



SCILLY 60 SWIMRUN EVENT

28th – 31st August 2025

INTRODUCTION

Welcome to the Scilly60 Swimrun weekend. Swimrun is a beautiful sport which allows you to flow on and off the islands seamlessly transitioning from running to swimming and back to running again.

We have 5 events over the long weekend; something for the first timer wondering what the fuss is about, to an ultra endurance event taking athletes between 5 and 9 hours to complete the 36km course.

The courses have very technical running and open water swimming. Be prepared for a real adventure!

Below shows the itinerary of the whole swimrun weekend which is integrated in the Ocean Scilly Festival.





Thursday 28th August. 0930. High Tide 0824 5.0m

The Social Swimrun, this is a great taster session, a fabulous opportunity to experience what Swimrun is all about. A leisurely Social Swimrun guided by event organiser Wez Swain and an excellent introduction into this land and sea sport. The course will involve 3 swims and 5 runs, totalling about 600m of swimming and 5km of running, with plenty of chat and support along the way; not a race but a social event and a chance to 'dip your toes in the water'. Open to first timers and experienced swimrunners. A great way to share knowledge.

17:00 - Registration opens at the Gig Shed Café for St Mary's Full and Half course.

Friday 30th August: High Tide 0855 4.7m

0900 - Race briefing. Porthmellon; outside The gig shed Cafe

0930 – The St Mary's full course race starts.

This involves a complete circumnavigation of St Mary's - approximately 12km of running and 3km of swimming.

0935 – The St Mary's half course starts.

This involves a total around 7km of running and 1km of swimming around the Southwest of St Mary's. These athletes should all finish just before those taking part in the full St Mary's race.

1030 - 1300 - Swimrunners expected at the finish line.

Saturday 31st August: High Tide 0930 4.5m

10:30 - Keeping the kids involved there will be a Junior Swimrun which has two separate routes for varying age brackets. A 200m toddler route, and a 3km route for older children or adventurous younger children with parents. This is always a highlight with the whole community coming together to support the younger generation.

10:35 – 1145 – All Swimrunners expected to cross the finish line.

17:00 - Registration opens for the **Archipelago** event at The Gig Shed Café.

17:30 - Race Briefing.

Sunday 1st September: High Tide 1012 – 4.2m. Low tide 1637 – 2.1m

09:10 - Everybody to meet at the start line – Porthmellon; outside The gig shed Cafe

09:30 - The headline and the final event on the programme will be the Archipelago Swimrun.

This is for experienced open water swimmers & trail runners. A challenging event that involves up to 8km of open water swimming between islands and 30km of trail running on many of the islands making up the archipelago.

1440 – First swimrunners expected.

1830 – Last swimrunners expected.

1900 – Awards presentation and celebratory party at The Gig Shed Café for all swimrunners, volunteers and supporters of this amazing weekend.



As you can see, whether an athlete or spectator, Scilly Swimrun is really hoping to bring everyone together whilst celebrating this fantastic environment that makes up the Isles of Scilly. We look forward to seeing you at this incredible weekend which brings a close to the Ocean Scilly Festival.

FILMING

Gareth from Above and Below photography <https://www.aboveandbelowimagery.co.uk/> and other volunteers will be filming and taking photos along the way during the event.

We will make a celebratory video a couple of weeks after the event. Which will be published on our social channels.

KIT

Mandatory Personal Kit:

- First aid pressure bandage, packed waterproof.
- Wetsuit (legs and torso in one piece), suitable for the current water temperatures. (The sea temperature during the weekend is likely to be between 14 and 17 degrees). A tri suit is NOT acceptable.
- Whistle, easily accessible so you are able to use it during the swims.
- Foldable cup/soft flask or similar (not your swim cap) to drink from at the energy stations.
- Archipelago racers - Tow float for all solo swimrunners. (the basic tow float without a drybag feature is lightest)

Supplied Kit:

- Swimrun race number vest*
- Swimrun swimming hat
- Tow float for team swimrunners for the final two swims.*

* To be returned after the race.

Suggested kit:

- Soft flask drinks bottle for energy gels.
- Hand paddles.
- Pull buoy or calf floats.
- Bungee cord for joining pairs.
- Kit for after the event can be left at the start/finish area at owners risk, or at your accommodation. Please label everything especially Dryrobes!

FACEBOOK LIVE

We aim to have all start and finish lines broadcast live on Facebook for friends and family to watch and support from home. Everything does depend on signal and wifi, but we will try our best to make this an entertaining 'day in' for those at home during each event.

REFUNDS

Due to large outlays, we cannot offer refunds. However, we strongly recommend taking out event insurance due to you not being able to take part for any reason.



