



**Lewis Pugh, OIG, Honor Swimmer, Great Britain,  
2013**



[Personal Website](#)

Videos: [Interview 1](#) [Swim 1](#) [Swim 2](#) [Ted IMSHOF 2020 at 1:29:58](#)

**Lewis Pugh, OIG** completed a number of first ever stage swims: 560 km Length of the English Channel in 2018; 450 km down the Thames in 2006; 204 km Sogneford, Norway in 2004; 140 km width of Maldive Islands in 2004; 123.42 km across the Red Sea from Tiran Island in Saudi Arabia to Hurghada in Egypt in 2022; and 100 km around the Cape Peninsula in 2004.

His solo marathons include: English Channel in 1992; 25 km Lake Malawi in 1992; Cape Agulhas in 1994; 3 Capes in 2004; False Bay coast; 12 km Cape of Good Hope in 2004; 16 km Sydney Harbour in 2006; and 16 km Nelson Mandela Bay in 2006.

Lewis accomplished cold swims including: on Mount Everest; off Antarctica and across the North Pole. All his swims served to focus on environmental issues such as climate change and plastic in the seas.

He received the Presidential Award in 2011 from the International Swimming Hall of Fame.

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

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