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- Sat 30 May - [Map Run Parks - Gold Coast - Country Paradise Park, Nerang \(Pending Permissions\)](#)
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- Tues 2 June - [OA Technical Committee](#)
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- 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](#)
- Sat 13 June - [Level 1 MTBO Controller Workshop](#)
- Sun 14 June - [OY7 - Mount Goolman](#)

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

OY 6 AT WIVENHOE - ENTRIES CLOSE TOMORROW

♦ **OY6**
Wivenhoe

Sunday 31 May
Starts 9:30-10:00am

Entries Open ♦



Entries are now open for the next OY event!

Join us on Sunday May 31 at Sheepstation Creek, Lake Wivenhoe

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After a fire went through the area last year, much of the long grass and thicker vegetation disappeared. Don't miss the opportunity to orienteer in this terrain while its clean underfoot!

Courses available: H1= 7.5km (150m); H2= 6.6km (150m); H3= 5.0km (75m); H4= 4.4km (100m); H5= 2.5km (55m); Mod 1= 3.3km (70m); Mod 2 = 2.5km (70m); Easy = 2.5km (65m); VE = 2.2km (65m)

A **1 hour Score event** will also be available for those wishing to wander around and find up to 15 designated control sites.

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

Entries close tomorrow Thursday 28 May at midnight

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

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.

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

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/WRaqcDxdTb4NGH7A>

If you have any questions, please contact Dylan at promotions@oq.asn.au

OA TECHNICAL COMMITTEE MEETING

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The next meeting of the OA Technical Committee will take place online at 8pm on Tuesday 2 June. While the formal membership of the Committee is one member per state, all interested orienteers are welcome to attend.

Details of the meeting are on Eventor at <https://eventor.orienteering.asn.au/Events/Show/24264>.

The meeting agenda and documents will also be posted there.

Blair Trewin (Chair)

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Wondering where Easter 2027 is so you can start your planning.

Orienteering NSW is hosting the 2027 Australian 3 Days in areas that have not been used for 20 years. The Event Centre will be Goulburn and the event areas are within an hours drive of Goulburn. Easter in 2027 is very early and dates are 26 - 29 March.

A website is being developed and will launch in a couple of months with all the information you will need for the events.

For all enquiries contact Robyn Pallas at robyn.pallas@onsw.asn.au

SPORT-IDENT CONNECTION ISSUES



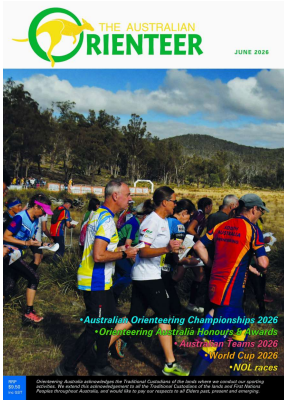
Are you having issues connecting to Sportident using your BSF8-USB?

Microsoft have placed a security block on some drivers and Sportident users may be effected.

If you cant connect please check the Sportident website or contact Colin Price and he will give you the latest information on how to fix.

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AUSTRALIAN ORIENTEER - JUNE EDITION



The June 2026 edition of *The Australian Orienteer* [has been published online](#).
Hard copies will be dispatched by the printer this week.

The new issue includes Orienteering Australia's Honours and Awards, reports from the Australian Championships, Capital O and Vic MTBO Series, the NOL report, Australian teams, World Cup Round 1, insights from a selector, heat training, polishing a map, plus much more. Impressive photos and maps feature throughout.

There should be something of interest to everyone.

The link to the bookcase with all available digital editions of the magazine [is here](#).

WOC 2026 TEAM ANNOUNCEMENT



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The following athletes will be competing for Australia. Congratulations all!

Women: Caitlin Young, Milla Key, Nea Shingler, Zoe Carter, Erika Enderby

Men: Henry McNulty, Aston Key, Cooper Horley, Elye Dent

Team Leaders: Natasha Key and Mary Fleming

Athletes will race in Genova, located in the North-West of Italy by the Mediterranean Sea. Genova is a symbolic city: born to look beyond the horizon, overlooking the sea, shaped by steep alleys, squares filled with stories, and a port that for centuries served as a bridge between continents.

Good luck to all our Aussie athletes competing in Italy!

SPORT VOLUNTEER DASHBOARD



Photo and story: [Clearinghouse for Sport](#)

The Sport Volunteer Data Dashboard is the first national tool to bring together detailed information about sport volunteering in Australia.

It provides valuable information on who our sport volunteers are, the roles they play, and ways community sporting clubs are planning and strategising to build on their volunteering practices.

