

THE GOLD COAST KOKODA CHALLENGE

Tamborine Mountain State High School first participated in the Gold Coast Kokoda Challenge in 2022, recognising the value in supporting students in an extra-curricular experience that enabled them to practise altruism while strengthening their physical and emotional fitness and resilience, plus their team-work skills of support, compromise, empathy and communication.

Our participation in the Kokoda Challenge has grown from five teams in 2022 to nineteen teams in 2024, and now involves the local community, with volunteer staff and parents acting as team leaders, families forming support-crews, and local businesses sponsoring our teams.



"There was such a strong sense of camaraderie during the training . . . and respect for the students and leaders."

"... my confidence grew as my fitness increased ..."

"... I realised that with the right attitude I could achieve more than I'd ever imagined possible ..."

"You thrive together and become united through adversity. A sense of trust is developed through hardship."



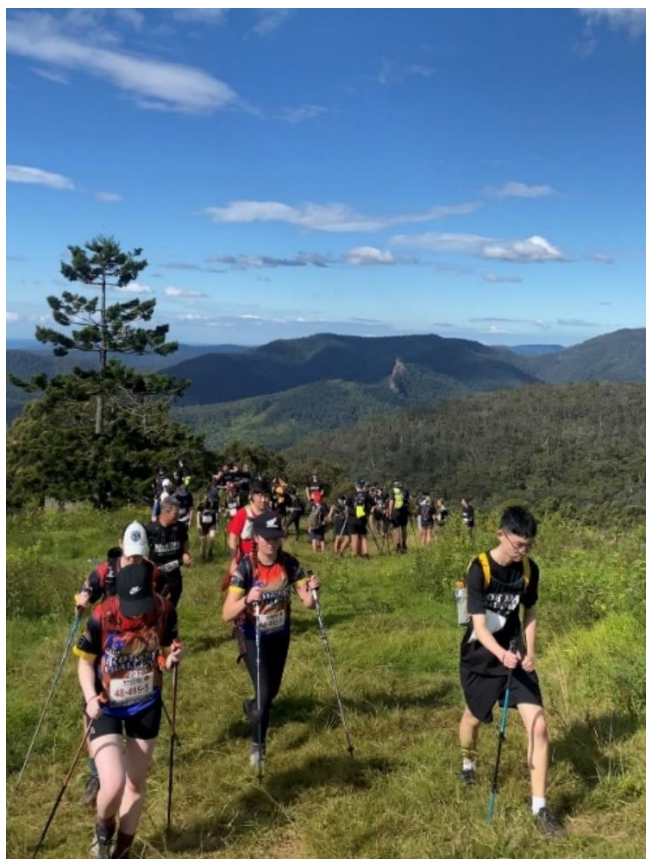
"It's an amazing experience - imagine crossing the finish line with your whole team ... to accomplish something so incredible."

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“The Kokoda Challenge is the ultimate physical and mental challenge – you don’t know what you are capable of until you do it.”



OVERVIEW

[The Gold Coast Kokoda Challenge](#) is an annual charity endurance-event organised by the Kokoda Youth Foundation, to honour the Australian World War II soldiers of the 39th Militia while raising funds to support a variety of youth programs. Teams hike either 30, 48 or 96 kilometres, non-stop, through the mountainous Gold Coast Hinterland, with the focus being on emulating the team-spirit and values the soldiers displayed on the 96km Kokoda Track in Papua New Guinea in 1942: *Courage, Endurance, Mateship and Sacrifice*.

Dates: 19-20 July 2025

Start: 96km-Mudgeeraba 7am
48km-Numinbah 11am
30km-Clagiraba 2.30pm

Finish: Nerang velodrome

COSTS

TMSHS Training is free.

TMSHS Kokoda 2025 T-shirt Approximately \$45, plus share of cost of leader's shirt, as leaders are all volunteers. Teams are encouraged to seek local business sponsors to cover their team registration and t-shirt costs. Sponsors' logos are then printed on the back of the t-shirts.

GC Kokoda Challenge

There are two separate costs, set by the [Kokoda Youth Foundation](#), that vary with the event distance. TMSHS will issue invoices for the registration fee and the t-shirts. These amounts will be refunded if teams receive sponsorship.

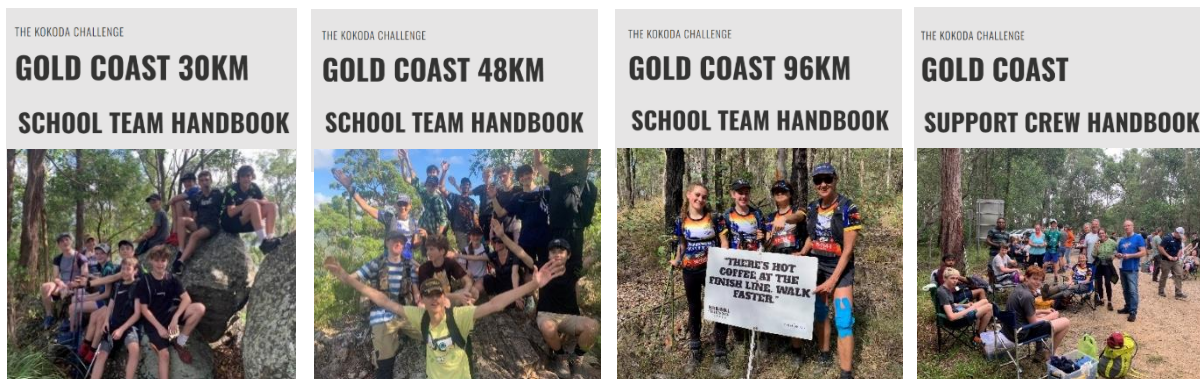
Distance	1. Team Registration Fee	2. Fundraising Goal
30km	\$300 = \$75.00 per student	\$350 = \$87.50 p/student
48km	\$350 = \$87.50 per student	\$500 = \$125 p/student
96km	\$500 = \$125.00 per student	\$850 = \$212.50 p/student

If a team has to do the Challenge as a 3-student team, the team registration fee and team fundraising goal remains the same as that for 4-student teams. Therefore the 3 students will have higher individual costs.



