

**Mad Hatter Sports Events**  
Hokey Cokey St Austell Bay Distance Chart – 2020

**Long Course**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Leg | Description | Running | | Swimming | |
| 1 | Start, Charlestown shipwreck centre – Charlestown Harbour | | 400 | |  | |
| 2 | East Harbour – West Harbour | |  | | 500 | |
| 3 | West Harbour – East Harbour | | 2000 | |  | |
| 4 | East Harbour - Porthpean | |  | | 950 | |
| 5 | Porthpean – Porthpean | | 5200 | |  | |
| 6 | Porthpean - Charlestown | |  | | 950 | |
| 7 | Loop of Charlestown | | 800 | |  | |
| 8 | Charlestown – Carlyon Bay | |  | | 1600 | |
| 9 | Carlyon Bay – Spit beach | | 2100 | |  | |
| 10 | Spit beach – Polgaver | |  | | 900 | |
| 11 | Polgaver – Finish at Charlestown | | 3500 | |  | |
|  | Total Distances | | 14,000 | | 4,900 | |

Total Distance (Meters) 18,900

6 Runs

5 Swims

26% of swimming

**Short Course**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Leg | Description | Running | | Swimming | |
| 1 | Start, Charlestown shipwreck centre – Charlestown Harbour | | 400 | |  | |
| 2 | East Harbour – West Harbour | |  | | 500 | |
| 3 | West Harbour – East Harbour | | 2000 | |  | |
| 4 | East Harbour - Porthpean | |  | | 950 | |
| 5 | Porthpean – Porthpean | | 5200 | |  | |
| 6 | Porthpean - Charlestown | |  | | 950 | |
| 7 | To the finish | | 400 | |  | |
|  | Total Distances | | 8,000 | | 2,400 | |

Total Distance (Meters) 18,900

6 Runs

5 Swims

30% of swimming