



## Detailed 100 km Course Description

Comments	Distance	Accumulative	Cut Off
Henry Angel Trackhead Start	0.0	0.0	
Mt Garland Check Point	12.8	12.8	
<b>To the 100 km turnaround</b>	6.7	19.5	
Mannus Lake Check Point Drop Bag table Support Crew Access	2.5	22	
Mt Garland Check Point	4.20	26.2	
Henry Angel Check Point Drop Bag Table Support Crew Access Safety Bag check	12.8	39	1.30 pm
North to Junction Campsite Check Point	5.88	44.88	
Coffee Pot Check Point/Drop Bag Table	14.19	59.07	
The Pines Check Point <b>Turnaround</b> Drop Bag Table Support Crew Access Safety Bag Check	10.48	69.55	7.30 pm
Coffee Pot Check Point/Drop Bag Table	10.48	80.03	9.30 pm
Junction Campsite Check Point	14.19	94.22	
Henry Angel Check Point	5.88	100.1	6.00 am 24 hours