



2022

Race Participant's Information

Thanks to our Major Sponsors

Black Toyota



**Darling Downs
Hotel**



OH! Optimise
Health
...it's personal



Welcome everyone to the Steam and Stamina Pentath 2022

This is the 20th Pentathrun and we have some major “one off” changes in store for you all in 2022.

The venue used for our bib collection and gathering point for Race 2 is the Warwick Steam Railway Station on Brosnan Crescent, just off Lyons Street. The major change to our races for 2022 is Race 1 will now be the X-Country at the Warwick Horse Trials section of Morgan Park. This means the Steam and Stamina “signature event” for 2022 ½ marathon is race 2. The swap has been needed to ensure the steam train could have spectators on it and did not have to leave the station at 4:30am. Instead, it will be a much more reasonable 8:15am departure from the station.

We are very pleased to have the following race sponsors onboard for this year including our newest race sponsor Optimise Health

Race 1 - Warwick Horse Trials “Steed and Step” X-Country

Race 2 - Black Toyota ½ Marathon

Race 3 - Darling Downs Hotel 5km Road Race

Race 4 - Queen Mary Falls Café 10km Ascent

Race 5 - Optimise Health 1500 m

Welcome back as always to our regulars, who have supported us year in and year out. We hope you enjoy the changes this year and if not don't worry we will be back to the traditional format for 2023.

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. We have a dedicated Facebook Group (Warwick Pentathrun2022) for all to share! Start posting your event photos here. #pentathrun2022

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 the amazing post race 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

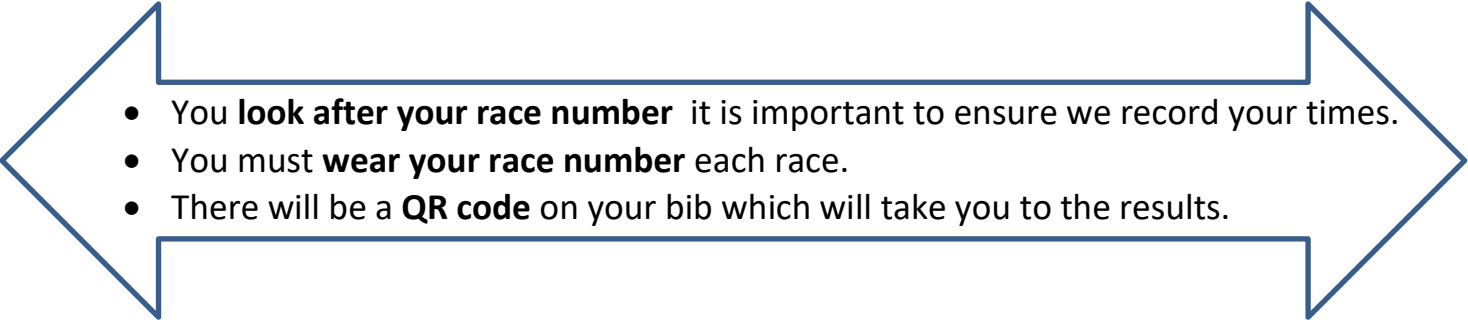


Details on the race

General information

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

Timing - Race timing will be done using RFID chips as part of your race number bib. Please note, it is very important that:

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- You **look after your race number** it is important to ensure 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 - 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 10km ascent. Runners should leave their bags on the first bus that arrives at Killarney that morning once the runners get off. There will be an area indicated at the assembly 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 must allow enough time to set up for the next race.

Races 1 & 3 – 1 hour (this is very important for race 1)

Race 2 – 3 hours (if you are falling behind we won't leave you)

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.

Presentations – We do presentations at the end of each day. It would be great if you can stay for them. Sorry are not able to send prizes out to you.

Race 1 – Steed and Step "X" Country 4.6 Km

Where: Warwick Horse Trials at Morgan Park, 228 Old Stanthorpe Rd, Morgan Park.

Details: The Morgan Park precinct is 6 km from Warwick heading out the Old Stanthorpe Rd. It will be two laps of the Warwick Horse trials grounds totalling 4.6 km. As the first race it will be a little wet and muddy so make sure you take that into account for everyone doing all five races over the weekend. We have a split start process operating for this race to help spread runners out on the trail.

