



2019

Race Participant's Information

Do one, Do all, Or as many as you can

Register Now  **www.pentathrun.com**

Printing Sponsored by Millmerran Power

Thanks to our Major Sponsors

www.pentathrun.com



Welcome everyone to Pentath 2019

This is the 17th Pentathrun and in line with the last few years there are a couple of changes.

The recent announcement of the election to be held on the 18th has caused a change in the venue used for our race pack collection and gathering point for Race 1. The YMCA/WIRAC will be used as a voting venue therefore the committee has decided to move the hub, so for 2019 we are relocating to the Warwick Senior Citizens Centre at 13A Albert Street (which is just around the corner from WIRAC). The other major change for 2019 is Race 5. Safety of our runners is paramount, therefore due to Sunday trading and the main street being busier than normal Race 5 will still start and finish at the same spot, we will just head north for a few metres before turning west into Albert Street and returning in an easterly direction to the finish....

We are very pleased to welcome back our naming rights sponsor **PR Media Solutions** (people N places) and are grateful to the race sponsors

- Race 1 - YMCA/WIRAC
- Race 2 - YMCA Camp Leslie
- Race 3 - Darling Downs Hotel
- Race 4 - Queen Mary Falls Café
- Race 5 - Voyage Fitness.

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 again to the registrations process. This is an integrated system and while it has come at a cost we feel that it will be worth it to have a better and more reliable registration and timing process.

Social Media ie facebook continues to be a major source of advertising for us. Your comments and 'likes' are a valuable part of what makes our event happen and we thank you for your input and continued support. Please continue to 'like' and share and become part of our Pentathrun Facebook family.

There are numerous other sponsors who help out in some way and while we do not have enough room to thank them all now 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 your 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. White on an orange background for those entering one or more races. Blue 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 three shorter races this is the same location as the start.

Bag transport - This is available for the ½ marathon and 10 k 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

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 on Palmerin Street outside the Warwick Indoor Recreation and Aquatic Centre (WIRAC) at 6:30 am and the temperature is usually quite cool, around 0-10 degrees at the start but it warms up as the sun rises. The first three km 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 - 10.00 am.

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

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 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 are welcome, please contact us 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 3 km 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 1500 m

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 (Palmerin Street) and in a change for 2019 runs in an east/west direction along Albert Street. 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 are welcome, please contact us and prearrange.

Timetable – ‘where to be and when’

Friday May 17th 2019

Race number collection from 5:00 pm with new Registrations from 6:00 pm both finishing at 8:00 pm – Warwick Senior Citizens Centre, 13A Albert Street, Warwick.

Saturday May 18th 2019

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

(Race starts at outside WIRAC, 29 Palmerin Street, Warwick and finishes at Yangan)

5:30am - 6:15am - Registration (Warwick Senior Citizens Centre 13A Albert Street)

6:30am - Race Start (shuttle bus return, last returning bus 9.30 am ‘ish)

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

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

(Race starts and finishes on the grounds)

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 5 km Road Race

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

1:30 pm - 2:15 pm - Registration

2:30 pm - Race Start

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

Saturday Awards immediately after Race 3 at the Darling Downs Hotel

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

Sunday May 19th 2019

Race 4 – Queen Mary Falls Cafe Ascent 10 km

(Bus to Killarney race start leaves the Senior Citizens, 13A Albert Street at 5.30 am)

(Starts - Cedar Street near the Killarney High School and finishes at Queen Mary Falls)

6:15 am - 6:35 am - Registration

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

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 11:30 am.

