



O-NEWS
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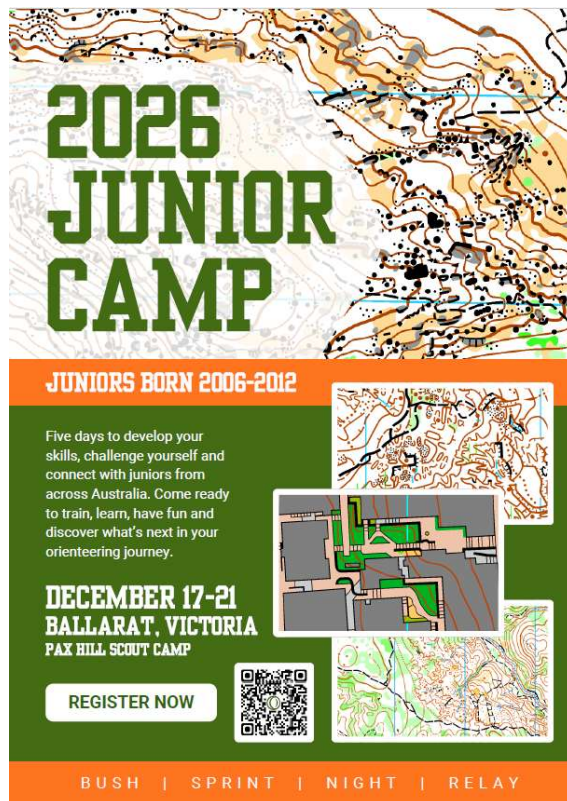
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UPCOMING EVENTS

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

NATIONAL JUNIOR CAMP 2026



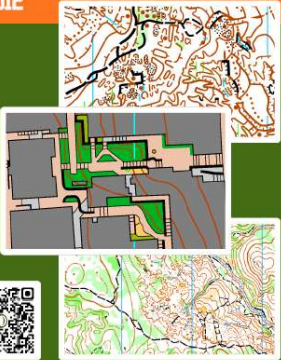
**2026
JUNIOR
CAMP**

JUNIORS BORN 2006-2012

Five days to develop your skills, challenge yourself and connect with juniors from across Australia. Come ready to train, learn, have fun and discover what's next in your orienteering journey.

DECEMBER 17-21
BALLARAT, VICTORIA
PAX HILL SCOUT CAMP

[REGISTER NOW](#)



BUSH | SPRINT | NIGHT | RELAY

The National Junior Camp is an opportunity to spend five days surrounded by other juniors who share a passion for orienteering.

Open to juniors born 2006-2012 who regularly compete on hard courses.

Come ready to train, learn, challenge yourself and have fun.

17–21 DECEMBER | BALLARAT, VIC | PAX HILL SCOUT CAMP

Bush. Sprint. Night. Relay.

DEVELOP

Build your technical skills through targeted coaching and varied training.

CHALLENGE

Experience bush, sprint, night and relay orienteering across a range of terrain.

CONNECT

Train, compete and socialise with juniors from across Australia.

DISCOVER

Learn about international opportunities, athlete pathways and different forms of orienteering.

REGISTER

Submit your expression of interest via Eventor by 18 October 2026.

<https://eventor.orienteering.asn.au/Events/Show/24230>

EARLY RESULTS FROM OCEANIA CHAMPIONSHIPS & ASOC



The 2026 Oceania Championships in and around Canberra are now well underway and there have been some excellent Queensland results.

The Australian Middle Distance Championships was held at Bogong Creek in the Namadgi National Park. In the elite categories, our best performers were W21E Mikaela Gray 18th; M21E Ryan Gray 12; W20E Alexandra Edwards 17th; M20E Alex Vanzella 16th. Queenslanders who finished in the top 10 of their age group were: W18A Grace Jardine 1st; W45A Anna Sheldon 2nd; W50A Meredith Gray 4th; W60A Wendy Read 5th; W65A Felicity Crosato 6th; W70A Lynda Rapkins 5th; Anne Wilson 6th; Liz Bourne 8th; W55AS Fiona McIntyre 10th; M14A William Spoelder 6th; Luca Schulz 8th; M45A Ben Schulz 3rd; Mark Gregson 8th; M60A Tim McIntyre 8th; M75A Rob Rapkins; W Junior B Jocelyn O'Leary 1st; M Junior B Wellington Wood 1st.