Race 2 – Black Toyota Steam and Stamina Half Marathon

This year and as a one off we will be starting the race as the second run for the weekend. Buses will take runners from the Warwick Steam Railways station (also the finish) out to the start line. The race starts out of town at Deuchar at the corner of Shepherd Drive and Kirkland Road at 9:30 am. Once the initial rise is run it's basically a nice gentle downhill or flat run into Warwick along the Warwick/Allora Road. The railway line runs alongside the road for almost the whole run and so it will give any spectators on the train a good viewing point for runners. Once we get to town at around 17km the run follows alongside the Condamine river and we finish at the railway station. We will mark every two km with a flag. There will be drink stations along the way, roughly every five km.

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 3 – Darling Downs Hotel 5 km Road Race

Details: As a one off for the 2022 year the Warwick Railway Station is also the location for race 3. This is a loop run around the east of Warwick and crosses over the river and back along Junabee Road (road closed to traffic). We still have a pub at the finish "two actually" and that will be the location for the presentations for day one. 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 – Optimise Health 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 and a very easy starting point for beginners or non-running partners. The race starts and finishes at Leslie Park (Palmerin Street) and 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.

New Registrations

- ✓ All registrations are processed ONLINE and remain open all weekend. There are NO paper registrations. Go to www.pentathrun.com, using your mobile device to enter your chosen races. We will have a few Ipads at our Bib collection station, that do the same thing however, to save queuing, it is preferred you register using your own device. (EXCEPT RACE 1 – NO NEW REGISTRATIONS)
- ✓ Payments are processed online. In extreme circumstances where cash is the only option, please let us know.
- ✓ Once you have registered, head to the Bib Collection Station to your race bib.
- ✓ Registration system remains LIVE all weekend – results are LIVE
- ✗ No paper entries
- ✓ On the weekend registrations occur an additional fee.

Adding a race to an existing registration

- ✓ Should you wish to ADD a race you can do this yourself by accessing your registration profile. You will be sent an email with a special link prior to the weekend.
- ✓ To add a race, click on the link via your mobile device and add your chosen race. Proceed to make the payment online. This needs to be done before the race starts. You do not require a new bib keep wearing the same one.
- ✗ We are unable to process changes/transfers or refund.

Timetable – ‘where to be and when’

Friday May 27th 2022

Bib collection & Train Ticket Collection from 5:00 pm closing at 8:00 pm.
Warwick Railway Station, Brosnan Crescent, Warwick.

NOTE: We highly recommended if you are running Race 1 you collect your bib Friday Night.

You can also purchase Pentath Merchandise and Southern Downs Steam Railway Goodies.

Saturday May 28th 2022

Race 1 – Steed and Step 'X'-Country 4.6 km – Horse Trials Grounds, Morgan Park
(Race starts and finishes on the grounds)

5:30am - 6:15am – Bib Collection (At the Entrance to the Horse Grounds). Note you need to have registered online “before” you get there. NO NEW REGISTRATIONS

6:30am - Race Start - two laps of the grounds outlined by white stakes with flags attached. Race Marshalls will direct the way.

Race 2 – Black Toyota Half Marathon 21.1 km – Deuchar to Warwick

(Race starts at the corner of Shephards Drive and Kirklands Road, Deuchar and finishes in Warwick).

Bib Collection is at the Warwick Railway Station (the finish of the race). Buses will take all runners to the start. Spectators who have booked the train ride depart from the Train Station.

7:30am – 8:15am – Online Registration & Bib Collection

8:15am – Train and Spectators depart the station

8:50 – Buses depart Warwick for the start line

9:30 - Race start

Race 3 - Darling Downs Hotel 5 km Road Race

(Race starts and finishes at Warwick Railway Station, Brosnan Cres, Warwick)

1:30 pm - 2:15 pm – Online Registration & Bib Collection

2:30 pm - Race Start

Race is around the East section of Warwick.

