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IN THIS BULLETIN:

- Upcoming Events
- Last Chance to Enter Junior Camp - **Entries Close on Monday**
- MTBO at Wild Horse Mountain
- Coaching for Beginners
- Junior Camp Champs Public Event
- Many Hands Make Great Events
- Course Setting Pre-Finalisation Checklist - Purple Pen
- QLD Schools Orienteering Championships - 25-26 July
- Event Safety - Road Crossings
- Farewell to Lauren
- MapRun Parks Gold Coast - Pizzey Park, Miami
- 2026 NSW State Middle and Long Championships
- Enoggeroos Learn to Orienteer Series
- Midweek Orienteering - Underwood Park
- South-East Queensland Night Nav Events
- MapRun Parks Series - Moore Park
- Post Event Recovery Sessions are Important
-
- Review the Draft Orienteering Queensland Strategic Plan 2026-2030
- Volunteer Spotlight - Linda Davis
- OY7 at Mt Goolman Wrap Up
- Latest OA Elite Rankings
- Enjoy the Highest-Altitude Orienteering Event in Australia
- Fitness Isn't One-Size-Fits-All
- Are You Planning an Event This Year?
- 2026 Date Savers

UPCOMING EVENTS

- Thurs 25 June - [Mid week - Underwood Park](#)
- Sat 27 June - [EN Learn to Orienteer Term 2 Series - North Lakes Town Park](#)

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- Thurs 2 July - [Bardon Forest Reserve - bush and park - BCC event](#)
- Sat 4 July - [EN Learn to Orienteer Term 2 Series - James Drysdale Reserve](#)
- Thur 9 - Sun 12 July - [Junior Camp, Columboola](#)
- Fri 10 July - [Coaching for Beginners, Gurulmundi State Forest](#)
- Sat 11 July - [Coaching for Beginners, Columboola EEC](#)
- Sun 12 July - [Junior Camp Champs - Gurulmundi State Forest](#)
- Sat 11 July - [Map Run Parks - Gold Coast - Event #8: 11th July, Pizzey Park, Miami](#)
- Sun 12 July - [Junior Camp Champs and Public Event](#)
- Sun 19 July - [TTOC Metro-Cyclegainne - Sherriff Park](#)
- Sun 19 July - [Map Run Parks - Refer to Tingalpa Creek Event](#)
- Sun 19 July - [Bush Trail Orienteering at Coombabah Lakelands](#)
- Sun 19 July - [Glen Mine, west of Warwick](#)
- Sun 19 July - [Brisbane Forest Series - Parkinson](#)
- Tues 21 July - [Night Nav - Term 3 - Event #1 - Cicada Park Chapel Hill](#)

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

LAST CHANCE TO ENTER JUNIOR CAMP - ENTRIES CLOSE ON MONDAY



Attention all junior orienteers!

If you plan on coming to Junior Camp (Thur 9 - Sun 12 July) but aren't ready to enter on Eventor yet, could you please email Felicity roc.oq@gmail.com ASAP so we can finalise helpers.

The camp is open to all junior members of Orienteering Qld aged between 12 and 20, doing moderate or hard navigation. It is designed to provide instruction and coaching for intermediate to advanced levels. Please note that this camp is not suitable for beginners.

This year's camp will be based at Columboola Outdoor Education Centre, near Miles. The camp will start with sprint training at Dalby SHS at 9.45am Thursday 9 July. There is a bus which leaves Brisbane at 7am, passes through Toowoomba at 9:30, and arrives in Dalby at 10.45am. We can collect juniors from this bus if required, they will not miss the first session. From Dalby, participants will travel in Helpers' and Coaches' cars. Camp Champs will be held on Sunday 12 July at Gurulmundi State Forest.

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from the first training at Dalby SHS to the Camp Champs, all coaching and maps.

We encourage all participants to live in for the full camp experience, however if you live nearby you can attend as a day visitor. Cost is \$75 (does not include meals or accommodation). Day visitors will be included in all camp activities.

Please note that the cost of the camp does not include entry to the Camp Champs on Sunday. Everyone must register separately for this event, and pay on the day (cash or eftpos).

Entries close on Monday 29 June.