HANDBOOKS

[The 2025 Gold Coast Kokoda Challenge Handbooks](#) are essential reading for students and parents considering being involved in the Challenge, and they are the go-to reference manuals for team members and support crews throughout the training phase. They contain detailed information on everything you need to know about the Challenge, plus links to written and videoed advice on a range of relevant topics, including preparation for the Challenge.



KOKODA WEBSITE

[The Gold Coast Kokoda Challenge website](#) has a wealth of information, plus, it offers a range of relevant resources on topics such as:

- [building mental toughness](#)
- [the amazing benefits of exercise](#)
- [benefits of exercise on mental health](#)
- [expert tips](#) from a young 10 x 96km participant!

YouTube also offers a lot of informative videos, such as these two:

- [10 Tips to Survive the Kokoda Challenge](#)
- [Top Kokoda Tips from the Fastest 96km Team](#)

TRAINING SIGN-ON

Term 1

Week 1: Coordinator will email all students and families about the 2025 Challenge and attach the Training Hikes Calendar, and student meeting invitation.

Week 2: Information meeting for students, at which they can add names on Kokoda EOI list. Students who cannot attend the meeting can email the coordinator.

Week 3: Consent forms go on QParents to be signed before students can attend training. Email sent explaining financial matters, and giving payment dates. Email sent with information about Week 4 hikes.

Week 4: Training hikes commence with local introductory hike on Tuesday 18/2, and 2nd hike on Sunday 23/2.

Students can withdraw from the training or from the Challenge at any time. If they withdraw after fee payment, refunds are only possible in extenuating circumstances.

TRAINING OVERVIEW

Teams

School [teams](#) consist of 4 students and an adult leader, who requires a blue-card. Teams are only permitted to start with 3 students if a member withdraws before the event. Students can organise their own team or join up with other students once the training hikes begin. The coordinator will assist students in forming and joining teams, and encourage students to team with those who have similar Kokoda Challenge goals to their own.



Support Person

Each student participating in the 48km and 96km events needs a 'support person', who becomes part of the team's '[support crew](#)' that provide the team with food and support at designated checkpoints during the Challenge.

Registration

Once a team is formed, the leader will register the team and each member through the Kokoda Challenge website. Students will then receive an email with instructions on how to activate their profile and share their individual and team pages to start fundraising.

Staff

TMSHS staff involved in the training and the Challenge are volunteers, donating their time to support the students. The staff organise and lead weekly training bushwalks throughout Semester 1, as well as assist in organising teams, leaders and sponsors, and providing ongoing information, timelines and support.



Leaders

Our volunteer leaders have previously included TMSHS staff, parents and adult siblings. Their role is to encourage and support their team during training and the Challenge; they are not responsible for organising transport to and from hikes, nor can they be part of the Support Crew. Leaders need a 'Working with Children' blue-card, for which they can apply online.



Consent & Disclaimer

Prior to the first training hike, students require signed parental consent; the consent forms will be available through QParents. Please note that this consent applies to the TMSHS programmed training hikes only, and does not cover any training or hiking outside of this, even where team leaders may be involved. Likewise, TMSHS staff are not responsible for any extra training, including hikes, in which individuals, teams or leaders are involved separate to those hikes listed on the Training Hike Calendar.

Transport

Transport to and from trailheads is by private means, with ride-sharing encouraged to ensure all students can attend the hikes, to divide the time and fuel costs between parents, and to lessen the pressure on the limited parking at the trailheads. Please note that TMSHS and staff and parent leaders are not responsible for organising transport for students or teams.

Hike Calendar & Notes

Students and families will be emailed a Training Hike Calendar, which details all the TMSHS hikes. Hike Notes will then be emailed a few days before each hike, with reminders about the meeting location, and required water and equipment, as well as a link to the hike map. Photos from the previous hike will also be included in that email.



Hike Locations

Most training hikes occur off Tamborine Mountain as many of our local hikes have narrow trails, eroded edges, steep drops, rock fall risk, unstable sections and fragile habitats, but lack the gradients and distances ideal for training. However, Eagle Heights Conservation Area meets the safety requirements, and is challenging. Other areas we frequent are Clagiraba, Nerang State Forest, and Springbrook National Park near Numinbah.



Hike Procedure

- ✓ Check you have essential items before leaving home
- ✓ Check you have adequate water
- ✓ All hikers to arrive at trailhead 15 mins before hike start
- ✓ Hikers check they have gear & water before vehicle leaves
- ✓ On arrival all hikers tick their name on the sign-in sheet
- ✓ Runners report to hike leader for permission
- ✓ Hike briefing before hike starts, then head-count
- ✓ Tail-end leader checks head-count as hike starts
- ✓ Hike starts at time on Hike Calendar & Hike Notes
- ✓ Students can carry phones for photos, maps, and contact with coordinator & parents.
- ✓ Stretching session 10 minutes into hike
- ✓ School behaviour rules apply
- ✓ Walk on paths where possible - stay off roads and out of bush
- ✓ Stop at road crossings, well back from road; wait for hike leader permission to cross
- ✓ On narrow tracks stay single file – do not push past others
- ✓ If needed call **RED** to STOP group, **GREEN** to start group; pass the call along the line
- ✓ Wait at all track intersections for entire group
- ✓ Enclosed footwear must be worn to cross creeks
- ✓ Creeks must be crossed at set crossings, not along banks
- ✓ Keep group in sight at all times
- ✓ All rubbish to be carried out
- ✓ Toilet paper must be carried out or buried depth of the trowel
- ✓ At end of hike, all hikers tick their name on sign-out sheet.
- ✓ Hikers must say 'bye' to coordinator when they are leaving
- ✓ Hikers must be collected at time on the Calendar & Notes



Running Teams

Senior teams that have permission to run during training hikes must have these items:

- All items on Compulsory Gear list
- Parental permission to run
- Hike coordinator permission to run
- Mobile phones x 2
- The trail map on mobiles
- First aid kit, including snake bandage & sling
- Phone communication with leader to 'sign-off' at hike end
- Two or more in team and stay together



EQUIPMENT

Compulsory Gear

This equipment must be carried/used during training and by every participant in each Kokoda event. Students should have all gear by the start of term 2, so nothing untried is used during the Challenge.

