



SATURDAY 15TH AUGUST

GO SWIM LOCH TAY

KENMORE BEACH
KENMORE, PERTSHIRE

2026



ATHLETE GUIDE

Welcome

It gives me great pleasure to welcome you to the culmination of your journey to Go Swim Loch Tay 2026. A journey of countless hours in the pool, loch or lake to get you to the start line finally draws 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, your own personal challenge 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 pre- pared 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 Kenmore Recreation Ground (<http://chained.prelude.conspired>)

REGISTRATION VENUE

Kenmore Sports Pavilion
Kenmore, Perthshire, PH15 2NU
(<http://chained.prelude.conspired>)

SWIM START AND FINISH VENUE

Kenmore Beach
Kenmore, Perthshire, PH15 2HW
(<http://interval.amicably.botanists>)

EVENT SCHEDULE

FRIDAY 14TH AUGUST

**16:00 -
18:00**

Registration & race pack pick up at Kenmore Sports Pavilion

SATURDAY 15TH AUGUST

**07.30 -
13:00**

Registration & race pack pick up for Go Swim Loch Tay

09:00

Go Swim Loch Tay Starts

09:00

Go Swim Loch Tay 10000m and 5000m start

10:45

Go Swim Loch Tay 3000m Start

11:15

Go Swim Loch Tay 1500m Start

11:30

Go Swim Loch Tay 1500m Skins Start

12:00

Go Swim Loch Tay 750m Start

12:15

Go Swim Loch Tay 750m Skins Start

13:00

