

# ÖTILLÖ®

THE SWIMRUN WORLD CHAMPIONSHIP



## The Story of ÖTILLÖ

In 2003 four friends (THE BROTHERS Mats Andersson and Jesper Andersson together with Anders Malm and his friend Janne Lindberg) had a late night in the bar at Utö Vårdshus. They challenged each other:

“Last team to Sandhamn pays for hotel, dinner and drinks”. Two teams of two started the next morning with the only rule being that they had to pass the three different restaurants on the islands between Utö and Sandhamn. The last team at the restaurant had to drink and pay what the team ahead of them had ordered for them. It took them more than 24 hours and they were too tired to party on arrival.

That’s how ÖTILLÖ was born. ÖTILLÖ means “island to island” because on the way to Utö, the athletes will pass 24 islands of the Stockholm archipelago. The first commercial race based on this crazy idea took place in 2006 with nine teams at the starting line. Today the race is internationally recognized as one of the toughest and most prestigious endurance challenge in the world.

## Stockholm Archipelago

The stunning Stockholm Archipelago consists of over 30'000 islands. The competitors will cross one of the most beautiful parts, from the sailing Mecca of Sandhamn to the “island of love”, Utö. They pass the big islands of Runmarö, Nämdö and Ornö with small year-round communities. They encounter summer homes and uninhabited islands.

**The runs** are on rough trails, some gravel roads, through the bush on barely existing trails and over rocks, sometimes almost climbing.

**The swims** are challenging, cold, rough and beautiful.



# Schedule

## Sunday, September 3<sup>rd</sup>

- 14:15 Bus from Stockholm City to **Hotel Djurönäset** together with the racers.  
Hotel check-in at Hotel Djurönäset outside the main hotel entry
- 15:00 Coffee & Cake in the bar area and take part in the whole racer check-in experience
- 17:00 Join the **mandatory race briefing**
- 18:00 – 19:15 Dinner Teams 78 – 85, 201 – 253, 301 – 328
- 19:15 – 21:00 Dinner all other Teams

## Monday, September 4<sup>th</sup> - **RACE DAY**

- 03:45 Early breakfast
- 04:45 Ferry leaves from Djurönäset to the Start
- 05:50** Watch the **START** at Sandhamn.

- Ferry transport along the course with several stops to watch the race from land
- Lunch on the ferry

- 13:00 Drop off on the island of Utö at the finish area
- 13:40 First teams across the finish line
- 20:00 Last Finish and Prize giving

- Dinner together with the racers at Utö Vårdshus.

- 21:30 Optional Monday night ferry and Bus transport to Stockholm City

## Tuesday, September 5<sup>th</sup>

- 06:30 Breakfast at Utö Vårdshus.
- 09:30 Ferry and bus transport with the racers to Stockholm City
- 11:30 Buses arrive at Stockholm City

# Course map



At 05:50 the Swimrunners start their ÖTILLÖ adventure at Sandhamn. The course guides the athletes over **24 islands** in the stunning Stockholm Archipelago. After **46 transitions** between water and trails and a total distance of **70 kilometres**, of which **9km are open-water swimming** and **61 km of trail-running**, the athletes will finish their major sporting achievement on Utö.

