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@OrienteingQld #OrienteingQld

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UPCOMING EVENTS

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- Sun 3 May - [Trail-O Exhibition Event](#)
- Sun 3 May - [Map Run Parks - Please come along to the Samford event](#)
- Sun 3 May - [OY4 & OY5 - Qld Long Distance Champs - Samford](#)
- Tues 5 May - [Night Nav - Palmview](#)
- Tues 5 May - [Night Nav - Term 2 - Event #2 - CORINDA](#)
- Thurs 7 May - [Parkinson Bushland](#)
- Sat 9 May - [Map Run Parks - Gold Coast - Event #5: 9th May, Coomera Sports Park, Coomera](#)
- Sat 9 May - [EN L2O Series 1 - tbc](#)
- Sun 10 May - [Map Run Parks - Norman Park](#)
- Sun 10 May - [Townsville MapRun Cross-Country](#)
- Tues 12 May - [Night Nav - Cooroy](#)
- Tues 12 May - [Night Nav - Term 2 - Event #3 - MISTY MORN KENMORE](#)
- Thurs 14 May - [Haig Street Quarry MWO](#)

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

QLD CHAMPS - 4 EVENTS IN 3 DAYS - MAY 2-4 - MORETON BAY

◆ **QLD CHAMPS**
Moreton Bay

2-4 May
Four Events
Sprint & Long Champs ◆
Entries Open

ORIENTEERING QUEENSLAND

orienteeers enoggeroos

Entries are now open and Bulletin 1 is available for the Queensland Orienteering Championships weekend!

Join us for a full weekend of competition across four events:

- Saturday 2 May PM: QLD Sprint Champs — Pine Rivers SHS

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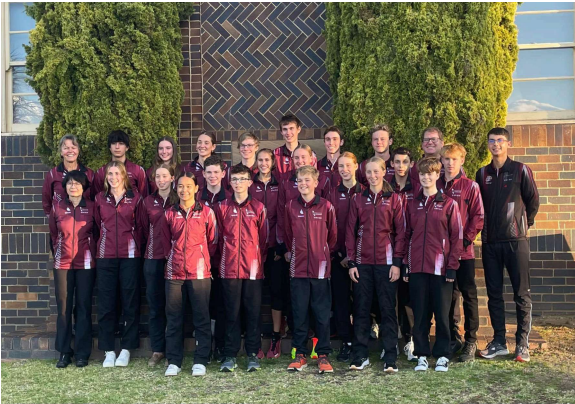
- Sunday 3 May PM: FREE Trail-O Exhibition Event — George Willmore Park
- Monday 4 May AM: QLD Long Champs Day 2 — “Samford Forest South” (Samford Conservation Park)

Whether you're chasing a title or trying your first major event, there's something for everyone.

Don't miss it!

[More information and registration here.](#)

QLD SCHOOLS CHAMPS 2026 CHANGED TO CROWS NEST



Due to the ongoing uncertainty over fuel availability, it has been decided to move the Qld Schools Orienteering Championships (QSOC) to Crows Nest (Toowoomba region), which is more central to participants, instead of Maryborough.

More information will be available on Eventor once land permissions have been finalised.

QSOC 25-26 July 2026

3 races: Mass start, Sprint, Long Distance.

CALL FOR VOLUNTEERS



Enoggeroos are looking for a team of ~25 volunteers to help run the QLD Champs successfully.

There are a range of roles available, including:

- Parking Officials
- First Aid Officers
- Registration Desk Officials
- Start Officials
- Control Collection
- Search & Rescue
- Arena Set Up
- Arena Pack Down
- Photographers

You don't have to be participating to volunteer, and there will be a number of experienced people who can provide some guidance. Where possible, each role will involve a shift of 60-90 minutes, with early/late start times allocated for those who are competing.

Please [complete the form](#) and the organisers will be in touch with your role and shift allocation.

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

INTRODUCING TRAIL-O

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Trail-O is an inclusive orienteering discipline focusing on map-reading precision rather than speed, allowing able-bodied and mobility-impaired people to compete equitably.

Enoggeroos will be holding a FREE TrailO exhibition event on the QLD Champs weekend at George Willmore Park. It's the perfect chance to give this unique format a go!

