

SATURDAY 2ND SEPTEMBER

# GO SWIM LOCH LOMOND 2023

BALLOCH



# ATHLETE GUIDE

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## WELCOME

It gives me great pleasure to welcome you to the culmination of your journey to Go Swim Loch Lomond 2023. A journey of countless hours in the pool, loch or lake to get you to the start line and finally draw to a climax on the Loch Lomond finish Line. The team at Still Going Strong and everyone involved in the event has focused our efforts on providing the best possible stage for you to test your endurance and racing skill. However, there is only one person that can fill your shoes on Event Day. You can expect support from the many volunteers and supporters, so please do show your appreciation on the day to the incredible volunteers and staff who will be supporting your efforts throughout the Event. You will no doubt be feeling some nervousness as the start line approaches, but do try to make the most of a day like no other, the effort is all down to you. Finally, I would like to offer my thanks to the Team behind the Event who show incredible, unwavering support and the local communities who provide this perfect stage for you to shine.

Please use the official Event Car Parks, highlighted in the guide.

Over the years, the race has seen all manner of weather so please make sure you are prepared for all conditions on race day. Whether you are a first timer or a seasoned athlete, it is important to remember the safety of everyone is a priority so please read this athlete guide, plan your perfect Event, and follow any guidance at the event. Please respect the physical challenge you have set yourself and do not attempt it if you are feeling at all unwell, ensure you are properly prepared and trained for the event.

We will attempt to give you as much information as possible within this Guide but if you have any additional questions bring them to the race briefing or email us at [info@go-swim.uk](mailto:info@go-swim.uk)  
All additional race information and route maps will be available at [www.go-swim.uk](http://www.go-swim.uk)

Take care of yourselves and fellow athletes but most of all enjoy the experience.

**Richard Pearson**  
**Race Director**



Go Swim Loch Lomond offer a number of race distances suitable for all, including:

**250m | 750m**  
**1500m | 3000m**  
**5000m | 10000m**  
**Aquathlon**

We have an official photographer at the Event and we will be posting images of the day on our Facebook and Instagram pages throughout the day. If you are taking your own images to post on social media don't forget to tag us **@goswimbritain** and use the

**#GOSWIMLOCHLOMOND!**



## ATHLETE REGISTRATION

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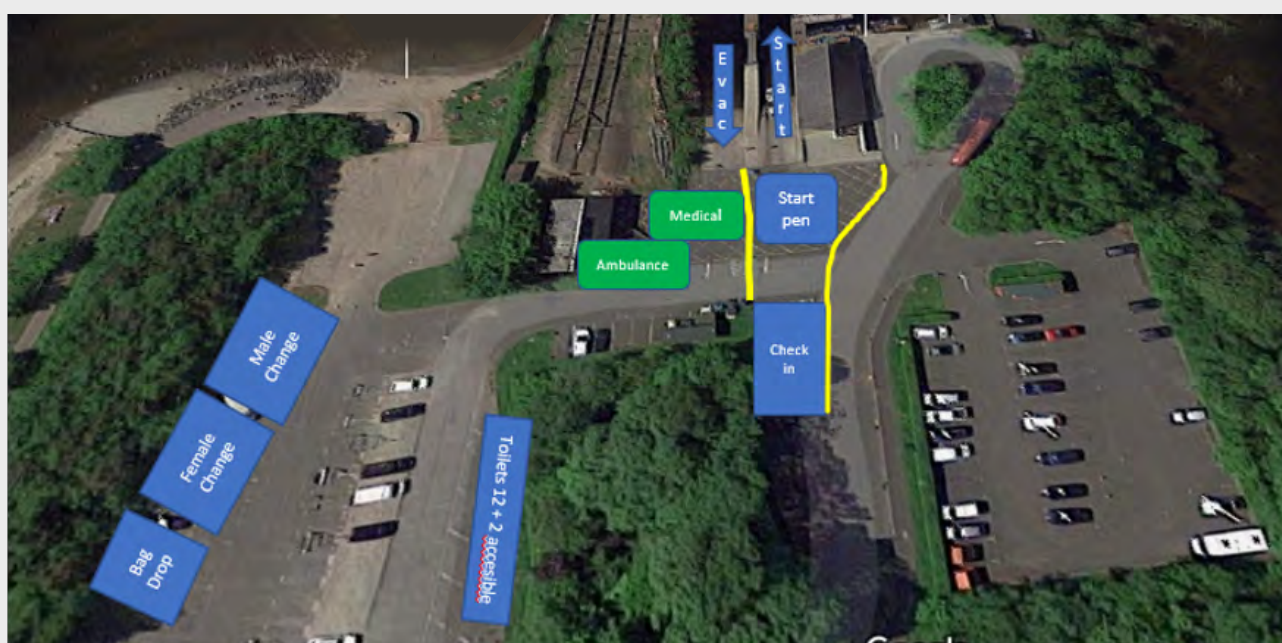
Athlete registration will take place in the Event Village Located next to the Duncan Mills Memorial slipway. You will receive your full race pack at registration including your timing chip, Swim Cap and race number for Aquathlons. Please see event schedule for registration opening times.