Location	Running	Swimming	Fast	Slow
Start Sandhamn - <b>Time 1</b>	200		00:01	00:02
<b>Time 1 - First swim</b>	1 200		00:06	00:11
Sandön - Vindalsö		1 600	00:29	00:51
Vindalsö	750		00:34	00:58
Vindalsö - Skarp Runmarö <b>Time 2 Energy</b> (liquid only)		350	00:39	01:07
Skarp Runmarö	3 200		00:55	01:35
Skarp Runmarö - Rönnkläppen		400	01:01	01:45
Rönnkläppen	250		01:03	01:47
Rönnkläppen - Runmarö <b>Time 3</b>		500	01:11	01:59
Time 3 - Runmarö Styrsvik <b>Time 4 Energy</b>	4 500		01:29	02:40
<b>CUT-OFF Time 4 at 09:00</b>				
Styrsvik - Runmarö/Storön <b>Time 5</b>	4 200		01:47	03:17
Storön - Risselö		250	01:51	03:24
Risselö	950		01:56	03:29
Risselö - Munkö		300	02:02	03:37
Munkö - <b>Time 6 Energy</b>	700		02:06	03:04
Time 6 - End of Munkö	1 100		02:12	03:43
Munkö - Käcksjär		950	02:27	04:07
Käcksjär	550		02:31	04:12
Käcksjär - Nämdö N <b>Time 7</b>		450	02:38	04:24
Nämdö N - Nämdö Solvik <b>Time 8 Energy</b>	4 700		02:59	05:06
<b>CUT-OFF Time 8 at 11:15</b>				
Nämdö Solvik - End of Nämdö	3 100		03:13	05:37
Nämdö - Mörtö		150	03:15	05:41
Mörtö - Mörtö Gärd <b>Time 9 Energy</b>	2 550		03:27	06:07
Time 9 - End of Mörtö	1 000		03:32	06:17
Mörtö - Small island		100	03:35	06:20
Small island	75		03:36	06:22
Small island - Mörtö klobb		75	03:37	06:24
Mörtö klobb	500		03:40	06:29
Mörtö klobb - Kvinnoholmen <b>Time 10</b>		1 400	04:00	07:04
Kvinnoholmen	350		04:02	07:08
Kvinnoholmen - Mörtö Bunsö		50	04:03	07:10
Mörtö Bunsö - <b>Time 11 Energy</b>	2 150		04:15	07:32
<b>CUT-OFF Time 11 at 14:00</b>				
Time 11 - End of Mörtö Bunsö	100		04:16	07:33
Mörtö Bunsö - Kymmendö Bunsö		200	04:19	07:38
Kymmendö Bunsö - <b>Time 12</b>	1 750		04:31	07:56
Time 12 - Getsjär		950	04:45	08:20
Getsjär	200		04:47	08:22
Getsjär - Kymmendö		200	04:51	08:27
Kymmendö - <b>Time 13 Energy</b>	2 650		05:06	08:55
<b>CUT-OFF Time 13 at 15:30</b>				
Time 13 - Ornö N		300	05:10	09:03
Ornö N - Ornö Church <b>Time 14 Energy</b>	10 250		06:00	10:46
Ornö Church - Ängsholmen <b>Time 15</b>	7 400		06:39	12:00
<b>CUT-OFF Time 15 at 18:00</b>				
Ängsholmen - Kullbäling		250	06:44	12:06
Kullbäling	400		06:47	12:10
Kullbäling - Långbäling		300	06:52	12:18
Långbäling - <b>Time 16 Energy</b>	200		06:54	12:20
Time 16 - End of Långbäling	1 700		07:04	12:37
Långbäling - Small islet 1		150	07:07	12:42
Small islet 1	170		07:09	12:45
Small islet 1 - Small islet 2		30	07:11	12:48
Small islet 2	150		07:13	12:51
Small islet 2 - Järnholmen		100	07:16	12:55
Järnholmen	150		07:18	12:58
Järnholmen - N Utö <b>Time 17</b>		100	07:21	13:02
N Utö - Utö Tennis court <b>Time 18</b>	3 000		07:36	13:32
Tennis court - Finish Utö Vårdshus	500		07:38	13:37
<b>Total distances in meters</b>	<b>60 645</b>	<b>9 155</b>		

## Follow the race

- On our website “otilloswimrun.com” under the heading “LIVE” you can find an updated leaderboard as well as a live tracking tool to follow your friends and family participating in the race.
- We will have an in-depth live coverage on our Facebook page @otillorace
- You will find great updates on our Instagram channel @otillorace

## Finish Area

- Prize giving ceremony
- Food
- Merchandise
- Sponsors

## Rules

- Teams must always stay together and not be more than 10 metres apart.
- Athletes must follow the marked course
- Practice good sportsmanship and take responsibility for the safety of others.

## Mandatory Equipment

- First aid pressure bandage, packed waterproof
- Wetsuits (legs and torso in one piece), suitable for the current water temperature. Expected water temperature: between 14 and 16 degrees Celsius
- 2 Whistles, 1 per person, easily accessible so you are able to use it during the swims to draw attention to yourself in case of an emergency
- 2 Foldable cups/soft flasks or similar to drink from at the energy stations in order to minimize waste.

# World Champions 2022



## Women's Team

### Team Stena Recycling

Helena Sivertsson (SWE)  
Ulrika Eriksson (SWE)

- Helena, winner of ÖTILLÖ 2021 & 2022, won't start this year.
- Ulrika will team up with Hanna Skårbratt
- Ulrika & Hanna won the World Series race in Göteborg 2023!



## Men's Team

### ARK Swimrun Hugo & Max

Max Andersson (SWE)  
Hugo Tormento (FRA)

- Max & Hugo won the last WC with a new course record **07:00:59**.
- They won **7/7** World Series races in 2022.
- Winner of this year's World Series races on Utö and in Göteborg



## Mixed Team

### Team Dessi & Alex

Alexander Berggren (SWE)  
Desirée Andersson (SWE)

- Desirée has won **3** ÖTILLÖ World Championship races in a row!
- She also won the ÖTILLÖ in Engadin and Alexander reached third place on Utö.

# ÖTILLÖ

THE SWIMRUN WORLD CHAMPIONSHIP



## Social Media

Facebook, Twitter, Instagram, TikTok

**@otillorace**

