



O-NEWS
@OrienteeringQld #OrienteeringQld

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

DOUBLE HEADER OY AROUND TOOWOOMBA - ENTRIES CLOSE THURS 10



Get this exciting event locked in your diaries!

OY11 is on a new Sprint Map of Wilsonton State High School

Saturday 12 September with starts from 2pm

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

More details and registration at <https://eventor.orienteering.asn.au/Events/Show/23206>

Entries close this Thursday 10 September

Make it a weekend to remember and head out to Leyburn for OY12!

Sunday 13 September with starts from 9am.

Course----Controls---Distance ---Climb (m)

Hard 1 ----- 16 ----- 7.3 km ----- 250 m

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Hard 4 ----- 9 ----- 3.6 km ----- 85 m

Hard 5 ----- 8 ----- 2.4 km ----- 30 m

Moderate 1 ---10 ----- 3.3 km ----- 75 m

Moderate 2 ---- 8 ----- 2.5 km ----- 35 m

Easy ----- 11 ----- 2.6 km ----- 40 m

Very Easy ----- 8----- 1.6 km ----- 25 m

Please ensure you bring a WHISTLE for safety. No whistle no start.

Some available for purchase at registration.

More information and registration at <https://eventor.orienteering.asn.au/Events/Show/23215>

Entries close this Thursday 10 September

QLD MTBO CHAMPS - SUNSHINE COAST



QLD MTBO CHAMPS

**SEPT
19TH
20TH
2026**

SPRINT SAT AM: SUNSHINE BEACH S.H.S.
MIDDLE SAT PM: MOOLOOLAH NATIONAL PARK.
LONG SUN AM: BEERBURRUM E.S.F.

ENTER OR INFO:
[HTTPS://EVENTOR.ORIENTEERING.ASN.AU](https://eventor.orienteering.asn.au)
ENTRIES CLOSE WED 16TH SEPT.

**\$50 PER EVENT
FOR NON
MEMBERS. \$30
FOR MEMBERS.
90 MIN REC \$25**

**SUNSHINE
ORIENTEERS**

Ride, race, navigate!

Three events over two days on the Sunshine Coast.

Grab your mates, family or come solo.

As an individual you can try and win a State Championship or compete in the score or social line courses to have a navigational adventure with your buddy.

- **Saturday 19th September** will be the **Sprint Distance** at Sunshine Beach.

This will be followed by the **Middle Distance Race** at Mooloolah State Forest, Landsborough in the afternoon - **please note the correction to the order of events**

- **Sunday 20th September** will be the **Long Distance Championships** starting from 9am at East Beerburrum State Forest.

Added to this years program will be the E-bike categories for all 3 events.

To enter or more info: <https://eventor.orienteering.asn.au/Events/Show/22992>

Event Director: Mark Petrie | Mobile: 0429 899 928 | info@sunshineorienteers.com.au

MIDWEEK ORIENTEERING - CAMERONS CREEK, MT CROSBY



This week's Mid-Week Orienteering event will be on Thursday 10 September at Cameron's Creek, Mt Crosby.

This will be a bush event with flags.

Starts between 10:30am and 11:00am - **note different start time**

Start Location: At old stockyards off Lake Manchester Road, Kholo.

Courses: Extra Long 4.2km, Long 3.2km, Medium 2.6km, Short 2.0km, Very Easy 1.4km

Courses are fairly short due to steepness of the terrain.

Fees: Members \$6, Casual \$8, Family/Group \$12. Cash only.

Pre-entry closes at 11pm on Wednesday prior.

All welcome!

MIDWEEK CHAMPIONSHIPS 2026



MWO is pleased to announce a new venue, and a new map for this year's championship event

This venue was created by cyclone Alfred early in 2025. Before that cyclone, the northern tip of Bribie island was only accessible from the mainland near Caloundra by boat (or very strong swimmers). We spent a lot of time in Caloundra when our son was young, and I can remember idly dreaming that the distant dunes visible from Bulcock beach might make a nice place for an orienteering event one day

.... although the cyclone did a lot of bad things and inconvenienced a lot of the local population, it seems to have made the dream come true!

