

Lough Dan Charity Swim 2026 – Race Briefing

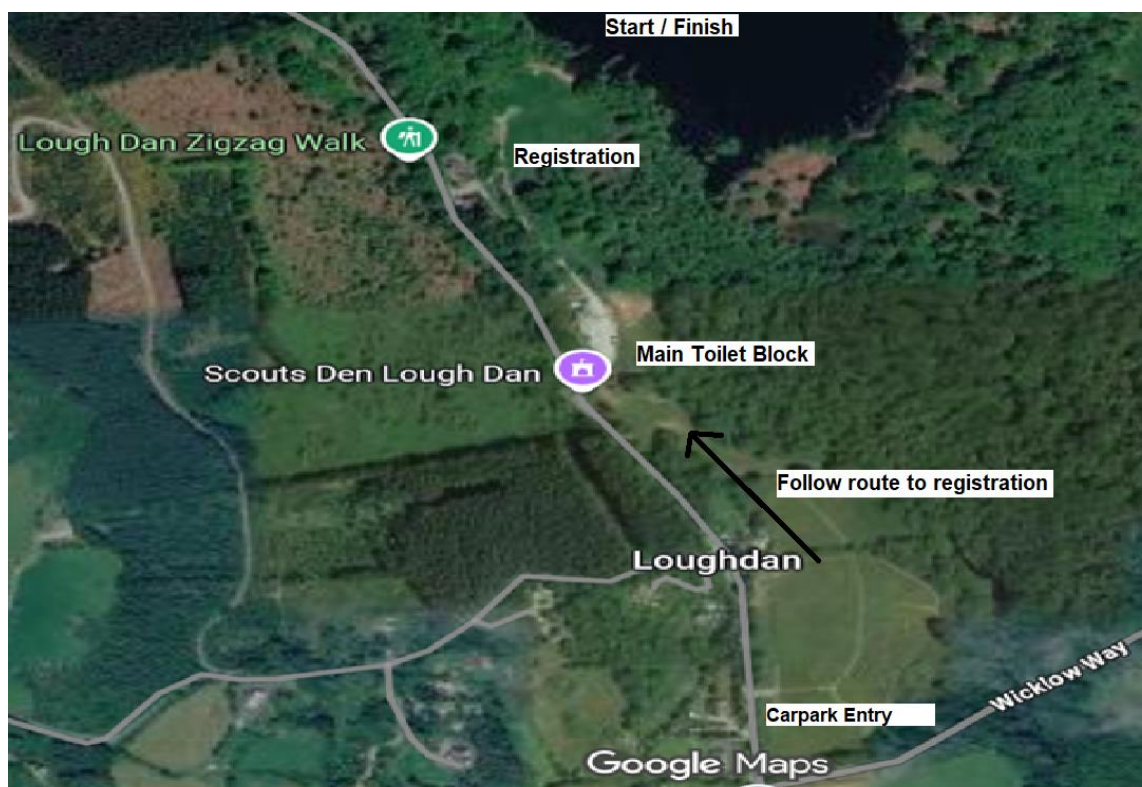
Dear Swimmer,

Thank you for entering the inaugural Lough Dan Charity Swim in aid of 22q11 Ireland and Our Lady's Hospice Wicklow. We look forward to welcoming you on the 12th July in the Scout Den at Lough Dan and hope you have an enjoyable day out! Please read the following information carefully to ensure you get the best from the day.

Getting here:

The Lough Dan Scout Den is located at Eircode A98 DR98 and is listed on Google Maps. We encourage all entrants to carpool to limit your impact on the environment and avoid any unnecessary upset to the Scout Den's neighbours in this very rural area.

Parking will not be available via the main entrance to the scout den itself, as it is reserved for safety and medical personnel only. Carparking is in a greenfield site adjacent to the scout den and will **open at 08:45**:



Please arrive in plenty of time and follow the instructions of the marshals when parking your car. You will be directed to registration as indicated by the arrow above. Please note that you will be passing the main toilets enroute as shown on map. There will be portaloos available closer to registration also.

Registration will open at 09:00 and close at 10:20 sharp. Please proceed to registration to sign on and receive your timing chip, colour coded event swim hat and number, which will be written on your hand.

