



Diana Nyad, Honor Swimmer, United States of America, 1978



[Personal Website](#)

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Diana Nyad won 2 Majors: 1974 Capri to Naples and 1974 World Professional Marathon Swimming Federation. She was the first to cross Lake Ontario from north to south in 18 hours and 20 minutes and in 1979 swam 145 km from Bimini to Juno Beach Florida in 27 hours and 41 minutes. Diana was the first female ever to complete the 57 km Santa Fe-Coronda in Argentina in 1974 and her time of 8 hours and 22 minutes was the female speed record until 1990.

In the 36 km Capri to Naples race in 1974 her 8 hours and 11 minutes swim broke the female speed record of 8 hours and 54 minutes set by Honoree Judith de Nijs in 1970. The record held until 1987. Diana's swim around Manhattan Island in 1975 in 7 hours and 57 minutes received considerable media attention as it was the first such swim for nearly 20 years and broke the overall speed record by 42 minutes set in 1930 by Honoree William "Bill" Goll. The record held until 1982.

Nyad received the Buck Dawson Authors Award - Honorable Mention in 1978 and Al Schoenfield Media Award 2002 from the International Swimming Hall of Fame.

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

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