



Michelle Macy, Honor Swimmer, United States of America, 2019



Videos: [Interview 1](#) [Swim 1](#)

Michelle Macy as an Oceans Seven and triple crown swimmer was the first to complete the 23.3 km Clarence Strait in Alaska. She set speed records: cumulative time for the Ocean's Seven between 2007 and 2013 was the fastest at that date (overall held to 2019 and female stood in 2024 (and beyond)); overall speed record in 9 hours and 35 minutes in 2013 in the North Channel (overall held to 2021 and female stood in 2024 (and beyond)); women's speed record in 8 hours and 55 minutes in 2012 in the Tsugaru Strait – held until 2016; women's speed record in 5 hours and 30 minutes in 2013 in Anacapa Passage – held until 2017; Around Jersey 66 km overall record in 9 hours and 29 minutes in 2014 which stood until 2015 and female record in 2024 (and beyond); and Jersey to France in 6 hours and 42 minutes in 2014 – stood until 2017.

She swam the English Channel 3 times – the fastest in 10 hours and 2 minutes, Catalina Channel in 10 hours and 13 minutes, Cook Strait in 8 hours and 2 minutes, Strait of Gibraltar in 3 hours and 39 minutes, Molokai Channel 45km in 14 hours and 12 minutes, Tsugaru Channel in 8 hours 55 minutes and North Channel in 9 hours and 34 minutes.

Other marathons include: four-time consecutive female winner of the 13.2 km Pennock Island Challenge in Alaska; Manhattan Island; and Boston Light.

Through the creation of “MacySwim for a Cure,” she uses her swimming to raise funds, \$50,000 to 2020, for the Masonic Cancer Center at the University of Minnesota earmarked for Breast Cancer research.

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

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