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Upcoming Events

Please remember to comply with all Covid-19 restrictions and familiarize yourself

with the **OQ Covid-Safe Guidelines.**

- Thur 22 July - Midweek Orienteers - [Downey Park, Newmarket. Park & Street](#)
- Sat 24 July - [Public sprint - Albany Creek SHS](#)
- Sat 24 July - [2021 QLD Schools Champs - Hagaby - Samford](#)
- Sat 24 July - [2021 QLD Schools Champs - Sprint - Albany Creek SHS](#)
- Sun 25 July - [Bush Trail Orienteering with MapRun at Coombabah Lakelands](#)
- Sun 25 July - [MapRun Parks 2021 Rd 30 - Banks Street](#)
- Sun 25 July - [Public - bush - Kurwongbah](#)
- Sun 25 July - [2021 QLD Schools Champs - Long Distance - Kurwongbah](#)
- Tues 27 July - [Night Nav - Red Hill](#)
- Thurs 29 July - Midweek Orienteers - [Springfield Lakes South](#)
- Sun 1 Aug - [MapRun Parks 2021 Rd 31 - Robelle Domain](#)
- Sun 1 Aug - [Fiona Calabro Memorial - TBD](#)
- Tues 3 Aug - [Night Nav - Peninsula Series - Clontarf TBC MBRC TBC](#)
- Tues 3 Aug - [Night Nav - Torwood \(Auchenflower\)](#)
- Thur 5 Aug - Midweek Orienteers - [Slaughter Falls, Mt Coot-tha](#)

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

OY8 SANDSTONE GARDENS WRAP UP





Thanks to course setter Mikaela Gray for designing some challenging courses for runners at the OY event at Paperbark Flats today; and to controller Brenton Gray and the Ugly Gully team for another fabulous bush event. Fantastic weather for some superb bush running in spectacular spur-gully terrain. We hope you enjoyed the contrast between the undulating high-speed areas and the ventures into the steeper rockier areas.

Congratulations to everyone who competed.

Results can be found [here](#) and splits can be found [here](#).

If you recorded your run, please upload it to Livelox [here](#).

Congratulations to Lorenzo Calabro who scored the maximum 200 OY Points with his winning run on the Hard 1 course and to Geoff Peck and Felicity Crosato who took out 2nd and 3rd places with 199 and 198 points respectively. It was a close fought competition with the following orienteers having great run and scoring over 190 points.

Trevor Sauer 196; Lynda Rapkins 196; Peter Russell 195; Kathy Petrie 194 and Robert Rapkins 191 points. You can see all the OY points [here](#).

JUNIOR CAMP A GREAT SUCCESS



Two of Queensland's talented young orienteers, Henry and Rubin Smyth, have kindly written about their experiences on the 2021 Junior Camp.

Henry Smyth (15) writes "The orienteering camp was really fun and interesting as I learnt new skills throughout the activities and from the other orienteers. The first activities in Stanthorpe were courses through the bush as it poured down with rain and filled the watercourses. It was really fun when we got to cross the creek and there were people that were a bit more cautious than others. The Cascades was very difficult with all the bare rock on the map. There was also lots of fun activities to do at the lodge like the campfire hanging out with the other orienteers. I really enjoyed the minigames at the town centre where we were divided everyone into teams of four to compete. We created a limerick which was very funny with many people making jokes about some of the funnier incidents. Then we competed in a relay sprint, where the Elite team mispunched so we all beat them and finished with a contour card game. My team had pretty good outcomes, probably because I managed to team up with Ryan Gray and other really competitive people. The dinners were very delicious, and we learnt a lot at the meetings at night. The camp was very enjoyable as it was my first junior camp and I learned a lot and was a good experience."

Rubin Smyth (17) writes "Junior camp was a great, funny, and educational experience. We got plenty of experience in both sprint and bush orienteering over the course of the camp, and even got experience on the Cascades map, which I found particularly difficult. It was great spending time with the few orienteers from other states too! On the first day of camp, we did two sprint courses. The first map we did had a series of short intervals that had us thinking quickly nice and early in the morning, and the second map was a less complex map, however, there was a little dispute between some of the orienteers on one of the paths on the map regarding whether it was olive green or not, which was quite funny to listen to. We had dinner at the RSL each night and it was delicious! Each night we had a meeting, where we had Neil Simson as a guest speaker most nights. He shared many insights into his vast orienteering experiences. Day 2 began with freezing weather. Our plan for the day was to complete two courses at a location near Charlie's Paddock, which was the Camp Champs' location, and the head over to The Land of the Rock Trolls for a complex run. And then the worst possible thing happened, it poured." To find out what happened next, [please click here!](#)

Thank you both Henry and Rubin for sharing their experiences on such a fantastic camp!

