



2021

Race Participant's Information

Thanks to our major sponsors

Black Toyota



**Darling Downs
Hotel**



Welcome everyone to Pentathrun 2021

This is the 18th Pentathrun (well if you don't count the virtual 2020 Pentathrun we had due to Covid-19 last year) and in line with the last few years, there are a couple of changes.

The venue used for our race pack collection and gathering point for Race 1 is the Warwick Senior Citizens Centre at 13A Albert Street (same as 2019). The major change to our races for 2021 is Race 2 which is moving back to an old stomping ground for some, at the Warwick Horse Trials section of Morgan Park.

We are very pleased to have the following race sponsors on board for this year.

- Race 1 – Black Toyota ½ Marathon
- Race 2 – Warwick Horse Trials 'Steed and Step' X-Country
- Race 3 – Darling Downs Hotel 5 km Road Race
- Race 4 – Queen Mary Falls Café 10 km Ascent
- Race 5 – Voyage Fitness 1500 m

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.

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 here, we will recognise them later and during 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 when receiving your amazing post-race breakfast. .

This year we also have a FITNESS CHALLENGE being sponsored by Stephanie's Lingerie. You can sign up for your team when you register for the event. The team with the most km run on the weekend wins.

Covid-19 – As an event run under Queensland Athletics, we must have Covid Safe controls in place. Please follow all the rules including QR codes, serving of food, indoor number limits, using sanitiser etc. We are all volunteers so please be patient.

Have a great weekend and 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 races

General information

Wheelchair – Competitors are welcome so please contact us to prearrange with race organisers.

Timing – Race timing will be done using RFID chips as part of your race number bib.

It is very important that:

- you **look after your race number** as it will ensure that we record your times
- you must **wear your race number** each race
- There will be a **QR code** on your bib which will take you to the results.

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 km ascent. There will be an area indicated at the assembly for you to leave a bag which will be available at the finish. We take no responsibility for anything lost or stolen so please do not leave valuables in your bag.

Cut off times – It is essential that we allow enough time to set up for the next race.

Race 1:	3 hours (we won't leave you if you are falling behind)
Races 2 and 3:	1 hour
Race 4:	2 hours

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

Presentations – We do these at the end of each day and it would be great if you could stay. Sorry, we are not able to send them out to you.

Race 1 – Black Toyota Half Marathon

The race starts on Palmerin Street outside the Warwick Aquatic Centre 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 are welcome so please contact us and prearrange.

➤ The road is open to traffic. Runners **must stay to the left on the road.**

Race 2 – 'Steed and Step' X Country 4.6 km

Where: Warwick Horse Trials at Morgan Park, 228 Old Stanthorpe Road, Morgan Park 6 km south of Warwick.

Details: It will be two laps of the Warwick Horse trials grounds totalling 4.6 km. Great for spectators. We will have a split start to help spread runners out on the trail.

Race 3 – Darling Downs Hotel 5 km Road Race

Where: The Darling Downs Hotel (Sandy Creek Pub), an old historic pub 10 minutes west of Warwick.

Details: A very flat and fast road race out and back 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 with presentations for races 1-3 straight after.

Wheelchair competitors are welcome so please contact us and prearrange.

Race 4 – Queen Mary Falls Cafe 10 km Ascent

Where: Starts near the Killarney High School (36 km east of Warwick) and climbs to Queen Mary Falls.

Details: A challenging run which starts with a 3 km flat run and then a gradual climb for 2.5 km. The hills become steeper and then eventually a 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. We hope you can enjoy this very scenic run.

Race 5 – Voyage Fitness 1500 m

Where: The race starts and finishes at Leslie Park (Palmerin Street) and runs in an east/west direction along Albert Street.

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. A very easy starting point for beginners or non-running partners. BBQ available and presentations for race 4 and 5 follow. We will have the main race first followed by the kids/joggers/walkers race.

Wheelchair competitors are welcome so please contact us and prearrange.

Timetable – where to be and when

Friday May 28th 2021

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 29th 2021

Race 1 – Black Toyota Half Marathon 21.1 km – Warwick to Yangan

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

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

6:30 am - 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 – 'Steed and Step' X Country 4.6 km – Horse Trials Grounds, Morgan Park

Race starts and finishes on the grounds.

10:30 am - 11:15 am - registration

11:30 am - 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 and 3

Sunday May 30th 2021

Race 4 – Queen Mary Falls Cafe Ascent 10 km

Bus to Killarney race start leaves the Senior Citizens, 13A Albert Street at 5:00 am.

Race starts at 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 1500 m

Race starts and finishes at Leslie Park, Warwick.

10:00 am - 10:30 am - registration

11:00 am - race start main race first followed immediately by the kids/walkers

Presentations for Races 4 and 5 at Leslie Park Band Rotunda with BBQ available.