For the Aquathlon you will be required to show your Triathlon Scotland/British triathlon Race Licence if appropriate.

We will have a changing area and bag drop area within the event village

## ATHLETE CHANGING AND BAG DROP

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## SWIM EVENT SCHEDULE

Make sure you plan your travel ahead of the weekend and leave plenty of time to get to the start and prep for your swim or Aquathlon. Check your wave start times and plan from there.

<b>06:30</b>	Event Car Park & Site Open
<b>06:45 - 12:00</b>	Registration and Race Pack Pick up open at The Event Village. Duncan Mills Memorial Slipway Pier Road, Balloch, Alexandria, G83 8QX
<b>07:30</b>	10km and 5km Check in Opens
<b>07:50</b>	10km and 5km Check in Closes
<b>07:50</b>	10km and 5km Warm Up and Safety Briefing
<b>08:00</b>	10km and 5km Start
<b>08:30</b>	Aquathlon Check in Opens
<b>08:50</b>	Aquathlon Check in Closes
<b>08:50</b>	Aquathlon Warm Up and Safety Briefing
<b>09:00</b>	Aquathlon Starts
<b>09:15</b>	3km Wave 1 Check in Opens
<b>09:30</b>	3km Wave 1 Check in Closes
<b>09:30</b>	3km Wave 1 Warm Up and Safety Briefing
<b>09:45</b>	Start of 3km Wave 1
<b>09:45</b>	3km Wave 2 Check in Opens
<b>10:05</b>	3km Wave 2 Check in Closes
<b>10:05</b>	3km Wave 2 Warm Up and Safety Briefing
<b>10:15</b>	Start of 3km Wave 2
<b>10:15</b>	1.5km Wave 1 Check in Opens
<b>10:30</b>	1.5km Wave 1 Check in Closes
<b>10:30</b>	1.5km Wave 1 Warm Up and Safety Briefing
<b>10:45</b>	Start of 1.5km Wave 1
<b>10:45</b>	1.5km Wave 2 Check in Opens
<b>11:00</b>	1.5km Wave 2 Check in Closes
<b>11:00</b>	1.5km Wave 2 Warm Up and Safety Briefing
<b>11:05</b>	Start of Skins Wave
<b>11:15</b>	Start of 1.5km Wave 2
<b>11:45</b>	750m Check in Opens
<b>12:00</b>	750m Check in Closes
<b>12:00</b>	750m Warm Up and Safety Briefing
<b>12:15</b>	Start of 750m
<b>12:30</b>	250m Check in Opens
<b>12:45</b>	250m Check in Closes
<b>12:45</b>	250m Warm Up and Safety Briefing
<b>13:00</b>	Start of 250m

# SWIM EVENT SCHEDULE

## Medal ceremonies will be held in Athlete Village

Awards will be given for the first three males and first three females in each swim distances  
– adult and junior.

In The Aquathlons we will award the first three boys and first three girls in the junior race  
and the first three males and the first three females in the Adult race.

