



SATURDAY 29TH AUGUST

GO SWIM LOCH LOMOND

BALLOCH
2026



ATHLETE GUIDE

Welcome

It gives me great pleasure to welcome you to the culmination of your journey to Go Swim Loch Lomond 2026. A journey of countless hours in the pool, loch or lake to get you to the start line finally drawing 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 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



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

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

SKINS

Supported by **ZOGGS**

250M | 750M | 1500M

AQUATHLON

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

#GOSWIMLOCHLOMOND!



ATHLETE REGISTRATION



Event Hub: <https://what3words.com/heap.chaos.steamed>

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



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.

Registration Open:

FRIDAY 28 AUGUST 16:00-18:00 | SATURDAY 29 AUGUST FROM 06:45

EVENT	REGISTRATION IN OPEN	ACCLIMATISATION OPEN	WARM UP & SAFETY BRIEF	START TIME
10k	06:45	07:30	07:45	08:00
5k	07:00	07:30	07:45	08:00
Aquathlon Jnr	07:30	08:30	08:45	09:00
Aquathlon Ad	07:30	08:30	08:45	09:10
3k	09:00	09:45	10:00	10:15
1.5k Wave 1	09:30	10:15	10:30	10:45
1.5k Wave 2	10:00	10:45	11:00	11:15
1.5K Skins	10:30	11:15	11:30	11:45
750m	11:00	11:45	12:00	12:15
750 Skins	11:30	12:15	12:30	12:45
250m	12:15	13:00	13:15	13:30
250m Skins	12:15	13:00	13:15	13:30

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.

Times subject to change

11:30

AQUATHLONS

12:50

MALE AND FEMALE | 5K AND 10K AWARD CEREMONY

MALE AND FEMALE | 1.5K AND 3K AWARD CEREMONY

14:00

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



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 a 1250m course, completing 4 laps for the 5000m and 8 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.

EVENT	CAP COLOUR	START TIME
10K	BLUE	08:00
5K	RED	08:00
AQUATHLON JNR	YELLOW	09:00
AQUATHLON AD	YELLOW	09:10
3K	PINK	10:15
1.5K WAVE 1	ORANGE	10:45
1.5K WAVE 2	ORANGE	11:15
1.5K SKINS	ORANGE	11:45
750M	GREEN	12:15
750 SKINS	GREEN	12:45
250M	WHITE	13:30
250M SKINS	WHITE	13:30



CHECK LIST

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

☐

Photo ID

☐

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

☐

Warm Clothing

☐

Trisuit/Clothing

☐

Race Number Belt (Aquathlon Only)

☐

Wetsuit and swimming costume

☐

Swim Goggles

☐

Lubricant – For wet suit

☐

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.

☐

Nutrition

☐

Running shoes (Aquathlon Only)