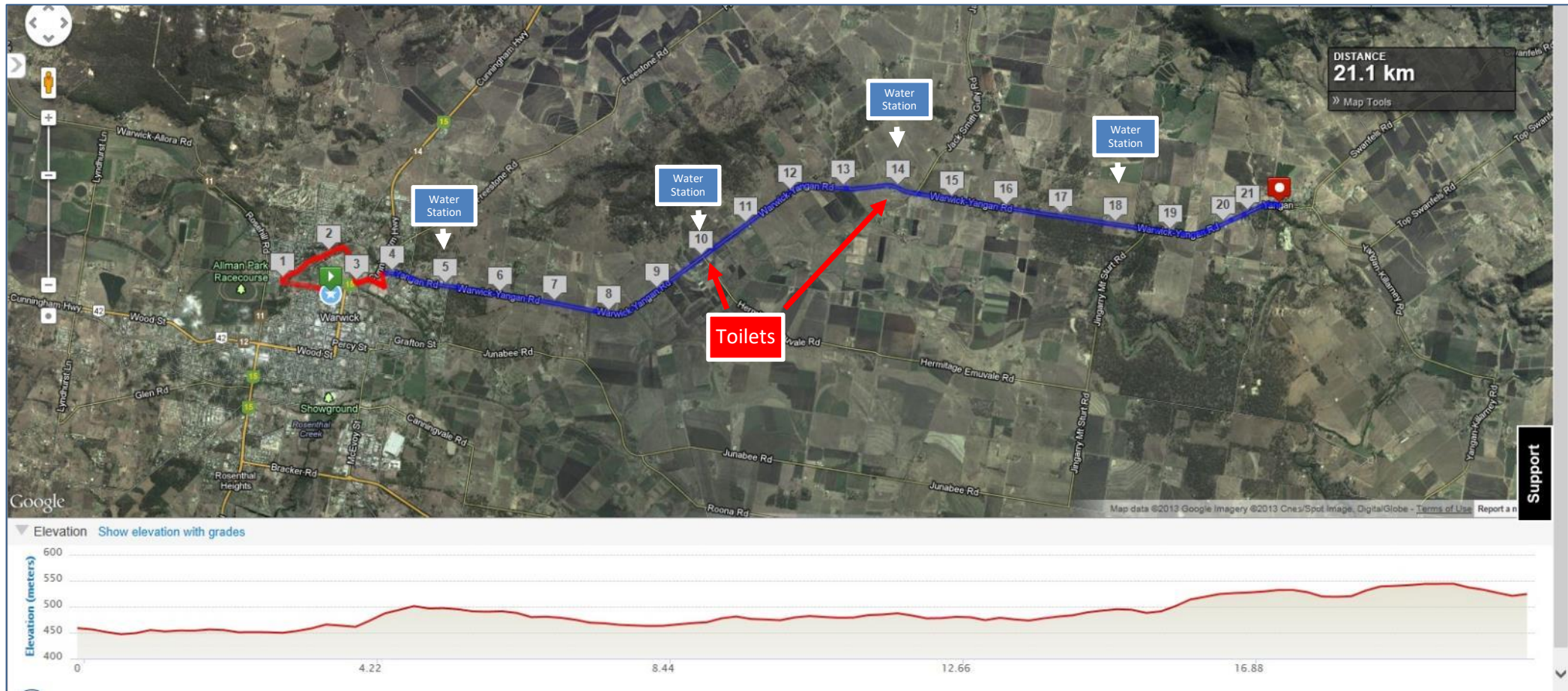
Overall winners will be presented from 11:30 am.

