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**O-NEWS**  
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**UPCOMING EVENTS**

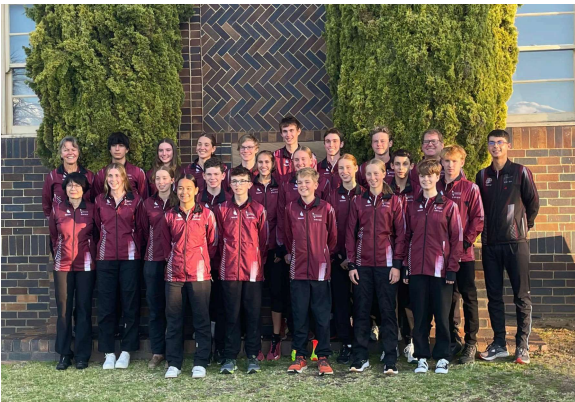
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- Sun 10 May - [Map Run Parks - Norman Park](#)
- Sun 10 May - [Townsville MapRun Cross-Country](#)
- Tues 12 May - [Night Nav - Cooroy](#)
- Tues 12 May - [Night Nav - Term 2 - Event #3 - MISTY MORN KENMORE](#)
- Thurs 14 May - [Haig Street Quarry MWO](#)
- Sat 16 May - [EN Learn to Orienteer Term 2 Series - Victoria Park tbc](#)
- Sun 17 May - [Map Run Parks - Biambi Yumba Park, FIG TREE POCKET](#)
- Sun 17 May - [Bush Orienteering at Nerang National Park](#)
- Sun 17 May - [Charlies Paddock, 11km north of Dalveen](#)
- Tues 19 May - [Night Nav - Term 2 - Event #4 - RAINWORTH](#)
- Tues 19 May - [Night Nav - Bok Beach](#)
- Thurs 21 May - [Blunder Creek, Bush, Doolandella](#)

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

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## 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.

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## MAPRUN PARKS GOLD COAST - COOMERA SPORTS PARK

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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!

Most routes are wheelchair and stroller friendly.

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/23602>

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## BRISBANE FOREST SERIES - GREY GUMS, MT COOT-THA



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

Sunday 24 May at Grey Gums, Mt Coot-Tha

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

Meeting Point: Grey Gums Picnic Area, Mt Coot-Tha

Courses for everyone, from beginner to experienced.

Only \$5 entry fee for individuals or \$12 for the whole family.

Enter on the day is available.

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/22373>

## QLD CHAMPS REPORT



It was a full weekend of competition across four events for the 2026 Queensland Championships.

- Saturday 2 May PM: QLD Sprint Champs — Pine Rivers SHS
- Sunday 3 May AM: QLD Long Champs Day 1 — “The Bowlings' Backyard” (Samford Conservation Park)
- 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)

QLD Sprint Champs Results:

Elite Winners: W20A Cassy Reinbott, W21A Caroline Pigerre, M20A Alex Vanzella, M21A Blake Reinbott

Closest result: W16A Shari Gilbert just held off Maggie O'Dea by 13 seconds

Full [results here](#).

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### QLD Long Distance Champs Day 1 Results:

Elite Winners: W20A Grace Jardine, W21A Caroline Pigerre, M20A Alex Vanzella, M21A William Barnes

Most competitors per age group: M45A: 13 orienteers

Closest result: M55A: Tim McIntyre just held off Dave Edwards by 38 seconds

Full [results here](#).

### QLD Long Distance Champs Day 2 Results:

Elite Winners: W20A Grace Jardine, W21A Caroline Pigerre, M20A Alex Vanzella, M21A William Barnes

Closest age group margin: M55A with only 21 minutes separating all 8 runners.

Closest result: M55A: Tim McIntyre just held off Lance Read by 32 seconds

Full [results here](#).

Overall [results here](#).

Congratulations to William Barnes (RROC) for winning the James Sheldon Memorial Trophy for winning the Men's 21 Elite class and to Caroline Pigerre for winning the Women's 21 Elite class trophy (both pictured with their trophies at the bottom of the article).

The prestigious Perseverance Cup had many contenders vying for the honour of getting the most value for their money over the weekend. The final hour going to Alex Crowe with Chase Deurloo close on his tail, with only 5 minutes difference separating them.