- A daypack or large-capacity (8+ litres) runner's vest *
- At least 2 litres of water/electrolytes
- Pealess whistle
- Hat & Sunglasses
- Sunblock & lip balm
- First aid kit: blister packs, anti-chafes, strapping tape, survival blanket, sanitary items
- Medications: usual medications ie. asthma puffer. Pain medication.
- Hiking poles (unless exemption given by Coordinator ie. for experienced student)
- Toilet paper & trowel (small, light hikers' trowel)
- Rain jacket – may need to treat with waterproofing spray
- Food – complex carbohydrates: sandwiches, muesli bars, dry fruit & nuts etc
- Mobile phone per group, with waterproof phone case
- Gloves, beanie and thermals (gets to ZERO degrees on the track, plus wind chill!)
- Head torch and spare batteries (night hikes only)
- Reflective safety vest that MUST be worn at night and when crossing roads
- Race bib - issued by Kokoda Foundation, to be worn during Challenge



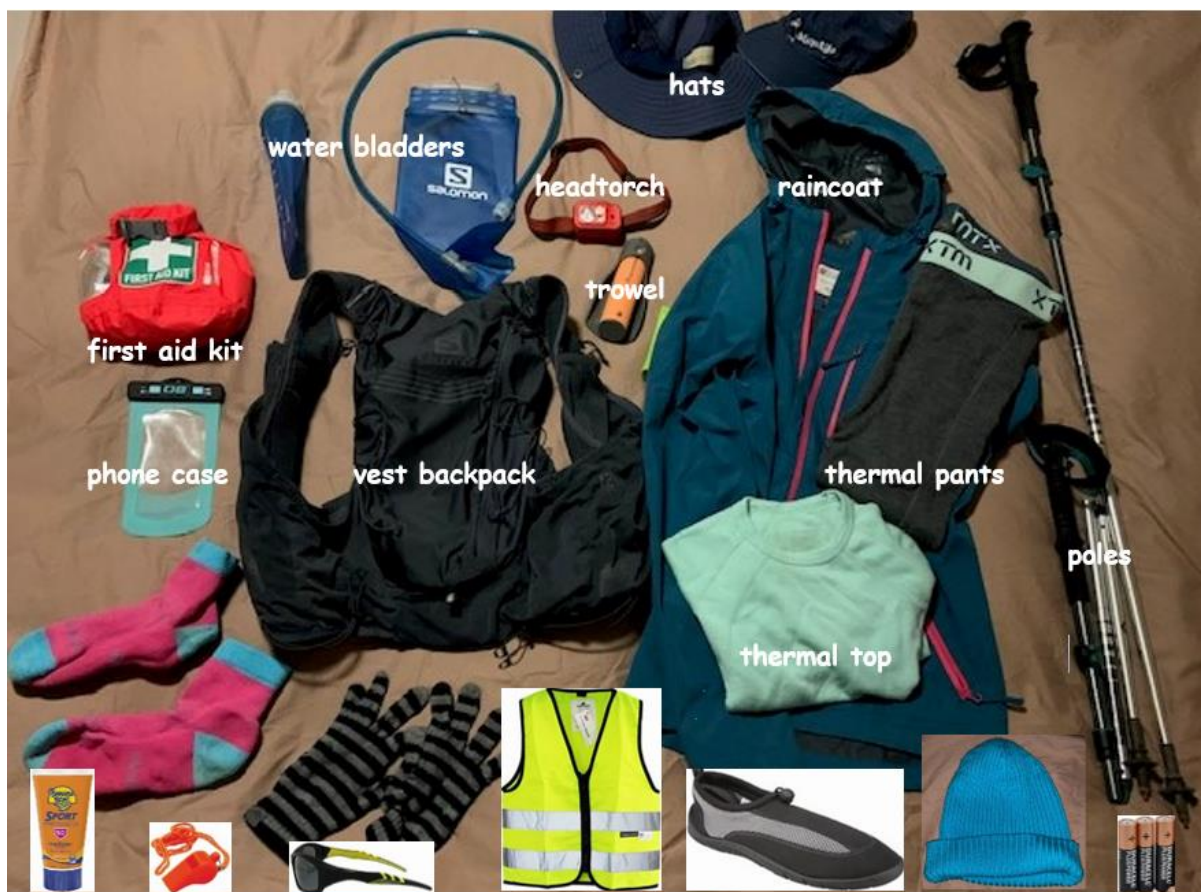
[Check out this video for an expert rundown on essential Kokoda gear.](#)

Optional Gear

- Cycling gloves (for use with hiking poles if prone to blisters)
- Spare pair of socks
- Small microfiber towel for creek crossings or re-strapping
- Back up headtorch and batteries
- Portable phone charger
- Dry bags and plastic ziplock bags, to keep clothes, food & first aid dry

*The litre capacity of runners' vests relates to the amount of gear they can carry, not water (though they do have water bladders). Online 8L vests from overseas are very competitively priced & durable, so some students used these previously.





Gear Tubs

Each 48 & 96km participant needs to pack a small tub for the following gear and food, that is carried in the Support Crew vehicle to the checkpoints at which the Crew meets their team.

