



WARWICK *Pentathrun*

5 RACES, 2 DAYS, 42.2KM



2023

Race Participant's Information



Thanks to our Major Sponsors

Black Toyota



**Darling Downs
Hotel**



OH! Optimise
Health
...it's personal



Welcome everyone to Pentath 2023.

Hooray “21 Years, Happy 21st to us”.

This is the 21st Pentathrun and now that we are an “adult” we have decided to make some changes.

The venue used for our bib collection and gathering point for Race 1 is the Warwick Senior Citizens Centre at 13a Albert Street Warwick. The major change for 2023 is that we have decided “after a bit of soul searching” to revamp our prizes and how we recognise them. So.... Instead of doing age category prizes for each race we are going to better recognise all the runners who sign up to do all five “the full Pentathrun”. Please refer to the section on prizes on our website or later in the pdf.

We are very pleased to have the following race sponsors onboard again for this year:

- Race 1 - Black Toyota ½ Marathon
- Race 2 - Warwick Horse Trials “Steed and Step” X-Country
- 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. For runners who were at the 2022 event we hope you enjoy the return to the traditional Pentathrun format.

Social Media i.e. 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 Pentathrun2023) for all to share! Start posting your event photos here. #pentathrun2023

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. Also many thanks to Jessica & Suzie for dressing retro for our 21st birthday videos.

We have two amazing prizes being given away this year. A southern Downs Steam Railway Trip for 2 Adults AND a 3 night stay on the Gold Coast. Both will be drawn on Sunday at presentations after race 5. Remember you must be there to win.

For anyone needing coffee, who am I kidding we all need coffee, a local coffee van will be at race 1 (start) and races 2,3 and 5. The cancer council will be running a BBQ at race 5 in Leslie Park. Please support them.

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

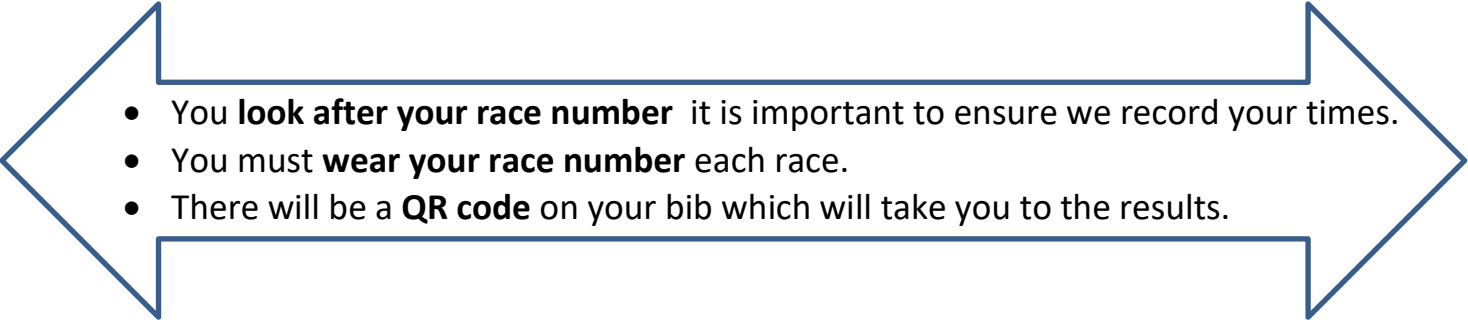


Details on the race

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:

- 
- 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 available at each race.

Bag transport - This is available for:

Race 1, the ½ marathon. There will be a Bus at the race start for runners to put their bags on. It will then be at the finish for bag collection.

Race 4, 10km ascent. Runners should leave their bags on the first bus that arrives at Killarney that morning once the runners get off.

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 hours (if you are falling behind we won't leave you)

Race 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.

Presentations – We do presentations at the end of each day with the main presentations on Sunday after race 5. It would be great if you can stay for them. Sorry we are not able to send prizes 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 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 – 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 the Warwick heading out the Old Stanthorpe Rd. It will be two laps of the Warwick Horse trials grounds totalling 4.6 km. Great for spectators. We have a split start process operating for this race to help spread runners out on the trail.