Race 1 – Black Toyota Half Marathon

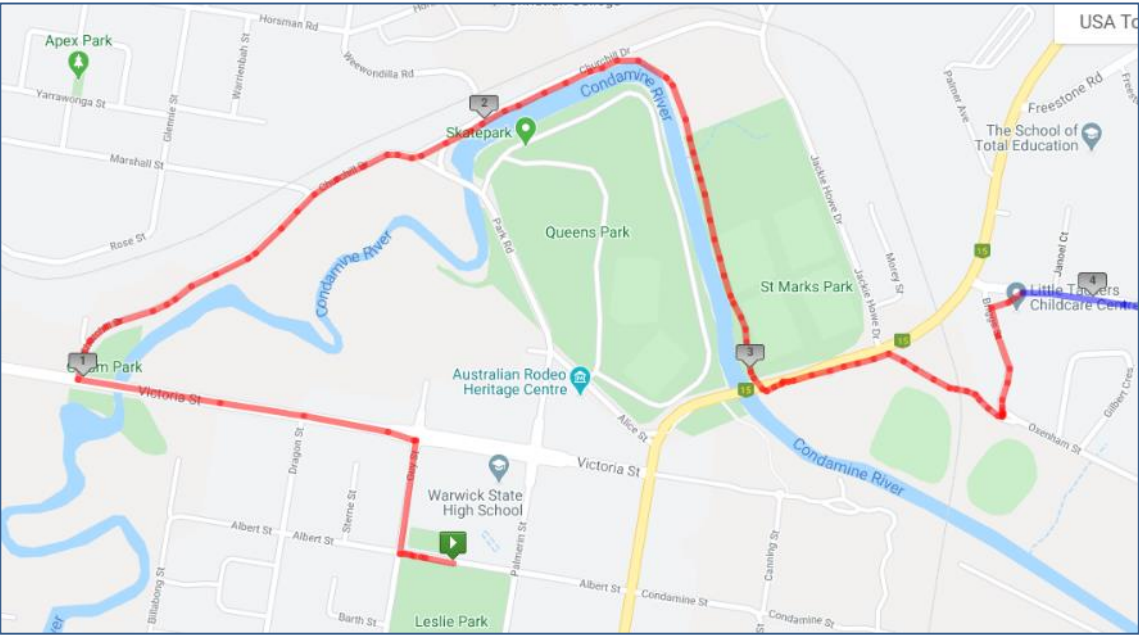
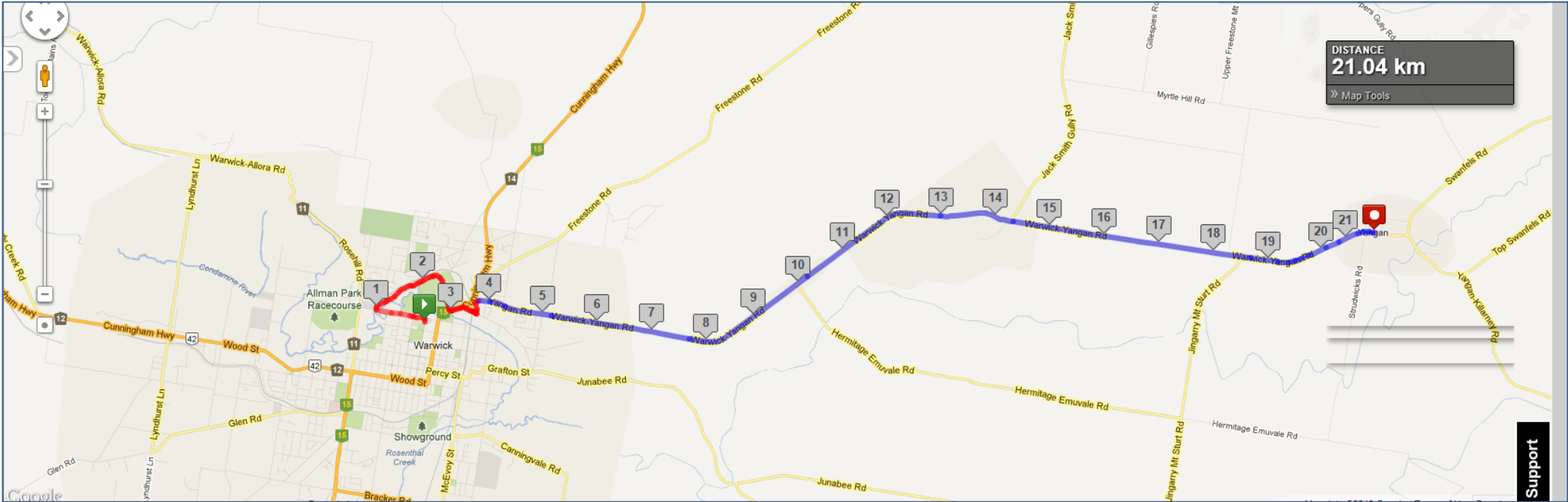
Assembly: Senior Citizens Centre, Albert Street.

Start: Palmerin Street, Warwick, outside the IGA and Warwick Aquatic Centre.

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 km markers. Insert – Warwick town section