☐

Sunglasses

☐

Sun Cream

☐

Hat

☐

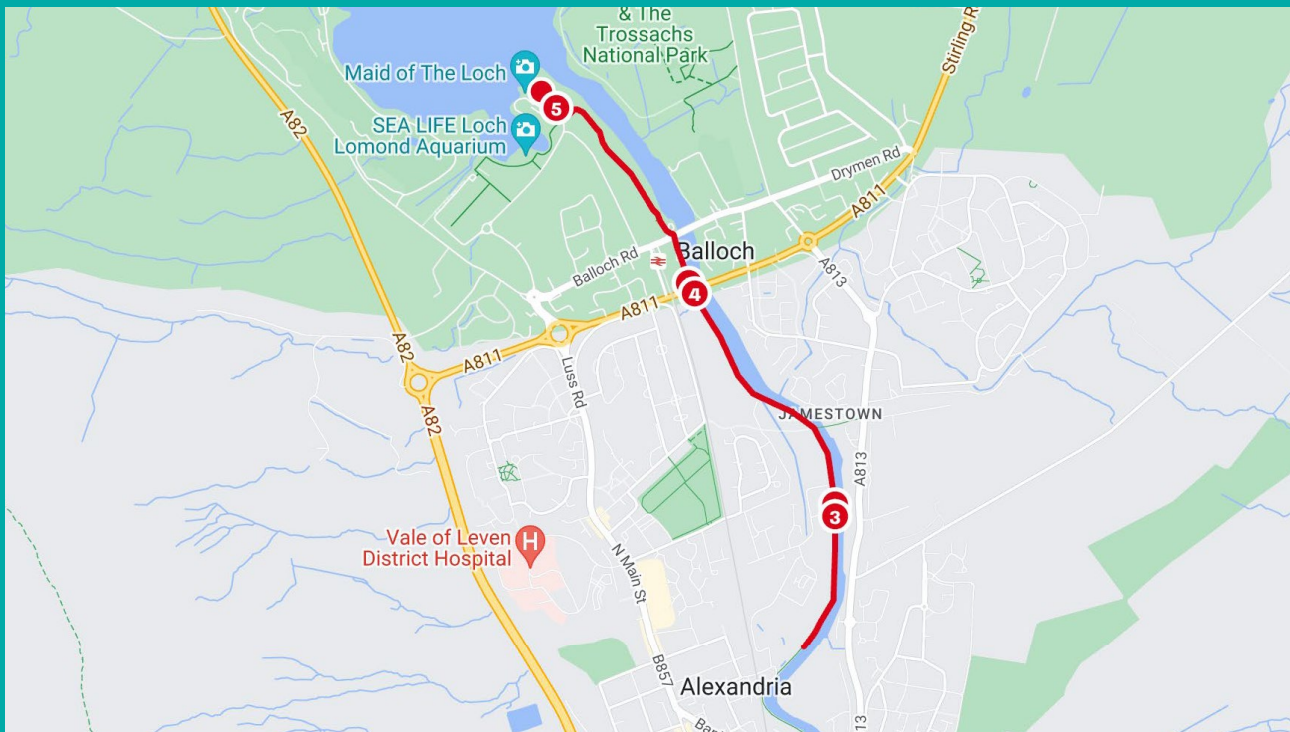
Midge repellent

AQUATHLON EVENT SCHEDULE & RUN COURSE

FROM 07:30	Registration & race pack pick up at the event village adjacent to the Duncan Mills Memorial Slipway Pier Road, Balloch, Alexandria, G83 8QX
08:15	Aquathlon Start Pen Check In Opens
08:45	Aquathlon Start Pen Check In Closes
08:45	Aquathlon Warm Up and Safety Briefing
09:00	Start Of Aquathlon

Medal ceremonies will be held at 11:30

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.



The run GPX can be downloaded [here](#). The junior route will make an 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.





OUR LOCH LOMOND EVENT VILLAGE

Say hello to our retailers and exhibitors at Loch Lomond. They will be situated in our Event Village to the right of the start and next to the white Registration tent.



Wild Moose



Wild Highlands Coffee



Three Sisters Bake

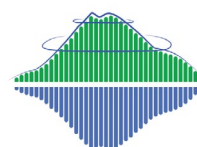


Adventure
Shenanigans

SONATERRA



SONATERRA



Lomond Radio
Putting the **LOCAL** back into **RADIO**

Lomond Radio



VENTURE SCOTLAND
#CHANGING YOUNGLIVES
Outdoors

SAMH
Scottish Action for Mental Health

HOW TO GET THERE

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

We wanted to update you on the changes to parking at Loch Lomond Shores this year.

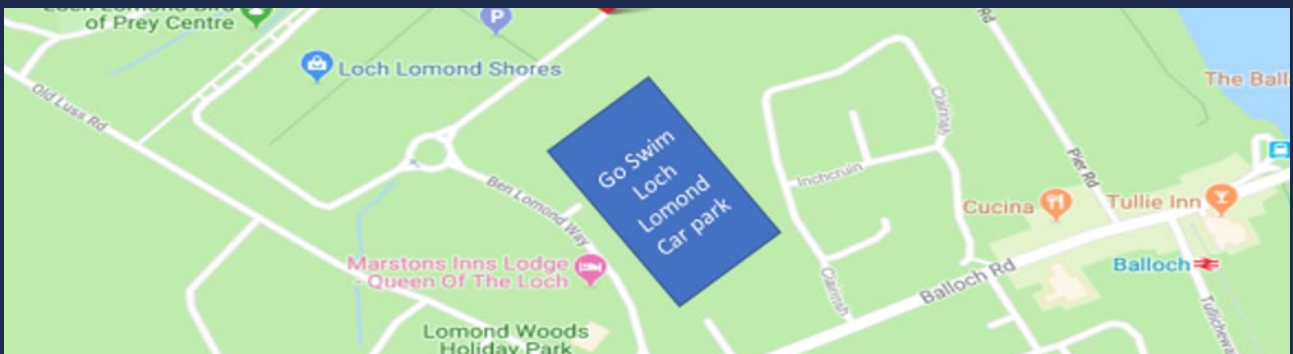
First of all, we still have event parking for our Go Swim event in the usual car park (the overflow car park) which is still free for all competitors. However, it can become full as the day progresses and, if this happens, there is additional parking at Loch Lomond Shores. But please be aware that this parking is now subject to parking charges.

