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## UPCOMING EVENTS

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- Sun 24 May - [Bush Orienteering at Nerang National Park](#)
- Sun 24 May - [MapRun Parks - Please come along to Mt Cootha Event](#)
- Sun 24 May - [Mt Cootha - Grey Gum BCC Sponsored Event](#)
- Tues 26 May - [Reconciliation Action Plan open meeting](#)
- Tues 26 May - [Night Nav - Term 2 - Event #5 - YERONGA](#)
- Wed 27 May - [TTOC Sport Ident Park Series Wk1 - Anderson Gardens](#)
- Thurs 28 May - [Anzac Park, Toowong](#)
- Sat 30 May - [EN Learn to Orienteer Term 2 Series - Mungara Lakes](#)
- Sat 30 May - [Map Run Parks - Gold Coast - Country Paradise Park, Nerang \(Pending Permissions\)](#)
- Sun 31 May - [OY6 - Sheepstation Creek, Lake Wivenhoe](#)
- Sun 31 May - [Map Run Parks - Meadowlands](#)
- Tues 2 June - [Night Nav - Term 2 - Event #6 - WEST END](#)
- Wed 3 June - [TTOC Sport Ident Park Series Wk2 - Jezzine Barracks](#)
- Thurs 4 June - [Parkinson Bushland](#)
- Sat 6 June - [EN Learn to Orienteer Term 2 Series - Hillbrook Anglican College](#)
- Sun 7 June - [Map Run Parks - Please come along to the Glider Forest Event](#)
- Sun 7 June - [Brisbane Forest Series - Glider Forest, Larapinta - Fiona Day](#)
- Sun 7 June - [Mt Peel \(tbc\), Coaching and Learn to Orienteer](#)
- Tues 9 June - [Night Nav - Term 2 - Event #7 - OXLEY SOUTH](#)
- Wed 10 June - [TTOC Sport Ident Park Series Wk3 - The Stadium](#)
- Thurs 11 June - [Springfield MWO](#)

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

## BRISBANE FOREST SERIES - GREY GUMS, MT COOT-THA



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This is a BCC sponsored Come and Try Orienteering Event, so bring your family and friends!

Try bush orienteering at its best in classic spur-gully terrain.

Meeting Point: Grey Gums Picnic Area, Mt Coot-Tha

Courses for everyone, from beginner to experienced.

- Easy - 2.0km
- Moderate - 2.0km
- Short Hard - 2.3km
- Medium Hard - 3.4km
- Long Hard - 4.4km

Only \$5 entry fee for individuals or \$12 for the whole family.

Enter on the day is available.

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/22373>



**SAVE THE DATE - OY 6 AT WIVENHOE - 31 MAY**



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Starts from 9:30am

Courses available: Hard 1, Hard 2, Hard 3, Hard 4, Hard 5, Moderate 1, Moderate 2, Easy, Very Easy

Students wishing to use this OY as a selection race for the Qld Schools Team should run the following classes in this event:

Senior Boys – Hard 2

Senior Girls - Hard 3

Junior Boys (15yrs and under by 31 Dec) – Moderate 1 or Hard 4

Junior Girls (15yrs and under by 31 Dec) - Moderate 2 or Hard 4

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/23210>

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## OQ VOLUNTEER SPOTLIGHT



Volunteers are at the heart of the orienteering community. It does not matter how much or little you volunteer, we would love to hear everyone's experiences!

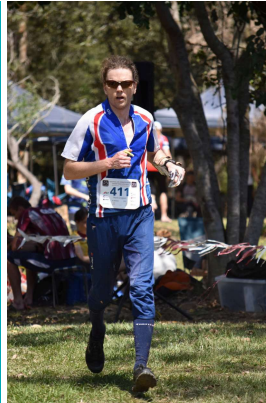
OQ's Volunteer Spotlight seeks to recognise volunteers through personal storytelling, appreciation and community connection. This series focusses on the individual, celebrating the people who contribute to the sport and the experiences that keep them involved.

Volunteer Spotlight will feature fortnightly on the OQ social media pages and in the bulletin.

