent use of stored elastic energy, allowing them to rebound efficiently with each foot strike. Developing ankle stiffness through targeted exercises can enhance this effect.

Finally, elite runners spend more time in the air and less time on the ground. Studies show that their longer flight phase contributes to smoother, faster running. Improvements in calf strength, cadence and plyometric ability all help achieve this more economical running style.

While few of us are aiming for Olympic selection, these principles are highly relevant to orienteers. Better running economy can mean fresher legs late in a course, quicker recovery between events, and perhaps even a new personal best at the next club race.

This article is a summary of an article by Ashley Mateo and Rachel Boswell which was published in *Runner's World*. You can read the [full article 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.

GREAT EVENT AT OY8



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

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

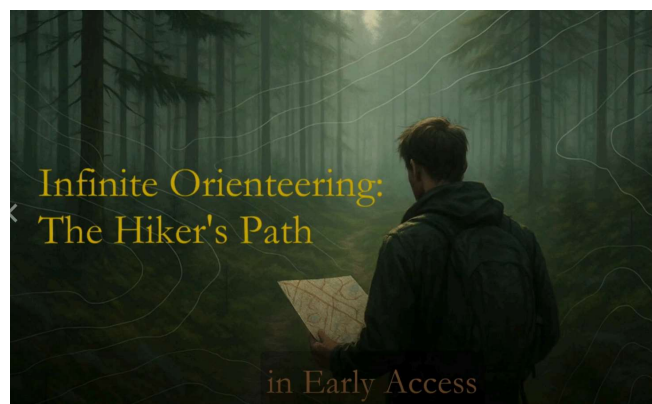
Full results can be [found here](#).

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](#).

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

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

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

IS 10,000 STEPS REALLY THE MAGIC NUMBER?



Photo by Ketut Subiyanto

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.

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](#).

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)
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)

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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