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UPCOMING EVENTS

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



Ready for your next adventure?

The next event in the Brisbane Forest Orienteering Series is here, and it's your chance to get outdoors, get moving, and test your navigation skills in beautiful forest terrain.

Sunday 6 September from 9am - 12pm. Queuing starts from 9:00 - 10:30am

Stockyard Creek, Burbank. Come see the refurbishments BCC has done.

Courses: Long Hard 5 km, Medium Hard 4km, Short Hard 3km, Moderate 3km, Easy 1.5km.

Courses will use Maprun with flags.

Whether you're a total beginner, a family with kids, or a seasoned orienteer, this event is for you!

Why come along?

- All ages welcome – bring the whole family
- No experience needed – full instruction provided
- Choose your own challenge: short & easy to longer & trickier
- Explore the forest while having fun and keeping active
- Friendly, supportive atmosphere

Walk, jog, or run – it's about adventure at your own pace.

Come for the challenge, stay for the fun, and discover why orienteering is the ultimate outdoor sport.

[Register here](#) then just turn up and give it a go!

DOUBLE HEADER OY AROUND TOOWOOMBA



Get this exciting event locked in your diaries!

OY11 is on a new Sprint Map of Wilsonton State High School

Saturday 12 September with starts from 2pm

Courses available: Hard 1, Hard 2, Hard 3, Open B, Moderate, Easy, Very Easy

More details and registration at <https://eventor.orienteering.asn.au/Events/Show/23206>

Make it a weekend to remember and head out to Leyburn for OY12!

Sunday 13 September with starts from 9am.

Course----Controls---Distance ---Climb (m)

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Hard 3 ----- 11 ---- 4.7 km ---- 155 m

Hard 4 ----- 9 ---- 3.6 km ----- 85 m

Hard 5 ----- 8 ---- 2.4 km ----- 30 m

Moderate 1 ---10 ---- 3.3 km ----- 75 m

Moderate 2 ---- 8 ---- 2.5 km ----- 35 m

Easy ----- 11 ---- 2.6 km ----- 40 m

Very Easy ---- 8---- 1.6 km ----- 25 m

Please ensure you bring a WHISTLE for safety. No whistle no start.

Some available for purchase at registration.

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/23215>

QLD MTBO CHAMPS - SUNSHINE COAST



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.

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

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 - MT PETRIE ROAD PARK



This week's Mid-Week Orienteering event will be on Thursday 3 September at Mount Petrie Road Park, Belmont.

This will be a bush event. It will be run on a brand new bijou fast-running not-too-steep bushland map by Mark Roberts

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

Start Location: Mount Petrie Road in Belmont.

Courses: Extra Long 4.6kms, Long 3.3, Medium 2.6, Short 1.7, Very Short 900m.

Fees: Members \$6, Casual \$8, Family/Group \$12. Cash only.

Pre-entry closes at 11pm on Wednesday prior.

All welcome!

MIDWEEK CHAMPIONSHIPS 2026



MWO is pleased to announce a 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

.... although the cyclone did a lot of bad things and inconvenienced a lot of the local population, it seems to have made the dream come true!

Date: Thursday 17 September

Time: Starts from **10am** until 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!

Courses: There will be the usual 3 courses, short, medium and long. 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.

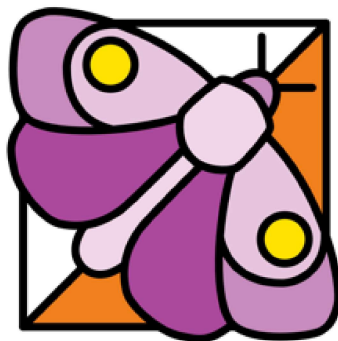
Refreshments: There are free public BBQs, so bring your own food and stay for a picnic (and a swim). Bring something sweet to share if you would like to.

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

Queries: Geoff joffhk@gmail.com 0410 1234 67

Bulletin: [Click here](#)

LAST CHANCE - OCEANIA 2026 CHAMPIONSHIPS - ENTRIES CLOSE 5 SEPT



OCEANIA
ORIENTEERING
CHAMPIONSHIPS
2026 26 SEP-04 OCT
NGUNNAWAL COUNTRY

There's now just **three days until entries close** for Oceania 2026.

Experience a weekend of running in the rugged beauty of **Namadgi National Park**; take on the steep, physically demanding and varied terrain of **Stromlo**; enjoy the midweek action with the Australian Schools Orienteering Championships (ASOC) and the accompanying Flight of the Bogong races; and finally, switch gears for fast, technical sprint racing through the intricate buildings, courtyards and route-choice challenges of **ANU**.