Check out this [great introductory video](#) from [British Orienteering](#) on TrailO.
[Enter QLD Champs & TrailO Exhibition Event here.](#)

MAPRUN PARKS GOLD COAST - COOMERA SPORTS PARK



Photo courtesy of [Experience Gold Coast](#)

All welcome to a MapRun Score event around Coomera Sports Complex at Coomera

Saturday 9 May 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!

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

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

9 May - [Location TBC](#)

16 May - [Victoria Park TBC](#)

23 May - [Bray Park SHS](#)

31 May - [Mungara Lakes](#)

6 June - [Hillbrook Anglican College](#)

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

20 June - [Old Petrie Town](#)

Hard, Moderate, Easy and Very Easy courses available

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

JWOC 2026 TEAM ANNOUNCEMENT - HUGO NAMED RESERVE!



The Australian JWOC team to compete in the 2026 Junior World Championships (JWOC) in Karlskrona, Sweden from 29 June to 7 July has been decided.

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

Women: Ariadna Iskhakova, Ella Clauson, Erika Enderby, Katherine Maundrell, Liana Stubbs, Milla Key

Women Reserves: Sanda Halpin, Sophie Hartman

Men: Cooper Horley, Elye Dent, Euan Best, Hayden Dent, Matty Maundrell, Owen Radajewski

Men Reserves: Alton Freeman, **Hugo Taunton-Burnet**

Team Leaders: Warren Key, Brett Weihart, Serena Doyle, Aston Key

Athletes will be racing in Karlskrona, a city rich with history and surrounded by beautiful archipelagos. Karlskrona was founded back in 1680 as Sweden's new primary naval base, which it still serves as today. The naval base is a major part of the Karlskrona central island Trossö and its marine history and culture, as well as historical features are visible all over the area and the archipelago.

Good luck to all our Aussie athletes competing in Sweden!

And congratulations to Hugo! Hugo is our Coach in Residence, working closely with our juniors, coaching the QLD Team at ASOC, supporting Minis Camp, leading coaching at Learn to Orienteer events across multiple regions, and assisting in event organisation.

EYOC2026 IN SLOVENIA - AUS SQUAD ANNOUNCED - SHARI SELECTED

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The final list of athletes who will go to the EYOC2026 in Nova Gorica, Slovenia, from 23-27th June has been announced!

Please support the Australian Youth Squad, as for many of them it will be their first time orienteering in the Northern Hemisphere!

Read more here: <https://www.eyoc2026.si/> - EYOC2026 Official website

Athletes will take part in Urban Sprint, Long and Forest Relay.

Current EYOC Athletes (future JWOC champions) are very much looking forward to try the superb karst terrain of Slovenia!

M16: Rory Shedden (NSW), Euan Shedden (NSW), Ben Mansell (ACT), Baxter Peel (NSW)

W16: **Shari Gilbert (QLD)**, Ella Maja Lang (VIC), Veronika Iskhakova (ACT)

M18: Oliver Bishop (ACT), Matthew Slater (NSW)

W18: Amy Dufty (WA), Savanna Sweeney (NSW), Sanda Halpin (ACT)

Marina Iskhakova (Team Coach), Fedor Iskhakov (Team Manager), Angus Shedden (Team Official) and Ruth Shedden (Team Official) will support the crew.

Congratulations Shari! We know you will fly the QLD flag proudly!

HOBBIT TOUR 2026 - LAST CHANCE

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Hey JUNIORS! Do you still have your heart set on an international Tour in 2026?

Did you miss out on JWOC and EYOC selection?

Well there is a sweet little 3 day competition just over the ditch that you can still do.

Inexpensive (by international tour standards), super technical ((by international tour standards), with all the wrap around quality and competition.

No need to drag mum and dad along, though they are welcome to be part of it!

Check out the event website [HERE](#).

All events are World Ranking.

These events are highly competitive.

They are selections for NZ Juniors for the NZ Southern Cross Challenge Team.

The closing date for Tour is 1 May.

NEW RECONCILIATION ACTION PLAN



Orienteering Australia has received endorsement for its first Reconciliation Action Plan (RAP) by Reconciliation Australia, marking a key step in formalising its reconciliation commitments. The RAP was developed over the last year with input from representatives across all states and territories, the OA Board and staff. Consultative support from The Nahri Institute, Asha Steer and Kay Haarsma was also invaluable.