Go Swim Loch Tay 250m Start

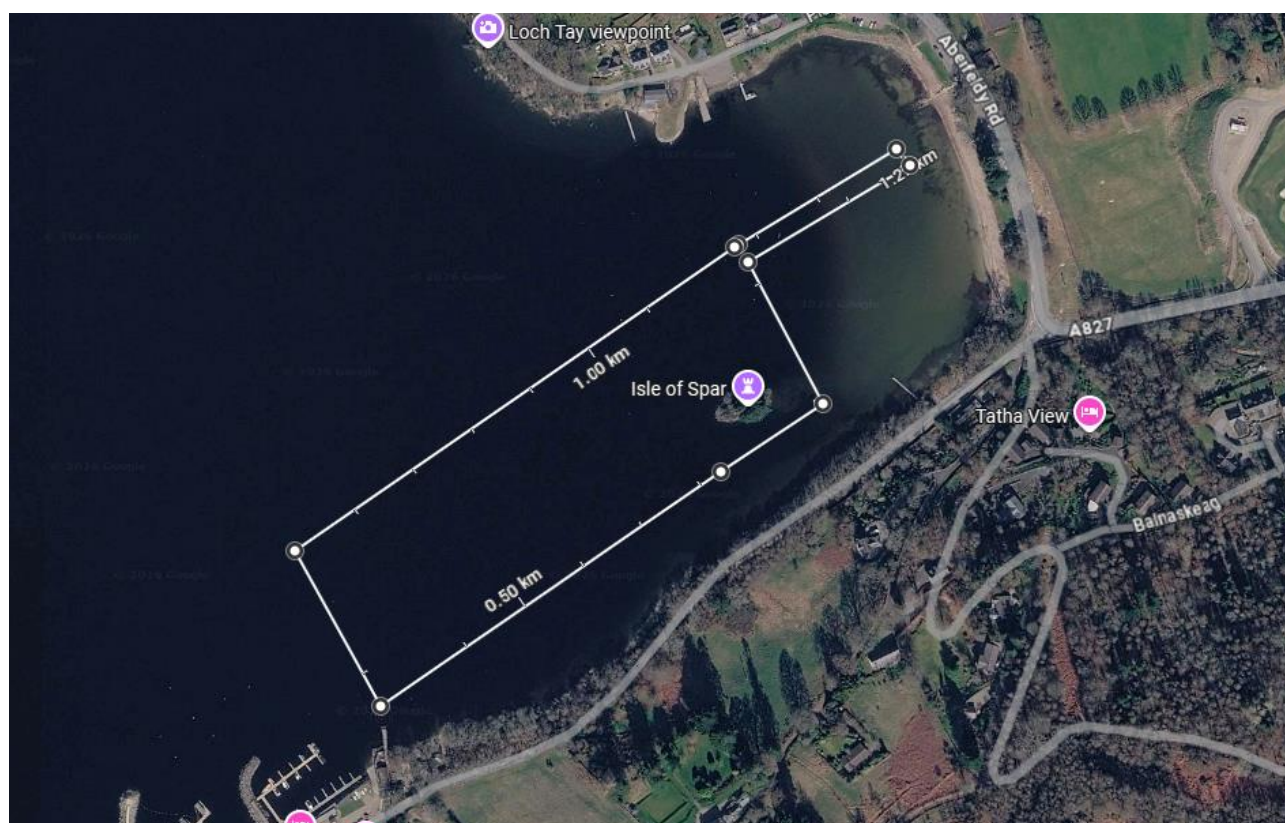
REGISTRATION

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 and some sponsor information.



COURSE DESCRIPTIONS

Our course will follow a 750m route and a 1250m route with the 10Km and the 5km following the 1250m, and the other distances a 750m. The 250m will be an out and back from the beach. The courses will be designed to approximately the plan below, however this is subject to change due to weather and water conditions on the day.



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 and your wrist band worn



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 our social media. 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/Costume. Must have tow float

CAN BE USED IN 250M/750M WAVES ONLY

ALL SKINS EVENTS

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. We will also have Coull Beans at Kenmore Recreation Ground.

ACCOMMODATION

There are several accommodation options in Aberfeldy and Kenmore, 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 600 competitors to take part in this year's event. You must park in the event car park which is 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.

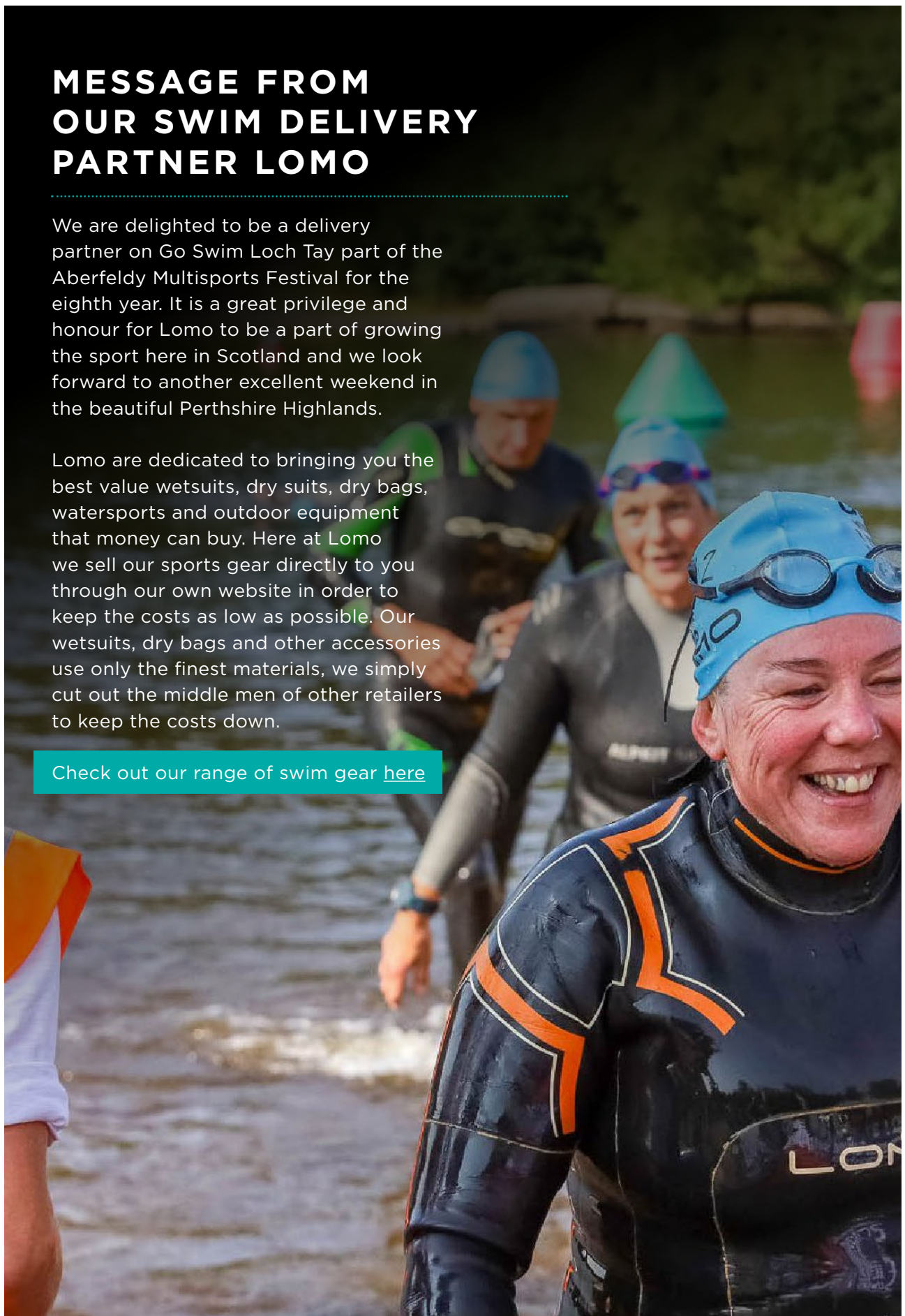
There is ample parking for everyone.

