



Bridget Young, Honor Swimmer, Great Britain, 1988



Personal Website - None known

Bridget Young competed internationally for five years in the late 1980s. She crossed the English Channel in 9 hours and 58 minutes in 1985. She competed in the 16 km Faros Marathon each year between 1986 and 1989 and achieved two times of 4 hours. Bridget achieved podium finishes in two Long Distance Swimming World Cups in 1986: Lake Windermere in England and Ismailia in Egypt. She finished second overall and first female in the 26.4 km Lake Zurich Marathon in 1987 with a time of 6 hours and 35 minutes. She relocated to Australia after her marathon career and is still actively swimming.

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

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