



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

Hume & Hovell Ultra - 2024 100 Mile Australian Championship Briefing

Runners and their support runner (if you have one) 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 and your support runner will need to bring all mandatory safety gear to the check in. .

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 AS (44 km);
- Backup torch/headlight including spare batteries must also be carried from Henry Angel AS;
- Reflective vest designed for night use which must be carried from Henry Angel AS (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 Aid Stations, 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.

Aid Station food

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

Junction Campsite AS, Coffee Pot AS, The Pines AS and Buddong Falls AS 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 Aid Station on return from Mannus and also at the Pines Aid Station before returning to Henry Angel finish.

All Aid Stations will have First Aid but only Henry Angel and The Pines Aid Station will have a Defibrillator.

Sweepers

There will be a sweeper on foot for the first 2 legs. The course has very steep sections, uneven under foot 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 Aid Station (12.8km) there are steep sections and the track in places is uneven underfoot. From Mt Garland Aid Station 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 Aid Station (27km). This Aid Station has support crew access and number check. From here you return through Mount Garland Aid Station (31.2km) to Henry Angel Aid Station (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 Aid Station (50.5km) then onto Coffee Pot Aid Station (65.7km) which has a Drop Bag table. On then to The Pines Aid Station (75.5km) which has a Drop Bag table and also Support Crew access.

Onto Buddong Falls Aid Station (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 Aid Station (100.4km).

Back to the Pines Aid Station (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 Aid Station (131.1km) and this is the last time you will see support crew until the finish.

Back through Coffee Pot Aid Station (141.1km), Junction Campsite Aid Station (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

Hume & Hovell Ultra - 2024 100 Mile Australian Championship Support crew have 3 locations they can access their runners.

Mannus Lake Aid Station- 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 60mph. Download maps or pick maps when you register as Support Crew.

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

Peter and the Committee
0428 423633