And for the elites, the stakes are even higher — **WOC places are on the line!** The winners of the Men's and Women's 21E Middle and Long Distance races will earn automatic selection for the **2027 World Orienteering Championships** in Hungary.

Diverse terrain. International racing. An unforgettable week.

Get your entry in and your running top ordered before it's too late!

<https://oceania2026.orienteering.asn.au>

CAN ORIENTEERING HELP UNDO A DAY AT THE DESK?

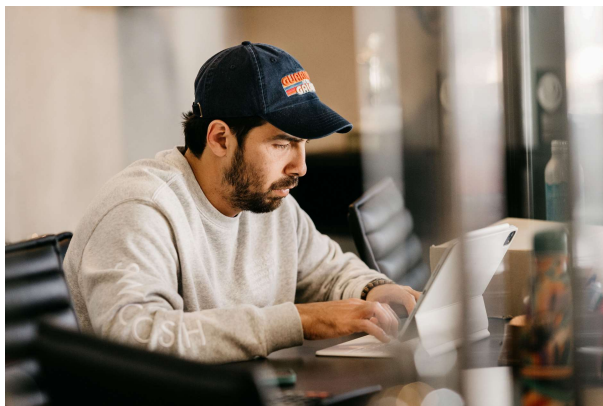


Photo: [Jonathan Borba](#)

Many of us spend long hours sitting at work, in the car, or at home. The good news for orienteers is that

scientific debate: can exercise fully offset the harmful effects of a sedentary lifestyle?

Researchers agree that long periods of sitting are associated with a higher risk of heart disease, poor health outcomes, and premature death. The question is whether regular exercise can eliminate those risks. Evidence from large studies involving more than a million participants suggests that the more exercise people do, the less their daily sitting time matters. In highly active individuals, the increased risk associated with prolonged sitting may be greatly reduced.

Not all scientists are convinced that exercise completely cancels out the effects of sitting. Some argue that lengthy uninterrupted periods in a chair may still have negative impacts on the body, regardless of how much training is done before or after. The current consensus is that both factors matter: staying active is vital, but reducing long stretches of sitting is also beneficial.

For orienteers, that is encouraging news. Whether it is a midweek training run, a bush event on the weekend, or a brisk walk while planning routes, physical activity remains a powerful tool for maintaining long-term health. If your workday keeps you desk-bound, regular movement, combined with the fitness challenge of orienteering, is likely one of the best investments you can make in your wellbeing.

This article was summarised from an article by Alex Hutchinson from *Outside*. You can read the [full article here](#).

LAST WEEK'S NEWS ARTICLES BELOW

SUNSHINE ORIENTEERS NIGHT NAV SERIES

SUNSHINE ORIENTEERS

ENTER VIA EVENTOR WEBSITE
[HTTPS://EVENTOR.ORIENTEERING.ASN.AU](https://eventor.orienteering.asn.au)
 OR
 EMAIL INFO@SUNSHINEORIENTEERS.COM.AU

5:50pm
STARTS FROM 6PM

25/8 KULUIN

1/9 SUNSHINE BEACH

8/9 PELICAN WATERS

15/9 BUDERIM PARKS

29/9 TEWANTIN

6/10 KINGS BEACH

MAPRUN APP REQ!

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

40/60 MIN COURSES

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

Pre-enter via Eventor or email by midday Tuesday to receive a colour map.

Cost is \$6 per map for OQ club members and \$10 for casuals.

Next events in the series are:

8 Sept [Pelican Waters](#)

15 Sept [Buderim](#)

29 Sept [Cranks Creek](#)*

6 Oct [Kings Beach](#)

* Please note the swap of locations for these weeks.

INDEPENDENT ATHLETE JUNIOR DEVELOPMENT CAMP AT ASOC / OCEANIA

Are you a junior who would like to 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.

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.
- OMG competition shirt
- Shade tent as a meeting place at each of the events.
- 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](#).

OY9 AND OY10 - DOUBLE EVENT WEEKEND



A double event was held on the weekend with OY9 at Karawatha Forest and OY10 Prout Road Park, with plenty of participants including interstate and international visitors from NZ.