- 1 or 2 complete changes of clothes
- Toiletries – deodorant, wipes, toothpaste/brush, sanitary items
- Towel
- Hand sanitiser
- Extra 1st aid items
- Trail food & snacks to restock backpack – 1 pack for each crewed-checkpoint
- Warm over-clothes for the checkpoints ie. Fleece/down pants & jacket, beanie
- Electrolyte powder/tablets

96km Optional

During training students will experiment hiking through creeks, to decide if they will hike through them during the Challenge or take a change of footwear.



- 2nd pair of shoes for Waterfall Circuit creek crossings section
- Spare socks to change into at Numinbah checkpoint

[View this video on the best footwear for crossing creeks during the Kokoda Challenge.](#)



Support Crew Equipment

- Team members' tubs
- Shelter such as a marquee or fold-out car awning
- Table, Chairs
- Blankets, jackets etc
- Hot food & drinks
- Eating & drinking utensils
- Water
- Spare first aid items



CLOTHING

- Shorts / leggings / light hiking trousers
- T-shirts / collared short or long-sleeved shirts (no midriff or sleeveless tops)
- Thermal tops x 2 - essential in cold & wet weather, especially when stopped
- Thermal pants - it can be very cold at night on the Challenge, especially if stopped
- Raincoat, lightweight - essential item, for rain or as top layer to keep warm. Most raincoats leak in steady or heavy rain so treat with tent/canvas waterproofing spray.
- Hat / cap and sunglasses
- Gloves & beanie - essential items for warmth
- Comfortable underwear that doesn't cut-in or chaffe

FOOTWEAR

Trail Runners

Trail runners are like sturdy runners, with knobbly soles essential for steepness, rocks, clay & mud. Try lots before you buy & check online sales & outdoor gear stores. Avoid waterproof trail runners as they may hold water if it rains & if you walk through creeks. Also avoid boots as they are heavier and stiffer so more likely to cause blisters, plus are not as suited to fast walking. Male & female shoes are the same apart from size.

TIP: buy one size longer than usual to save toenails on steep downhills!



Socks

Injinji toe-socks are ideal for most hikers and worth the price. Wear a thin toe-sock as a liner with a thicker outer sock, as the double sock helps prevent blisters.

Gaiters

Keep out stones, grit, leaves, sticks etc, so no time lost shaking shoes out.

Sport Innersoles

Original thin innersoles can be replaced with sport innersoles, for more cushioning and support, and to help avoid pressure sore spots on soles. Available at supermarkets.

EQUIPMENT DISCOUNTS

Wild Earth Discount Club

Wild Earth My Club gives TMSHS Kokoda members access to Wild Earth's sale price whether items are on sale or not. Once students have paid their registration fee, the TMSHS coordinator will send an email with the code for accessing My Club. Wild Earth is in Burleigh.

Kathmandu

Kathmandu stores usually offer significant discounts on most gear if you state that you are doing the Gold Coast Kokoda Challenge. The nearest Kathmandu store is at Harbourtown.

Macpac

Macpac store at Harbourtown have frequent sale items, especially their thermals, which are very comfortable and high quality.

Anaconda

Anaconda have competitive prices and may also give an extra Kokoda discount. The nearest store is at Ashmore.

Online

Visit stores to try, then check the price of items online.

FIRST AID KIT

A personal first aid kit is a requirement for all Kokoda Challenge participants:

- ✓ survival/space/thermal blanket
- ✓ personal medications ie. asthma puffer, epipen etc.
- ✓ magnesium spray/cream to prevent/treat cramps
- ✓ strapping tape & strips of hypoallergenic under-tape, for blisters, joints, male nipples
- ✓ anti-blister items: lambs' wool, silicon tubing cut to toe length, bandaids
- ✓ anti-chaff cream
- ✓ pain medication
- ✓ snake bite/compression bandage
- ✓ gauze bandage
- ✓ triangular bandage
- ✓ gauze wound pad
- ✓ non-stick wound dressings
- ✓ paper tape/safety pins
- ✓ 10-20 fabric band-aids, medium & large
- ✓ 10 antiseptic wipes
- ✓ period care items



[What To Do In Sticky Situations](#) gives information on dealing with injury or emergencies during the Challenge.





NUTRITION & HYDRATION

Carbohydrates provide the most readily used energy to fuel your training and Kokoda Challenge. Carbohydrate foods include pasta, bread, rice, cereal and fruits, as well as a huge range of energy bars. Experiment with different foods during training, so that you are not trying anything new during the Challenge.

Regularly sip water and electrolytes during hiking to stay hydrated.

Before Training and the Challenge

Eat something carbohydrate rich that your body is familiar with digesting:

- Cereal or oats/porridge with milk + fruit
- Toast with vegemite + piece of fruit
- Toasted sandwich
- Raisin toast and peanut butter
- Pasta or rice dish
- Rice cakes with peanut butter + banana
- Baked beans on toast
- Fruit smoothie or other fluids



On the Trail

Portion food into bags or foil to eat small amounts often.

Sip fluids regularly - don't wait until you feel thirsty.

- Wrap with chicken, cheese and/or salad
- Fruit, fresh and dried
- Pizzas
- Favourite sandwiches
- Sushi
- Banana bread, muffins



Crewed Checkpoint Meals

Have carbohydrate to replenish energy and some protein for muscle repair plus lots of fluids:

- Chicken stir-fry rice or noodles
- Pasta with vegies & cheese
- Thick vegetable and grain soup
- Rice dish
- Haloumi burger
- Vegie curry
- Porridge
- Muesli, fruit salad & yoghurt
- Milkshake, hot chocolate



For more ideas, see the [Kokoda Nutrition Guide](#).

SUPPORT CREW

Support Crews consists of a support person for each team member, usually a parent, older sibling or adult family friend. Each team member needs to organise their own support person. Students without a support person should see the coordinator.