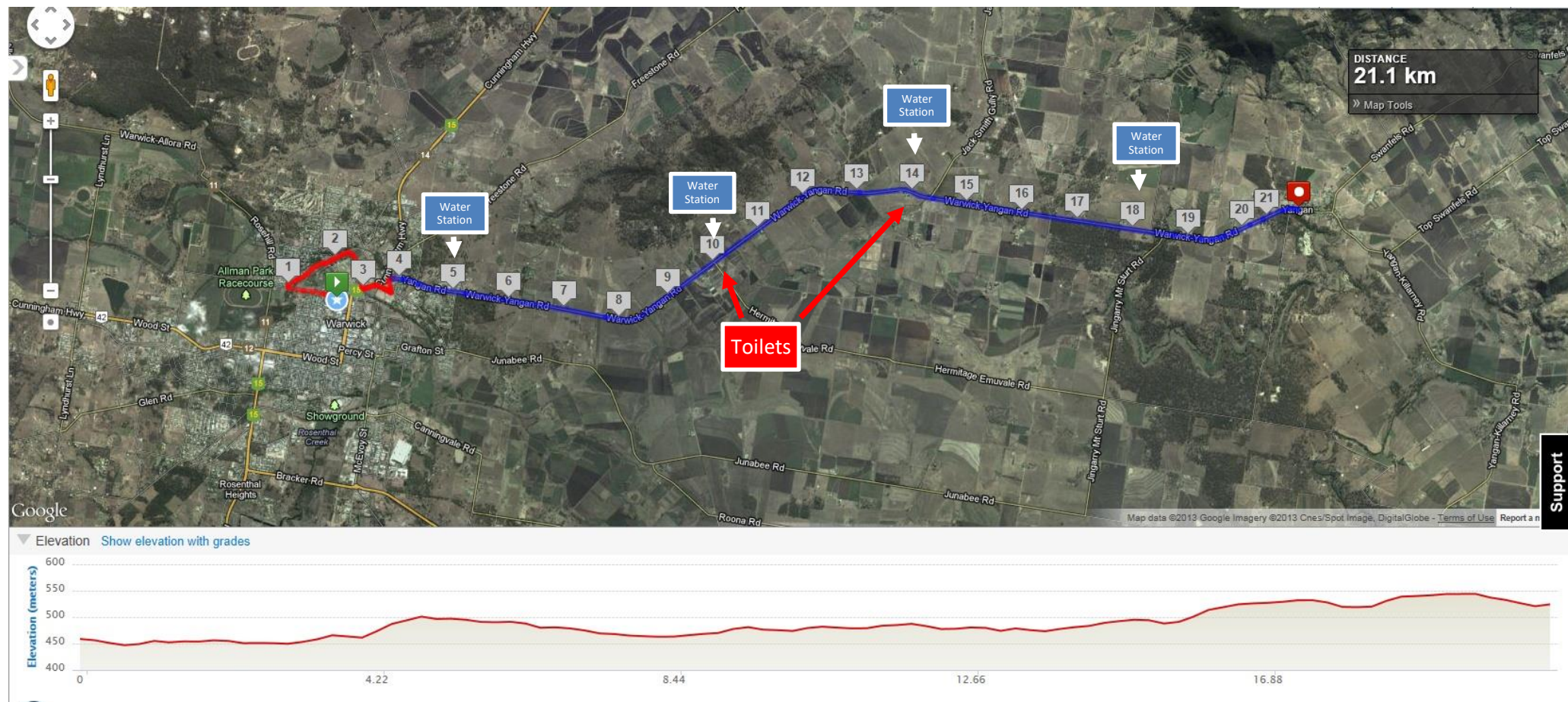
Race 1 – YMCA / WIRAC Half Marathon

Assembly: WIRAC – Albert Street entrance

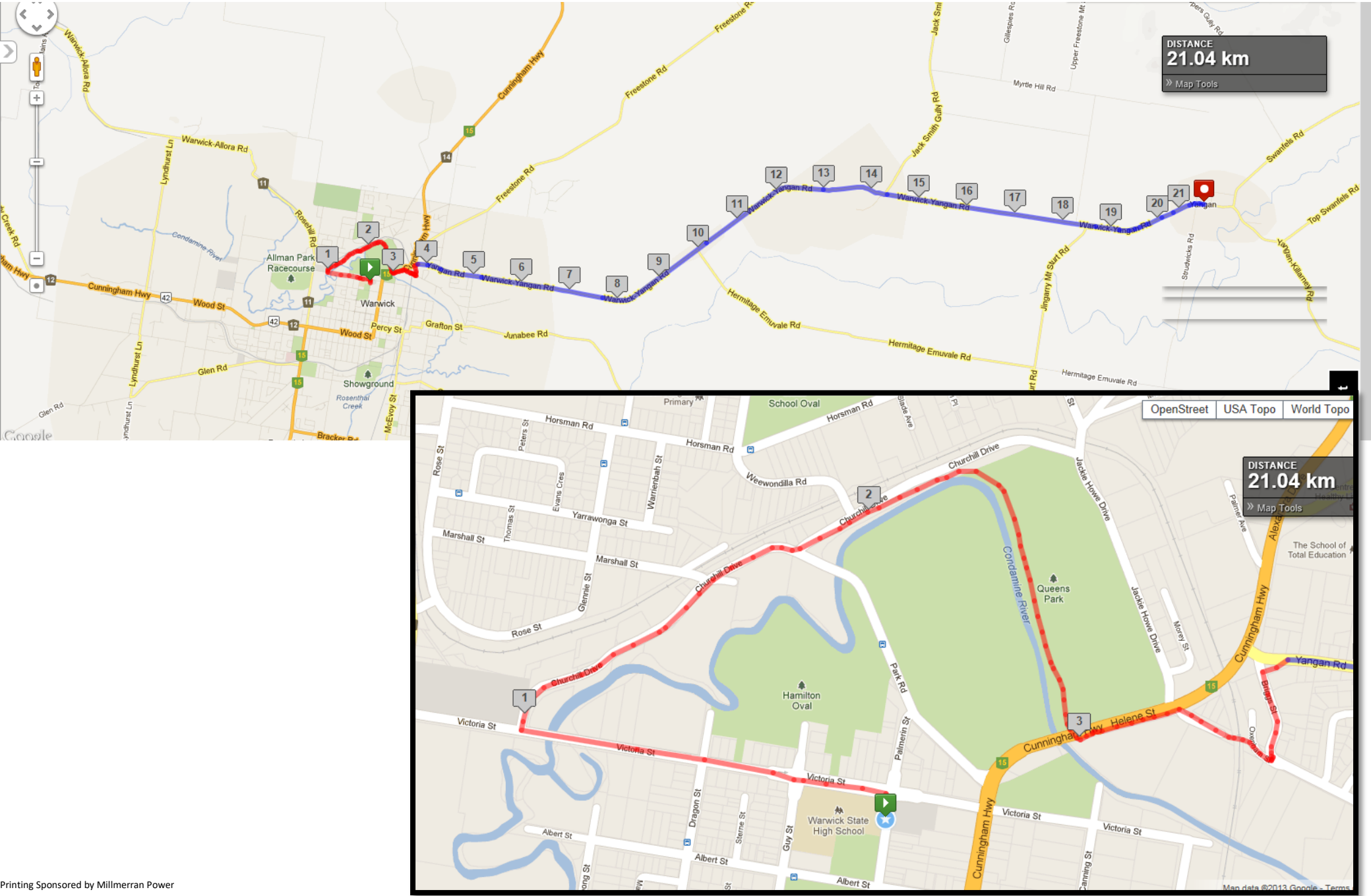