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build stronger relationships with Aboriginal and Torres Strait Islander individuals, communities and organisations. The RAP is designed as an 18-month roadmap, after which a more ambitious second-stage plan will be developed.

Helen Walpole has taken on the role of RAP Champion. Supported by an Australian Sports Commission grant, she recently completed an Ally Accreditation, providing guidance and practical insights to support implementation over the coming period.

An open online meeting will be held on the eve of National Reconciliation Week, Tuesday 26 May. Anyone interested is invited to join the Zoom to discuss current initiatives within orienteering, hear from Helen and our RAP artist Munu, and help plan the implementation of the Plan's actions and deliverables.

More information on the Reconciliation webpage:

www.orienteering.asn.au/resources/participation/reconciliation

DISCOVER ORIENTEERING



Discover Orienteering events are starting to be delivered around Australia. The new package available from Orienteering Australia makes organising a Come and Try event easy.

Victoria recently hosted its first Discover Orienteering event at Koomba Park in Wantirna, welcoming around 40 newcomers from across Melbourne. After the whole group briefing, participants completed a range of orienteering courses and enjoyed side activities including compass games, mini challenges, and maze navigation. The format allowed participants to progress at their own pace, with some completing multiple courses and others enjoying a relaxed family-friendly day.

In the ACT, Discover Orienteering has now been delivered twice, with the most recent event attracting

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growing local demand for introductory orienteering experiences.

Discover Orienteering is a nationally branded initiative developed to support clubs in attracting new participants. With ready-to-use resources, maps, and event structures, it significantly reduces planning time while improving the consistency of the participant experience.

Clubs looking to grow participation are encouraged to run a Discover Orienteering event. The model is designed to be easily replicated and is proving effective in bringing new people into the sport across different regions. Visit discoverorienteering.com.au

MIDWEEK ORIENTEERING - GRANGE FOREST PARK



This week's Mid-Week Orienteering event will be on Thursday 30 April at Grange Forest Park.

This is a park event with some bush using control flags, not Map Run

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

Start Location: New start point. Mornington Street, Grange/Alderley

Courses: Long 4.5kms 70m, 2.8kms 55m, 1.9 kms 30m, 0.9 kms 10m.

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

Please pre enter to guarantee a map.

Pre-enter here: <https://oq.orienteering.asn.au/events/24163>

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 5 May | Starts 5:30 - 6:30pm | Season 2 starts soon at [Corinda](#)

Sunshine Coast | Tues 5 May | Starts 6:00 - 6:30pm | [Palmview](#)

Brisbane Westside: 40 minute Score Events. Courses closes at 7.15pm

No need for prior registration, just come along.

Sunshine Coast: 40 and 60 minute Score Events. Courses closes at 7.30pm

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.

Sunshine Coast: Member \$6 per map | Non-member \$10 per phone | Pre-enter via Eventor or email by midday Tuesday to receive a colour map

MAPRUN PARKS SERIES - SAMFORD

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All Map Run Parks Orienteers are encourage to come along to the QLD Long Distance Champs at Samford.

Sunday 3 May

“The Bowlings’ Backyard” in Samford Conservation Park.

[More information and register here](#) then just turn up and give it a go!

STRONGER STARTS: WHY FEMALE ATHLETES NEED MANDATORY STRENGTH WARM-UPS

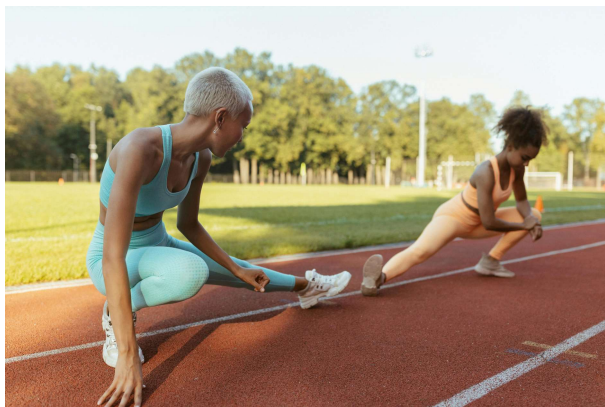


Photo by [Yaroslav Shuraev](#)

Female sport is growing fast — but injury rates are rising just as quickly. New international guidelines led by researchers from La Trobe University are calling for a simple, evidence-based fix: mandatory strength-based warm-ups for female, women and girl athletes at every level of sport.

