



O-NEWS
@OrienteeringQld #OrienteeringQld

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UPCOMING EVENTS

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

SPRINT EVENT AT CLIFTON SHS



Come and try orienteering - something for everyone!

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

Sprint starts from 2-3.30pm, Kid-O (for 0-10 year olds, and the young at heart) will run from 2-4pm.

Newcomers are very welcome!

Orienteering develops problem solving, persistence and resilience all in a fun family activity!

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

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

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

BRISBANE FOREST SERIES - STOCKYARD CREEK



Ready for your next adventure?

Sunday 6 September from 9am - 12pm

Stockyard Creek, Burbank

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

Never tried orienteering before? No problem!

We'll show you how to read the map, use a compass, and get started with confidence.

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!

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.

W21A	Name
First	Caroline Pigerre
Second	Bridget Uppill
Third	Meredith Gray

M21A	Name
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](#).

Ride-Race-Navigate

QLD MTBO CHAMPS

SEPT 19TH 20TH 2026

SUNSHINE ORIENTEERS

SPRINT SAT AM: SUNSHINE BEACH S.H.S.	\$50 PER EVENT
MIDDLE SAT PM: MOOLOOLAH NATIONAL PARK.	FOR NON
LONG SUN AM: BEERBURRUM E.S.F.	MEMBERS. \$30
	FOR MEMBERS.
	90 MIN REC \$25

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

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 August** will be the **Long Distance Championships** starting from 9am at East Beerburum State Forest.

The most prestigious events to win will be the line courses. However, we are catering to everyone's preferences by hosting some recreational and score classes.

Added to this years program will be the E-bike categories for all 3 events.

To enter or more info: <https://eventor.orienteeing.asn.au/Events/Show/22992>

Event Director: Mark Petrie | Mobile: 0429 899 928 | info@sunshineorienteers.com.au



This week's Mid-Week Orienteering event will be on Thursday 27 August at Bunyaville East. This will be a bush event with flags. All courses except Easy have spiky regrowth, so long sleeve shirts and trousers are best. The Easy course is mainly on tracks. Toilets and water are available

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

Start Location: Bunyaville Picnic Area off Old Northern Road.

Courses: Long 3.3kms 145m climb, Medium 2.5/105, Short 1.7/40, Easy 1.6/40.

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/24438>

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

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!

Assembly area: Happy Valley picnic and BBQ area, see Eventor for transport details

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.

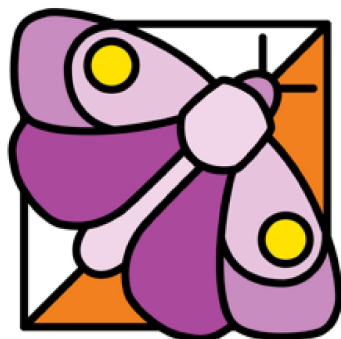
Refreshments: There are free public BBQs, so bring your own food and stay for a picnic (and a swim). Bring something sweet to share if you would like to.

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

Queries: Geoff joffhk@gmail.com 0410 1234 67

Bulletin: [Click here](#)

CONGRATULATIONS TO OUR WINNERS



OCEANIA
ORIENTEERING
CHAMPIONSHIPS
2026 26 SEP–04 OCT
NGUNNAWAL COUNTRY

This Week's Entry Prize

Enter Oceania Orienteering 2026 by Friday 28 August and you could win a Wildbark Twilight Tour for two at Mulligans Flat Woodland Sanctuary.

Explore the sanctuary after dark and look out for Eastern Bettongs, Eastern Quolls, possums, gliders, kangaroos, wallabies and nocturnal birds. A fantastic Canberra wildlife experience thanks to Wildbark and Mulligans Flat Woodland Sanctuary.

Enter by Friday 28 August to be in the draw!

Oceania 2026 Running Tops

Don't miss out on your Oceania 2026 running top! These tops are ideal for racing, training, on the trails or heading to the gym. Comfortable, practical and designed especially for Oceania 2026, they're a fantastic souvenir from the week. Make sure you place your order by 31 August!

Wildfire Sports Sponsorship Update

Wildfire Sports is providing \$1,200 in gift certificates for the Wildfire Sports Oceania Long Championships, including prizes for M21E, W21E, M20E and W20E, plus one additional male and female class winner.

A huge thank you to Brenton and the Wildfire Sports crew for their generous support of Oceania Orienteering 2026!