Full results are [found here](#).



M20E 3rd (William Barnes, Alex Vanzella, Dylan Bryant - photo 1 below); M16A OA Team 1 1st (Hayden Dent, Aidan Tomlins, Rory Shedden - photo 3 below); W45A OA Team 1 (Rachel West, Melissa Joseph, Meredith Gray); W45A 4th (Anna Sheldon, Michelle Schulz, Wendy Read); M14A 3rd (Luca Schulz, Ripley Wood, William Spoelder); M45A 4th (Mark Gregson, Richard Vanzella, Ben Schulz). Both Ryan Gray (M21E) and Anna Sheldon (W45A) won the legs on their relay.

Full results are [found here](#).



The Australian Schools Orienteering Championships began yesterday with the Sprint event. QLD had some outstanding results. Here are the top two QLDers in each age group. The number in brackets is the person's position in the Australian orienteers only.

Senior Girls: Alexandra Edwards 7(2); Shari Gilbert 17(4)

Senior Boys: Aidan Tomlins 15(7); Alex Vanzella 16(8)

Junior Girls: Hannah Giese 43(24); Ava Jeffery 48(27)

Junior Boys: Luca Schulz 15(8); Benjamine Jardine 19(10)



CLUB RELAYS + OQ AWARDS at FOXBAR FALLS - 24-25 OCT



Bullecourt Boulder Bounders are kindly letting us ~~gatecrash~~ join in their end-of-year celebration at beautiful Foxbar Falls, near Amiens (via Stanthorpe). So mark your calendars for a weekend orienteering getaway 24-25 Oct:

- club relays and OY Awards presentations on Sunday morning at Foxbar Falls.
- cool off in the farm dams and maybe even paddle a canoe

Show your support for the Landowners by booking a campsite at [Foxbar Falls](#). We are planning to gather in the 'Mountain View' section of the campground.

BBB are bringing a few canoes – if anyone else has a canoe, please bring it along!

Might even meet up at Stanthorpe parkrun on Saturday morning to start off a cool weekend!

Further details to come: <https://eventor.orienteering.asn.au/Events/Show/24545>

WHO WILL BE CROWNED 2026 ORIENTEER OF THE YEAR?



Photo: Ryan Gray winning 2025 Orienteer of the Year

Who will be crowned the 2026 Orienteer of the Year?

...Best Male / Female / Junior / Senior / Veteran / SuperVet / Moderate / Easy / Very Easy / Most Improved = 16 awards + 3 trophies + Overall Orienteer of the Year...

In the OY competition, results are weighted for age, sex, course length and difficulty, [using a handicap system](#). Members' best 5 results are counted. In 2026:

- 228 OQ members scored points
- age range was 4 years to 85 years (average age 37)
- 3 people attended all 12 event

In the last 4 OYs, the coveted top place (200 points) went to 4 different people:

	OY9 Karawatha	OY10 Prout Rd	OY11 Wilsonton	OY12 Leyburn
200 points	Luca Schulz	Anna Sheldon	Alex Vanzella	Meredith Gray
2nd	Hannah Giese	Ben Schulz	Will Barnes	Ben Schulz
3rd	Meredith Gray	Alex Edwards	Alex Edwards	Brenton Gray

The scores from this last weekend have had many people in the top 10 change positions.

Winners in each category will be announced at the **OQ Club Relays & Awards** celebration at Foxbar Falls. In the meantime, can you guess...

- Who will top Junior Boys and Girls?
- Does Ben or Luca end up higher on the ladder in the Schulz household?
- Who has had the highest improvement on their best score from the last five years?
- Just how super are the SuperVets this year?

Can't wait to find out at Foxbar Falls!

MTBO STANDINGS AFTER QLD CHAMPS



The standings in the MTBO competition after the QLD Champs [are here](#).

QLD MTBOers who are doing very well are:

First position: M14 Isaac Adams; M40 John Adams; M50 Gary Freudigmann; M80 Barry Huntington; W21 Kim Beckinsale; W50 Eva Kovacs; W60 Jan Leverton; W70 Jacquie Rand

Second position: M21 Joel Dodds; M60 Gordon Bossley; M70 David Firman; W40 Jenny Hill; W40 Anne Venema; W50 Claudia Naidoo; W60 Janelle Schafer

Third position: M14 Alex Fowler; M21 Chris Nemeth; M40 Scott Miller; M50 Craig Steffens; M70 Reid Moran; W50 Ulla Heikkila; W60 Kathy Petrie

HELP SHAPE INCLUSIVE SPORT IN QUEENSLAND



The Empower project is the first Queensland Government funded 2032 Games Legacy Project, co-designed with people with disability. We're building a long-term picture of how Queenslanders with disability take part in sport and physical activity – and what gets in the way.

