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UPCOMING EVENTS

For a full listing of upcoming events and all their details, please go to the Event Calendar.

2027 MEMBERSHIPS OPEN NOW



2027 memberships are now open, valid through to 31 Dec 2027.

- We have held prices steady for 2 years, however increased costs and OA registration fees mean we have had to increase the full membership fee for 2027 from $50 to $60 and the junior fee from $10 to $12.
- The Rural & Remote discount will no longer be available as it is no longer supported by Orienteering Australia. OQ pays full state registration fees for all adult members, irrespective of

- Despite the above changes, orienteering remains one of the most affordable family sports in Queensland!

Information & New Members: https://oq.orienteering.asn.au/membership

Renewal: (1) Log in to Eventor; (2) select My pages, My memberships, (3) select "Renew" next to your 2026 club membership.

- If you have family members, use the “Add/renew membership of another person” option to include them as well before making payment.

Any problems, contact the Membership Officer

Membership fees for 2027:
Member 21 yrs+: $60
Member 20 yrs & under: $12
50% student discount 21-24 yrs: $30

JUNIORS - USE YOUR $200 PLAY ON! VOUCHER FOR MEMBERSHIP + EVENTS 2027

You can use your **$200 Qld Government** PLAY ON! Sports Voucher for one of the 2027 Membership Packages below.
Vouchers are open to all Queensland juniors aged 5-17.

QLD MEMBERSHIP + EVENTS PACKAGES 2027





2027 Packages are open to ALL JUNIORS born 2007 or later.

- *If you have a Play On! voucher, you can redeem it by emailing the relevant Treasurer*
- *If you don't have a voucher (too young, too old, already used it, etc), you can still purchase a package for $200 by emailing the Treasurer and requesting an invoice.*

OQ Membership Package - $200

- OQ Junior Membership + Membership of your choice of Qld club
- entry to all 12 OY events, including Qld Champs
- entry to Regional All Schools events (incorporating selection trials for the Regional Schools Teams)
- entry to Queensland Schools Orienteering Championships
- $50 credit toward training camps

Email - treasurer@oq.asn.au

Enoggeroos Membership Package - $200

- OQ Junior Membership + Membership of Enoggeroos club
- entry to all Enoggeroos club events
- entry to 1 OY event
- entry to Brisbane All Schools Orienteering (incorporating selection trials for the Brisbane Schools Team)
- entry to Queensland Schools Orienteering Championships

Email – membership@enoggeroos.com.au

Great value!

WHAT'S YOUR EXPERIENCE OF ORIENTEERING?



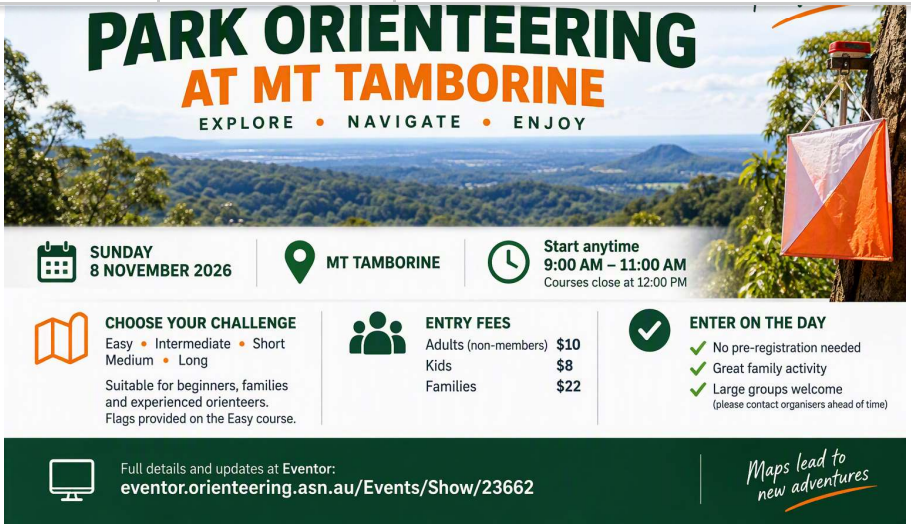


Your voice matters! Share your orienteering experience in a few minutes.
We're working with the Australian Sports Commission to better understand your experience in orienteering.
Responses are anonymous and will help improve the quality of our sport for participants, coaches and officials.
Survey closes 18 November 2026.

