



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



Videos: [Interview 1](#) [Interview 2](#) [Swim 1](#) [IMSHOF 2020 43:09](#) [IMSHOF 2022](#) [IMSHOF 2023 at 46:35](#) [IMSHOF 2024 at 36:53](#)

Elizabeth Fry completed the Oceans Seven Challenge and Triple Crown. She accomplished several first ever swims: 2-way S.C.A.R; first woman clockwise around Manhattan Island; 2-way Ederle Swim, a 56.2 km swim from Manhattan Island in New York to Sandy Hook, New Jersey; Triple Crown in both directions and from 2017 to 2022 all five of the North American Great Lakes (Erie, Huron, Michigan, Ontario, and Superior) ranging from 19.2 km in 6 hours and 44 minutes to 56 km in 21 hours and 45 minutes.

Fry set several records: oldest 2-way English Channel crossing 2011 in 24 hours and 39 minutes as a 52.8-year-old (held the record until 2016) and in 2009 swimming clockwise around Manhattan in 11

hours, 41 minutes, breaking the old mark by over 6 hours (which stood in 2024 and beyond).

She crossed the English Channel five times since 2003 when she won the Eurotunnel Award for the fastest crossing of the year; the Catalina Channel from Catalina Island to the California mainland in 8 hours and 56 minutes; and the Strait of Gibraltar in 3 hours and 35 minutes. Fry swam the 40.2 km In Search of Memphis, the length of Lake Tahoe as well as the Round Jersey solo swim of 51 km in 9 hours and 33 minutes.

She ran 10 running marathons and is the long-standing race director of the 25 km St. Vincent's Foundation Swim Across the Sound which raised more than \$26 million for charity as of 2021.

In 2022 Fry 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 \(Marathon Swimmers Federation\)](#)