Date: Thursday 17 September.

Entry deadline: Tuesday 15 September

Time: Starts from **10am** until but low tide is at 5am, high tide at lunch time, so the later you start the more chance you'll get your feet wet!

Courses: There will be the usual 3 courses: Long 5.0kms, Medium 3.0, Short 1.5kms. Map 1:4000, 1 metre contours.

All courses will cross a sandy beach to get to the dunes. It might be tempting to run in bare feet, but shoes are highly recommended in the dunes. It will be primarily a Maprun event, but some controls may be taped to avoid mis punches. You don't need to be a regular Thursday Orienteer to come but do let Geoff Peck know.

Terrain: Mixed runnability, mostly quite fast with good visibility, but some areas of thicker vegetation in the low lying (marshy) area. There are some large distinct pandanus trees which have been mapped.

Map: 1:4000 with **1m contours!** Yes, it's mostly flat but some higher dunes on the edges.

Refreshments: There are free public BBQs, so bring your own food and stay for a picnic (and a swim). Bring something sweet to share if you would like to.

Prize-giving: When everyone has finished. First Place – male and female.

Queries: Geoff joffhk@gmail.com 0410 1234 67

Bulletin: [Click here](#)

OQ MEMBERS SHINE AT AUSTRALIAN ROGAINING CHAMPS



Photo by Helen Breslin Ben Schulz + Anna Sheldon after trekking more than 80 kms. Other photos by Paul Frylink

The 2026 Australasian Rogaining Championships, known as the **24 Severn**, were held on 29-30 August in the rugged Nundubbermere district near Stanthorpe. The championship area covered open grazing country, rolling hills and sections of Sundown National Park, providing competitors with spectacular scenery and plenty of demanding route-choice challenges. Teams of 2-5 people, in the categories of mixed, male and female teams, navigated for 24 hours, visiting checkpoints spread across the course while balancing speed, endurance and navigation skills.

A strong contingent of Orienteering Queensland members took part in the event, with many achieving excellent results across the various categories. The championship attracted competitors from around Australia and New Zealand, making it one of the premier rogaining events on the calendar.

Congratulations also to Ugly Gully's Tim McIntyre, who was one of the organisers.

Among the many memorable performances was the effort of Anna Sheldon and Ben Schulz who trekked more than 80 km over the 24-hour event. Paul Guard and Amanda Koopman won the mixed and mixed veterans categories. Cam Schubert and Joe Garbellini came 10th in the super veterans class. and Sue Clarke and Walter Kelemen came 3rd in the Ultra Vets. You can check out [all the results here](#). Congratulations to all OQ members who participated in the successful championship weekend.



ENTRIES OPEN FOR AUS MTBO CHAMPS IN BALLARAT



Entries are NOW OPEN for the AUS MTBO Champs

Get your entries in now and don't forget to book your accommodation. The program:

- Warm-up and Vic Schools Championship (8 October 2026) – Ballan
- Mass start (9 October 2026) – Ballarat
- Middle distance (10 October 2026) – Creswick

[Enter 2026 Aus MTBO Champs here](#)

[Bulletin 1 is available here.](#)

MAPRUN 7.22.1 RELEASED



MapRun version 7.22.1. is being progressively released.

This modernises the user interface of the MapRun app on Android and iOS.

Users have the option to switch back to the "Classic" user interface.

The new home page looks like the second image above. Please click on the image to see the detail.

Any comments, feedback, or suggestions are welcome.

Link to topic in the MapRun Forum: <http://maprun.308.s1.nabble.com/MapRun-New-Look-td2582.html>



Organisers have released details of the venues for the 2027 Australian 3-Days in NSW, on 26-29 March in the Southern Tablelands area.

The Prologue Sprint will be on a new map in Goulburn, Days 1-2 on Timberlight near Oallen (not used for more than 20 years), and the last day is at Yuruga at Greenwich Park.