**12:05**

**MALE AND FEMALE | 5K AND 10K AWARD CEREMONY**

**12:20**

**MALE AND FEMALE | AQUATHLON 1.5K AND 3K AWARD CEREMONY**

**15:00**

**MALE AND FEMALE | 250M, 750M SWIM AWARD CEREMONIES AND AQUATHLONS**





# SWIM COURSE

For the 3000m, 1500m, 750m you will swim a 750m course and complete the number of laps according to your distance.

For the 5000m and 10000m you will swim an extended version of the 1500m course, completing 3 laps for the 5000m and 6 laps for the 10000m.

**Hydration:** there will be a boat moored at a turn point with water, energy drink and jelly babies for swimmers requiring nutrition.



## SWIM CAPS

Your coloured swim cap corresponds to the coloured wave you are in.

WAVE	DISTANCE	START TIME	SWIM CAP COLOUR
1	10K	08:00	WHITE
2	5K	08:00	RED
3	JUNIOR AQUATHLON	09:00	YELLOW
4	ADULT AQUATHLON	09:10	YELLOW
5	3K	09:45	PINK
6	3K	10:15	PINK
7	1.5K	10:45	ORANGE
8	1.5K	11:15	ORANGE
9	750M	12:15	GREEN
10	250M	13:00	BLUE



# CHECK LIST

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Below is a list of items we recommend you bring with you to the race.

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Photo ID

☐

Lubricant – For wet suit

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Race Licence (if you are a member of Triathlon Scotland and taking part in the Aquathlon)

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Additional Swim Hat  
(Neoprene Recommended) –  
You will be given a Swim Cap at registration appropriate to your wave time which must be worn over the top of any additional hat.

☐

Warm Clothing

☐

Trisuit/Clothing

☐

Nutrition

☐

Race Number Belt  
(Aquathlon Only)

☐

Running shoes (Aquathlon Only)

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Wetsuit and swimming costume

☐

Sunglasses

☐

Sun Cream

☐

Swim Goggles

☐

Hat

☐

Midge repellent

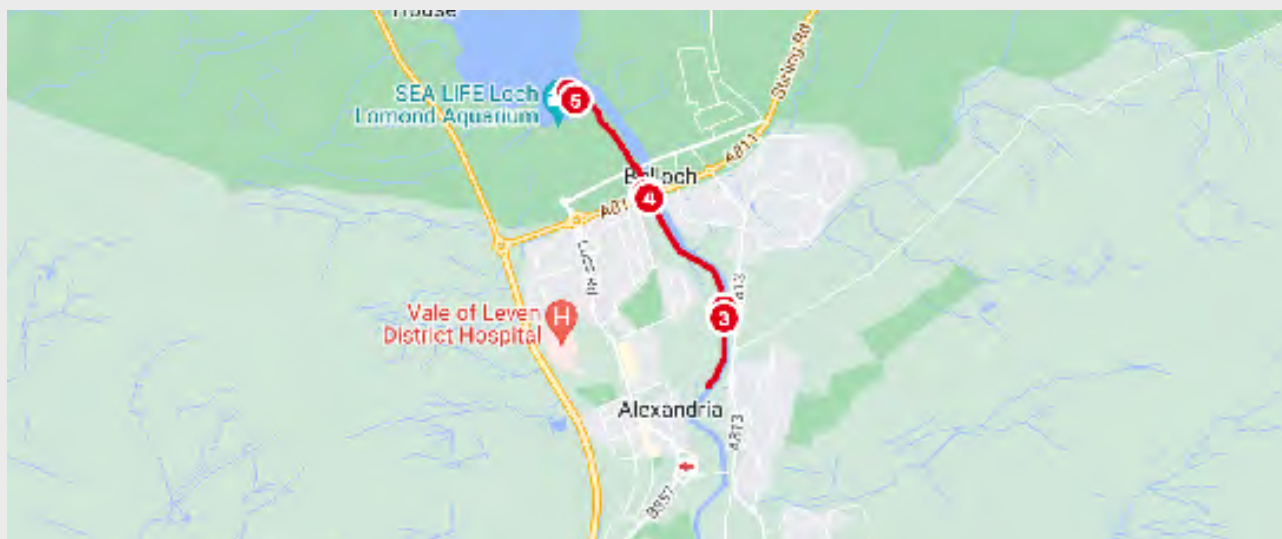
Lomo will have wetsuit hire available for the day,  
please pre book via [admin@lomo.co.uk](mailto:admin@lomo.co.uk) to secure yours!