There will be a tent to provide shelter for kit bags, however, no valuables should be left in your bag as the event organisers cannot accept any responsibility for loss or damage to your belongings. We will use your number to check in and out your bag. Please include a towel and clothes appropriate to the weather conditions to put on after your swim along with some food and a drink.

Timings:

Registration Open at 09:00 and **closes at 10:20 sharp**

Pre-race briefing taking place beside registration at 10:30

Entry into water for 1km swim only at 10:50 – Start 11:00

Entry into water for 3.9 km swim at 11:00 – Start 11:10

Prize giving – 13:15

Swim Rules:

- **Do not enter the water unless you are fit and in full health**
- No entry to the water until permitted to do so by event officials – there will be time to warm up prior to the swim start
- Official swim cap must be worn in accordance with your swim wave i.e. the 1km and 3.9km will have a unique colour
- **Tow floats are mandatory** – (thanks to the Gavin Glynn Foundation there will be tow floats available at registration in exchange for a donation to the foundation)
- Timing chip must be worn
- Follow the instructions of the kayakers, safety boats and officials at all times
- Be conscious of your fellow entrants. Do not swim over or come into contact with any other swimmers particularly at the swim start or turning buoys. If you come across a swimmer in difficulty attract the attention of a safety kayaker by raising your arm and remaining with the swimmer until the kayaker reaches you
- If you get into difficulty yourself, lie on your back holding your tow float, stay calm and raise your arm to attract attention
- Line up for the start in accordance with your realistic ability i.e. if you are not on first name terms with Daniel Wiffen don't be at the front of the wave – this will make for a more comfortable swim for you and everyone else. (You can

anticipate that the quickest swimmers will complete the 1km in < 15 minutes while the 3.9km will be completed in < 1 hour)

- Cut off times are 1 hour and 2 hours for the 1 km and 3.9 km swims respectively.

Swim Course:



1 km Swim: Water start at the Start point (Red/Yellow waypoints). Goes in a clockwise direction for one lap (Red waypoints above), turning right at the first large buoy (this will be signalled by the lead-out kayaker with other kayaks blocking progress straight ahead. Continue taking right turns around the buoys until returning towards the Start. Swim to the left of the Yellow Pontoon for the finish line. Finish timing mat will be at

the water's edge at the water entry / exit point (Purple waypoint). Carpet will be laid from wading depth to timing mat.

Caution the rocks to the left of the first turning buoy (do not swim excessively wide approaching this buoy). A kayaker will be present here to ensure no conflict.

3.9 km Swim: Water start at the Start point (Red/Yellow waypoints). Goes in a clockwise direction twice around the entire course (Yellow waypoints above). Following 2 laps swimmers will route left of the Yellow Pontoon to the Finish timing mat at the water entry / exit (Purple waypoint). Carpet will be laid from wading depth to timing mat.

Caution the rocks to the left of the 1 km course first turning buoy (Do not swim excessively to the left of this buoy). A kayaker will be present here to ensure no conflict.

General Information:

We're delighted to have Corner Shop Coffee at the event. They will be selling barista coffee and tea from their converted Land Rover.

We ask that everyone follows the principle of 'Leave no Trace'. Ensure you don't litter and bring your rubbish home with you for correct recycling and disposal where practical.

Results will be available live via www.justrunevents.com and we will have the results reposted via the website and Instagram as soon as possible afterwards.

Prize giving will be at 13:15. We have some handcrafted medals for 1st, 2nd and 3rd for male and female in the following categories:

- 1km Skins
- 1km Wetsuit
- 3.9km Skins
- 3.9km Wetsuit

We have had a great response to our request for prize sponsors so we hope to have some prizes too.

There will be an official photographer onsite and photos will be posted on the Instagram site [@lough_dan_swim](https://www.instagram.com/lough_dan_swim).

We're very grateful to have the assistance of Bray Sea Scouts, the Red Cross and many other volunteers who are giving up their time to ensure the success of the event. Please treat all these people respect and take the opportunity to say thanks if you get a chance!

Finally, have a great day and good luck with your swim!