



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

CLUB RELAYS + OQ AWARDS at FOXBAR FALLS - 24-25 OCT



Bullecourt Boulder Bounders are kindly letting us ~~gatecrash~~ join in their end-of-year celebration at beautiful Foxbar Falls, near Amiens (via Stanthorpe). So mark your calendars for a weekend orienteering getaway 24-25 Oct:

- casual training among the granite at Cascades on Saturday afternoon
- dinner at the Stanthorpe RSL
- club relays and OY Awards presentations on Sunday morning at Foxbar Falls.
- cool off in the farm dams and maybe even paddle a canoe

BBB are bringing a few canoes – if anyone else has a canoe, please bring it along!

Might even meet up at Stanthorpe parkrun on Saturday morning to start off a cool weekend!

Further details to come: <https://eventor.orienteering.asn.au/Events/Show/24545>

WHO WILL BE CROWNED 2026 ORIENTEER OF THE YEAR?



Photo: Ryan Gray winning 2025 Orienteer of the Year

Who will be crowned the 2026 Orienteer of the Year?

...Best Male / Female / Junior / Senior / Veteran / SuperVet / Moderate / Easy / Very Easy / Most Improved = 16 awards + 3 trophies + Overall Orienteer of the Year...

The last OY11 and OY12 last weekend were the final events in the 2026 Orienteer of the Year competition:

In the OY competition, results are weighted for age, sex, course length and difficulty, [using a handicap system](#). Members' best 5 results are counted. In 2026:

- 3 people attended all 12 event

In the last 4 OYs, the coveted top place (200 points) went to 4 different people:

	OY9 Karawatha	OY10 Prout Rd	OY11 Wilsonton	OY12 Leyburn
200 points	Luca Schulz	Anna Sheldon	Alex Vanzella	Meredith Gray
2nd	Hannah Giese	Ben Schulz	Will Barnes	Ben Schulz
3rd	Meredith Gray	Alex Edwards	Alex Edwards	Brenton Gray

The scores from this last weekend have had many people in the top 10 change positions.

Winners in each category will be announced at the **OQ Club Relays & Awards** celebration at Foxbar Falls. In the meantime, can you guess...

- Who will top Junior Boys and Girls?
- Does Ben or Luca end up higher on the ladder in the Schulz household?
- Who has had the highest improvement on their best score from the last five years?
- Just how super are the SuperVets this year?

Can't wait to find out at Foxbar Falls!

GOLD COAST SCHOOL HOLIDAY SCORE SERIES - BRING THE FAMILY



Bring the Kids Along for a Family Adventure!

Looking for a fun, active way to spend an afternoon outdoors during the school holidays?

Join our MapRun Parks Orienteering Series, where children and adults can explore, discover, and enjoy a great family adventure together!

- Saturday 26 September – [Pizzey Park](#)
- Saturday 3 October – [Botanical Gardens, Benowa](#)

Whether you choose to walk, jog, or run, you'll use a simple map to find checkpoints around the park.

It's like a treasure hunt for all ages!

Why Families Love Orienteering

- No experience or compass required.
- A fun way for kids to build confidence, problem-solving skills, and outdoor awareness.
- Suitable for all ages and fitness levels.
- Most routes are wheelchair and stroller friendly.
- Participate on your own or as a family group.
- Children aged 14 and under must be accompanied by an adult.
- Friendly volunteers will provide all the help and instructions you need.

Fees: Orienteering Club Members: \$8 per competitor | Non-members: \$10 per competitor | Family/Group Entry (3+ people): \$25. Payment by credit card or phone is preferred.

Come along, enjoy the fresh air, and share an afternoon of exploration, fun, and adventure with the whole family. We look forward to seeing you there!

MIDWEEK ORIENTEERING - NEW FARM PARK - GOLD 'n' KIDS



This week's Mid-Week Orienteering event will be on Thursday 24 September at New Farm Park.

This will be a park event sponsored by BCC Gold 'n Kids using Map Run. [New Farm Park Bulletin](#)

Starts between 10:00am and 10:30am

Start Location: Starts at the rotunda, or nearby.

Courses: Long 5.2 kms, Medium 3.2, Short 1.7

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/24632>

MIDWEEK CHAMPS REPORT



The MidWeek Orienteering Championships was held last Thursday.

It was delightful running weather and featured a brand-new sand-dune map between Caloundra and Bribie Island thanks to Geoff Peck.

Access to the sand dunes was created by the last cyclone so who knows how long it will survive.

