



BRIEFING for FULL and HALF MARATHON RUNNERS

Vinaka vakalevu for taking on the Munro Leys Namosi Marathon!

Please read the information below carefully.

An online briefing will be held on Wednesday at 6pm for anyone that wishes to ask any questions about the course or the arrangements. See below.

Topic: Namosi Marathon - Runners Briefing

Time: Jun 29, 2022 06:00 PM Fiji Islands, Marshall Islands

Join Zoom Meeting

<https://us06web.zoom.us/j/81213737447?pwd=U1B6NzU4T3k1cE0xN0F1NDczSi81UT09>

Meeting ID: 812 1373 7447

Passcode: 537240

GENERAL POINTS

- Keep yourself hydrated. Eat and drink before you get hungry or thirsty, don't start out too fast – there are some big hills and there is no harm in walking!
- See below for the elevation profile for this race. The last 2km has some pretty nasty hills so you might want to save some gels / sweets / sugar to get you to the finish.
- Please make sure your race number is pinned to the front of your running vest
- Please respect and show your appreciation to our marshals and volunteers who are implementing our race instructions. A simple "thank you" means a lot to those who contribute to your run.
- All full and half marathon runners **are required to join the buses organised to get you to the start line in order to minimise traffic on the road.**

Full Marathoners

The bus will depart MH Superfresh at 4.30am with a stop at Rainforest Eco Lodge shortly after and arrive at the start line around 5.15am

You will have 10-15 minutes to use a “bush toilet” and get ready for the start.

Half Marathoners

The bus will depart MH Superfresh at 4.30am with a stop at Rainforest Eco Lodge shortly after and arrive at the start line for the full marathon around 5.15am.

We will also pause here for any half marathoners to go to the toilet, before we continue on to the half marathon start, approximately another 45 minutes.

TOILETS

This is a trail run. There are toilets only at the 10km race start (Namosi Secondary School), and a little further along at the 35km mark. If you need to go to the toilet elsewhere, please move off the road out of sight, try to be discreet, and properly cover any mess! Please do not litter!

You may also of course ask anyone you pass if you can use their toilet :-)

WATER STATIONS

Please ensure you have a camelbak or other means of carrying water. Remember this is a TRAIL RUN!

Water stations are roughly every 9-10km at the start of the race with 2 stations on the last 10km (see below).

For the full marathon this means roughly water stations at:

- 1 at 9km - near Wainawaqa village junction
- 1 at 17km - near Nasirotu village
- 1 at 28km - near Waivaka village
- 1 at 35km - Gasudrau House
- 1 at 38km - junction to Namuamua

After the final runner passes each water station, a safety sweep will run the course, checking for any runners in difficulty, and dismantling the aid stations. Therefore, if you leave a water station, you must be willing to get to the next one.



COURSE

Stay on the road and follow any signs and instructions from the marshals.

Please pay attention to the terrain, especially in the rain – there are some steep hill sections and gravel may become slippery.

Cut-off time to finish the course is 1pm.

HEALTH AND SAFETY

This is an event with risks. You are in charge of your own safety. This is a time to leave egos at home, and try to enjoy the race and its beauty without putting yourself or others at risk.

If you are feeling unwell, please move to the side of the road and rest. Drink water.

If you require assistance, please notify the nearest runner or marshal, bearing in mind that the marshal stations are spaced approximately 9-10km apart.

In case of an emergency, we will get local emergency assistance to you as soon as possible.

A paramedic support vehicle (Volunteer First Responders) will be based at the Nabukavesi/Namosi Road junction close to the 10km start.

We do have roaming medical personnel on the course, and there will be cyclists and vehicles passing along the course as well. They will obtain help if needed. They are not at every water station and cannot be everywhere at once. Please understand that you may need to wait for someone to come to you.

BELONGINGS

The bus will drive on to the finish at the Namosi Eco Retreat sign board.

You are welcome to leave a bag on board the bus. The bags will remain on the bus
Please DO NOT leave valuables on the bus.

The bus will leave Namosi Eco Retreat at around 12.30pm to return to Suva.

AWARDS

All finishers will receive a completion medal! There will be prizes for the first 3 in each race category – men/women full, half and 10km.

FINISH AREA

We will have some food available for purchase at the finish line so please pack a \$10 note within your belongings! You may swim in the river after you finish running before rewarding yourself with a delicious brunch!