



Welcome to the Hume and Hovell Ultra at Henry Angel Aid Station, 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, waterproof map case (zip lock bag).
- Mobile phone;
- Emergency space blanket;
- Compass (phone & watch compasses are not included);
- Whistle;
- Waterproof matches;
- 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 Mannus AS (34km);

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 Junction Campsite Aid Station to turn around 400mtrs past Junction Campsite. Witches hats & signage takes you back to Junction Campsite Aid Station. On your way 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 Aid Station (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 Aid Station (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 Aid Station (30.00km) until your turnaround point (32.00km). There will be a marshal there to help. On return, enter the Manus Lake Aid Station (34.00km). This is a number check, Safety Bag check also Support Crew access. Food available includes, Tailwind Nutrition, water, fruit cake, jellybeans, snakes, bananas, vegemite sandwiches, coke, chips.

When you leave the Aid Station, follow the orange tape back to Mt Garland Aid Station (38.20km) and then to Henry Angel, FINISH. 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.

### Aid Station food

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

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

### 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 Aid Station to Mannus Lake Aid Station.

When going to Mannus Lake Aid Station. 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 Aid Station you can get to.

Enjoy the day, see you at the finish.

Peter and the Committee  
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