



Welcome to the Hume and Hovell Ultra at Henry Angel Check Point, 9 kms south of Tumbarumba on the Tooma Road.

## **50 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 7.30 am until 8.30 am Saturday morning at the start line.

Compulsory gear for the 50km event is:

- Detailed maps and directions, water proof map case (zip lock bag) pen and note pad.
- Mobile phone;
- Emergency space blanket;
- Compass (phone & watch compasses are not included);
- Whistle;
- Waterproof matches;
- Rain Jacket with taped seams;
- Broad compression bandage;
- Water container, minimum 2 ltrs;
- Head light and spare battery which must be carried from Manus Campsite Check Point;
- Reflective vest which must be carried from Manus Campsite;
- Thermal top, long sleeves. Thermal bottom. Beanie or Buff.

Event briefing is at 8.45am, start at 9 am at Henry Angel Start/Finish. When you start you will run north over 3.5 km on farmland and a few styles. Farmland track markers are a red flag on wire stand with reflective tape below. Follow through to Junction Campsite Check Point turnaround. There you will be met by a marshal. She will turn you around to go back to Henry Angel. You will meet runners coming towards you. Please share the trail and keep a lookout for wombat holes.

Proceed through Henry Angel Check Point (13km), where you will come to Tooma Road. PLEASE follow orange tape under the bridge, do not run over the road. Follow the track along the creek, for about 5 km when you come to the swinging bridge, please be careful as it could be slippery. From here it becomes quite hilly and uneven under foot. Also, at the top of the hills you will come to the Mount Garland Check Point (25.80km).

From here it is very steep in sections, at the bottom of the hill you will come to farm land for about 1 km which could be a bit wet in sections. You will cross a style and then come to a forest road, turn right here over the grid, from here you will see Mannus dam on your left and the new wall they have built after the previous one got washed away.

Pass by the Mannus Lake Check Point (30.00km) until your turnaround point (32.00km). There will be a marshal there to help. On return, enter the Manus Lake Check Point (34.00km). This is a number check, Safety Bag check also Support Crew access. Food

available includes, water, Gatorade, gels, fruit cake, jellybeans, snakes, bananas, vegemite sandwiches, coke, chips.

When you leave the check point, follow the orange tape back to Mt Garland Check Point (38.20km) and then to Henry Angel, FINSH. 51km.

Have a good run, see you at the finish and also, I hope you stay and have a drink by the fire, have a sausage sandwich and come for breakfast on Sunday morning, 8.30 am. Free to runners.

### Check Point food

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

### SUPPORT CREW 50 KM

When driving on roads around Tumbarumba, please be careful and watch out for wildlife, kangaroos, wombats, brumbies. Especially when driving at night.

You will need to get maps at the check in on how to get from Henry Angel Check Point to Mannus Lake Check Point.

When going to Mannus Lake Check Point. From Henry Angel, go back through Tumbarumba and out along Albury St. Turn left just before a large sawmill on Lindon Roth Drive, go past the mill until you come to a sign. Mannus Dam, opposite the BMX track, there is also a large sign, truck and bus must use low gear, turn left there, short bit of asphalt, then dirt.

Speed limit on all Forestry roads is 60 kph. At the bottom of the hill you meet another road, veer left, this road will have runners on it. Speed limit is 20 kph.

Please watch out for runners.

Apart from Henry Angel this is the only check point you can get to.

Enjoy the day, see you at the finish.

Peter and the Committee  
0428 423633