Saturday Awards immediately after Race 3 at the O'Mahony's Hotel

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

Sunday May 29th 2022

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)

6:25 am - 6:35 am – Online Registration & Bib Collection

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)

10:00 am - 10:30 am – Online Registration & Bib Collection

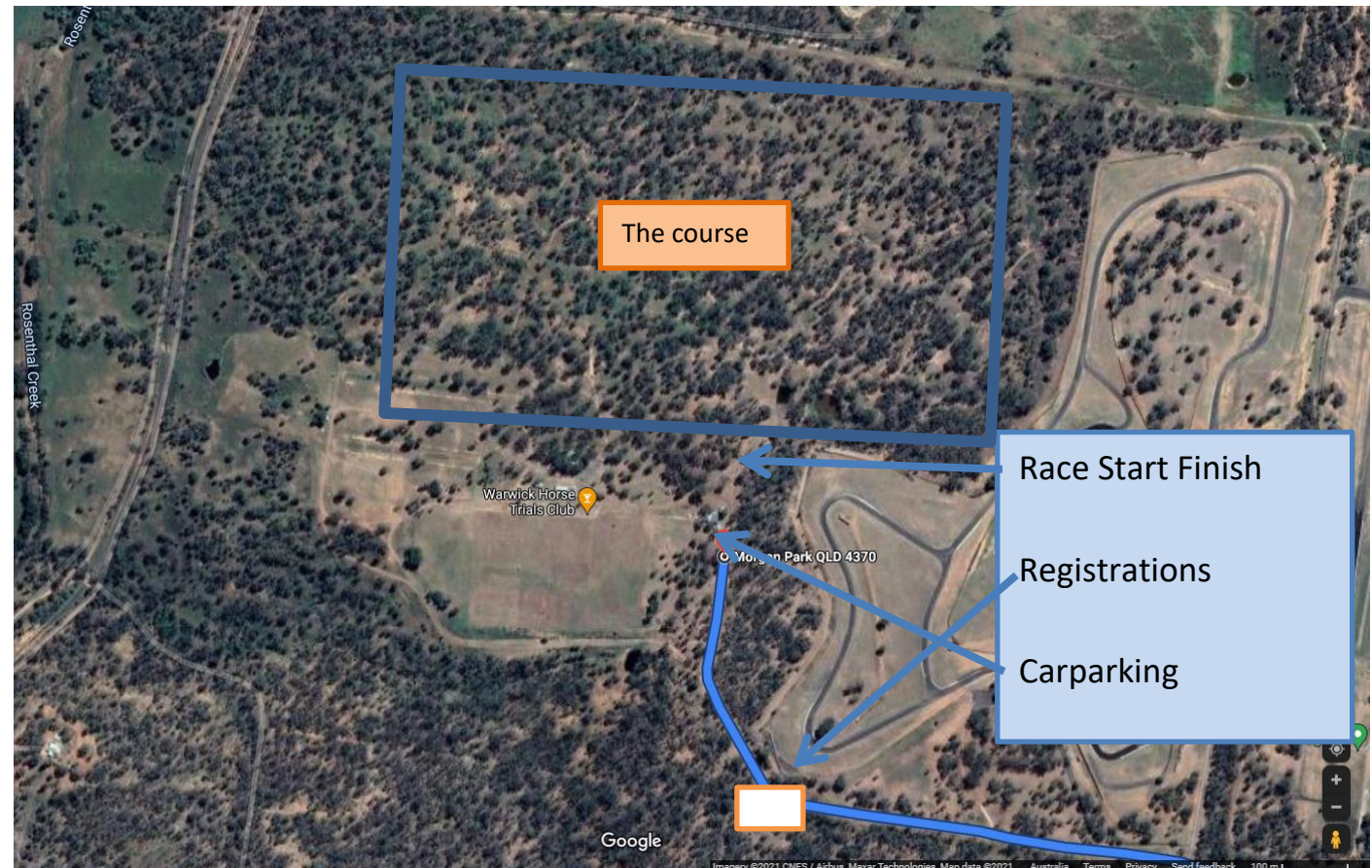
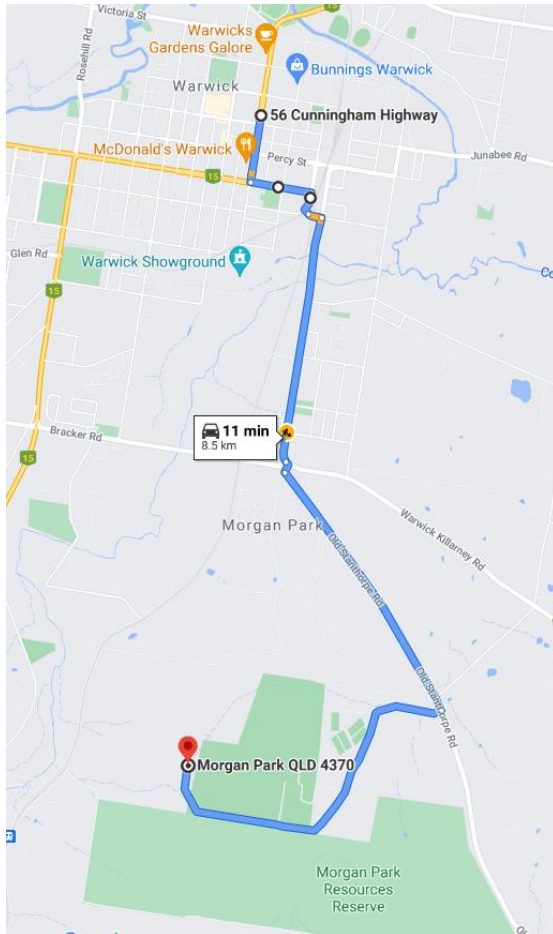
11:00 am - Race Start Main Race first followed immediately by the Kids/Walkers

