

SATURDAY 19TH AUGUST

GO SWIM LOCH TAY 2023

TAYMOUTH MARINA
KENMORE, PERTHSHIRE



ATHLETE GUIDE

WELCOME

It gives me great pleasure to welcome you to the culmination of your journey to Go Swim Loch Tay 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 Tay 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 long hours of 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 racing 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.

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 open water swimmer, 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. All additional race information and route maps will be available at www.go-swim.uk. Take care of yourselves and fellow athletes but most of all enjoy the experience.

Richard Pearson
Race Director

RACE HQ

We will be using The Sports Pavilion in the grounds of Taymouth Castle.
Event parking and Registration will take place here

REGISTRATION VENUE

Kenmore Sports Pavilion
Kenmore, Perthshire, PH15 2NU

SWIM START AND FINISH VENUE

Taymouth Marina
Kenmore, Perthshire, PH15 2HW

RACE SCHEDULE

The critical parts of the schedule for your swims are below;

SATURDAY 19 AUGUST

11.00	Car Park Opens for Access
11.00	Registration Open at Kenmore Sports Pavilion
12:00	Go Swim Loch Tay 1000m/5000m Start
13:00	Go Swim Loch Tay 3000m Start
13:30	Go Swim Loch Tay 1500m Wetsuit and Skins Start
14:00	Go Swim Loch Tay 750m Start
15:00	Go Swim Loch Tay 250m Start

REGISTRATION

At Registration you will receive your timing chip which you should strap to your ankle, this will give you an accurate time for your swim. You will also receive your baggage label, race memento and some sponsor information

COURSE DESCRIPTIONS

250m

(the equivalent of 10 lengths of the pool) of open water
Swimming/splashing/paddling in the beautiful waters of Loch Tay.

750m

A great introduction into open water swimming in a relatively safe environment. Equivalent to 30 lengths of the pool swimming in the cool clear open water. You will swim one lap of the 750m course

1500m

A testing swim (equivalent to 60 lengths of the pool) in a spectacular location, you will swim 2 laps of the 750m course

3000m

A great open water challenge suited to experienced swimmers who are looking to go that little but further (equivalent to 120 lengths of the pool). You will swim 4 laps of the 750m swim course. The 3000m swim has a 1 hour cut off to reach the halfway point, any swimmers who have not reached this point will be brought to shore and their swim will end.

5000m

A full-on swim adventure. This 5000m distance swim is best suited to more experienced swimmers looking to go that little bit further. Swimmers must be able to reach 3000m in 2 hours. Swimmers will swim 4 laps of a 1250m course extended from the 750m course

10,000m

The Big One, This 10000m marathon distance swim is really only suited to more experienced swimmers who have long swims (3K+) under their belt already. Swimmers must be able to reach 3000m in 2 hours. Swimmers will swim 8 laps of a 1250m course extended from the 750m course

The course will be marked by buoys and instructions on which course to follow will be given at the start line race briefing prior to each start. A Full water safety team will be on the water and a land based medical crew will be on site during your swims.

BAG DROP & CHANGING

There will be a limited changing facilities and small bag drop tent, please ensure your baggage label is securely fastened to your bag



OUR WETSUIT POLICY

Go Swim operates all Events under the guidance and regulations of Scottish Swimming and FINA.

The water temperature shall be a minimum of 13°C to allow the Event to go ahead
Wetsuit use is optional for water temperatures of 18°C or above. However please note swimmers choosing not to wear a wetsuit MUST use an approved high visibility tow float.
Wetsuits are compulsory for all juniors 8-12 years old and become optional for 12-16 year olds when water temperature permits.

WATER TEMPERATURE OF 20° AND ABOVE: NO WETSUIT.

**WATER TEMPERATURE BETWEEN 18° AND 19.9°
SWIMMER CAN CHOOSE TO WEAR A WETSUIT OR NOT.**

WATER TEMPERATURE BETWEEN 13° AND 17.9° WETSUITS ARE COMPULSORY.

*Please note that we expect the water temperature on Event Day will be between 14° and 18°

The water temperature is checked during race week and published on the Go Swim Website.
A Race Day temperature will also be taken 2 hours before the start, and competitors notified verbally during their start line Race briefings

Our Swim Safety Officer will monitor temperature conditions periodically during the race.

WATER TEMP F C	THICKNESS		NEOPRENE CAP	NEOPRENE GLOVES	NEOPRENE BOOTIES
>72	>20	NO WETSUIT*	×	×	×
67.8	19.9	TRISUIT / WETSUIT	×	×	×
64.4	18	TRISUIT / WETSUIT	×	×	×
64.2	17.9	FULL WETSUIT	✓	×	×
60.8	16	FULL WETSUIT	✓	×	×
59.0	15	FULL WETSUIT	✓	×	×
57.2	14	FULL WETSUIT	✓	×	×
55.4	13	FULL WETSUIT	✓	×	×

*Can use Tri Suits/Speed Suits/Trunks/Shorts/Suits/Shorts. Must have knee float

CAN BE USED IN 250M/750M WAVES ONLY

1500M SKINS |

You must have previous experience of swimming without a wetsuit and preferably this should be at an Event. We will assume that in entering the skins option that you have been training for this event in skins and have suitable experience of skins swimming to be able to complete this event safely.

