



2018

Race Participant's Information

Thanks to our Major Sponsors



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Welcome everyone to Pentath 2018.

This is the 16th Pentathrun and it comes with a number of changes this year. We are very pleased to welcome our new naming rights sponsor PR Media Solutions and several new race sponsors YMCA and Queen Mary Falls Café. With the YMCA Camp Leslie now sponsoring race 2 the Cross-Country has moved out to their grounds at Leslie Dam. This should provide a new challenge for all those runners returning from previous years and is conveniently located not far from Race 3 at the Sandy creek Hotel. Having listened to feedback we have revised our age category brackets to 5 years rather than 10 and in an effort to keep the presentations period to an acceptable time we have decided to only award a prize to first place in each age category.

Welcome back to our regulars, who have supported us year in and year out. We hope you enjoy the changes this year and if not please let us know.

We have made several improvements to how the timing will work this year and so you will notice some slight changes to how the timing and race setup. Following on from timing is presentations for the age category and overall winners of each race. We are again having two presentations one at the end of each day.

Social Media ie facebook continues to be a major source of advertising for us. Your comments and “likes” have and our social media content has been the major source of our advertising this year so thank you for being part of the Pentathrun Facebook family..

We do need to recognise our sponsors for 2018.

People N Places – our new major and naming right sponsor

Race Sponsors – WIRAC/YMCA, YMCA Camp Leslie, Darling Downs Hotel, Queen Mary Falls Cafe and Voyage Fitness.

There are numerous other sponsors who help out in some way and while we do not have enough room to thank them all here we will recognise them later and over the weekend.

To all our community groups and volunteers, THANK YOU. Please thank them as you run past water stations, street corners, at the start and finish line, or wondering who gave you this amazing breakfast you’re eating.

Have a great weekend, thanks again for your continued support of our unique event and don’t be afraid to come and say hello.

Karen Gilchrist
Club President



Details on the Race

General Information

Wheelchair - competitors welcome, please contact us to prearrange with race organisers.

Timing – Race timing will be done using RFID chips attached to the back of our race number bib. Please note it is very important that

- You **do not bend the RFID tag** that is attached to the back of the bib
- You must **wear your race number** each race



Did you know – Race numbers come in two colours. Plain white for those entering one or more races. “Orange” For those people who have signed up for all 5 races.

1st Aid – there will be 1st aid stationed at the end of each race. For the 3 shorter races this is the same location as the start.

Bag Transport – This is available for the ½ marathon and 10k ascent. There will be an area indicated at the assembly for each race for you to leave a bag which will be available at the finish. Please note we take no responsibility for anything lost or stolen from these bags so please do not leave valuables in your bag.

Cut Off Times – We need to have them as we have to allow enough time to set up for the next race.

Race 1 – 3 hours (if you are falling behind we won't leave you)

Races 2 & 3 – 1 hour

Race 4 – 2 hours

Post Race Massage – We will have a couple of masseur's available post each race. They will help with your recovery for a gold coin donation to the event.

Race Marshalls – We will have people directing you at each of the major turns in all races. Where that involves a road crossing it will be done by traffic control and at other locations by one or more of the many groups who volunteer to help with the Pentathrun each year.

Race 1 – YMCA / WIRAC Half Marathon

The race starts at the Warwick Indoor Recreation and Aquatic Centre (WIRAC) at 6:30 am and the temperature is usually quite cool, around 5-10 degrees at the start but warms up as the sun rises. The first three km's are quite flat with the fourth being hilly. From five to thirteen km it is also flat, then we hit some rolling hills all the way to Yangan finishing the last km downhill into Yangan. We have marked every two km with a flag. There will be drink stations along the way, roughly every five km. Two with sports drink as well as water. After finishing, share breakfast with friends and chat about the race before catching a bus back to Warwick at 9.00 - 10.00am.

Wheelchair competitors welcome, please contact and prearrange.

Note the road is open to traffic and runners **need to stay to the left on the road.**

Race 2 – YMCA Camp Leslie "X" Country 4.6 Km **New for 2018**

Where: YMCA Camp Leslie Grounds, 578 Leslie Dam Rd, Leslie Dam

Details: The YMCA grounds are 14 km from Warwick heading out the Cunningham Highway and located at Leslie Dam. It consists of two laps of the grounds totalling 4.6 km. We have a split start process operating for this race.

Race 3 – Darling Downs Hotel 5 km Road Race

Details: The Darling Downs Hotel (Sandy Creek Pub), an old historic pub 10 min outside of Warwick (toward Goondiwindi) is the location for race 3. This is a very flat and fast road race on an out and back course along the Sandy Creek Road (Road Closed to traffic). With the pub at the finish of the final race for Saturday you can't ask for much better. We will have a split start for this race and presentations for races 1-3 straight after.

Wheelchair competitors welcome, please contact and prearrange.

