



Race Participant's Information

Thanks to our Major Sponsors



Details on the Race

The 5 races of the Warwick Pentath-Run are all held within the Warwick district, 2 hours south-west of Brisbane, along the Cunningham Highway. The “Hub” of this event is the Warwick Indoor Aquatic and Recreation Centre (YMCA).

General Information

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

Timing – Race timing will be done this year with RFID chips attached to the back of our race number bib. This should be a lot more convenient than the timing chips we have been using for the last few years. They will not need to be returned but it will be very important that

- You **do not bend the RFID tag** that is attached to the back of the bib
- You must **wear your race number** each race



Did you know – Race numbers come in two colours. Plain white for those entering one or more races. “Orange” For those people who have signed up for all 5 races.

1st Aid – there will be 1st aid stationed at the end of each race. For the 3 shorter races this is the same location as the start.

Bag Transport – This is available for the ½ marathon and 10k ascent. There will be an area indicated at the assembly for each race 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 do not leave valuables in your bag.

Cut Off Times – We need to have them as we have to allow enough time to set up for the next race.

Race 1 – 3 hours

Races 2 & 3 – 1 hour

Race 4 – 2 hours

Post Race Massage – We will have a couple of masseur’s available post each race. They will help with your recovery for a \$5 donation to the Pentathrun.

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.

Race 1 - Warwick Daily News Half Marathon

The race starts at the Warwick Indoor Recreation and Aquatic Centre (WIRAC) at 7.00 am and the temperature is usually quite cool, around 10 degrees at the start but warms up as the sun rises. The first three klm are quite flat with the fourth being hilly. From 5 to 13 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 every 2klm marked with a flag. There will be three drink stations along the way, roughly every 5 klm. One with water and two with sports drink as well . After finishing, share breakfast with friends and chat about the race before catching a bus back to Warwick at 9.30 - 10.00am.

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 – Warwick Credit Union "X" Country 4.6 Klm

Where: Allora Golf Course

Details: Allora Golf Course is located in the local township of Allora 26 klm from Warwick. It consists of 2 laps of the golf course totalling 4.6 klm.

Race 3 – Darling Downs Hotel 5 klm Road Race

Details: The Darling Downs Hotel (Sandy Creek Pub), an old historic pub 10 min outside of Warwick (toward Goondiwindi) is the location for race 3. This is a very flat and fast road race on an out and back course 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.

Wheelchair competitors welcome, please contact and prearrange.

Race 4 - Nike Robina 10 klm Ascent

Details: This race starts near the high school in Killarney (36 km from Warwick) and climbs to Queen Mary Falls. This is a very challenging run. It starts with 3km flat run and gradual climb for the next 2.5 km. Then the hills get quite steep with a very slight relief in the last Klm. 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 - Voyage Fitness 1500m

Details: This is a very 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. Also a very easy starting point for beginners or non-running partners. The race starts and finishes at Leslie Park and runs up the main street, does a U-turn and returns. BBQ available and presentations for race 4 & 5 follow.

Wheelchair competitors welcome, please contact and prearrange.

www.pentathrun.com



TimeTable

Friday May 22nd , 2015

Registration - 6.00pm to 8.00pm – WIRAC (YMCA), Cnr Albert & Palmerin St, (Albert St Entrance) Warwick.

Saturday May 23rd , 2015

Race 1 - Warwick Daily News Half Marathon 21.1klm – Warwick to Yangan
(Race starts at WIRAC, Palmerin St, Warwick and finishes at Yangan)

6.00am - 6.45am - Registration

7.00am - Race Start (Shuttle bus return, Last returning bus 10.00am)

Breakfast provided for runners after race and return buses available back to Warwick

Race 2 - Warwick Credit Union X-Country 4.6klm – Allora Golf Course, Allora
(Race starts and finishes at Allora Sports Clubhouse)

11.00am - 11.45am - Registration

12.00pm - Race Start

Race is two laps of the Allora golf course following the course outlined by white stakes with flags attached.

Race 3 - Darling Downs Hotel 5klm Road Race

(Race starts and finishes at Darling Downs Hotel, Sandy Creek Road)

2.00pm - 2.45pm - Registration

3.00pm – Race Start

Race is a flat, fast, out and back course

Saturday Awards & Catering available 4.00pm - 6.00pm

Presentations for Races 1, 2 & 3 starting at 4.00pm at Sandy Creek Pub.