We would like every orienteering member to submit a survey response, including parents/carers completing it with their children.

COMPLETE SURVEY:
https://sportaus.syd1.qualtrics.com/jfe/form/SV_bCxKWycy6PGA3sO
The second image above is a snapshot of orienteering's February score vs other sports (see all Research Reports).

PARK ORIENTEERING - MT TAMBORINE



Join Paradise Lost Orienteers for **Park Orienteering at Mt Tambourine** on Sunday, 8 November!

Whether you're testing your skills on the Medium and Long courses or keeping it cruisy on the Easy course (complete with flags), it's a brilliant way to spend a morning out.

- **Time:** Start between 9:00 AM and 11:00 AM (courses close at 12:00 PM)
- **Cost:** Non-member adults $10, kids $8, families $22
- **Entry:** Enter on the day (no pre-registration needed, though large groups should contact the organisers ahead of time)

Check out Eventor for full details and updates.

SUNSHINE ORIENTEERS SUMMER NIGHT NAV SERIES



Ready for an adventure after dark?

Join Sunshine Orienteers for seven weeks of fast, fun and family-friendly night navigation this summer. Whether you're a seasoned orienteer, a keen runner, mountain biker, or a beginner looking for something different, Night Nav offers the perfect combination of exercise, strategy and excitement.

Using the MapRun app, navigate your way through parks, streets and pathways under the stars. Choose your pace, test your decision-making skills, and enjoy a different map each week across the Sunshine Coast.

Courses: 40 & 60 minutes
Registration from: 5:50pm
Starts from: 6:00pm
Members: $6 | **Casuals:** $10

Date	Location
Tuesday 3 November	Brightwater
Tuesday 10 November	Old Tewantin

Tuesday 24 November	Nambour
Tuesday 1 December	Heritage Park
Tuesday 8 December	Baringa
Tuesday 15 December	Christmas Special

Don't miss our Christmas Special Finale on 15 December!

Enter via Eventor or contact Sunshine Orienteers for more information. Bring your sense of adventure and discover why Night Nav is one of the most enjoyable ways to spend a summer evening.

SOUTHSIDE NIGHT NAV IS BACK ON THURSDAY EVENINGS



Looking for a fun way to keep your orienteering going through summer?

Southside Night Nav is back, with a fantastic series of Thursday evening events across Brisbane!

Walk, jog, or run—the choice is entirely yours!

12 Nov – Carina Heights
19 Nov – Mansfield
26 Nov – Wishart
3 Dec – Sunnybank
10 Dec – Algester
17 Dec – Eight Mile Plains
+ 4 more events in January 2027

Whether you're chasing a fast-paced navigation challenge or simply looking for an enjoyable outdoor adventure, Night Nav is the perfect excuse to grab a map and get moving this summer.

Thursdays | Starts 5:30–6:50 pm | 40-Minute Score Events

Bring your friends, test your navigation skills, and make Thursday night your adventure night!

LIGHT UP YOUR TUESDAY NIGHTS WITH ENOGGEROOS NIGHT NAV



Looking for a fun way to keep your orienteering going through summer?
Enoggeroos Night Nav is back, with a fantastic series of Tuesday evening events across Brisbane!

Starting at **5:45 pm**, each event is a **40-minute score course**, giving you the freedom to choose your own route and collect as many controls as you can.
Walk, jog or run. The choice is yours!

3 Nov – Everton Hills
10 Nov – Downey Park
17 Nov – Ferny Hills
24 Nov – Wooloowin
1 Dec – Chermside South
8 Dec – Bracken Ridge
15 Dec – Keperra

12 Jan – Nundah

19 Jan – Alderley

26 Jan – Ashgrove East

Whether you're chasing a fast-paced navigation challenge or simply looking for an enjoyable evening adventure, Night Nav is a great excuse to grab a map and get moving.

Tuesdays | 5:45 pm | 40-minute score events

Find out more at enoggeroos.com.au/nightnav/

Bring your navigation skills and make Tuesday night adventure night!

