



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

### Hume & Hovell Ultra - 2024 AUTRA 100 Mile National Championships

- 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<br><b>Start</b> | 0.0 km   | 0.0 km         | Compulsory Safety Bag Check<br>Drop Bag table  | 5 to 5.45am<br>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/<br>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.<br>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<br>32 hours cut off |