Sunday May 24th , 2015

Race 4 – Nike Robina Ascent 10klm

(Bus to Killarney race start leaves WIRAC Hall, Palmerin St at 6.15am)

(Race starts near Killarney High School and finishes at Queen Mary Falls)

6.45am - 7.10am - Registration

7.15am - Race Start (Free bus return to start. Last bus returns 9.00am)

Return bus will take runners to either the race start in Killarney or back to Warwick as required.

Race 5 - Voyage Fitness 1500m

(Race starts and Finishes at Leslie Park, Warwick)

10.00am - 11.15am - Registration

11.30am - Race Start

Presentations for Races 4 & 5 at Leslie Park Band Rotunda with BBQ for sale. Overall Winners will be presented from 12.00pm then Random Draw Prizes.

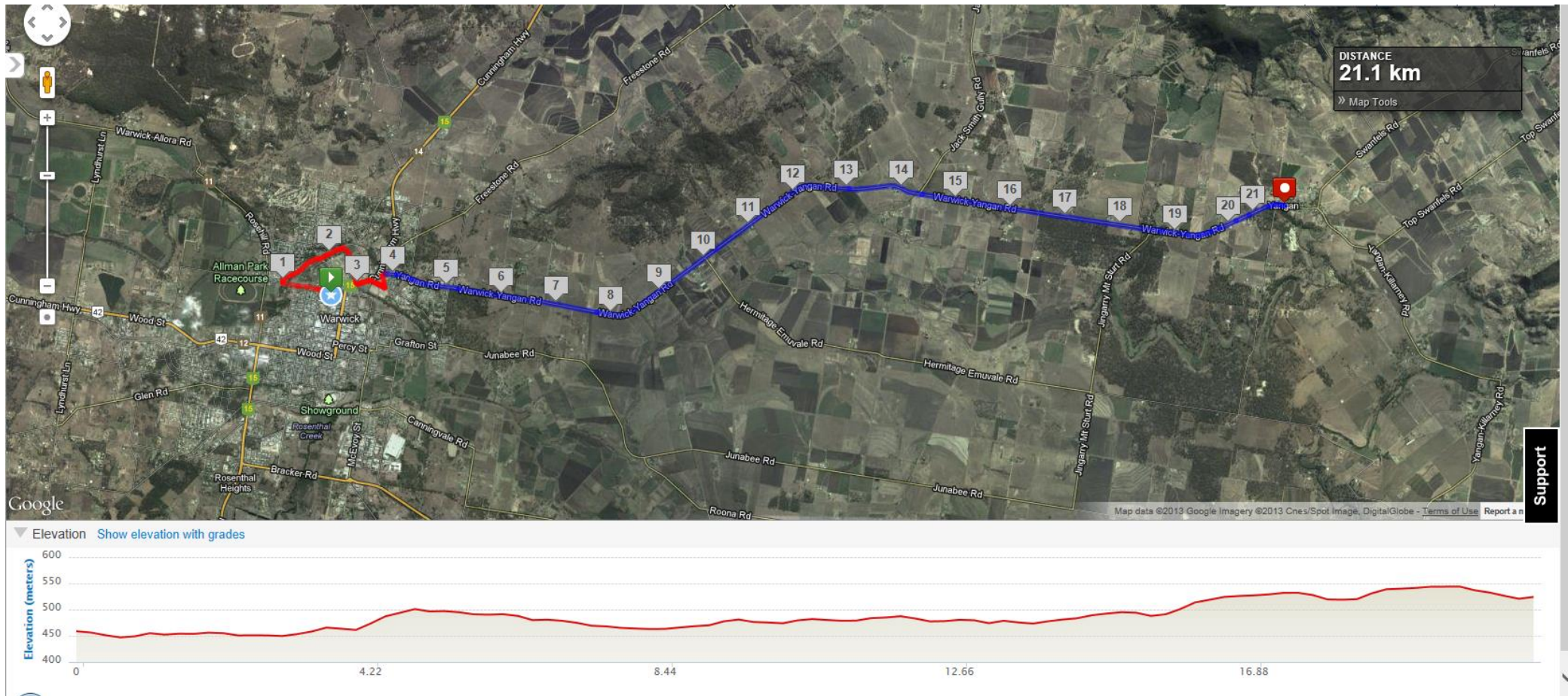
Race 1 – Warwick Daily News ½ Marathon



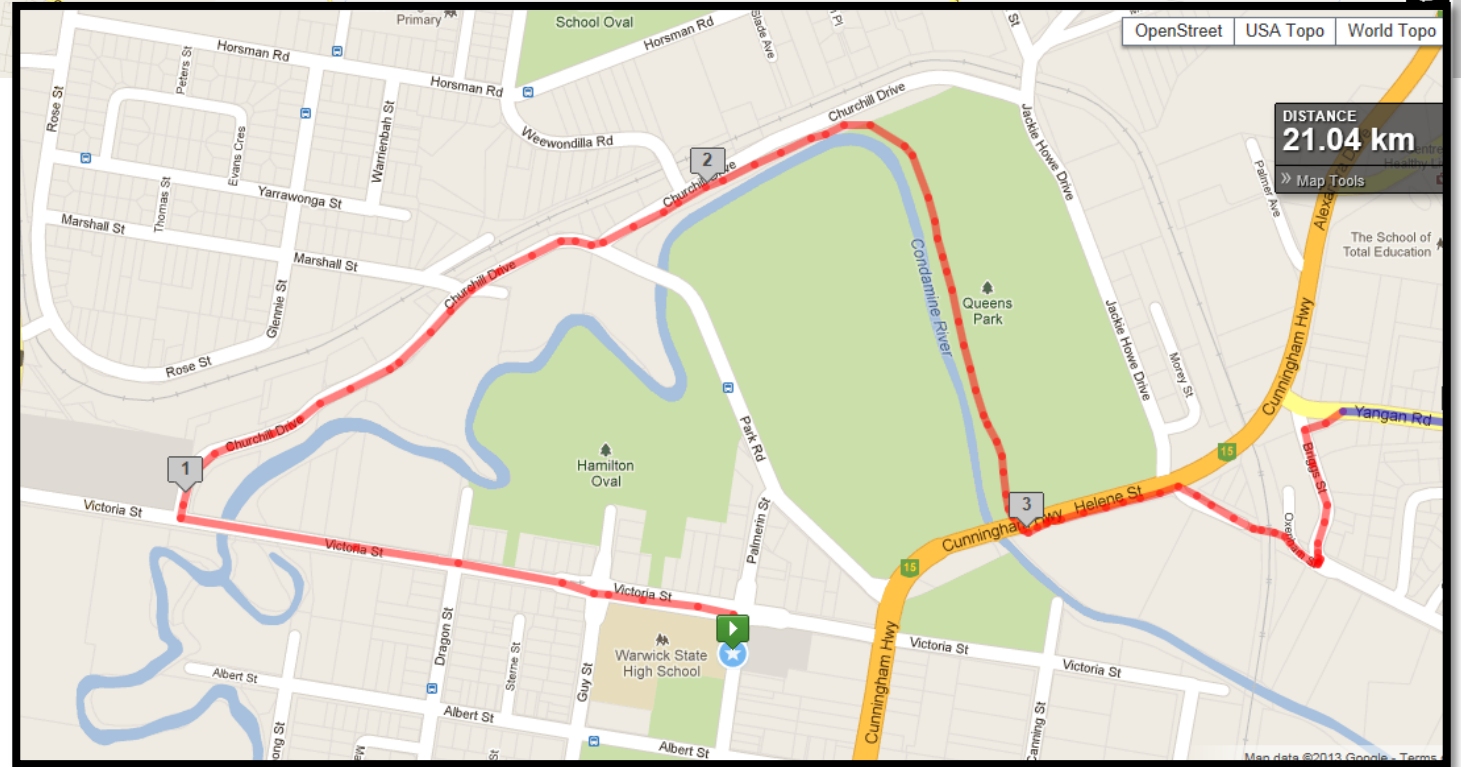
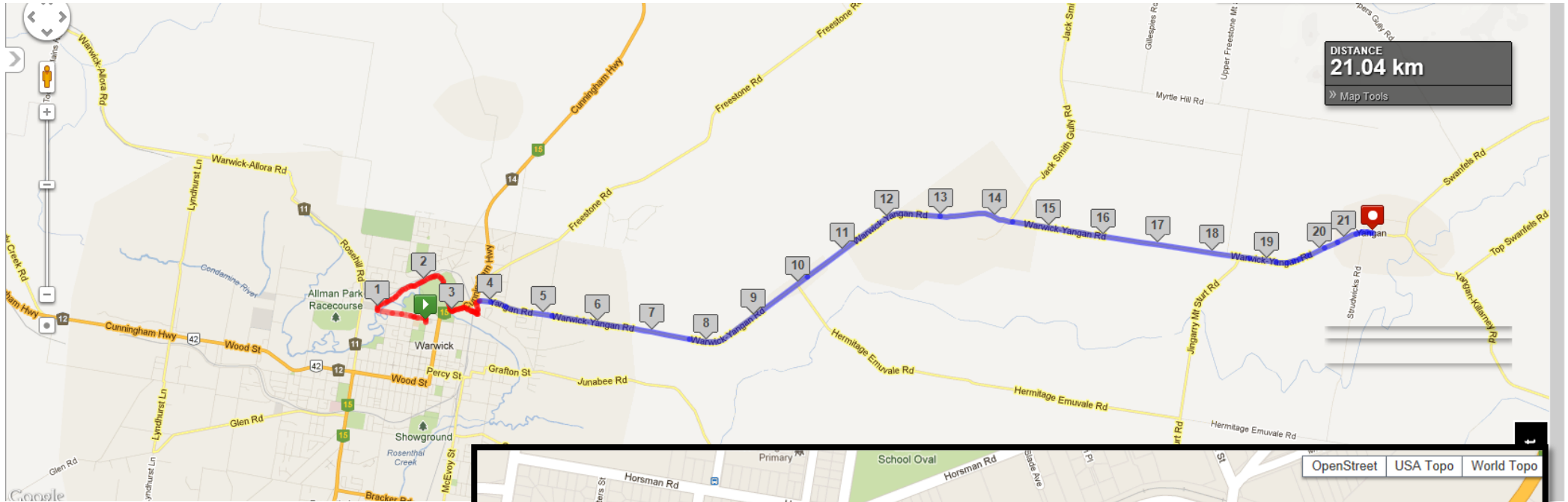
Assembly: WIRAC – Albert St Entrance

