



2025

Race Participant's Information

Thanks to our Race Sponsors



Welcome everyone to Pentath 2025.

This is the 23rd Pentathrun and its time to change things up even more than last year.

We pride ourselves on providing you an event that showcases the Darling Downs and “whats here”. With that in mind we have taken our race to some of the more unique locations in our region and this year we introduce two new locations. Firstly race two will now be held on the Warwick Airstrip at Massie. Where else can you race the planes? Don't worry we have the airport closed for the day for our race but you will be “taking off” for your 5km on the runway.

Then the real changes start on Sunday. For years we have made everyone run uphill for 10km which seemed a bit cruel after 3 races the day before. So we have “smoothed” it out. Well not really, its 5km down the hill then 5km back up from the Queen Mary Falls Café. Come to think of it that may not actually be any easier..... Our final race for the Pentathrun will now be at Allman Park. Yes that's the place the horses race. You will be running the “Optimile” around the racetrack for the final race of the event and we will finish the weekend with presentations there.

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 will also be doing the Saturday presentations there as well. 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 – Traffic Group Australia
- Race 2 – Southern Downs Regional Council 5km RUNaWAY
- Race 3 - Warwick Horse Trials “Steed and Step” X-Country
- Race 4 - Queen Mary Falls Café 10km Descent/Ascent
- Race 5 - Optimise Health “Optimile”

Welcome back as always to our regulars, who have supported us year in and year out. For runners who were at the 2024 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 Pentathrun2025) for all to share! Start posting your event photos here. #pentathrun2025

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 want to again thank the volunteers on the organising committee. I would like to thank them all and will do so over the race weekend as they have been amazing.

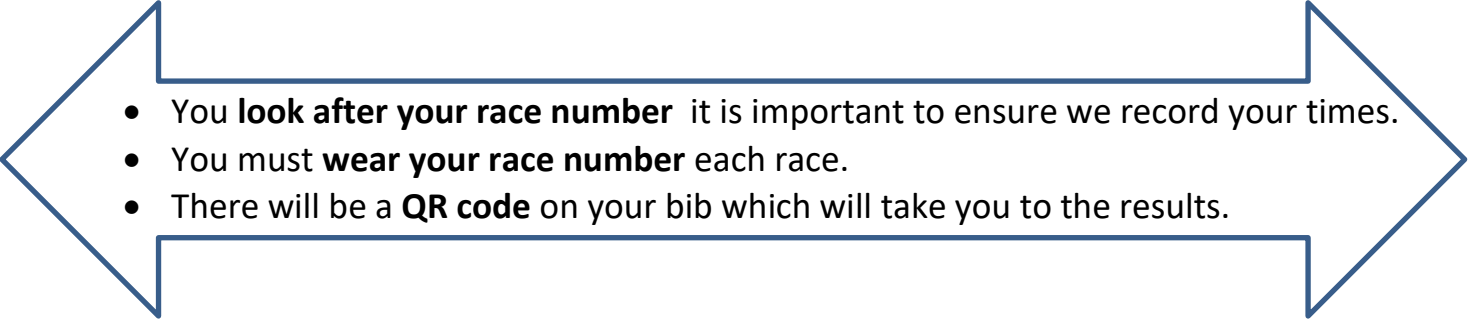
Have a great weekend – thanks again for your continued support of our unique event and don't be afraid to come and say hello.

Neil Burtenshaw
Club President

Details on the event

General information

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.

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. All runners who complete all five races will get a thank you gift on completion of race 5. It would be great if you can stay for them. Sorry we are not able to send prizes out to you.

Saturdays Presentations are at Club Warwick RSL at 4:30pm

Sundays Presentations are straight after the race at the Warwick Racecourse

Race 1 – TGA 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 6 km are pretty flat with no real hills until you get to the 12 km mark. Then we there are a couple of climbs before finishing mostly downhill into Yangan. We mark every 2 km with a flag. There will be drink stations along the way, roughly every 5 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 – SDRC 5 km Aerodrome RUNaWAY

Details: A fast race in a loop around the Warwick Airstrip. Runners will taxi out onto the runway then down to the Western End before turning to “take off” back to the east. Just in case we have to abort take off they will then turn and taxi back to take off again before finishing back at the terminal. For the non aeronautical amongst you that means out onto the airstrip, two laps and then back in.

Race 3 – Steed and Step "X" Country 4.5 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 4.5 km. Great for spectators. We have a split start process operating for this race to help spread runners out on the trail.