The interactive design allows clubs, organisations, and decision-makers to use clear evidence to support planning and advocacy. It can help to:

- Identify gaps and opportunities in volunteer engagement
- Improve recruitment and retention by focusing on volunteer experience
- Build shared understanding across partners
- Support funding, advocacy, and public storytelling with credible data

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[Strategic Volunteering: Data](#) on the planning and support for volunteers at community sporting clubs
[Who and How They Volunteer](#): Demographic insights and retention within the broader volunteer sector, alongside how clubs design roles, recruit volunteers, and the sports they support by gender and age
[Diversity in Sport Volunteering](#): Insights into how sport volunteering reflects the diversity of local communities.

PHOTOGRAPHY - NATIONAL INTEGRITY FRAMEWORK COMPLIANCE



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](#).

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

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?

MIDWEEK ORIENTEERING - ANZAC PARK, TOOWONG



This week's Mid-Week Orienteering event will be on Thursday 28 May at Anzac Park, Toowong.

This is a bush event using control flags, not Maprun

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

Start Location: Wool Street, Toowong

Courses: Long, Medium, Short, Very Short

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/24254>

Pre-entry closes at 11pm on Wednesday prior.

All welcome!

SOUTH EAST QUEENSLAND NIGHT NAV EVENTS



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

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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 - MEADOWLANDS



This week's MapRun Parks Series event will be at Creekside Street Park on Sun 31 May.

The start/finish location: 47A Preston Rd, Carina

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/23877>

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

TRAINING SMARTER: SHOULD YOU GO BEYOND RACE DISTANCE?



Every runner hits the same question mid-prep: *Should I train longer than race distance?* The answer isn't a simple yes or no—it's about purpose, timing, and knowing your body.

For shorter races like the 5K or 10K, going beyond race distance can build endurance and mental confidence. Adding a few extra kilometres in training teaches your body to stay comfortable when fatigue creeps in, making race pace feel more manageable on the day. But more isn't always better—overdoing it risks burnout or injury, especially if recovery isn't dialled in.

For half marathoners and marathoners, the strategy shifts. Long runs are already central, but exceeding race distance isn't always necessary. Instead, the focus is on *quality long runs*—steady pacing, fuelling practice, and finishing strongly. Occasionally pushing slightly beyond your goal distance can boost confidence, but it should be used sparingly and strategically.

The key takeaway? Training longer than your race can be a tool—not a rule. Use it when it builds confidence, reinforces endurance, or prepares you mentally. Skip it when fatigue is high or consistency matters more.

When it works

- Building aerobic base
- Practising pacing and fuelling
- Boosting confidence

When to hold back

- High fatigue or injury risk
- Close to race day (taper phase)
- When consistency is more valuable than distance

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published in Runner's World. You can read the [full article here](#).

LAST WEEK'S NEWS ARTICLES BELOW

HAVE YOU SEEN OUR MISSING SIGNAGE?



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

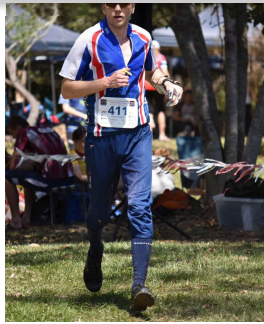
The Thursday Group has none at all (and we had recently bought new ones) and UG is short, too.

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

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

Thanks – Robin Spriggs.

CONGRATULATIONS TO OQ's NEWEST ACCREDITED CONTROLLER

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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.

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

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:

- Current (or lapsed) Level 3 controllers wishing to renew their accreditation
- Level 2 controllers who are interested in upgrading to Level 3, either now or at some point in the future

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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

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.

On behalf of the Orienteering Queensland community, thank you for the vital role you play. Whether you are planning and setting courses, mapping new areas, organising events, managing registrations 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.

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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

COMMUNIQUE FROM OA BOARD



This communicate 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 communicate are:

- Board Roles
- Operations Guide Updates
- Reconciliation Action Plan
- 2027 OA Levies
- 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 communicate 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 peak of elite performance, the journey continues into key life phases such as pregnancy, postpartum recovery, parenting, and fertility. The theme culminates with retirement and the transition to life beyond 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

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- [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.

USE OF SPORTS FOODS BY ENDURANCE ATHLETES SURVEY



Researchers at the Australian Catholic University are looking for volunteers for a research study about 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](#).

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 simply need more time and care to repair and rebuild after training. The key message? Recovery is no longer optional—it's essential.

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](#).



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 |
|---------|-------------------|
| 31 May | OY6 – Wivenhoe |
| 14 June | OY7 – Mt Goolman |

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|---------|---------------------------------------|
| 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 |
|------------|-------------------------------------|
| 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 (Linda Burridge)

membership@oq.asn.au (Liz Ferguson)

treasurer@oq.asn.au (Tony Bryant)

bulletin@oq.asn.au (Linda Burridge)

website@oq.asn.au (Rob Crosato)

Last bulletin submissions to be received by 8pm each Tuesday.

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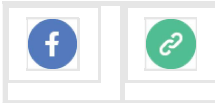
Child and Youth Safety

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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