A huge thank you to the Enoggerroos Club for putting on a wonderful long weekend of competition. A

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the Long Distance Events at 3am in the morning, having finished putting the first lot of controls out at 11:30pm. Dylan and Tony were also controllers for both Long Distance events and Dylan organised the Trail-O event on the Sunday. Thank you both for your dedication and commitment.

A special presentation was made to long time Enoggeroo member Jim Bowling recognising his many years of involvement in orienteering at both the competitive and organisational level. The Long Distance Map was named in Jim's honour as Samford Forest is the "Bowling's Backyard". Well done Jim!



## LEVEL 1 FOOT-O CONTROLLER WORKSHOP



OQ is holding a Level 1 FootO Controller Workshop on the **evening of Wednesday 13 May**. This workshop will be run **online** so regional and remote members can access this training opportunity.

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.

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(<https://orienteering.asn.au/get-involved/be-a-controller/>). If you have any questions, please email Dylan: [technical@oq.asn.au](mailto:technical@oq.asn.au).

Enter here: <https://eventor.orienteering.asn.au/Events/Show/24221>

## HISTORY ASSOCIATED WITH SAMFORD AREA - QLD CHAMPS LONG



### The 1947 Camp Mountain Rail Disaster

Thank you to the Bryant family and Enoggeroos for a great weekend of orienteering. The second day of the Long Distance event was held using the Rail Trail to Samford which has a major historical significance in rail history. This is still Queensland's worst rail accident involving loss of life.

Three separate picnic trains left Brisbane Central Station on Labour Day in 1947 (almost exactly 73 years ago), two from local churches and the middle train from the Customs Department. This second train went over the "divide" from Ferny Grove and then took the slope down from the top towards Samford. There was a relatively straight downhill section culminating in a major bend to the left. The train came off the rails here with its tender and most of the carriages, leading to 16 people losing their lives and many injuries. The cause was mainly thought to be partly caused by the inexperience of the driver and fireman on this line. The guard at the rear of the train was a hero of the day by running back up the slope with red flags and positioning small detonators on the line, signalling an immediate stop for the third train. This would have avoided further disaster.

There is a small plaque at the actual site of the rail crash, now a paved road and adjacent to 91 Maclean Road South. You can clearly see the terrain, embankment and long curve where the accident happened. In those days, there were no phone contacts and local farmers were alerted and initially helped, a long while before the authorities were involved.

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Thank you to Chris Spriggs (Ugly Gully) for writing and sharing this article.

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## 2026 KB111 ENTRIES OPEN AND BULLETIN 1 PUBLISHED



**KBIII**  
**2026**



KB111 is being held in the Lithgow region from 6-8 June.

KBIII comprises three separate orienteering events run on consecutive days over the King's Birthday long weekend.

- Day 1 – Sat 6 June | Baal Bone Junction | 20 minutes NW of Lithgow | Middle Distance Event
- Day 2 - Sun 7 June | Lidsdale State Forest | 15 minutes NW of Lithgow | Long Distance
- Day 3 – Mon 8 Jun | Rydal Showground |Market Street, Rydal | Short Distance

Each event is an NSW State League event, with the Long Distance also being a badge event.

Overall results for KBIII will be determined on cumulative time across the three events.

See [here](#) to enter or for more details on KB111 including [Bulletin 1](#).

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## AUS MTBO CHAMPS ENTRIES NOW OPEN

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Entries are now open on Eventor for the **Australian MTBO Championships** plus an updated Bulletin 1.

The program for the Championships is as follows:

- **Warm-up and Vic Schools Championship** (8 October 2026) – A chance to shake off the cobwebs and catch up with friends at the Bostock Reservoir, nearby pines and Bungal State Forest with a 75 minute score event.
- **Mass start** (9 October 2026) – Fast and competitive racing on the intricate network of tracks around Woookarrung (Canadian Forest) in Ballarat. Who will cross the line first?
- **Middle distance** (10 October 2026) – Based around 60 kilometres of new tracks built for the cancelled Melbourne Commonwealth Games, this is a new map on the old St Georges Lake area at Creswick. This will be a chance to enjoy some new world class purpose built trails.
- **Sprint** (10 October 2026) – Foot orienteering has been held at the Mt Helen Campus of Federation Uni, but this is a first for MTBO. Fun racing around a campus network and adjoining fields and forests.
- **Long distance** (11 October 2026) – This will be a new map combining the Monte Cristo, Nerrina and Creswick Forest maps. Enjoy the challenge of long legs combined with some of the most complex track networks imaginable.