Entries open later this year.

Details on the [event website](#)

AUSTRALIAN SCHOOLS CHAMPS SERVICE AWARDS



OA are seeking nominations for a Service Award to recognise a person's continued commitment to the Australian Schools Orienteering Championships program, in particular representatives from State/Territory associations who have completed or are about to complete 10 years of service as a team, event or organisational official.

Please submit your nominations at the earliest opportunity and by **Fri Sep 11** - two weeks before this year's ASOC carnival.

Please submit nominations to asoc@orienteering.asn.au

WEIGHTED VESTS: WORTH TRYING FOR ORIENTEERS?



Weighted vests are enjoying a resurgence, with many runners and fitness enthusiasts using them to add extra challenge to training. But do they offer real benefits for orienteers? Research suggests they can, if used sensibly.

Studies have found that exercising with a weighted vest increases training intensity by making the body work harder. Heart rate, oxygen use and energy expenditure all rise when extra weight is added. The evidence suggests that a vest weighing around 10% of body weight provides a noticeable training effect, while lighter loads around 5% may have less impact.

For orienteers, this could mean a more demanding walking, jogging or hill-training session without needing to increase speed. Some research has also suggested benefits for bone health, particularly in older adults, although results have not been consistent across all studies.

The good news is that current research has not shown an increased injury risk for recreational users. However, some participants in weight-loss studies reported back pain, highlighting the importance of building up gradually and paying attention to any discomfort.

Experts recommend that newcomers focus first on developing a solid base of fitness, strength and resilience before adding external load. If you choose to experiment with a vest, start light and gradually progress, keeping loads below 10% of body weight for running and walking activities.

The takeaway? A weighted vest can be a useful training tool, but it is not a magic solution. Similar benefits can often be achieved by training a little longer, tackling more hills, or incorporating strength and impact exercises into your routine.

This article was adapted from an article published in The Conversation, January 2025 which was written by Rob Newton, Professor of Exercise Medicine, Edith Cowan University. You can read the [full article here](#).

LAST WEEK'S NEWS ARTICLES BELOW

INDEPENDENT ATHLETE JUNIOR DEVELOPMENT CAMP AT ASOC / OCEANIA

Are you a junior who would like to compete at the Australian Schools Orienteering Champs (ASOC) but just missed out on state team selection?

Or just want to experience Oceania & ASOC with lots of learning and fun along the way?

Then Orienteering Meet at Galambary (OMG) is just for you!



What is OMG?

OMG is an orienteering meet where juniors have the opportunity to compete in ASOC as independent competitors. This means you are not in a state/territory team but still able to enter all ASOC and Oceania events.

Where is OMG being held?

In 2026, OMG will be based at Alivio Tourist Park in O'Connor, 4 km from the Canberra city centre.

How much will it cost?

Entries for juniors costs \$20 but accompanying adults can attend for free.

When do I have to enter by?

Registrations close after 5 September 2026.

What is included in the OMG entry?

- Shade tent as a meeting place for all events
- Social activities
- Presentation program
- Coaching at events and afterwards

What is not included?

- Entry fee to ASOC events. You will need to enter separately each ASOC or Oceania event through Eventor.
- Accommodation – book at Alivio Tourist Park or other accommodation nearby.
- Meals – meals will not be provided but Alivio Tourist Park has an on-site brasserie.
- The Verandah which provides breakfasts and evening meals.



Didn't make the QSOC Team this year - this camp is for you!

Junior Development activities at Oceania and ASOC are open to high school aged juniors who are not part of a selected ASOC state/territory team.

Juniors and support people are invited to join the Orienteering Meet at Galambary (OMG).

Sat 26 Sept - Sun 4 Oct

All School-aged Junior Orienteers Welcome (12 year and above)

All juniors will need to have a supervising adult to be eligible to attend OMG activities.

families may choose to combine to meet the supervision requirements of their members in order that as many juniors as possible can be part of this wonderful – OMG experience.