Published in the *British Journal of Sports Medicine*, the FAIR (Female Athlete Injury Prevention) Consensus Statement sets out 56 practical recommendations designed to reduce injury risk and keep athletes playing longer. At the heart of the advice is a clear directive — sport-specific strength, balance

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The research highlights that female athletes are more vulnerable to certain injuries, particularly to the knee and lower limb, and that too many players never return to sport after being sidelined. Structured strength warm-ups are shown to reduce both first-time and repeat injuries, making them one of the most effective prevention tools available.

The guidelines go beyond training alone. They recommend fair-play enforcement to limit dangerous contact, compulsory mouthguards in collision sports, appropriate ankle bracing, and better education around properly fitted sports bras. Just as importantly, the statement urges sporting organisations to create environments that are inclusive, well-resourced and free from body shaming and outdated gender norms.

With fewer than a quarter of Australian women participating in weekly sport, the message is clear: safer sport keeps players involved. Stronger warm-ups aren't just preparation — they're protection, performance, and a pathway to lifelong participation.

This article was summarised from an article by La Trobe University. To access the full article, [please click here](#).

LAST WEEK'S NEWS ARTICLES BELOW

MEMBERSHIP RENEWALS...PLEASE NOTE THE FOLLOWING



As from March 01, 2026, if you have family members (juniors or partners) that haven't been renewed, you'll need to login into their Eventor profiles **directly** and renew and pay for them **separately**.

They won't show on the **drop down** lists to enable you to use the "Add/renew membership of another person" option when you renew your own membership.

Any problems, contact the [Membership Officer](#)

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For further Information go to the [OQ Membership page](#) for membership fees, which have stayed the same as 2025.

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

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

Further details are available on Eventor at <https://eventor.orienteering.asn.au/Events/Show/24111>. Registration for the workshop should also be done through Eventor.

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

Further inquiries should be made to Blair Trewin at blairt@orienteering.asn.au

WORLD CUP 1 TEAM ANNOUNCEMENT - CONGRATULATIONS HEATHER MUIR

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Orienteering World Cup Round 1 will be held in Switzerland from 24-26 April 2026. Across the three days, athletes will compete a Sprint, Sprint Relay and Knock-Out Sprint in Ascona Locarno- an area known as "Where Lake, Mountains and Mediterranean Spirit Meet".

The following athletes will be competing for Australia
 Women: Michele Corrigan, Mary Fleming, **Heather Muir (ENQ)**
 Men: Henry McNulty, Kylian Wymer
 Team Leader: Mary Fleming

They will be racing through a region that offers a unique combination of lake landscapes, alpine mountains and deep valleys, with famous natural areas such as the Verzasca and Maggia valleys, spectacular viewpoints like Cardada-Cimetta, and more than 1,400 km of hiking and outdoor trails.

IOF TV will be produced with English commentators. Live results and tracking will be available on IOF Live pages: <https://orienteering.sport/.../orienteering.../welcome/>
 Follow the coverage from Friday and cheer on our Aussie athletes!

2026 ACT & NSW SKI-ORIENTEERING CHAMPS



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to be held at Perisher valley on **Sunday 9 August**, the highest-altitude orienteering event in Australia, 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 on Eventor <https://eventor.orienteering.asn.au/Events/Show/23595>.

Get in early and book accommodation and start training :)

The 2026 Ski-O Champs [Flyer is here](#).

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

AUCKLAND TRIPLE CROWN 2026



Looking for your next challenge? Over King's Birthday weekend (30 May – 1 June), compete in three days of world-class orienteering in Auckland, New Zealand.

Three maps. One city. No excuses.

Long (Hobbit Woods, 30 May) – classic pine forest on undulating sand-dune terrain

Middle (Fangorn, 31 May) – intricate forest with coastal strip challenges

Sprint (Bree, 1 June) – fast-paced urban sprint through a school campus

Each day is a World Ranking Event (WRE), offering the chance to earn world ranking points alongside

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There are classes for all ages from junior to senior so there's something for everyone. The three-day format also features a cumulative time competition, rewarding consistency across all events.

