

SATURDAY 13TH SEPTEMBER

# GO SWIM LOCH MORLICH 2025



AVIEMORE



# ATHLETE GUIDE

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## WELCOME

We are delighted to be welcoming you back to Loch Morlich with race distances suitable for everyone including:

**250M** | **750M** | **1500M** |  
**3000M** | **5000M** | **10000M**

## SKINS

**250M** | **750M** | **1500M**

## AQUATHLON

Please respect the physical challenge you have set yourself and don't attempt it if you are feeling at all unwell and ensure you are properly prepared and trained for the event.

We are sure you will have many questions relating to the race and the associated organisation and activities. We will attempt to give you as much information as possible within this Athlete Guide but if you have any additional questions 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)

Please be advised that Photographs of the event will be captured for promotional purposes. If you are taking your own images to post on social media don't forget to tag us @goswimbritain and use the hashtag

**#GOSWIMLOCHMORLICH**

# ATHLETE REGISTRATION

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Event Village: <https://w3w.co/blazers.pianists.released>

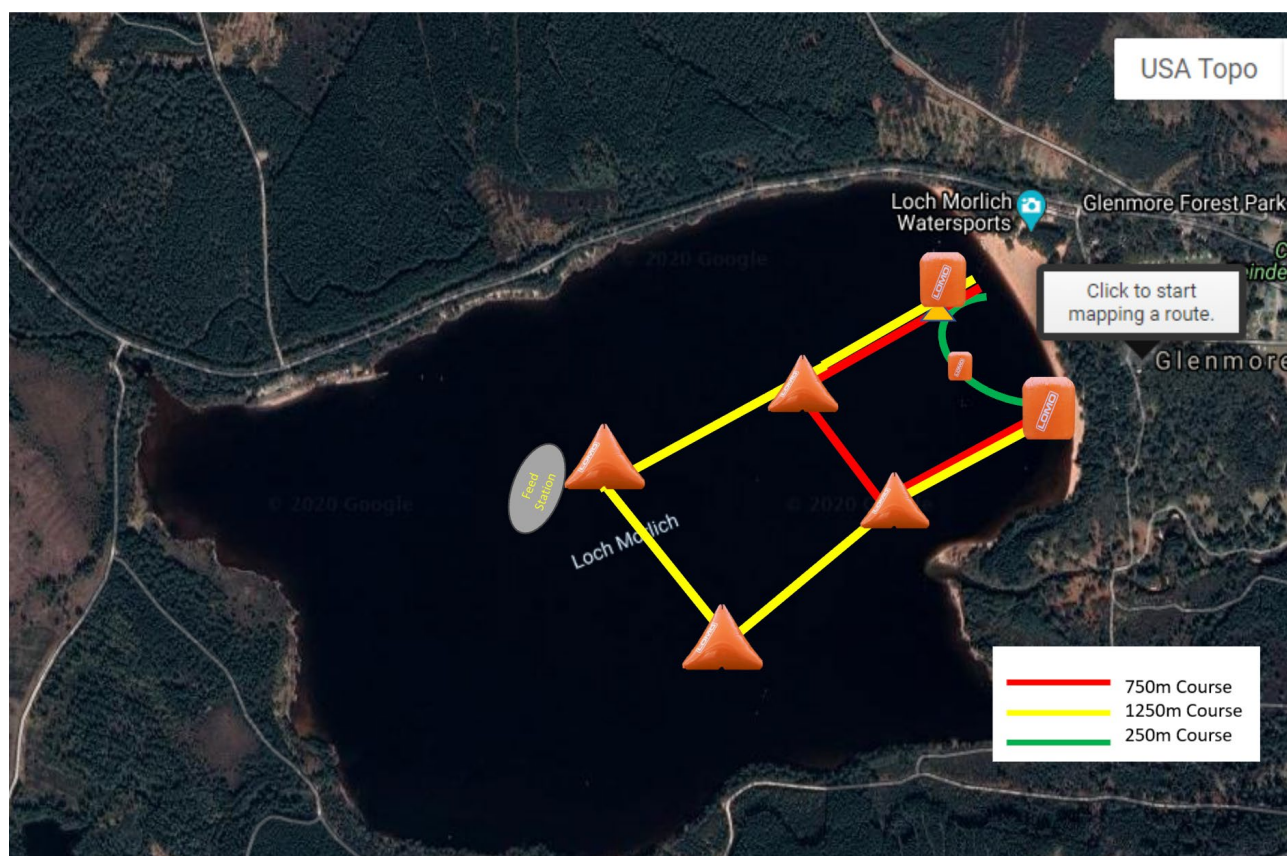
Athlete registration will take place in the Event Village Located on Loch Morlich Beach. You will receive your full race pack at registration including your timing tag, Swim Cap and race number for Aquathlons. Please see event schedule for registration opening times.

