



Welcome to the Hume & Hovell Ultra at Henry Angel Check Point, 9 km south from Tumbarumba on the Tooma road.

Snowy Hydro 100 Mile Briefing

You can check in either at Tumbarumba Bowling Club Auditorium, 34/40 Winton Street Tumbarumba, 4.00 to 7:00 pm on Friday night or at Henry Angel at 5.00am until 5.45am Saturday morning at the start line.

You will need to bring all mandatory safety gear to the check in. Please visit the website.

Compulsory Gear for the 100mile event is:

- Detailed maps and directions, waterproof map case (zip lock bag);
- Mobile phone;
- Emergency space blanket;
- Compass (phone & watch compasses are not included);
- Whistle;
- Waterproof matches;
- Small notepad and pen;
- Breathable, waterproof rain Jacket with taped seams;
- Broad compression bandage (for first aid treatment of snake or spider bite);
- Water container, minimum 2 litres;
- Thermal underwear (long sleeve & long leg) & beanie or buff. Note: Skins are not regarded as thermals;
- Torch/headlamp including spare batteries which must be carried from Henry Angel CP (44 km);
- Backup torch/headlight including spare batteries must also be carried from Henry Angel CP;
- Reflective vest designed for night use which must be carried from Henry Angel CP (44 km) and must be worn at night.

Drop Bags

Can be sent to Mannus Lake, Henry Angel, Coffee Pot, The Pines and Buddong Falls check Points, and at the finish. Drop Bag items will be nonreturnable from Coffee Pot, due to the organisers not getting them back to Henry Angel in time.

Check Point food

Mannus CP, Mt Garland and Henry Angel CP will have - water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake.

Junction Campsite CP, Coffee Pot CP, The Pines CP and Buddong Falls CP will have - water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake, chicken noodles, chicken soup

Henry Angel. FINISH. Enjoy the moment.

Gear Checks

100 mile runners will have a Safety Bag check at Henry Angel Check Point on return from Mannus. All Check Points will have First Aid and a defibrillator.

Sweepers

There will be a sweeper on foot for the first 2 legs. The course has very steep sections, uneven underfoot and protruding roots in places. From Henry Angel to the Pines and onwards there will be mountain bike riders from Mountain Bike Wagga Wagga and they will have satellite phones.

Instructions

On leaving Henry Angel you will run 250 mtrs before coming to Tooma road. Do not cross the road, turn left to follow the orange flagging tape to go under the bridge and then over a style.

About 5 km you will come to a swinging bridge. Be careful it could be slippery. From here to Mt Garland Check Point (12.8km) there are steep sections and the track in places is uneven underfoot. From Mt Garland Check Point there is a steep descent before reaching a road and grid. Turn right over the grid. Follow road for nearly 6 kms, passing by the Manus Lake Checkpoint (17km) and past the 100km turn around (do not turn around there). There will be a marshal at the 100 mile turn around (22km) to turn you around. Go back to the Mannus Lake check point (27km). This check point has support crew access and number check. From here you return through Mount Garland Check Point (31.2km) to Henry Angel Check Point (44km). There is a Safety Bag check here and pick up additional safety gear. All Safety Gear must be carried from here

Leaving Henry Angel you go to Junction Campsite Check Point (50.5km) then onto Coffee Pot Check Point (65.7km) which has a Drop Bag table. On then to The Pines Check Point (75.5km) which has a Drop Bag table and also Support Crew access.

Onto Buddong Falls Check Point (87.2km) and the falls. From the falls it is very steep. Both ways. Poles might be an advantage here. (Send poles out in your drop bag/ when finished leave at the checkpoint and we will return them to the finish.) After going down the falls there is a farmland turn around point (93.8km), there will be someone to turn you around and return back up to Buddong Falls Check Point (100.4km).

Back to the Pines Check Point (111.9km). This is where your safety runner can start, out to Mt Granite 9.6 km till you meet a turnaround marshal (121.5km). Here there will be water only, return back to the Pines Check Point (131.1km) and this is the last time you will see support crew until the finish.

Back through Coffee Pot check point (141.1km), Junction Campsite Check Point (156.3km) to arrive at the finish. Henry Angel. (162.8 km).

There will be a list of cut-off times so make sure you are aware of them. Hope you enjoy the course and see you at breakfast.

SUPPORT CREW 100 km

100 Miler Support crew have 3 locations they can access their runners.

Mannus Lake Check Point- This is on a Forest Road and there is a 20 kmph speed limit as you will have runners on the side.

Back at Henry Angel on their return and then at the Pines. The Pines is on Forestry roads and the speed limit is 60 mph. Down load maps or pick maps when you register as Support Crew.

To do all the Check Points you will cover 100 km, so make sure you have enough fuel.
Enjoy the event

Peter and the Committee

0428 423633