Start: 18 Palmerin St, Warwick, in front of WIRAC

Finish: 14 King St – 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 klm markers. INSERT – Warwick town section

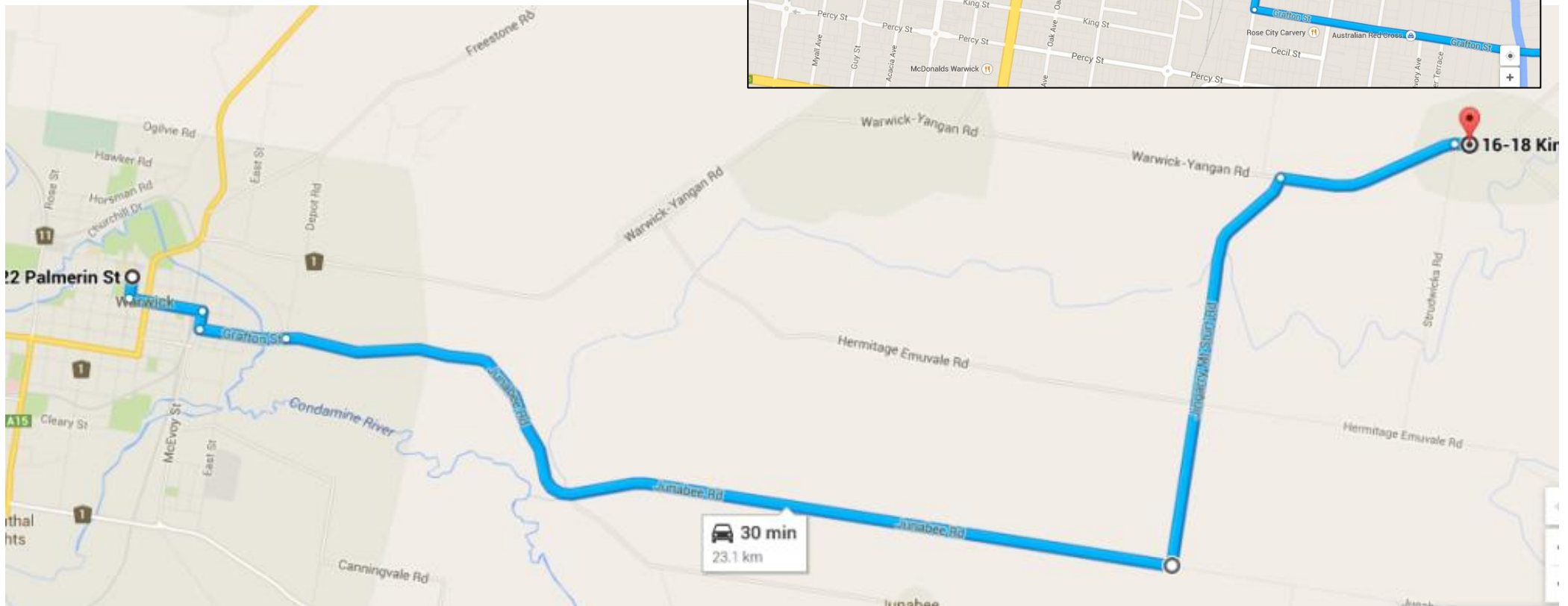
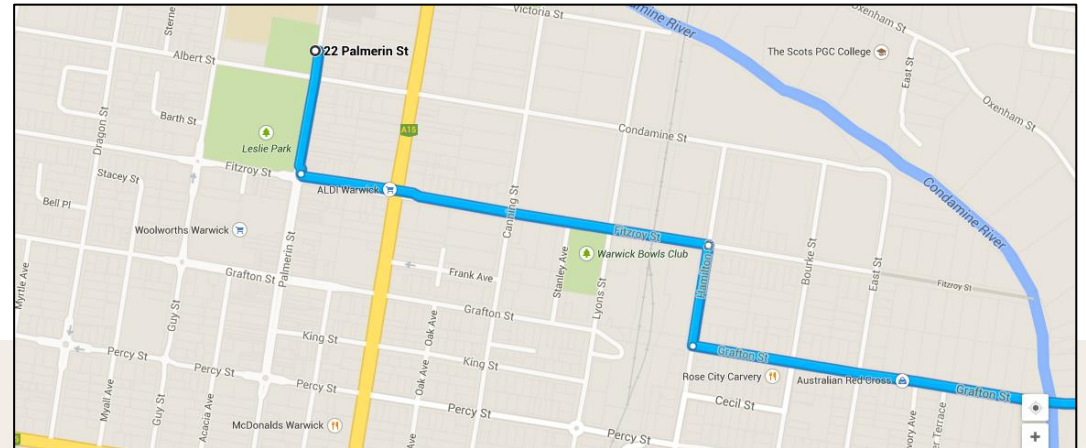