Please fill out this form so we can recognise you: <https://forms.gle/WRaqcvDxdTb4NGH7A>

If you have any questions, please contact Dylan at [promotions@og.asn.au](mailto:promotions@og.asn.au)

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Well done to Queensland's newest accredited controller:

- **Mark Gregson**, FootO Level 1

Controllers play a vital behind-the-scenes role in ensuring the quality, safety and technical standards of orienteering events. Their work helps deliver fair courses, enjoyable competition and positive experiences for all participants.

If you are interested in taking the first steps to be a Controller, please contact your club committee or the OQ Technical Director at [technical@oq.asn.au](mailto:technical@oq.asn.au).

More information can be found on the Orienteering Australia website (<https://orienteering.asn.au/get-involved/be-a-controller/>).

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## BUSH ORIENTEERING AT NERANG NATIONAL PARK



All are welcome to a fabulous bush orienteering event at **Nerang National Park**.

**Sunday 24 May**, with starts from 9-11am with course closure at 12pm.

This map offers some great technical orienteering with many possible route choices depending on the

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There will be a range of courses to suit all fitness and ability levels.

The Easy (1.5km) and Moderate (1.4km) courses will stay on or close to bush tracks, while the Short (1.6km), Medium (3.1km) and Long (4.4km) courses are progressively longer and more challenging.

This is a MapRun event but all courses will be fully flagged as well.

No need to pre-enter or register, but please let us know right away if you plan to bring a substantial group so we can print more maps.

Non-member adults \$10, kids \$8, families \$22.

The start/finish areas for all courses will be at the Northern end of Yarrayne Road.

The 2025 Annual General Meeting for Paradise Lost Orienteers Inc. will also be held after this event (12pm). All are welcome to attend.

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/23610>

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## HAVE YOU SEEN OUR MISSING SIGNAGE?



After last year's Australian Champs in Queensland, a large bag of orienteering signs has gone missing.

The Thursday Group has none at all (and we had recently bought new ones) and UG is short, too.

Has anyone put them away carefully and forgotten they have them?

They are not in the Enoggeroo or Ugly Gully "sheds".

Thanks – Robin Spriggs.

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Orienteering Australia (OA) is pleased to advise that an OA Photography Accreditation course is now available within the Orienteering Learning Centre (OLC).

Members are strongly encouraged to ensure that any person taking photographs for and on behalf of a member or an affiliated club for use in marketing and communication complete this course to fully understand their obligations under the National Integrity Framework. Persons who complete the OA Photography Accreditation course will be supplied with an identifying vest to indicate they are an OA approved photographer when taking photographic imagery at events for and on behalf of OA, members and affiliated clubs.

Further work is being undertaken to simplify as much as possible the photographic permission process of the use of imagery of adults and especially orienteers under the age of 18 to move to digital based permission systems. Policy review work in this space is currently in train.

The new photography policy is [available here](#).

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**REDEEM YOUR PLAY ON SPORTS VOUCHERS BY 19 JUNE**

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### Don't forget to redeem your Play On Sports Voucher!

Remember to use your \$200 Play On vouchers for your 2026 OQ Membership.

The voucher is valid for OQ Membership and Major Events including entry to all OY events, State series MTBO events, Queensland Schools Orienteering Championships and Australian Schools Orienteering Championships (2026)

Present your vouchers before they **expire on 19 June 2026**

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### CELEBRATING NATIONAL VOLUNTEERS WEEK - THANK YOU FOR YOUR DEDICATION



As we celebrate National Volunteer Week 2026, we recognise and celebrate you, and the incredible difference you make every day. This year's theme, *Your Year to Volunteer*, honours the contributions of volunteers and invites people across Australia to embrace the meaningful impact of giving their time and skills.

At Orienteering Queensland, this message truly comes to life through you. Our volunteer community is made up of passionate individuals who contribute to making our sport accessible, enjoyable, and challenging for participants of all ages and abilities.

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and results, coaching newcomers, supporting junior development, or working behind the scenes to keep clubs running smoothly, your contribution is deeply valued.

Your generosity of time, energy, and expertise reflects exactly what this year's theme celebrates—that volunteering creates connection, fosters community, and makes a lasting positive impact. Every event delivered, every map produced, and every participant encouraged helps strengthen and grow our sport.