Race 4 – Queen Mary Falls Cafe 10 km Ascent

Details: This race starts near the high school in Killarney (36 km from Warwick) and climbs to Queen Mary Falls. This is a challenging run. It starts with 3km flat run and gradual climb for the next 2.5 km. Then the hills get steep with very slight relief in the last Km. We have drink stations on this run and breakfast afterwards in the Cafe Grounds at Queen Mary Falls. This is a very scenic run if you have the energy to take it in.

Race 5 - Voyage Fitness 1500m

Details: A short sharp fast conclusion to the weekend of running, or a chance to get a good time if you have not competed in all the other races. Also a very easy starting point for beginners or non-running partners. The race starts and finishes at Leslie Park and runs up the main street, does a U-turn and returns. BBQ available and presentations for race 4 & 5 follow. We will have the main race first followed by the kids/joggers/walkers race.

Wheelchair competitors welcome, please contact and prearrange.

TimeTable – “where to be and when”

Friday May 18th 2018

Race Number Collection from 5:00pm with new Registrations from 6:00pm both finishing at 8:00pm – WIRAC (YMCA), Cnr Albert & Palmerin St, (Albert St Entrance) Warwick.

Saturday May 19th 2018

Race 1 - YMCA / WIRAC Half Marathon 21.1km – Warwick to Yangan

(Race starts at WIRAC, Palmerin St, Warwick and finishes at Yangan)

5:30am - 6:15am - Registration

6:30am - Race Start (Shuttle bus return, Last returning bus 9.50am 'ish)

Breakfast provided for runners after race and return buses available back to Warwick

Race 2 - YMCA Camp Leslie X-Country 4.6km – YMCA Grounds, Leslie Dam

(Race starts and finishes on the oval)

10:30am - 11:15am - Registration

11:30am - Race Start (staggered start)

Race is two laps of the grounds outlined by white stakes with flags attached. Race marshalls will direct the way.

Race 3 - Darling Downs Hotel 5km Road Race

(Race starts and finishes at Darling Downs Hotel, Sandy Creek Road)

1:30pm - 2:15pm - Registration

2:30pm – Race Start

Race is a flat out and back course with staggered start.

Saturday Awards immediately after Race 3 at the Darling Downs Hotel

4:00pm - Awards Presentations for Races 1, 2 & 3

Sunday May 20th 2018

Race 4 – Queen Mary Falls Cafe Ascent 10km

(Bus to Killarney race start leaves WIRAC Hall, Palmerin St at 5.45am)

(Race starts Cedar St near the Killarney High School and finishes at Queen Mary Falls)

6:15am - 6:35am - Registration

6:45am - Race Start (Free bus return to start. Last bus returns 8:30am)

Return bus will take runners to either the race start in Killarney or back to Warwick.

Race 5 - Voyage Fitness 1500m

(Race starts and Finishes at Leslie Park, Warwick)

10:00am - 10:30am - Registration

11:00am - Race Start Main Race first followed immediately by the Kids/Walkers

Presentations for Races 4 & 5 at Leslie Park Band Rotunda with BBQ available. Overall Winners will be presented from 11:30am.