Road Traffic Options to Yangan – Alternative Direct Route – Junabee Rd

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 14km 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.

It sometimes seems like those people in supporters vehicles have forgotten the road rules. For all those who have been to the ½ marathon before you will be aware of this issue. The road is open to traffic and some of it is coming the other way.

PLEASE note – the following guidelines will help with getting everyone “Runners and Supporters” safely to the finish.

1. When the run first starts please immediately head out along the road to Yangan to take up your preferred 1st supporters stop.
2. Do not stop within 200 meters of the drink stations. They tend to get a bit congested.
3. Put your hazard lights on to indicate you are going slow and are part of the event.
4. Remember the right hand side of the road is for traffic heading the “**other way**”. Keep to the left and only pull out when it is safe to do so.
5. There will be police on the road ensuring we all obey the road rules.
6. BE CAREFUL when pulling over and again when pulling back out onto the road.

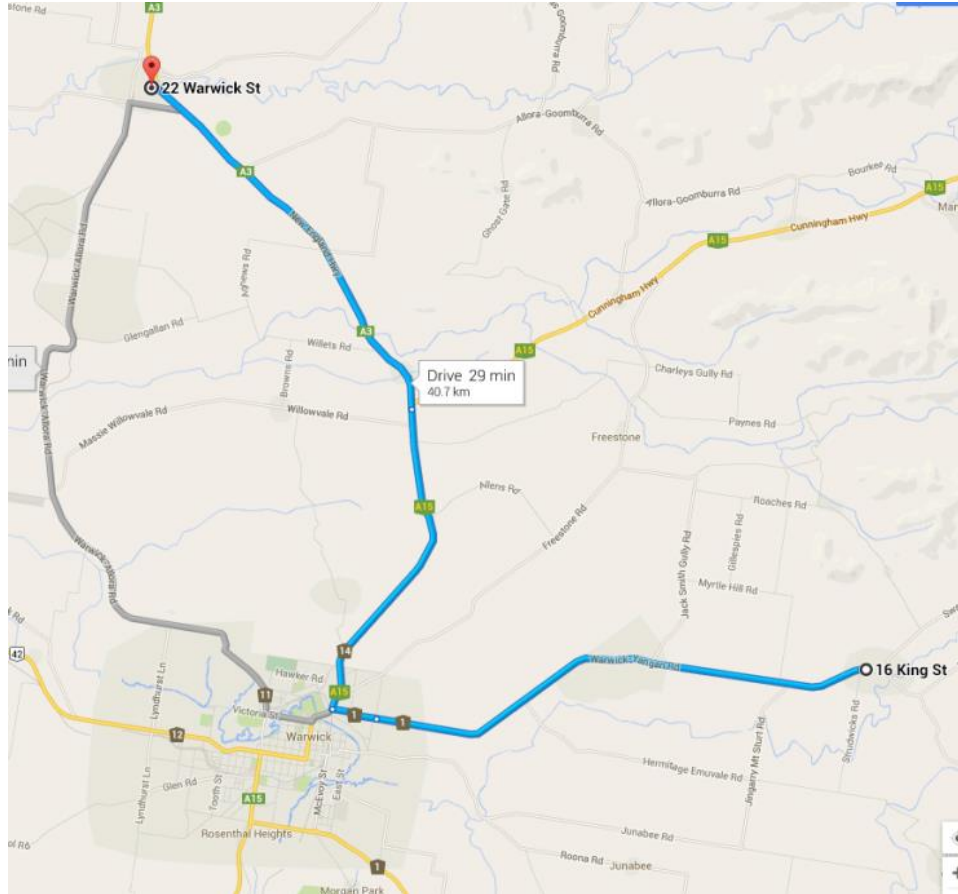
Apologies for this page but we aim to make it safe for all runners and are very grateful if you read this and it helps.