Race 3 – Darling Downs Hotel 5 km Road Race

Details:

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.

Dress Up for our 21st birthday year – Let's Get Physical

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.

✓ 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 26th 2023

Bib collection from 5:00 pm closing at 8:00 pm.

Warwick Senior Citizens Centre, 13a Albert St, Warwick.

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

You can also purchase Pentath Merchandise.

Saturday May 27th 2023

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)

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

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

Bags to Yangan – A Haidley's Coach will be at the start line for runners to put their bags on for the finish at Yangan.

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)

10:30am - 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 Sandy Creek Hotel, 345 Sandy Creek Rd, Allan)

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

2:30 pm - Race Start

Race is out and back along the Sandy Creek Road, a fast and flat 5km run.

Saturday Awards immediately after Race 3 at the Hotel

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

Sunday May 28th 2023

Race 4 – Queen Mary Falls Cafe Ascent 10 km

(Bus to Killarney race start leaves from WIRAC, Albert Street at 5:30 am). This is the best option to get to the race.

(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 - Optimise Health "Lets get physical" 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. We will be drawing the winners of the 3 nights on the Gold Coast and the Southern Downs Steam Railway trip. You must be present to win.

Race 1 – Black Toyota Half Marathon

Assembly: Senior Citizens Centre - Albert Street

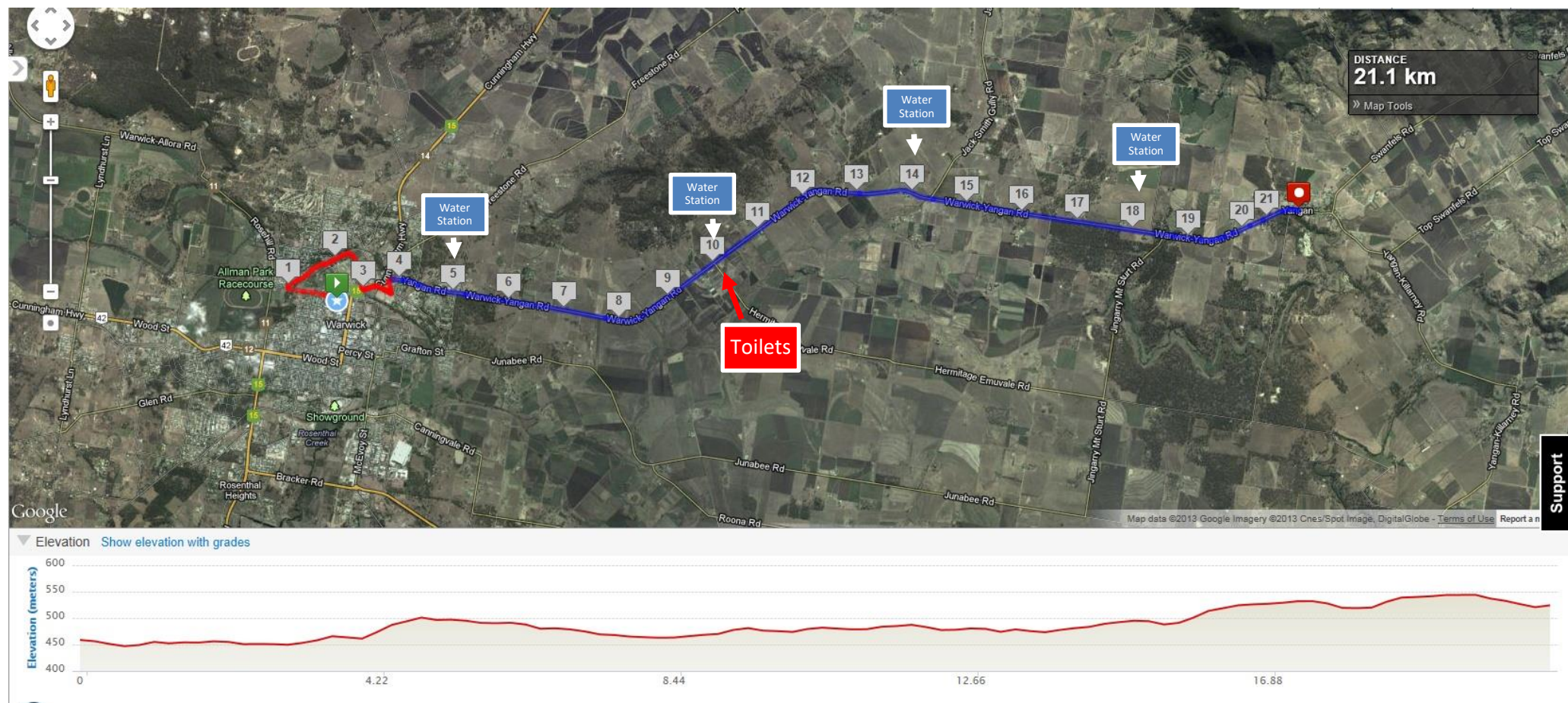
Start: Palmerin Street, Warwick, outside the IGA and Warwick Aquatic Centre in front of Warwick Senior Citizens Centre