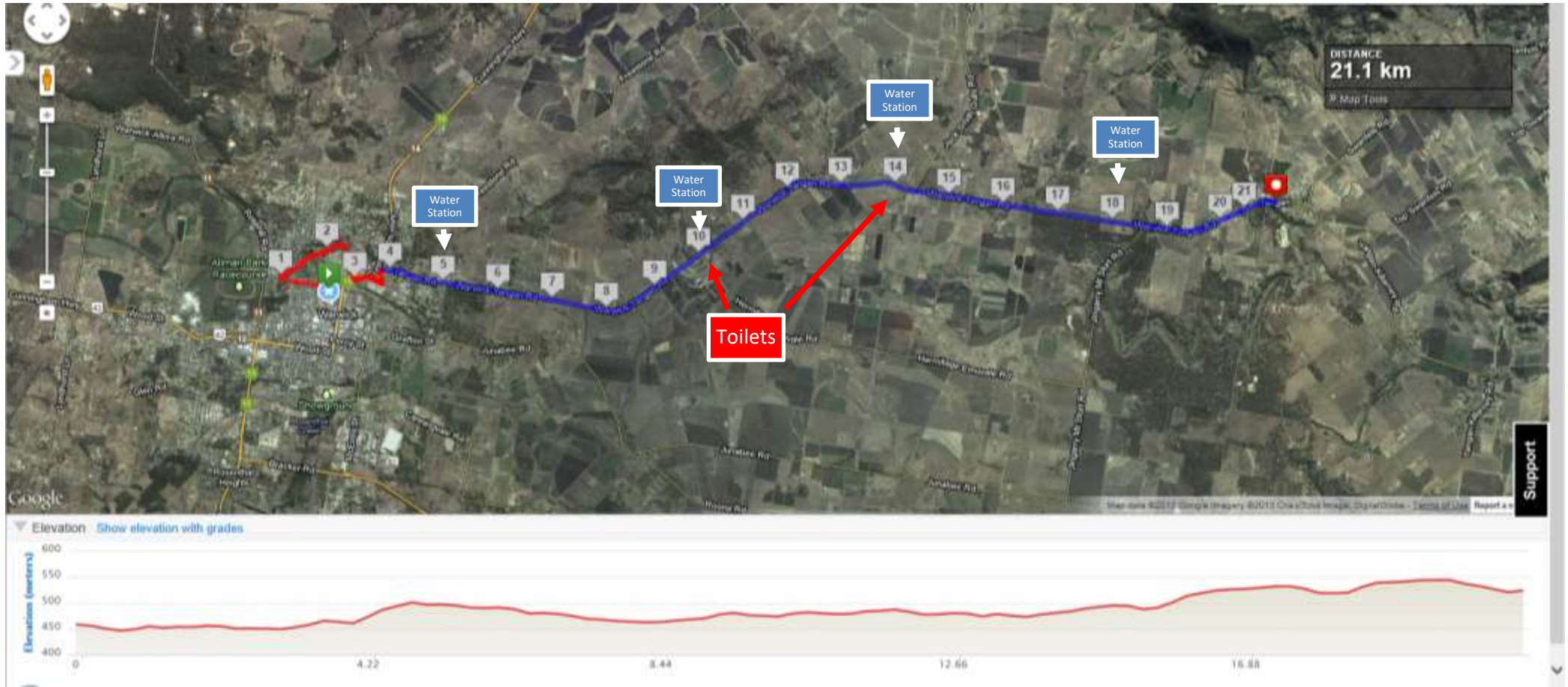
Race 1 – YMCA / WIRAC Half Marathon

Assembly: WIRAC – Albert St Entrance

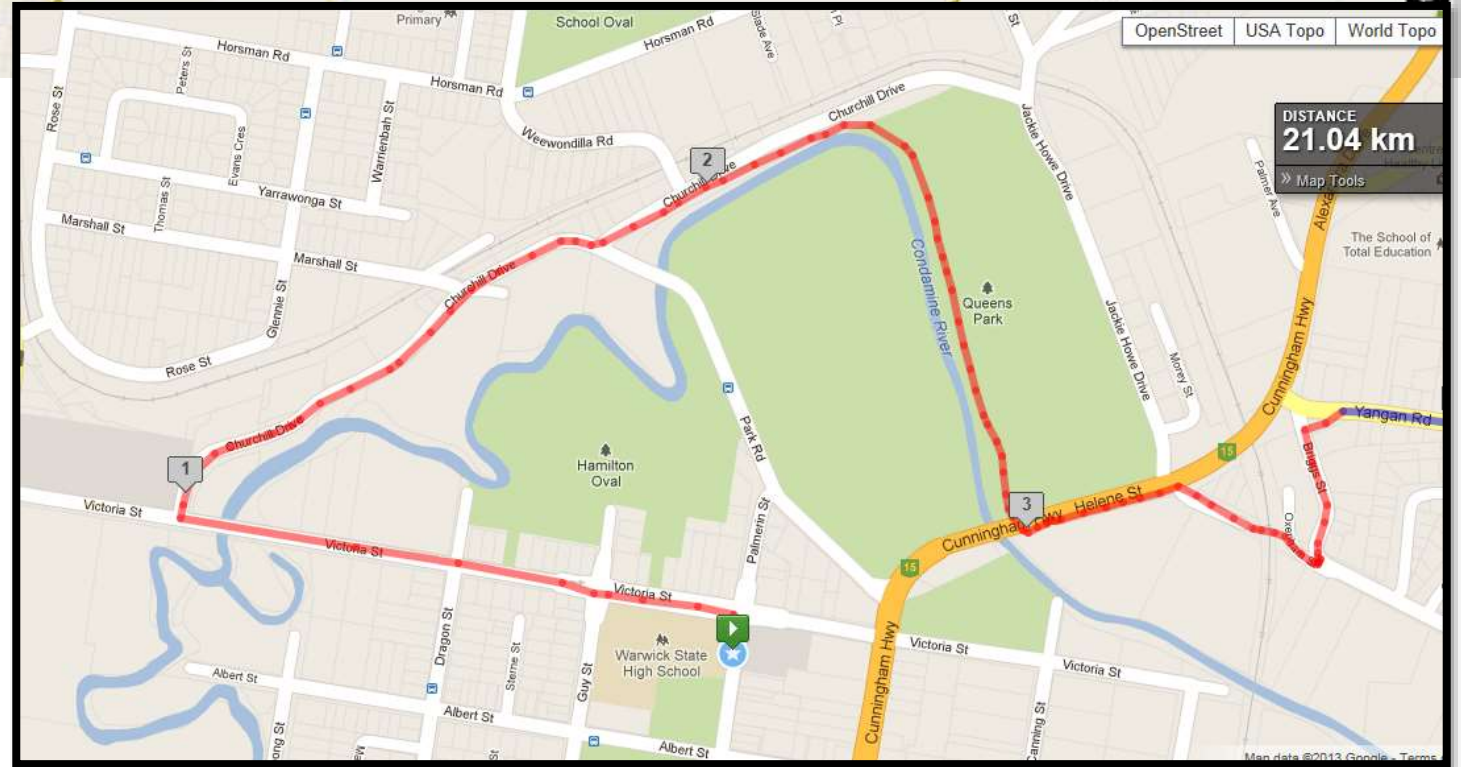
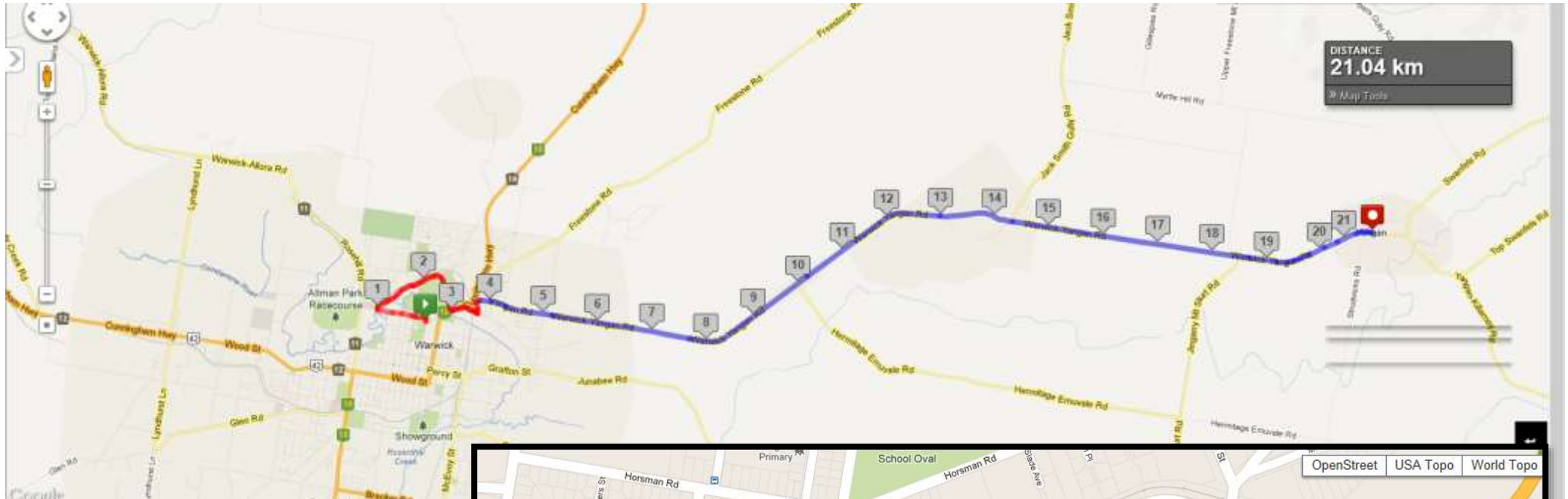


Start: 18 Palmerin St, Warwick, in front of WIRAC

Finish: 14 King St – Yangan at the Yangan Cash and Carry (providing breakfast after the ½ marathon) – Return Buses are available and a bag transport to the finish is available.