With short flights from Australia, a long weekend of racing, quality terrain and Kiwi hospitality, ATC 2026 is the perfect challenge.

Entries close 11:59pm, Friday 15 May (NZST)

Event website: <https://www.oevents.nz/atc2026/>

Enter now: <https://www.entero.co.nz/evento.php?eventName=atc-2026>

Enquiries: atc@aucklandorienteering.org.nz

STRENGTHENING CLUB CULTURE AND WELLBEING



Strong clubs don't happen by chance. They're built through clear leadership, shared standards, and a positive environment both on and off the field.

Special Webinar - For Community to Committee

Monday, 20 April | 7:00PM (AEST)

In this special webinar, CLUBMAP is teaming up with Good Sports to explore how committees can shape club culture for the future. We'll discuss how culture can shift, effective leadership strategies, and Good Sports will showcase how their program supports clubs to create safer, more inclusive environments.

Perfect for committee members, volunteers, and anyone involved in running a community club.

Webinar presenters: Jon Knudsen, CLUBMAP COO, Thomas Scott-Jones, Good Sports Project Lead & Damon Burley, Good Sports Project Officer

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Photo by [Anastasia Shuraeva](#)

Hamstring injuries remain one of the most frustrating and common setbacks in running-based sports, from AFL to rugby league and soccer. In fact, they are the leading cause of missed matches in professional football codes, and alarmingly, around one in three athletes who suffer a hamstring strain will injure it again.

The problem largely comes down to **how and when hamstrings are loaded**. Most injuries occur during sprinting, particularly in the split second before the foot hits the ground. At this point, the hamstrings are working at very high force while being stretched at long lengths – a combination that puts the muscle under extreme stress. Sudden accelerations make the risk even higher, as the muscle is forced to lengthen faster than during steady-speed running.

So what actually reduces the risk?

Research strongly supports two key strategies: **regular sprint exposure** and **eccentric strength training**. Exercises such as the Nordic hamstring curl, where the muscle lengthens under load, have been shown to cut hamstring injuries by more than half when performed consistently. Over time, this type of training increases hamstring strength and lengthens muscle fibres, allowing them to better tolerate the demands of sprinting.

The catch is consistency. These protective adaptations can start to fade within weeks if training stops. While soreness and scheduling can make prevention programs difficult during the season, maintaining even small weekly doses of eccentric training and regular sprinting can help keep athletes on the field.

Hamstring injuries may never be eliminated, but evidence shows they can be significantly reduced with smart, consistent preparation.

This article was summarised from an article written by Max Andrews, Associate Lecturer of Sports Science, The University of Queensland and colleagues, which was published in The Conversation. 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 Tim at technical@oq.asn.au

2026 Date Savers



QLD Foot Events 2026

Date	Major Events 2026

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31 May	OY6 – Wivenhoe
14 June	OY7 – Mt Goolman
9-12 July	Junior Camp - Columboola
25-26 July	QLD Schools Champs - Maryborough
9 Aug	OY8 – Marstaellar Rd Reserve (Middle)
22 Aug	OY9 (QLD Middle Champs) – Karawatha
23 Aug	OY10 – Prout Road (Long)
12 Sept	OY 11 – Toowoomba (Sprint)
13 Sept	OY12 – Leyburn (Long)



QLD MTBO Events 2026

Date	Major Events 2026
5 Apr	To be rescheduled
17 May	State Series 3
28 June	State Series 4
2 Aug	State Series 5 - Samford
19-20 Sept	State Series 6-8 QLD MTBO Champs
9-11 Oct	AUS MTBO Champs
25 Oct	State Series 9 - Peak Crossing

Contact Details

Please use the email addresses below to contact OQ Personnel:

admin@oq.asn.au (Linda Burridge)

membership@oq.asn.au (Liz Ferguson)

treasurer@oq.asn.au (Tony Bryant)

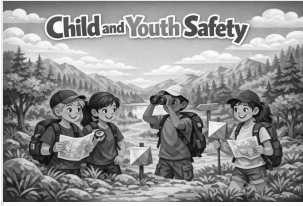
bulletin@oq.asn.au (Linda Burridge)

website@oq.asn.au (Rob Crosato)

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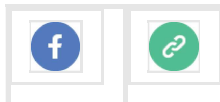
Child and Youth Safety.

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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