Your experience will help shape funding, policy and program design across the state.

Complete the survey by clicking the following link: <https://bit.ly/EmpowerSurvey2026>

The Empower Legacy Project is proudly supported by the Queensland Government.

HUGO COMPETES IN WORLD CUP ROUND 4 & EOC



The 2026 Orienteering World Cup Round 4 and European Orienteering Championships (EOC) are being run this week in Druskininkai, Lithuania!

Competing for Australia are: **Hugo Taunton-Burnet**, Alvin Craig, Patrick Jaffe and Kylian Wymer
IOF LIVE is also the place for live results, start lists and GPS-tracking. Find [IOF LIVE here](#).

The broadcasts are available on IOF TV with English commentary: <https://tv.orienteering.sport/>

EOC & Orienteering World Cup Final 2026 Programme

- Wednesday, September 23 - **Qualification**

Kylian qualified for A-finals!

Patrick, Hugo and Alvin will compete in C-finals.

Official qualification results: 26 Kylian Wymer 56:11 +6:24; 45 Patrick Jaffe 1:03:22 +13:25; 46 Hugo Taunton Burnet 1:08:46 +18:20; 51 Alvin Craig 1:07:47 +18:00

(A-finals: competitors places 20th or better; B-final: competitors placed 42nd or better; C-final: competitors placed 43rd or lower)

- Thursday, September 24 - **Long distance final**

The Petroškai–Klepočiai forest area was shaped by glacial meltwater, creating numerous large and small hills and depressions, with peat bogs in the low-lying areas. In some places, slopes reach up to 30 meters in height!

Congratulations to Patrick who finished 7th and to Hugo who finished in 16th place in their final.

Official results: A-finals: 1 Kasper Harlem Fosser (NOR) 1:34:03; 2 Fabian Aebersold (SUI) 1:35:12 +1:09; 3 Viktor Svensk (SWE) 1:35:23 +1:20; 53 Kylian Wymer 1:56:35 +22:32

C-finals: 7 Patrick Jaffe 1:46:30 +9:03; 16 Hugo Taunton Burnet 2:05:05 +27:38, 24 Alvin Craig 2:17:31 +40:04

- Saturday, September 26 - **Middle distance final**

A-finals: 1 Kasper Harlem Fosser (NOR) 32:56; 2 Anton Johansson (SWE) 34:30 +1:34; 3 Fabian Aebersold (SUI) 34:55 +1:59; 73 Kylian Wymer 52:23 +19:27

C-finals: 12 Alvin Craig 53:09 +11:38; 19 Patrick Jaffe 1:01:21 +19:50; 31 Hugo Taunton Burnet 1:22:48 +41:17. Alvin was in 3rd spot midrace and Hugo was holding 6th place until an error.

- Sunday, September 27 - **Relay**

Live results can be found here: <https://eoc2026.it/>



GOLD COAST SCHOOL HOLIDAY SCORE SERIES - BRING THE FAMILY



Bring the Kids Along for a Family Adventure!

Looking for a fun, active way to spend an afternoon outdoors during the school holidays?

Join our MapRun Parks Orienteering Series, where children and adults can explore, discover, and enjoy a great family adventure together!

- Saturday 3 October – [Botanical Gardens, Benowa](#)

Whether you choose to walk, jog, or run, you'll use a simple map to find checkpoints around the park. It's like a treasure hunt for all ages!

Why Families Love Orienteering

- No experience or compass required.
- A fun way for kids to build confidence, problem-solving skills, and outdoor awareness.
- Suitable for all ages and fitness levels.
- Most routes are wheelchair and stroller friendly.
- Participate on your own or as a family group.
- Children aged 14 and under must be accompanied by an adult.
- Friendly volunteers will provide all the help and instructions you need.

Start Time: From 3:30 pm. Take your time to study the map and choose a route that suits your family. Prefer a flexible option? You can also complete the course any time using the map on your phone.

