



2024

Race Participant's Information

Thanks to our Major Sponsors



**Darling Downs
Hotel**



OH! Optimise
Health
...it's personal



Welcome everyone to Pentath 2024.

This is the 22nd Pentathrun and as we move into our twenties we are feeling like its time for some changes.

The venue used for our bib collection and gathering point for Race 1 is the Warwick RSL at 65 Albion Street Warwick. It has been the preferred dining venue for many of our runners over the years and so we feel like this should become our home. We also now hold most of our planning meetings at the RSL so it certainly feels like our home now.

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

Race 1 – TCP Designs

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 2023 event we hope you enjoy the changes this year.

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 Pentathrun2024) for all to share! Start posting your event photos here. #pentathrun2024

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.

This year I really need to thank the new volunteers on the organising committee. We went very close to having to close the Pentathrun late last year as we did not have anyone left to help organise things. Thankfully a number of locals have stepped in and we are back in business. I would like to thank them all and will do so over the race weekend as they have been amazing.

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

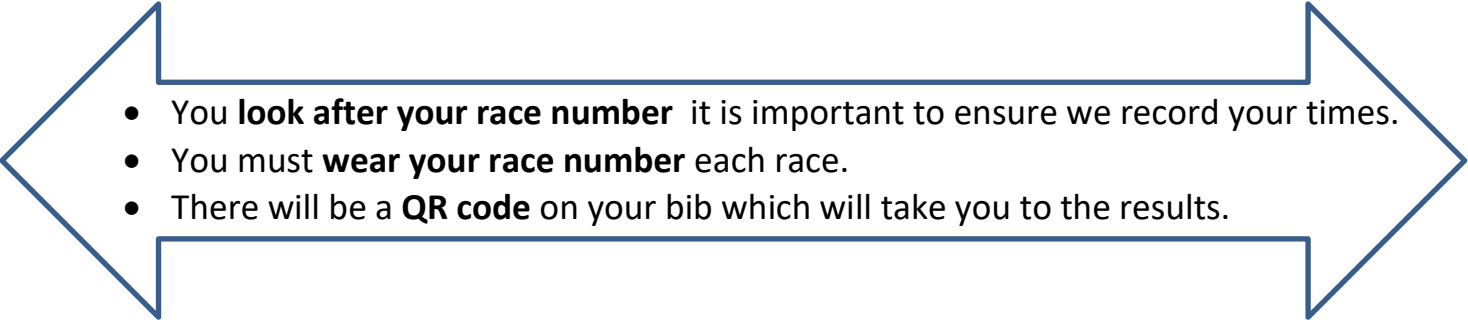
Neil Burtenshaw
Club President

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 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 – TCP Designs Half Marathon

The race starts on Wireless Lane just outside Warwick at 6:30 am and the temperature is usually quite cool, around 0-10 degrees at the start but warms up as the sun rises. Runners will enjoy the early start and run out along Junabee Road with the sunrise over the mountains something to look forward to. The first eight km are pretty flat with the no real hills until you get to the 14km mark. Then we hit some rolling hills all the way to Yangan finishing mostly downhill into Yangan. We mark every two km with a flag. There will be drink stations along the way, roughly every five km. After finishing, share breakfast with friends and chat about the race before catching a bus back to Warwick at 9.00 - 10.00 am. 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: A fast flat out and back course along Sandy Creek Road. A great way to finish off the first days running for those with the energy. For everyone else there is the pub at the start/finish line and they definitely know how to help look after a tired runner after 29.7mk for the day.

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 the 1500m year – Superheros and the like are all welcome.

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 24th 2024

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

Warwick RSL, Kings Theatre, 65 Albion 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 25th 2024

Race 1 – TCP Designs Half Marathon 21.1 km – Warwick to Yangan

(Race starts on Wireless Lane, Warwick and finishes at Yangan)

Travel out Yangan Rd 2.7km to the intersection with Wireless Lane

5:30am - 6:00am - Registration (Warwick RSL, 65 Albion St, Warwick)

5:30 to 6:00am – Buses depart to take runners to the start on Wireless Lane

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, flat 5km run.

Saturday Awards immediately after Race 3 at the Hotel

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

Sunday May 26th 2024

Race 4 – Queen Mary Falls Cafe Ascent 10 km

(Bus to Killarney race start leaves from Warwick RSL, 65 Albion St, Warwick 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.