We will head into town back to the RSL for presentations of the first three races straight after. We wanted to make sure there was beer after our change from Sandy Creek Pub.

Race 4 – Queen Mary Falls Cafe 10 km Descent/Ascent

Details: This race starts and finishes at the Queen Mary Falls Café. This is a challenging run. It starts with 5 km down the hill then a sharp u-turn and back up again. 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 “Optimile”

Details: A short sharp fast racetrack run to finish off the weekend of running. The race starts and finishes at the Warwick Racecourse and runs a full lap of the track where you will cross at the post just like the horses do. Catering available (yes there’s beer) and presentations for race 4 & 5 and the overall age category winners will follow. We will have the main race first followed by the kids race 15 minutes later.

Presentations straight after the race. Catering and beer available

Dress Up for the “Optimile” – 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 grab 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 23rd 2025

Bib collection from 5:00 pm closing at 7:00 pm.

Club 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 24th 2025

Race 1 – TGA 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 9.15am '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 – SDRC 5 km Airport RUNaWAY

Warwick Aerodrome 111 Massie Bony Mountain Road, Massie

10:30am - 11:15am - Registration

11:30am - Race start (staggered starts)

Race is two laps of the airstrip marked by traffic cones. Race Marshalls will direct the way.

Race 3 - Steed and Step 'X'-Country 4.5 km – Horse Trials Grounds, Morgan Park

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

2:30 pm - Race Start

Race is two laps of the grounds outlined by white stakes with flags attached. Race Marshalls will direct the way.

Saturday Awards – Club Warwick RSL, Kings Theatre, 65 Albion St, Warwick.

Back to where we started the day. Book a table for dinner afterward.

4:30 pm – Awards/Presentations for Races 1, 2 & 3

Sunday May 25th 2025

Race 4 – Queen Mary Falls Cafe Descent \ / Ascent 10 km

(Bus to the race start leaves from Club Warwick RSL, 65 Albion St, Warwick at 5:15am). This is the best option to get to the race. Parking is also available in the Caravan Park's grounds.

(Starts and finishes at Queen Mary Falls)

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

6:45 am - Race Start (Last bus returns to Warwick at 8:45 am)

Race 5 - Optimise Health "Optimile" 1600m

(Race starts and Finishes at Warwick Turf Club, 170 Victoria St, Warwick)

10:00 am - 10:45 am – Online Registration & Bib Collection

11:00 am - Race Start Main Race – 16 years and over

11:15 am - Kids race 15 years and under

Presentations for Races 4 & 5 straight after with BBQ available. Overall Winners will be presented from 11:30 am.