Transfers

If you have signed up as an individual racer and later find a partner, just email swimrun@scilly60.co.uk and we will pair you up for no extra cost. Likewise if your partner can no longer race, you can drop to an individual for no extra cost

Swimrun Community

If you want to ask fellow or previous racers any questions we have the Scilly Swimrun Chatter Group on facebook. <https://www.facebook.com/groups/2334147660263773>

MAPS and DETAILS OF EACH EVENT

St Mary's Swimrun Half Course

Below shows the 8km short course.

Starting on Holgates green and heading West, it is a great introduction into swimrun races. There are no cut off's for this race, it's the perfect race to test the water of swimrun:

<https://www.plotaroute.com/route/2547917>



	Distance		Fast	Slow
Run 1 - 3.1km	3100		09:35:00	09:35:00
Swim 1 - 400m		400	09:49:00	10:06:00
Run 2 - 2km	2000		10:05:00	10:38:00
Swim 2 - 300m		300	10:10:15	10:47:00
Energy Station 1				
Run 3 - 1.5km	1500		10:17:00	11:02:00
Swim 3 - 350m		350	10:23:15	11:12:30
Run 4 - 650m	50		10:26:15	11:19:00
Total Distance	6650	1050	00:56:15	01:49:00

St Mary's Swimrun Full Course

A 16km full circumnavigation of the whole of St Mary's.

This race will take runners between 2 and 3.5 hours. There will be a cut off at the start of the third run of 1515, anyone passing after this will join the 8km St Mary's Half race. There is also a cut off at Pelistry of 1600. To see the whole coast of St Mary's within one race is a beautiful day out.

<https://www.plotaroute.com/route/2547914>





			Fast	Slow
	Distance		09:30:00	09:30:00
Run 1 - 3.5km	3100		09:44:00	10:01:00
Swim 1 - 400m		400	09:51:00	10:13:00
Run 2 - 2km	2000		10:00:00	10:33:00
Swim 2 - 300m		300	10:05:15	10:42:00
Energy Station 1 - Cut Off 1010				
Run 3 - 1.6km	1600		10:12:30	10:58:00
Swim 3 - 375m		375	10:19:05	11:09:15
Run 4 - 2.2km	2200		10:29:05	11:29:15
Energy Station 2 - Cut Off 1130				
Swim 4 - 190m		190	10:32:25	11:35:15
Run 5 - 400m	400		10:34:25	11:59:15
Swim 5 - 260m		260	10:39:05	12:06:45
Run 6 - 1.2km	1200		10:44:35	12:27:45
Swim 6 - 480m		480	10:53:05	12:42:15
Run 7 - 2.4km	2400		11:04:05	13:06:15
Swim 7 - 350m		350	11:10:20	13:16:45
Run 8 - 50m	650		11:13:20	13:23:15
Total Distances	14050	2095	01:43:20	03:55:15

*Be aware, there is a possibility of being held up on the run shortly after Energy station 1 due to crossing the airport runway! All runners must wait if the warning light and sound is on.