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

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

## COURSE INFO

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## COURSE

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We will operate on two main courses a 1250m course and a 750m course.

The 10km and 5km will go on the 1250m course and will complete 8 laps and 4 laps respectively.

The 3km, 1500m and 750m will all go on the 750m course and complete 4, 2, and 1 lap respectively.

There will be a feed station boat at the top of the 1250m course that will have water, Active Root energy drink and jelly babies.

You can put your own Nutritional needs on the feed station and these should be dropped at the Start area no later than 15 minutes before the start.



# SWIM EVENT SCHEDULE

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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.

**FRIDAY 12TH SEPTEMBER - REGISTRATION OPEN FOR ALL EVENTS 16:00-18:00**  
**IF YOU ARE IN THE AREA, PLEASE COME AND REGISTER EARLY TO AVOID**  
**QUEUEING IN THE MORNING.**

## SATURDAY 13TH SEPTEMBER

EVENT	CAP COLOUR	REGISTRATION TIMES:	START AREA CHECK IN OPEN	WARM UP & SAFETY BRIEF	START TIME
10K	WHITE	06:45-07:30	7:30	7:45	8:00
5K	RED	06:45-07:30	7:30	7:45	8:00
AQUATHLON JNR	YELLOW	07:30-08:20	8:30	8:45	9:00
AQUATHLON AD	YELLOW	07:30-08:20	8:30	8:45	9:10
3K	PINK	08:45-09:35	9:30	9:45	10:00
1.5K	ORANGE	09:15-10:05	10:00	10:15	10:30
1.5K SKINS	ORANGE	09:45-10:35	10:30	10:45	11:00
750M	GREEN	10:15-11:05	11:00	11:15	11:30
750 SKINS	GREEN	10:45-11:35	11:30	11:45	12:00
250M	BLUE	11:40-12:20	12:15	12:30	12:45
250M SKINS	BLUE	12:00-12:45	12:40	12:50	13:05

## CHECK LIST

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

<input type="checkbox"/>	Photo ID	<input type="checkbox"/>	Lubricant – For wet suit
<input type="checkbox"/>	Race Licence (if you are a member of Triathlon Scotland and taking part in the Aquathlon)	<input type="checkbox"/>	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.
<input type="checkbox"/>	Warm Clothing		
<input type="checkbox"/>	Trisuit/Clothing	<input type="checkbox"/>	Nutrition
<input type="checkbox"/>	Race Number Belt (Aquathlon Only)	<input type="checkbox"/>	Running shoes (Aquathlon Only)
<input type="checkbox"/>	Wetsuit and swimming costume	<input type="checkbox"/>	Sunglasses
<input type="checkbox"/>	Swim Goggles	<input type="checkbox"/>	Sun Cream
<input type="checkbox"/>	Dry Robe	<input type="checkbox"/>	Hat
		<input type="checkbox"/>	Midge repellent

## AQUATHLON EVENT SCHEDULE & RUN COURSE

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<b>FROM 07:30</b>	Registration & race pack pick up at The Event Village adjacent to the Loch Morlich Water Sports Centre on the beach
<b>08:30</b>	Aquathlon Start Pen Check In Opens
<b>08:45</b>	Aquathlon Start Pen Check In Closes
<b>08:45</b>	Aquathlon Warm Up and Safety Briefing
<b>09:00</b>	Start of Junior Aquathlon
<b>09:10</b>	Start of Adult Aquathlon

We will use the 750 m swim course for the Adults and the 250m course for the Junior.  
The run GPX can be downloaded.

Adult Route: [Here](#) Junior Route: [Here](#)

## AQUATHLON AGE GROUPS

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

For this year there will be no awards ceremonies but we will publish results and you can see where you faired within your age category



## HOW TO GET THERE

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From the roundabout at the south end of Aviemore follow the signs for 'The Cairngorms' for 5 miles. The car park entrance will appear on the right shortly after you first sight the loch through the trees.

You can cycle here from Aviemore on the Old Logging Way; a superb, safe bike route that runs for 6 miles between Aviemore and the Glenmore Forest Park Visitor Centre.

### USING SATNAV?

PH22 1QU is the nearest postcode. Coming from Aviemore, you'll reach Loch Morlich 1 mile before you get to this destination.