If you park anywhere other than the event car park, there is Automatic Number Plate Recognition so to avoid any parking fines, please pay for your parking when you arrive. The charges range from 50p for 30 minutes to £4 for all day parking.

Thank you for your co-operation with the parking at Loch Lomond.

Event Car Park: <https://what3words.com/chemistry.riverbank.jumped>

Loch Lomond Shores Disabled Parking: <https://what3words.com/scream.pebble.protects>



OTHER INFORMATION

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. 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.

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.

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

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. 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 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 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

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

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



proudly supporting

SAMH

Scottish Action for Mental Health

SAMH is proud to be the official charity partner for Go Swim 2026.

Around since 1923, SAMH is Scotland's national mental health charity.

Today, we operate over 70 services in communities across Scotland, providing mental health social care support, addictions and employment services, among others.

Together with national programme work in respect of, suicide prevention, and physical activity and sport, these services inform SAMH's policy and campaign work to influence positive social change.

Did you know?

- One in ten adults say they feel lonely all or most of the time – this includes one in five young adults.
- In the most recent census, one in nine Scots said they have a mental health condition – more than double the rate in 2013
- 92% of Scottish Mental Illness Stigma Study participants experienced stigma with family and friends in the last year.

Poor mental health is increasing at a higher rate than any other health condition. We are taking action to create change.

Your donations help SAMH to:

- Support people through 70+ community-based services
- Campaign for change
- Deliver mental health training
- Tackle stigma and raise awareness



Join Team SAMH!

In the last year at SAMH, 28,467 people have been supported through community-based services, 272 suicide interventions by SAMH staff and 17,907 people accessing our online training resources.

Our work would not be possible without our amazing supporters. If you'd like to champion Scotland's mental health and join Team SAMH, in the future, please do get in touch with our fundraising team at fundraising@samh.org.uk or visit our website : [SAMH Events](#)

It's time to take action. It's time to create change.

Find out more:   



THE SHIP ON THE SLIP

Open Saturdays & Sundays until October

HARD HAT TOURS

Onboard 'The Maid'

Take a tour with our knowledgeable guides and learn all about the ship, her history and current restoration work which will get her sailing again on Loch Lomond.

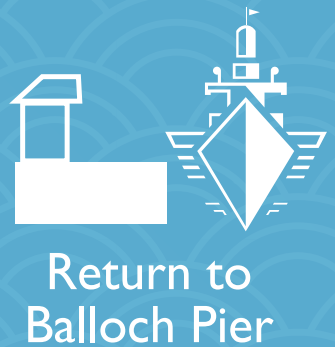
To book
our tours:



Adults: £10 Children: £5

MAID MAKEOVER NEEDS YOU!

Sponsor the hull restoration project and become part of preserving one of Britain's most iconic vessels.



**£15 = One bag
of blasting abrasive**

300 bags needed!

**£15 = One litre
of marine coating**

350 litres needed!



MAID OF THE **LOCH**

LOCH LOMOND'S PADDLE STEAMER



**SPONSOR THE
RESTORATION
TODAY!**



**For details visit:
www.maidoftheloch.org
or scan the QR Code**

Loch Lomond Steamship Company SC024062

WITH THANKS TO OUR PROJECT PARTNERS:



Go Swim
Loch Lomond



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