QLD WINS NATIONAL MTBO TEAMS SERIES

2026 State Teams: Summary - Masters State Team Ranking

	Total Points	Combined M/W Rank	After R3 NSW	Masters Men		Masters Women	
				Points	Rank	Points	Rank
QLD Storm	**469**	*1st*	*1*	**296**	*1*	**173**	**2**
VIC Cranks	**438**	*2nd*	**2**	**256**	**2**	**182**	**1**
NSW Stingers	**332**	*3rd*	*3*	**253**	*3*	79	4
ACT Cockatoos	197	*4th*	*4*	113	4	**84**	**3**
TAS Foresters	75	*5th*	*5*	31	*5*	44	6
SA Arrows	64	*6th*	*6*	14	7	50	5
WA Nomads	25	*7th*	*7*	25	6	0	—

Congratulations to the QLD Storm MTBO Team!
They have taken out the Combined Men's & Women's Teams Competition for the 2026 National MTBO Teams Series.
The Men's Team also took out first place and the Women's Team came second!
In the individual competition, QLD'ers also performed well. Craig Steffens took out first place in the M50 age class. Congratulations Craig!

It is a national competition series for individuals and state teams. Series points can be earned at the various state MTBO championships. Riders can not only earn points as an individual but also accrue points for their State team. A riders result will be determined by their best 9 individual stage scores. Points are calculated from the event results.
The 2026 National Series Standings can be viewed here.

At the Australian Mountain Bike Orienteering Championships, riders can earn points for their state team.
The two fastest state rider's times, in each class are summed to determine the team placing. If there is only one rider then that state is ranked based on that result alone – below those with two riders. After each event, points from each of the classes will be summed to give the National MTBO Series Team Scores. The scoring is simply… 1st Place = 9 Points, 2nd = 7, 3rd = 5, 4th = 4, 5th = 3, 6th = 2, 7th = 1.
The 2026 Teams Results can be viewed here.

OA WORKSHOP #1 - EVENTS

Orienteering Australia is facilitating a series of workshops based on the orienteering strategic pillars.

Workshop #1 - Events
Monday 16th November 2026 - 7:30pm EADT
Join Zoom Meeting
https://us06web.zoom.us/j/87471023552?pwd=KkWbqKhRIrbAnnbxfqRnebiIjRxKEL.1

All interested orienteers are welcome to participate in the workshop. Should any voting be required, each State/Territory will be asked to nominate one voting participant.
Full agendas and workshop resources will be added here during the week before the workshop.

RESEARCH STUDY - FOOD USE IN ENDURANCE ATHLETES



We are seeking participants for my first PhD study - Understanding sports food use among endurance athletes in Australia and Aotearoa New Zealand.
If you are either

endurance athletes,

please read the flyer in this link to learn more about what is required.
You are welcome to share this information with anyone you know who may be interested.

PHYSICAL LITERACY: A KEY TO BETTER ORIENTEERING



As orienteers, we often think about fitness, navigation and race results, but the concept of physical literacy reminds us that successful participation in our sport is about much more than that. According to the Australian Physical Literacy Framework, physical literacy is the combination of skills, knowledge,

Orienteering is an excellent example of physical literacy in action. Every event challenges the four domains identified in the framework: physical, psychological, social and cognitive. We use physical skills to run, climb and negotiate terrain; cognitive skills to read maps and make route choices; psychological skills to manage confidence and resilience when things go wrong; and social skills through club activities, coaching and shared experiences.

This article published in Clearinghouse for Sport highlights that physical literacy is not a linear journey. People develop at different rates and continue learning throughout life. That is encouraging news for anyone who has taken up orienteering later in life or is helping newcomers into the sport. Every training session, bushwalk, sprint event or park orienteering outing contributes to building physical literacy. Research summarised by the Australian Sports Commission shows that higher levels of physical literacy are linked to greater participation in physical activity, improved health, stronger social connections and increased confidence. Sport also helps people transfer skills and knowledge into new environments and challenges.

For orienteering clubs, the message is clear: creating welcoming, enjoyable and varied experiences is just as important as producing fast runners. By helping members develop confidence, competence and a lifelong love of movement, we are building not only better orienteers but healthier and more active communities. Read the full article here.

