



Lynne Cox, Honor Swimmer, United States of America, 1982



[Personal Website](#)

Lynne Cox swam across the Catalina Channel in 12 hours and 36 minutes in 1971 at age 14. In 1972, she swam across the English Channel, setting a men's and women's records in 9 hours and 57 minutes. In 1973, she re-set the English Channel records in 9 hours and 36 minutes. In 1974, she broke the men's and women's records across the Catalina Channel in 8 hours and 48 minutes. In 1975, she became the first woman to swim across the Cook Strait between the North and South Islands of New Zealand in 12 hours and 2 minutes.

In 1976, she broke the men's and women's record for swimming the Oresund between Denmark and Sweden in 5 hours and 9 minutes. She broke the men's and women's record for swimming across the Kattegut between Norway to Sweden in a time of 6 hours and 16 minutes. In 1976, she became the first person to swim across the 42°F waters of the Strait of Magellan in 1 hour and 2 minutes. In 1977, she became the first person to swim between three of the Aleutian Islands and the first person to swim 12.8 km (8 miles) around the Cape of Good Hope in a time of 3 hours and 3 minutes.

In 1980, she swam around Joga-shima Island in Japan. In 1983, she swam across the three Lakes of New Zealand's Southern Alps. In 1984, she swam across 12 major waterways across the U.S. In 1985, she swam 'Around the World in 80 Days' by swimming 12 extremely challenging waterways some that had never been attempted. In 1987, she became the first person to swim across the Bering Strait between the Big Diomedede Island and the Little Diomedede Island in 40°F water in 2 hours and 6 minutes.

In 1988, she became the first person to swim across Lake Baikal. In 1990, she completed an unprecedented crossing of the Beagle Channel between Argentina and Chile. In 1990, she swam across the Spree River between the newly united German Republics. In 1992, Cox became the first person to swim across Lake Titicaca from Bolivia to Peru. In 1994, she swam through the Gulf of

Aqaba from Egypt to Israel and from Israel to Jordan. In 2002, she became the first person to swim 1.9 km (1.2 miles) in Antarctica from a ship to Neko Harbor in a time of 25 minutes in 31°F water.

She is also an inductee in the International Swimming Hall of Fame (2000) and received the Buck Dawson Authors Award - Honorable Mention for his popular book "Swimming to Antarctica".

[Expanded Biography \(Openwaterpedia\)](#)

[Long Swims Database \(Marathon Swimmers Federation\)](#)