



O-NEWS
@OrienteeringQld #OrienteeringQld

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UPCOMING EVENTS

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



Entries close tomorrow for OY8 at Marstaellar Road Reserve at Mt Crosby, so get your entries in now!
Sunday 9 August with starts from 9:30am and course close at 12pm
This Middle Distance event organised and run by members of Qld Cyclones.

Parking will be tight, please plan to car pool as much as possible. Please respect neighbouring properties' driveway/access points when parking.

Course, Distance & Climb

Hard 1 - 4.8km - 130m | Hard 2 - 3.8km - 105m | Hard 3 - 2.8km - 85m | Hard 4 - 2.4km - 70m | Hard 5 - 1.6km - 50m | Mod 1 - 2.7km - 100m | Mod 2 - 1.9km - 60m | Easy - 2.0km - 40m | Very Easy - 2.0km - 30m

PRE-ENTRY & pre-payment essential.

Entry deadline: Thursday 6 August

Remember to bring a WHISTLE (compulsory)

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/23213>

Bulletin 1 is here:- [Program](#)

2026 QLD SCHOOLS ORIENTEERING TEAM

Senior Girls

Alexandra Edwards

Shari Gilbert

Grace Jardine

Erin O'Dea

Maggie O'Dea

Gretel Young

Reserve 1: Maya Lhote

Reserve 2: Matilda Cooper

Junior Girls

Hannah Giese

Ava Jeffery

Kirsty Savage

Scarlett Young

Reserve 1: Jocelyn O'Leary

Reserve 2: Bonnie Kent

Reserve 3: Mia Morgan

Senior Boys

Chase Deurloo

Oscar Hetteling

Luke Moore

Aidan Tomlins

Alex Vanzella

Reserve 1: Marcus Hetteling

Reserve 2: Oliver Cameron

Junior Boys

Benjamin Jardine

Luca Schulz

William Spoelder

Ripley Wood

Wellington Wood

Reserve 1: Avery Mead

Reserve 2: Joshua Moore

Congratulations to members of the 2026 Queensland Schools Orienteering Team, selected to compete in the Australian Schools Orienteering Championships, to be held in and around Canberra as part of the [2026 Oceania Championships](#) (25 Sept-4 Oct).

After careful and detailed analysis of the performances in all 10 selection races, and in accordance with the published [selection policy](#), the following **team of 20 athletes** has been chosen (in alphabetical order).

Reserves have also been nominated. If a named team member is unable to take their place in the team, a reserve (not necessarily from the same class) may be called upon to join the travelling team.

Senior Girls	Senior Boys
Alexandra Edwards	Chase Deurloo
Shari Gilbert*	Oscar Hetteling
Grace Jardine	Luke Moore
Erin O'Dea	Aidan Tomlins
Maggie O'Dea	Alex Vanzella
Gretel Young	
Reserve 1: Maya Lhote	Reserve 1: Marcus Hetteling
Reserve 2: Matilda Cooper	Reserve 2: Oliver Cameron
Junior Girls	Junior Boys

Kirsty Savage

Scarlett Young

Reserve 1: Jocelyn O'Leary

Reserve 2: Bonnie Kent

Reserve 3: Mia Morgan

William Spoelder

Ripley Wood

Wellington Wood

Reserve 1: Avery Mead

Reserve 2: Joshua Moore

Orienteering Queensland and its Junior Development Committee congratulate all those who have been selected and wish them well in the upcoming Australian Schools Orienteering Championships.

QLD SCHOOLS CHAMPS WRAP-UP



At fairly short notice, it was decided to move the 2026 QSOC to the Crows Nest/Highfields area to reduce average travel distances due to the petrol crisis.

It was great to see a team of 58 (up from 48 the previous year) from the South West, equalling the number in from the Darling Downs, and also to have 2 visiting students from Hungary participate. The Mass Start on Saturday morning was held on the completely remapped Perseverance Dam map, with thanks to Will Barnes for his great courses. Toowoomba Mayor, Geoff McDonald, not only came to the sprint at Highfields State School/Koojarawon to present the medals, but enjoyed being shown around the Junior Boys course by Darling Downs team captains, Alex and Erin. Many thanks to Ethan Crowe for the sprint courses.