Get your entries in now and don't forget to book your accommodation

[Enter 2026 AUS MTBO CHAMPS here](#)

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## SILVA MEDAL 2026 - PROGRESS AFTER 3 EVENTS

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Ivy Rapley	EV T W16A	12	43.57	3	(4, 9.37)	(4, 22.61)	(4, 11.59)
Louis Elson	AL T M35A	12	36.89	3	(4, 3.47)	(4, 22.09)	(4, 11.32)
Edwin Rapley	EV T M18A	12	25.98	3	(4, 6.25)	(4, 13.42)	(4, 6.31)
Martin Dent	RR A M45A	12	25.79	3	(4, 7.33)	(4, 6.48)	(4, 11.99)
Jennifer Enderby	NC N W55A	11	41.14	2	(4, 15.49)	(4, 25.65)	(3,)
Jenny Hawkins	NT N W80A	11	17.58	2	(3,)	(4, 7.33)	(4, 10.25)
Shannon Jones	AO A W45A	11	5.09	2	(4, 0.60)	(3,)	(4, 4.48)
Cooper Horley	ST N M20E	11	3.20	2	(4, 3.08)	(3,)	(4, 0.12)
Katie Clauson	AL T W18A	10	30.19	2	(4, 11.35)	(2,)	(4, 18.84)
Jeff Dunn	AL T M70A	10	26.28	2	(4, 23.18)	(2,)	(4, 3.10)
Chris Brown	EV T W65A	10	11.79	2	(4, 5.15)	(4, 6.64)	(2,)
Anna Sheldon	UG Q W45A	10	10.51	1	(3,)	(4, 10.51)	(3,)
Bruce Arthur	MF V M50A	10	9.16	1	(4, 9.16)	(3,)	(3,)
Sue Hancock	SH T W60A	10	5.85	2	(2,)	(4, 1.76)	(4, 4.09)
Greg Barbour	BF N M60A	10	2.59	1	(3,)	(3,)	(4, 2.59)
Hilary Wood	CC N W70A	10	2.18	1	(3,)	(3,)	(4, 2.18)
Eddie Wymer	BK V M55A	10	0.05	1	(3,)	(4, 0.05)	(3,)

Click on the image to enlarge it.

The Silva Medal is awarded to the Australian orienteer who best performs relative to their class in specified events.

Points are awarded for Days 1, 2 and 3 of the Australian 3-Days Championship; the Australian Championships, Oceania Championships, and Asia Pacific Championships (Sprint, Middle and Long) (when conducted in Australia); and any State Championship conducted at the carnivals above as follows: 1st – 4 points, 2nd – 3 points, 3rd – 2 points, for otherwise finishing 1 point.

The Silva Medal winner is the orienteer with the maximum number of points accumulated from their best 6 events. In the event of a tie, the Silva Medal will be determined by a count back using the average of the six best winning margins.

After 3 events OTAS's Louise Fairfax (W75) is leading in the race for the Silva Medal on a countback of average winning margins.

**Anna Sheldon is Queensland's top performer on 10 points and 14th position. Congratulations Anna!**

Following the Australian Championships at Easter, the remaining 3 relevant events are:

Sat 26 September, Oceania Middle Championships, Bogong Creek, Namadgi National Park

Sat 03 October, Oceania Long Championships, Stromlo Forest Park, Mount Stromlo

Sun 04 October, Oceania Sprint Championships, ANU South, Australian National University

After 3 events, the 6 orienteers listed above in Green have amassed 12 points and are the only orienteers who can obtain maximum points from the 6 events. Winning margins will be crucial in determining the winner of the Silva Medal.

Thanks to Darryl Erbacher (Orienteering Australia Statistician) and the Australian Orienteer for the content.

