



Welcome to the Hume & Hovell Ultra at Henry Angel Aid Station - 9 kms south of Tumbarumba on the Tooma Road.

22 km Briefing

You can check in on Friday evening between 4pm and 7pm at the Tumbarumba Bowling Club Auditorium, 34/40 Winton Street, Tumbarumba, or on Saturday morning at Henry Angel Trackhead from 8:45am until 9:30 am. Please do not arrive late as the bus will depart at 9:45am sharp. Please do not proceed directly to Manus Campsite Saturday morning as your water needs to be checked.

Compulsory gear for the 22km event is:

- Minimum of 1 litre of water;
- Whistle;
- compression bandage first aid and snake bites;
- Mobile Phone;
- if wet a light weight rain jacket. The weather can change quickly in this region, please be prepared.

A bus will leave Henry Angel at 9.45am to take participants to the Manus Campsite start of the 22km run, with briefing 10.20 am, and start at 10.30 am.

The first 3km is on dirt road from the start at Mannus, please run on the **righthand** side of the road. The road will not be closed but there are expected to be very minimal car movements. You will come to a style on the right hand side of the road. Cross the style and it will be onto single track. There will be a marshall there.

Manus Lake Aid Station is the first Aid Station at 5km from the start. Make sure you fill your water bottles here. This Aid Station will also be used by the 100 mile, 100km and 50km events.

Follow orange tape on guide posts to the 2nd cattle grid, cross that, be careful, then turn left following the orange tape up the fence line for about 300mtrs and you will come to a style. Proceed up and over the style.

Follow orange tape to Mount Garland Aid Station at 9.20 km. The climb up is quite a steep section of the 22km run, and guess what, where ever there is an up you must go down. Make sure you fill your water bottle here as this is the last Aid Station before the finish.

From here it is very steep in places and uneven. When approaching the swing bridge be careful if wet as it could be slippery. From here, follow the track along the creek and enjoy the scenery. You will see some of the old gold mines along this section.

You will cross a style just before you reach Tooma Road near entry to Henry Angel, PLEASE go under the bridge, not over the road, then follow orange tape until the finish and enter the finish chute from the north for timing reasons.

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

You are allowed to carry poles if you like.
See you at the finish.

Peter and the committee. 0428 423633