



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

100km

- 100km: Nine Aid Stations - Mt Garland AS x 2, Mannus Lake AS, Henry Angel AS, The Pines AS. Coffee Pot AS and Junction Campsite AS.
- Each Aid Station will have a qualified First Aid Person;
- Each 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 100km: start, Henry Angel AS on the way from Mannus, The Pines AS.
- Bag drops are available at: Mannus Lake AS, Henry Angel AS, The Pines 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 Start	0.0 km	0 km	Compulsory Safety Bag Check	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 Lake turnaround	6.2 km	19 km	Turnaround only	
Mannus Lake Aid Station	2.0 km	21 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	4.2 km	25.2 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	38 km	Support Crew Access, Drop Bag table, Toilet Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake Safety Bag Check. All runners must carry all mandatory gear from here.	1:30 pm
Junction Campsite Aid Station	6.5 km	44.5 km	No Support Crew Access. Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake	
Coffee Pot Aid Station	15.2 km	59.7 km	No Support Crew Access, Drop bag table, water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake	
The Pines Aid Station Turnaround	10.0 km	69.7 km	Turnaround Support Crew Access, Drop Bag Table, Toilet. Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake, hot chicken noodles. Safety Bag Check	7:30 pm
Coffee Pot Aid Station	10.0 km	79.7 km	No Support Crew Access, Toilet, Drop bag table, Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake, hot chicken noodles and soup.	
Junction Campsite Aid Station	15.2 km	94.9 km	No Support Crew Access. Toilet, Water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches, fruit cake, hot chicken noodles and soup.	
Henry Angel AS	6.5 km	101.4 km	FINISH	6.00 am Sun 24 hours