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.

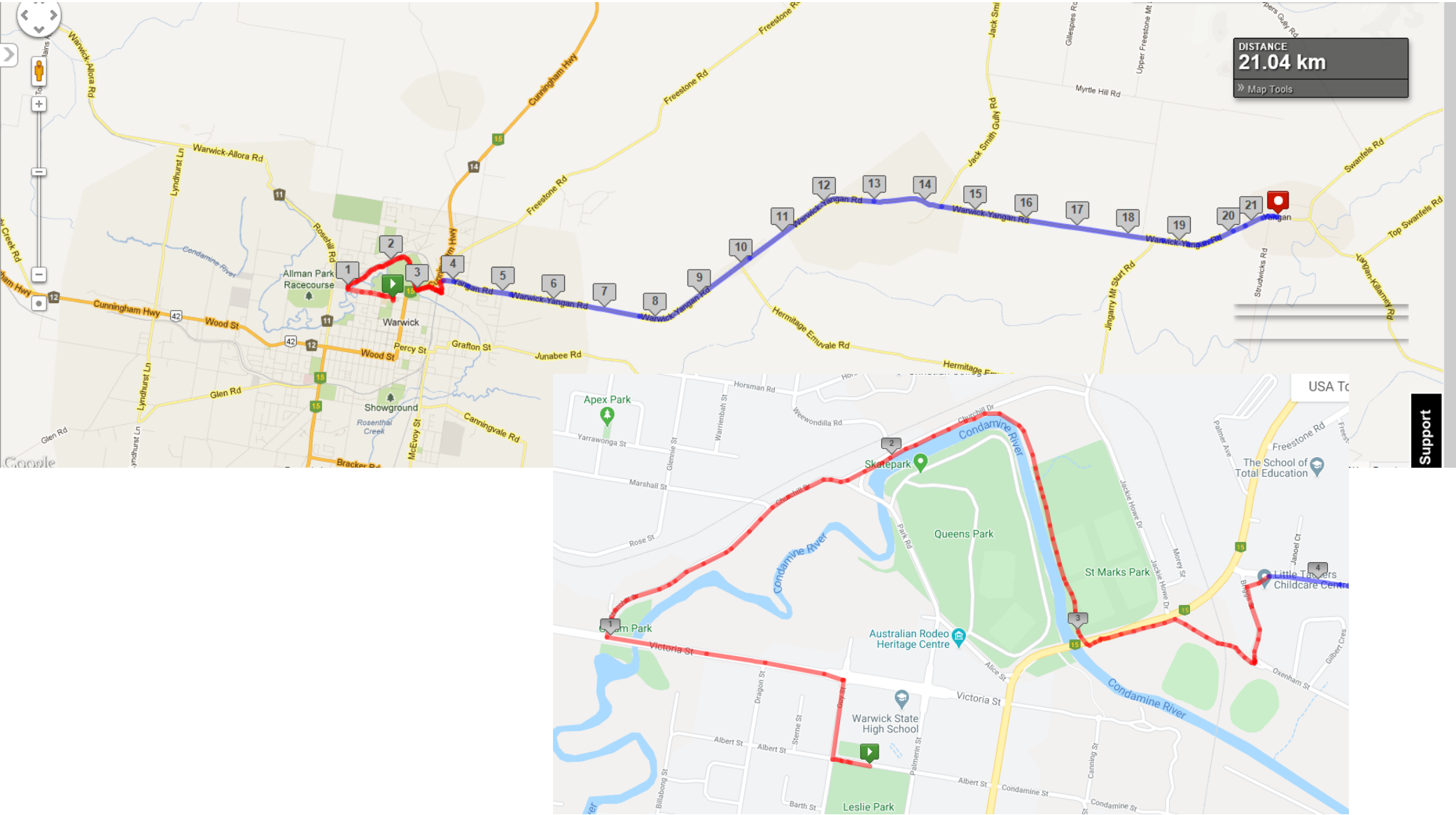


TOYOTA

Black Toyota



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

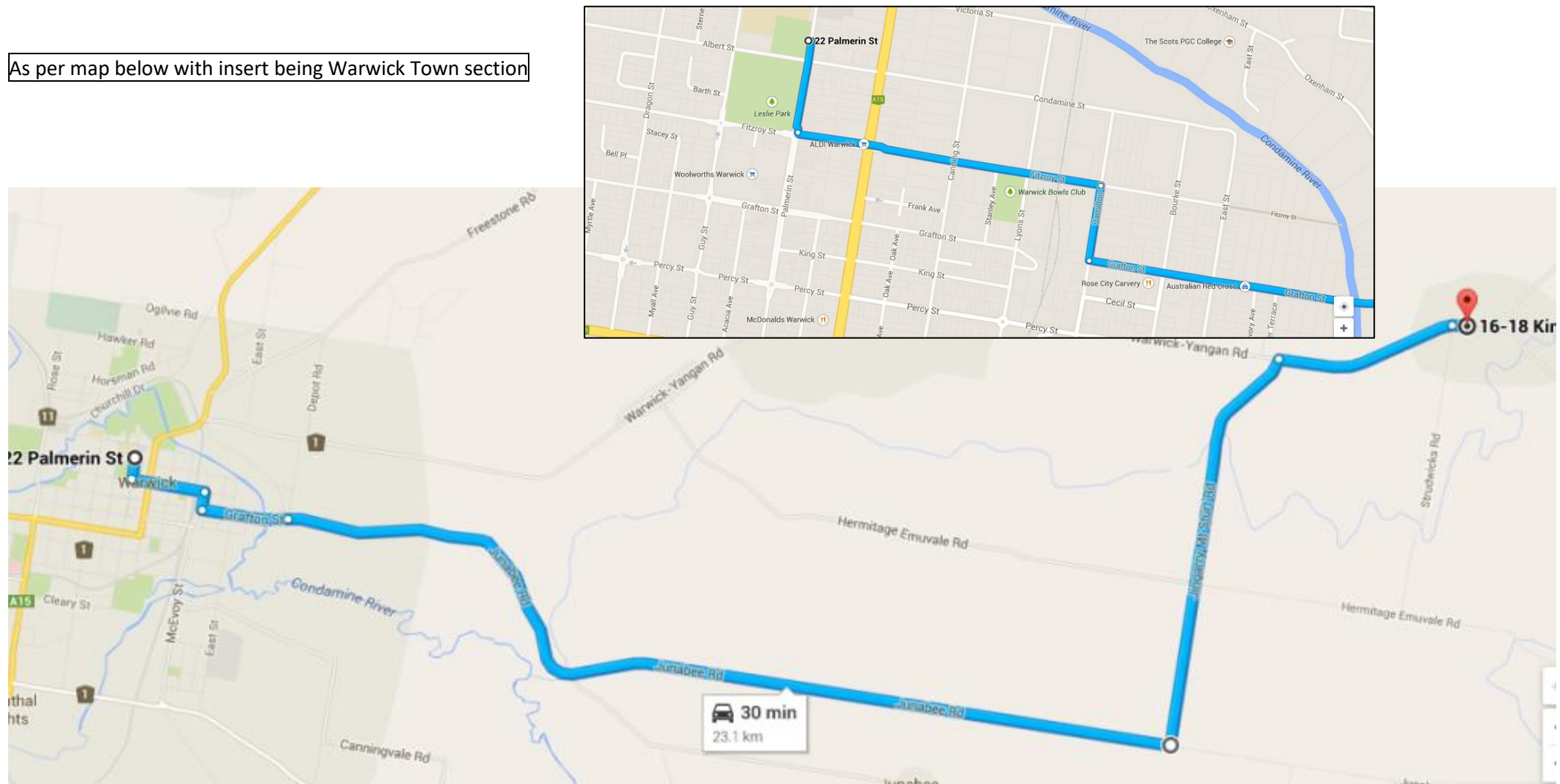


Supporters Directions to Yangan (the finish) – Alternative Direct Route – Junabee Rd

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 14klm 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.

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.

