



## **The Taymouth Marina Loch Tay Swims Athlete Guide**

### **Race HQ**

We will be using The Sports Pavilion in the Grounds of Taymouth Castle. It will house sign-on, car parking and the finish line.

#### **Registration Venue**

Kenmore Sports Pavilion  
Kenmore  
Perthshire  
PH15 2NU

#### **Swim Start Venue**

Taymouth Marina  
Kenmore  
Perthshire  
PH15 2HW

### **Race Weekend Timeline**

The critical bits of the schedule for the Trail Run are below;

<b>Saturday 17<sup>th</sup> August</b>	12.00pm	Car Park Re-Opens for Access
	12.00pm – 1.45pm	Registration Open at Kenmore Sports Pavilion
	2.00pm	The Tay Splash - 250m Open Water Swim START
	2.15pm	Tay-K the Plunge - 750m Open Water Swim START
	2.35pm	Tay-K it Further - 1500m Open Water Swim START
	3.35pm	Tay-K it to the Limit - 3000m Open Water Swim START

### **Course Descriptions:**

**The Tay Splash:** A 250m (the equivalent of 10 lengths of the pool) of open water Swimming/splashing/paddling in the beautiful waters of Loch Tay.

**Tay-K The Plunge:** A great 750m introduction into open water swimming in a relatively safe environment. Equivalent to 30 lengths of the pool swimming in the cool clear open water

**Tay-K It Further:** A testing 1500m swim (equivalent to 60 lengths of the pool) in a spectacular location

**Tay-K It To The Limit:** A great 3000m open water challenge suited to experienced swimmers who are looking to go that little but further (equivalent to 120 lengths of the pool). 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

The course will be marked by buoys and instructions on which course to follow will be given at the 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.

### **Our Wetsuit Policy:**

Water temperature of 20°C and above: no wetsuit.

Water temperature between 18°C and 19.9°C swimmer can choose to wear a wetsuit or not.

Water temperature between 14°C and 17.9°C wetsuits are compulsory.

Wetsuit use is optional for water temperatures of 18°C or above. Water temperature of the Tay in August is between 14°C and 16°C. Swimmers choosing not to wear a wetsuit MUST use an approved high visibility tow float. This only applies to swimmers aged over 16 years old. Swimmers aged under 16 will be required to wear a wetsuit.

### **Social & Practical Stuff**

#### **Food & Drink**

The Cake Box at Taymouth Marina will be open from 09:00 -17:00 serving a range of hot and cold drinks small meals and snacks. Their Hot Box Bar will also be open from lunchtime into the evening

#### **Accommodation**

**Camping:** If you have pre-booked our campsite is nearby (5 minute walk from Race HQ) for tents/campervans (please note there is no electrical hook ups for campervans). Further information on the campsite location and facilities can be found our [website](#). Please bring a printed copy of your camping confirmation email to check in to the campsite.

From Aberfeldy take the A827 to Kenmore. Head through the village and go over Kenmore Bridge. Take the first road over the Bridge on your right signposted Kinloch Rannoch The Campsite is situated 850m along this Road.

From Killin take the A827 towards Kenmore, just before (150m) Kenmore take the left turn signposted for Kinloch Rannoch. The Campsite is situated 850m along this Road"

Please remember this is one step up from wild camping and we cannot accommodate electrical hook ups for vans. Temporary Toilets and drinking water will be available"

Generally you should try to make as little noise as possible and be particularly quiet early in the morning and late at night. This means talking quietly and keeping the volume low if playing music or games or using equipment that makes a noise such as radios or Don't forget that actions such as closing and opening car doors and boots are also loud and will bother sleeping campers. Most of you have early starts and are racing so please respect that"

There are several accommodation options in Aberfeldy and Kenmore, please see our Accommodation partners page for more information [www.aberfeldytriathlon.com/accommodation-partners/](http://www.aberfeldytriathlon.com/accommodation-partners/)

#### **Activities**

There's loads of things to do in Kenmore and the surrounding area and we have partnered up with some local activity group to bring you some special offers for the weekend, for more information see out activities page [www.aberfeldytriathlon.com/weekend-activities/](http://www.aberfeldytriathlon.com/weekend-activities/)

## **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 railway:- The closest rail stations are at Pitlochry and Birnam (Dunkeld). Bus link or car hire from there to Aberfeldy/Kenmore. [www.trainline.com](http://www.trainline.com) and [Bus Information and Times](#)  
Getting there by aeroplane:- From Glasgow or Edinburgh airports head north to the city of Perth. Follow the A9 trunk road to Ballinluig and then take the A827 west to Kenmore.

### **Car Parking**

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, located through the grounds of Taymouth Castle adjacent to the Sports Ground.

### **Sponsors and Supporters**

Race sponsor The Taymouth Marina provides luxury self-catering accommodation for short breaks and week stays in Kenmore, Perthshire. Offering a variety of holiday cottages, houses and apartments located in one of the most breath-taking locations in Scotland. Their luxury self-catering accommodation is situated around the beautiful marina, boasting spectacular views across the water. Designed with modern, luxurious interiors, our cottages, houses and apartments are the perfect getaway. <https://www.taymouthmarina.com/>

Phew, we think that's it. See you at the race.

Cheers

Richard & Diane

Race Organisers