

# NAMOSI CHALLENGE 2023

## BRIEFING for FULL and HALF MARATHON RUNNERS

### **Vinaka vakalevu for taking on the Namosi Marathon!**

Please read the information below carefully.

An online briefing will be held on Wednesday 28<sup>th</sup> June, at 6pm for anyone that wishes to ask any questions about the course or the arrangements. See below.

Join Zoom Meeting

<https://us06web.zoom.us/j/81628393565?pwd=WVdiWmVUWTBWcS9XN1lzZTczLzRsdz09>

Meeting ID: 816 2839 3565

Passcode: 906726

### **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 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, arriving 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.

You will also pause here for any half marathoners to go to the toilet, before you 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 villages or communities along the way if you can use their toilet :-)

### **WATER STATIONS**

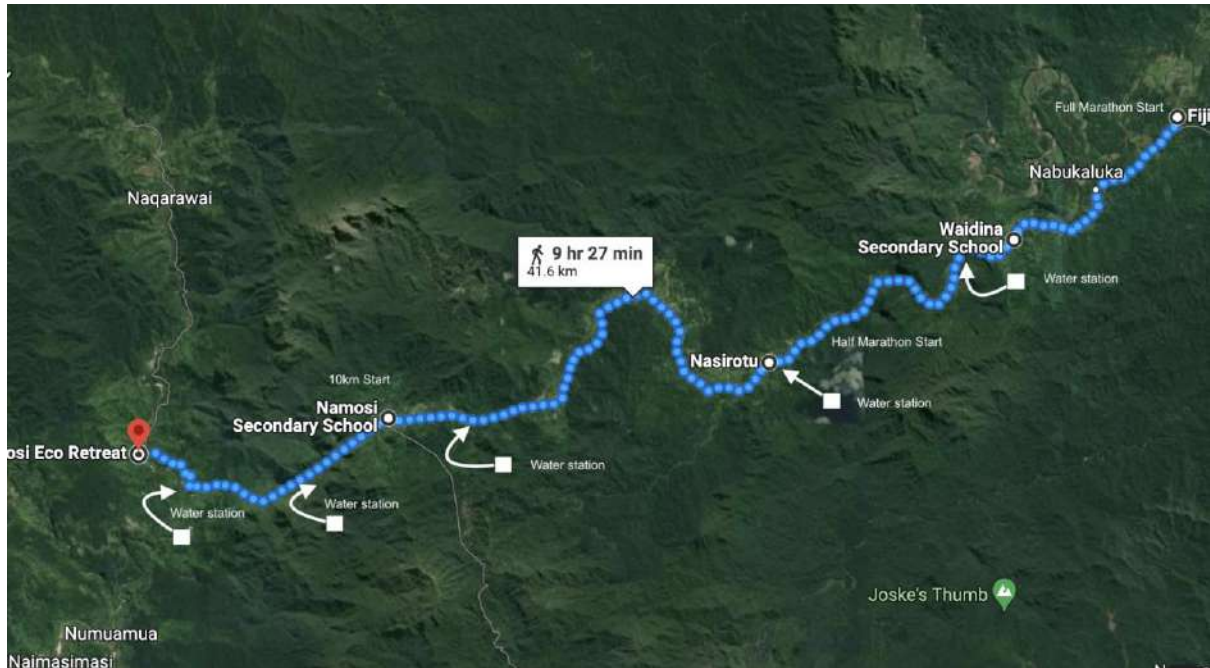
Please ensure you have a camelbak or other means of carrying water. Remember this is a TRAIL RUN!

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 bus stop
- 1 at 28km - at the Domoika Hike & Waterfalls road campsites, Waivaka Village
- 1 at 35km - Gasudrau House
- 1 at 38km - junction to Namuamua feeder road

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, the beauty of the course 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.

Be mindful that Mobile signal is scarce in the area. In case of an emergency, we will get local emergency assistance to you as soon as possible via the sweeper vehicle.

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 \$10-\$30 within your belongings! You may swim in the river after you finish running before rewarding yourself with a delicious brunch! Lunch can be pre-ordered with Danny at the Namosi Eco Retreat for \$30 a pack containing fresh farm food.

<https://www.namosieco.com/en/contactus>