Start: 18 Palmerin Street, Warwick, in front of WIRAC

Finish: 14 King Street – 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

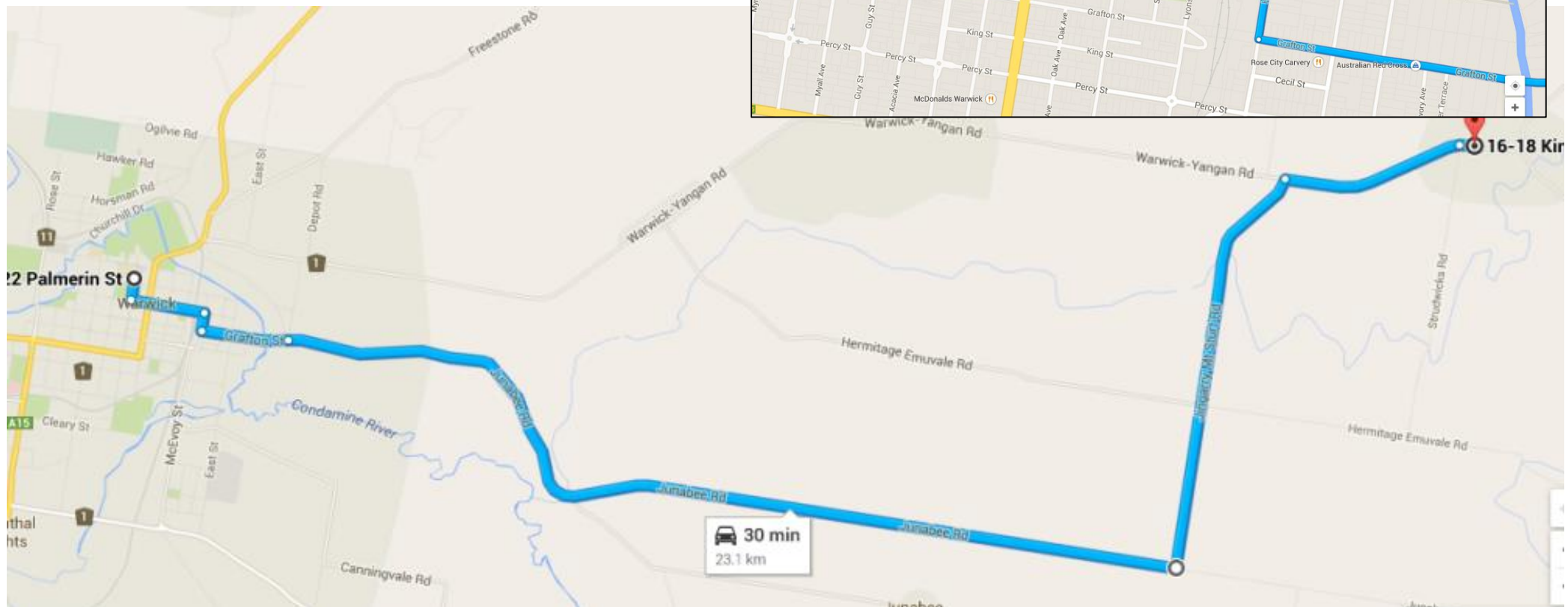
