



**Cynthia Nicholas, CM, Honor Swimmer, Canada,
1978**



Videos: [Documentary 1](#) [Show 1](#)

Cynthia Nicholas, CM won 2 Majors: 1979 English Channel Race; and 1976 World Professional Marathon Swimming Federation. She was the first woman to complete a 2-way English Channel in 1977 in 19 hours and 55 minutes.

She bettered her English Channel 2-way speed record in 1979 and again in 1982 18 hours and 55 minutes – which held until 1993. Cynthia's career includes 19 crossings of the English Channel (1975 to 1982 of which 10 were 2-way swims. She became the Queen of the Channel in 1978 with her 6th crossing and held the title until 1992. At age 16, she became the fastest swimmer to cross Lake Ontario with a time of 15 hours and 10 minutes – this held until 1992 male and 2006 female.

Cynthia competed in these professional races: 3 times in the 32 km lac St-Jean races (female - 1 win and twice 2nd); 2 times in the 16 km Chibougamau races (female - 1 win and 1 2nd); 2 times in the 22.5 km Paspébiac races (female 2 wins) and the 45 km Paspébiac race (1st overall).

She is an inductee in the International Swimming Hall of Fame (2005).

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

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