



Hume & Hovell Ultra Checkpoints and Information

22 km

- There are 2 checkpoints, Mt Garland CP, Mannus Lake CP
- Each checkpoint will have a qualified First Aid Person
- Each checkpoint will have radio contact to the finish line
- 22 km runners must carry: 1 ltr water, compression bandage, whistle and mobile phone

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 In Bus leaves Henry Angel	8.45-9.30am 9.45 am
Mannus Campsite	0 km	START	10.30 am
Mannus Lake Check Point	5 km	Toilet, water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake	
Mt Garland Check Point	9.2 km	Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake This is the last Check Point before finish	
Henry Angel Check Point	22 km	FINISH	5.30 pm 7 hour cut off