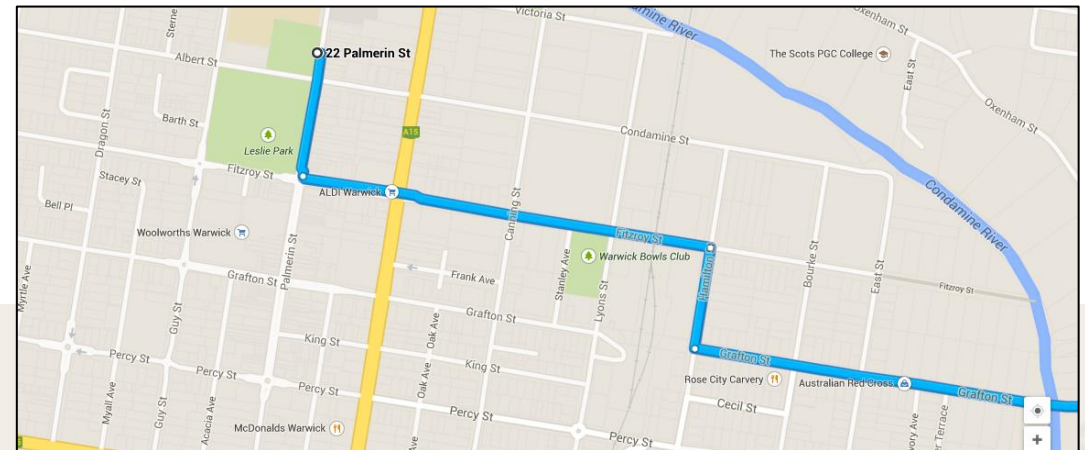


Supporters Directions to Yangan (the finish) – Alternative Direct Route – Junabee Rd

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.