Street map View showing klm markers. INSERT – Warwick town section

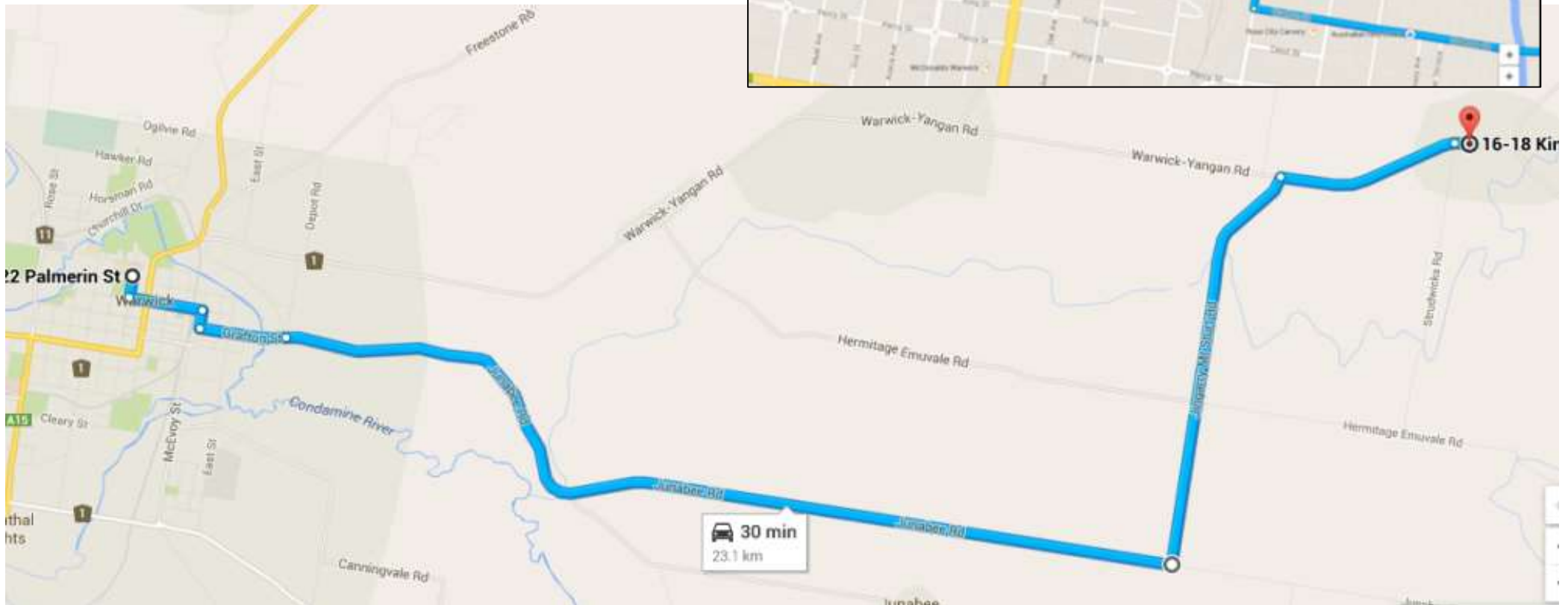


Supporters Directions to Yangan (the finish) – Alternative Direct Route – Junabee Rd

Each year we have some issues with the number of cars both wanting to get to Yangan for the finish and also supporting their runners along the way. If you just want to get to Yangan to the finish then please take the following alternative route.

From the start drive south on Palmerin St and turn right into Fitzroy St, cross the highway and continue to then turn right into Hamilton Rd, Then left to Grafton St which turns into Junabee Rd. Follow that for 14km then turn left onto Jingaree/Mt Stuart Rd, this will take you back to the Warwick/Yangan Rd where you turn right and should arrive at Yangan well before the runners.

As per map below with insert being Warwick Town section



ROAD TRAFFIC TO YANGAN

SUPPORTING YOUR RUNNER

We know your runner is very important and supporting them is what you came for so we definitely want that to be part of our event.

It sometimes seems like those people in supporter's vehicles have forgotten the road rules so the local Police (QPS) and Queensland Transport and Main Roads (TMR) are imposing tighter traffic controls on the event this year.

For all those who have been to the ½ marathon before you will be aware of this issue.

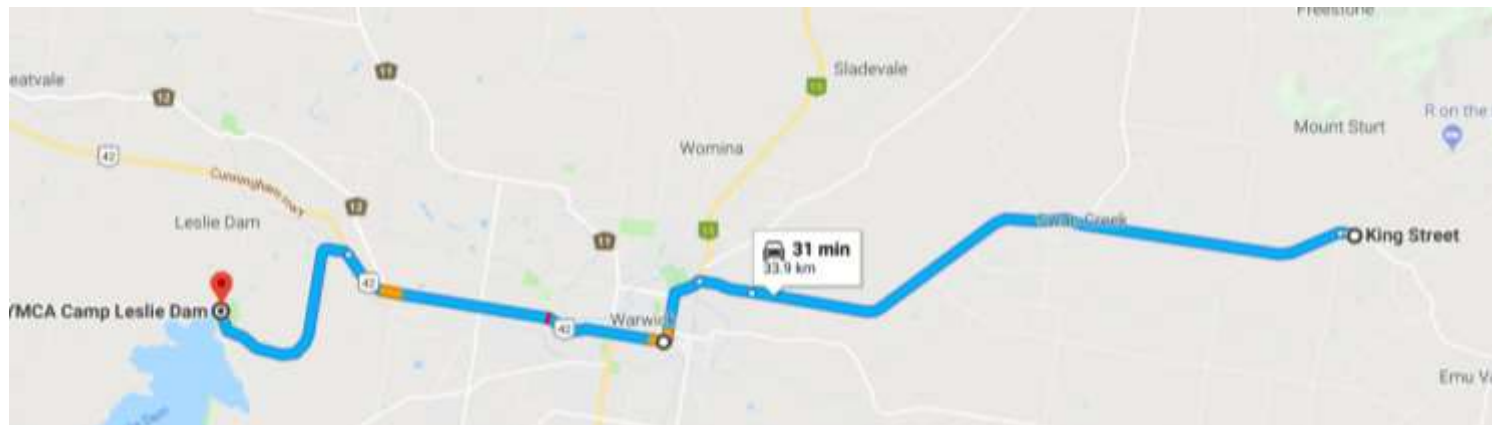
PLEASE pay attention to the instructions we are handing out with Race pack collection and that will help with getting everyone “Runners and Supporters” safely to the finish.