Race 2 – Warwick Credit Union 4.6 klm X Country



Start/Finish Allora Golf Course, Allora Sports Club, Allora

Route from Yangan (race 1 finish) to Allora (race 2 start)



Carparking and Assembly Area for Race 2
Warwick St, Allora



The course

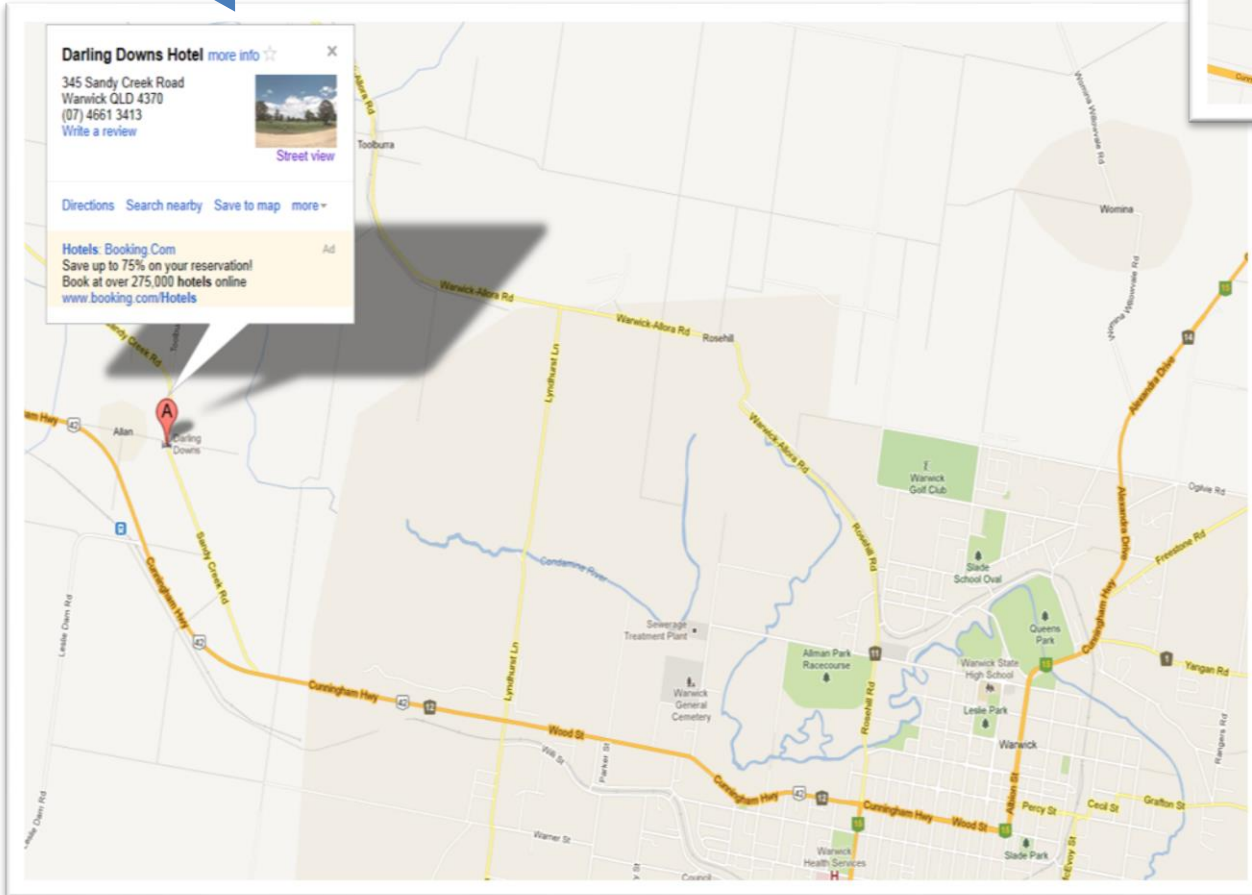
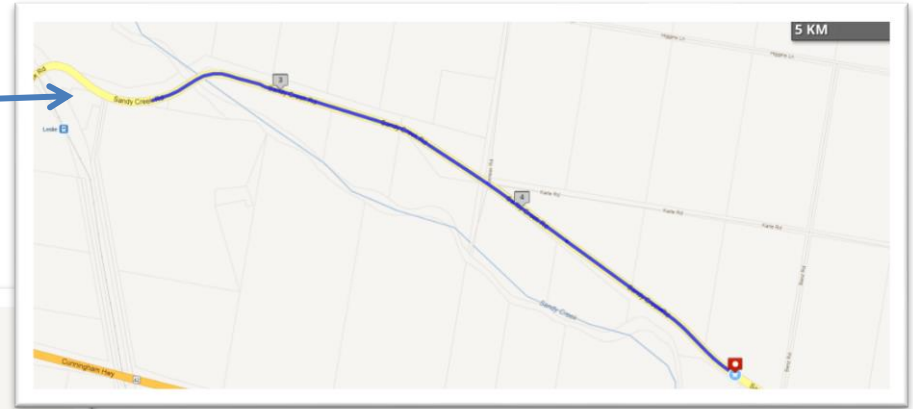
Race 3 – Darling Downs Hotel 5 klm Road race



