



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](#).

SPRINT EVENT & L2O AT HARLAXTON STATE SCHOOL



Come and try orienteering - something for Everyone!

Where: Harlaxton State School, Lemnos St, Toowoomba

When: Sunday 11 October

Time: Starts from 2:30pm

Sprint starts from 2-3.30pm, Kid-O (for 0-10 year olds, and the young at heart) will run from 2-4pm.

Newcomers are very welcome!

Orienteering develops problem solving, persistence and resilience all in a fun family activity!

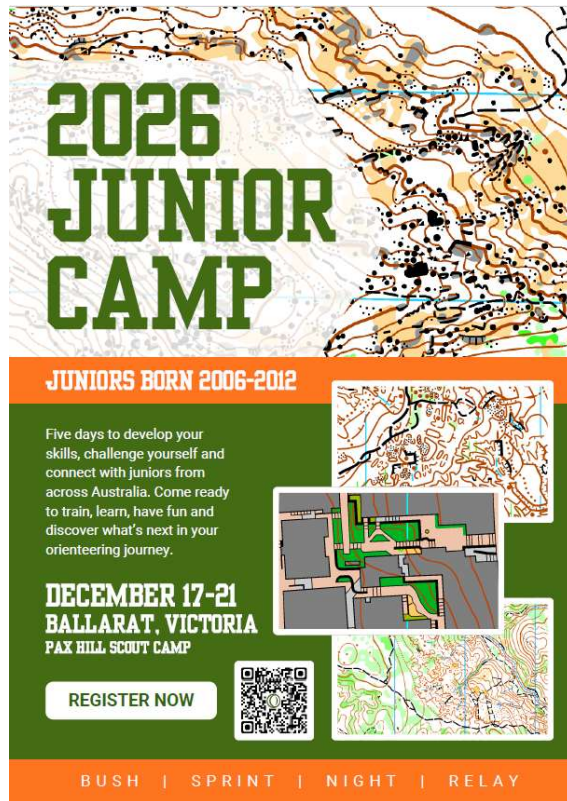
group so we can print more maps.

Start between 9am and 11am with course closure at 12pm.

Non-member adults \$10, kids \$8, families \$22.

More information at <https://eventor.orienteering.asn.au/Events/Show/23661>

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

Five days to develop, connect and challenge yourself

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>

RESULTS FROM OCEANIA CHAMPIONSHIPS & ASOC CONTINUED



The Oceania Championships have continued over in the ACT.

Wednesday saw the running of the **ASOC Long Distance Championships** at Mt Ainslie South.

There were some outstanding results from our young QLD representatives.

Senior Girls: Alexandra Edwards 9(3); Grace Jardine 15(8)

Senior Boys: Alex Vanzella 11(9); Aidan Tomlins 31(17)

Junior Girls: Hannah Giese 24(13); Jocelyn O'Leary 40(24)

Junior Boys: Luca Schulz 7(5); Ripley Wood 27(15)

[Full results here.](#)

The Australian Schools Orienteering Championships 2026 concluded with the **ASOC Relay Championships** at Pine Island Reserve. Orienteers were treated to a fun mix of short, technical controls and more open, mid-length legs.

Again our QLD teams performed admirably!

Senior Girls: QLD Team 1 (Alexandra Edwards, Shari Gilbert, Grace Jardine) 8(3)

Senior Boys: QLD Team 1 (Alex Vanzella, Oscar Hetteling, Aidan Tomlins) 7(4)

Junior Girls: : QLD Team 1 (Hannah Giese, Jocelyn O'Leary, Ava Jeffery) mp

Junior Boys: : QLD Team 1 (Wellington Wood, Ripley Wood, Luca Schulz) mp

[Full results here.](#)



At the presentations on Thursday night, **QLD's Senior Girls team** (Alex E, Grace, Shari, Gretel, Erin and Maggie) won bronze in the overall teams event.

As just reward for an outstanding carnival, **Alex Edwards was named in the Australian Schools Honour Team**. Congratulations Alex!

The Oceania Championships resumed on Friday with the running of the **Oceania Long Distance** championships. Queenslanders who finished in the top 6 were: Ellie de Jong W21A 2; Anna Sheldon W45A 3; Meredith Gray W50A 3; Wendy Read W60A 3; Luca Schulz M14A 2; Alex Crowe M21A 3; Ben Schulz M45A 4; Mark Gregson M45A 6; Peter May M45AS 4; Wellington Wood M JrB 2. In the elite categories, our best performers were: Mikaela Gray W21E 14; William Barnes M20E 10; Alex Vanzella M20E 12.

[Full results here.](#)

The final event of the carnival was the **Oceania Sprint Distance** championships. QLD's best performances were: Aidan Tomlins M18A 3; Gretel Young W18A 6; Anna Sheldon W45A 1; Wendy Read W60A 4; Felicity Crosato W65A 6; Jacquie Rand W70A 4, Lynda Rapkins W70A 5; Luca Schulz M14A 6; Ripley Wood M14A 7; Ben Schulz M45A 4; Mark Gregson M45A 7;

[Full results here.](#)

A big shoutout to all the course setters and controllers, organisers and volunteer helpers for working tirelessly at ASOC and Oceania. The carnival wouldn't be possible without you! A huge thank you to the QLD Team Managers and Coaches who helped organised and inspire the best from our junior



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

- casual training among the granite at Cascades on Saturday afternoon
- dinner at the Stanthorpe RSL
- 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?

The last OY11 and OY12 last weekend were the final events in the 2026 Orienteer of the Year competition:

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?

MIDWEEK ORIENTEERING - MUNGARA LAKES, PETRIE



This week's Mid-Week Orienteering event will be on Thursday 8 October at Mungara Lakes, Petrie. This will be a park and street event in a very attractive area.