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

Race 1 – Steed and Step 4.6 km X-Country

Start/Finish – Warwick Horse Trials Club, Morgan Park Centre, 228 Old Stanthorpe Rd, Warwick

Route from Warwick to Morgan Park (race 2 start)



Race 2 – Black Toyota Half Marathon

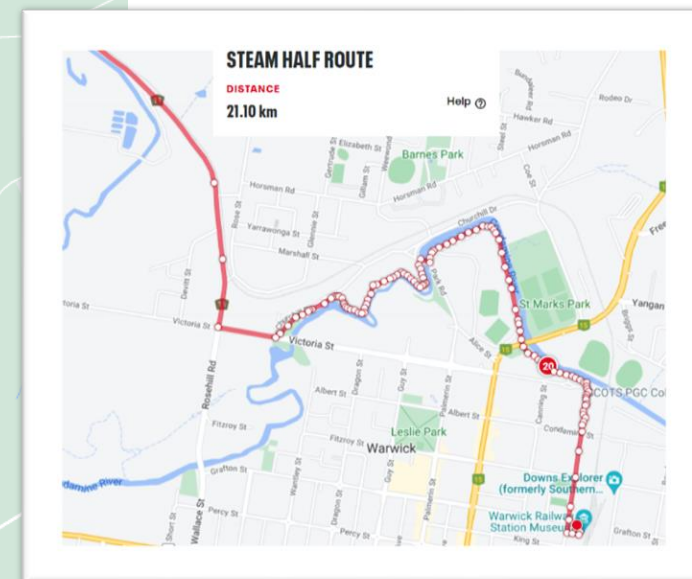
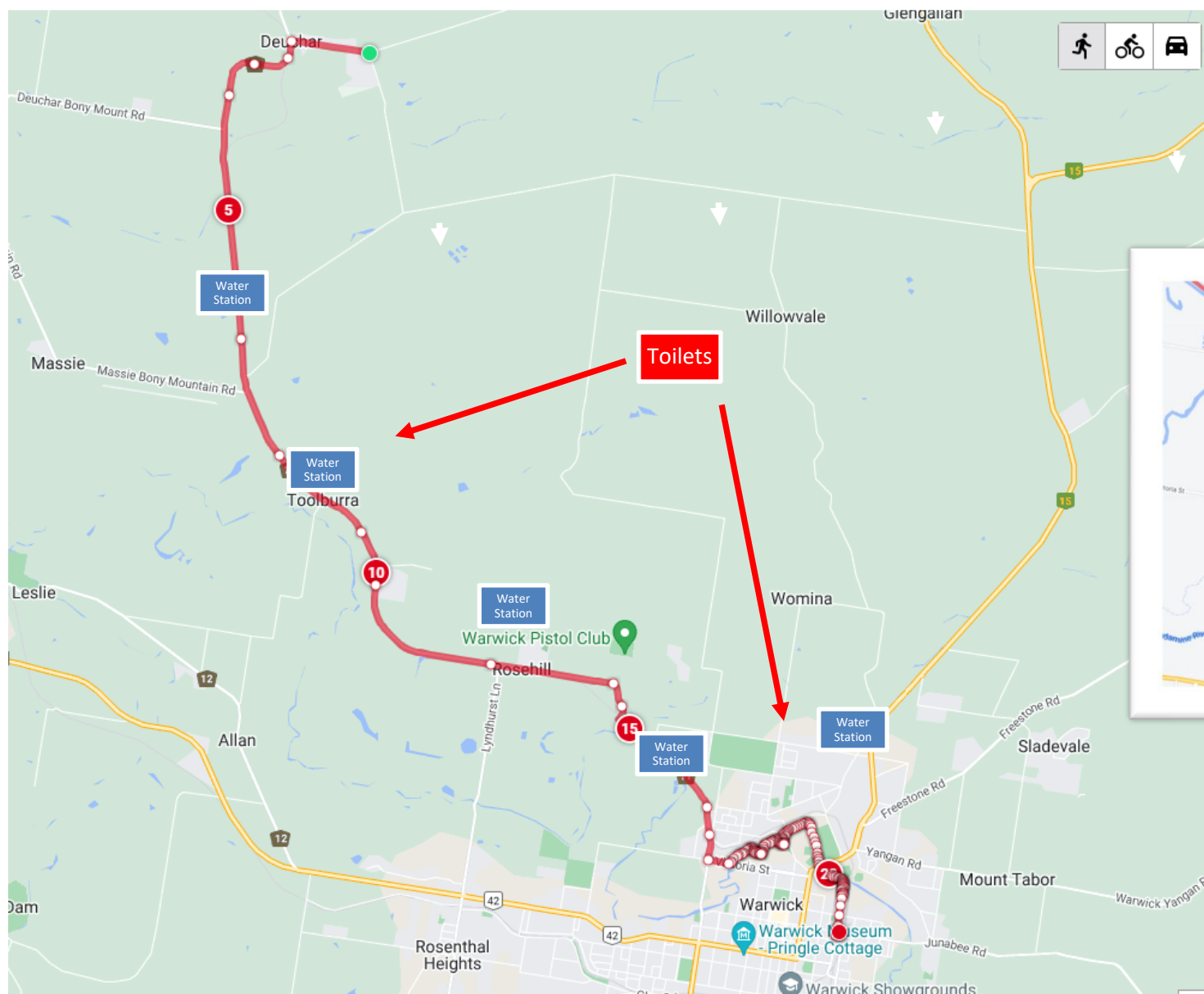
Assembly: Warwick Railway Station for Bus transport to race start **Start:** the corner of Shepherd Drive and Kirkland Road, Deuchar.

