



SATURDAY 12TH SEPTEMBER

GO SWIM LOCH MORLICH

AVIEMORE

2026



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

Supported by 

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. All additional race information and route maps will be available at 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



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 Pass if appropriate.

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

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.

FRIDAY 11TH SEPTEMBER - registration open for all events 16:00-18:00

SATURDAY 12TH SEPTEMBER

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

CHECK LIST

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

☐	Photo ID	☐	Lubricant – For wet suit
☐	Race Pass (if you are a member of Triathlon Scotland and taking part in the Aquathlon)	☐	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)
☐	Wetsuit and swimming costume	☐	Sunglasses
☐	Swim Goggles	☐	Sun Cream
☐	Dry Robe	☐	Hat
		☐	Midge repellent

AQUATHLON EVENT SCHEDULE & RUN COURSE

FROM 07:30	Registration & race pack pick up at The Event Village adjacent to the Loch Morlich Water Sports Centre on the beach
08:30	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 Junior Aquathlon
09:10	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

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

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

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

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

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

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. Using this cutting-edge technology will mean results and category positions will be updated live as athletes pass the finish line.

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 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. Here you can help yourself to some food and drink. The recovery area is an athlete only area. Don't forget to pick up your extra medal if you have entered all three swims! Collect it from the merchandise 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 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 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

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



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SWIMMING COLLECTION**

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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 to, 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:   

WET SUIT HIRE

- 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 and we will have your hire suit waiting for you at Registration



EVENT VILLAGE

[Adventure Shenanigans](#) will be on site selling their wonderful array of swim related badges including the new 2026 Go Swim set.

Check out [Wild Changer's](#) range of practical, stylish swimming bags designed for life by the water.

If you have completed all three swims, don't forget to buy your 2026 Go Swim badges to celebrate your achievement.



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

£12



GIFT VOUCHER

£20 - £40



GO SWIM BOBBLE HAT

£22



GO SWIM EVENT HOODIE

£35 SPECIAL EVENT ONLY PRICE



MEDAL HOLDER

£18



Sunday
13th September
2026 – 9am

Yoga on the Beach
Social Swim
Hot Chocolate



*Join us at Loch Morlich
for our new event*

To finish off the wonderful weekend of swimming, we have arranged for a local yoga instructor, Izzy Dubois, to lead us through some yoga flows on the beach before we move onto a social swim in Loch Morlich, followed by delicious hot chocolate from the cafe. You will be floating home in a state of zen.

The yoga is booked for a 9am start for 1 hour, followed by the social swim and hot chocolate so we think the event will wrap up around 11-11.30am. Bring a towel to use as your yoga mat please. Only £15 for all this!

**GO-SWIM.UK/PRODUCT/
LOCH-MORLICH-YOGA**



SAMH
Scottish Action for Mental Health



Forestry and
Land Scotland
Coilltearachd agus
Fearann Alba

LOMO

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