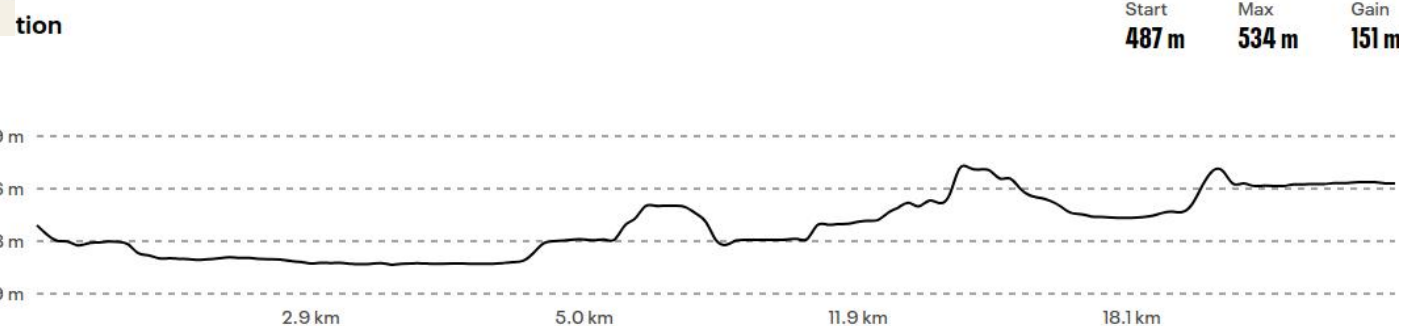
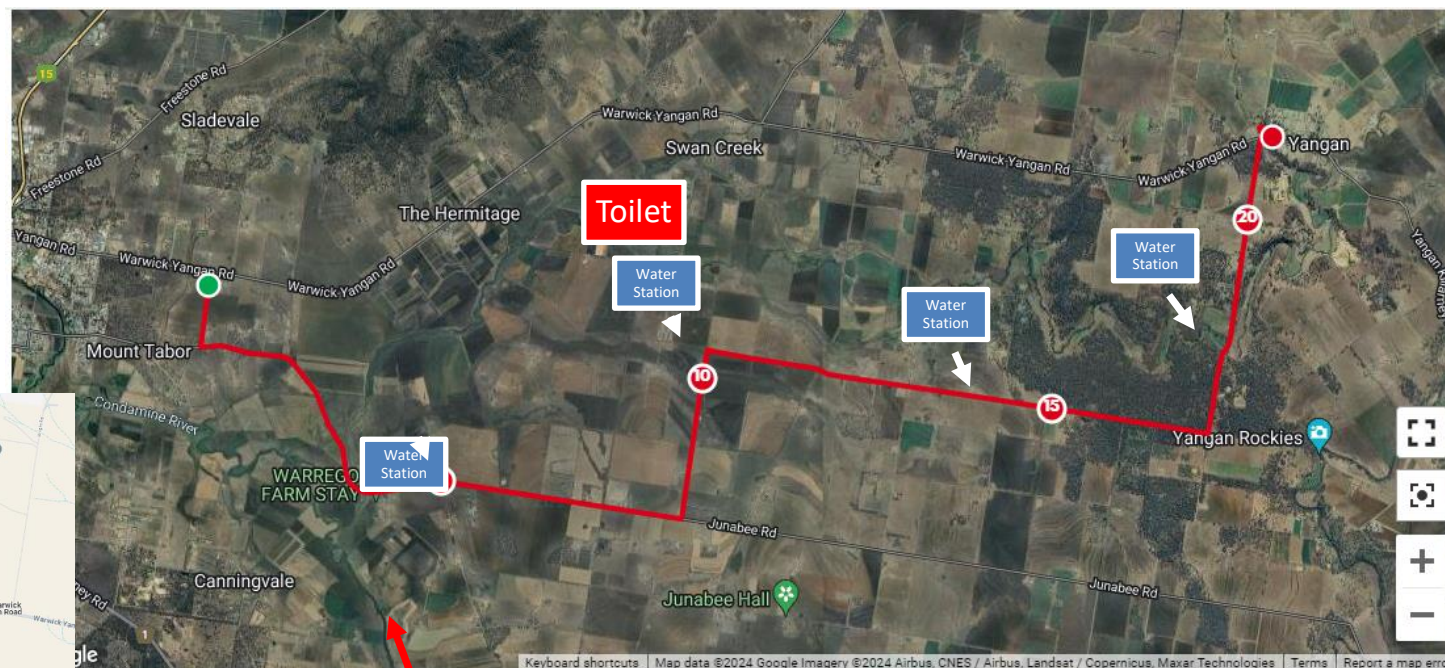
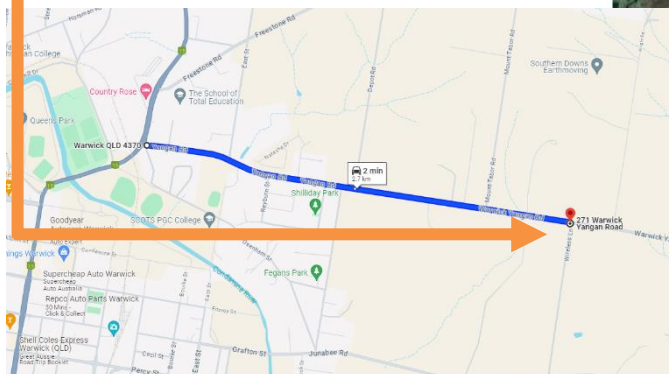
Race 1 – TCP Designs Half Marathon