Finish: Warwick Railway Station, Brosnan Crescent, Warwick



TOYOTA

Black Toyota



ROAD TRAFFIC WARWICK ALLORA ROAD

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.

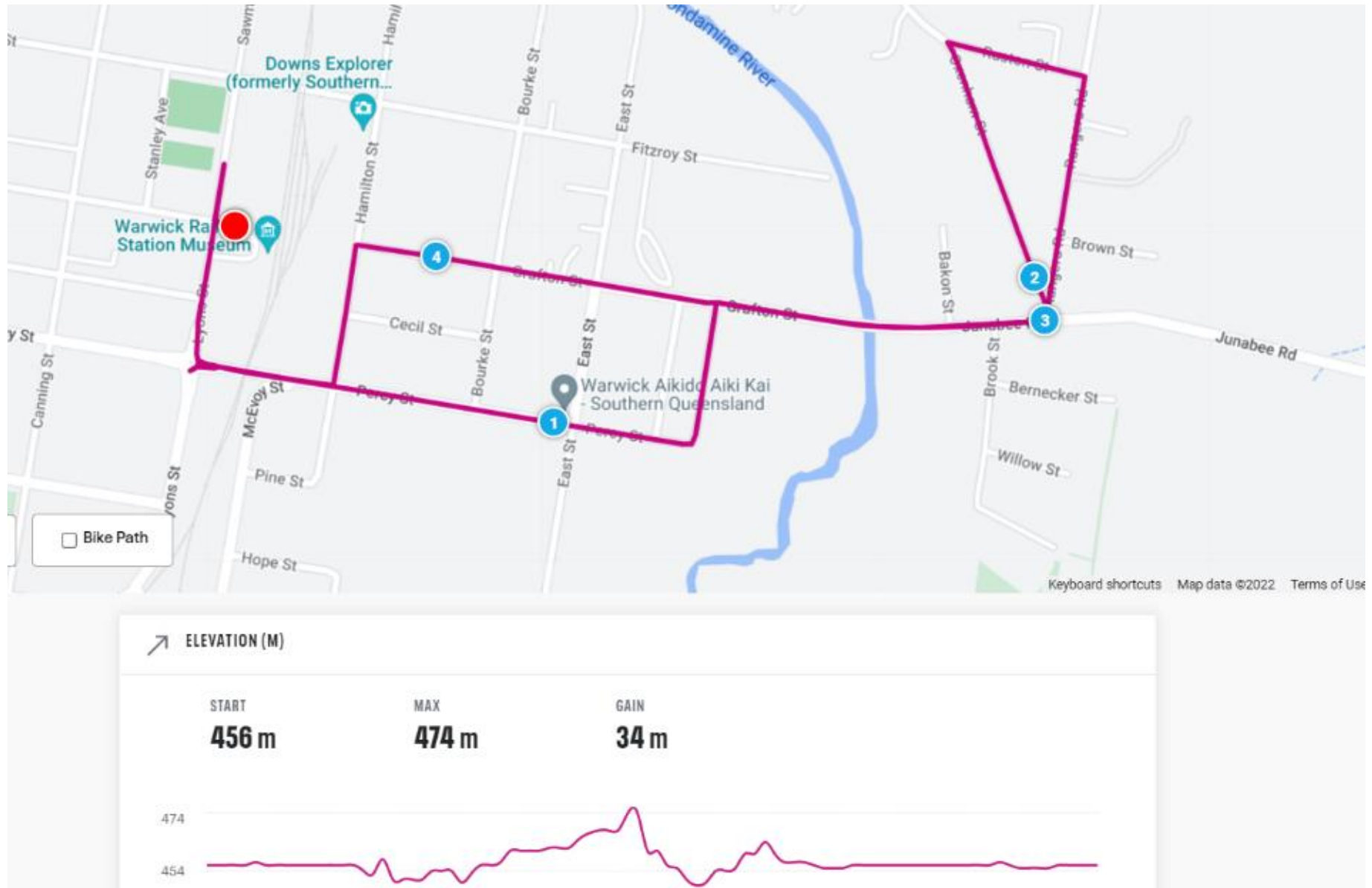
PLEASE pay attention to the instructions we are handing out with Race pack collection and that will help with getting everyone “Runners and Supporters” safely to the finish.

Race 3 – Darling Downs Hotel 5 km Road race

Darling Downs Hotel
(Sandy Creek Pub)

Start / Finish – Warwick Railway Station Museum, Brosnan Cres, Warwick

The Course



TRAFFIC MANAGEMENT – SUNDAY 30TH MAY

We strongly advise that you take one of the following options 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 5:30am.

Option 2: Independent travel to Killarney

- Travel to Killarney
- Park behind the Top Shop near the School

No vehicles will be allowed past the runners once the race starts. If you wish to be at the finish line and you have your own vehicle then you need to leave for Queen Mary Falls before the race starts.

