

TIMES AND DISTANCES ÖTILLÖ WORLD SERIES ISLES OF SCILLY



Location	Running	Swimming	Fast	Slow
Start Hugh town - Porth Mellon, Time 1	400		00:02	00:03
Porth Mellon - Halangy Porth	2 400		00:12	00:24
Halngy Porth - Bathinghouse Porth, Time 2 CUT-OFF		2 000	00:42	01:14
CUT-OFF at Time 2				
Bathinghouse Porth- Appletree Point	700		00:45	01:20
Appletree Point - Rushy Bay		1 400	01:05	01:55
Rushy Bay - Hell Bay hotel, Time 3 Energy	800		01:09	02:02
Hell Bay hotel - Kitchen Porth	2 300		01:21	02:22
Kitchen Porth - Castle Porth		500	01:29	02:34
Castle Porth - Entry to Tresco Abbey Gardens Time 4	3 400		01:46	03:04
Tresco Abbey Gardens - Old Grimsby, Time 5 Energy	3 300		02:02	03:33
Old Grimsby - Northwethel		400	02:08	03:43
Northwethel	300		02:10	03:45
Northwethel - Tean		900	02:23	04:09
Tean	600		02:26	04:15
Tean - Karma hotel St Martin's, Time 6 Energy CUT-OFF		400	02:32	04:25
CUT-OFF at Time 6				
Karma hotel - Old Quay, Time 7 Energy CUT-OFF	7 000		03:08	05:37
CUT-OFF at Time 7				
Old Quay - Innisidgen (little porth)		2 500	03:46	06:45
Innisidgen – Carnwethers, Time 8 Energy	1 400		03:53	06:59
Carnwethers - Shark's Pit	5 500		04:18	07:52
Shark's Pit - Porth Mellon, Time 9		300	04:22	08:00
Porth Mellon - Finish	600		04:25	08:05
Totals	28 700	8 400		

Total distance in meters: 37 100

9 runs

8 swims

23% swimming