Assembly: Warwick RSL, 65 Albion St, Warwick. Buses will take runners to the start on Wireless Lane.

Start: Wireless Lane, Warwick, about 200m from the Warwick Yangan Road Intersection.

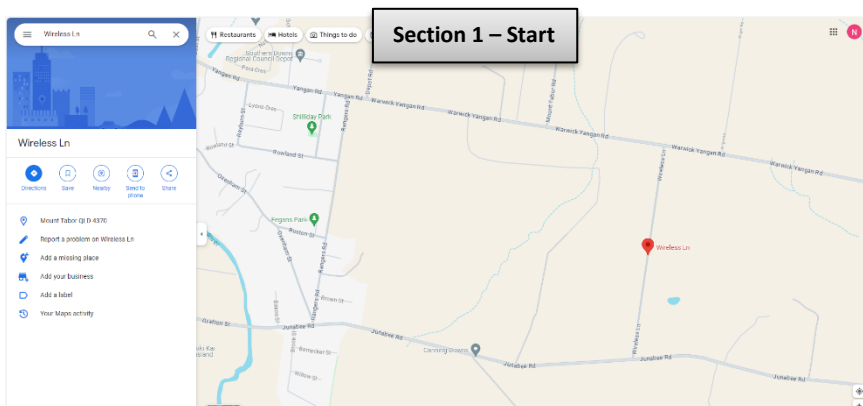
Finish: 14 King Street – Yangan at the Yangan Cash and Carry (providing breakfast after the ½ marathon) – Return Buses are available and a bag transport to the finish is available.

Head south on Wireless Ln
0.81 Turn left onto Junabee Rd
8.11 Turn left onto Murphy Rd
10.30 Turn right onto Hermitage Emuvale Rd
16.83 Turn left onto Strudwick Rd
20.69 Cross Yangan Rd
Go around Bicentennial park
Exit onto Hawes Rd
Continue to Yangan Cash and Carry



Supporters Directions – Use Yangan Rd

This year is the first time we have run the ½ marathon along Junabee Road. It means that supporters will have more options to see their runners on the way. Please use the Warwick / Yangan Road to get to the sections where you can support the runners and stay off the roads the runners are using. Please take the following alternative routes to support runners on the course.