JUNIOR CAMP NEWS COVERAGE



Junior Orienteers receiving a coach debriefing during Saturday's training camp in the Dalveen area.

after two losses.*

It was obviously a message not lost on his players. The kicking game of centres Mitch Wilson and Matt Marshall were a big factor in

Goondiwindi (21), Wattle (18) and Highfields (18). In Round 13 they will be hoping to replicate their early season win over the Bears but could find things a little tougher on the Bear's

The Warwick Cowboys Women's, dressed for the occasion (Ladies Day) playing could not be missed in hot pink shorts and socks. Co-coach Terri Gilbert said the players fantastic win 30-12 against a determined Valley Ladies' team. The form of Amanda Hinch has been outstanding all season Mrs Gilbert said. "Good back line play saw Amanda Hinch over early with a couple of quick tries and good defense set the platform for the big win on Ladies Day win."

Jayla Sefo was named Best Forward, and captain Lisa Croft took out the honours for Best Back."

JUNIOR ORIENTEERING CAMP SUCCESS

Junior Orienteers from across Southeast Queensland, the Western and Southern Downs attending as well as some from Victoria and New South Wales gathered on the Granite Belt last weekend. The Juniors were given a range of training exercises on five different maps across the Granite Belt, with the camp championships being conducted on the Woodlands property, north of Dalveen, on Sunday.

The local Bullecourt Boulder Bounders Club and the Granite Belt district is well known nationally as prime orienteering terrain and had been the venue for many state and national events over many years.

One of the organisers, Liz Bourne of Bullecourt Bounders reports the camp was a great success with the young Orienteers taking away much from the experience as they head into more competitions in the near future.

The Junior Camp has been well covered in the Darling Downs and Granite Belt Press.

The **Warwick | Stanthorpe Today** Digital Paper had [this report](#) on page 38.

The local newspaper, **The Stanthorpe Record**, also enthusiastically reported on the camp.

The newspaper article can be [found here](#).

Big numbers for 'O' event



The Granite Belt district orienteering club, with a record 100 participants, was the main attraction at the weekend's event. The club's success was due to the excellent organization and the beautiful weather. The event was held on the Granite Belt, a popular area for orienteering. The club's success was due to the excellent organization and the beautiful weather. The event was held on the Granite Belt, a popular area for orienteering.

stanthorpercord@gmail.com

'O' event



Orienteers enjoyed gathering on the Granite Belt last weekend. Right, training camp. Photos provided, Liz Bourne.

Continued from back page... The training camp culminated in the club's championships combined with a local club event at the Woodlands property, north of Dalveen. The event didn't just bring Brisbane to 'town', but also attracted a number of locals.



BUSH TRAIL ORIENTEERING AT COOMBABAH LAKELANDS



Join us for some Bush Trail Orienteering at Coombabah Lakelands on the Gold Coast.
Sunday 25 July. Starts from 9-10:30am

This event uses MapRun6, payment with credit card / phone, and online registration.

Please pre-register here <https://forms.gle/CgyERTiCExatwTZB6> if convenient, or let us know if you are bringing a group.

The short/easy course has flags, the longer courses do not.

Start location is at Rain Tree Glen in Coombabah.

More information at <https://oq.orienteering.asn.au/events/15997>

Contact person Mark Roberts | 0404509924 | mark@markroberts.id.au

PUBLIC EVENTS AT 2021 QLD SCHOOLS CHAMPS



Don't let the kids have all the fun!

Challenge yourself on the same courses as our school students will run at this year's QLD School's Championships.