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](#)

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
- **Queries:** Contact hpadmin@orienteering.asn.au or headcoach@orienteering.asn.au

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



Orienteering Australia is calling for **rider nominations for the Australian Team** to contest the **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



Orienteering Australia is calling for nominations for the **Australian Team Leader for the Australia–**

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 September edition of *The Australian Orienteer* is in press, available online at:

[The Australian Orienteer September 2026](#) link straight to the magazine

[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.

magazine. Happy reading.

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.

Participants are expected to book their own accommodation and cater for themselves. Clubs and families may choose to combine to meet the supervision requirements of their members in order that as many juniors as possible can be part of this wonderful – OMG experience.

The hub for the development activities and the Presentation Program will be at [Alivio Tourist Park](#) | Only 4km from the centre of Canberra .

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](#).

SYDNEY CITY RACE IS BACK - OCT 25



The 2026 Sydney City Race is coming — urban orienteering on a whole other level.

Sunday 25 October. North Sydney.

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



A recent article by endurance journalist Alex Hutchinson highlights an important challenge familiar to 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

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](#).

LAST WEEK'S NEWS ARTICLES BELOW

MIDWEEK CHAMPS - SAVE THE DATE - NEW MAP



Put this date in your diaries!

The 2026 Mid Week Orienteering Championships is on for Thursday 17 September!

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

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

The details will be on Eventor soon.

The setter's plan is to use Maprun and the few distinct "pineapple/pandanus" trees for control sites so no need for flags.

a different time - a good school holiday activity maybe!.

SUNSHINE ORIENTEERS NIGHT NAV SERIES

SPRING NIGHT NAV - TUESDAY NIGHTS

SERIES 3 2026

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

Rego from 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

SUNSHINE ORIENTEERS

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:

1 Sept [Sunshine Beach](#)*

8 Sept [Pelican Waters](#)

15 Sept [Buderim](#)

29 Sept [Cranks Creek](#)*

6 Oct [Kings Beach](#)

* Please note the swap of locations for these weeks.

VOLUNTEER SPOTLIGHT - JO FOWLER



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

Occupation/interest outside of orienteering?

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

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

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

What's one of your favourite orienteering memories?

It's hard to pick just one as there are so very many! A stand out is having been part of the volunteer crew at the Aus Champs last year in Brisbane - it was absolutely incredible!

What kind of volunteer roles have you helped with?

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

What do you enjoy most about volunteering?

A warm fuzzy feeling from helping out!

Why should people give volunteering a go?

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

CHRISTMAS 5 DAYS 2026 - SOUTHERN HIGHLANDS



Five days. Five courses. Southern Highlands.

Start planning your end-of-year orienteering adventure!

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

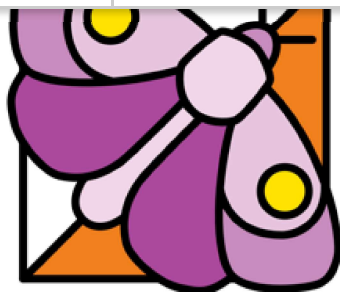
Expect the usual mix of **fun and challenging bush and sprint events**, along with prizes, social activities and plenty of opportunities to catch up with the orienteering community as we race our way towards the New Year.

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

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

Stay tuned — more details coming soon!

WILDFIRE SPORTS BACKS OCEANIA 2026!



OCEANIA ORIENTEERING CHAMPIONSHIPS 2026

26 SEP–04 OCT
NGUNNAWAL COUNTRY

Wildfire Sports backs Oceania 2026!

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

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

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

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

And if you haven't already ... **ENTER NOW** for **Oceania 2026**!



WILDFIRE

SPORTS • TREK

TRAIN | PERFORM | EXPLORE

RUNNING MORE EFFICIENTLY: LESSONS FROM THE ELITES



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

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

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

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

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

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

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

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
12 Sept	OY 11 – Toowoomba (Sprint)
13 Sept	OY12 – Leyburn (Long)



QLD MTBO Events 2026

Date	Major Events 2026
19-20 Sept	State Series 6-8 QLD MTBO Champs
9-11 Oct	AUS MTBO Champs
25 Oct	State Series 9 - Peak Crossing

Contact Details

Please use the email addresses below to contact OQ Personnel:

admin@oq.asn.au (Linda Burrridge)

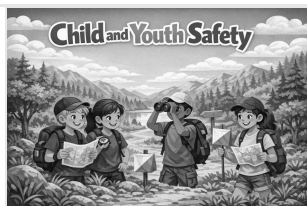
membership@oq.asn.au (Liz Ferguson)

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.



Queensland
Government

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



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Our mailing address is:

PO Box 275, Ferny Hills DC, QLD 4055

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