Race 1 – TGA 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

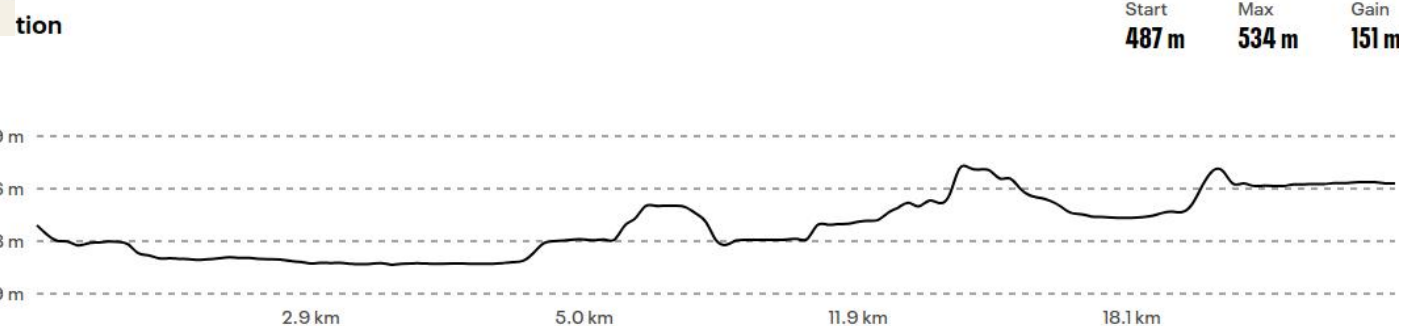
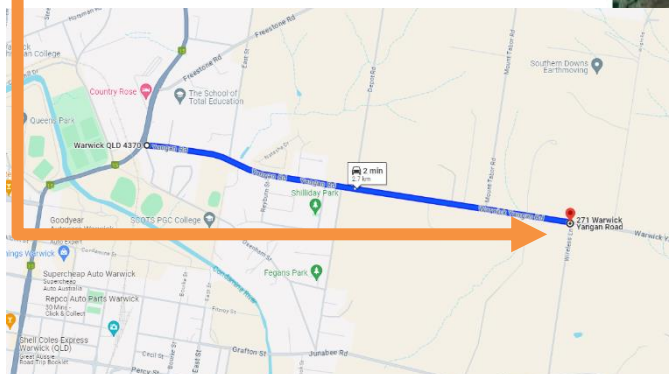
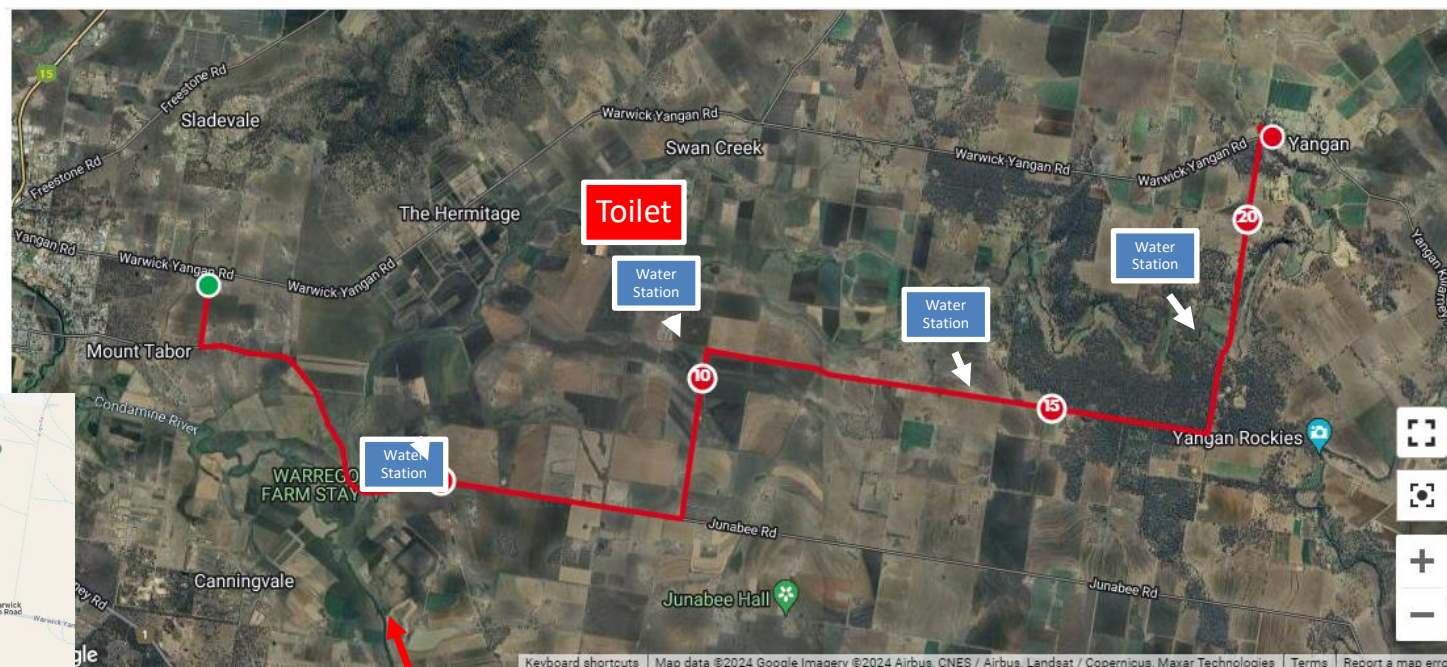
16.83 Turn left onto Strudwick Rd