# AQUATHLON EVENT SCHEDULE & RUN COURSE

<b>FROM 07:45</b>	Registration & race pack pick up at the event village adjacent to the Duncan Mills Memorial Slipway Pier Road, Balloch, Alexandria, G83 8QX
<b>08:30</b>	Aquathlon Start Pen Check In Opens
<b>08:50</b>	Aquathlon Start Pen Check In Closes
<b>08:50</b>	Aquathlon Warm Up and Safety Briefing
<b>09:00</b>	Start Of Aquathlon

## Medal ceremonies will be held at 12:20

In The Aquathlons we will award the first three boys and first three girls in the junior race and the first three males and the first three females in the Adult race.



We will use a slightly adjusted 750 m swim course. The run GPX can be downloaded [here](#).

The junior route will make a earlier turn on this course.

## AQUATHLON AGE GROUPS

TRISTARS 2	11 - 12	250m Swim / 2K Run
TRISTARS 3	13 - 14	250m Swim / 2K Run
YOUTH A	15 - 16	750m Swim / 5K Run
YOUTH B	17	750m Swim / 5K Run
JUNIOR C	18 - 19	750m Swim / 5K Run
SENIOR	20 - 39	750m Swim / 5K Run
VET	40 - 49	750m Swim / 5K Run
SUPER VET	50 - 59	750m Swim / 5K Run
VINTAGE	60+	750M / 5K Run

Prizes will be awarded to first three males and females across the line.  
Results will show position in category.



## ATHLETE VILLAGE

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We will have a variety of exhibitors in our athlete village on event day, please visit them before or after your swim and help support this event!





# HOW TO GET THERE

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## BY CAR

### From The South (M74/M6)

The M74 joins the M8 in Glasgow, on the M8 follow for Loch Lomond and Greenock until you get to Junction 30. Leave the M8 at Junction 30, for the Erskine Bridge. Over the bridge, join the A82 following signs for Crianlarich (left hand cut off). Stay on the A82 for approximately 10 miles. You will come to a roundabout indicating Balloch to the right, take this exit (this is the big roundabout with the wooden structure depicting flying geese!). At the next two roundabouts take a left. Loch Lomond Shores is directly in front of you.

### From the North

We are located just off the A82 heading towards Glasgow. Once you have passed Tarbet you have another 16 miles of stunning scenery along the lochside until you get to the roundabout for Balloch (this is the big roundabout with the wooden structure depicting flying geese!), where you should take a left. At the next two roundabouts take a left. Loch Lomond Shores is directly in front of you.

### From the East

Follow the M8 westbound heading for Greenock. Leave the M8 at junction 30, for the Erskine Bridge. Over the bridge, join the A82 following signs for Crianlarich (the left-hand slip-off). Stay on the A82 for approximately 10 miles. You will come to a roundabout indicating Balloch to the right, take this exit (this the big roundabout with the wooden structure depicting flying geese!). At the next two roundabouts take a left. Loch Lomond Shores is directly in front of you.

## BY PUBLIC TRANSPORT

### By Train

A short walk from Balloch train station – trains directly from Glasgow Queen Street Monday to Saturday or from Glasgow Central on a Sunday. Visit Traveline Scotland for information on all bus and train timetables.

### By Bus

First Bus Service 1, 1A, 1B, 1C, 1E will take you to Balloch from Glasgow, Clydebank, Dumbarton, Helensburgh and you can then stroll down the riverside walk to us, or you can hop on the 207 from Balloch bus stance right to our door. Visit Traveline Scotland for information on all bus and train timetables. Plan your journey here.