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



in partnership with



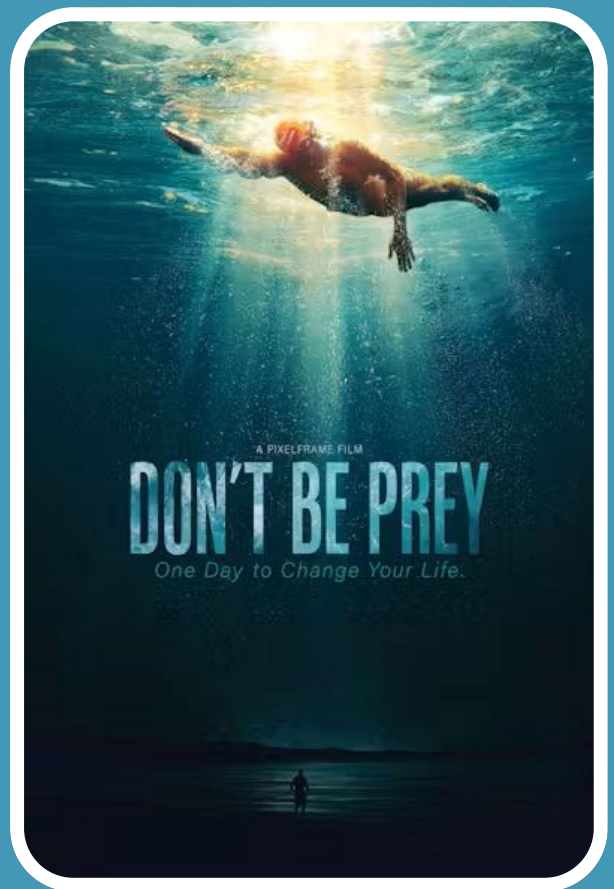
SUNDAY 8TH NOVEMBER

2PM

**BIRKS CINEMA
ABERFELDY**

Join us for an inspiring
afternoon celebrating
extraordinary open water
swimming.

Following a screening of
Don't Be Prey, legendary
marathon swimmer Colleen
Blair MBE will share her
incredible adventures before
taking your questions in a
live audience Q&A.



**All proceeds will support SAMH,
helping make a difference to
mental health across Scotland.**

proudly supporting

SAMH

Scottish Action for Mental Health



EVENT VILLAGE

Make sure you visit our Go Swim Loch Tay Event Village at Kenmore Recreation Ground, where you'll find a fantastic selection of swimming-inspired treats. Celebrate your latest adventure with one of [Adventure Shenanigans'](#) brilliant fabric patch badges, wrap up warm with a cosy bobble hat or pick up essential swimming accessories from [Swimblender Hats](#), and check out [Wild Changer's](#) range of practical, stylish swimming bags designed for life by the water. You can also buy from our range of our Go Swim merchandise and a range of LOMO accessories. If you need spare goggles or a nose clip, this is the place to visit!



swimblender
for all your outdoor adventures



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

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

