



Hume & Hovell Ultra Checkpoints and Information

22 km

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

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 Hr cut off