Tow Floats will be compulsory for all Skin Swimmers and you can purchase those from our friends at Lomo [Here](#) .

SOCIAL & PRACTICAL STUFF

FOOD & DRINK

There are several local eateries very close to the Event Hub, Taymouth Marina offer Hot and Cold Drinks and snacks from their [Ferryman Inn](#) hub. [The Courtyard](#) at Taymouth Marina is available for bar meals into the evening

ACCOMMODATION

There are several accommodation options in Aberfeldy and Kenmore, please see our Accommodation partners page for more information please look on our [Aberfeldy Multi Sports Festival website](#) for a list of good local accommodation options

CAR PARKING/PUBLIC TRANSPORT

DIRECTIONS

GETTING THERE BY CAR

From the North A9 Southbound:

Ballinluig Junction A822 to Aberfeldy, B827 Kenmore.

From the South

M90 to Perth, A9 North Bound, Ballinluig Junction A822 to Aberfeldy, B827 Kenmore.

From the West

Glasgow M80 towards Stirling M9 to Stirling, A9 Northbound to Perth North Bound, Ballinluig Junction A822 to Aberfeldy, B827 Kenmore.

From Aberdeen and the East

A90 to Dundee and Perth, A9 Northbound Ballinluig Junction A822 to Aberfeldy, B827 Kenmore

GETTING THERE BY RAIL

The closest rail stations are at Pitlochry and Birnam (Dunkeld).

Bus link or car hire from there to Aberfeldy/Kenmore.

[Trainline](#) and [Bus Information and Times](#)

CAR PARKING

We are anticipating around 300 competitors to take part in this year's event. We cannot accommodate car parking at the swim start therefore you must park in the event car park which is a short walk away (0.9Km) approximately 15mins from the swim start, located through the grounds of Taymouth Castle adjacent to the Sports Ground.

Please use the Event Parking and do not park in Kenmore Village or in residential streets. There is ample parking for everyone.

SPONSORS AND SUPPORTERS

MESSAGE FROM OUR SWIM DELIVERY PARTNER LOMO

We are delighted to be a delivery partner on Go Swim Loch Tay part of the Aberfeldy Multisports Festival for the eighth year. It is a great privilege and honour for Lomo to be a part of growing the sport here in Scotland and we look forward to another excellent weekend in the beautiful Perthshire Highlands.

Lomo are dedicated to bringing you the best value wetsuits, dry suits, dry bags, watersports and outdoor equipment that money can buy. Here at Lomo we sell our sports gear directly to you through our own website in order to keep the costs as low as possible. Our wetsuits, dry bags and other accessories use only the finest materials, we simply cut out the middle men of other retailers to keep the costs down.

Check out our range of swim gear [here](#).



TAYMOUTH MARINA LOCHSIDE SPA RESORT

Kenmore, Perthshire, Scotland PH15 2HW | www.taymouthmarina.com

Taymouth Marina is an award-winning independent resort set on the beautiful banks of Loch Tay, which is nestled in the heart of the Scottish Highlands. We offer the perfect location for escapism into nature where we offer indulgence within majestic scenery.

Our bespoke, stylish and elegant accommodation has panoramic views over the Loch which provides the ideal base to explore and or relax. We provide unforgettable experiences within our HotBox Spa, Water Sports centre, a well-equipped Marina and sumptuous Lochside Gastro bar and restaurant.



This 2 hour invigorating and relaxing experience includes full use of our Outdoor HotPool, HotBox Sauna, Steam Room, Jetty, Loch Tay Slide and relaxing outdoor terrace all surrounded by magnificent views.



Our menu is influenced by Scotland's exquisite larder where we aim to elevate your expectations and where possible use local, sustainable, and organic produce. We're dog friendly, so bring them with you to enjoy the resort!

info@taymouthmarina.com
01887 830216



@TAYMOUTHMARINA



@TAYMOUTH_MARINA

GO SWIM MERCHANDISE

We will have a full selection of our fabulous Go Swim Merchandise available at Registration but if you cannot wait until then, you can get your hands on one in our online shop.

www.go-swim.uk/shop



GO SWIM
SWIM CAPS
£3.50



GO SWIM
WETSUIT CHANGING MAT/BAG
£15



GIFT
VOUCHER
£20 - £40



GO SWIM
BOBBLE HAT
£22



GO SWIM
EVENT HOODIE
£36

**PHEW, WE THINK THAT'S IT.
SEE YOU AT THE FINISH LINE.**