### By Bike

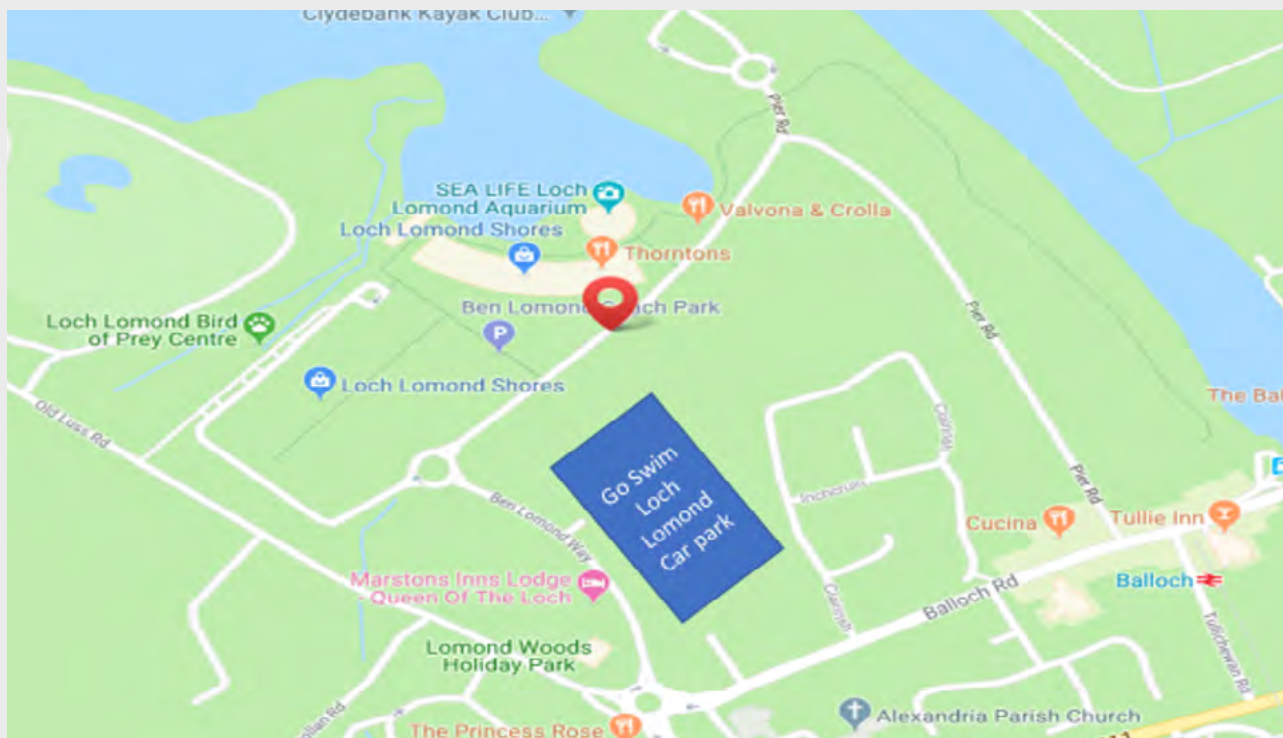
There are great bike links to our site. There are Cycle Routes from Glasgow available, a great family friendly choice. It is a 20 mile route so plan your timings carefully.

You can also catch the Cycle Route Stoneymollan from Helensburgh or cycle from the North on the West Loch Lomond Cycle Path. There are bike racks at Loch Lomond Shores, which you can use but bring a lock, we cant take any responsibility for bike security

## WHERE TO PARK

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Designated event parking is outlined below, please ensure you use our official parking.



## OTHER INFORMATION

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### TIMING AND RESULTS

Thistle Timing Ltd will be providing a comprehensive timing race results service. To ensure accurate times and results you must ensure you wear your timing chip whilst racing. It is useful to smear a small amount of lubricant around your ankle to stop any chaffing and we recommend that the chip goes around your left ankle. Using this cutting-edge technology will mean results and category positions will be updated live as athletes pass the finish line. You can also get a print out of your results from the ticket printer at the back of the finish line. When you have finished the race, please remember to return your timing chip to our volunteers in the finish area. Failure to do so will result in a £25 charge being made to the athlete for the loss of equipment.