More information and registration <https://eventor.orienteering.asn.au/Events/Show/23390>

MTBO AT WILD HORSE MOUNTAIN



MOUNTAIN BIKE ORIENTEERING

SUN 28TH JUNE

**WILD HORSE MOUNTAIN
BEERBURRUM**

Ride, Race, Navigate
3 hour Score
90 min Recreation Course
Plus 5 Line Courses &
E-Bike category

Get your entries in by
midnight 25 June

MORE INFO OR ENTER

[HTTPS://EVENTOR.ORIENTEERING.ASN.AU/EVENTS/SHOW/23696](https://eventor.orienteering.asn.au/events/show/23696)

**MEMBERS: \$15.
NON-MEM: \$25
KIDS RIDE FREE!**

Email: info@sunshineorienteers.com.au

Come experience the thrill of Mountain Bike Orienteering at Wild Horse Mountain, Beerburrum East State Forest.

Sunday 28 June with 8am start

Ride, Race and Navigate around

- 3 hour score
- 90 minute score
- 5 different line courses
- e-Bike category

COACHING FOR BEGINNERS



Are you new to orienteering?

Good news!

Here are two coaching sessions especially for you!

There will be coaching for all beginners from 10-11am.

Members of the South West Schools team in the 11 and 13 Years age groups are encouraged to attend. Friends and family are also very welcome.

Cost is \$6. Pay on the day, cash only.

Friday 10 July - [Coaching for Beginners, Gurulmundi State Forest](#)

Entry deadline Wed 8 July

Register here: <https://eventor.orienteering.asn.au/Events/Show/24337>

Saturday 11 July - [Coaching for Beginners, Columboola EEC](#)

Entry deadline Wed 8 July

Register here: <https://eventor.orienteering.asn.au/Events/Show/24338>

For more information please email roc.oq@gmail.com or text 0427523541

JUNIOR CAMP CHAMPS PUBLIC EVENT

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Come pit your orienteering skills against the juniors!

Come along to the Junior Camp Champs Public Event.

Sunday 12 July at 9:30am

Gurulmundi State Forest, north of Miles.

Run the same course and compare your times ... how will you match up?

Courses will be Hard 1, Hard 2, Moderate 1, Moderate 2, Easy and Very Easy

Registration and more information at <https://eventor.orienteering.asn.au/Events/Show/24322>

Pay on the day, cash only

QLD SCHOOLS ORIENTEERING CHAMPIONSHIPS - 25-26 JULY

QLD SCHOOLS ORIENTEERING CHAMPIONSHIPS
25-26 JULY 2026

Sat AM - Mass start - Perseverance Dam
Sat PM - Sprint - Highfields State School
Sun AM - Long distance - 'Jericho' Crows Nest

11 years & under
13 years & under
15 years & under
19 years & under
+ Public races open to ALL!

ENTER NOW

ORIENTEERING QUEENSLAND

The 2026 Queensland Schools Orienteering Championships are heading to the Darling Downs!

- 25–26 July 2026
- Crows Nest & Highfields

Entries are now open for the Queensland Schools Orienteering Championships - **3 races**, just north of Toowoomba:

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- independent athletes
- members of regional representative teams

Public races: As well, there are courses for everyone at the Sprint and Long Distance, ranging from very easy to very challenging!

[Details & registration](#)

Entries close: Saturday 18 July 2026

MANY HANDS MAKE GREAT EVENTS



Every orienteering event is like a puzzle.

Competitors see the finished picture — the courses, the start line, the results, and the adventure in the terrain. But behind every successful event are many small pieces that fit together to make it happen.

From parking and registration to starts, finishes and control collection, volunteers help create the experience that participants enjoy each week. Many of these roles require little or no experience and can be completed in as little as 1-2 hours.

Over the coming weeks, our Many Hands Make Great Events series will introduce some of the volunteer roles that help bring events to life and show how everyone can contribute.

Because every puzzle piece matters — and many hands make great events.

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COURSE SETTING PRE-FINALISATION CHECKLIST - PURPLE PEN



Are you using Purple Pen to set courses for an orienteering event? A detailed checklist has been prepared for you to ensure consistency, legibility and safety items are included before you finalise the map ready for printing.

The checklist is designed for OY/Championship events but can also apply to local/club events. Quickly scroll down and check everything has been considered/updated.

Easily access it every time, at OQ's Admin Manual page on our website. Go to the Administration drop down menu > OQ Admin Manual > Scroll down to 8.1 or [click here for the PDF](#).

7. OQ Strategic Plan 2023-2025

8. Event Management Guides for OQ Events

8.1 Course Setting Pre Finalisation Checklist - Purple Pen

8.2 Setting up Meos for an Event

If you have any questions regarding items in this document, feel free to reach out to [Tony Bryant](#).

