



## Hume & Hovell Ultra Checkpoints and Information

### 100km

- 100km: Nine checkpoints - Mt Garland CP x 2, Mannus Lake CP, Henry Angel CP, The Pines CP. Coffee Pot CP and Junction Campsite CP.
- Each checkpoint will have a qualified First Aid Person;
- Each checkpoint will have radio contact to the finish line;
- Safety Equipment Bag Check 100km: start, Henry Angel CP on the way from Mannus, The Pines CP.
- Bag drops are available at: Mannus Lake CP, Henry Angel CP, The Pines CP, Coffee Pot CP
- Support Crews can access Mannus Lake CP, Henry Angel CP, The Pines CP.

**ALL RUNNERS MUST REGISTER WITH THE CHECKPOINT OFFICIALS ON ARRIVAL AT CHECKPOINT AND ON DEPARTURE FROM CHECKPOINT.**

Checkpoint	Distance	Facility	Cut Off
Henry Angel Check Point Start	0 km	Compulsory Safety Bag Check	5 to 5.45am 6.00 am
Mt Garland Check Point	12.08 km	No Support Crew Access. Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake	
Mannus Lake turnaround	19 km	<b>Turnaround only</b>	
Mannus Lake Check Point	21 km	Support Crew Access, Drop Bag Table, Toilet Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake	
Mt Garland Check Point	25.2 km	No Support Crew Access, Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake	
Henry Angel Check Point	38 km	Support Crew Access, Drop Bag table, Toilet Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake Safety Bag Check. All runners must carry all mandatory gear from here.	1:30 pm
Junction Campsite Check Point	44.5 km	No Support Crew Access. Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake	
Coffee Pot Check Point	59.7 km	No Support Crew Access, Drop bag table, water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake	
The Pines Check Point Turnaround	69.7 km	<b>Turnaround</b> Support Crew Access, Drop Bag Table, Toilet. Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake, hot chicken noodles. Safety Bag Check	7:30 pm
Coffee Pot Check Point	79.7 km	No Support Crew Access, Toilet, Drop bag table, Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake, hot chicken noodles and soup.	9:30 pm
Junction Campsite Check Point	94.9 km	No Support Crew Access. Toilet, Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake, hot chicken noodles and soup.	
Henry Angel CP	101.4 km	FINISH	6.00 am Sun 24 hours