

TIMES AND DISTANCES

ÖTILLÖ SWIMRUN ISLES OF SCILLY 2019



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
Halngy 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	01:26
Appletree Point - Rushy Bay		1 200	01:07	01:56
Rushy Bay - Hell Bay TIME 3 hotel Energy	800		01:14	02:05
Hell Bay hotel - Kitchen Porth	2 225		01:23	02:25
Kitchen Porth - Castle Porth		450	01:30	02:36
Castle Porth - Townshill TIME 4 Energy	1 700		01:40	02:53
Townshill - Old Grimsby TIME 5 Energy	4 900		02:02	03:36
Old Grimsby - Northwethel		400	02:08	03:46
Northwethel	300		02:11	03:52
Northwethel - Tean		1 000	02:26	04:17
Tean	700		02:32	04:27
Tean - Lower Town Quay St Martin's		400	02:38	04:37
CUT OFF by Karma Hotel 14:45				
Karma hotel TIME 6 Energy – Adams Fish & Chips TIME 7 Energy	7 000		03:11	05:38
CUT OFF Adams Fish & Chips 15:45				
Adams fish & Chips -Old Quay	700		03:15	05:44
Old Quay - Innisidgen (little porth)		2 500	03:54	06:53
Innisidgen - Carnwethers TIME 8 Energy	1 400		04:03	07:05
Carnwethers - Shark's Pit	4 700		04:30	07:52
Shark's Pit - Porth Mellon TIME 9		400	04:36	08:02
Porth Mellon - Finish	700		04:40	08:05
Total distances (meters)	28 925	8 350		

Total distance (metres) **37 275**
 9 runs
 8 swims
 22 % swimming