Support Crew meet their team at the major checkpoints listed below, to provide meals, first aid and medical attention, refill water containers, re-stock backpacks with trail food, change equipment and clothes if needed, and most importantly, give praise and encouragement. See the Equipment section for the items the support crew will need.

96km teams meet their support crews at checkpoints 4, 6, 8 and 11, and 48km teams meet their crews at checkpoints 8 and 11.

- **Checkpoint 4** – Polly’s Kitchen, 1024 Gold Coast Springbrook Rd
- **Checkpoint 6** - Raw Challenge, Neranwood 2201 Nerang Murwillumbah Rd
- **Checkpoint 8** - Army Land, Numinbah Valley 1263 Beechmont Rd,
- **Checkpoint 11** - Little Clagiraba Reserve, Beechmont 201 Clagiraba Road, Clagiraba

Only one car is allowed into the designated support crew area due to limited space, and entry to each checkpoint is \$5, which goes to local organisations.

TMSHS will have 2 training walks during which crews will meet teams, using their nominated support crew vehicle, to practise their checkpoint support. The students (and parents) love these days, with their picnic-like celebratory atmosphere.



One member needs to register the Support Crew via the button in the ‘Your Role’ section of the Support Crew Handbook. Passes for Support Crew vehicles will be in the Team Event Packs that the coordinator will collect and distribute a few days before the Challenge.

All Support Crew members must read the [Kokoda Challenge Support Crew Handbook](#)



SPONSORSHIP

In previous years, teams have approached a variety of local businesses to seek sponsorship for the Kokoda Challenge team entry fees and the t-shirts. Businesses who sponsor a team can elect to have their business logo printed on the TMSHS Kokoda Challenge t-shirts. They are also acknowledged and thanked in an article published in local newspapers and posted on the TMSHS Facebook site.

In 2023 and 2024, eleven businesses generously sponsored our students, and of those, four were repeat sponsors, having supported a TMSHS Kokoda Challenge team annually.

Students who plan to seek potential sponsors can ask the coordinator for a letter of introduction from the school, and are encouraged to wear the TMSHS school uniform when visiting potential sponsors.

If a business cannot be a sponsor but would like to contribute, students should provide them with the link to the Team's fundraising page, which will allow the business to make a tax-deductible donation.

TMSHS will email students and families with details of the amount of sponsorship your team requires and the cut-off date for payment of sponsorship funds, as well as the due dates for the payment of the registration fee and t-shirts.





FUNDRAISING

[The Kokoda Youth Foundation](#) is a charitable organisation that raises money from the Kokoda Challenge events to fund and provide youth programs. As such, all teams have a fundraising goal that they need to reach one week prior to the Kokoda Challenge. Individuals who do not meet their portion of their team's fundraising goal will be invoiced the amount owing.

The fundraising goals are as follows:
 30km - \$350 per team = \$87.50 p/student
 48km - \$500 per team = \$125 p/student
 96km - \$850 per team = \$212.50 p/student

Students can fundraise through social media, by actively seeking donations from family, friends, and local businesses, through volunteering at the market parking, by doing odd jobs for family and neighbours, and with activities such as cake stalls and car washing.

Some students also budgeted by putting aside a small amount of their pocket money or work income each week, and in this way were able to cover their share of the fundraising goal. All funds raised need to be paid into the team's fundraising page, using the team page link. Here's some more [fundraising ideas](#). See [The Kokoda Challenge Handbooks](#) too.



"The Kokoda Challenge requires mateship, courage and sacrifice – when you cross that finish line you feel a true sense of accomplishment."

TRAINING HIKE MAPS

TERM 1

- #1 [Eagle Heights Quarry Break](#)
- #2 [Eagle Heights Wongawallan Loop left](#)
- #3 [Clagiraba-Mt Nathan-South Spur](#)
- #4 [Waterfall Creek Circuit](#)
- #5 [Nerang Forest Terminator Circuit](#)
- #6 [Hellfire Pass to Freeman's Lookout return](#)
- #7 [Pine Creek Neranwood Park Return](#)
- #8 [Eagle Heights-Quarry Break-Wongawallan Loop](#)

TERM 2

- #9 [Hellfire Pass-Syd Duncan Park](#)
- #10 [Clagiraba-Coolbunbin Trails](#)
- #11 [Waterfall-Woonoongoora Loop](#)
- #12 [Wild Cattle-Wunburra-Pinnacle Loop](#)
- #13 [Nerang State Forest Big Loop](#)
- #14 [Eagle Heights-Quarry Break-Wongawallan Double](#)
- #15 [Mount Nimmel to Fairview Mountain](#)
- #16 [Mt Nathan-Hellfire Pass-Clagiraba Creek Trails](#)
- #17 [Waterfall-Wild Cattle-Pinnacle](#)
- #18 [Clagiraba-Coolbunbin Trails](#)

KOKODA CHALLENGE MAPS

AllTrails [30km](#) Kokoda Challenge map

AllTrails [48km](#) Kokoda Challenge map

AllTrails [96km](#) Kokoda Challenge map

[And for a real-life experience, check out this flyover of the 96km Kokoda Challenge!](#)

Before going bush to train with TMSHS, or team members, friends or family, ensure your safety by reading [Be Prepared – Your Safety Comes First.](#)



KOKODA CHALLENGE WALK TIME ESTIMATE CHARTS

Copy and paste the distance chart you need, then enlarge and print.

