



Mad Hatter Sports Events

Hokey Cokey Roseland Distance Chart – 2021

| Leg | Description | Running | Swimming | Cut Off |
|--|--|---------|----------|--------------|
| 1 | Start, Portscatho car park – Harbour Slipway | 800 | | |
| 2 | Portscatho harbour slipway – Watchtower hut | | 860 | |
| 3 | Watchtower hut – Porthbean beach | 840 | | |
| 4 | Porthbean beach south – Porthbean beach north | | 630 | |
| 5 | Porthbean beach north – Carne Beach | 3400 | | |
| Check Point 1 (Food and Fluids) | | | | 09:40 |
| 6 | Carne Beach – Mallets Cottage | | 1000 | |
| 7 | Mallets Cottage – Broom Park Cove | 3400 | | |
| 8 | Broom Park Cove rocks – Broom Park Cove centre | | 300 | |
| 9 | Broom Park Cove centre – Portloe | 1800 | | |
| 10 | Portloe - Portloe Harbour | | 200 | |
| 11 | Portloe Harbour – Beach | 2800 | | |
| Check Point 2 (Food and Fluids) | | | | 11:00 |
| 12 | Beach – West Portholland | | 750 | |
| 13 | West Portholland – Caerhays West | 1700 | | |
| 14 | Caerhays West – Caerhays | | 800 | |
| Check Point 3 (Food and Fluids) | | | | 13:00 |
| 15 | Caerhays – Vault Beach | 7500 | | |
| 16 | Vault Beach – Gorran Haven | | 1000 | |
| Check Point 4 (Food and Fluids) | | | | 15:00 |
| 17 | Gorran Haven – Colona Beach | 2900 | | |
| 18 | Colona Beach – Portmellon | | 2000 | |
| 19 | Portmellon – Mevagissey | 1600 | | |
| 20 | Mevagissy – Polstreath | | 550 | |
| 21 | Polstreath – Finish | 1400 | | |
| 22 | Total Distances | 28,140 | 8,090 | |

Total Distance (Meters) 36,230

11 Runs

10 Swims

22.3% of swimming