Race 2 – YMCA Camp Leslie 4.6 km X-Country

Start/Finish - Main oval, YMCA Camp Grounds, 578 Leslie Dam Rd, Leslie Dam



Route from Yangan (race 1 finish) to Leslie Dam (race 2 start)



- Race Start Finish
- Registrations
- Carparking

Race 3 – Darling Downs Hotel 5 km Road race

Darling Downs Hotel
(Sandy Creek Pub)

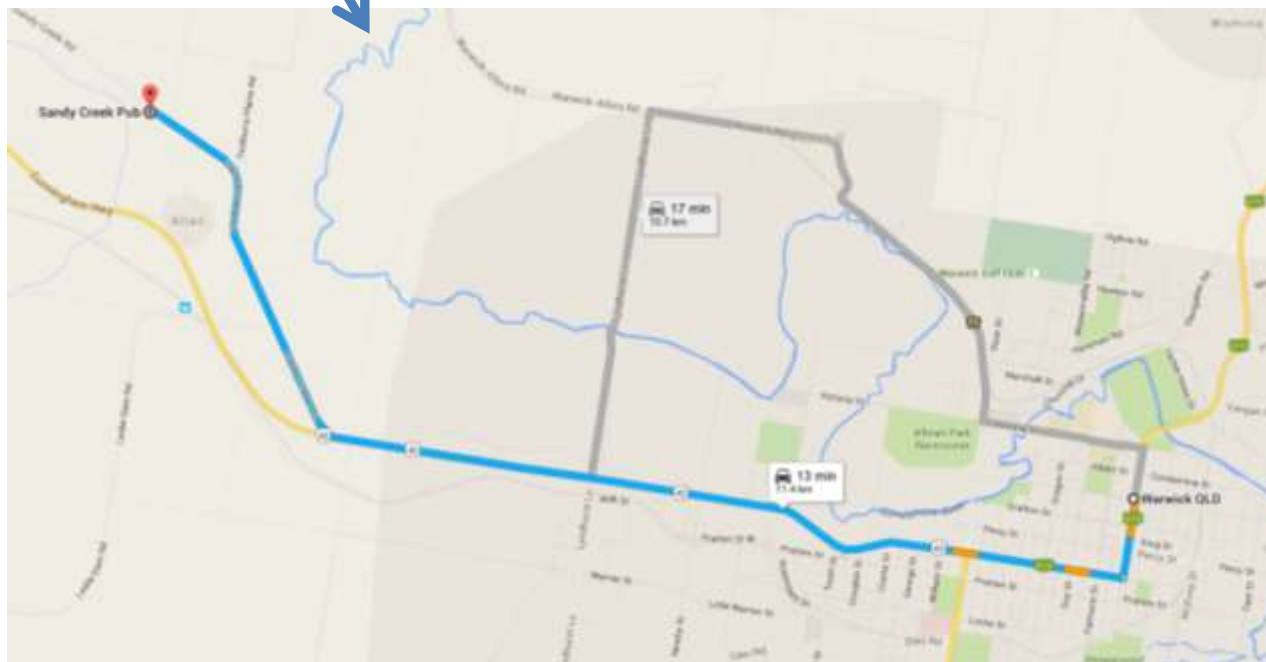
Start / Finish - Darling Downs Pub, Sandy Creek Road, Warwick

The Course



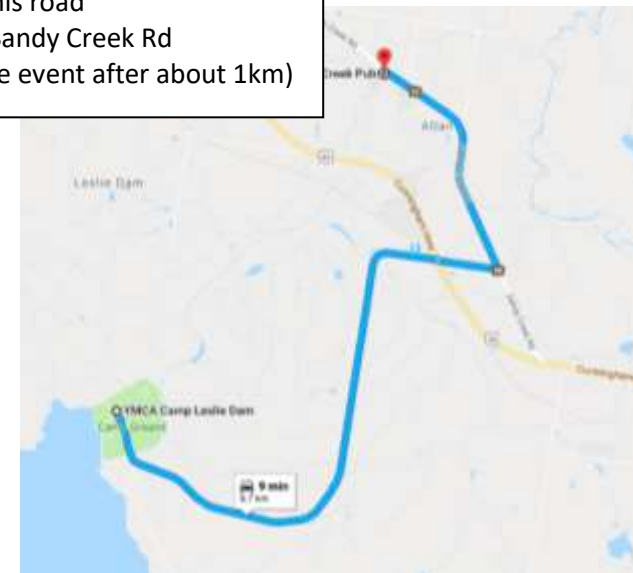
Parking – Drive down toward the pub where we will have Marshall’s directing you to parking until it fills up.

