

TIMES AND DISTANCES

ÖTILLÖ SPRINT ISLES OF SCILLY 2019



Location (Start Hugh town, Lower strand)	Running	Swimming	Fast	Slow
Start - Porth Cressa TIME 1	2 700		00:12	00:25
Porth Cressa		300	00:19	00:40
Porth Cressa - Carn Lêh	2 100		00:30	01:01
Carn Lêh - Old quay TIME 2 Energy		250	00:36	01:12
Old quay - Porth Hellick bay	2 200		00:51	01:32
Porth Hellick Bay		300	00:56	01:44
Porth Hellick Bay - Gilbert Porth	1 600		01:07	02:04
Gilbert Porth - Toll's island		200	01:10	02:10
Toll's Island	200		01:12	02:15
Toll's island - Toll's hill		225	01:16	02:23
Toll's hill	200		01:18	02:28
Toll's hill - Block House point TIME 3 Energy		400	01:25	02:45
Block house point - Bar point	1 200		01:33	02:59
Pendratheren Bay		410	01:40	03:15
Pendratheren Quay - Shark's Pit TIME 4 Energy	1 800		01:52	03:36
Shark's Pit - Porth Mellon TIME 5		1 000	02:09	04:09
Porth Mellon - Finish	550		02:12	04:15
Total distances (meters)	12 550	3 085		

Total distances (meters) **15 635**

9 runs

8 swims

20 % swimming