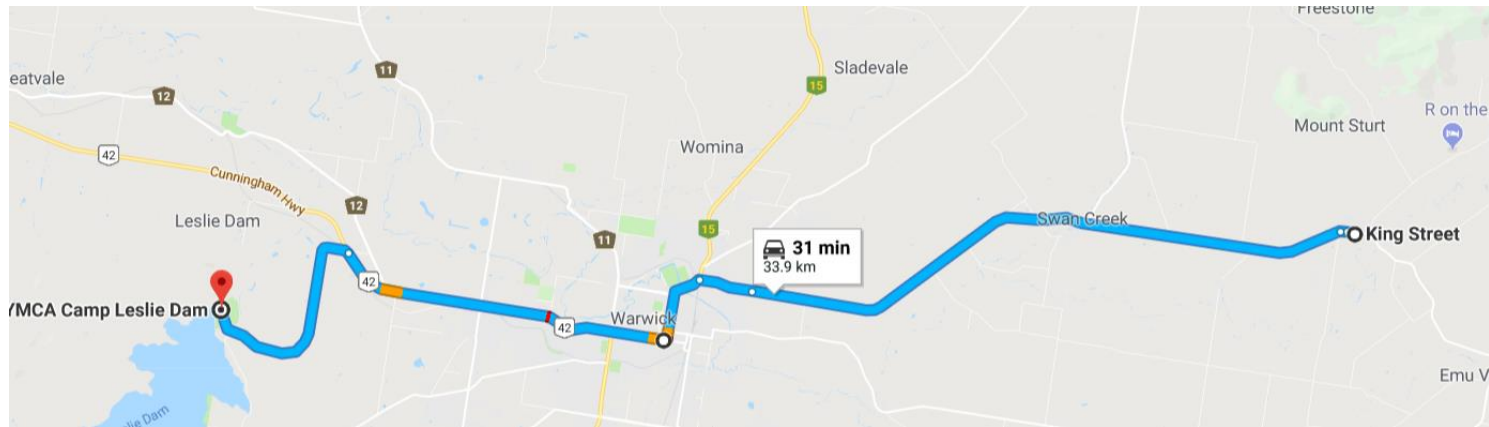
PLEASE pay attention to the instructions we are handing out with Race pack collection and that will help with getting everyone “Runners and Supporters” safely to the finish.

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 2 Course—YMCA Camp Leslie

Two Laps each 2.3km



Race Start Finish

Registrations

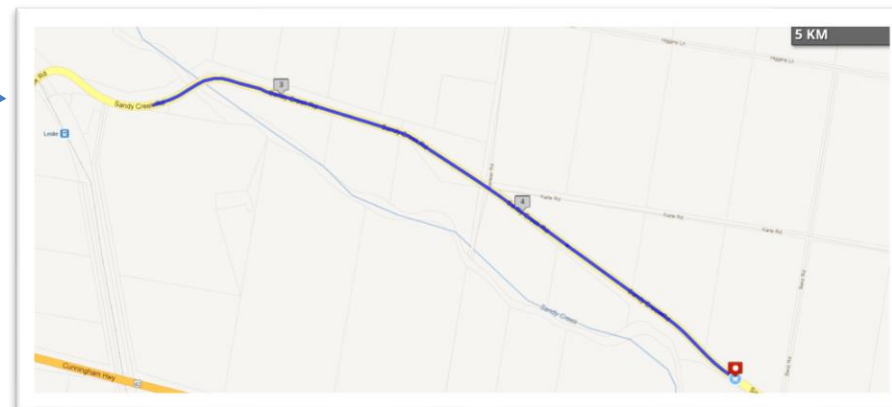
Carparking

Race 3 – Darling Downs Hotel 5 km Road race

Darling Downs Hotel
(Sandy Creek Pub)