Public Sprint Event | Saturday 24 July | Albany Creek State High School

Starts from 10:45am - 12pm

Course lengths 1km-3km

More information and entries here <https://oq.orienteering.asn.au/events/15917>

Public Bush Event | Sunday 25 July | Kurwongbah

Starts from 11am - 1pm

Course lengths: H1 (=Senior Boys) 5.8 km, H2 (Senior Girls) 4.6 km, H5 3.1 km, M1 (Junior Boys) 3.7 km, M2 (Junior Girls) 3.1 km, E (13 yrs) 2.8 km, VE (11 yrs) 2.2 km

More information and entries here <https://oq.orienteering.asn.au/events/15933>

FLASH FLOODING



Lots of our maps are named after creeks, but often the creek is bone dry. Recent events in Ashgrove and Rosenthal, however, remind us not only that creeks can rise suddenly, but that the **danger of creeks rising continues well after the rain has stopped.**

So here is a reminder of safety procedures around flash flooding:

In the event of heavy rain during or immediately before an event, the possibility of flash flooding should be considered. This should involve checking of creek/river levels as well as the condition and safety of bridges and crossing points before and during the event. Weather forecasts and conditions on the day should be closely monitored and participants advised of the risk of flash flooding in pre-event information and on the day warning boards. Runners and event organizers should be warned to avoid stepping into fast-running water above knee-height. In this situation, potentially unsafe creek crossings should be declared out-of-bounds, and marshals positioned at likely crossing points to

ensure compliance and safety of all competitors.

If hazardous conditions arise suddenly, participants awaiting starts should be prevented from starting, the event cancelled, and search procedures instigated for any missing competitors.

MIDWEEK ORIENTEERING - DOWNEY PARK



The Mid Week Orienteering event this Thursday 22 July is at Downey Park.

This is a picturesque park-street map and the event will be a MapRun event.

Starts 10.30 to 11.00am. Start will be at McCook Park, corner of Edmondstone and Finsbury St.

Available courses: Short, Medium, Long

Fees: \$5.00 for members, \$7.00 for non-members. Payment on the day available.

Pre Entry is strongly encouraged to help the organisers at registration maintain social distancing around the computer.

COVID restrictions apply.

Pre-enter here: <https://oq.orienteeing.asn.au/events/16030>

All welcome!

MAPRUN PARKS SERIES - BANKS STREET RESERVE



This week's MapRun Parks Series event will be at Banks Street Reserve on Sun 25 July.
Starts from 4pm.

Come along for a fun, friendly run/jog/walk in the park.

For the second week in a row we have a short and long Line Course, where you have as long as you like to go through all the checkpoints in order.

The start/finish location is in Banks Street Reserve. Assembly adjacent to Toomba Avenue.

More details available at <https://oq.orienteering.asn.au/events/15995>

All ages and fitness levels are catered for. Go individually or in a group.

Children 14yo and younger must be accompanied by an adult.

\$5 per map of the park, or \$12 for maps for a family group.

If this time doesn't suit, you can run at any other time, by printing out your own map from the website.

SOUTH EAST QUEENSLAND NIGHT NAV EVENTS



This week's Night Nav event around South East Queensland is:

Brisbane Westside | Tues 27 July | Starts 6:00 - 6:30pm | [Red Hill](#)

40 minute Score Events.

Click on the link for start locations and more information.

No need for prior registration for these events, just come along.

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.

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.

Detailed results will be available on Eventor.

\$5 per person or \$12 per family.

AUS CHAMPS IN TASMANIA GOING AHEAD



Head on down for an orienteering adventure in the south.

In these uncertain times, the plan is to press on and keep our fingers and toes crossed. Covid creates unknowns but there is hope and if the odds are in our favour – the Aus Champs week will be an awesome much needed dose of outdoor fun with a great bunch of people. You have until 22 August to enter, and late entries will be considered. There is also a generous refund policy. [For the full low down visit the AOC2021 website https://aoc2021.tasorienteeing.asn.au](https://aoc2021.tasorienteeing.asn.au)

For information on Covid and Tasmania [here is the Tasmanian Government covid website](https://www.coronavirus.tas.gov.au). This includes information on coming to Tasmania and transit through high risk areas. We recommend you follow this website to keep up to date with the situation. <https://www.coronavirus.tas.gov.au>

To keep you in the loop, here is a message from Warwick Moore, AOC2021 Director - as sent to the over 530 people who have already entered:

The carnival in Tasmania will go ahead even if orienteers from some Australian states are unable to attend due to Covid lockdown. Orienteering Australia has given an assurance that the competition will still have Championship status.

For your information, Tasmania remains free of COVID. There has not been a confirmed case of local transmission for over 12 months. Direct flights into Tasmania continue to be available from all states and New Zealand.