Orienteering simply wouldn't happen without volunteers like you. From local bush events to major competitions, your efforts ensure that participants can explore, challenge themselves, and experience the unique joys of orienteering.

Volunteering with Orienteering Queensland is more than what you do—it reflects your commitment to community, the outdoors, and the spirit of adventure. Your dedication and enthusiasm make a meaningful difference every single day.

Thank you for making 2026 your year to volunteer, and for everything you do—not just this week, but all year round.

With sincere appreciation,  
Orienteering Queensland

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## COMMUNIQUE FROM OA BOARD



This communique from the Chair of the Orienteering Australia Board, Mike Dowling, is to inform you of outcomes from the meeting of the OA Board on Monday, 11 May.

Minutes of the meeting will be approved by the Board when it next meets on Monday, 22 June.

Topics in this communique are:

- Board Roles
- Operations Guide Updates

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- 2025 OA Annual Report
- 2025 Audited Financial Statements
- Resources to Support Members
- Photographic Matters – National Integrity Framework Compliance
- June Member Stakeholder Meeting

You can read the [full communique here](#).

You can read the Orienteering Australia Limited [2025 Financial Statements here](#).

### WOMEN IN SPORT CONGRESS



The Australian Institute of Sport (AIS) Female Performance Health Initiative hosted the third Women in Sport Congress (WISC2026) from 8-11 March 2026 in Brisbane.

The biennial event featured some of the world’s foremost authorities on female athlete health and performance to present the latest research, insights and best practice. The 2026 program centred on a comprehensive exploration of the female athlete’s lifecycle.

From the formative stages of adolescence—including puberty and physical development—through the

competitive sport.

Through expert-led sessions and evidence-based insights, WISC 2026 illuminated the unique challenges, milestones, and opportunities that shape the female athletic experience across every stage of life.

- [An athlete-centered approach: empowering adolescent female athletes](#)- Presenter: Garrett Gross, Griffith University
- [Eighteen days of energy availability assessment during an altitude training camp in elite female rowers](#) - Presenter: Dr Alannah McKay, Australian Catholic University
- [Power hitting in elite female cricketers: developing applied methods to improve performance](#) - Presenter: Dr Sean Hardy, Sydney Swans
- [Exploring iron variability in elite Indigenous and non-Indigenous female rugby league athletes](#) - Presenter: Emily Sullivan, Griffith University
- [Sport science and medicine research in high-performing female athletes: An updated scoping review](#) - Presenter: Natalia Galan-Lopez, Loughborough University

[Apply now for the Women Leaders in Sport \(WLIS\) Organisation Grants](#)—the WLIS Organisation grants will prioritise projects that address gendered violence, promote and encourage male allyship, support women and girls from marginalised or under-represented groups, and elevate the voice and visibility of women in leadership. (*Australian Sports Commission*)

[Applications open for Women Leaders in Sport \(WLIS\) Equity Governance Grant](#)—the Equity Governance Grants provide targeted support to women who face systemic barriers to leadership and board participation. Priority is given to women from under-represented groups, including First Nations women, women with disability, culturally and linguistically diverse women, LGBTIQ+ women and women living in regional and remote communities.

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## USE OF SPORTS FOODS BY ENDURANCE ATHLETES SURVEY



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how endurance athletes in Australia and Aotearoa New Zealand use sports foods, why they choose certain foods, and what they know about food processing.

The perspectives of performance staff who support endurance athletes such as sports dietitians/nutritionists, coaches and exercise physiologists will also be explored to gain a broader understanding of how food choices are made and supported in endurance sports.

If you are interested in participating, please click on this link [Use of sports foods by endurance athletes survey](#).

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## MAPRUN PARKS GOLD COAST - COUNTRY PARADISE PARK, NERANG



Photo: [Country Paradise Park](#)

All welcome to a MapRun Score event around **Country Paradise Park, Nerang**

**Saturday 30 May** from 3:30pm (permissions pending)

All ages and fitness levels are welcome.

Every event will cater for all skill levels and will have dedicated volunteers to assist you in getting started.

Compete solo or bring your friends and family for a group adventure!

Most routes are wheelchair and stroller friendly.

