



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

50 km

- There are five Aid Stations, Junction Campsite AS, Henry Angel AS, Mt Garland AS x 2, Mannus Lake AS
- Each Aid Station will have a qualified First Aid Person
- Henry Angel AS and The Pines AS will have a Defibrillator on site
- Each Aid Station will have radio contact to the finish line
- Safety Equipment Bag Checks 50km start, Mannus Lake AS
- Bag drops are available at: Mannus Lake AS, Henry Angel AS
- Support Crews can access Mannus Lake AS, Henry Angel 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	0.0 km	0 km	Registration & Compulsory Safety Bag Check START	7.30 - 8.45am 9.00 am
Junction Campsite turnaround	6.5 km	6.5 km	Turnaround is 400m past Junction Campsite at the Witches Hat / Marshal & signage takes you back to Junction Campsite Aid Station. Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake – plus hot noodles and soup.	
Henry Angel Aid Station	6.5 km	13 km	Support Crew Access, Drop Bag table, toilet, water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake.	
Mt Garland Aid Station	12.8 km	25.8 km	Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake.	
Mannus Lake turnaround	6.2 km	32 km	Turnaround at Witches Hat / Marshal	
Mannus Lake Aid Station	2.0 km	34 km	Support Crew Access, Drop Bag table, toilet, water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake. All 50km runners must carry all mandatory gear from here.	3.00 pm
Mt Garland Aid Station	4.2 km	38.2 km	Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake.	
Henry Angel Aid Station	12.8 km	51 km	FINISH	7 pm 10 hour cut off