



KOKODA  
XTREME



KOKODA  
ULTRA  
MARATHON

# ENTRY, PREPARATION & PARTICIPATION CRITERIA

The Kokoda Ultra Marathon is a once in a lifetime opportunity for experienced endurance runners, adventurers and trekkers to push themselves to the limit and pay their respects to the fallen soldiers of the Kokoda Track Campaign of World War II. Due to the challenging but very rewarding nature of this adventure, participants need to be Kokoda fit, physically & mentally strong.

We've created some important criteria to ensure everyone enjoys the experience and finishes safely. All competitors must be able to demonstrate or fulfil the following before, in the lead up and during the event:

## ENTRY CRITERIA

### ALL APPLICANTS MUST:

- fully understand the remoteness, harshness and isolation of Kokoda and the risk associated with these conditions.
- have strong belief they can prepare themselves adequately to compete in such an extreme event that is the Kokoda Ultra Marathon.
- show proof they have successfully completed at least one commercially organised 100km or 24 hour ultra marathon/endurance based event within the 18 months prior to the date of application. Only events of 100km or greater and with an elevation gain of 2500 metres or greater will be considered i.e Kokoda Challenge, Oxfam etc. *(Please Note: Competitors can still apply if they have not yet successfully completed the above criteria. Applicants must nominate the event / events they wish to use as long as it falls prior to 26<sup>th</sup> March 2017).*
- be prepared to demonstrate that they have an understanding of the significance and sacrifice of our Soldiers during the Kokoda Trail Campaign by passing a written test of the history of the Kokoda Trail Campaign prior to the commencement of the event.

## PREPARATION CRITERIA

### ALL PARTICIPANTS MUST:

- adequately prepare themselves physically with a 6-month training/preparation program. Participants will be required to submit their program to our preferred training and coaching partners [360Athlete](#) for evaluation.
- obtain all items on the Kokoda Ultra Marathon Mandatory Gear list.
- pass a comprehensive Kokoda Spirit issued medical clearance prior to the event.

The logo for Kokoda Xtreme, featuring the words 'KOKODA' and 'XTREME' stacked vertically, separated by a horizontal line. The text is white and set against a dark background with a thin orange border.

KOKODA  
XTREME

The logo for Kokoda Ultra Marathon, featuring the words 'KOKODA', 'ULTRA', and 'MARATHON' stacked vertically. To the right of the text is a small icon of a mountain range. The text is white and set against a dark background with a thin white border.

KOKODA  
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## PARTICIPATION CRITERIA

### ALL PARTICIPANTS MUST:

- be 18 years of age on the day of the event.
- participate in the pre-event memorial service at Kokoda.
- agree to Booking Terms and Assumption of Risk documents (found at <http://www.kokodaxtreme.com.au/book-now/>)
- understand and agree to the safety requirements of this event.
- hold a current first aid/CPR certification at the time of the event.
- carry compulsory first aid, locator and emergency supplies as per the Kokoda Ultra Marathon Mandatory Gear list and be self-sufficient.
- be able to self-navigate using maps and use a compass.
- adhere to the entry criteria.