



Elizabeth Fry, Honor Swimmer, United States of America, 2014



Personal Website (None known)

Elizabeth Fry set the record for the oldest person ever to do a two-way English Channel crossing. As a member of the 24-hour club, Fry took 24 hours and 39 minutes as a 52-year-old to complete her two-way crossing. She was the first person to complete – the unprecedented double Ederle Swim, a 35-mile swim from Manhattan Island in New York to Sandy Hook, New Jersey. At the age of 50, Fry also smashed the record for swimming clockwise around Manhattan and became the first woman to swim around Manhattan Island in that direction when she completed the course in 11 hours, 41 minutes and 5 seconds, breaking the old mark by over 6 hours. Fry has also finished fifth in the 2009 Manhattan Island Marathon Swim, successfully crossed the English Channel five times since 2003, and has run 10 running marathons as well as is the long-standing race director of the 25 km St. Vincent's Foundation Swim Across the Sound.

She has also crossed the Catalina Channel from Catalina Island to the California mainland on 2 August 2005 in 8 hours and 56 minutes and the Strait of Gibraltar in a fast 3 hours and 35 minutes on 6 June 2013 at the age of 55. She completed the 25-mile In Search of Memphis in 2011, and was one of the top masters swimmers in the 10 km race at the 2012 Swim Across America Long Beach event on 23 September 2012 as well as the Round Jersey solo swim of 41 miles in 9 hours and 33 minutes in September 2013. She also won the women's division in the inaugural Cold Water Challenge in Connecticut on 2 November 2013. She completed the Oceans Seven Challenge.

Starting in 2017, over a period of 5 years, she swam all five of the North American Great Lakes: Erie, Huron, Michigan, Lake Ontario and Superior. The marathon swims ranged from 19.2 km in 6 hours and 44 minutes to 56km in 21 hours and 45 minutes. Her swim in Lake Ontario set a speed record (male and female).

In 2022 she received 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 \(Marathon Swimmers Federation\)](#)