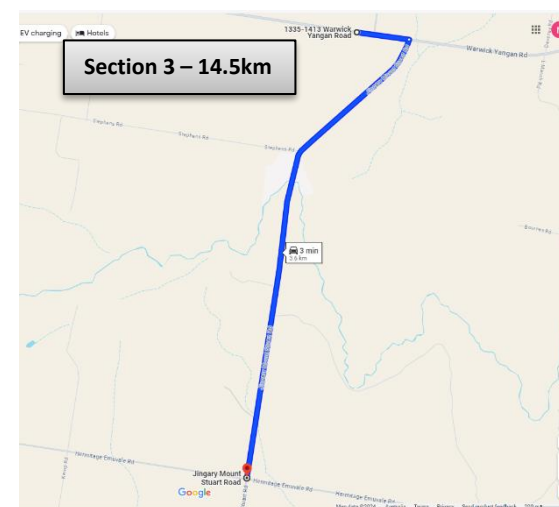
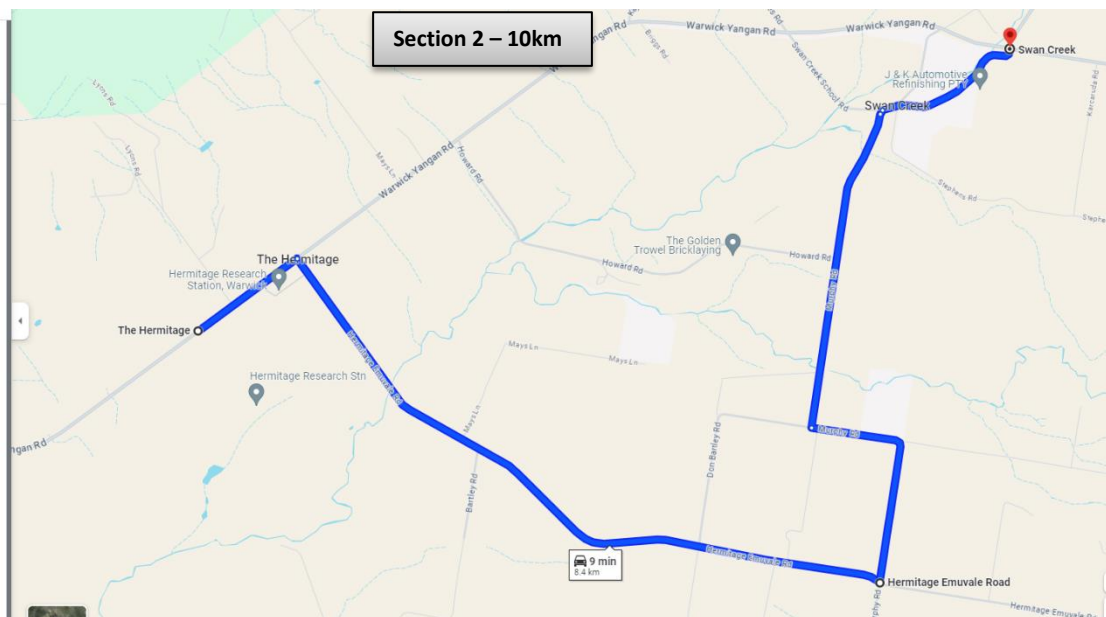
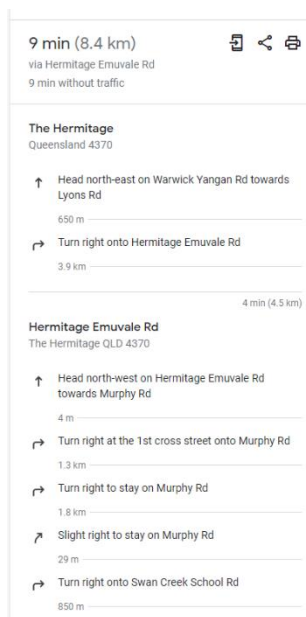


Start Section 1 – At the start, Park at the Northern end of wireless lane or on Yangan Rd.

10km Section 2 – Turn off the Warwick-Yangan Rd onto Hermitage-Emuval Rd and drive to the intersection with Murphy Rd. Then turn left onto Murphy Rd to get back to the Warwick-Yangan Rd at Swan Creek.

