

## Swimmer

Name: Robert McGlashan Gender: M Age: 39 Resides In: Toronto, Ontario, Canada

## Support Personnel

Pilot name(s): Alex Fami Vessel: Rinker Reg: ON41993 Port: Ontario Place, Toronto

Crew names & roles: James Corcoran (Coach + Observer), Madhu Nagaraja (Observer)

## Swim Details

Date: Sep/12/2020 Body of Water: Lake Ontario Location: Glow Beach, Oakville

Route description: Shoreline swim from Glow Beach in Oakville to Burlington Beach in Burlington.

Swim distance: 15.680 kms Start time: 8:30 am EDT Finish time: 1:39:14 pm EDT Elapsed: 5:09:14

List any "first" or record claims: First swim by Loren King from Burlington Beach to Glow Beach

## Rules & Conduct

Feeding (substances & frequency): CARBORPRO, Nuun and Water. Frequency: 60mins.

List all equipment, devices, and swimwear (including standard equipment) used by swimmer:

Pair of goggles (SPEEDO), Jammers(SPEEDO), Ear Plugs (SPEEDO), Watch - GARMIN.

List any modifications of MSF Standard Swim Rules:

Observer: Madhu Nagaraja

Email or Phone: MNAGARAJA@YAHOO.COM  
(289) 400-7597



I witnessed this swim in its entirety, start to finish, and attest that it was conducted in strict accordance with the rules and spirit of traditional marathon swimming.

Sep/18/2020