LAST WEEK'S NEWS ARTICLES BELOW

TIM McINTYRE'S PODCAST PROMOTION - TRAIL TAILS



Ugly Gully's Tim McIntyre has been promoting Orienteering & Rogaining to the trail running community on the podcast "Trail Tales with Tara and Bryce"

Listen: https://creators.spotify.com/pod/profile/trail-tales-tara-bryce

"Tim takes us to a whole new level of adventure in the trail running sphere by adding the ideas of orienteering and Rogaining. Finding you way with just a compass and map and doing it with other people relying on you. Intelligence, cooperation and stamina all mixed together. We have a really interesting conversation and Tim has us both keen to give it a go sometime soon."

2027 QUT SPORTS SCHOLARSHIPS OPEN NOW

QUT SPORT

QUT offers a range of sport scholarships valued from $5,000 to $10,000 to help high performing athletes balance their sporting commitments with university study. Available to both new and continuing QUT students, these scholarships support talented athletes across a wide range of sports - from emerging athletes competing at state level to elite athletes representing at national and international levels. Sport scholarships on offer include:

- QUT x AIS Scholarship
- QUT x QAS Scholarship
- QUT Elite Sport Scholarship
- QUT Rising Sports Scholarship (*including esport*)

Scholarship benefits include:

- Priority access into the Elite Sport Program
- Full access to QUT's gym and aquatic facilities
- Access to allied health services including sports psychology and nutrition
- Personal and professional development opportunities
- Further financial support for travel, accommodation, and competition costs

For further details, eligibility criteria, and steps to apply please visit our Scholarships website, or contact the Elite Sport Team, elitesport@qut.edu.au

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ENTRIES OPEN FOR AUS 3-DAYS 2027



Four days of racing, including the Prologue Sprint, inaugural Easter Youth Relay, two Middle Distance events and a Long!

Bulletin 1 is also available, with event information to help you start planning your Easter.

Goulburn, NSW 26–29 March 2027

Enter now and download Bulletin 1: https://eventor.orienteering.asn.au/Events/Show/24062

Check out the website: https://aus3days2027.orienteering.asn.au

See you in Goulburn!

NATIONAL MTBO TEAM MANAGER POSITION

Orienteering Australia is seeking a Team Manager for the World MTB Orienteering Championships 2026, which will be held in Latvia from 10 to 16 June 2027.

Further details of the event can be found at the IOF Eventor page. eventor.orienteering.org

The Team Manager will have their travel costs covered by OA for the trip and it's expected that the team will convene about a week before the championships for final training and preparation.

The Role Description can be downloaded and viewed here.

As Orienteering Australia is committed to protecting children from harm, applicants will be required to undergo a screening process prior to appointment.

If you are interested in the position or want more information on how to apply or the specifics of the role, please contact
Manager, MTBO Development, Craig Steffens (craig.s@orienteering.asn.au)

2027 NZ MTBO CARNIVAL - HAVE YOUR SAY



Have your say and help shape us plan for the 2027 New Zealand MTBO Carnival!
New Zealand is gearing up for an exciting week of mountain bike orienteering in April 2027, and Australian riders are encouraged to get involved.

The **2027 NZ MTBO Championships** will be held in the Canterbury region over the ANZAC weekend, from **Saturday 24 to Monday 26 April 2027**. The programme includes Mass Start and Sprint races on Saturday, the Long Distance on Sunday, and the Middle Distance on Monday. Additional MTBO events are planned before the championships, providing an opportunity to explore more of New Zealand's fantastic riding and orienteering terrain in the Otago region. - https://www.mtbochamps.nz/2027-champs-christchurch.html

To help with planning and understand what riders would like from a potential travel group, please take a few minutes to complete this short survey. Your feedback will help gauge interest and us shape plans supporting those want to attend.
Have your say here**.**

Whether you're keen to race, enjoy some extra MTBO adventures or make a holiday of it with fellow riders, now is the time to start thinking about joining the fun.
Complete the survey and help make a great trans-Tasman experience!