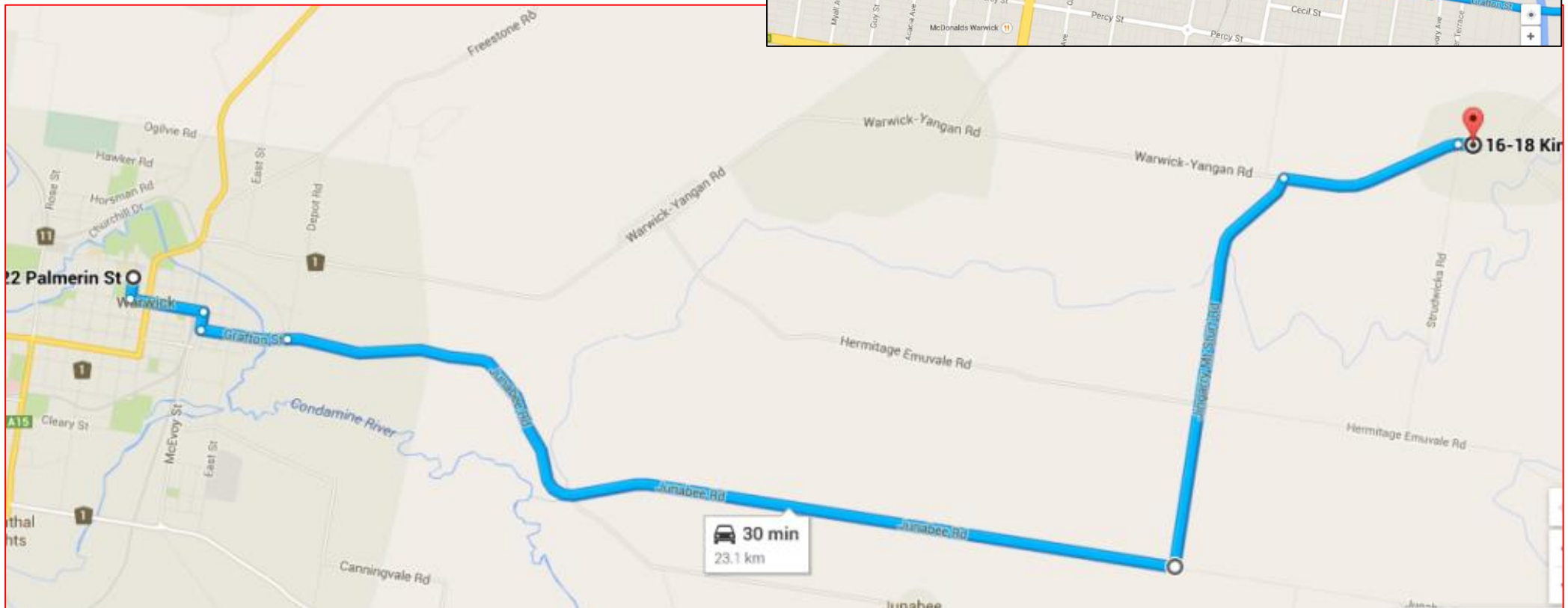
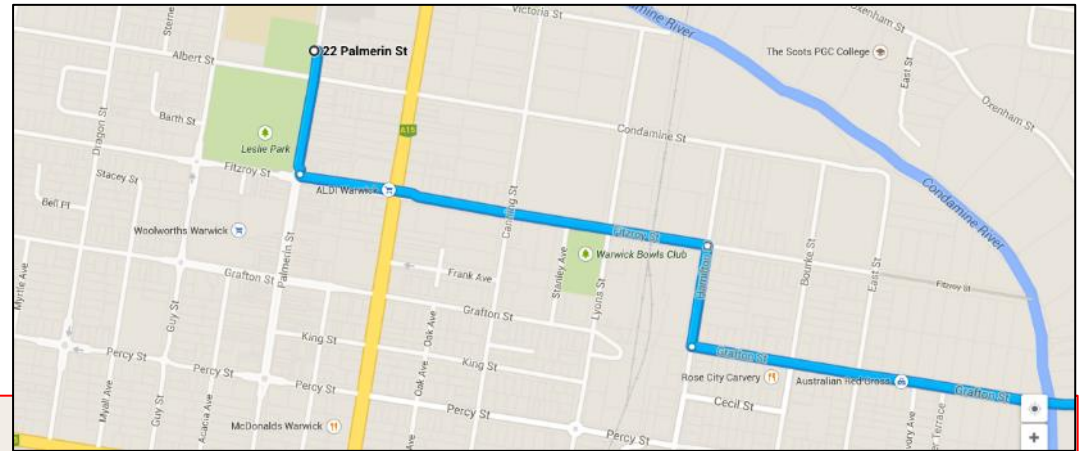


Supporters directions to Yangan (the finish) – Alternative route via Junabee Road

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 only want to get to Yangan to the finish, then please take the following alternative route.

From the start, drive south on Palmerin Street, turn left into Fitzroy Street, cross the highway and continue. Turn right into Hamilton Street, then left into Grafton Street which becomes Junabee Road. Follow that for 14 km then turn left onto Jingary Mount Stuart Road, this will take you back to the Warwick Yangan Road where you turn right and should arrive at Yangan well before the runners.

Insert of Warwick town section as per map below



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.

Sometimes it seems those people in supporter's vehicles have forgotten the road rules and so the Police (QPS) will be out ensuring traffic and road controls are followed for the event.