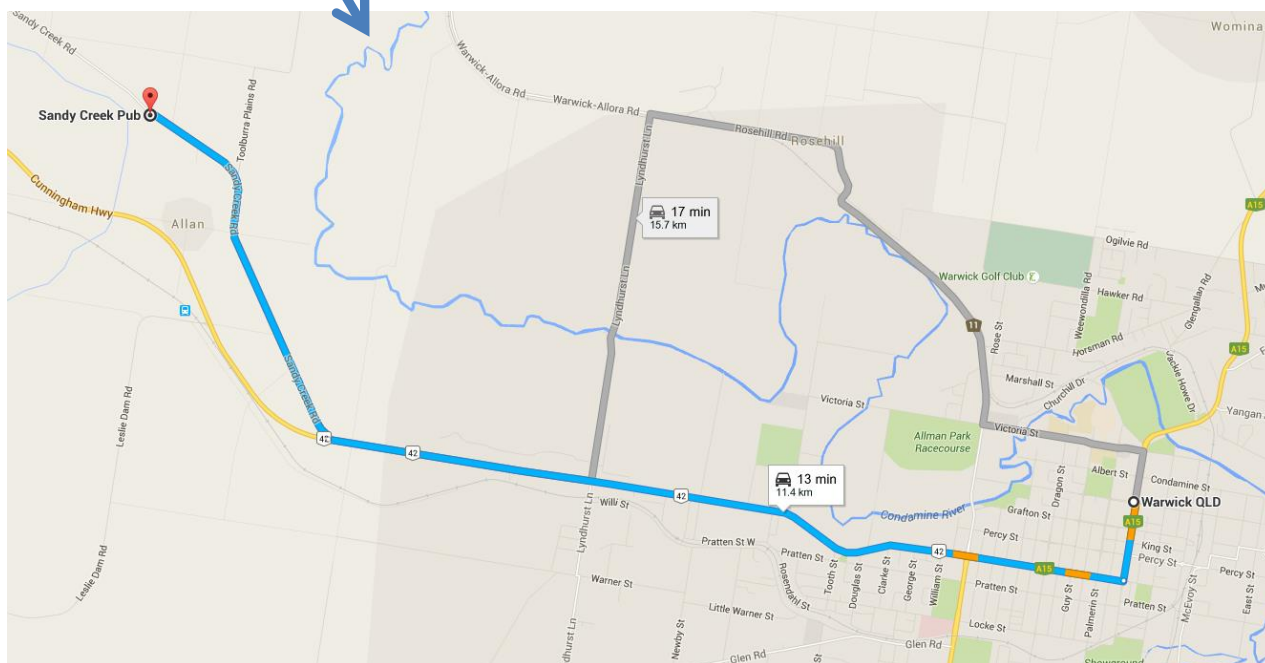
Start / Finish - Darling Downs Pub, Sandy Creek Road, Warwick

The Course



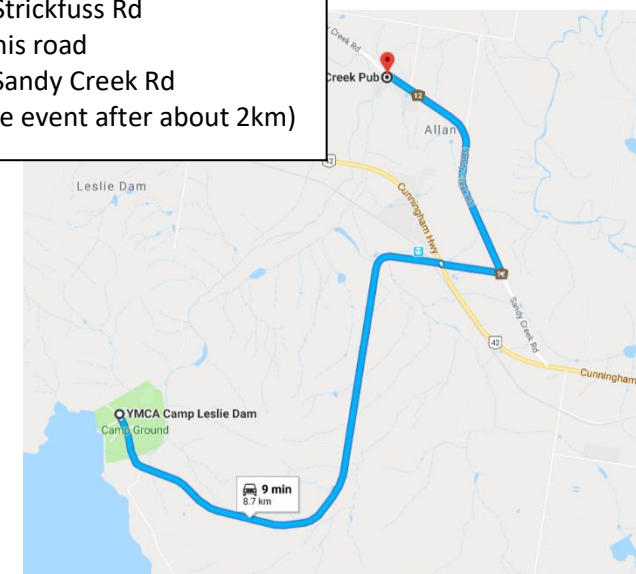
Parking – Drive down toward the pub where we will have Marshall's directing you to parking until it fills up.