### SWIM SAFETY

We just want to reassure you that you are in very safe hands while taking part in your swim. We have lots of fully trained water safety kayakers, lifeguards and boats monitoring you all the way around, so you're never far from some friendly support. If you find yourself struggling, or in need of a little breather, just lay on your back and pop your hand up, and one of our safety team will make their way to you to check everything is ok.

## **MEDICAL COVER**

The safety and welfare of our competitors is paramount. Our Medical team is being led by The Scottish Ambulance service. Onsite during the event will be Paramedics, Doctors and First Aiders all highly experienced at supplying the highest calibre of comprehensive medical cover at a range of sporting events. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event steward. The medical tent will be located at the finish line to enable any casualties to be treated quickly and efficiently.

## **MEDICAL CONDITIONS**

We ask that all athletes show a sensible approach towards entering the event and if you feel at all unwell either prior, during or after the event you can either withdraw and or seek assistance from the Medical Team. Please remember to update your Emergency contact information and any medical conditions either at Registration or by emailing us at [info@go-swim.uk](mailto:info@go-swim.uk)

## **FINISH LINE AND ATHLETE RECOVERY**

After you have finished the race you will receive your medal at the finish line and then enter the recovery area. Here you can help yourself to some food and drink. Your timing chip will be taken from you here. The recovery area is an athlete only area.

## **TOILETS**

There will be plenty of toilets located in the athlete village

## **RACE VOLUNTEERS – PLEASE HELP**

No event like this can run smoothly without the help of many stewards and marshals. If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to give up a couple of hours to volunteer. All marshals will receive an event memento, food & drink. If you would like further information about becoming a race volunteer please contact our volunteer coordinator at [info@go-swim.uk](mailto:info@go-swim.uk) You do not require any previous experience or knowledge of the sport to become a race volunteer; any training required will be given on, or prior to race day.

## **PHOTOGRAPHY**

There will be an official event photographer who will be present at the event and will be taking photographs of all competitors. These photographs will be made available to competitors on our website at [www.go-swim.uk](http://www.go-swim.uk) and our Facebook page [www.facebook.com/goswimbritain](https://www.facebook.com/goswimbritain) as soon as they are available.

Finally, many people have put a huge amount of effort into staging this event from volunteers to administrators. Please give these people a smile and a “thank you”, they are worth it. At the finish enjoy your achievement and look after yourself, keep warm, keep drinking and try to eat something, although don't be too surprised if you don't feel too much like eating. Catering will be available both at the swim start and at the finish for spectators and athletes. The Final thank you goes to you, The Athlete, for supporting Go Swim Loch Lomond, we hope you achieve your own personal goals whatever they are.

# BIO SECURITY

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## **DITCH THE HITCHERS: GO SWIM LOCH LOMOND ATHLETE GUIDE TO BIO SECURITY**

### **What is Bio Security?**

Biosecurity means taking action in order to minimise the introduction or spread of invasive non-native species and diseases.

### **Why should we worry?**

The freshwater resources of Loch Lomond and Trossachs National park – its many Lochs, rivers and straths – are of great ecological and economic significance. We love spending time in and on them so protecting them is something we all need to take responsibility for. Freshwater INNS are able to ‘hitchhike’ on our equipment, footwear, clothing and boats. When we move to a new river, tarn or lake, a species may be transferred and may become established, often having devastating effects.

### **What can we do to help?**

As keen outdoor and sports enthusiasts - we all need to help protect the landscapes that we love. The bio security at the Event will involve just a little extra cooperation and organisation by you. You will be required to ensure that your wetsuit is clean and dry before you arrive and that it is cleaned before you leave. The purpose of this is to do our bit to try and stop the spread of invasive aquatic species. Please help us.