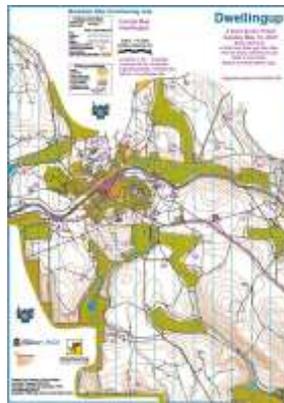
We do remain subject to any decision by the Tasmanian Government to lock Tasmania's borders. Recent decisions suggest that the government is now only closing the border to particular hotspots in mainland states. However, in these times we appreciate that everything can change quickly. Nevertheless, the organisers are working flat out on the

assumption that we will be able to conduct the championships.

For New Zealand entrants, we are looking to clarify and make sure you can meet the New Zealand government requirement that all returning travellers have a negative covid test immediately prior to your arrival home. Watch this space (keep your eyes peeled on the website & Facebook page and we will also email entrants).

Warwick Moore | Event Director | 15/07/2021

RECOGNITION OF TRADITIONAL LAND OWNERSHIP



Following a suggestion from Orienteering WA member Rob Beattie, OWA have added a logo recognizing the traditional landowners to their maps - the Noongar people of the SW of Western Australia. The logo is pictured and an example of a MTBO map displaying the logo is also shown. OWA would like to suggest that other states move to adding an acknowledgement of the traditional land owners on their maps, obviously adapted the local areas and would like your assistance in raising it with other state associations.

Acknowledging traditional and other land owners is part of OA's operational/strategic plan but is not compulsory.

A website and map which seems to outline the traditional owners of the land around Australia is [given here](#) and the protocols involved in acknowledgement can be [found here](#).

ACT & NSW SKI-O CHAMPS CANCELLED



As the main Organising part of the Team is based in Sydney, and due to the uncertain deteriorating situation in NSW and VIC, the organising team have made the difficult decision to cancel the 2021 ACT and NSW Ski-O Championships.

The organising team looks forward to seeing you at the 2022 championships.

2021 QUEENSLAND SPORT AWARDS – WHO WILL YOU NOMINATE?



The Queensland Sport Awards program of recognition and promotion of sporting achievement is open for nominations.

The program returns after a break in 2020 with the Awards / Hall of Fame Presentation scheduled to be held on Thursday evening, 25 November in the Plaza Ballroom of the Brisbane Convention & Exhibition Centre.

Do you have anyone in your club or an event series that you would like to nominate for one of the awards?

More information and the forms can be found on the [QSport website](#).

LAST WEEK'S NEWS ARTICLES BELOW

MTBO AT BEERBURRUM EAST



Put this one in your diaries!

All welcome to this fantastic MTBO event at Beerburum East!

Sunday 15 August from 8:30am

There's options for everyone:

- 5 line courses: 15-33km
- 90 minute Recreational Event for families, novices or unfit
- 3 Hour Score event

Classes: Open A W14, W16, W20, W21, WOL, W40, W50, W60, W70, M14, M16, M20, M21, M40, M50, M60, M70; Open B E-bike, Short, Medium, Long, Recreational, 3Hr Score

Entry deadline 11 August 2021.

Enter on the day is not available.

Members \$10-\$15 | Non-Members \$15 - \$25

More Information at <https://oq.orienteeing.asn.au/events/11056>

Contact person Debbie Gordon | 0439979260 | info@sunshineorienteers.com.au

JUNIOR CAMP 2021 WRAP UP



Qld Junior Camp was to be a little different this year, when it was planned to combine it with the National Junior Development Camp. Planning was going well, with nearly 140 people registered to attend, when Covid 19 struck again and restrictions prevented most of the interstateers, including the other Co-coordinator, Brodie Nankervis from attending. However, the camp did go ahead for Qld and just 12 from NSW and Vic.

Training exercises included

- sprintinterval exercises at Collingwood Park SS
- forked sprint intervals at Scots PGC
- exercises at Rosenthal, Broadwater and Cascades
- relay courses at St Joseph's, Stanthorpe
- night program
- Camp Champs at Charlies Paddock





Memories: Felicity's key refusing to turn in the ignition as she was about to drive from Warwick to Stanthorpe. Phil, a diesel mechanic, being hastily called back, the RACQ being called in and finally a new key to get everyone to Stanthorpe only 15 mins late for dinner at the RSL.

The RAIN! Driving to Rosenthal, it was raining heavily. BOM said it was clearing by 9.45, so we covered under the tents and waited. The rain did ease, so we went out on the exercises. Several juniors thought it was fun when they got wet crossing over the creek, but Su Yan wasn't so impressed when she had to get very wet on her way back after collecting controls! Fortunately the rain raised the temperature well above zero (unusual for Stanthorpe at this time of year) and the sun did come out, so we went on to Broadwater and completed the afternoon's activities. The hot showers were pretty popular when we got back!

