



Sally Anne Minty-Gravett, MBE, Honor Swimmer, Great Britain, 2005



[Personal Website](#)

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Sally Anne Minty-Gravett, MBE has completed the Triple Crown. She accomplished several first ever swims: crossed the English Channel each of six sequential decades; first female to complete 4 Round Jersey swims; first woman to swim from the Island of Sark to Jersey in the Channel Islands UK; and the only female who has completed a 'hat-trick' of Round Jersey swims.

Sally set several records: oldest 2-way English Channel in 2016 which stood until 2019 and oldest female which stood in 2024 (and beyond); oldest to have completed Round Jersey in 2021 which stood until 2024 and oldest female which stood in 2024 (and beyond); and shortest time between swims around the Island of Jersey (72) hours in 2016 in 10 hours and 36 minutes (her personal best time in perfect conditions) then in 11 hours and 10 minutes (in challenging conditions) - which stood in 2024 (and beyond).

She crossed the English Channel 8-times as follows: in 1975 in 11 hours and 57 minutes to win the Captain Webb Memorial trophy for the fastest British crossing of the year; 2nd in 1985 in 15 hours and 3 minutes; 3rd in 1975 in 12 hours and 8 minutes; 4th in 2005; 5th in 2013; 2-way in 2016; and 8th in 2022.

Sally swam 18.5 km across Lake Windermere in 1974 and l. She represented Jersey in the 25.7 km Lake Windermere International Race in 1978 and represented Great Britain in a 25.7 km race in Holland 1977. She swam 22.5 km from Jersey to France in 1978 and swum 65.9 km around Jersey in 10 hours and 47 minutes, both in 1992. Sally swam around Manhattan Island in New York in 7 hours and 19 minutes and swam around Sark in the Channel Islands in 4 hours and 25 minutes, both in 1999.

Sally served as the President of the IMSHOF Honor Organization, the Jersey Long Distance Swimming Club, for 27 years and helped train over 40 Jersey Round swimmers and 20 Jersey English Channel swimmers.

In 2023 she received from the International Swimming Hall of Fame: The Irving Davids/Captain Roger W. Wheeler Memorial Award for her contribution to the administration of open water swimming.

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

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