The process at the race will be:

1. You will ensure that all equipment to be taken into the water is clean and dry before you arrive on the race morning.
2. If you are taking part in the Aquathlons, after the race and before removing anything else from the transition area, go to the washing point with your wetsuit, goggles, swim cap etcetera and your race number.
3. Check your equipment for obvious vegetation or other aquatic life and remove anything found.
4. Wash all above mentioned equipment in the fresh water and tubs provided.
5. Once done to their satisfaction, a steward will mark your race number to indicate that your equipment has been cleaned.
6. When you later leave the transition area with all of your other equipment show your appropriately marked race number to the transition exit steward who will check it
7. Compliance with this process is essential to ensure that we are able to pursue our sport in such beautiful surrounding





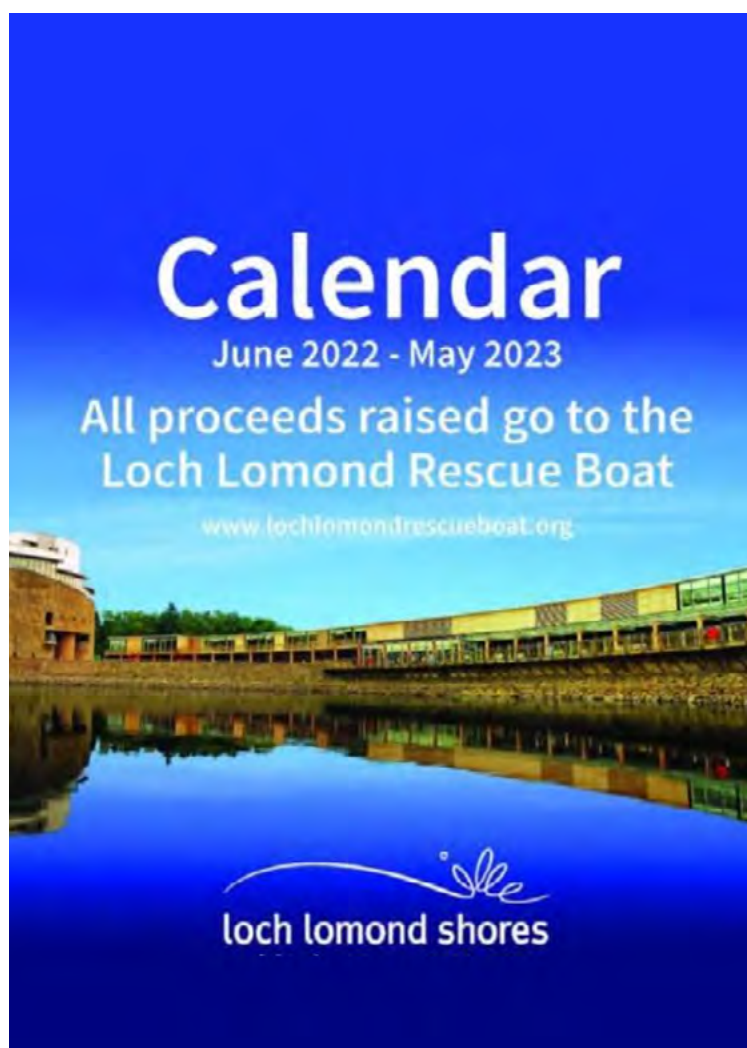
# LOCH LOMOND FOOD & DRINK FESTIVALS

## LOCH LOMOND FOOD & DRINK FESTIVAL

2-3 SEPTEMBER

This year's FREE festival is set to be even bigger and better than ever as it's the 20th anniversary year for Loch Lomond Shores and we wanted to make it really special!

With a great mix of food and drink – both packaged and takeaway to enjoy at the festival – as well as as whisky and gin tastings, lots of chef demonstrations and workshops, kids rides and entertainment, live music and artisan craft stalls as well as all the other great things that Loch Lomond Shores has to offer, the festival is a great day out for all the family.





GOOD LUCK AND ENJOY YOUR DAY  
FROM GO SWIM LOCH LOMOND  
AND OUR PARTNERS!



# SWEENEY'S CRUISE CO LOCH LOMOND

DAILY CRUISES • WATERBUS SERVICE • PRIVATE HIRE



EXPERIENCE  
**LOCH LOMOND**  
THE QUEEN OF SCOTTISH LOCHS



BEST OUTDOOR /  
ADVENTURE EXPERIENCE

2018/19 SCOTTISH THISTLE  
**AWARDS**  
NATIONAL WINNER