Cascades – always a heap of fun!!

The relay, missing maps and a lost key. The less said the better....

Each year, the **Fiona Calabro Memorial Award** is given to the Junior who makes the most of their time at camp, demonstrating commitment and dedication to the sport. And each year it is incredibly hard to choose. This year was one of the hardest, but in the end, we congratulate **Sam G** for his outstanding attitude and consideration of others. Well done, Sam!





Special thanks to everyone who contributed to making the camp a success, especially **Brodie Nankervis**, who did so much background work and then was unable to attend. Thanks to my team – **Su Yan, Richard, Cam, Phil, Reid, Neil, Ken, Dave and Eric**, you were terrific! Apologies if I've missed anyone – thank you! And finally thanks to the Juniors who attended, and worked so enthusiastically in some very trying conditions without complaining. We all wish you well with your orienteering. See you on the map!

Felicity Crosato, Co-coordinator

Camp Limericks:

We planned for a camp on the Downs,
But COVID was doing the rounds.
Just one week before
'Stay at home!' became law,
But that virus, it WON'T keep us down!

The runners all worked as a team,
To search for a rock in the green.
To get there they ought'a
Cross over the water,
But all of them swept down the stream!



For Felicity's full report, the detailed thank you's and all the limericks, [please click here](#).

A **big thanks also to Felicity**, who did an amazing job pulling a wonderful (if wet!) camp together in such a short space of time when all the events had to be rescheduled because of the last minute withdrawals of interstate coaches, course setters and junior orienteers due to covid restrictions.

BOOK EARLY FOR STANTHORPE ACCOMODATION



Orienteers intending to participate in the Qld Middle Distance (7 and 8 August) and the Qld Long Distance Championships (4 and 5 Sept), both of being held on the Granite Belt, are advised to make their accommodation bookings as soon as possible. The region is experiencing a tourism boom, particularly on weekends, so you need to get in early to ensure you have somewhere to stay .

The Top of the Town Tourist Park, beside the Stanthorpe Showgrounds, has a range of accommodation available.

<https://topoftown.com.au/>

The Sommerville Valley Tourist Park, beside Storm King Dam, also has plenty on offer. This park is only 15 mins from the Long Distance Championships.

<https://www.sommervillevalley.com.au/>

Camping is also available at the Stanthorpe

Showgrounds: <https://www.stanthorpeshowgrounds.com.au/camping>

ACT MTBO CHAMPS - 16-17 OCT



Only three and a half months left until ACT MTBO Championships 2021, 16-17th October! This year the ACT Champs will feature Sprint and Middle Champs with two new MTBO maps and can't be missed!!!

Bulletin 1 is released and entries have been opened on Eventor!

We welcome everyone to

Canberra! <https://eventor.orienteering.asn.au/Events/Show/10574>

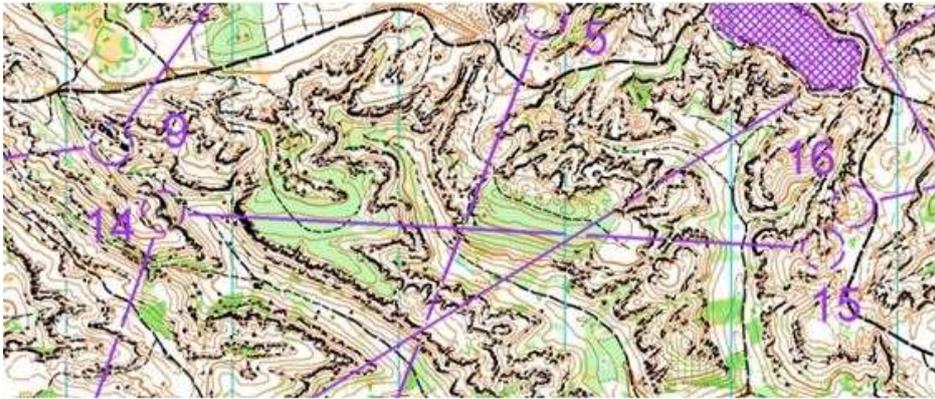
WORLD ORIENTEERING CHAMPIONSHIPS VIEWING



Last Friday's World Championships long distance race was held in sandstone terrain in the Czech Republic, with many fascinating long route choice legs (although there was some controversy about the amount of track running and the fact that the three men's medalists all ran together in a pack). Check out the GPS tracking below, or read World of O's detailed route choice analysis of the [Women's](#) and [Men's](#) courses.