Starts between 10:00am and 10:30am

Start Location: Just before the South End of D'Aguilar Street.

Courses: Long, Medium, Short, Very Short

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/24638>

Pre-entry closes at 11pm on Wednesday prior.

All welcome!



Everyone is welcome to the new Ugly Gully Night Nav Series

When: Tuesday evenings

Starts: 5:30 - 6:30pm. Course closes 7:15pm.

Events in this series:

Event #1, 6 October - [Perrin Park, Toowong](#)

Event #2, 13 October - [Witton Road, Indooroopilly](#)

Event #3, 20 October - [Camp Hill](#)

Event #4 27 October - [Cicada Park, Chapel Hill](#)

Event format: 40 min score event. 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 MapRun6 on your smartphone before you arrive and your phone will register the checkpoints you visit.

Cost: BCC Sponsored Event, cost per phone - \$5 Tap & go' payment preferred.

More information: Email: nightnav@oq.asn.au

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. Full instructions given.

2027 NATIONAL ORIENTEERING LEAGUE CALENDAR



The 2027 National Orienteering League Calendar is now available.

Dates	Venue	Format
1 20-21 Feb	Bendigo, Vic	Sprint, Hagaby Long
2 6-8 Mar Canberra Day long weekend	Cooma, NSW	Middle, Long (Capital O)
3 26-29 Mar Easter long weekend	Southern Tablelands, NSW	Sprint, Middle, Long, Relay length (Australian 3 Days)
4 24-26 Apr ANZAC Day long weekend	Qld	Sprint, Ultralong, Relay
5 2-10 Oct	Burra / Adelaide Hills, SA	Australian Championships (team only NOL round)

NATIONAL MTBO STANDINGS



The points standings for the Teams and Individual series are now published on the National MTBO Series page. Please [click here](#).

NEW ZEALAND NATIONAL CHAMPS 2027



The New Zealand 2027 National Championships are being hosted by Counties Manukau (Forest events) and Waikato (Sprint).

Organisers have published [Bulletin One](#) which can be found on the [NZ Orienteering Champs Website](#).

The schedule for the event is as follows:

- Friday 26 March 2027: **Sprint Distance Champs** | Wintec and Hamilton Central | Distance from Auckland Airport: 112km

- Sunday 28 March 2027: **Long Distance Champs** | Sunset Station, Port Waikato | Distance from Auckland Airport: 91km
- Monday 29 March 2027: **National Relay Champs** | Madonna Harris Farm, Otatau | Distance from Auckland Airport: 65km

WARM UP SMARTER FOR BETTER PERFORMANCE



Photo: [pexels-mart-production-7880007](#)

A recent international expert review has shed new light on one of the most familiar parts of any race day routine: the warm-up. A panel of 23 sports scientists and elite coaches from 12 countries developed a consensus statement outlining what current research tells us about preparing for training and competition.

The experts agree that the main purpose of a warm-up is simple: to prepare athletes physically and mentally for the effort ahead. Raising body temperature is important, but warm-ups do much more than that. They also increase heart rate, stimulate metabolism, improve oxygen delivery to working muscles, and help athletes feel psychologically ready to perform.

swings, skips, lunges, and high knees. Finally, a conditioning phase may include a few short accelerations or race-pace efforts to prepare the body for the demands of competition.

Interestingly, the panel found little evidence that a warm-up alone prevents injuries. Instead, injury reduction appears more closely linked to regularly performing strength, balance, and preventative exercises, whether during the warm-up or elsewhere in training.

The researchers also favour dynamic stretching over traditional static stretching before competition. Static stretching is not necessarily harmful, but dynamic movements are generally more effective for preparing the body for performance.

The key message for orienteers: tailor your warm-up to the conditions, your experience level, and the race ahead. A well-planned routine won't perform the navigation for you, but it can help ensure your body and mind are ready when the start whistle blows.

This article is summarised from an article in the "Outside" magazine that was written by Alex Hutchinson. Read the [full article here](#).

LAST WEEK'S NEWS ARTICLES BELOW

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)



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>

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



Photo credits: Eglė Jasiukaitytė, Mantas Jusas and [European Orienteering Championships 2026](#)

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**

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**

Another day of big finishes in the C-finals for Australia!

Official middle results:

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**

Australia came in at 16th in the relay and finishes 17th of 35 countries in the Orienteering World Cup, with 735 total points! Official relay results:

1st place- Switzerland 1 1:38:24; 2nd place- Norway 1 1:38:26 +0:02; 3rd place- Sweden 2 1:38:30 +0:06; 16th place- Australia 1 1:50:13 +11:49 (23. Kylian Wymer 34:49 +2:05; 25. Patrick Jaffe 37:22 +4:56; 29. Alvin Craig 38:02 +7:03)

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



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.

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.

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 development, we can help young orienteers stay healthy, enjoy the sport, and continue participating for years to come.

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](#).

ARE YOU PLANNING AN EVENT THIS YEAR?



Are you involved in planning an event this year?

Course setting?, Controlling? Event Organiser?

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@og.asn.au

2026 Date Savers



QLD Foot Events 2026

Date	Major Events 2026



QLD MTBO 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)

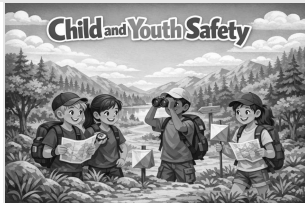
membership@oq.asn.au (Liz Ferguson)

treasurer@oq.asn.au (Tony Bryant)

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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.

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Past Issues

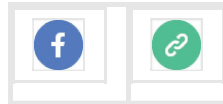
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Queensland
Government

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



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