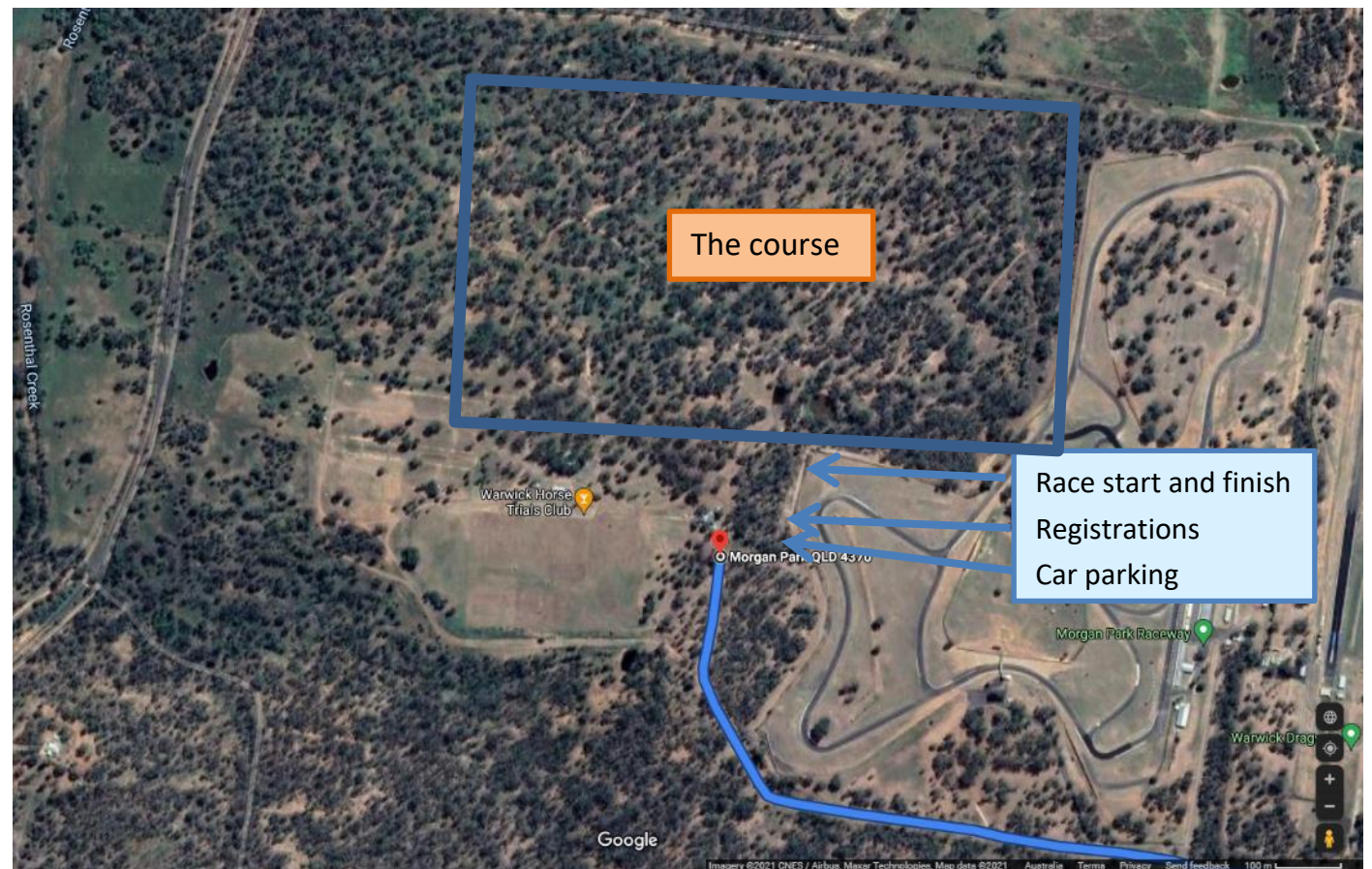
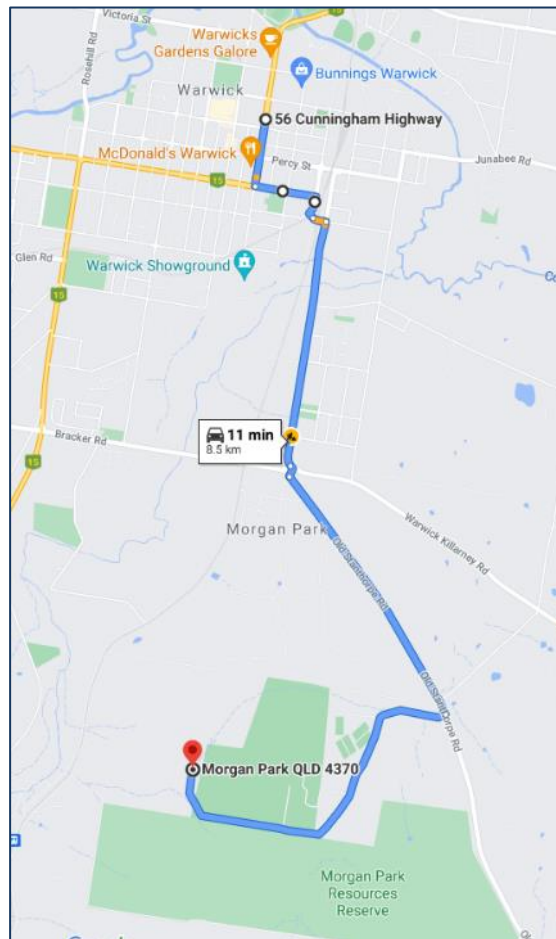
For all those who have been to the ½ marathon before, you will be aware of this issue.

Please pay attention to the instructions we are handing out with the race pack collection and that will help with getting everyone, **runners** and **supporters**, safely to the finish.