30 Kilometre Chart:

KOKODA GOLD COAST 30 KM CHALLENGE 13-14th JULY 2024 - Estimated Walking Times

CHECK K POINT	LOCATION	KM WALKED	KM TO NEXT CP	KM TO END	Pace 3.5 17.1		Pace 4.0 15.0		Pace 4.5 13.3		Pace 5.0 12.0		NOTES
					TIME	ELAPSED DURATION (hrs : mins)	TIME	ELAPSED DURATION (hrs : mins)	TIME	ELAPSED DURATION (hrs : mins)	TIME	ELAPSED DURATION (hrs : mins)	
11 (1)	START Little Claggraba Reserve	0	6	30	2:00 PM	0 : 00	2:00 PM	0 : 00	2:00 PM	0 : 00	2:00 PM	0 : 00	START
12 (2)	Nathan Valley Road	6	5	24	3:45 PM	1 : 45	3:30 PM	1 : 30	3:20 PM	1 : 20	3:10 PM	1 : 10	Main Road Crossing, Toilets, Water, First Aid
13 (3)	Nerang National Park	11	14	19	5:10 PM	3 : 10	4:45 PM	2 : 45	4:25 PM	2 : 25	4:10 PM	2 : 10	Toilets, Water, First Aid Possible Creek Xing
13 (4)	Nerang National Park	25	5	5	9:10 PM	7 : 10	8:15 PM	6 : 15	7:35 PM	5 : 35	7:00 PM	5 : 00	Toilets, Water, First Aid Possible Creek Xing
END	Nerang Velodrome FINISH	30	0	0	10:35 PM	8 : 35	9:30 PM	7 : 30	8:40 PM	6 : 40	8:00 PM	6 : 00	FINISH

48 Kilometre Chart:

KOKODA GOLD COAST 48 KM CHALLENGE 13-14th JULY 2024 - Estimated Walking Times

CHECK K POINT	LOCATION	KM WALKED	KM TO NEXT CP	KM TO SUPPORT T CREW	KM TO END	Pace 3.5 17.1		Pace 4.0 15.0		Pace 4.5 13.3		Pace 5.0 12.0		NOTES
						TIME	ELAPSED DURATION (hrs : mins)	TIME	ELAPSED DURATION (hrs : mins)	TIME	ELAPSED DURATION (hrs : mins)	TIME	ELAPSED DURATION (hrs : mins)	
6 (1)	START Raw Challenge	0	6	12	48	10:00 AM	0 : 00	10:00 AM	0 : 00	10:00 AM	0 : 00	10:00 AM	0 : 00	START
7 (2)	Pine Creek / Nerang M'willumbah Road	6	6	6	42	11:45 AM	1 : 45	11:30 AM	1 : 30	11:20 AM	1 : 20	11:10 AM	1 : 10	Toilets, Water, First Aid
8 (3)	Army Land 1263, Beechmont Road	12	5	18	36	1:25 PM	3 : 25	1:00 PM	3 : 00	12:40 PM	2 : 40	12:25 PM	2 : 25	TMSSHS Marquee, Toilets, Water, First Aid
	Depart CP 8					1:45 PM	3 : 45	1:20 PM	3 : 20	1:00 PM	3 : 00	12:45 PM	2 : 45	20-min break
9 (4)	Army Land Beechmont	17	4	13	31	3:10 PM	5 : 10	2:35 PM	4 : 35	2:05 PM	4 : 05	1:45 PM	3 : 45	Toilets, Water, First Aid
10 (5)	Freeman's Lookout, Beechmont	21	9	9	27	4:20 PM	6 : 20	3:35 PM	5 : 35	3:00 PM	5 : 00	2:30 PM	4 : 30	Toilets, Water, First Aid
11 (6)	Little Claggraba Reserve	30	6	18	18	6:55 PM	8 : 55	5:50 PM	7 : 50	5:00 PM	7 : 00	4:20 PM	6 : 20	TMSSHS Marquee, Toilets, Water, First Aid
	Depart CP 11					7:15 PM	9 : 15	6:10 PM	8 : 10	5:20 PM	7 : 20	4:40 PM	6 : 40	20-min break Possible Creek Xing
12 (7)	Nathan Valley Road	36	7	12	12	8:55 PM	10 : 55	7:40 PM	9 : 40	6:40 PM	8 : 40	5:50 PM	7 : 50	Main Road Crossing, Toilets, Water, First Aid
13 (8)	Nerang National Park	43	5	5	5	10:55 PM	12 : 55	9:25 PM	11 : 25	8:15 PM	10 : 15	7:15 PM	9 : 15	Toilets, Water, First Aid Possible Creek Xing
END	Nerang Velodrome FINISH	48	0	0	0	12:25 AM	14 : 25	10:40 PM	12 : 40	9:20 PM	11 : 20	8:15 PM	10 : 15	FINISH