The Long Distance on Sunday morning was held at the beautiful property, 'Jericho', near Crows Nest, with grateful thanks to owner Ian Hotchin and his daughters, Alex and Sarah and to Eric Lovell for his courses.

A huge thank you to everyone who helped in anyway to help the smooth running of the weekend, especially Juliana, Felicity, Richard, Tony and Dylan.

Congratulations to Alex Vanzella and Alex Edwards, who finished their impressive school orienteering careers with a clean sweep of the Senior Boys and Girls events over the weekend. Well done to all

The South West showed their strength, filling the top 3 places in the Champion School competition (see photo 1).

1	Taroom SS
2	Chinchilla Christian College
3	Chinchilla SHS
4	St Joseph's, Stanthorpe
5	Miles SS
6	Fairholme College, Toowoomba

Darling Downs won the Regional Shield (see photo 2), and the Mountains Team won the Cup (see photo 3).

Well done to all winners and participants and congratulations to the 2026 Qld School Team to compete in Canberra in September/October.

Presentation photos are available on the Range Runners Facebook page and at [Presentations Hagaby and Sprint | Rainbow Sport Photography](#) (a huge thank you to Krystle McConville!).

We look forward to holding the carnival in Maryborough in 2027.



EOI FOR FLIGHTS TO CANBERRA - OCEANIA & ASOC



Photo: [Juan Hernández](#)

Flights to Canberra have been prebooked for Oceania and ASOC for the Queensland Schools Team with a number of spare seats available that the OQ public can purchase.

If you are interested, please email Matt Tomlins (mdtomlins@gmail.com or jundevcom@oq.asn.au) for details. Confirmation will be required within the next fortnight.

The flight details are flying with Virgin from Brisbane to Canberra on the 25th September at 0850 and returning from Canberra at 1840 and arriving in Brisbane at 1920 on the 4th October.

BUSH EVENT AT BORDER HILLS, DALCOUTH



All welcome to a traditional bush event at Border Hills, Dalcouth, east of Stanthorpe

Sunday 16 August with starts from 9-11am

Come enjoy the beautiful spring weather in a gorgeous part of the state.

Courses available: Hard 1 , Hard 2 , Hard 3, Moderate 1 , Moderate 2 , Easy , Very Easy

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/24193>



Photo: [Inside Gold Coast](#)

All welcome to a MapRun Score event around **Pimpama Sports Hub**

Sunday 16 August from 9-11am with course closure at 12pm.

This is a MapRun event with flags on the Easy course only.

Start location and courses TBC.

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/23659>

SAVE THE DATE FOR OY9 AT KARAWATHA - NEW MAP



Save the Date for OY9 at Karawatha

Saturday 22 August with starts from 1pm with allocated start times..

This event will be run on a New Map called "Frog's Hollow"!

This will be the QLD Middle Distance Championships.

Remember to bring a WHISTLE (compulsory)

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/23329>

Bulletin 1 will be available shortly.

MIDWEEK ORIENTEERING - NORMAN CREEK



This week's Mid-Week Orienteering event will be on Thursday 6 August at Norman Park.

There will be a park and street event. Terrain is basically flat.

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

Start Location: Off Jackson Street, Coorparoo

Courses: Long 4.8kms 25m climb, Medium 2.9/5, Short 2.4/0, Very Short 1.0/0. Distances are crowd

Please pre enter to guarantee a map.

Pre-enter here: <https://eventor.orienteering.asn.au/Events/Show/24439>

Pre-entry closes at 11pm on Wednesday prior.

All welcome!

MIDWEEK CHAMPS - SAVE THE DATE - NEW MAP



Put this date in your diaries!

The 2026 Mid Week Orienteering Championships is on for Thursday 17 September!