14.5km Section 3 – turn onto Jingary-Mount Stuart Rd and drive to the intersection with Hermitage-Emuval Rd

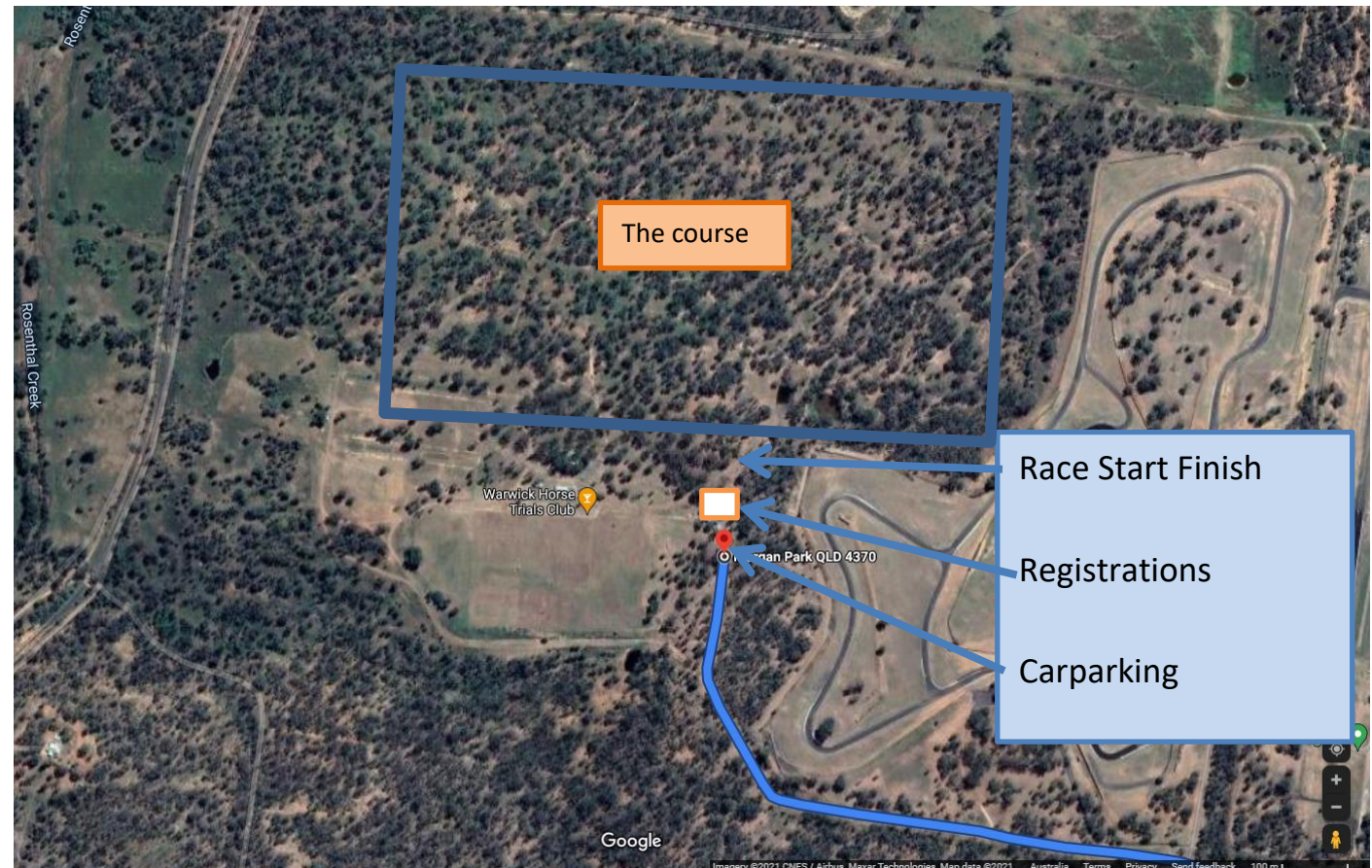
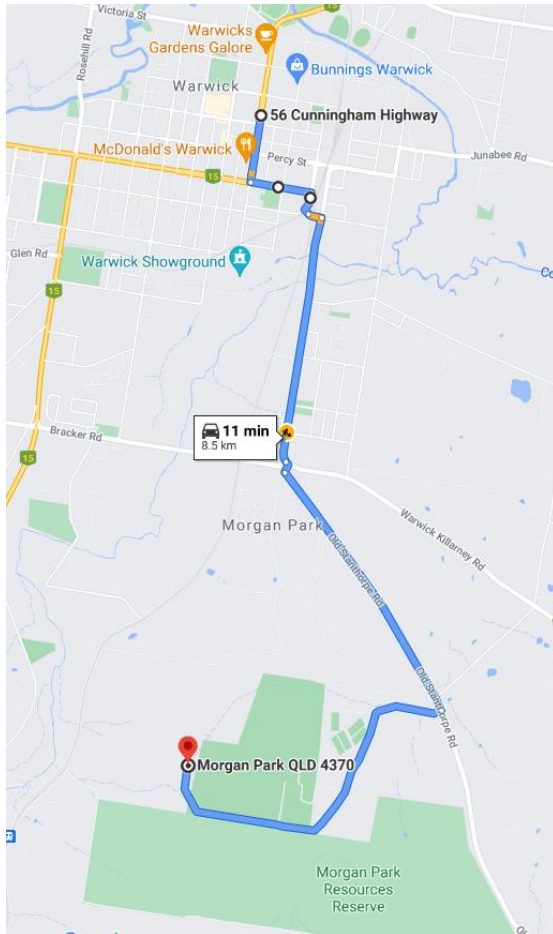
Finish – park in the Yangan township and support your runner as they cross the finish line.