96 Kilometre Chart:

KOKODA GOLD COAST 96 KM CHALLENGE 13-14th JULY 2024 - Estimated Walking Times

CHECK K POINT	LOCATION	KM WALKED	KM TO NEXT CP	KM TO SUPPORT T CREW	KM TO END	Pace 3.5 17.1		Pace 4.0 15.0		Pace 4.5 13.3		Pace 5.0 12.0		NOTES
						TIME	ELAPSED DURATION (hrs : mins)	TIME	ELAPSED DURATION (hrs : mins)	TIME	ELAPSED DURATION (hrs : mins)	TIME	ELAPSED DURATION (hrs : mins)	
START	START Mudgeeraba Bwls Club	0	5	30	96	7:00 AM	0 : 00	7:00 AM	0 : 00	7:00 AM	0 : 00	7:00 AM	0 : 00	START Road Walking
1	Baraka Court, Mudgeeraba	5	7	25	91	8:25 AM	1 : 25	8:15 AM	1 : 15	8:05 AM	1 : 05	8:00 AM	1 : 00	Road Walking
2	Mount Nimrod Lodge	12	8	18	84	10:25 AM	3 : 25	10:00 AM	3 : 00	9:40 AM	2 : 40	9:25 AM	2 : 25	Toilets, Water, First Aid Moffat Creek Crossing
3	Austinville Road	20	10	10	76	12:45 PM	5 : 45	12:00 PM	5 : 00	11:25 AM	4 : 25	11:00 AM	4 : 00	TMSSHS Marquee, Toilets, Water, First Aid
4	Polly's Café	30	9	18	66	3:35 PM	8 : 35	2:30 PM	7 : 30	1:40 PM	6 : 40	1:00 PM	6 : 00	20-min break
	Depart CP 4					3:55 PM	8 : 55	2:50 PM	7 : 50	2:00 PM	7 : 00	1:20 PM	6 : 20	20-min break
5	Pine Creek / Nerang M'willumbah Road	39	9	9	57	6:30 PM	11 : 30	5:05 PM	10 : 05	4:00 PM	9 : 00	3:10 PM	8 : 10	Toilets, Water, First Aid Eight Creek Crossings
6	Raw Challenge	48	6	12	48	9:05 PM	14 : 05	7:20 PM	12 : 20	6:00 PM	11 : 00	4:55 PM	9 : 55	20-min break
	Depart CP 6					9:25 PM	14 : 25	7:40 PM	12 : 40	6:20 PM	11 : 20	5:15 PM	10 : 15	20-min break
7	Pine Creek / Nerang M'willumbah Road	54	6	6	42	11:05 PM	16 : 05	9:10 PM	14 : 10	7:40 PM	12 : 40	6:30 PM	11 : 30	Toilets, Water, First Aid
8	Army Land 1263, Beechmont Road	60	5	18	36	12:50 AM	17 : 50	10:40 PM	15 : 40	9:00 PM	14 : 00	7:40 PM	12 : 40	20-min break
	Depart CP 8					1:10 AM	18 : 10	11:00 PM	16 : 00	9:20 PM	14 : 20	8:00 PM	13 : 00	20-min break
9	Army Land Beechmont	65	4	13	31	2:35 AM	19 : 35	12:15 AM	17 : 15	10:25 PM	15 : 25	9:00 PM	13 : 00	Toilets, Water, First Aid
10	Freeman's Lookout, Beechmont	69	9	9	27	3:45 AM	20 : 45	1:15 AM	18 : 15	11:20 PM	16 : 20	9:50 PM	14 : 50	Toilets, Water, First Aid
11	Little Claggraba Reserve	78	6	18	18	6:15 AM	23 : 15	3:30 AM	20 : 30	1:20 AM	18 : 20	11:35 PM	16 : 35	20-min break Possible Creek Xing
	Depart CP 11					6:35 AM	23 : 35	3:50 AM	20 : 50	1:40 AM	18 : 40	11:55 PM	16 : 55	20-min break Possible Creek Xing
12	Nathan Valley Road	84	7	12	12	8:20 AM	25 : 20	5:20 AM	22 : 20	3:00 AM	20 : 00	1:10 AM	18 : 10	Toilets, Water, First Aid Main Road Crossing
13	Nerang National Park	91	5	5	5	10:20 AM	27 : 20	7:05 AM	24 : 05	4:35 AM	21 : 35	2:30 AM	19 : 30	Toilets, Water, First Aid Possible Creek Xing
	Nerang Velodrome FINISH					11:45 AM	28 : 45	8:20 AM	25 : 20	5:40 AM	22 : 40	3:30 AM	20 : 30	FINISH

HOW TO HIKE HILLS!

Print & carry with you for ideas while on the trail.

Solo Tips:

- Go slow
- One foot in front of the other
- Keep going
- Look just in front of your feet
- Congratulate yourself on each section you complete
- Think of the trail as a friend helping you up a hill
- Daydream
- Focus on what you've achieved
- Look at the views
- With earphones listen to music/audiobook/podcast

Group Tips:

- Games: 2 Lies 1 Truth, I Spy, 20 Questions, Build-a-Story, Guess Who?
- Sing songs
- Joke telling session
- Share stories of childhood disasters, adventures etc

Mind Games:

- Set checkpoint goals
- Do not think or ask 'how far to the end?'
- Use a simple app like Pacer to track yourself so you can check distance & where you are without asking team
- Positive self-talk (*I'm doing something amazing; I'm feeling really strong*)
- Ban negative thoughts & voices
- Celebrate each checkpoint
- Remember the natural beauty around you

Physical Help:

- Stop & tape at first sign of a 'hot spot' on feet to avoid blisters
- Walk beside person needing support
- Let them walk at front
- Distract with conversation
- Carry their pack to give them a rest
- Tow up hills with poles
- Use towline
- If one or more of you start to fall asleep, link arms so no one falls over

Feed to Fuel:

- Eat little bits often while walking: sandwiches cut in quarters, or sushi slices, dry fruit & nuts, pizza slice etc
- Sip water / electrolyte frequently throughout
- 48kms: Try 10 mins only at first checkpoint by eating food after checkpoint as track is a very long gradual descent.

TIPS FROM THE TRACK

Tips from [The Kokoda Challenge Facebook Community Group](#), from those who've done Kokoda previously.

General

Get at least 1200km under your leg, heaps of hills, good food and hydration, good shoes, trail runners not hiking boots, tape feet as per Scott-Whimpy style, never go anaerobic on the hills, pace yourself, don't muck around at checkpoints, toilet and drink, eat, tape and cream if needed, get moving. Think of the event as step after step, metre after metre, checkpoint after checkpoint, and you will finish.

Never do anything different to what you did in training.

Creek Crossings

I agree with not removing boots. My partner's toe broke on a creek crossing after changing into water shoes. My boots slipped from their knot around my neck and I had to dive in (pack and all) to save them from disappearing in the current. It ended up raining all day anyway. Boots got wet from the top side 😬.

Best tip is to lube up your feet before the trek starts with Vaseline or pawpaw ointment and it water proofs the feet. The skin doesn't break down. I walked 7 days with wet feet and not a single sore or blister. That's with good quality socks, frequently tightened laces and the right fit shoe - you'll be home and hosed.