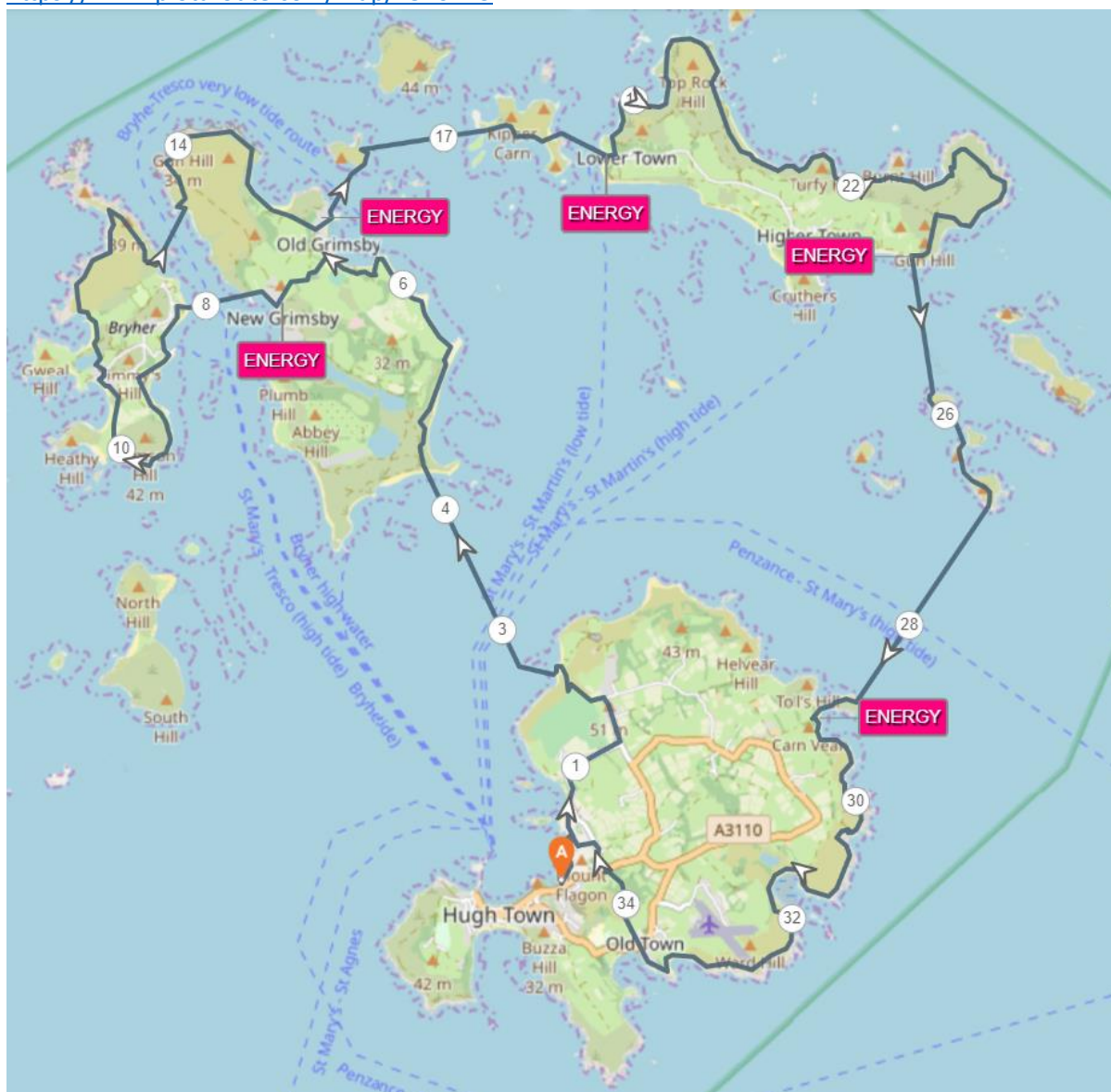
The Archipelago Swimrun Course

For those who have a huge appetite for adventure. You will need to be competent at open water swimming and trail running to cover this tough 36km course.

A great day out for anyone, also a brilliant experience to share with a swimrun partner. Long swims in often crystal clear seas, long runs, at least 9 different islands with a variety of running styles, from gentle rolling paths, to very hilly terrain, to really technical rock hopping between uninhabited islands - this swimrun really has it all!

Although a daunting thought, with a good training plan this really is a swimrun experience you won't forget. If possible I highly recommend finding a team mate to share the adventure with!

<https://www.plotaroute.com/map/2510723>





			Time fast	Time slow
Arrive end of	Distance		09:30:00	09:30:00
run 1 - St Mary's	2300		09:40:35	09:46:00
Swim 1 - 1.85km		1900	10:13:55	10:43:00
Time 1 - Cut Off 1045				
Run 2 - Tresco 1	3400		10:29:15	11:07:00
Energy				
Swim 2 - 475m		475	10:37:35	11:21:15
Run 3 - Bryher	5000		11:02:35	11:59:15
Swim 3 - 550m		550	11:12:15	12:15:45
Run 4 - Tresco 2	2600		11:25:15	12:36:45
Time 3 & Energy Cut Off 1245				
Swim 4 - 400m		400	11:32:15	12:48:45
Run 5 - North Wethel	200		11:34:15	12:56:45
swim 5 - 950m		950	11:50:55	13:25:00
Run 6 - Tean	550		11:53:40	13:37:00
Swim 6 - 475m		475	12:02:00	13:51:15
Run 7 - St Martin's	6400		12:34:00	14:56:00
Time 4 & Energy Cut Off 1500				
Swim 7 - 1100m		1100	12:53:15	15:29:00
Run 8 - Little Gannilly	300		12:57:15	15:37:00
Swim 8 - 175m		175	13:07:15	15:52:15
Run 9 - Little&Great Arthur	650		13:12:15	16:02:15
Swim 9 - 1.8		1700	13:42:15	16:53:15
Run 10 - Tolls Island	250		13:46:15	16:55:45
swim 10 - 50m		50	13:47:15	16:57:15
Time 5 & Energy				
Run 11 - St Mary's	5900		14:16:45	17:44:15
Swim 11 - Porthmellon		350	14:22:45	17:55:00
Finish Run	50		14:23:45	17:56:45
Total	27500	7825	14:23:45	17:56:45
Total time on course			04:53:45	08:26:45

In 2024, the fastest participant completed the course in around 5hrs 40.

All others completed the course between 7hours and 8 hours 35.

Be prepared for a long adventure.