Race 2 – 'Steed and Step' X-Country 4.6 km

Start and finish – Warwick Horse Trials Club, Morgan Park Centre,
228 Old Stanthorpe Road, Warwick

Route from Warwick to Morgan Park



Race 3 – Darling Downs Hotel 5 km Road Race

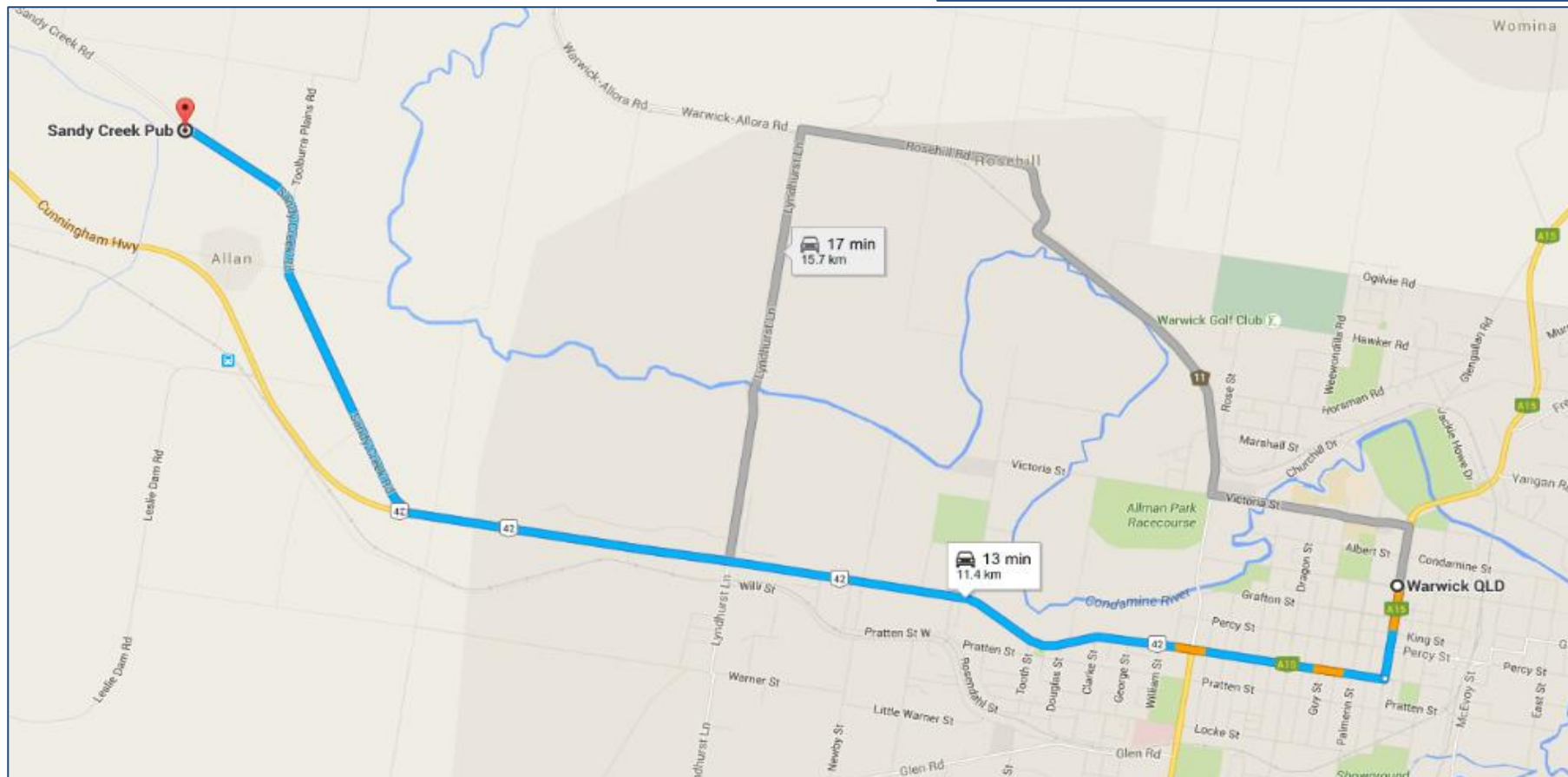
Start and finish - Darling Downs Pub, Sandy Creek Road, Warwick

Parking – Drive down towards the pub where we will have Marshalls directing you to parking until it fills up.

Getting there from Warwick

The course

Darling Downs Hotel
(Sandy Creek Pub)



Traffic Management – Sunday 30th May

The Killarney bike ride is on the same day as the Queen Mary Falls ascent and they are expecting around 2000+ motorbike riders in the town for the event. This will mean very heavy traffic will be a problem in getting to the start of race 4.