## 2026 WORLD CUP ROUND 2 TEAM SELECTION

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**Orienteering World Cup** continues with [Round 2](#) held in Sweden from 28-31 May 2026.

World Cup round 2 will take place in the twin host cities of Skara and Lidköping in Sweden. Athletes will face varied urban environments, from intricate town centers to park areas, where small mistakes can be decisive and route choice is key throughout all stages. In round 2, athletes will compete a Knock-Out Sprint in Lidköping (28 May), Sprint (30 May) and Sprint Relay (31 May) in Skara.

The following athletes will be competing for Australia:

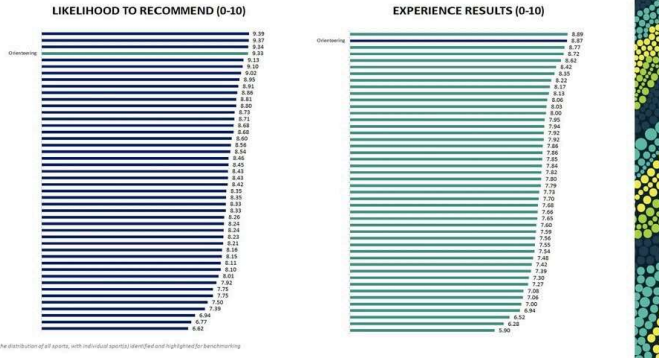
**Women:** Kate Braid (WA), Zoe Carter (SA), Erika Enderby (NSW), Milla Key (VIC), Katherine Maundrell (ACT), **Heather Muir (QLD)**, Maggie Mackay (NSW), Liana Stubbs (TAS)

**Men:** Euan Best (TAS), Alvin Craig (NSW), Angus Haines (SA), Cooper Horley (NSW), Aston Key (VIC), Henry McNulty (WA), Owen Radajewski (ACT), Kylian Wymer (VIC)

**Team Leader:** Aston Key (VIC)

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Results Per Sport | PARTICIPANT



Here's an interesting survey result from the March 2026 Playwell report on sports participation. Orienteering comes up 2nd of all sports in Australia when it comes to Positive Experience, and 4th for Likelihood to Recommend (click on the graph to get more detail). Well done orienteering community - keep up the good work!

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

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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?**

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### MIDWEEK ORIENTEERING - PARKINSON BUSHLAND



This week's Mid-Week Orienteering event will be on Thursday 7 May at Parkinson Bushland.

This is a bush event using control flags, not Maprun

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

Start Location: bushland opposite the corner Johnson Road and Peverell Street. Parking in Peverell Street on North side of Johnson Road, Parkinson.

Courses: Long 4.5 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.orienteering.asn.au/Events/Show/24183>

Pre-entry closes at 11pm on Wednesday prior.

All welcome!

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This week's Night Nav events in South East Queensland are:

**Brisbane Westside** | Tues 12 May | Starts 5:30 - 6:30pm | [Misty Morn, Kenmore](#)

**Sunshine Coast** | Tues 12 May | Starts 6:00 - 6:30pm | [Cooroy](#)

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

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## MAPRUN PARKS SERIES - NORMAN PARK

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This week's MapRun Parks Series event will be at Twilight Street Park, Kenmore on Sun 10 May.  
 The start/finish location: 75 Jackson St, Coorparoo  
 Starts from 3:30pm.

Come along for a fun, friendly run/jog/walk in the park.  
 You have 40 mins to visit as many checkpoints in the park as possible.  
 More information: <https://eventor.orienteering.asn.au/Events/Show/23875>

All ages and fitness levels are catered for. Go individually or in a group.  
 Children 14yo and younger must be accompanied by an adult.  
 Prices (Member/Non-Member): \$7 per phone / \$9 per phone. 'Tap & go' payment preferred.

## TRAIN YOUR BODY, UPGRADE YOUR BRAIN



Exercise doesn't just build muscle and fitness — it sharpens the mind. Queensland research from The University of Queensland Brain Institute shows that **high-intensity interval training (HIIT)** can

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In a six-month study of adults aged 65 to 85, participants who trained at high intensity three times a week recorded measurable improvements in **memory and learning**, linked to growth in the hippocampus — the brain's memory centre. Even more impressive, these cognitive gains were still present **five years later**, long after intensive training had stopped.