Getting there from Warwick or From Race 2 at Allora



Directions from Race 2 Leslie Dam to Race 3 at Sandy Creek Hotel

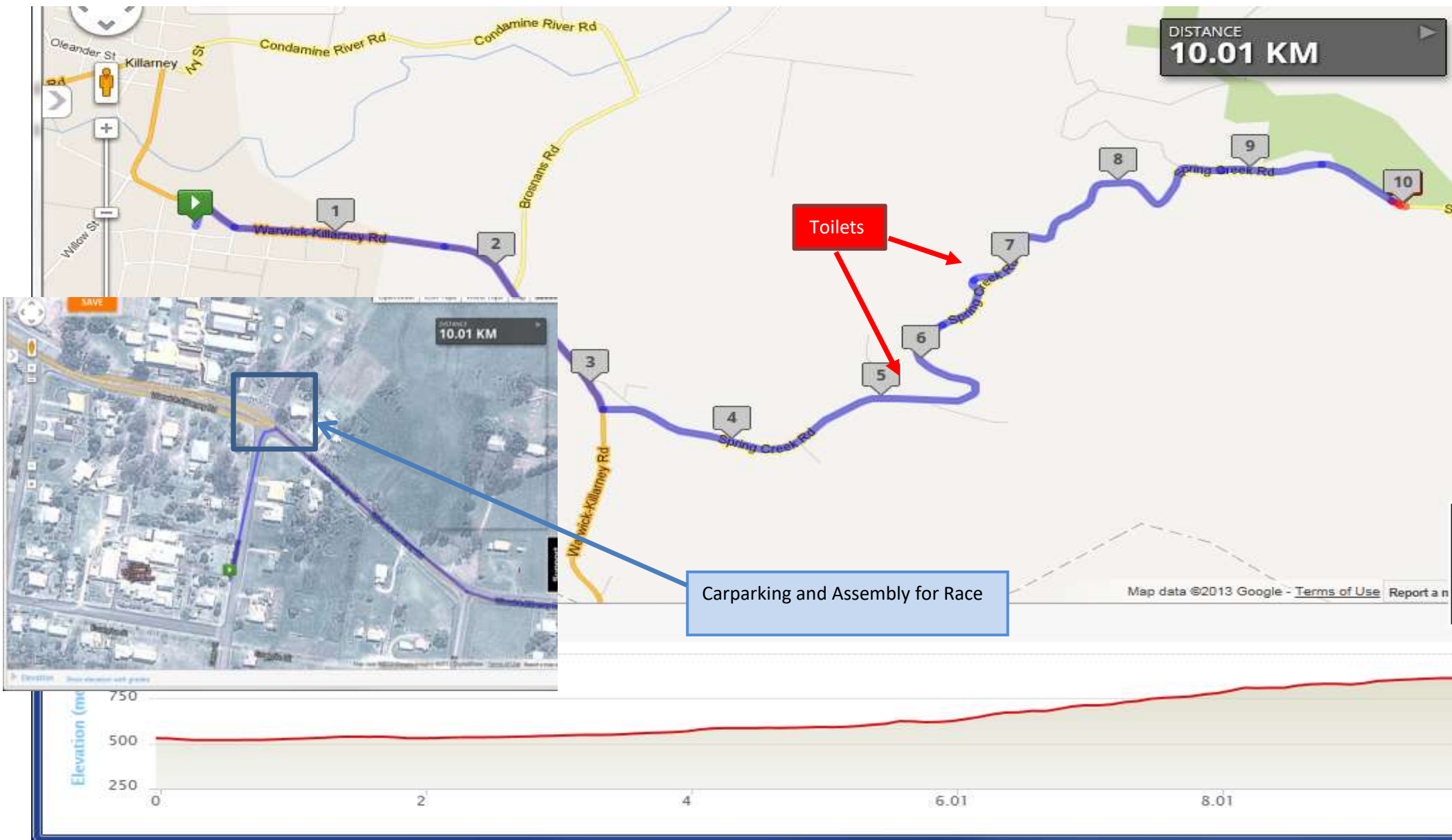
Head back out the Leslie Dam Rd
CAREFULLY cross the Cunningham Highway onto Strickfuss Rd
At the end of this road
Turn left onto Sandy Creek Rd
(you will see the event after about 1km)



Race 4 – Queen Mary Falls Cafe 10 km Ascent

Start: Cedar St, Killarney, in front of the Aged Care Facility (Park near the school)

Finish: Queen Mary Falls – at the Lookout Carpark/Shop/Caravan Park (providing breakfast after the Ascent)