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/23603>

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## 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

23 May - [Bray Park SHS](#)

31 May - [Mungara Lakes](#)

6 June - [Hillbrook Anglican College](#)

13 June - [Bowman Park, Everton Hills](#)

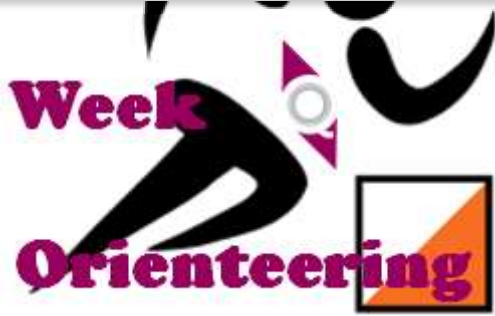
20 June - [Old Petrie Town](#)

Hard, Moderate, Easy and Very Easy courses available

**Adventure starts here – are you ready to find your way?**

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**MIDWEEK ORIENTEERING - BLUNDER CREEK, DOOLANDELLA (WOW EVENT)**

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This week's Mid-Week Orienteering event will be on Thursday 21 May at Blunder Creek, Doolandella.

This is a bush event using control flags, not Maprun

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

Start Location: Starts on Westminster Boulevard, near Hammersmith Crescent, Doolandella. Street parking. No facilities.

This event is part of World Orienteering Week so let's as many of us as possible get out on the map to swell the Australian numbers.

Courses: Long 3.6kms, Medium 2.5, Short 2.0, Very Short 1.5.

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

Please pre enter to guarantee a map.

Pre-enter here: <https://eventor.orienteeing.asn.au/Events/Show/24029>

Pre-entry closes at 11pm on Wednesday prior.

All welcome!

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## **SOUTH EAST QUEENSLAND NIGHT NAV EVENTS**

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

**Brisbane Westside** | Tues 26 May | Starts 5:30 - 6:30pm | [Yeronga](#)

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 - COME TO MT COOT-THA EVENT

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All Map Runners are encouraged to come along to the Brisbane Forest Series event at Mt Coot-Tha Sunday 24 May with starts from 9am

This is a BCC sponsored Come and Try Orienteering Event, so bring your family and friends! Try bush orienteering at its best in classic spur-gully terrain. Courses for everyone, from beginner to experienced.

Meeting Point: Grey Gums Picnic Area, Mt Coot-Tha

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/22373>

## RUNNING RECOVERY FOR SENIORS

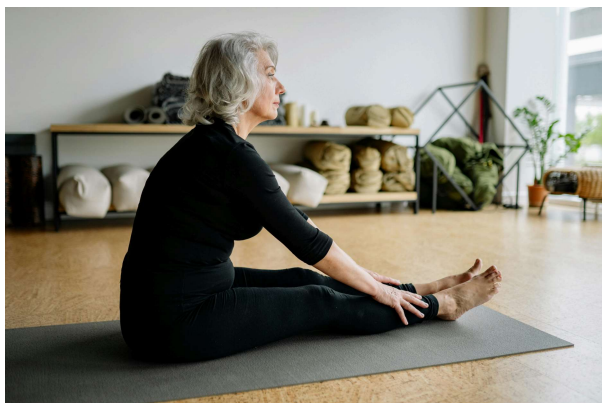


Photo: [Yan Krukau](#)

For older runners, performance gains aren't just built on the track—they're earned in recovery. While regular exercise is proven to extend lifespan and boost overall health, experts say ageing bodies

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Nutrition sits at the heart of effective recovery. As muscle mass naturally declines with age, protein intake becomes increasingly important. Experts recommend spreading protein across meals and pairing it with carbohydrates soon after exercise to support muscle repair and restore energy levels.

Hydration is another often-overlooked factor. Older athletes may not feel thirst as strongly, yet fluid and electrolyte replacement is critical for recovery and performance. Monitoring hydration—through body weight or even urine colour—can help keep runners on track.

Importantly, rest doesn't mean inactivity. "Active recovery" such as walking, cycling, or yoga helps maintain circulation and reduces stiffness without overloading the body.

Recovery tools like foam rolling, compression gear, and even cold therapy may also play a role—particularly if they help reduce soreness, even if scientific evidence is mixed.

