

TIMES AND DISTANCES

ÖTILLÖ SWIMRUN SPRINT ISLES OF SCILLY 2016



Location (Start Hugh town, Lower strand)	Running	Swimming	Fast	Slow
Start - Morning Point	2 100		00:10	00:15
Morning Point - Porthcressa		500	00:17	00:27
Porthcressa - Carn Léh	2 200		00:27	00:42
Carn Léh - Old quay		200	00:30	00:48
Old quay - Porth Hellick bay	2 200		00:41	01:03
Porth Hellick Bay		270	00:45	01:10
Porth Hellick Bay - Gilbert Porth	1 500		00:52	01:22
Gilbert Porth - Toll's island		230	00:56	01:29
Toll's Island	100		00:59	01:32
Toll's island - Toll's hill		200	01:03	01:39
Toll's hill	150		01:06	01:45
Toll's hill - Block House point		450	01:14	01:57
Block house point - Bar point	950		01:20	02:06
Pendrather Bay		440	01:28	02:18
Pendrather Quay - Carn Morval	1 200		01:35	02:28
Carn Morval - Porth Mellon		1210	01:55	03:08
Porth Mellon - Finish	500		02:00	03:15
Total distances (meters)	10 900	3 500		

Total distances (meters) **14 400**

9 runs

8 swims

24 % swimming