



DUCHY of CORNWALL
HARBOUR OFFICE ST MARY'S ISLES OF SCILLY TR21 0HU
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Harbour Master: Dale Clark

ST. MARY'S HARBOUR
LOCAL NOTICES TO MARINERS
LNtM No. 10/16

OTILLO SWIMRUN EVENT 2016

VALID FROM / TO – Saturday 18th June 2016

Mariners are advised that on the above date the 2016 OTILLO SWIMRUN event will take place around the Isles of Scilly. Given the large amount of interest, mariners are asked to be particularly observant during the build up to, and during this event.

The map and information below shows the route and approximate timings where competitors will be in the water and also on land. The event starts from Holgate's Green with the competitors heading in a clockwise direction around the course shown below. It is expected that some 240 competitors will take part with the last competitor expected to finish at around 18:00 at the latest.

Safety boats and kayaks will be positioned at each water route and can be contacted on VHF Ch 09 or 16 if required.

For further information please contact the TIC on 01720 424031, Zoe Parry on 07789 816261 or the race director Mats Skott on +46 (0) 735 259701



Distances in metres	Run	Swim	Average time Acc	
			Fast	Slow
Start Hugh town, Lower strand 10:00				
Start - Porth Mellon TIME 1	400		00:02	00:03
Time 1 -Halangy Porth	2100		00:10	00:15
Halngy Porth - Bathinghouse Porth		2000	00:40	01:05
TIME 2				
Bathinghouse Porth- Chinks	600		00:43	01:10
Chinks - Channel ledge		270	00:47	01:17
Channel Ledge - Bollard Point	850		00:52	01:25
Bollard Point - Rushy Bay		880	01:06	01:48
Rushy Bay - Hell Bay TIME 3 hotel Energy 1	800		01:10	01:55
Hell Bay hotel - Kitchen Porth	2225		01:22	02:15
Kitchen Porth - Castle Porth		450	01:30	02:27
Castle Porth - Townshill TIME 4 Energy 2	1700		01:39	02:42
Townshill - Old Grimsby TIME 5 Energy 3	4900		02:04	03:26
Old Grimsby - Long Point	200		02:06	03:30
Long Point - Northwethel		355	02:12	03:40
Northwethel	300		02:14	03:44
Northwethel - St Helen's		400	02:21	03:55
St Helen's	400		02:24	04:00
St Helen's - Tean		430	02:31	04:11
Tean	700		02:36	04:20
Tean - Lower Town Quay St Martin's		400	02:43	04:30
CUT OFF by Karma Hotel 14:30				
Karma hotel TIME 6 Energy 4				
Karma hotel -Higher Town Quay TIME 7 Energy 5	7300		03:20	05:35
CUT OFF Higher Town 15:35				
Higher Town Quay - Crows nest	300		03:23	05:40
Crows nest - Innisidgen (little porth)		2340	04:02	06:40
Innisidgen - Carnwethers TIME 8 Energy 6	1400		04:09	06:52
Porth Mellon TIME 9	5400		04:36	07:39
Carnwethers - Finish	400		04:39	07:44
Total	29975	7525		
Total length of the course	37500			

LNtM in force: 2/16, 5/16, 6/16, 7/16, 8/16,

All LNtMs are available online at www.stmarys-harbour.co.uk

Dale Clark
Harbour Master
St. Mary's Harbour
Isles of Scilly