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UPCOMING EVENTS

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- 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, 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](#)
- Sat 13 June - [EN Learn to Orienteer Term 2 Series - Bowman Park, Everton Hills](#)
- Sat 13 June - [Map Run Parks - Gold Coast - Event #7, Lake Orr Parklands, Varsity Lakes](#)
- Sun 14 June - [OY7 - Mount Goolman](#)
- Sun 14 June - [Map Run Parks - Please come along to the Mt Goolman Event](#)
- Tues 16 June - [Night Nav - Term 2 - Event #8 - Auchenflower](#)
- Thurs 18 June - [Kenmore Hills](#)

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

OY 6 AT WIVENHOE WRAP-UP

♦ OY6 Wivenhoe

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

♦ **Entries Open**



130 orienteers enjoyed a great day of bush orienteering on the banks of Wivenhoe Dam on Sunday. Sheepstation Creek at Lake Wivenhoe was a treat to run on as a fire went through the area last year so much of the long grass and thicker vegetation had disappeared.

All orienteers appreciated orienteering in this terrain while it was clean underfoot!

Winner of some courses were:

Hard 1: William Barnes, Trent Blinco, Mark Gregson

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Hard 4: Felicity Crosato, Jackie Gauntlett, Lynda Rapkins

A 1 hour Score event was also available for those who wished to wander around finding up to 15 designated control sites.

Full results can be found here [Eventor Australia - Official results for OY6 - Sheepstation Creek, Lake Wivenhoe](#)

OY points for the event can be [found here](#)

A huge thank you to Cam Schubert and Neil Gannon for course setting and controlling and the Range Runners Club for organising a great event.

MAPRUN PARKS GOLD COAST - LAKE ORR PARKLANDS, VARSITY LAKES



Photo: [Must Do Gold Coast](#)

All welcome to a MapRun Score event around **Lake Orr Parklands, Varsity Lakes**

Saturday 13 June 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/23604>

BRISBANE FOREST SERIES - GLIDER FOREST, LARAPINTA

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Photos: [Wikiloc](#) and [Brisbane Sustainability Agency](#).

Join us for our next event in the Brisbane Forest Series.

Sunday 7 June at Glider Forest, Larapinta

This is also a fund raising for Cancer research remembering OQ Life Member Fiona Calabro. There will be a sausage sizzle, cake stall and there might be some hand knitted beanies (just in time for winter)

There is a children's adventure playground near assembly area, toilets at playground and a lake beside assembly area., so bring your family and friends!

Sport Ident on hangers with flags will be used.

Enter on the day is available but please pre-enter to secure a map.

Courses for everyone, from beginner to experienced.

- Hard 1 - 7km
- Hard 2- 5km
- Hard 3 - 3km
- Moderate - 3km
- Easy - 2km
- Very Easy 1.5km

There is a mass start option available on hard courses - please select as a service. Mass starts from 9:30am.

Entry deadline Thursday 4 June

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/23726>

COME AND TRY ORIENTEERING AT MT PEEL

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Come and try orienteering! Invite your friends and family!

Explore the gorgeous Mt Peel, near Pechey and Crows Nest

Sunday 7 June with starts from 2.30pm.

Coaching available for all ages and abilities! Families especially welcome!

There will be Kid-O activities for the Under 10's

Courses available: Kid-O 1.3km, Very Easy 1.5km, Short Easy 1.7km, Long Easy 2.1km, Short Moderate 2.2km, Long Moderate 3.6km.

Pre-entry is strongly encouraged, for map printing, thanks.

Register for one class (Kid-O, Very Easy, Easy, Moderate or Hard), but you may go out multiple times (no extra cost).

If you do not have an Eventor login, please email roc.oq@gmail.com.

Registration and more information at <https://eventor.orienteering.asn.au/Events/Show/24060>

LEVEL 1 MTBO CONTROLLER WORKSHOP



Have you ever wanted to get more involved in MTBO course controlling, or are you just curious what its all about?

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Topics will include:

- how to plan good courses and avoid errors
- how to make courses fair, and suitable for various cohorts
- safety and risk management

Understanding how a controller thinks is also a great way of improving your orienteering skills!

Attending the workshop is one of the tasks needed to be accredited at Level 1.

The other main requirements are to:

- be Course Planner for an event*
- be Organiser for an event*
- complete Officiating General Principles Course online

*These tasks must be undertaken in the previous 8 years (see [accreditation form](#)).

After attending this workshop and completing the appropriate Level 1 tasks, participants may complete the accreditation form and email it to technical@oq.asn.au

SAVE THE DATE - OY 7 AT MT GOOLMAN - 14 JUNE



Save the date for the next OY event!

Sunday June 14 at Mt Goolman

Starts from 9:30am. Course closure at 12pm

Mount Goolman is a classic bush event near the new town of South Ripley.

The assembly area is at the end of Spowers Road.

Starts are about 600 metres from the assembly along a fairly flat track.

Course Lengths and Climb:

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Please see [more information here](#).

NB: Remember to bring a WHISTLE (compulsory)

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

Juniors (15yrs and under by 31 Dec):

Boys Moderate 1, Girls Moderate 2

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/23211>

CONGRATULATIONS GRANT AND HARRIET - FIRST RROC WEDDING



Announcing the first RROC-RROC wedding: Congratulations Grant and Harriet!

Rumour has it that this was an arranged marriage - at an orienteering event, the Reinbott family suggested that the Young family check out Raymont College as a possible residence for their daughter.... At least there are no arguments about which club is the best!

ASC COURSE: CRITICAL INCIDENT MANAGEMENT



The Australian Sports Commission has launched a new course, **Lead Well: Critical Incident Management**.

