

NAMOSI CHALLENGE 2025

10KM PARTICIPANT INFORMATION

Location

The start line for the 10km participants will be at **Namosi Secondary School**. There is parking and toilets available here. You must organise to get to this location by yourself. Suggestion would be to carpool!

- Drivers need to take the Namosi / Nabukavesi junction (near Kila World on Queens Highway).
- Please do not drive via Sawani as the half marathoners will be running on this road.
- Please leave Suva at 5am to ensure you reach the race start in a timely manner.
- Buses and carriers will return you to your car from the finish line

Time

The 10km start time for individuals will be **7:15am**.

Course

Please follow markings and course marshal directions. This is a trail run and some parts of the course may be loose or slippery underfoot, particularly after rain. The course is also hilly. Be prepared for a challenging race.

Registration

Registration is through our partners, Ticketmax. Registration for the event will close on June 2nd. This is a sell-out event and we highly recommend that you make your registration as early as possible. Participants are capped at 500.

Bib Collection

You will need to collect your bib prior to the race. Bib collection will occur on June 6th (time and location to be confirmed). If you are not able to collect your bib at the designated time then you will need to organise someone to collect it on your behalf. Participants must have a bib to be eligible to join in the race.

Post race

There will be a 'finishers area' with entertainment and a refreshing river to soak your tired legs in! There will also be refreshments and fruit to help with your recovery. You will be able to pre purchase brunch, organised by the Namosi eco-village through your ticketmax entry.

Awards

All finishers will receive a medal! There will be awards for first, second and third places for

- 10km women (individual)
- 10km men (individual)
- Half marathon women
- Half marathon men
- Team challenge women
- Team challenge men
- Team challenge mixed

General notes

- Hydration and fueling must not be ignored - please ensure that you come to the race well hydrated. While there are water stations on the course - you may also wish to carry a personal bottle
- If you feel unwell please move to the side of the road, rest and drink water. If you require assistance, please notify the nearest runner or marshal (bearing in mind that there will be long stretches without a race marshal). Paramedics will be on the course.
- This is 'Fiji's Toughest Run' and there are some significant hills - it is fine to walk!
- Race numbers should be pinned to the front of your shirt

Race rules - do's and don'ts

- Bibs - bibs are allocated to individuals who have registered. Ensure you are wearing the correct bib.
- Teams - all of your team members must have completed the waiver before the race.
- Changes to registration (example changing team members or switching events) must be done prior to June, 2nd. Changes will not be permitted after that date.
- You must follow the directions of the course marshals
- Always be kind to the volunteers!