



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

100 km 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 5.00 am until 5.45 am 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 100km 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 (38km);
- 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 (38km) and must be worn at night.

Drop Bags

Can be sent to Mannus Lake, Coffee Pot and The Pines 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 and The Pines 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 km runners will have a Safety Bag check at Henry Angel Aid Station on return from Mannus and 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 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 return there will be mountain bike riders from Mountain Bike Wagga Wagga and they will have satellite phones.

Instructions

Start at Henry Angel, and after about 250 metres, you will come to Tooma road. Don't go over the road, follow the orange tape and go under the bridge. At 12.8 km you will come to your first Aid Station, Mount Garland (12.8km). From here there is a steep descent. When you get to the road, turn right over the grid. Pass by the Mannus Lake Aid Station (17.00km) until the turnaround point (19.00 km), there will be a marshal to turn you around. On the way back you must stop at Mannus Lake Aid Station (21.00km) and number check, return through Mount Garland Aid Station (25.20km) to return to Henry Angel Aid Station (38.00km). Henry Angel Aid Station is a Safety Bag Check station. After leaving Henry Angel you will go through Junction Aid Station (44.50km), Coffee Pot Aid Station (59.70km), then to the Pines Aid Station (69.70km) which is also a Support Crew Aid Station, Safety Bag check and turnaround. Return to Coffee Pot Aid Station (79.70km), Junction Campsite Aid Station (94.9km) and finish at Henry Angel. (101.40km)

From Henry Angel to the Pines and return there will be orange tape with reflective tape on the end every 80 to 120 metres.

Peter and the Committee
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SUPPORT CREW

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

Mannus Lake Aid Station- This is on a Forest Road and there is a speed limit of 20 km as you will have runners using this section as well.

Back at Henry Angel on their return and then at the Pines. The Pines is on a Forestry road and the speed limit is 60 mph. Please look out for brumbies and kangaroos.

Down load maps or pick maps up 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