The courses, set by Geoff, were challenging – map run with no flags – a good test of navigation.

This was our Thursday Annual Championship.

So our male champions are: Long – Brenton Gray; Medium – Mark Roberts; and Short – Chris Spriggs. The female champions are: Long – Mikaela Gray; Medium – Robin Spriggs.

Chris and Robin's son, Nicholas designed the Certificates (see above).

Thanks for everyone's help on the day.

Robin

FABULOUS QLD MTBO CHAMPS ON THE SUNSHINE COAST



The 2026 QLD MTBO Champs comprised three events over two days on the Sunshine Coast. It was a fantastic morning for the first event, the Qld MTBO Champs Sprint event at Sunshine Beach High School. Competitors had to stay sharp testing their map reading skills around the school buildings & surrounding ovals & tracks. Results can be [found here](#).

This was followed by lots of smiles at the Qld MTBO Champs Middle Distance event at Ferny Forest trails at Mooloolah, Landsborough in the afternoon! Well done to all the competitors . Results can be [found here](#).

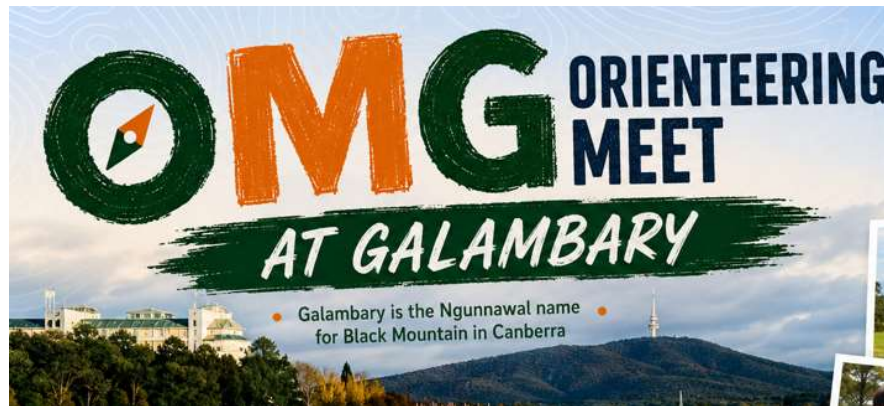
The following day was the Long Distance Championships at East Beerburrum State Forest. Winners are grinners! Results can be [found here](#).

Well done to everyone who took part, especially those who travelled from interstate. You can watch [Alon Gudes' ride report](#) after today's long distance MTBO. Alon came up from Sydney to compete over the weekend.

Also, of course a big thank you to the volunteers who put in so many hours to make this event happen.



ALL WELCOME: OMG OCEANIA SPEAKERS PROGRAM



The exciting [Speaker Program](#) for **Orienteering Meet at Galambary (OMG)** has been released! Each late afternoon, an inspiring line-up of speakers will share their knowledge, ideas and experience. Sessions are open to **all orienteers** — come along to one or join them all and add something extra to your Oceania Carnival experience.

Sun 27 Sep: Minimising Mistakes in Orienteering — Dr Marina Ishakova

Mon 28 Sep: Youth Sprint Relay 2027 — Steve Craig

Fri 2 Oct: Chatting with Champions — Aston Key, Cooper Horley & Zefa Fa'avae

OMG is the 2027 version of the **ASOC Independent Competitor Development** program, bringing more than 70 Independent Competitors together for coaching, activities and fun. The program supports the goal of growing ASOC to **300 competitors by 2030** — and everyone is welcome to be part of it. All talks will be in the Uniting Church Hall in O'Connor except for Friday 2 October at The Verandah, Alivio Tourist Park. Entry via a donation to the 300 by 2030 project.

Find more information on the [Orienteering Australia website](#).

OCEANIA CHAMPS NEWS & AUS TEAM ANNOUNCEMENT



Good luck to everyone who is competing over the next few weeks in the Oceania Orienteering Championships and Australian Schools Orienteering Championships in and around Canberra over the next two weeks. May you be fleet of foot and clear of mind.

The **Australian Team for the ANZ Challenge** at the upcoming **Oceania Championships** has been

Oceania Championships in the ACT from 26 September to 4 October 2026.

Three athletes have been selected for each class for each contestable event – Individual events of Sprint, Middle and Long Distance, and the teams Relay.

The full Australian team can be [found here](#).

Congratulations to QLDer's **Ben Schutz** for his selection in the M45A Long Distance Team and to **Meredith Gray** for her selection in the W50 Middle, Relay and Long Distance Teams.