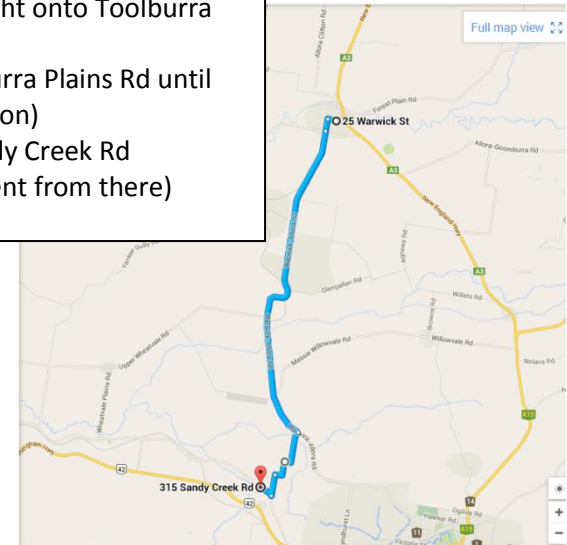
Start / Finish - Darling Downs Pub, Sandy Creek Road, Warwick

Getting there from Warwick

The Course



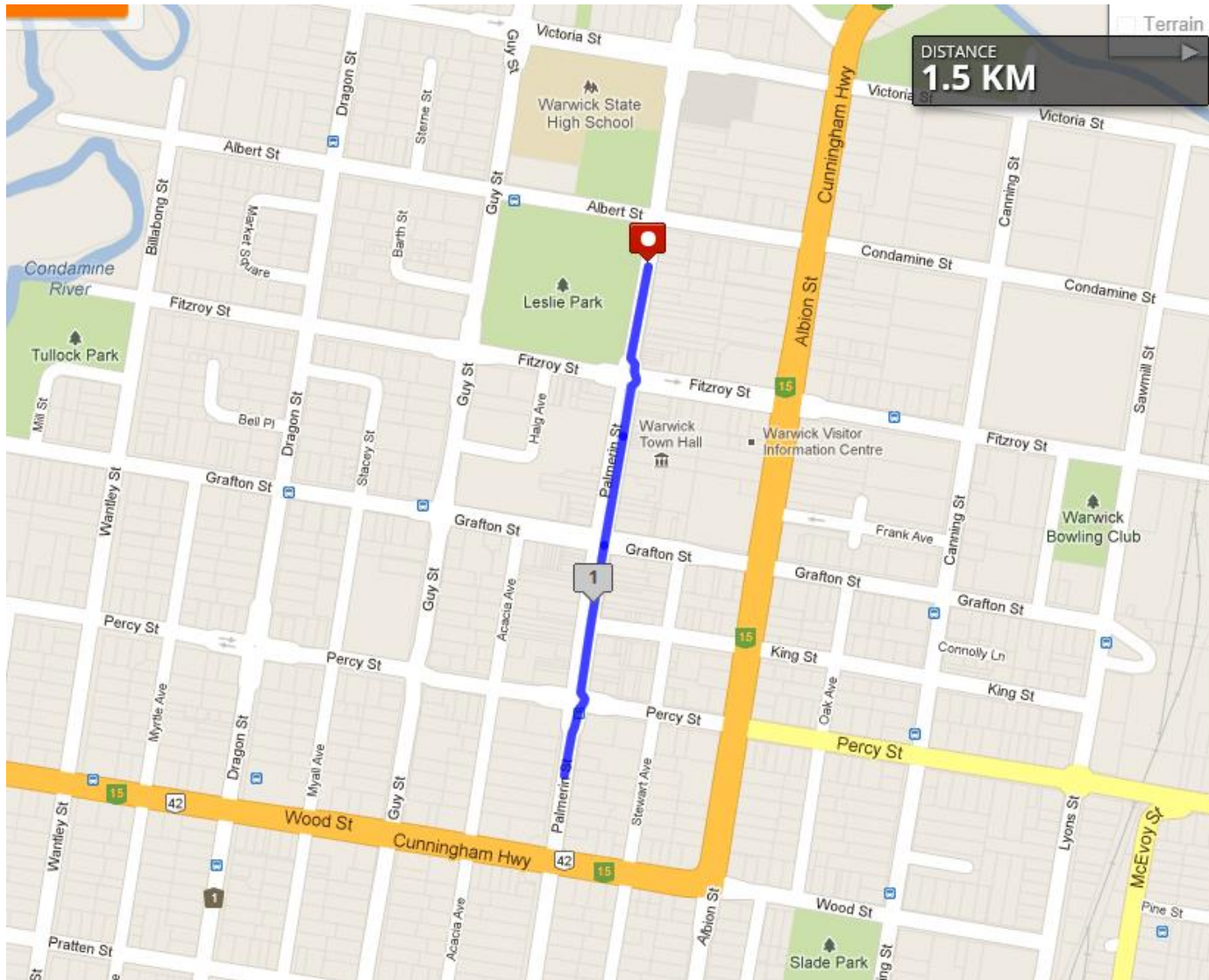
Directions from Race 2 Allora to Race 3 at Sandy Creek Hotel
Head West on Warwick St and turn Left onto Forde St (Warwick/Allora Rd)
After 15 klm turn right onto Toolburra Plains Rd
Zig Zag along Toolburra Plains Rd until the end (T Intersection)
Turn right onto Sandy Creek Rd (you will see the event from there)



Race 5 - Voyage Fitness 1500 Meters



Start / Finish: Leslie Park, Palmerin St, Warwick



Water Stations Plan - Daily News Pentathrun 2015

Drink Stations Details			
Date	Race	Location	Type
23/05/2015	Race 1 - 1/2 Marathon	Station 1 - 5klm (approx) Cnr Yangan Rd and Depot Rd	Water Only
		Station 2 - 10klm (approx) Near Hermitage Research station	Water & Energy Drink
		Station 3 - 14klm (approx) Cnr Yangan Rd and Cutmores Rd	Water & Energy Drink
