



## Hume & Hovell Ultra Course Description and Aid Station Information and cut off times.

### Hume & Hovell Ultra - 2024 100 Mile Australian Championship

- 100 Mile: 13 Aid Stations - Mt Garland AS x 2, Mannus Lake AS, Henry Angel AS, Junction Campsite AS x 2, Coffee Pot AS x 2, The Pines AS x 3, Buddong Falls AS x 2.
- Each major Aid Station will have a qualified First Aid Person;
- Each major Aid Station will have radio contact to the finish line;
- Henry Angel AS and The Pines AS will have a Defibrillator on site
- Safety Equipment Bag Check 100 mile: (start, Henry Angel AS on return from Mannus, The Pines AS
- Bag drops are available at: Mannus Lake AS, Henry Angel AS The Pines AS, Buddong Falls AS, Coffee Pot AS
- Support Crews can access Mannus Lake AS, Henry Angel AS, The Pines AS.

#### ALL RUNNERS MUST REGISTER WITH THE AID STATION OFFICIALS ON ARRIVAL AT AID STATION AND ON DEPARTURE FROM AID STATION.

Aid Station	Distance	Accum Distance	Facility	Cut Off
Henry Angel Aid Station <b>Start</b>	0.0 km	0.0 km	Compulsory Safety Bag Check Drop Bag table	5 to 5.45am 6.00 am
Mt Garland Aid Station	12.8 km	12.8 km	No Support Crew Access. Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake	
Mannus Campsite/ turnaround only	9.2 km	22 km	Turnaround only. Toilet. No runner support	
Mannus Lake Aid Station	5.0 km	27 km	Support Crew Access, Drop Bag, toilet. Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake	
Mt Garland Aid Station	4.2 km	31.2 km	No Support Crew Access. Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake	
Henry Angel Aid Station	12.8 km	44 km	Support Crew Access. Drop Bag, toilet. Medical tent. Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake. Safety Bag Check. All runners must carry all mandatory safety gear from here.	2.30 pm Sat
Junction Campsite Aid Station	6.5 km	50.5 km	No Support Crew Access. toilet. Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake	
Coffee Pot Aid Station	15.2 km	65.7 km	No Support Crew Access. Toilet, Drop bag table. Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake	

The Pines Aid Station	10.0 km	75.7 km	Support Crew Access, Drop Bag, toilet. Medical tent. Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake - plus hot noodles and soup. Safety Bag Check.	9.15 pm Sat
Buddong Falls Aid Station	11.5 km	87.2 km	No Support Crew Access, Drop bag, toilet. Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake	11.45 pm Sat
Turnaround at Stile/farm	6.6 km	93.8 km	Turn around at stile/farmland	
Buddong Falls Aid Station on return from turnaround	6.6 km	100.4 km	No Support Crew Access, Drop Bag. toilet. Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake	2.00 am Sunday
The Pines CP on return from Buddong Falls and then do out and back loop	11.5 km	111.9 km	Support Crew Access, Drop Bag. toilet. Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake - plus hot noodles and soup	4:30am Sunday
Granite Mountain/turnaround	9.6 km	121.5 km	Turnaround only	
The Pines Aid Station on return from loop.	9.6 km	131.1 km	Support Crew Access, Drop Bag, toilet. Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake - plus hot noodles and soup	8.15 am Sunday on loop back
Coffee Pot Aid Station	10.0 km	141.1 km	No Support Crew Access, Drop Bag, Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake - plus hot noodles and soup	
Junction Campsite is a Aid Station on return	15.2 km	156.3 km	No Support Crew Access, Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake - plus hot noodles and soup	
Henry Angel	6.5 km	162.8 km	Finish	2 pm Sun 32 hours cut off