20.69 Cross Yangan Rd

Go around Bicentennial park

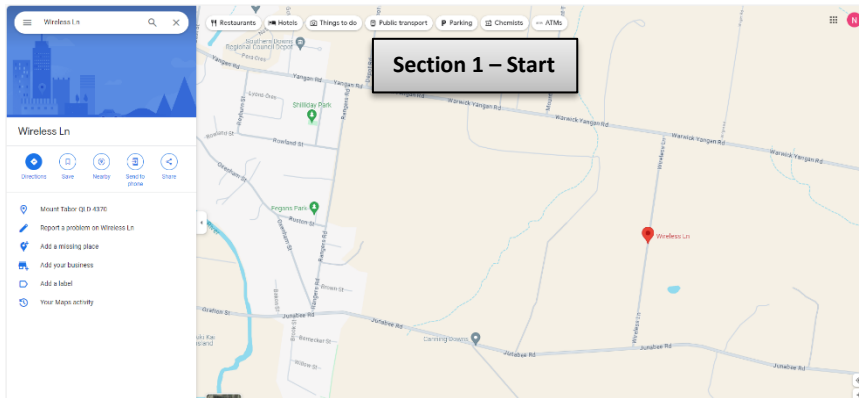
Exit onto Hawes Rd

Continue to Yangan Cash and Carry



Supporters Directions – Use Yangan Rd

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.

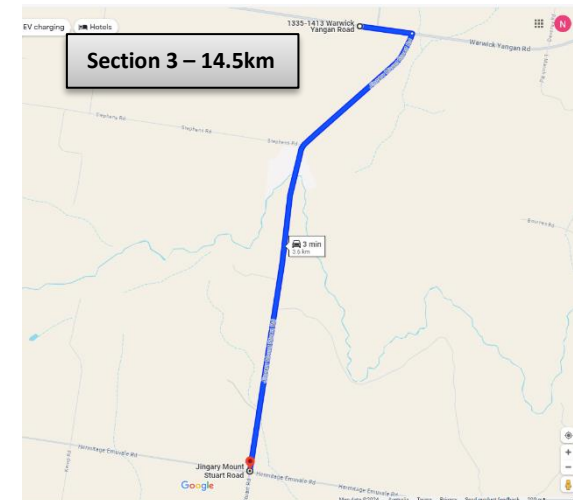
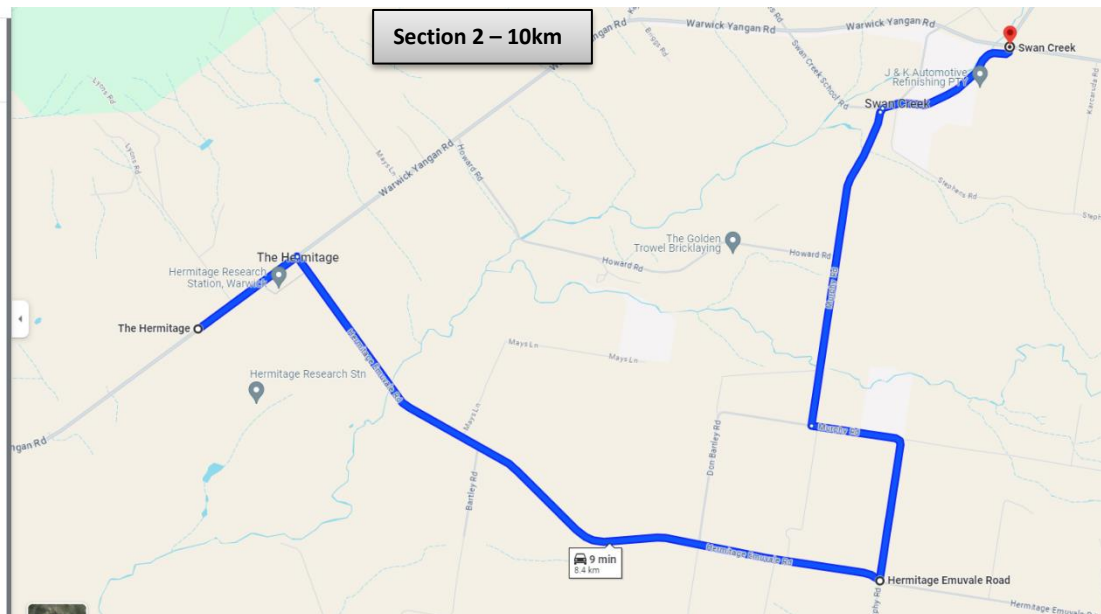
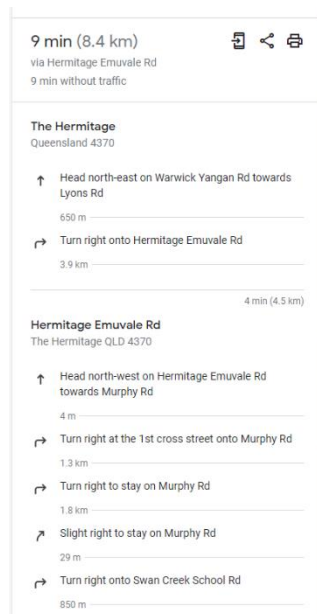


Start Section 1 – At the start, Park at the Northern end of wireless lane or on Yangan Rd.