## WHERE TO PARK

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The event car park is at the Hay Field which is past the Loch Morlich Beach car park. Please use this car park and not park at the beach.

The W3W location is [what3words.com/registers.agenda.molars](https://what3words.com/registers.agenda.molars)

There is a short walk of just over 1km from the Event car park to the Event Hub. Follow the wayfinding signage to the start.



## OTHER INFORMATION

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### **TIMING AND RESULTS**

Resultsbase will be providing a comprehensive race results service. To ensure accurate times and results you must ensure you wear your timing tag whilst swimming. Using this cutting edge technology will mean results; and category positions will be updated live as swimmers pass the finish line. You can download your result by scanning the QR Code displayed around the event village.

### **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.

### **SWIM CUT OFFS**

We have swim cutoff times for your safety and those on the water safety team. These apply to the 3,000, 5,000 and 10,000 metre swims. For the 10,000-metre swim, you will need to be able to swim 2km in around an hour and therefore complete the swim in 5 hours. For the 5,000-metre swim, you will need to be able to swim 1,500 metres in around 1 hour and therefore complete the swim in 3.5 hours. For the 3,000-metre swim, you will need to be able to swim 1,500 metres in around 1 hour and therefore complete the swim in 2 hours.

We reserve the right to change these cutoff times depending on weather and water conditions on the day and, if that is the case, these will be communicated to you at the race briefing. There may be other circumstances where we will need to ask you to leave the water for your safety – please comply with any instructions given to you by our team or the water safety team. Any refusal to comply or any verbal abuse towards the marshals, kayakers or safety team will not be tolerated and you will be asked to leave the event.

We want you to reach your swimming goals - safely - so please help us ensure that everyone has a great swim.

### **SKINS SWIMMERS**

To ensure that you stay as warm as possible until you enter the water, please bring your changing robe or other warm hoodie/jumper/fleece to the start area. We will look after these until you exit the water where you can slip them on again quickly. This applies to skins swimmers only. Skin Swimmers must use a tow float.

## **MEDICAL COVER**

The safety and welfare of our competitors is paramount. Our Medical team is being led by Avium Medical. 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. The recovery area is an athlete only area. Don't forget if you have completed all 3 Go Swim events this year pick up your All 3 participant medal from the Merch tent next to Registration.

## **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 we cannot guarantee to get a photo of every swimmer but please smile if you see the photographer, and have fun trying to spot yourself when the photos are published on 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 thanks goes to you the swimmer for supporting our Go Swim event, we hope you enjoy the event and achieve your own personal goals

# BIO SECURITY

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## **DITCH THE HITCHERS: GO SWIM LOCH MORLICH 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 Morlich and the Cairngorms – 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

## SPONSORS AND SUPPORTERS



**LOMO**

**SEE OUR COMPLETE  
SWIMMING COLLECTION**

LOMO.CO.UK 0141 221 7674





# Let's go!

**Good luck to everyone taking part in Go Swim Loch Morlich to raise money for Macmillan Cancer Support.**

Your support means the world to us, as an incredible 98% of our income comes from people like you, which allows us to do whatever it takes to help people living with cancer.

It's not too late to set up your JustGiving page, scan the QR code and get fundraising!



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.

In aid of

**MACMILLAN  
CANCER SUPPORT**

## WET SUIT HIRE

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- Not Sure What wetsuit to go for?
- With our quick hire service just give us your height weight and event date and we will help choose the best wetsuit for you
- Event day Hire £15, book now at [info@go-swim.uk](mailto:info@go-swim.uk) and we will have your hire suit waiting for you at Registration



## EVENT VILLAGE

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Adventure Shenanigans will be on site selling their wonderful array of swim related badges including the new 2025 Go Swim set. If you have completed all three swims, don't forget to buy your 2025 Go Swim badges to celebrate your achievement



Big Bobble Hats will also be on site selling their fabulous range of Hats and beanies along with the new 2025 Go Swim Big Bobble Hat.





## 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](http://www.go-swim.uk/shop)



GO SWIM SWIM CAPS

£3.50



GO SWIM WETSUIT CHANGING MAT/BAG

£12



GIFT VOUCHER

£20 - £40



GO SWIM BOBBLE HAT

£22



GO SWIM EVENT HOODIE

£35 SPECIAL EVENT ONLY PRICE



MEDAL HOLDER

£18





Forestry and  
Land Scotland  
Coilltearachd agus  
Fearann Alba

LOMO

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