



Penny Lee Dean, Honor Swimmer, United States of America, 1980



Personal Website (None known)

Penny Lee Dean won 1 Major: 1979 World Professional Marathon Swimming Federation. She set the overall English Channel record of 7 hours and 40 minutes in 1978 which stood until 1995 when one of her own swimmers broke it. Penny also set records in the Catalina Channel, from the mainland to Catalina in 7 hours and 16 minutes in 1976 (still holds in 2020), and from Catalina to the mainland in 8 hours and 33 minutes in 1977 on her way to a 80.4 km (50-mile) double-crossing in 20 hours and 3 minutes (still holds in 2020). In 1979 she won the 42 km (26-mile) Traversée internationale du Lac Memphrémagog in Canada, the 36 km (22.5-mile) Around-the-Island Swim in Atlantic City, USA, the 34km (21-mile) Traversée internationale du Lac St-Jean in Canada, the 24-hour La Tuque relay in Canada and the Paspébiac marathon swim in Canada. She was a founding member of the Catalina Channel Swimming Federation and served as the USA Swimming National Open Water Team Coach for eight years, taking teams to the 1991 Pan Pacific Championships, 1991 World Swimming Championships, 1982 and 1990 Windermere Championships, 1990 English Channel Race, 1984 and 1989 Catalina Channel Race and coach of nine solo Catalina Channel swimmers.

She was president of the College Swimming Coaches Association of America from 1985 to 1987 and served on the NCAA Swimming Committee. She has presented numerous international clinics on marathon and open water swimming, written articles for swimming publications and authored How to Swim a Marathon with printings in 1985, 1988 and 1992, Open Water Swimming, a how-to manual, and

History of the Catalina Swims in 1985. She was the meet director for the US Swimming Open Water 1984 International Invitational held in California. Penny authored four books on open water swimming and on this basis was presented with the Buck Dawson Authors Award by the International Swimming Hall of Fame. She is also an honoree of the International Swimming Hall of Fame (1996).

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

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