		Station 4 - 18 klm (approx) Cnr Yangan Rd and Upper Freestone Rd	Water Only
		Station 5 - Finish Yangan	Water Only
23/05/2015	Race 2 - Cross Country	Station 1 - Allora Golf Course - Start/Finish Behind Sports Club	Water Only
		Station 2 - Allora Golf Course - Second lap Behind Sports Club	Water Only
23/05/2015	Race 3 - Road Race	Station 1 - at Start/Finish Sandy Creek Pub (Darling Downs Hotel)	Water Only
		Station 2 - 2.5klm (turn around)	Water Only
24/05/2015	Race 4 - Ascent	Station 1 - 4.3klm (approx) 81 Spring Creek Rd	Water Only
		Station 2 - 6.8klm (approx) Daggs Falls Turn In	Water & Energy Drink
		Station 3 - Finish Queen Mary Falls	Water Only
24/05/2015	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)
- 10-15yrs (races 2, 3 and 5 only)
- 16-20yrs, (under 21 for races 1 & 4)
- 21-30yrs,
- 31-40yrs,
- 41-50yrs,
- 51-60yrs,
- 61-70yrs,
- 70yrs+

If you complete all 5 races (Total 42.2km) you will receive a Pentath-Run Finisher's Certificate (available via download from website).

Other Sponsors