10km Section 2 – Turn off the Warwick-Yangan Rd onto Hermitage-Emuvalle 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-Emuvalle Rd

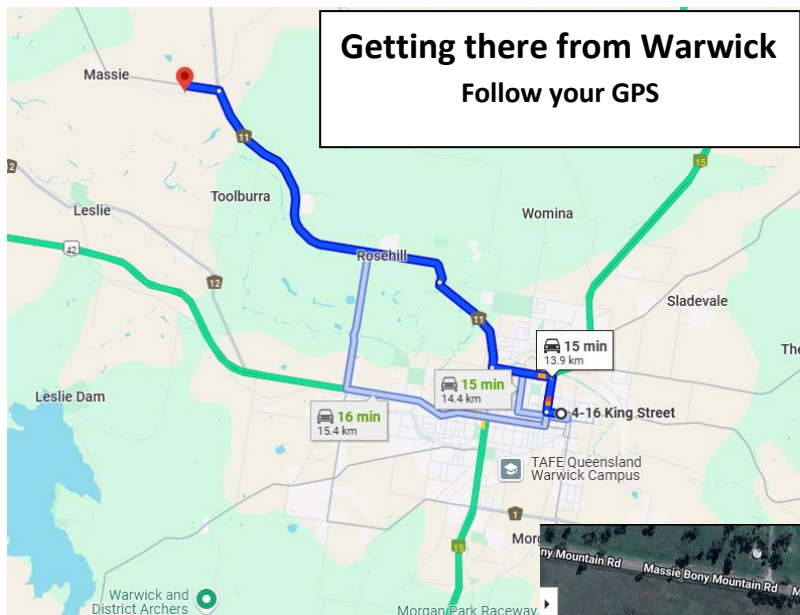
Finish – park in the Yangan township and support your runner as they cross the finish line.



