

**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