Getting there from Warwick or **From Race 2 at Allora**



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

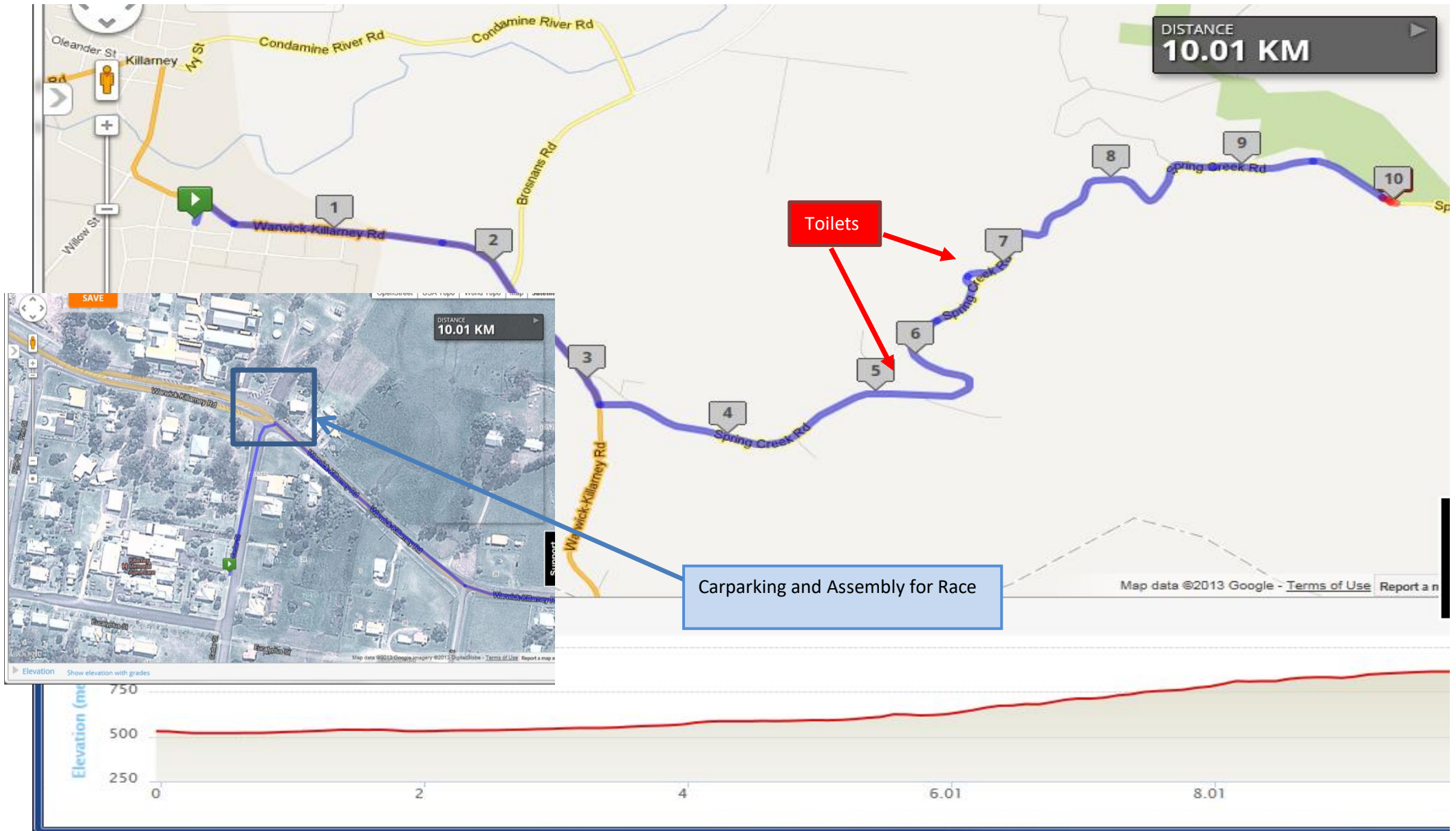
Head back out the Leslie Dam Rd
CAREFULLY cross the Cunningham
Highway onto Strickfuss Rd
At the end of this road
Turn left onto Sandy Creek Rd
(you will see the event after about 2km)



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)



Race 5 - Voyage Fitness 1500 Meters

Start / Finish: Leslie Park, Palmerin St, Warwick



Drink Stations / Toilets Location Details

Date	Race	Location	Type
18/05/2019	Race 1 - 1/2 Marathon	Station 1 - 5klm (approx) Cnr Yangan Rd and Depot Rd	Water Only
		2 x Portaloo's here Station 2 - 10klm (approx) Near Hermitage Research station	Water & Energy Drink
		Station 3 - 14klm (approx) Cnr Yangan Rd and Jack Smith Gully Rd	Water & Energy Drink
		Station 4 - 18 klm (approx) Cnr Yangan Rd & Upper Freestone/Mt Stuart Rd	Water Only
		2 x Portaloo's here Station 5 - Finish Yangan	Water & Energy Drink
18/05/2019	Race 2 - Cross Country	Station 1 - Start/Finish YMCA Camp Leslie	Water Only
		Station 2 - Second lap	Water Only
18/05/2019	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
19/05/2019	Race 4 - Ascent	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
19/05/2019	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 Pentathrun Finisher's Certificate (available via download from website) and the 2018 gift of recognition for your achievement.

Previous Years Results

2018 Race Results available via a link from the www.pentathrun.com website

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

Thank you for being part of the 2019 Pentathrun.

Hope to see you back for the 18th Pentathrun in 2020.

Our thanks to our additional sponsors.



Black Hyundai Warwick

**Yangan
Cash and Carry**



www.pentathrun.com



Like us on
Facebook