Come along, enjoy the fresh air, and share an afternoon of exploration, fun, and adventure with the whole family. We look forward to seeing you there!





This week's Mid-Week Orienteering event will be on Thursday 1 October at Downey Park.
This will be a park and street event with flags

Starts between 10:00am and 10:30am

Start Location: McCook Park on corner of Finsbury and Edmonstone Streets

Courses: Long 4.3kms, Medium 3.7, Short 2.3. Short and Medium courses are flat.

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/24502>

Pre-entry closes at 11pm on Wednesday prior.

All welcome!

EOIs OPEN FOR TWO MTBO DEVELOPMENT OPPORTUNITIES



Orienteering Australia is seeking Expressions of Interest (EOIs) for two projects to support the growth and development of Mountain Bike Orienteering (MTBO).

The first project will develop **learning materials for MTBO Coaching Accreditation**, helping build the resources and pathways needed to support coaches.

The second will develop a **'Bike-O' product**, creating an accessible and engaging way for people to experience and learn MTBO.

EOIs are now open. Visit the [OA Opportunities](#) page for project details, requirements and how to apply.

GROWING STRONG: UNDERSTANDING SPORTS INJURIES IN YOUNG ATHLETES

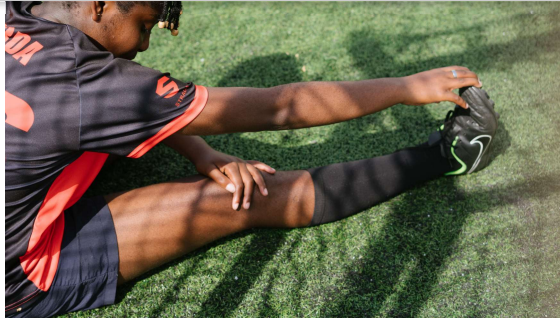


Photo: [RF. .studio](#)

As orienteers, we know that sport offers enormous benefits for young people, from improved fitness and confidence to problem-solving skills and resilience. But a recent review published in *Frontiers in Physiology* reminds us that children and teenagers are not simply "small adults" when it comes to training and injury risk.

The authors explain that during adolescence, bones, muscles and tendons grow at different rates. Growth plates are still developing, hormones are changing, and rapid growth spurts can temporarily make young athletes more vulnerable to injury. This helps explain why overuse injuries are common in active children, particularly during periods of fast growth.

The review found that injury risk is influenced not only by how much training a young athlete does, but also by factors such as biological maturity, nutrition, recovery, psychological wellbeing and early sport specialisation. Young athletes who focus on a single sport too early may face a higher risk of overuse injuries than those who participate in a variety of activities.

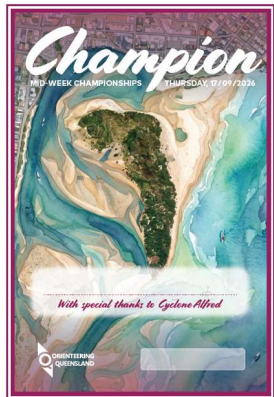
For coaches and parents, the message is reassuringly practical. The most effective prevention strategies include sensible progression of training loads, good communication between athletes, parents and coaches, and regular neuromuscular exercises that improve strength, balance and movement skills.

These findings are particularly relevant to orienteering, where running, terrain, navigation and decision-making place unique demands on young participants. By recognising the challenges of growth and

This article is summarised from a paper by Lingchao Li and colleagues which was published in ,
Frontiers in Physiology. You can read the [full article here](#).

LAST WEEK'S NEWS ARTICLES BELOW

MIDWEEK CHAMPS REPORT



The MidWeek Orienteering Championships was held last Thursday.

It was delightful running weather and featured a brand-new sand-dune map between Caloundra and Bribie Island thanks to Geoff Peck.

Access to the sand dunes was created by the last cyclone so who knows how long it will survive.

The courses, set by Geoff, were challenging – map run with no flags – a good test of navigation.

This was our Thursday Annual Championship.

Chris and Robin's son, Nicholas designed the Certificates (see above).

Thanks for everyone's help on the day.

Robin

FABULOUS QLD MTBO CHAMPS ON THE SUNSHINE COAST



The 2026 QLD MTBO Champs comprised three events over two days on the Sunshine Coast.

It was a fantastic morning for the first event, the Qld MTBO Champs Sprint event at Sunshine Beach High School. Competitors had to stay sharp testing their map reading skills around the school buildings & surrounding ovals & tracks.