Many thanks to the selection team of Bruce Arthur, Natasha Key, Grant Bluett and Fredrik Johansson who have spent many hours since entries closed analyzing past performances and deliberating in order to select as strong a team as possible for the ANZ Challenge and AUS-NZL Elite Test Series.

[Oceania 2026 Bulletin 2 is available here](#).

[Start times are available on Eventor](#).

Pre-Carnival Registration: Information Services will be open on Friday 25 September, 5–7 pm at the Aranda Scout Hall (address: 3 Kubura Place, Aranda). Competitors can collect their chest numbers, pre-purchased Oceania 2026 shirts and hired SI sticks, and purchase a snag (sausage) or two for dinner! Southwell Scout Group Scouts and Venturers are fundraising to attend Jamborees in 2027. They will be running a Bunnings style BBQ with a limited range of soft drinks for sale.

Enter on the Day: Hard, Moderate, Easy and Very Easy courses will be available at each event except at the Oceania Relay Championships. Those wanting to enter on the day should visit Information Services to register and pay.

ACT & NSW MTBO CHAMPIONSHIPS 2026



Welcome to the **ACT & NSW MTBO Champs 2026, 17-18th October in Mogo.**

There are **only 23 days left** until this thrilling inaugural joint event, hosted by two states and located in a charming tourist town Mogo on the South Coast, just a quick two-hour picturesque scenic drive from Canberra.

The ACT & NSW team of Mapper, Course Setters, Course Controllers, MeshO experts, Champ Organisers from both States worked very hard behind the stage to bring this thrilling event to you! Great Courses are ready, trails are freshly maintained and Mogo is calling!

[Bulletin 2](#) now is published.

Entries close 11th Oct, don't miss this unique MTBO adventure in Mogo

Middle Champ: <https://eventor.orienteering.asn.au/Events/Show/23592>

Sprint Champ: <https://eventor.orienteering.asn.au/Events/Show/23593>

Long Champ: <https://eventor.orienteering.asn.au/Events/Show/23594>

Remember to Enter the **Presentations Dinner** on Eventor, Entries close 9th October

It will take place at relaxed and rustic local Restaurant Smokey Dan's in Tomakin on Sat 17th

Oct 6:30pm <https://eventor.orienteering.asn.au/Events/Show/24531>

Share with your FB network: <https://www.facebook.com/events/2027238034885029> , Bring your adventurous Friends and Family along

SMART SENSORS COULD HELP ORIENTEERS STAY INJURY-FREE



Injuries caused by over-training are an all-too-common problem in sport. As highlighted in an article from *The Conversation*, even elite athletes preparing for major events such as the Commonwealth Games have seen years of preparation disrupted by training-related injuries.

The article explores how wearable sensor technology may help athletes train more effectively while reducing the risk of injury. Small wireless sensors, attached to the body or built into clothing, can measure movement patterns such as acceleration, rotation, speed, distance travelled and the number of repetitions performed during training. By analysing this data, coaches and athletes can gain a clearer picture of training load and physical stress.

The key advantage is that sensor data can be personalised. Every athlete differs in age, fitness, body structure and movement style, so the same training programme can affect individuals in very different ways. Researchers at Griffith University have been investigating how movement data can be combined with biometric information to identify when an athlete is approaching levels of effort where injury becomes more likely.

identify fatigue before it leads to injury, allowing training to be adjusted accordingly.

While wearable technology is not a magic solution, it offers a promising tool for balancing performance improvements with injury prevention. The message for athletes remains simple: consistent, well-managed training is far more effective than last-minute bursts of excessive effort.

This article is a summary of an article by David Thiel, Professor of Engineering & Deputy Head of School (Research), Griffith University, which was published in The Conversation. You can read the [full article here](#).

LAST WEEK'S NEWS ARTICLES BELOW

GREAT EVENTS AT TOOWOOMBA OY DOUBLE HEADER



Fine and cool meant perfect running weather for last weekend's double header in the Toowoomba and Southern Downs regions. OY11 & OY12 provided two very different but equally enjoyable orienteering experiences, with competitors tackling a brand new sprint map at Wilsonton SHS on Saturday before

orienteering.

OY11 – Wilsonton State High School

Saturday's event was conducted on a brand new sprint map: Wilsonton SHS is a tight school campus with an extra farm section. But no time to stop and admire the newborn triplet lambs in fast and furious courses set by Eric Lovell (who was off relaxing somewhere in Samoa while the event was on!).

