

TIMES AND DISTANCES

ÖTILLÖ SWIMRUN ISLES OF SCILLY 2018



Location (Start Hugh town, Lower strand)	Running	Swimming	Fast	Slow
Start - Porth Mellon (TIME 1)	400		00:02	00:03
Time 1 -Halangy Porth	2 400		00:14	00:24
Halangy Porth - Bathinghouse Porth (TIME 2)		2 000	00:44	01:14
CUT OFF by TIME 2 11:20				
Bathinghouse Porth- Appletree Point	1 000		00:49	01:23
Appletree Point - Rushy Bay		1 200	01:07	01:53
Rushy Bay - Hell Bay (TIME 3 Energy 1)	800		01:12	02:02
Hell Bay hotel - Kitchen Porth	2 225		01:23	02:22
Kitchen Porth - Castle Porth		450	01:30	02:33
Castle Porth - Townshill (TIME 4 Energy 2)	1 700		01:39	02:48
Townshill - Old Grimsby (TIME 5 Energy 3)	4 900		02:04	03:31
Old Grimsby - Northwethel		400	02:11	03:42
Northwethel	300		02:15	03:48
Northwethel - Tean		1 000	02:30	04:13
Tean	700		02:34	04:20
Tean - Lower Town Quay St Martin's		400	02:40	04:30
CUT OFF by Karma Hotel 14:45				
Karma hotel (TIME 6 Energy 4) – Adams Fish & Chips (TIME 7 Energy 5)	7 000		03:18	05:30
CUT OFF Adams Fish & Chips 15:45				
Adams fish & Chips - Old Quay	700		03:22	05:37
Old Quay - Innisidgen (little porth)		2 500	04:05	06:39
Innisidgen - Carnwethers (TIME 8 Energy 6)	1 400		04:14	06:51
Porth Mellon (TIME 9)	5 400		04:41	07:39
Carnwethers - Finish	400		04:45	07:43
Total distances (meters)	29 325	7 950		

Total distance (metres) **37 275**
 8 runs
 7 swims
 29 % swimming