Results can be [found here](#).

This was followed by lots of smiles at the Qld MTBO Champs Middle Distance event at Ferny Forest trails at Mooloolah, Landsborough in the afternoon! Well done to all the competitors .

Results can be [found here](#).

The following day was the Long Distance Championships at East Beerburrum State Forest.

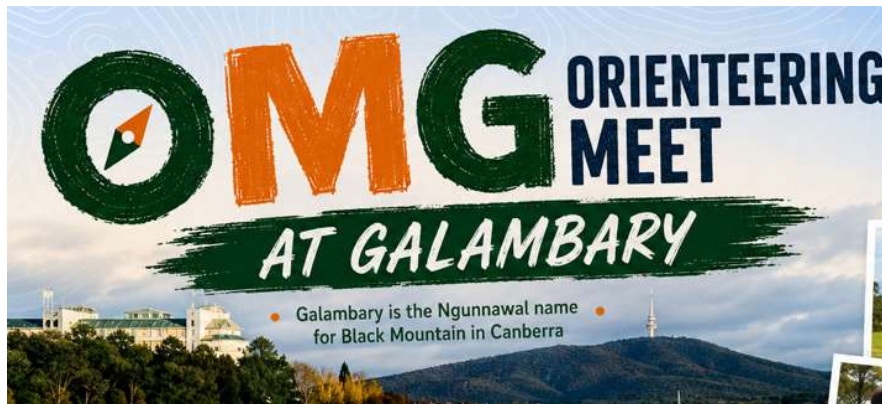
Winners are grinners! Results can be [found here](#).

You can watch [Alon Gudes' ride report](#) after today's long distance MTBO. Alon came up from Sydney to compete over the weekend.

Also, of course a big thank you to the volunteers who put in so many hours to make this event happen. Especially the amazing committee and volunteers from the [Sunshine Orienteers](#) and Orienteering Qld.



ALL WELCOME: OMG OCEANIA SPEAKERS PROGRAM



Sessions are open to **all orienteers** — come along to one or join them all and add something extra to your Oceania Carnival experience.

Sun 27 Sep: Minimising Mistakes in Orienteering — Dr Marina Ishakova

Mon 28 Sep: Youth Sprint Relay 2027 — Steve Craig

Tue 29 Sep: Nutrition Essentials for Young Adults — Dr Michelle Minehan

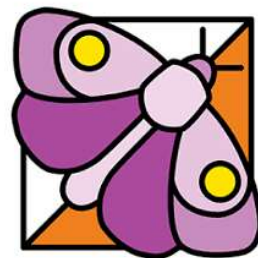
Wed 30 Sep: Injury Prevention for Orienteers — Cathy Hogg

Fri 2 Oct: Chatting with Champions — Aston Key, Cooper Horley & Zefa Fa'avae

OMG is the 2027 version of the **ASOC Independent Competitor Development** program, bringing more than 70 Independent Competitors together for coaching, activities and fun. The program supports the goal of growing ASOC to **300 competitors by 2030** — and everyone is welcome to be part of it. All talks will be in the Uniting Church Hall in O'Connor except for Friday 2 October at The Verandah, Alivio Tourist Park. Entry via a donation to the 300 by 2030 project.

Find more information on the [Orienteering Australia website](#).

OCEANIA CHAMPS NEWS & AUS TEAM ANNOUNCEMENT



OCEANIA
ORIENTEERING
CHAMPIONSHIPS
2026 26 SEP–04 OCT
NGUNNAWAL COUNTRY

Championships and Australian Schools Orienteering Championships in and around Canberra over the next two weeks. May you be fleet of foot and clear of mind.

The **Australian Team for the ANZ Challenge** at the upcoming **Oceania Championships** has been announced.

Congratulations to the 108 Australian athletes selected to contest the ANZ Challenge as part of the Oceania Championships in the ACT from 26 September to 4 October 2026.

Three athletes have been selected for each class for each contestable event – Individual events of Sprint, Middle and Long Distance, and the teams Relay.

The full Australian team can be [found here](#).

Congratulations to QLDer's **Aidan Tomlins** for his selection in the M16 Middle, Relay and Long Distance Teams; **Ben Schutz** for his selection in the M45A Long Distance Team and to **Meredith Gray** for her selection in the W50 Middle, Relay and Long Distance Teams.