Lower-intensity exercise helped maintain brain health, but only high-intensity workouts delivered real improvement. The message is clear: the brain is trainable at any age.

As with any training program, expert guidance and medical advice are key — but when done safely, pushing the pace could help keep both body **and** mind match-fit for years to come.

This article was summarised from an article published in RACQ's May Edition of The Road Ahead.

[Please click here](#) for the original article.

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### LAST WEEK'S NEWS ARTICLES BELOW

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#### 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

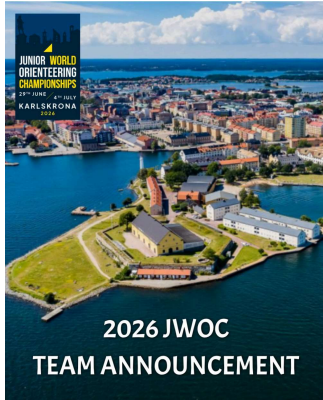
Attendance at a workshop is a requirement for Level 3 accreditation or reaccreditation.

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.

Further inquiries should be made to Blair Trewin at [blairt@orienteering.asn.au](mailto:blairt@orienteering.asn.au)

## 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



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)

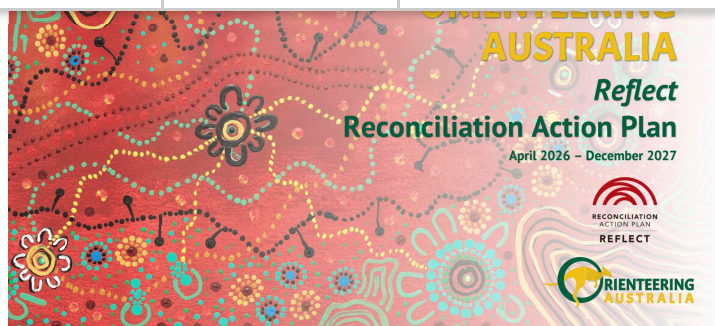
W18: Amy Dufty (WA), Savanna Sweeney (NSW), Sanda Halpin (ACT)

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!

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## NEW RECONCILIATION ACTION PLAN

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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.

The *'Reflect'* plan sits at the first tier of the RAP framework, focusing on foundational actions such as assessing current capability, gathering information on existing reconciliation activities, and beginning to 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](http://www.orienteering.asn.au/resources/participation/reconciliation)

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## DISCOVER ORIENTEERING

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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 about 50 participants and building on a successful 2025 event that engaged around 70 people. The repeat delivery made organisation easier, demonstrating the value of a reusable event package and 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](https://discoverorienteering.com.au)

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

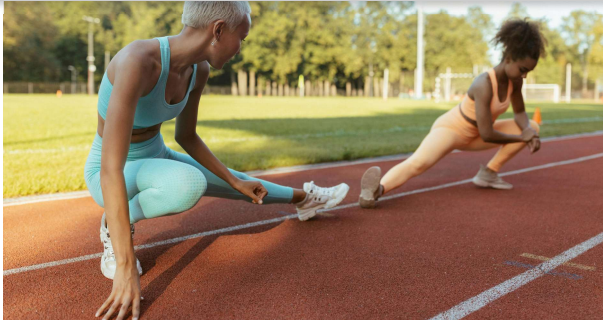


Photo by [Yaroslav Shuraev](#)

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 and neuromuscular exercises should be built into training routines for at least 10 minutes, twice a week.

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](#).

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**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](mailto:technical@oq.asn.au)

## 2026 Date Savers



QLD Foot Events 2026	
Date	Major Events 2026
2 May	OY3 QLD Sprint Champs – Pine Rivers SHS
3-4 May	OY4&5 QLD Long Champs – Samford
31 May	OY6 – Wivenhoe
14 June	OY7 – Mt Goolman

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20 Aug	QLD Orienteering Champs - Stone Hill
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:

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

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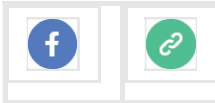
**Child and Youth Safety**

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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