It's a rather special event as it's on "new" terrain ... not in the "not used before" sense, but newly created access to new dunes at the north end of Bribie Island, created by cyclone Alfred.

Also (obviously!) a new map too! It has the ominous name of "Alfred the Great"!

The details will be on Eventor soon.

The setter's plan is to use Maprun and the few distinct "pineapple/pandanus" trees for control sites so no need for flags.

There will be a picnic in Happy Valley Park on Bullcock Beach, Caloundra afterwards.

For those who can't make it to the event, the event will remain "open" on MapRun so you can enjoy it at a different time - a good school holiday activity maybe!.

CONGRATULATIONS TO OQ's NEWEST ACCREDITED CONTROLLER



Well done to Queensland's newest accredited controllers:

- **Mark Crowe**, 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/>).

ORIENTEERING WORLD CUP #3 TEAM SELECTION



Orienteering World Cup continues with [Round 3](#) in Vyšší Brod, Czechia from 5-9 August 2026.

The following athletes will be competing for Australia:

Women: Erika Enderby (NSW), **Mikaela Gray (QLD)**, Justine Hobson (ACT), Milla Key (VIC)

Men: Torren Arthur (VIC), Oscar Brown (ACT), Jensen Key (VIC), Leith Soden (SA), David Stocks (ACT), Kylian Wymer (VIC)

Team Leader: Kieran Woods

varied terrain, scenic valleys and extensive forest areas that make the region an ideal destination for exploring the Czech countryside.

IOF TV will be produced with English commentators. Live results and tracking will be available on [IOF Live pages](#). Follow the coverage and cheer on our Aussie athletes!

ONLINE PURPLE PEN WORKSHOP



ONSW will be conducting an online **Purple Pen workshop** (free for members across Australia) is on Tuesday Aug 18 from 6.30-9.30pm.

This is aimed at people setting courses for summer, and is also a good refresher for anyone out of practice.

Please [enter via Eventor](#) by Fri Aug 14. Windows users only, sorry.

WORLD UNIVERSITY GAMES IN PORTUGAL



Mikaela Gray (Ugly Gully) has been competing as part of the Australian team at the World University Orienteering Championship in Portugal over the past week.

The Championships were held from 28 July-1 August in Vila Real, Portugal, where athletes competed in women's, men's and mixed relay events.

The first event, a mixed Sprint Relay at Arena Campo do Calvário, had athletes racing through the city centre of Vila Real. Congratulations to Zoe, Ethan, David and Justine for a wonderful team race, finishing in 10th position!

Official Results: 10. 1:05:03 (Zoe Carter 16:56 (16); Ethan Penck 15:11 (14); David Stocks 15:35 (13); Justine Hobson 17:21) and Non Comp. 1:07:14 (Milla Key 17:03 (20); Leith Soden 15:59 (23); Torren Arthur 17:24 (25); Nea Shingler 16:48)

The team spent the rest day cooling off in one of Vila Real's favourite local spots with English and NZ friends! The watering hole was in a huge gorge right next to a hydroelectric power museum from which they caught the funicular railway back up the hill.

Photos: Tash Key

IAN JESSUP ON ABC RADIO NATIONAL: WOULD WE LOSE OUR WAY WITHOUT GPS?



Photo: pixabay.com

Today, navigation apps make travel effortless. Simply type in a destination, and a digital voice provides turn-by-turn directions all the way there.

But what happens if your phone battery runs out or GPS technology stops working? Would you still be able to find your way?

Ian Jessup (ONSW), an orienteering enthusiast with 20 years of experience discusses this topic with Associate Professor Oliver Baumann, psychologist at Bond University. Both believe there are significant advantages to occasionally putting away the navigation app and using a traditional map instead.

To listen to this ABC **Radio National's** "Life Matters" program discussing "Turn off your maps app: The case for getting a little bit lost", [please click here](#).