Highlights from the WOC Relay are [found here](#).

Thanks to OVic again for the analysis.



LEAFY GREENS KEY TO MAINTAINING MUSCLES



Eating leafy green vegetables like spinach could help maintain muscle strength into old age.

Popeye was on to something. Eating just one cup of leafy green vegetables like spinach each day may help maintain muscle strength and mobility into old age.

Researchers from Edith Cowan University (ECU) tracked the diets of 1420 Western Australian women aged over 70 and found that those who ate more nitrate-rich vegetables like spinach, rocket and lettuce had significantly better muscle strength and physical function.

Measuring muscles

Lead researcher Dr Marc Sim from ECU's School of Medical and Health Sciences said a decline in muscle strength and physical function are associated with greater risk of disability and even premature death.

"Poor strength and function are also associated with other adverse outcomes such as falls and fractures, which substantially compromise an individual's independence," he said.

“In our study we found that eating one cup of spinach, rocket or lettuce a day may increase strength.”

Nitrate and blood flow

Dr Sim said while it was unclear exactly how nitrate positively influences muscle function, one possible mechanism could be improved vascular function and blood flow.

“We know from previous research that nitric oxide is a vasodilator, which means that it widens your blood vessels, potentially allowing greater blood flow to your muscles. In fact, nitrate supplements are used by athletes to improve endurance and performance.

“It could be that higher daily nitrate intake consistently increases muscle blood flow, thereby facilitating musculoskeletal health,” he said.

To read the full article by Dr Marc Sim from the School of Medical and Health Sciences at Edith Cowan University, please [click here](#).

CHANGES TO COVID RESTRICTIONS



Just when we thought it was all going so well, COVID-19 stepped up to remind us it is not over yet and that we must continue to be vigilant.

From 6 p.m. 3 July, the lockdown in Brisbane and Moreton Bay was lifted.

From this time we are subject to restrictions outlined in the [Restrictions for Impacted Areas Direction \(No. 8\)](#). These are the same restrictions that already apply in other areas in South East Queensland and Townsville.

There is mandatory mask wearing, outdoors and indoors. This means that masks must be worn all the time except when you are actually competing. Physical distancing and hand

hygiene continue to be essential. Please stay home if you are feeling unwell or are exhibiting any COVID-19 symptoms.

When the increased restrictions are over, there is expected to be a return to the changes announced on June 25 which included:

- COVID Safe Plans are no longer required
- There is mandatory use of the [Check In QLD](#) app*
- Restrictions have eased for events
- A travel declaration is required for anyone entering Queensland
- There are no restrictions for self-service food buffets

Useful Links

- [COVID News & Updates](#)
- [Restrictions in Queensland update](#)
- [What you can and can't do](#)
- [Roadmap to easing restrictions](#)
- [Contact tracing \(exposure sites\)](#)
- [COVID Safe Checklist](#) (new)
- [Restrictions for Impacted Areas](#)

Please continue to keep an eye/ear on the news broadcasts, the [QQ Facebook page](#), the [Eventor](#) links to the upcoming events and the [QQ website](#) for updates.

2021 Date Savers



QLD Foot Orienteering Events 2021		
Date	Event Type	Location
24-25 July	School's Champs	Albany Creek SHS Kurwongbah
7-8 Aug	OY9/ Middle	Broadwater State

	Champs	Forest
4-5 Sept	OY 10&11/ Long Champs	Granite Belt
25 Sept - 3 Oct	AUS Champs	Tasmania
17 Oct	QLD Relays	TBC



QLD MTBO Orienteering Events 2021		
Date	Event Type	Location
Sun 15 Aug	State Series	Beerburrum East
Sat 11 Sep	QLD Champs	TBC
Sun 12 Sep	QLD Champs	TBC
Sun 17 Oct	State Series	Woodford South

Contact Details

Please use the email addresses below to contact OQ Personnel:

admin@oq.asn.au (Linda Burridge)

membership@oq.asn.au (Rob Crosato)

treasurer@oq.asn.au (Tony Bryant)

bulletin@oq.asn.au (Linda Burridge)

website@oq.asn.au (Rob Crosato)

Last bulletin submissions to be received by midnight each Tuesday.



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