Many thanks to the selection team of Bruce Arthur, Natasha Key, Grant Bluett and Fredrik Johansson who have spent many hours since entries closed analyzing past performances and deliberating in order to select as strong a team as possible for the ANZ Challenge and AUS-NZL Elite Test Series.

[Oceania 2026 Bulletin 2 is available here.](#)

[Start times are available on Eventor.](#)

Pre-Carnival Registration: Information Services will be open on Friday 25 September, 5–7 pm at the Aranda Scout Hall (address: 3 Kubura Place, Aranda). Competitors can collect their chest numbers, pre-purchased Oceania 2026 shirts and hired SI sticks, and purchase a snag (sausage) or two for dinner! Southwell Scout Group Scouts and Venturers are fundraising to attend Jamborees in 2027. They will be running a Bunnings style BBQ with a limited range of soft drinks for sale.

Enter on the Day: Hard, Moderate, Easy and Very Easy courses will be available at each event except at the Oceania Relay Championships. Those wanting to enter on the day should visit Information Services to register and pay.

ACT & NSW MTBO CHAMPIONSHIPS 2026



Welcome to the **ACT & NSW MTBO Champs 2026, 17-18th October in Mogo.**

There are **only 23 days left** until this thrilling inaugural joint event, hosted by two states and located in a charming tourist town Mogo on the South Coast, just a quick two-hour picturesque scenic drive from Canberra.

The ACT & NSW team of Mapper, Course Setters, Course Controllers, MeshO experts, Champ Organisers from both States worked very hard behind the stage to bring this thrilling event to you! Great Courses are ready, trails are freshly maintained and Mogo is calling!

[Bulletin 2](#) now is published.

Entries close 11th Oct, don't miss this unique MTBO adventure in Mogo

Middle Champ: <https://eventor.orienteering.asn.au/Events/Show/23592>

Sprint Champ: <https://eventor.orienteering.asn.au/Events/Show/23593>

Long Champ: <https://eventor.orienteering.asn.au/Events/Show/23594>

Remember to Enter the **Presentations Dinner** on Eventor, Entries close 9th October

It will take place at relaxed and rustic local Restaurant Smokey Dan's in Tomakin on Sat 17th

Share with your FB network: <https://www.facebook.com/events/2027238034885029> , Bring your adventurous Friends and Family along

We will have a Come & Try MTBO tent with MTBO Coaches - so all beginners can attempt their first ever MTBO Course!

SMART SENSORS COULD HELP ORIENTEERS STAY INJURY-FREE



Injuries caused by over-training are an all-too-common problem in sport. As highlighted in an article from *The Conversation*, even elite athletes preparing for major events such as the Commonwealth Games have seen years of preparation disrupted by training-related injuries.

The article explores how wearable sensor technology may help athletes train more effectively while reducing the risk of injury. Small wireless sensors, attached to the body or built into clothing, can measure movement patterns such as acceleration, rotation, speed, distance travelled and the number of repetitions performed during training. By analysing this data, coaches and athletes can gain a clearer picture of training load and physical stress.

ways. Researchers at Griffith University have been investigating how movement data can be combined with biometric information to identify when an athlete is approaching levels of effort where injury becomes more likely.

For orienteers, the potential benefits are obvious. Running over uneven terrain places significant demands on ankles, knees and lower legs. Monitoring workload and movement efficiency could help identify fatigue before it leads to injury, allowing training to be adjusted accordingly.

While wearable technology is not a magic solution, it offers a promising tool for balancing performance improvements with injury prevention. The message for athletes remains simple: consistent, well-managed training is far more effective than last-minute bursts of excessive effort.

This article is a summary of an article by David Thiel, Professor of Engineering & Deputy Head of School (Research), Griffith University, 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?

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

**QLD MTBO Events 2026**

Date	Major Events 2026
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)

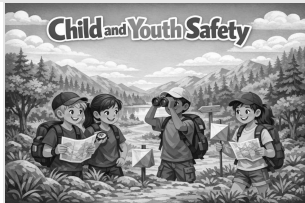
membership@oq.asn.au (Liz Ferguson)

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.

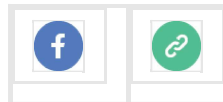


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Orienteering Queensland is committed to [Child Safety](#) and to implementing the National Child Safety Standards.



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



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