OY9 was the 2026 OQ Middle Distance Championships and we were fortunate to be able to run this on a new map, Frogs Hollow, mapped by Neil Simson (Toohey Forest). Thank you to the Ugly Gully team of course setter Sebastien Lhote, controller Trent Blinco (with Anna Sheldon assisting), organiser Matt Tomlins and the many volunteers that helped with starts, running MeshO, collecting controls and packing up. In terms of the event, there were plenty of smiles. The first few controls set the tone for a challenging course with little room for error. Navigation was critical with little forgiveness.

Congratulations to all the place getters and participants! The orienteers that made it onto the podium for the 21A classes are listed below.

W21A	Name
First	Caroline Pigerre
Second	Bridget Uppill
Third	Meredith Gray

First	Dylan Bryant
Second	Ben Schulz
Third	Alex Crowe



OY10 was a Long Distance event in a lesser known bushland area. Prout Road Park is notable for its wildflowers, Xanthorrhoea and lack of weeds. Admirable course setting by Penny Spiers (Toohey Forest) made for interesting route choices between straight or track options. Many thanks to Penny, Mark Roberts for field checking and on-the-spot map updates, Juliana de Nooy (remote controller), and Neil Simson and the Toohey Forest team for organising.

A big thanks to Tony Bryant for organising and testing the new software, MeshO, for both events. The feedback was positive with plenty of first-time users testing the platform as well as many spectators and orienteers crowding around the screens watching the live results.

A double event was held on the weekend with OY9 at Karawatha Forest and OY10 Prout Road Park, with plenty of participants including interstate and international visitors from NZ.

Check out the results here [OY9 Results](#) | [OY9 Livelox](#) | [OY10 Results](#) | [OY10 Livelox](#)

The OY Points (current to OY8) can be [found here](#).

2026 OCEANIA CHAMPIONSHIPS - AUS-NZL CHALLENGE



Orienteering Australia is pleased to announce updated selection details and the reopening of nominations for the Australian Team for the **2026 Oceania Orienteering Championships** and **Australia–New Zealand Challenge**. Information for all other age group runners see below

Updated Selection Policy & Trial Events

At the recent Orienteering Australia Board meeting, [Operational Policy 3.1 \(Australian Teams\)](#) was formally amended to include a new clause (7.5).

Specifically for the **2026 Australia–New Zealand Challenge**, the primary selection trial events will be:

- The **2025 Australian Championships**
- The **2026 Australian Championships / Australian 3-Days**

Nominations (M/W18A, M/W20E, M/W21E)

Nominations are now re-opened for athletes seeking selection in the following classes: **M/W18A, M/W20E, M/W21E** (There is no need to re-submit if you have previously nominated)

- **Nomination Form:** [Complete the Elite Nomination Form](#)
- **Nomination Deadline:** **Saturday, 5 September 2026**
- **Elite Team Leader:** Natasha Key

Selection for All Other Classes

For all other age classes, no separate nomination form is required.

Selection for the Australian Team in these categories will be selected directly from the official event entry list as of **5 September 2026**. Eligible competitors entered in their respective age classes on Eventor by this date will automatically be considered for selection in the Challenge team against New Zealand.

- **Entry Deadline: Saturday, 5 September 2026**
- **Team Leader (All Other Classes): TBA**
- **Queries: TBA**

Australian Team Tops & Uniforms

The OA Board has approved the purchase of a new stock run of official Australian team tops. This will ensure all selected team members for this year's AUS–NZL Challenge are able to purchase a team top in their size if they do not already own one.

NOMINATIONS FOR AUS MTBO CHALLENGE TEAM



Australia–New Zealand MTBO Challenge, being held in conjunction with the **Australian MTBO Championships in Ballarat** in October.

The Challenge provides Australian riders with the opportunity to represent their country against New Zealand and contribute to the overall team result.

Riders eligible for the following age classes at the Championships are encouraged to nominate- W21, W40, W50, W60, M21, M40, M50, M60, M70.

Selected team members will be expected to wear the Australian team jersey and participate in team activities, including the official team photo and presentations. The appointed Team Manager will coordinate team arrangements and keep riders informed of relevant event updates.

Want to represent Australia in Ballarat?

Submit your nomination using this link - <https://forms.gle/TGvnL599ZmknV5wE6>

For any queries contact Craig Steffens - craig.s@orienteering.asn.au

TEAM LEADER NEEDED FOR AUS MTBO CHALLENGE TEAM



New Zealand MTBO Challenge, to be held in conjunction with the **Australian MTBO Championships** at Ballarat in October.

