



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



[Personal Website](#)

Lewis Pugh, OIG is an excellent example that marathon swimmers are not your average humans. They voluntarily push themselves beyond the normal. Cold, rough and tough are three adjectives that are commonly used among the marathon swimming crowd. But Pugh takes cold, rough and tough to an entirely different level. The former maritime lawyer and British Special Air Service warrior has done plenty of channel swims and marathon swims, but it is also his swims on high (on Mount Everest), down south (off Antarctica), and up north (across the North Pole) where he has established his name and reputation. This includes a first ever unassisted stage swim the length of the English Channel (530 km) over 49 days to raise awareness of plastic in the seas. His swims take on a significant amount of risk that requires full attention by his military experience and scientific mind. He surrounds himself by teams of experts and tackles swims that are considered impossible by the average person and extraordinarily daunting by his fellow aquatic adventurers.

Pugh is nothing short of extraordinary. He is a modern-day Renaissance Man – lawyer, Special Forces warrior, environmentalist, pioneering athlete. Lewis's life is as exciting as a Hollywood action hero. As a pioneer, he helps elevate the sport and enable both swimmers and non-swimmers alike to think of what is possible and how to get there. He received the Presidential Award in 2011 from the International Swimming Hall of Fame.

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

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