Above all, sleep remains the ultimate performance enhancer. Quality rest supports muscle repair, hormone release, and overall resilience—making it the foundation of long-term running success. For senior runners chasing longevity in the sport, the formula is simple: train smart, recover smarter—and keep running strong for years to come.

This article was summarised from an article written by Stacey Freed which was published in Runner's World. To read the full article, [please click here](#).

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### LAST WEEK'S NEWS ARTICLES BELOW

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### OA LEVEL 3 CONTROLLER WORKSHOP - 30 MAY



There will be an Orienteering Australia Level 3 controller workshop in Canberra on Saturday 30 May. While this is primarily aimed at ACT and NSW controllers it is open to controllers from around Australia:

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future

Attendance at a workshop is a requirement for Level 3 accreditation or reaccreditation.

Further details are available on Eventor at <https://eventor.orienteering.asn.au/Events/Show/24111>.

Registration for the workshop should also be done through Eventor.

There is an ACT League event at Wee Jasper on Sunday 31 May.

Further inquiries should be made to Blair Trewin at [blairt@orienteering.asn.au](mailto:blairt@orienteering.asn.au)

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## RESOURCES FOR CLUBS - SPORT HQ



[Sport HQ](#) is a free online hub supporting organisations, athletes, coaches and volunteers across the state.

These latest resources have been developed to support:

- athlete pathways, from grassroots through to elite sport
- increased participation and club growth
- inclusion and accessibility, including disability sport pathways
- stronger connections between clubs, schools and communities.

Sport HQ offers practical, easy-to-use tools, templates and webinars designed to help clubs address real challenges and build sustainable, thriving sporting environments.

Here is a promotional toolkit with ready-to-use content for clubs [Sport HQ promo kit](#) which includes social media posts, newsletter content and key messaging.

By working together, we can ensure clubs, volunteers and athletes across Queensland have the support they need to grow, succeed and stay connected to sport.

## RUN FASTER WITH LONG RUNS



### Training Focus: Why Slowing Down Could Be Your Secret to Speed

If you're chasing a new PB, the answer might not be more track sessions—it could be longer, slower runs.

According to running experts, building speed starts with building distance. Increasing your weekly mileage—especially your long run—helps create the aerobic engine needed to maintain faster paces on race day.

So how does running longer actually make you quicker?

First, long runs improve your body's ability to deliver oxygen to working muscles by increasing capillary density. That means more efficient oxygen flow and less fatigue when the pace lifts.

They also boost your mitochondria—the “power plants” of your cells—helping you generate energy more efficiently. Over time, your body becomes better at burning fat for fuel, preserving valuable glycogen for when you need to push harder.

But the gains aren't just physical. Long runs build mental resilience and teach pacing discipline—key ingredients for strong finishes on race day.

The key takeaway? Don't rush your long runs. Keeping them slow and steady allows your body to adapt, recover, and ultimately perform better. Counterintuitive as it sounds, easing off the pace now could be exactly what helps you surge later.

**Bottom line:** If you want to run faster, think longer.

This article was summarised from an article written by Jenny McCoy which was published in Runner's World. You can access the full article here. [How Long-Distance Runners Can Get Faster](#)

### 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](mailto:technical@oq.asn.au)

## 2026 Date Savers



### QLD Foot Events 2026

Date	Major Events 2026

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31 May	OY6 – Wivenhoe
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
5 Apr	To be rescheduled
17 May	State Series 3
28 June	State Series 4
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:

[admin@oq.asn.au](mailto:admin@oq.asn.au) (Linda Burridge)

[membership@oq.asn.au](mailto:membership@oq.asn.au) (Liz Ferguson)

[treasurer@oq.asn.au](mailto:treasurer@oq.asn.au) (Tony Bryant)

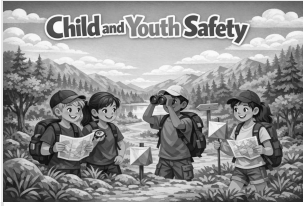
[bulletin@oq.asn.au](mailto:bulletin@oq.asn.au) (Linda Burridge)

[website@oq.asn.au](mailto:website@oq.asn.au) (Rob Crosato)

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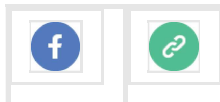
**Child and Youth Safety.**

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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