People N places Pentathrun 2018

Drink Stations / Toilets Location Details			
Date	Race	Location	Type
19/05/2018	Race 1 - 1/2 Marathon	Station 1 - 5klm (approx) Cnr Yangan Rd and Depot Rd	Water Only
		Portaloo's here Station 2 - 10klm (approx) Near Hermitage Research station	Water & Energy Drink
		Portaloo's here Station 3 - 14klm (approx) Cnr Yangan Rd and Jack Smith Gully Rd	Water & Energy Drink
		Station 4 - 18 klm (approx) Cnr Yangan Rd & Mt Stuart Rd Rd	Water Only
		Station 5 - Finish Yangan	Water & Energy Drink
19/05/2018	Race 2 - Cross Country	Station 1 – Main Oval - Start/Finish	Water Only
		Station 2 – On Course - Second lap	Water Only
19/05/2018	Race 3 - Road Race	Station 1 - at Start/Finish Sandy Creek Pub (Darling Downs Hotel)	Water Only
		Station 2 - 2.5klm (turn around)	Water Only
20/05/2018	Race 4 - Ascent	Toilet block off the road here Station 1 - 4.3klm (approx) 81 Spring Creek Rd	Water Only
		Portaloo here Station 2 - 6.8klm (approx) Daggs Falls Turn In	Water & Energy Drink
		Station 3 - Finish Queen Mary Falls	Water & Energy Drink
20/05/2018	Race 5 - 1500 Meters	Station 1 - Start / Finish Palmerin St, Warwick	Water Only

PRIZE MONEY: Race 1 to 5 - (Male and Female) (Wheelchair athletes, Race1,3 and 5)

- 1st - \$80 \$200 BONUS IF SAME RUNNER WINS ALL 5 RACES

OVERALL COMBINED TIMES (Male & Female)

- 1st - \$150

TROPHIES (combined times for 5 races)

- Overall Fastest Male
- Overall Fastest Female

AGE GROUP MEDALLIONS / PRIZES

1st, 2nd & 3rd (Male and Female) in the following age groups for each of the 5 races.

- Under 10 (races 2, 3 and 5 only)
- 10-15yrs (races 2, 3 and 5 only)
- 16-20yrs, (under 21 for races 1 & 4)

1st Place (Male and Female) in the following age groups

- 21-25yrs, 26-30yrs,
- 31-35yrs, 36-40yrs,
- 41-45yrs, 46-50yrs,
- 51-55yrs, 56-60yrs,
- 61-65yrs, 66-70yrs,
- 71yrs+

If you complete all 5 races (Total 42.2km) you will receive a Pentathlon Finisher’s Certificate (available via download from website) and the 2018 gift of recognition for your achievement.

2017 All Five Races Placings

Male Leader Board				Half				Cross				5k				10k				1500				
				Cat	Grndr	Ovrl	Time	Cat	Grndr	Ovrl	Time	Cat	Grndr	Ovrl	Time	Cat	Grndr	Ovrl	Time	Place	Total Time			
160	Aidan Hobbs	M21-30		1	2	3	01:15:12.27	1	1	1	15:44.26	1	1	1	16:53.21	1	1	1	39:15.96	1	1	04:30.34	1	2:31:15.97
51	Peter Brackem	M31-40		2	3	3	01:16:18.38	2	4	4	16:18.62	2	3	3	16:49.33	3	3	3	40:02.31	3	4	04:35.63	2	2:34:02.26
203	Dan Symonds	M21-30		2	4	4	01:17:18.84	2	2	2	15:51.41	2	4	4	17:09.71	2	2	2	39:40.64	3	14	05:08.36	3	2:35:08.76

Female Leader Board				Half				Cross				5k				10k				1500					
				Pl	Gr	Cl	Ti	Pl	Gr	Cl	Ti	Pl	Gr	Cl	Ti	Pl	Gr	Cl	Ti	Pl	Gr	Cl	Ti	Pl	Total Ti
131	Kerri Hodge	F41-50		1	1	19	01:25:46.98	1	2	19	18:01.50	1	2	16	18:47.55	1	1	19	48:26.83	1	3	23	05:11.60	1	2:54:14.26
156	Margot Manning	F41-50		2	1	36	01:31:55.00	2	3	26	18:47.67	2	3	35	19:59.85	2	2	34	47:47.28	2	4	31	05:20.87	2	3:08:50.67
133	Laura Daly	F21-30		1	4	63	01:38:57.11	2	8	63	20:58.61	2	9	65	22:02.32	1	3	45	51:25.40	4	27	136	06:33.91	3	3:19:57.54

All results for 2016 and 2017 are available on our website www.pentathrun.com

Thank you for being part of the 2018 Pentathrun.

Hope to see you back for the 17th Pentathrun in 2019.

Our thanks to our additional sponsors.



www.pentathrun.com