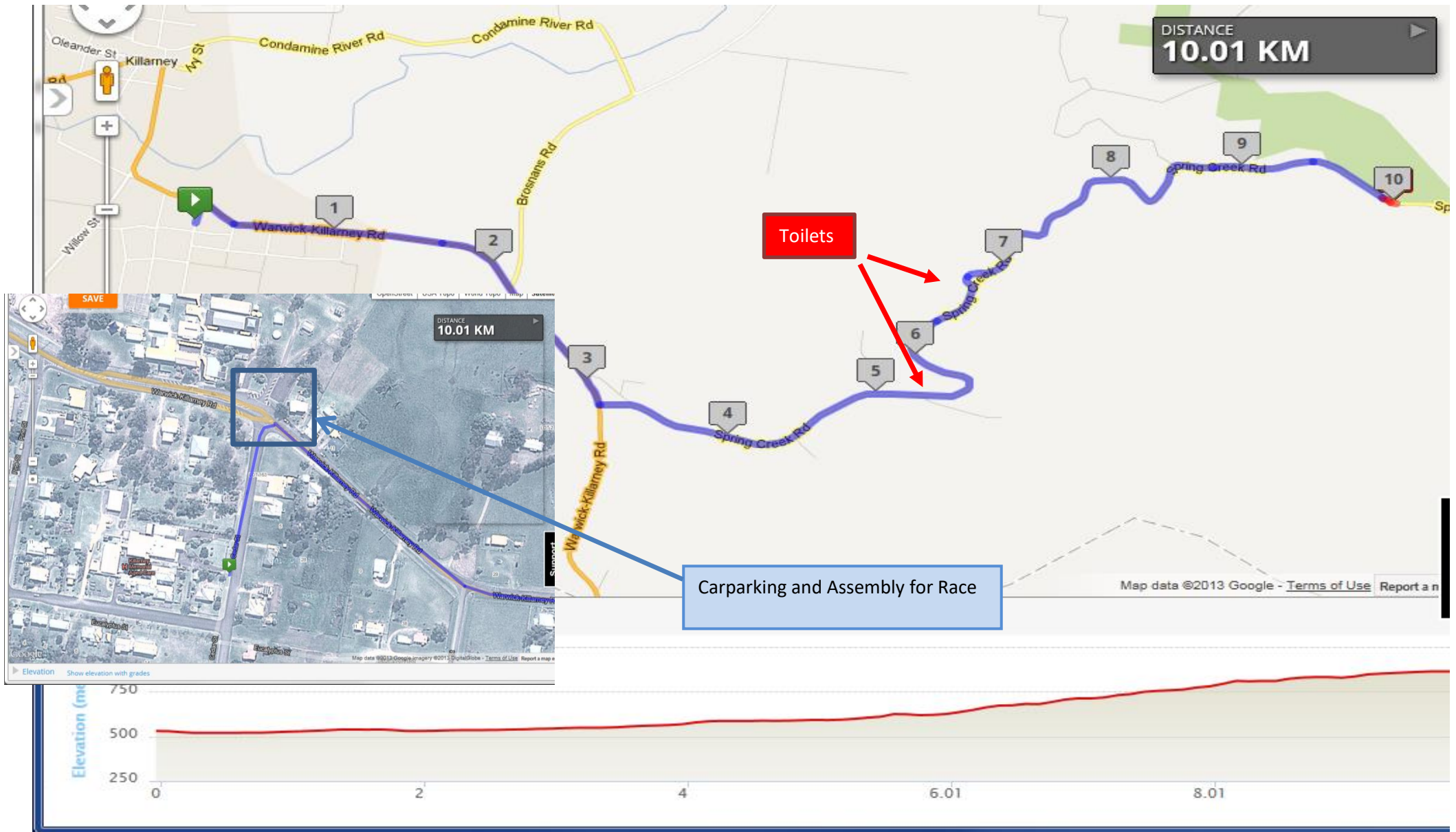
Under the guidance of Queensland Police and traffic management it is important that we follow all road rules to ensure our event continues to be allowed to run.

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 St, 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 – Optimise Health 1500 Meters

Start / Finish: Leslie Park, Palmerin St, 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



Warwick Steam and Stamina Pentathrun 2022

Drink Stations / Toilets Location Details

Date	Race	Location	Type
28/05/2022	Race 1 - Cross Country	Station 1 - Start/Finish	Water Only
		Station 2 - Second lap	Water Only
28/05/2022	Race 2 - 1/2 Marathon	Station 1 - 6klm (approx) at Massie Bony Mountain Road	Water Only
		Portaloo's here Station 2 - 9klm (approx) Toolburra Plains Rd	Water & Energy Drink
		Station 3 - 13klm (approx) Henry Evans Drive	Water & Energy Drink
		Station 4 - 16 klm (approx) Warwick Meatworks	Water & Energy Drink
		Station 5 - 18 klm (approx) tba	Water Only
		Station 6 - Finish Warwick Railway Station	Water & Energy Drink
28/05/2022	Race 3 - Road Race	Station 1 - at Start/Finish Warwick Railway Station	Water Only
		Station 2 - 2.5klm (on the course)	Water Only
29/05/2022	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
29/05/2022	Race 5 - 1500 Meters	Station 1 - Start / Finish Palmerin St, 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 & 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)
- 10-12yrs (races 2, 3 and 5 only)
- 13-15yrs, (races 2, 3 and 5 only)
- 16-20yrs, (or 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 a thank you gift for your achievement.

Previous Years Results - see our website

**Thank you for being part of the 2022
Pentathrun and we hope to see you back for
the 21st year in 2023.**

Our thanks to our additional sponsors.