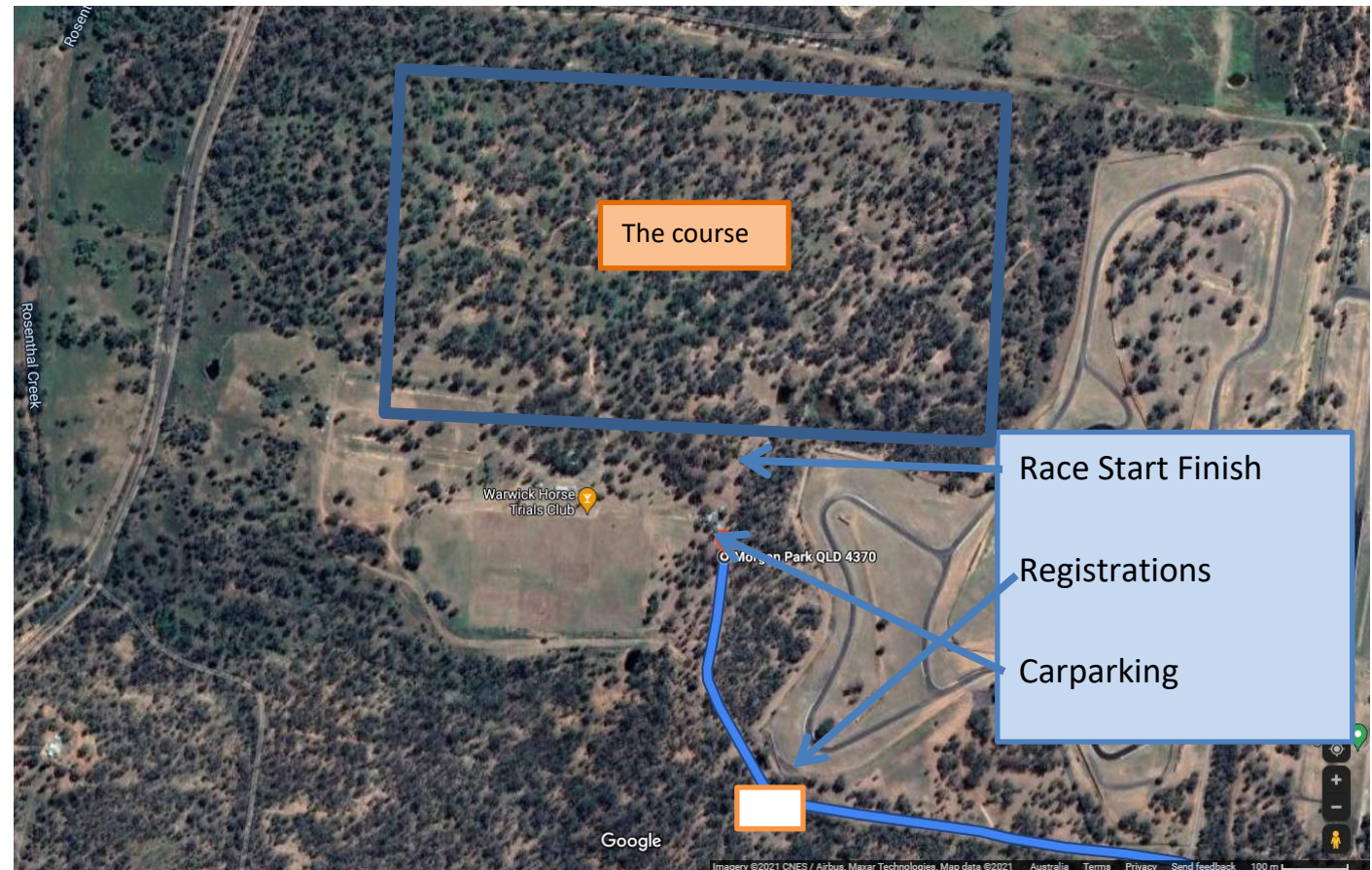
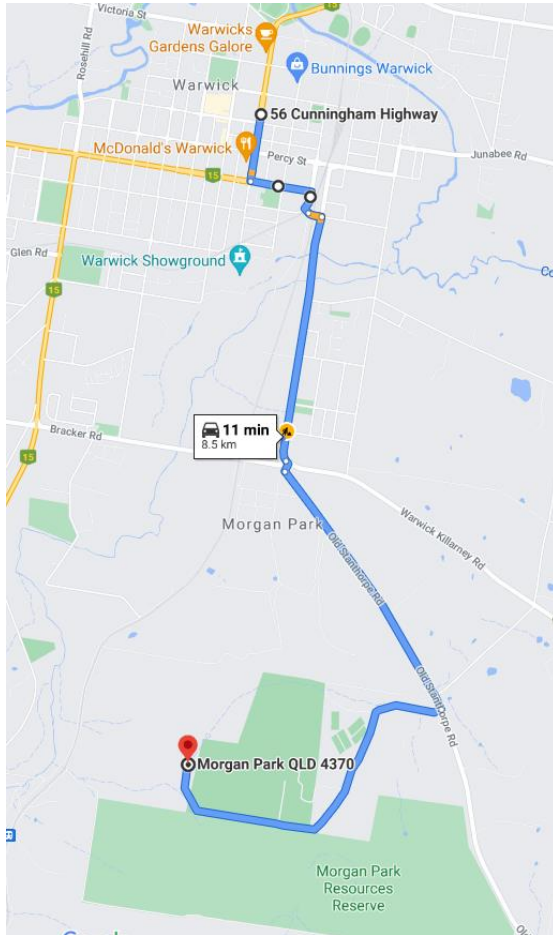
For all those who have been to the ½ marathon before you will be aware of this issue.

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 2 – 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 3 – Darling Downs Hotel 5 km Road race

Darling Downs Hotel
(Sandy Creek Pub)