Race 2 – Southern Downs Regional Council 5 km RUNaWAY



Start / Finish – Warwick Aerodrome, 111 Massie Bony Mountain Road, Massie



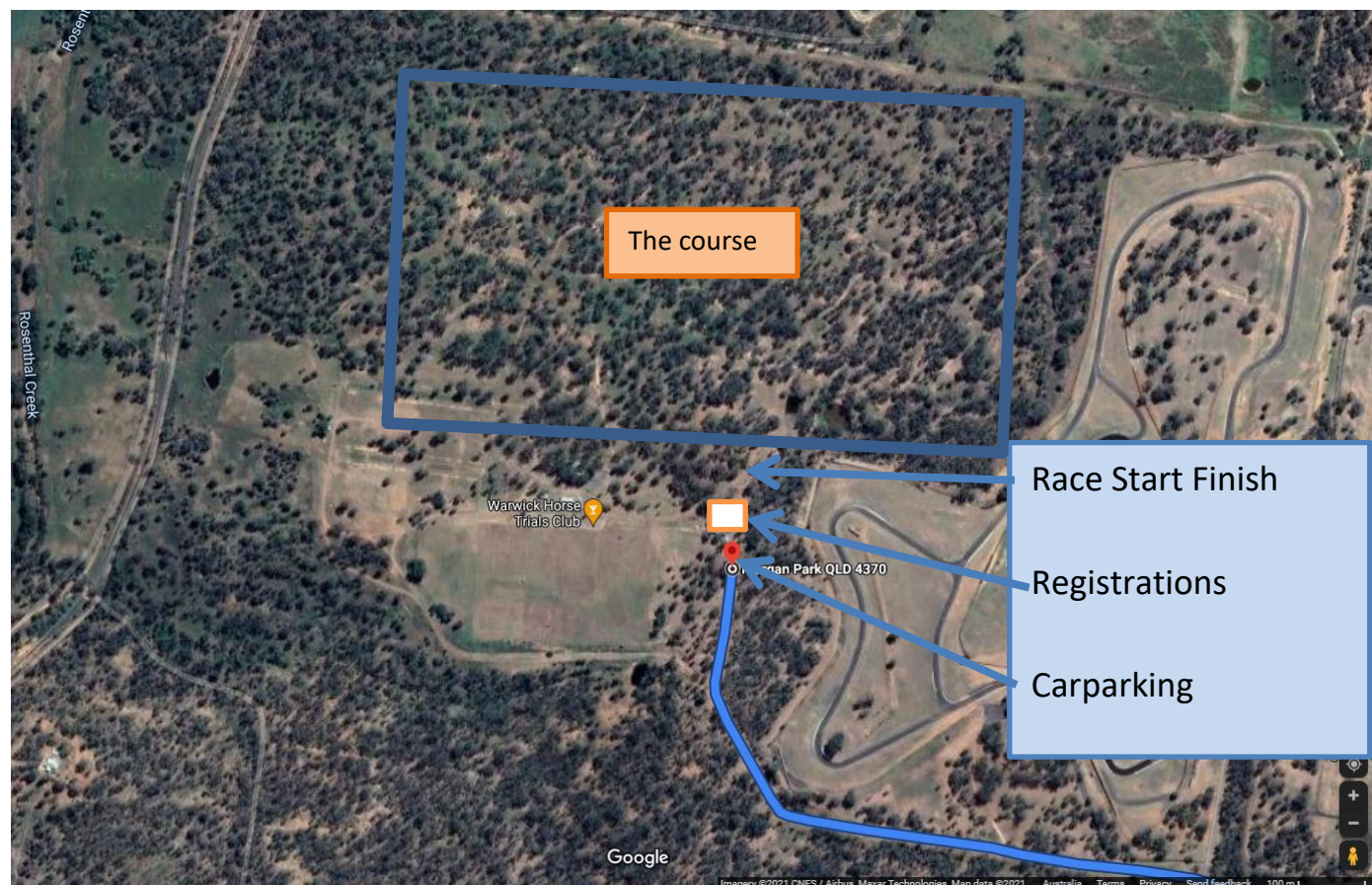
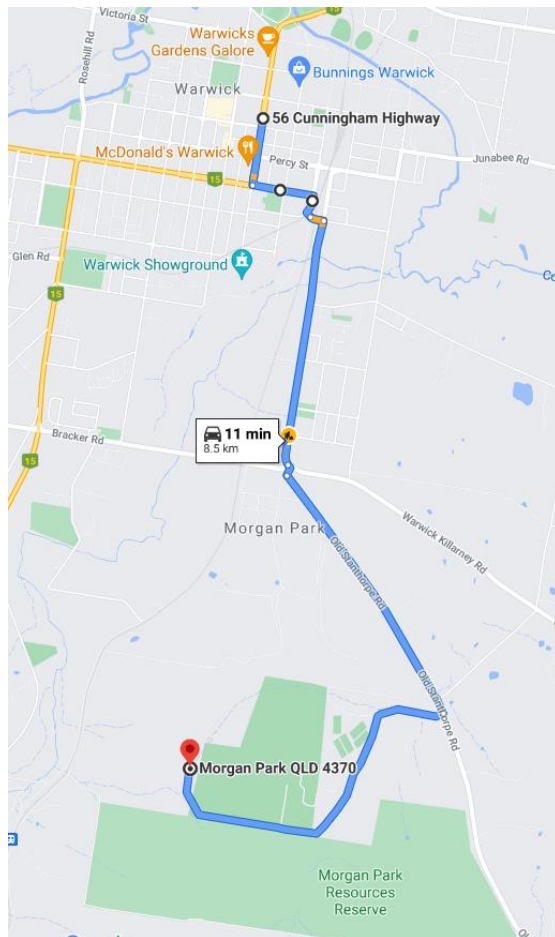
Parking – Park along Massie Bony Mountain Rd, Marshalls will direct you.