MIND FIRST, LEGS SECOND



Photo: [Daniel Reche](#)

Most orienteers know the value of a physical warm-up before a race, but new research suggests we may also benefit from warming up our brains. A study from the University of Birmingham found that runners who combined a short mental warm-up with their usual physical preparation improved their mile times by an impressive 2-3%.

The study involved recreational runners completing one-mile time trials after different warm-up routines. Everyone performed the same physical warm-up, but in two of the trials they also spent a few minutes on cognitive exercises before heading out to run. The runners who included the mental component produced faster performances and experienced lower heart rates during their efforts.

Why might this matter to orienteers? Our sport is as much about decision-making as it is about running. Before the start whistle, we are already planning routes, interpreting terrain, and focusing on

The article suggests that effective warm-ups are not just about preparing muscles and joints. They also help prepare the mind for the task ahead. For orienteers, this might mean spending a few minutes before a race reviewing map symbols, visualising navigation strategies, completing a simple concentration exercise, or mentally rehearsing a clean first leg.

So next time you're jogging to the start, remember: warming up your brain could be just as important as warming up your legs. A sharper mind may be the simplest performance boost available.

This article is a summary of an article by Alex Hutchinson which was published in Outside Online. You can read the [full article here](#).

LAST WEEK'S NEWS ARTICLES BELOW

SLOW FAREWELL TO STREET DIRECTORIES: MAP BOOK vs GPS

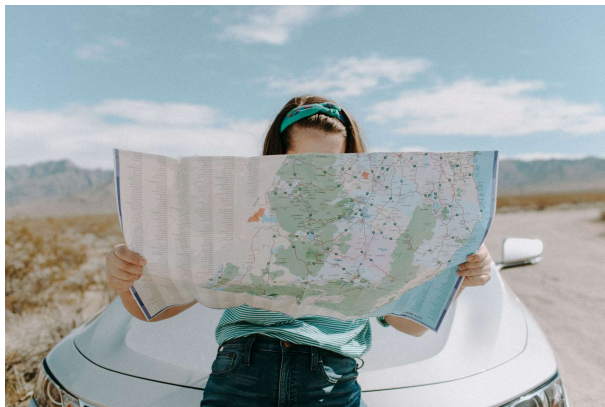


Photo by [Leah Newhouse](#)

For many orienteers, maps are more than navigation tools—they are part of our sporting DNA. An ABC News article recently highlighted the gradual decline of Australia's iconic street directories, such as UBD Gregory's and Refidex, as digital navigation continues to dominate everyday travel.

Publisher Hardie Grant reports that sales of street directories have fallen to less than 20 per cent of their peak, when more than 250,000 copies were sold annually in the 1970s and 1980s. As a result, the books will no longer receive annual updates. While they will remain available for now, the era of large teams of cartographers painstakingly revising maps each year is coming to an end. In fact, the workforce has shrunk from as many as 40 cartographers to just two.

The article also raises an issue familiar to many orienteers: over-reliance on GPS. Researchers

spatial skills that map users regularly exercise.

Interestingly, printed maps remain valuable. Emergency services continue to rely on them as a backup when technology fails, while old directories provide historical records of roads, businesses and land use.

For the orienteering community, the story is a timely reminder of the enduring value of map-reading skills. While GPS is undeniably convenient, there is still something satisfying—and often more engaging—about navigating with a map, compass and our own judgement. Some traditional skills, it seems, are worth preserving.

This article was summarised from an article written by Gemma Sapwell and was published in ABC News. You can find the [original 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](#)

2026 Date Savers



QLD Foot Events 2026

Date	Major Events 2026
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
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:

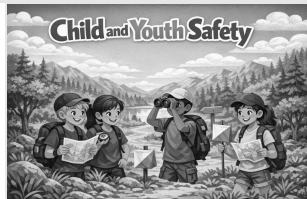
admin@oq.asn.au (Linda Burrridge)

membership@oq.asn.au (Liz Ferguson)

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website@oq.asn.au (Rob Crosato)

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



Child and Youth Safety.

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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