Congratulations to:

Course	1st	2nd	3rd
Hard 1	William Barnes	Alex Vanzella	Ben Schulz
Hard 2	Grace Jardine	Shari Gilbert	Gretel Young
Hard 3	Melissa Tomlins	Tom Schults	Philip Burrill
Moderate	Wellington Wood	William Spoelder	Scarlett Young
Easy	Caspian Gauntlett	Lachlan Spoelder	Evelyn Mervine
Very Easy	Isabelle Spoelder	Eve Trethewie	Lucas Hillyer

OY12 – Leyburn State Forest

Tough terrain at Leyburn the next morning, where the green had thickened on courses set by Richard Vanzella two years ago, before surprise logging canned that event. Many participants clocked up around 2 hours on course. Some met echidnas, wallabies, lace monitors, and wild pigs. Lachlan S wins a prize for finding the phone Felicity had dropped while tagging control sites a few weeks ago! Well done to all those who pushed through rocky watercourses and dense saplings to finish their course!

The course winners at OY12 were:

Course	1st	2nd	3rd
Hard 1	Alex Vanzella	Ben Schulz	Mikaela Gray
Hard 2	Meredith Gray	Brenton Gray	Dave Edwards
Hard 3	Neil Simson	Shari Gilbert	Matt Tomlins
Hard 4	Dave Trethewie	Flynn Trethewie	Philip Burrill

Moderate 1	Luca Schulz	William Spoelder	Hannah Giese
Moderate 2	Christopher Hoye	Ollie Trethewie	Trooper Wood
Easy	Caspian Gauntlett	Evelyn Mervine	Fraser Merretz
Very Easy	Eve Trethewie	Isabelle Spoelder	Elisabeth Giese

Many thanks to Eric & Richard (course setters), Felicity Crosato & Juliana de Nooy (Controllers), Tony Bryant (printing, download, results, radios), MTBOer Lolly Lancaster for access to the school and help with the sprint, and all the helpers from Range Runners and Bullecourt Boulder Bounders who assisted with set up, registration, starts, control collection and pack-up.

Check out the results and livelox routes online: [OY11 Results](#) | [OY12 Results](#)

Full results and detailed analysis tools available at <https://events.mesho.live/>

DOES EXERCISE REALLY MAKE YOU HUNGRIER?



After a long bush event or a tough training session, it's easy to feel like you've earned a giant post-run meal. But does exercise actually make us hungrier, or is something else going on?

workout, hormones linked to hunger decrease, while hormones that promote feelings of fullness increase. However, this effect usually lasts only 30 to 90 minutes before appetite returns to normal.

For regular exercisers, including orienteers, increased training may lead to some increase in hunger, particularly when the body needs to replace energy used during exercise. The good news is that most people do not automatically eat back all the calories they have burned.

The feeling of being ravenous after an event is not always true hunger. Sometimes dehydration, habit, or the belief that we have “earned” a reward can influence how much we eat. Research suggests people are more likely to seek food rewards when they view an activity as exercise rather than simply something enjoyable.

For those aiming to manage weight while staying active, experts recommend hydrating first, recognising genuine hunger cues, and choosing nutritious recovery foods such as fruit, yoghurt, nuts, eggs, or wholegrain snacks.

The key message for orienteers: don't fear post-run hunger, but fuel wisely. Consistent training, smart recovery, and enjoyable exercise remain the best route to long-term health and performance.

This article is a summary of an article written by Nick Fuller
Clinical Trials Director, Department of Endocrinology, RPA Hospital, University of Sydney and was published in The Conversation. You can read the [original 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@og.asn.au

2026 Date Savers

**QLD Foot Events 2026**

Date	Major Events 2026

**QLD MTBO Events 2026**

Date	Major Events 2026
9-11 Oct	AUS MTBO Champs
25 Oct	State Series 9 - Peak Crossing

Contact Details

Please use the email addresses below to contact OQ Personnel:

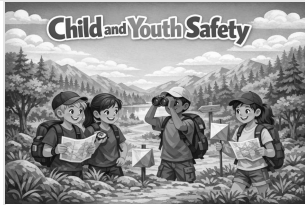
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website@oq.asn.au (Rob Crosato)

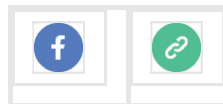


Child and Youth Safety.

Orienteering Queensland is committed to [Child Safety](#) and to implementing the National Child Safety Standards.



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



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