

TIMES AND DISTANCES

ÖTILLÖ SWIMRUN ISLES OF SCILLY 2016

Location (Start Hugh town, Lower strand)	Running	Swimming	Fast	Slow
Start - Porth Mellon (Time 1)	400		00:02	00:03
Porth Mellon – Halangy Porth	2 100		00:10	00:15
Halangy Porth – Bathinghouse Porth (Time 2)		2 000	00:40	01:05
Bathinghouse Porth – Chinks	600		00:43	01:10
Chinks – Channel Ledge		270	00:47	01:17
Channel Ledge – Bollard Point	850		00:52	01:25
Bollard Point – Rushy Bay		880	01:06	01:48
Rushy Bay – Hell Bay hotel (Time 3) Energy 1	800		01:10	01:55
Hell Bay hotel – Kitchen Porth	2 225		01:22	02:15
Kitchen Porth – Castle Porth		450	01:30	02:27
Castle Porth – Townshill (Time 4) Energy 2	1 700		01:39	02:42
Townshill – Old Grimsby (Time 5) Energy 3	4 900		02:04	03:26
Old Grimsby – Long Point	200		02:06	03:30
Long Point – Northwethel		355	02:12	03:40
Northwethel	300		02:14	03:44
Northwethel – St Helen's		400	02:21	03:55
St Helen's	400		02:24	04:00
St Helen's – Tean		430	02:31	04:11
Tean	700		02:36	04:20
Tean – Lower Town Quay St Martin's		400	02:43	04:30
CUT OFF by Karma Hotel 14:30				
Karma hotel (Time 6) Energy 4				
Karma hotel – Higher Town Quay (Time 7) Energy 5	7300		03:20	05:35
CUT OFF Higher Town 15:35				
Higher Town Quay – Crows nest	300		03:23	05:40
Crows nest – Innisidgen (little porth)		2 340	04:02	06:40
Innisidgen – Carnwethers (Time 8) Energy 6	1 400		04:09	06:52
Porth Mellon (Time 9)	5 400		04:36	07:39
Carnwethers – Finish	400		04:39	07:44
Total distances (meters)	29 975	7 525		

Total distance (metres) 37 500
 10 runs
 9 swims
 20 % swimming