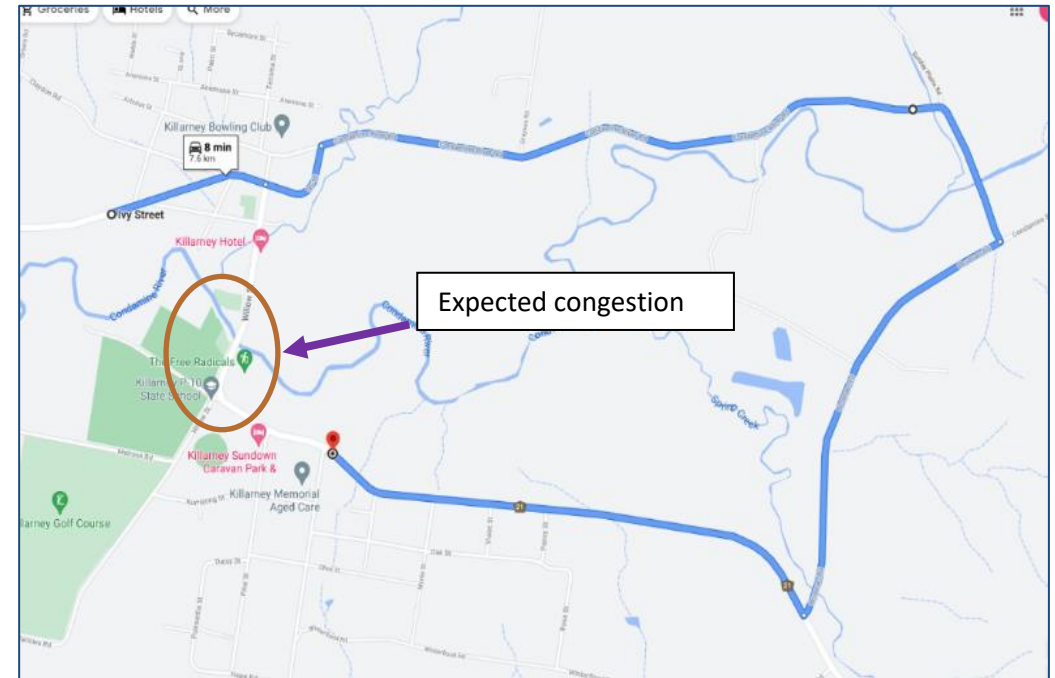
We strongly advise that you take option one below to ensure you are at the start of the race on time.

Option 1: Travel in style to Killarney

- Hop on board Haidley's coaches at the Senior Citizens centre in Warwick and head out to Killarney. The bus will leave at 5 am.

Option 2: Independent travel to Killarney

- Travel to Killarney and continue along Ivy Street to the end
- At the T intersection turn right onto Condamine River Road
- After 3 km at the T intersection turn right onto Brosnans Road
- After 2 km at the T intersection turn right onto Acacia Street
- Continue back into Killarney and park behind the Top Shop



Getting to Queen Mary Falls (*other than running*)

All supporters should get on the buses at Killarney and travel up to QMF. If you take your own vehicle you need to leave before the race starts. Qld Police will not be letting any vehicles past while the run is on.

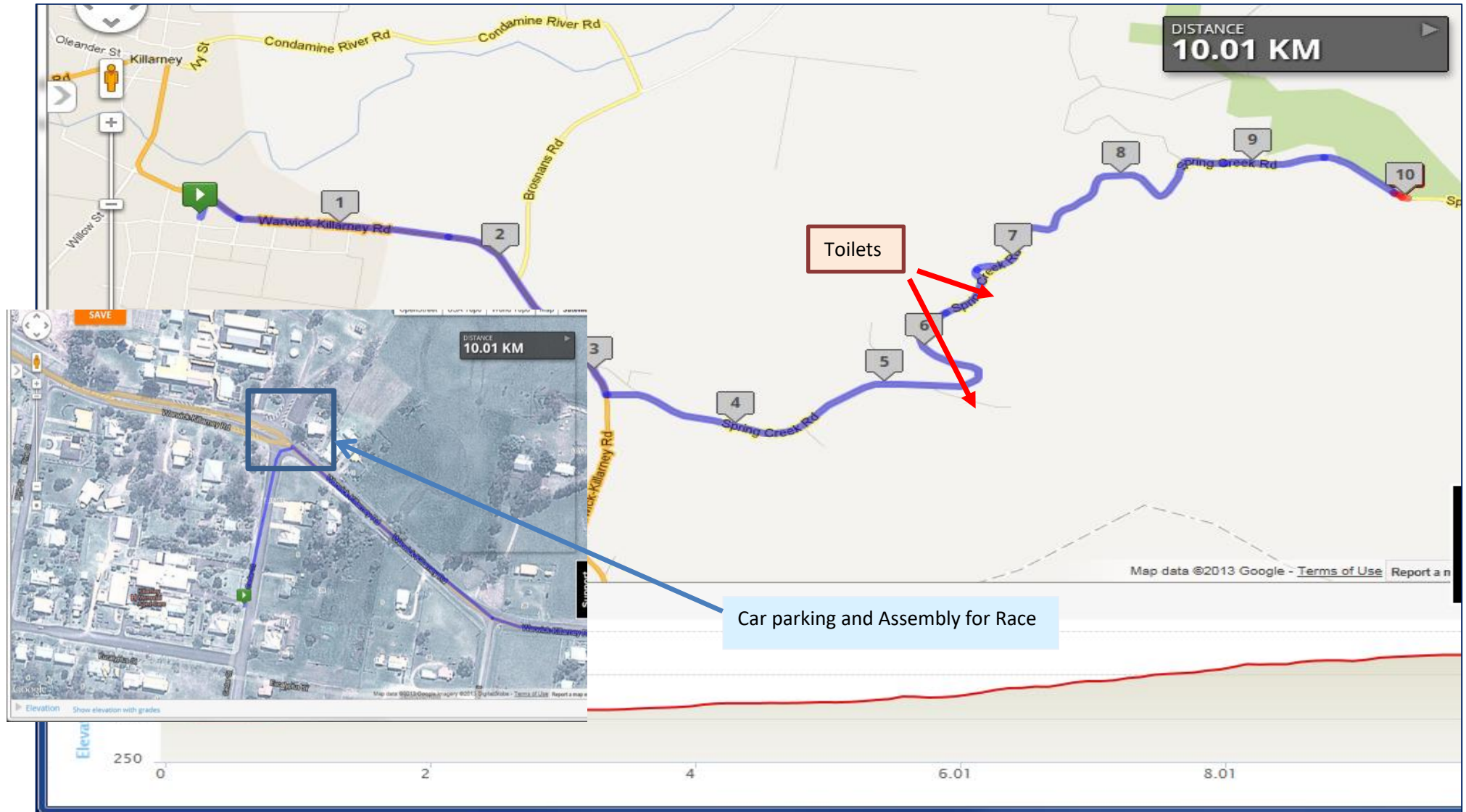
Under the guidance of Queensland Police and traffic management, it is important that we follow all road rules to ensure our event continues to be allowed to run.