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)

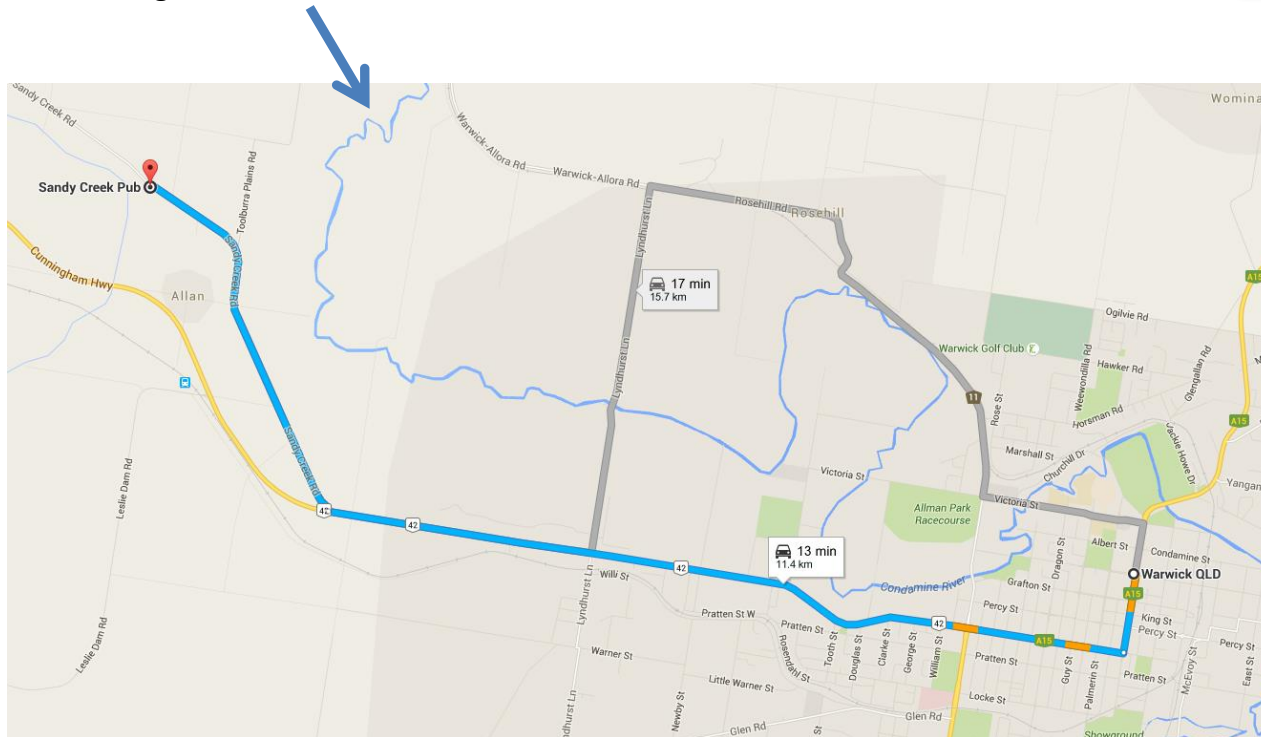
Start / Finish - Darling Downs Pub, Sandy Creek Road, Warwick

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 Warwick RSL on King 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.