EVENT SAFETY – ROAD CROSSINGS

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Photos: [Fatih Kopcal](#) and [Bruno Saito](#)

None of us want our fun day of orienteering to be marred by tragedy, so here are some safety tips for organising events around roads.

1. Courses should always be checked by a qualified controller. But if you can't find a controller, even an informal **Club event/MidWeek/NightNav** needs to have a second pair of eyes, doing a **basic safety check**.
2. In general, courses should be designed to **avoid** any route choice that crosses roads or car parks.
3. Participants in **Street O/Night Nav** obviously cross roads all the time, however courses should be designed so runners **do not cross major roads**.
4. Consider using a **remote start and/or finish** to avoid a road crossing. Then people can take their time to walk safely to and from the Assembly Area, and accompany children.
5. **Very easy** and **Easy** courses should never cross any road or car park unless there is a **Marshall** present to ensure a safe crossing.
6. If a busy road crossing cannot be avoided, position a control on either side of a crossing place. In **MeOS**, under 'Controls', choose the status 'No Timing' for the far control. This means that the time to the control is ignored, and the total time for the course will be the same no matter how long it took to cross the road.
Preferably also have a marshall present.

Small tweaks like these on a course can ensure that people don't risk their lives for a good result at an O event. Happy Orienteering!

FAREWELL TO LAUREN

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On Thursday at our event at Kenmore Hills, we farewelled Lauren who is off to Germany for some post-doctorate study.

Lauren, and her Mum, are probably the most regular Thursday orienteers – always willing to help and to stop for a chat with everyone after running.

We will miss her. Also, congratulations on her Doctorate.

Photo shows our great group of orienteering friends.

MAPRUN PARKS GOLD COAST - PIZZEY PARK, MIAMI



Photo: [Must Do Gold Coast](#)

All welcome to a MapRun Score event around **Pizzey Park, Miami**

Saturday 11 July from 3:30pm

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/23605>

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2026 NSW STATE MIDDLE AND LONG CHAMPIONSHIPS



Entries now open [here](#) for the NSW Middle and Long Championships - Central West NSW - Sept 12/13th.

Get ready to explore new territory for the NSW Middle Champs on a BRAND NEW map, "Gulgaba Gullies", a mix of rolling spur gully, intricate erosion details and scattered cypress pine. Sunday's Long Distance "Tuckland" map, unused since 2007 and recently updated, returns with classic spur gully and complex rock details.

See invitation [here](#).

ENOggerOOS LEARN TO ORIENTEER SERIES



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

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When & Where: Saturdays at 2:30pm

27 June - [North Lakes Town Park](#)

4 July - [James Drysdale Reserve](#)

Hard, Moderate, Easy and Very Easy courses available

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

MIDWEEK ORIENTEERING - UNDERWOOD PARK



This week's Mid-Week Orienteering event will be on Thursday 25 June at Underwood Park.

There will be a mixture of park, street and bush. Flags will be being used for easy courses, Maprun for harder courses.

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

Start Location: Main car park adjacent to Underwood Hollow playground (Parkrun finish area).

Courses: Long 4.9km; Medium 3.8km; Short 2.7m; Easy 1.5 & 0.8km

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/24234>

Pre-entry closes at 11pm on Wednesday prior.

All welcome!

SOUTH EAST QUEENSLAND NIGHT NAV EVENTS

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

Brisbane Westside | Tues 23 June | Starts 5:30 - 6:30pm | Taking a 3 week break

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.

MAPRUN PARKS SERIES - MOORE PARK

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This week's MapRun Parks Series event will be at Moore Park on Sun 28 June.

The start/finish location: Moore Park, Russell Terrace Indooroopilly

Starts from 3:30pm.

Come along for a fun, friendly run/jog/walk in the park.

You have 40 mins to visit as many checkpoints in the park as possible.

More information: <https://eventor.orienteering.asn.au/Events/Show/23881>

All ages and fitness levels are catered for. Go individually or in a group.

Children 14yo and younger must be accompanied by an adult.

Prices (Member/Non-Member): \$7 per phone / \$9 per phone. 'Tap & go' payment preferred.

POST EVENT RECOVERY SESSIONS ARE IMPORTANT



It's easy to assume that elite athletes have every aspect of performance perfectly dialled in – from training loads to nutrition and recovery. Yet new research shows even top performers regularly neglect simple recovery habits like stretching and foam rolling.