The hub for the development activities and the Presentation Program will be at [Alivio Tourist Park](#) | Only 4km from the centre of Canberra .

OMG Registration

Registration deadline for OMG is 5 September 2026.

[Register on Eventor](#). Registration fee for junior competitors AUD\$20 payable on Eventor. This fee covers OMG, there may be a modest additional cost for which you will be notified in due course.

What's included in the registration?

- Socials – games and get togethers after/away from competition.
- OMG competition shirt
- Shade tent as a meeting place at each of the events.
- Presentation Program. The speaker topics will include:
 - a. Introduction to the youth sprint relay - one race, mixed ages, and mixed boys and girls, planned for Easter 2027– get ready for Easter 2027! Steve Craig
 - b. Navigating your way to success - Marina Iskhakova
 - c. Nutrition essentials for all young athletes – TBC
 - d. Avoiding injury in junior athletes – Catherine Hogg
 - e. What it like to podium at a world champs? Q & A session with some JWOCers
 - f. And more
- 5. Coaching support at every event.

Please find [OMG - Bulletin 1](#) here

Note that Registration for the Oceania Championships and ASOC events is additional and needs to be done [separately here](#).

CAN ORIENTEERING HELP UNDO A DAY AT THE DESK?

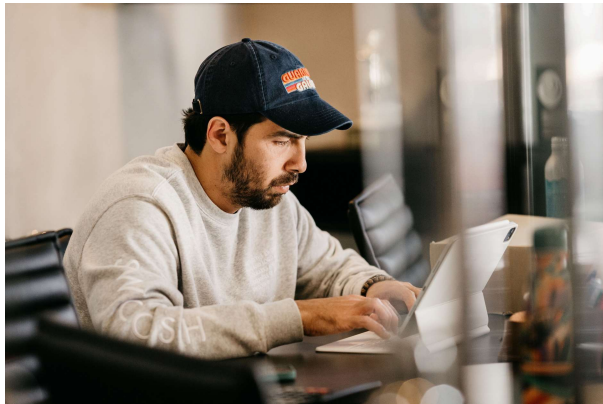


Photo: [Jonathan Borba](#)

Many of us spend long hours sitting at work, in the car, or at home. The good news for orienteers is that regular physical activity appears to be one of the best ways to counter the health risks linked to too much sitting. A recent article by endurance and health writer Alex Hutchinson explored an ongoing scientific debate: can exercise fully offset the harmful effects of a sedentary lifestyle?

Researchers agree that long periods of sitting are associated with a higher risk of heart disease, poor health outcomes, and premature death. The question is whether regular exercise can eliminate those risks. Evidence from large studies involving more than a million participants suggests that the more exercise people do, the less their daily sitting time matters. In highly active individuals, the increased risk associated with prolonged sitting may be greatly reduced.

Not all scientists are convinced that exercise completely cancels out the effects of sitting. Some argue that lengthy uninterrupted periods in a chair may still have negative impacts on the body, regardless of how much training is done before or after. The current consensus is that both factors matter: staying active is vital, but reducing long stretches of sitting is also beneficial.

For orienteers, that is encouraging news. Whether it is a midweek training run, a bush event on the weekend, or a brisk walk while planning routes, physical activity remains a powerful tool for maintaining

This article was summarised from an article by Alex Hutchinson from *Outside*. 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](#)
- [Event Resources - MTBO](#)

and the **Risk Management guide** at

[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
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

Contact Details

Please use the email addresses below to contact OQ Personnel:

admin@oq.asn.au (Linda Burrridge)

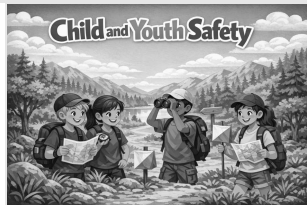
membership@oq.asn.au (Liz Ferguson)

treasurer@oq.asn.au (Tony Bryant)

bulletin@oq.asn.au (Linda Burrridge)

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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Government, enabling Queenslanders to participate in sport and recreation activities.



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