Should you opt for independent travel to Killarney, we will not be able to hold up the race start for you if you get caught in traffic.

Race 4 – Queen Mary Falls Cafe 10 km Ascent

Start: Cedar Street, Killarney, in front of the Aged Care Facility (park behind the shop)

Finish: Queen Mary Falls at the lookout carpark/shop/caravan park (providing breakfast after the Ascent)



Race 5 – Voyage Fitness 1500 meters

Start and finish at Leslie Park, Palmerin Street, Warwick

2 races. The main race followed by the kids. All time are consolidated for the one event.

Runners can only do one run with their bib on.



Drink stations and toilets location details

Date	Race	Location	Type
29/05/2021	Race 1 - 1/2 Marathon	Station 1 – 5 km (approx) Cnr Yangan and Depot Roads	water only
		Portaloo here Station 2 – 10 km (approx) Near Hermitage Research Station	water & energy drink
		Station 3 – 14 km (approx) Cnr Yangan and Jack Smith Gully Roads	water & energy drink
		Station 4 - 18 km (approx) Cnr Yangan and Upper Freestone Mount Roads	water only
		Station 5 - finish Yangan	water & energy drink
	Portaloo's here		
29/05/2021	Race 2 - Cross Country	Station 1 – start and finish	water only
29/05/2021	Race 3 - Road Race	Station 1 – start and finish Sandy Creek Pub (Darling Downs Hotel)	water only
		Station 2 - 2.5 km (turn around)	water only
30/05/2021	Race 4 - Ascent	Station 1 - 4.3 km (approx) 81 Spring Creek Road	water only
		Station 2 - 6.8 km (approx) Daggs Falls turn in	water & energy drink
		Station 3 - finish Queen Mary Falls	water & energy drink
30/05/2021	Race 5 - 1500 meters	Station 1 – start and finish Palmerin Street, Warwick	water only

PRIZE MONEY: Race 1 to 5 - (male and female) (Wheelchair athletes, race 1, 3 and 5)

- 1st - \$80 \$200 bonus if same runner wins all 5 races

OVERALL COMBINED TIMES (male and female)

- 1st - \$150

TROPHIES (combined times for 5 races)

- Overall fastest male
- Overall fastest female

AGE GROUP MEDALLIONS/PRIZES

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

- Under 10 (races 2, 3 and 5 only)
- 10-12 yr (races 2, 3 and 5 only)
- 13-15 yr, (races 2, 3 and 5 only)

1st place (male and female) in the following age groups

- | | | | |
|------------|----------|----------|----------|
| • Under 21 | 21-25 yr | 26-30 yr | 31-35 yr |
| • 36-40 yr | 41-45 yr | 46-50 yr | 51-55 yr |
| • 56-60 yr | 61-65 yr | 66-70 yr | 71+ yr |

If you complete all 5 races (total 42.2 km) you will receive a Pentathrun Finisher's Certificate (available via download from website) and a thank you gift for your achievement.

Previous Years Results - see our website

Thank you for being part of the 2021 Pentathrun and we hope to see you back for the 19th year in 2022.

Our thanks to our additional sponsors.



Black Hyundai Warwick

Yangan

Cash and Carry