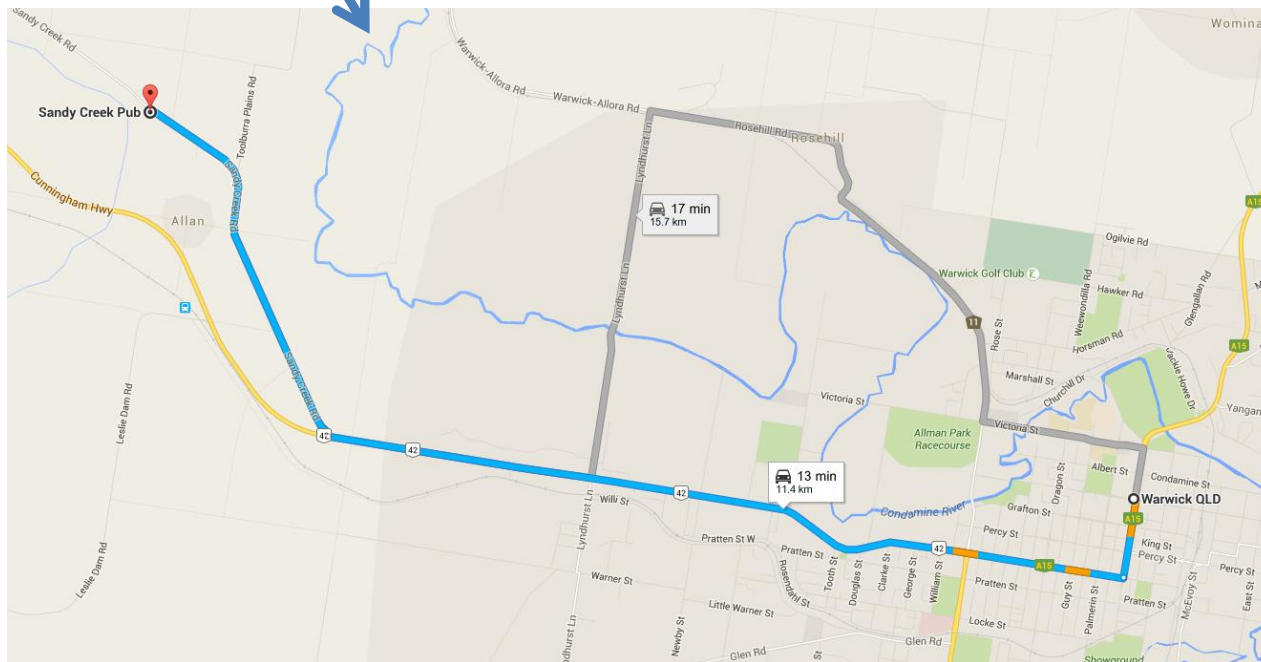
Start / Finish - Darling Downs Pub, Sandy Creek Road, Warwick

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



TRAFFIC MANAGEMENT – SUNDAY 28TH 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 WIRAC on Albert St in Warwick and head out to Killarney. The bus will leave at 5:30am sharp. This is by far the best option for getting to and from the race. Parking in Killarney will be very limited around the start line.

Option 2: Independent travel to Killarney

- Travel to Killarney

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.

