



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

22 km

- There are 2 Aid Stations, Mt Garland AS, Mannus Lake AS
- Each Aid Station will have a qualified First Aid Person
- Henry Angel AS will have a Defibrillator on site
- Each Aid Station will have radio contact to the finish line
- 22 km runners must carry: 1 ltr water, compression bandage, whistle and mobile phone

Aid Station	Distance	Accum Distance	Facility	Cut Off
Henry Angel			Check In Bus leaves Henry Angel	8.45-9.30am 9.45 am
Mannus Campsite	0.0 km	0.0 km	START	10.30 am
Mannus Lake Aid Station	5 km	5 km	Toilet, water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake	
Mt Garland Aid Station	4.2 km	9.2 km	Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake <b>This is the last Aid Station before finish</b>	
Henry Angel Aid Station	12.8 km	22 km	FINISH	5.30 pm 7 hour cut off