Keep going with same shoes, change socks at Numinbah. Cold water feels good on the feet anyway.

There are maybe 6 or 7 proper creek crossings between Polly's and the next checkpoint. So, about 14kms with regular water crossings. My advice would be just to wear proper trail running shoes and Injinji socks. I don't know what they are made of but without fail both are always dry within an hour.

I didn't use 'water shoes' and neither did my team. A change of socks at the Numinbah checkpoint after Waterfall Circuit did the trick.

Grab your second set of shoes at Polly's, change into them at the first creek crossing, then change out at the checkpoint at Numinbah Hall.

My team has never changed socks or shoes. Once the shoes are off, you don't want to put them on again 😬😬 Train with wet shoes and make sure your socks are comfortable.

Muscle Preparation

Stretch, stretch, stretch, stretch.... Ten minutes a day, every day leading up to the event. I've done Kokoda twice and the difference when I stretched prior was huge for me.

Support Crew & Food

Support crew had it ready for us when we arrived (Pumpkin soup and hot water for coffee or hot choc). We gave them an ETA just prior. Food flasks (ours are from Kmart) are fantastic and if each person has one then easy to hand out when you arrive.

Thermos preheated then microwaved food to almost scalding then support crew brought it out to us. Was perfect temperature by then. 😊

At home heat Uncle Toby's 90sec hot honey porridge sachet zapped for about 2mins with lots of milk so its piping hot and still runny straight into a thermos.

At Home heat everything up, chuck it in thermoses to keep warm and dish it up on site. Saves hauling around all manner of contraptions. Saves on prep time on-site as well so walkers are not held up waiting for things to be ready.

Our crew reheated everything before we arrived. We walked in, ate, changed, left. We phoned 30 mins out.

GALLERY

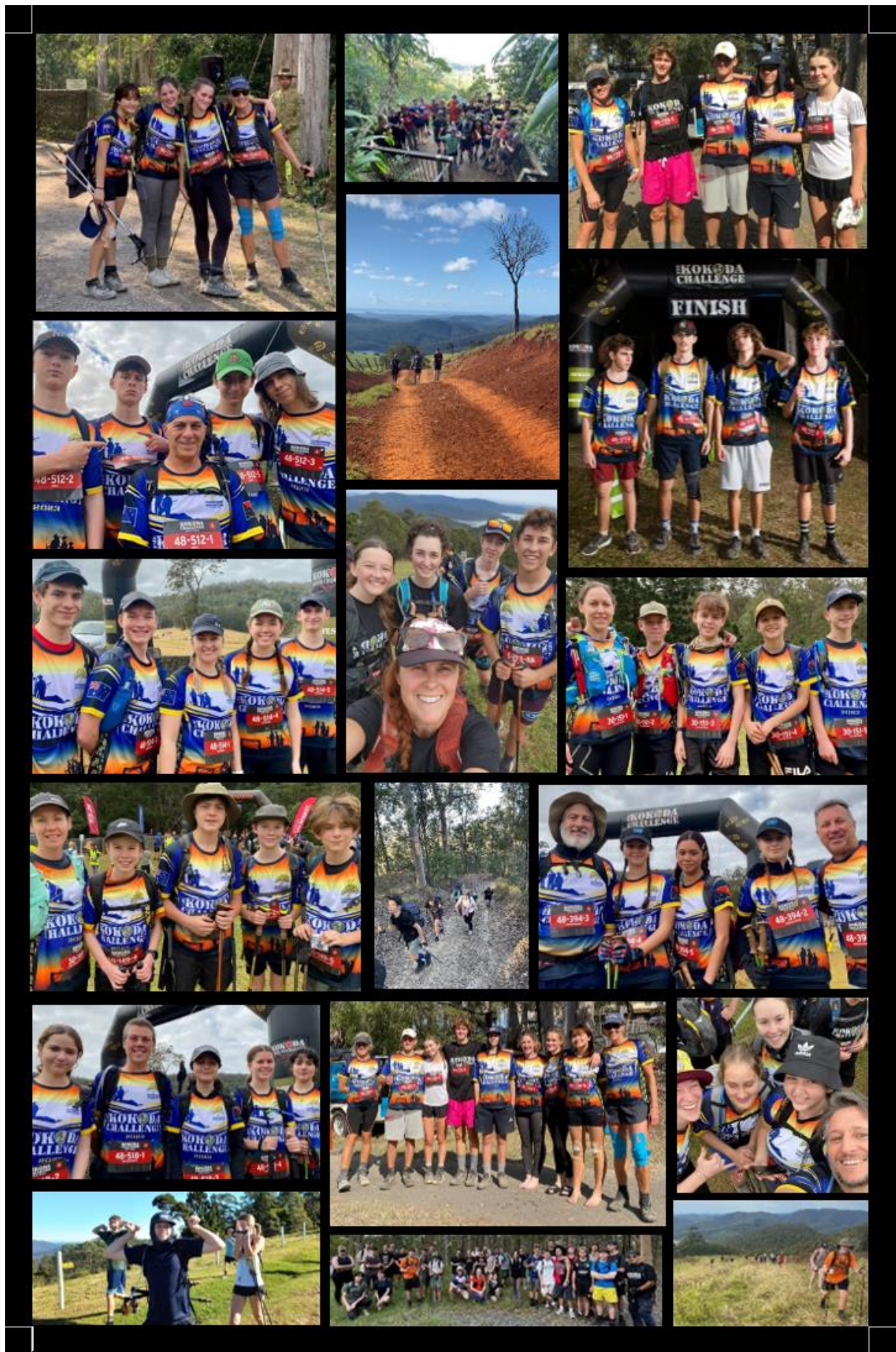
Gold Coast Kokoda Challenge 2024





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