The Team Leader will coordinate the Australian team before and during the Challenge, liaise with the New Zealand Team Manager, communicate event information to team members, coordinate team jerseys and assist with presentations and team publicity.

We are looking for someone with a good knowledge of MTBO, strong communication and organisational skills, and the ability to create a positive and supportive team environment. Previous experience leading sporting or community groups would be an advantage. The position is voluntary, with appropriate expenses reimbursed.

Interested in supporting the Australian team?

Please contact Craig Steffens craig.s@orienteering.asn.au by the deadline of **30th August 2026**.

AUSTRALIAN ORIENTEER - SEPTEMBER EDITION



[The Australian Orienteer September 2026 on the bookcase with previous issues of the magazine.](#)

[The Australian Orienteer September 2026 on the bookcase with all Orienteering Australia publications.](#)

Thank you to all the contributors! Paper copies will be dispatched over the next few weeks. The magazine includes reports from major international orienteering events, including the World Orienteering Championships in Italy, the World Cup 2 and 3 in Sweden and Czechia respectively, the Junior World Orienteering Championships in Sweden, the World Masters Orienteering Championships in Poland, the World University Orienteering Championships in Portugal, the European Youth Orienteering Championships in Slovenia, the previews of the Australian Schools Orienteering Championships 2026 in ACT and of the Australian MTBO Championships 2026 in Victoria, and articles about orienteering in New Zealand, plus much more.

Intriguing maps and great photographs, anyone should find something interesting to view in our magazine. Happy reading.

SYDNEY CITY RACE IS BACK - OCT 25



Sunday 25 October. North Sydney.

Your race. Your city. Your way.

4 race distances: 15km | 10km | 7km | 4km

New 90-minute Score Race

Race solo or as a team

Top 3 podium male and female prize money for the 15km race

A brand-new Race HQ previously inaccessible north of the harbour

More of Sydney's iconic sights and landmarks

And hills, lots of hills.

Save the date, watch for clues, and look out for a brand new website and event info dropping soon.

www.sydneycityrace.com.au

Here is the [first promotion video](#) for the Sydney City Race.

NEW LANGUAGE FOR TRAINING INTENSITY



many orienteers: accurately judging how hard we are really training. Drawing on sports science research led by Carl Foster, the article argues that athletes and coaches often interpret training intensity differently, which can undermine performance gains.

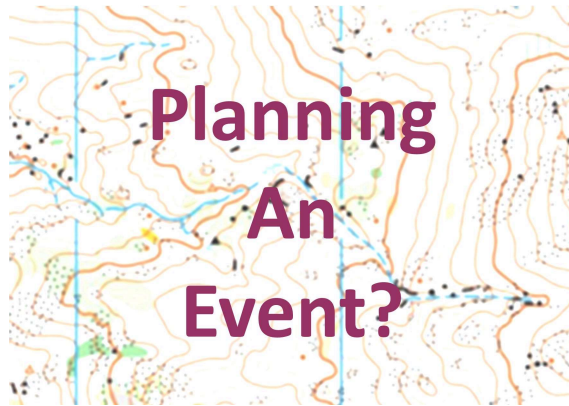
Foster's classic study asked college runners to record how hard they felt each training session was, then compared those ratings with the effort levels their coaches had intended. The results showed a clear pattern. When athletes were told to run easily, they often worked harder than prescribed. When they were instructed to train hard, they tended not to push as much as coaches expected. In effect, many athletes drifted toward a comfortable middle ground.

The article suggests that this tendency may help explain why some athletes plateau in performance or accumulate unnecessary fatigue. If easy days are not easy enough, recovery is compromised. If hard days are not hard enough, the training stimulus needed for improvement may be reduced.

For orienteers, the message is particularly relevant. Our sport combines physical effort with navigation, making it easy for perceived exertion to vary from session to session. Better communication between athletes and coaches, along with more consistent ways of describing intensity, can help ensure training sessions achieve their intended purpose.

The key takeaway is simple: successful training is not just about working harder. It is about correctly matching effort to the goal of each session and resisting the temptation to let every run settle into the same moderate intensity.

This is a summary of an article written by Alex Hutchinson which was published in The Conversation. You can read the [original article here](#).



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



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:

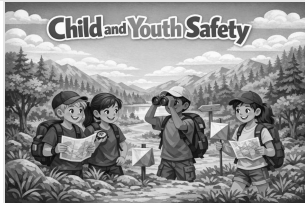
membership@oq.asn.au (Liz Ferguson)

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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