



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 30th April 2023).*

PREPARATION CRITERIA

ALL PARTICIPANTS MUST:

- adequately prepare themselves physically with a 6-month training/preparation program.
- 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 in a bold, sans-serif font. A horizontal line is positioned between the two words. The entire logo is enclosed in a thin orange border.

KOKODA
XTREME

The logo for Kokoda Ultra Marathon, featuring the words 'KOKODA', 'ULTRA', and 'MARATHON' stacked vertically in a bold, sans-serif font. To the right of the text is a vertical stack of three small square icons, each containing a different symbol. The entire logo is enclosed in a thin white border.

KOKODA
ULTRA
MARATHON

PARTICIPATION CRITERIA

ALL PARTICIPANTS MUST:

- be 18 years of age on the day of the event.
- participate in the post-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.
- carry compulsory first aid and emergency supplies as per the Kokoda Ultra Marathon Mandatory Gear list and be self-sufficient.
- be able to self-navigate using GPX style maps via a reputable navigation watch as well as paper maps and use a compass. See Mandatory Gear for more details

adhere to the entry criteria.