



# 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) 10,400

6 Runs

5 Swims

30% of swimming