BUILDING INJURY-PROOF BODIES

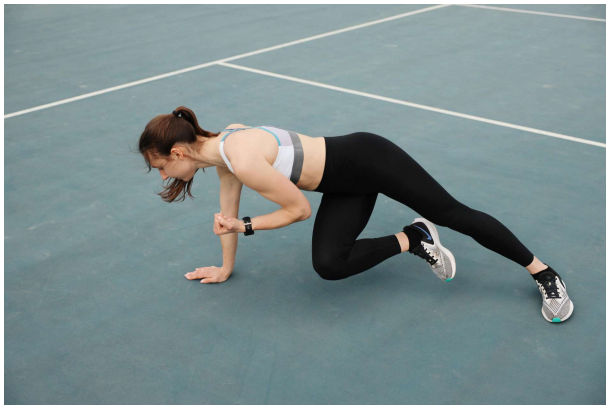


Photo: pexels-maksgelatin-4775205

Whether you are navigating dense forest or sprinting toward the final control, running remains one of our most accessible sports. However, staying consistent on the course means staying healthy. Overuse injuries to the knees, ankles, and lower legs often catch runners off guard—especially when aerobic fitness outpaces structural readiness.

While cardiovascular capacity, mitochondria, and blood flow adapt in just a few short weeks, the underlying framework takes longer to catch up. Muscles take three to four weeks to grow, tendon adaptations require at least 12 weeks of heavy loading, and bone remodelling can take months.

To bridge this gap and keep runners moving strongly, strength training offers a powerful advantage:

- **Targeted Strength:** Heavy, low-rep exercises (5–6 reps) such as calf raises, split squats, squats, and deadlifts fortify key tendons and prime calf muscles to handle multi-bodyweight landing forces.
- **Explosive Power:** Dynamic plyometrics—like pogo hops and single-leg jumps—train muscles and tendons to absorb and spring off tough, uneven ground quickly.

To further protect your stride, avoid sudden spikes in weekly mileage, fuel adequately with protein, carbohydrates, and bone-supporting nutrients, and opt for softer grassy terrain when training between events. By balancing heart, lungs, and muscle, we can all enjoy faster splits and many more seasons on the map!

This article is summarised from an article by Hunter Bennett, Lecturer in Exercise Science, Adelaide 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?

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

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

2027 Date Savers

QLD Foot Events 2027	
Date	**Major Events 2027**
28 Feb	OY1 Sprint + OQ AGM - UQ Gatton
14 Mar	OY2 Long – Rosenthal Ck, Stanthorpe
26-29 Mar	Easter 3 Days - NSW
24 Apr	OY3 **QLD Sprint Champs** – Sheldon College
25 Apr	OY4 Long - Karawatha
26 Apr	Relay – Belmont Hills
1-3 May	Skill Development - Bigges Hill, Wivenhoe
23 May	OY5 Middle – Toohey Forest
6 June	OY6 Long – Samford Forest
19 June	OY7 **QLD Middle Champs** - Maidenwell
20 June	OY8 Long - Blackbutt

24-25 July	QLD Schools Champs - Maryborough
7 Aug	OY9 Middle - Alfred the Great, Caloundra
8 Aug	OY10 Sprint - Caloundra
28 Aug	OY11 **QLD Long Champs** – Stanthorpe
29 Aug	OY12 **QLD Long Champs** – Stanthorpe
2 -19 Oct	Aus Champs + ASOC – South Australia
24 Oct	Club Relays – Crows Nest + Skill Development (23 Oct)

ORIENTEERING QUEENSLAND

QLD MTBO Events 2026	
Date	Major Events 2026

Contact Details

Please use the email addresses below to contact OQ Personnel:

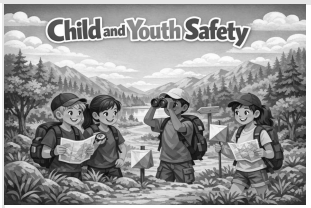
admin@oq.asn.au (Linda Burridge)

membership@oq.asn.au (Liz Ferguson)

treasurer@oq.asn.au (Tony Bryant)

bulletin@oq.asn.au (Linda Burridge)

Last bulletin submissions to be received by 6pm each Tuesday.



Child and Youth Safety

Orienteering Queensland is committed to Child Safety and to implementing the National Child Safety Standards.

Queensland Government

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

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