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athletes often see it as a short-term fix to reduce soreness or avoid injury. As a result, recovery is frequently inconsistent and only prioritised when something goes wrong.

One key finding is that environment shapes behaviour. Recovery strategies are far more likely to happen when built into structured training sessions, alongside teammates. At home, however, recovery often falls away as athletes juggle work, study and personal life. In contrast, mental recovery – such as rest, social time and switching off – is more likely to occur outside the sporting setting, but is rarely planned.

Three major barriers stand out: limited early education about recovery, competing time pressures, and poor sleep routines. Notably, many athletes only take recovery seriously after injury or burnout – often when it's too late.

For community athletes and clubs, the message is clear. Make recovery simple, convenient and part of the routine. Build it into training sessions, encourage consistent sleep, and promote small, sustainable habits. The goal isn't perfection – it's consistency.

Ultimately, the lesson from elite sport is straightforward: the best recovery strategies are the ones athletes will actually stick to.

This article was summarised from an article written by Iwan Rowlands (Senior Research Assistant in Welsh Institute of Performance Science, University of South Wales) which was published in The Conversation. You can read the [full article here](#).

LAST WEEK'S NEWS ARTICLES BELOW

REVIEW THE DRAFT ORIENTEERING QUEENSLAND STRATEGIC PLAN 2026-2030



After many months of consultation, discussion and planning, the draft Orienteering Queensland Strategic Plan 2026–2030 is now ready for review.

This plan outlines our proposed vision, priorities and strategic directions for the next five years and will

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Before the plan is finalised, we are seeking feedback from members, clubs, volunteers, officials, athletes and other stakeholders to ensure it reflects the needs and aspirations of our community. We invite you to read the draft plan and complete a short feedback survey. Your input will help identify any areas that may require clarification, adjustment or further consideration before the plan is adopted. Whether you are a long-time member or new to the sport, your perspective is valuable.

View the draft Strategic Plan and provide feedback via the survey: <https://forms.gle/pPz27cVube6ibZcz8>

Feedback closes on **30 June 2026**.

Thank you for taking the time to help shape the future direction of orienteering in Queensland.

Management Committee
Orienteering Queensland

VOLUNTEER SPOTLIGHT - LINDA DAVIS



This week's Volunteer Spotlight is on Linda Davis from Totally Tropical

How long have you been involved in orienteering?

First Event in 1991 - 35 years

What's one of your favourite orienteering memories?

Racing in the snow in Wales (UK) in 1999, so different to running in Queensland! Freezing fingers that struggled to hold the map and compass, puffing out so much steam that you couldn't see in front of you, but beautiful location and fun teammates - good times!

What kind of volunteer roles have you helped with?

Committee member, course setter, putting markers out, registration - pretty much everything that a small club needs to do!

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I love the participant debriefs after their runs: the good, the bad, the dramas, the laughs... seeing how much fun people have regardless of how good or bad their runs have been!

Why should people give volunteering a go?

Nothing is ever too small, just that offer to help pack-up, jumping into scoring after running, collecting markers, helping out with the post-event BBQ... Volunteering doesn't mean you miss out on participating, it just shares the workload and helps the whole club!

Volunteering and Orienteering are alike - we cater for everyone and if you are injured, there is always a role for you to help out and stay involved whilst you recover, and we all appreciated it!

OY 7 AT MT GOOLMAN WRAP-UP



Almost 100 orienteers enjoyed a great day of bush orienteering at Mt Goolman near the new town of South Ripley on Sunday.

It was a challenging event in open forest on steep spur gully which made for fast (if muddy) running and interesting route choices. There was some thicker vegetation in the major creeks which slowed some runners down. The climb was challenging but thanks to the course setter for keeping it as low as possible on a steep map!

One long "4 to 5" leg which took 30 minutes on average was a particular challenge!

A special highlight: delicious quiche, lollies and drinks.

Winner of some courses were:

Hard 1: William Barnes, Trent Blinco, Lorenzo Calabro

Hard 2: Aiden Tomlins, Richard Vanzella, Sebastien Lhote

Hard 3: James Ellison, Neil Simson, Tony Bryant

Hard 4: Felicity Crosato, Lynda Rapkins, Lucy Peljo

Moderate 1: Luca Schulz, William Spoelder, Daniel McConville

Easy: Caspian Gauntlett, Lachlan Spoelder, Evelyn Mervine

OY points for the event will be available soon.