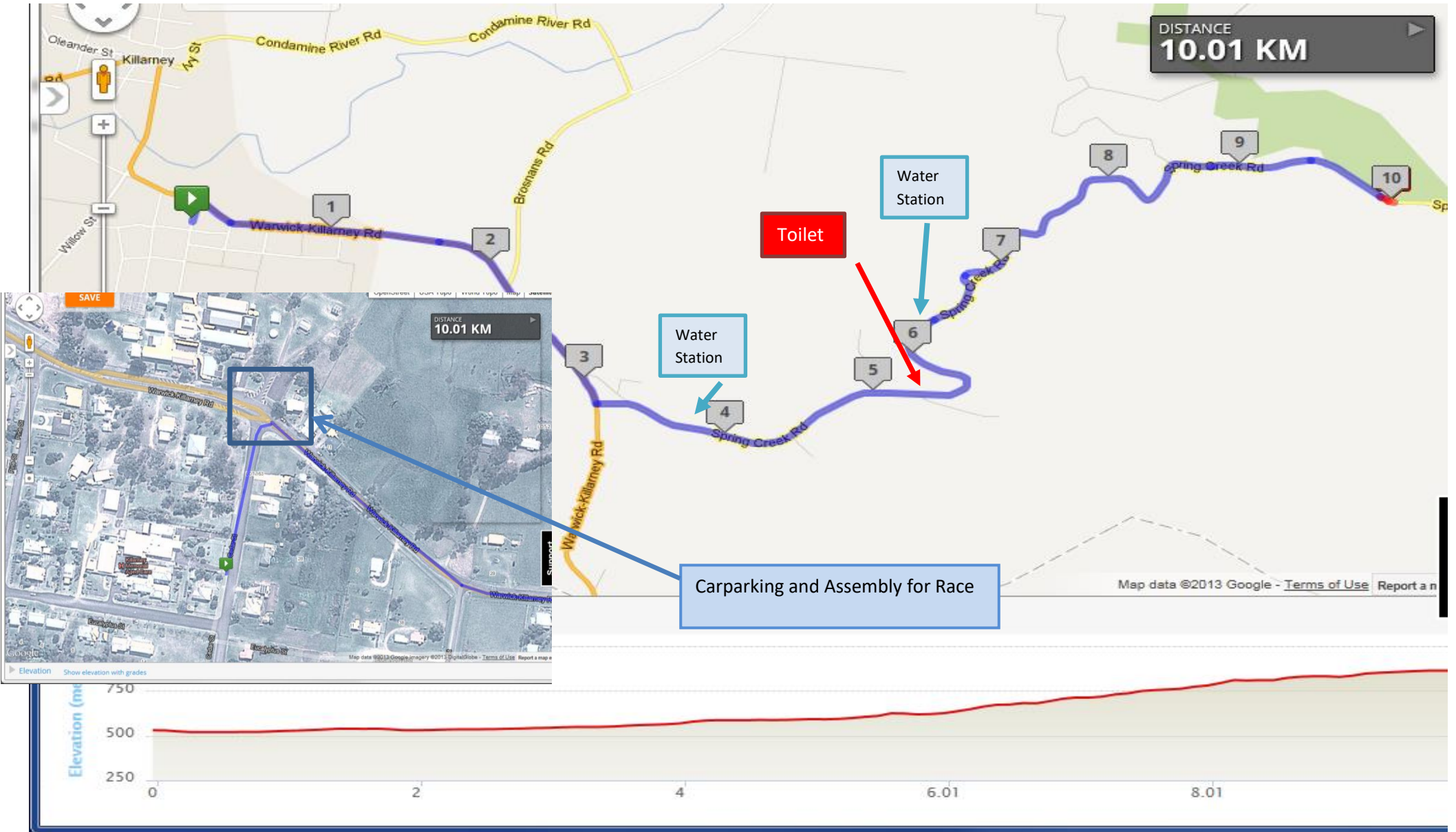
Under the guidance of Queensland Police and traffic management it is important that we follow all road rules to ensure our event continues to be allowed to run.

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 21st Pentathrun - 2023

Drink Stations / Toilets Location Details			
Date	Race	Location	Type
27/05/2023	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
		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
		Station 5 - Finish Yangan	Water & Energy Drink
27/05/2023	Race 2 - Cross Country	Station 1 - Start/Finish Horse Trials Grounds – Morgan Park	Water Only
		Station 2 - Second lap	Water Only
27/05/2023	Race 3 - Road Race	Station 1 - at Start/Finish Sandy Creek Pub (Darling Downs Hotel)	Water Only
		Station 2 - 3km (Sierizer Rd)	Water Only
28/05/2023	Race 4 - Ascent	Station 1 - 4.3klm (approx) 81 Spring Creek Rd	Water Only
		Portaloo's here Station 2 - 6.8klm (approx) Daggs Falls Turn In	Water & Energy Drink
		Station 3 - Finish Queen Mary Falls	Water & Energy Drink
28/05/2023	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

PRIZES (combined times for 5 races)

- Overall Fastest Male
- Overall Fastest Female

RACE AND AGE GROUP MEDALLIONS / PRIZES

1st (Male and Female) for each race.

1st, 2nd & 3rd (Boys and Girls) in the following age groups and races 2, 3 and 5.

- Under 10
- 10-12yrs
- 13-15yrs

Pentathrunners (runners doing all five races)

1st, 2nd & 3rd (Male and Female) in the following age groups

- | | | | |
|-------------|-----------|-----------|-----------|
| • 16-20yrs, | 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 2023
Pentathrun and we hope to see you back
next year on the 25th and 26th of May 2024.**

Our thanks to our additional sponsors.