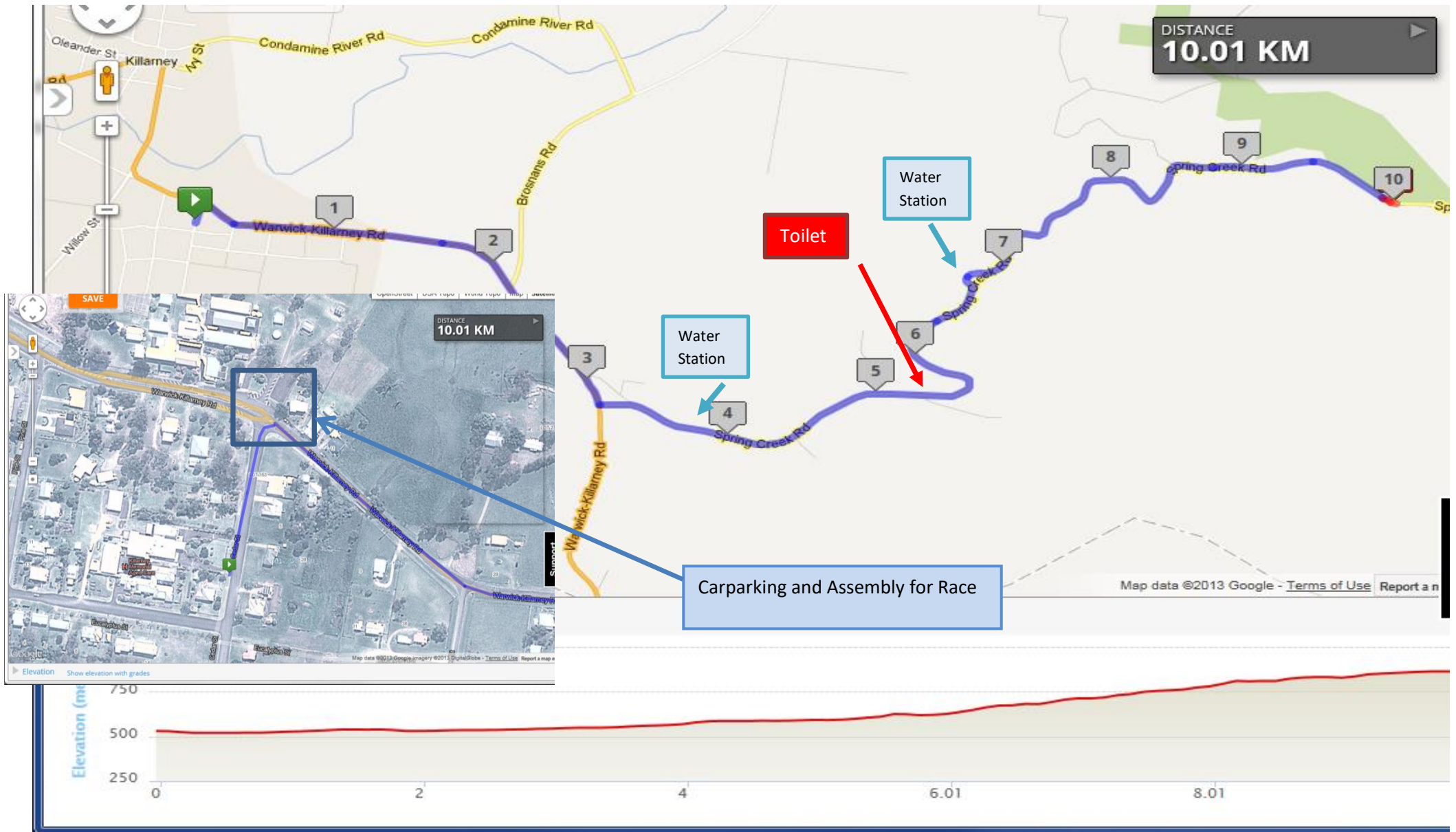
Under the guidance of Queensland Police and traffic management it is important that we follow all road rules to ensure our event continues to be allowed to run.

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



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 2024
Pentathrun and we hope to see you back
next year on the 24th and 25th of May 2025.**

Our thanks to our additional sponsors.