About the course:

Part of the ASC's Critical Incident Management Program, this course introduces the role of the critical incident management team and the essential skills needed to manage incidents effectively within any organisational context.

More information:

For further information on the [Lead Well: Critical Incident Management course](#), contact leadershipandprofessionalism@ausport.gov.au.

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!**

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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 - PARKINSON BUSHLAND



This week's Mid-Week Orienteering event will be on Thursday 4 June at Parkinson Bushland Reserve.

This is a bush event using control flags, not Maprun

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

Start Location: Parking on North side of Johnson Road opposite Peverell Street, Parkinson

Courses: Long 4.3 kms 115 climb, Medium 3.6/70, Short 2.2/20, Very Short 1.0/20

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/24183>

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 9 June | Starts 5:30 - 6:30pm | [Oxley South](#)

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 - COME TO GLIDER FOREST EVENT

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- ★ Sunday afternoons
- ★ Starts from 4 - 4:30pm
- ★ All ages and fitness levels
- ★ Go individually or in a group.
- ★ \$5 per map or \$12 for a family group.
- ★ Come along for a fun, friendly run/jog/walk in the park.

All Map Runners are encouraged to come along to the Brisbane Forest Series event at Glider Forest, Larapinta.

Sunday 7 June with starts from 9am

This event is a fundraising event for cancer research, so bring your family and friends!

Try bush orienteering at its best in classic spur-gully terrain.

Courses for everyone, from beginner to experienced.

Meeting Point: Off Paradise Rd, Larapinta (Warill Parkland)

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/23726>

MENTAL WARM-UPS: THE NEW EDGE IN PERFORMANCE

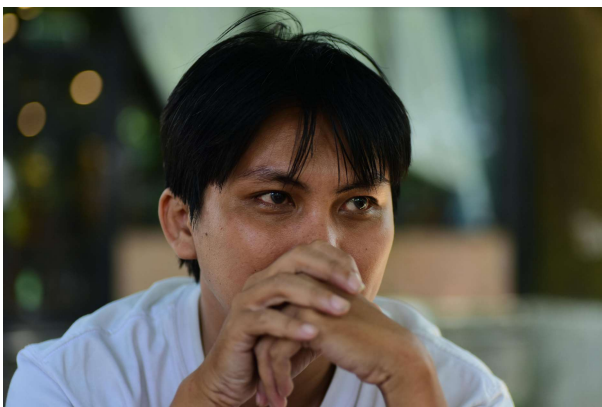


Photo by [Sóc Năng Động](#)

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A recent study from the University of Birmingham has found that adding a short **mental warmup** before exercise can significantly boost performance. Recreational runners who combined cognitive exercises with a standard physical warmup improved their one-mile times by **2–3%**, cutting up to 11 seconds off their efforts.

The cognitive component involved brief, app-based tasks designed to challenge memory, reaction time, and decision-making. While longer bouts of these activities can cause mental fatigue, short bursts appear to “prime” the brain—sharpening focus and readiness.

The benefits didn’t stop at speed. Runners who completed the mental warmup reported **lower perceived effort** and recorded **heart rates 7–8 beats per minute lower** during their run. Just as importantly, they felt more prepared and motivated before starting.

So what’s the takeaway? While traditional warmups aim to increase blood flow and reduce muscle stiffness, this study highlights the **power of psychological readiness**. Whether it’s a true cognitive boost or a placebo effect, the result is clear: athletes performed better when they believed they were ready.

For coaches and athletes alike, this opens a new frontier. Incorporating simple mental drills—focus exercises, quick reaction games, or even visualisation—could help unlock performance gains without extra physical strain.

Next time you warm up, don’t just prep your body—**get your head in the game too**.

This article was summarised from an article written by Alex Hutchinson and published in *Outside*. You can read the [full article here](#).

LAST WEEK'S NEWS ARTICLES BELOW

PHOTOGRAPHY - NATIONAL INTEGRITY FRAMEWORK COMPLIANCE

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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](#).

EASTER 2027 IN GOULBURN



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

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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

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/WRaqcVdXdTb4NGH7A>

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

HAVE YOU SEEN OUR MISSING SIGNAGE?

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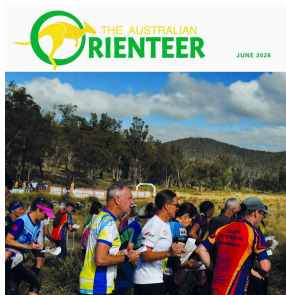
After last year's Australian Champs in Queensland, a large bag of orienteering signs has gone missing. The Thursday Group has none at all (and we had recently bought new ones) and UG is short, too.

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

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

Thanks – Robin Spriggs.

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](#).

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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.

Colin Price | 0415210339 | colinp53@yahoo.com.au | www.aussieogear.com

WOC 2026 TEAM ANNOUNCEMENT



The Australian team to compete in the 2026 World Orienteering Championships (WOC) in Genova, Italy from 6-11 July has been decided.

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

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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

[Why They Volunteer](#): Motivations for volunteers, volunteer experiences in sport, value to the volunteer

[Why Volunteers Matter](#): The value of volunteers to sporting clubs, communities and organisations

[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.

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

Smart training beats long training. Go longer when it adds purpose—but remember, race day is where it really counts. This article was summarised from an article written by Cindy Kuzma which was published in

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@oq.asn.au

2026 Date Savers



QLD Foot Events 2026

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14 June	OY7 – Mt Goolman
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)
13 Sept	OY12 – Leyburn (Long)



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.

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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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