A huge thank you to Mark Crowe and Ben Schulz for course setting and controlling and to Robin, Julie, Kristine, and all volunteers for setting up, managing the event, and collecting controls. Thanks for organising a great event.



LATEST OA ELITE RANKINGS



Here are the latest Orienteering Australia Elite Rankings - and several QLDers have done very well! Live rankings are updated continuously over a rolling 12-month period:

<https://rankings.orienteeing.asn.au/>

Henry McNulty (WA) and Nea Shingler (NSW) continue to lead the senior elite rankings, with Cooper Horley (NSW) and Milla Key (VIC) at the top of the junior elite classes.

Matt Doyle (VIC) rose 9 places to #3 in the last quarter, with Julian Dent (NSW) up 56 places to #11.

Mikaela Gray (QLD) climbed 8 spots to #11 and a comeback from Asha Steer (VIC) helped her rise 49 places to #18.

Ariadna Iskhakova (ACT) up 33 to #15, Hayden Dent (ACT) up 18 to #12, **Xanthe Schubert (QLD)** up 10 to #8 and Henri du Toit up 8 to #11 were the biggest movers in the junior elite rankings in the last 3 months.

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(150) and Emily Sorensen (100).

Every athlete can see their current event totals by class and discipline on their athlete page, as well as the overall participation counts on the Stats page.

ENJOY THE HIGHEST-ALTITUDE ORIENTEERING EVENT IN AUSTRALIA



Everyone is warmly welcomed to the 2026 ACT & NSW Ski-Orienteering Championship, which will be held at Perisher Valley on Sunday 9th August.

Organised by Red Roo, Big Foot and Perisher X Country with the start in front of the beautiful, warm and special Nordic Shelter at Perisher.

Everyone who loves or dreams of trying Skiing or Orienteering, will be able to take an opportunity to combine both skills and to take part in our exciting Championship.

It will be the 12th Championship, after Swedish ski-o expert Patrik Gunnarsson brought the concept back to Perisher in 2014. It is the only Ski-O event in Australia and among the only few in the Southern Hemisphere!

Entries are open already at Eventor <https://eventor.orienteering.asn.au/Events/Show/23595>,

Book accommodation and start training!

We will be thrilled to see very many orienteers at the highest-altitude orienteering event in Australia!

FITNESS ISN'T ONE-SIZE-FITS-ALL

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Photo: [Wellness Gallery Catalyst Foundation](#)

We often talk about “getting fit” like it’s a single finish line. But as this week’s science insight reveals, fitness is actually a **multi-event contest** — and most of us are only training for one or two of them.

Exercise experts break fitness into several key components. First up is **cardiorespiratory fitness** — your endurance engine. Think running, cycling, or anything that gets the heart and lungs working over time. This is the pillar most linked to long-term health and disease prevention.

Next is **muscular strength and power**. This isn’t just for athletes — it underpins everyday tasks like lifting, climbing stairs, and maintaining independence as we age. Resistance training is the go-to here.

Then there’s **flexibility and mobility**, often overlooked but crucial for injury prevention and efficient movement. If you’re stiff, you’re limiting your performance before you’ve even started.

Another important piece is **balance and coordination**, particularly as we get older. These skills can reduce falls and improve overall physical confidence.

Finally, there’s **body composition** — the ratio of fat to lean mass — which influences both performance and health outcomes.

The key takeaway? You don’t need to be elite in all areas, but **well-rounded fitness beats specialising in just one**. A runner who never lifts weights, or a gym junkie who skips cardio, is leaving performance (and health) on the table.

Game plan: mix your training — endurance, strength, mobility, and balance. Because true fitness isn’t about one stat — it’s about the whole scoreboard.

This article is summarised from an article written by Hunter Bennett, Lecturer in Exercise Science, Adelaide University and was published in The Conversation. You can read the [full article here](#).

ARE YOU PLANNING AN EVENT THIS YEAR?

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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
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)

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QLD MTBO Events 2026

Date	Major Events 2026
28 June	State Series 4 - Wild Horse Mountain
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 (Linda Burrridge)

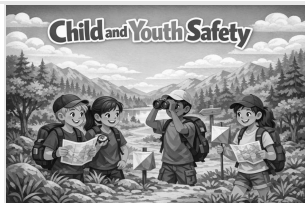
membership@oq.asn.au (Liz Ferguson)

treasurer@oq.asn.au (Tony Bryant)

bulletin@oq.asn.au (Linda Burrridge)

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.

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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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