

TIMES AND DISTANCES

ÖTILLÖ SPRINT ISLES OF SCILLY 2018

Location (Start Hugh town, Lower strand)	Running	Swimming	Fast	Slow
Start - Porth Cressa TIME 1	2 500		00:12	00:25
Porth Cressa		400	00:19	00:38
Porth Cressa - Carn Lêh	2 100		00:30	00:59
Carn Lêh - Old quay (TIME 2 Energy 1)		250	00:35	01:08
Old quay - Porth Hellick bay	2 200		00:46	01:30
Porth Hellick Bay		300	00:51	01:40
Porth Hellick Bay - Gilbert Porth	1 600		00:59	01:56
Gilbert Porth - Toll's island		200	01:03	02:03
Toll's Island	200		01:05	02:06
Toll's island - Toll's hill		225	01:09	02:14
Toll's hill	200		01:11	02:17
Toll's hill - Block House point (TIME 3 Energy 2)		400	01:18	02:31
Block house point - Bar point	1 200		01:24	02:43
Pendratheren Bay		410	01:31	02:57
Pendratheren Quay - Shark's Pit (TIME 4 Energy 3)	1 800		01:40	03:15
Shark's Pit - Porth Mellon (TIME 5)		1000	01:57	03:48
Porth Mellon - Finish	500		02:00	03:53
Total distances (meters)	12 300	3 185		

Total distances (meters) **14 485**

9 runs

8 swims

20 % swimming