



Penny Palfrey, Honor Swimmer, Australia, 2009



Personal Website (None known)

Penny Palfrey became the second person ever to swim the treacherous, shark-infested 70 km Alenuihaha Channel from the Big Island of Hawaii to Maui in 2009 in 14 hour 51 minutes. She quickly followed up that effort with a 14.5 km (8.8-mile) swim across the Maui Channel from Maui to Lanai, becoming the first woman to achieve this feat. She won the women's division in the Manhattan Island Marathon Swim for three years in a row. She participated in the 120 km triple-crossing relay crossing of Lake Taupo, the biggest lake in New Zealand, finishing in 33 hours 33 minutes with five teammates. She was the first person to swim 64 km from Santa Barbara Island to the California mainland in 17 hours 53 minutes as well as the 27-mile (46 km) Santa Barbara Channel from San Miguel Island to the California mainland and the 10 km Santa Rosa Island to Santa Cruz Island off of the California coast. She tried twice to swim the 72-mile Kaieiewaho Channel between the islands of Oahu and Kauai in Hawaii, both times stopped by venomous stings of box jellyfish after nearly reaching halfway. She won the 2008 24-mile Tampa Bay Marathon Swim and completed an English Channel crossing in 9 hours 16 minutes in 2006 and a Strait of Gibraltar crossing in 4 hours 31 minutes in 2006 and an 8 hours and 27 minutes crossing of the Cook Strait in 2006.

She completed the Rottneest Channel Swim from 2000 – 2008 and was the Australian 25 km national champion in 1993 – 1994 with second in 2001 and 2007. Palfrey also attempted a 168 km crossing from Cuba to Florida across the Florida Strait in 2012, but was thwarted by powerful oncoming currents from the Gulf Stream after swimming for 41 hours 3 minutes. She completed an unprecedented 67.26-mile (108 km) swim between Little Cayman and Grand Cayman Islands in the Cayman Islands (called Bridging the Cayman Islands) that took her 40 hours 41 minutes in 2011. She has completed 6 of the 7 channels of the Oceans Seven.

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

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