Race 3 – Steed and Step 4.5 km X-Country

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

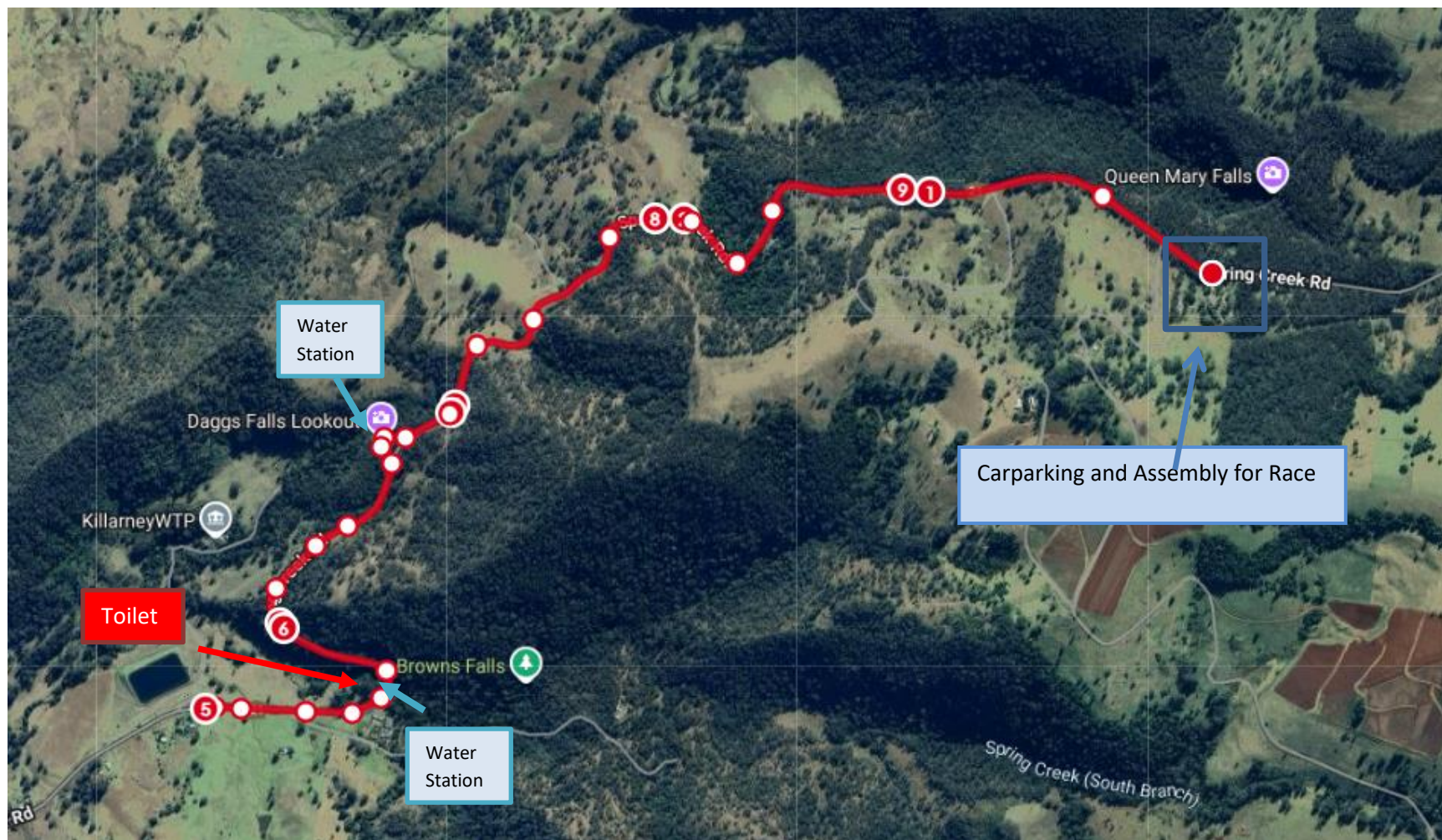
Route from Warwick to Morgan Park (race 2 start)



Race 4 – Queen Mary Falls Cafe 10 km Descent √ Ascent

Start and Finish: Queen Mary Falls Caravan Park, 676 Spring Creek Rd, Killarney, Lookout Carpark
across from the café & caravan park

Allow 1 hour to drive and park from Warwick given the conditions at that time of night.



Race 5 – Optimise Health “Optimile” 1600 Meters

Start / Finish: Warwick Turf Club 170 Victoria St, Warwick

2 Races. The main race followed by the kids (15 yrs and under) 15 minutes later.

Presentations straight afterward.

Runners can only do one run with their bib on. All runners 15 and under must be in the second race or their time will not be recorded.

OH! Optimise Health



PRIZE MONEY: Race 1 to 5 - (Male and Female)

- 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 2025
Pentathrun and we hope to see you back
next year on the 23rd and 24th of May 2026.**

Our thanks to our additional sponsors.

**Yangan
Cash and Carry**

Club
Warwick RSL

Black Toyota

