



Sarah Thomas, Honor Swimmer, United States of America, 2018



[Personal Website](#)

Videos: [Interview 1](#) [Interview 2](#) [Show 1](#) [IMSHOF 2021 at 1:07](#)
[IMSHOF 2023 at 1:43:10](#) [IMSHOF 2023](#)

Sarah Thomas completed the triple crown and accomplished several first and record setting swims. She was the first swimmer to complete a 4-way English Channel, 132 km in 54 hours and 10 minutes in 2019; 2-way Memphremagog, 80.4 km in 30 hours and 1 minute in 2013; 2-way North Channel, 69 km in 21 hours 47 minutes in 2022; and 2-way Lake Tahoe, 68.4 km in 22 hours and 30 minutes in 2013. She holds the longest 3 distance records for “longest current-neutral swims” in the Marathon Swimmers Federation list: 169 km Lake Champlain in 67 hours and 16 minutes in 2017; 132 km 4-way English Channel in 2019; and 128.7 km Lake Powell in 2016 in 56 hours and 5 minutes (which stood in 2024 (and beyond))

These swims were covered by Associated Press, ESPN, The New York Times and AP, Swimming World, the Triathlete Forum (SlowTwitch) and another 50+ media outlets. Her swims expanded the horizon of marathon swimmers.

Sarah completed many other marathons including 36.2 km Loch Ness in 2015.

She received The Poseidon Award from the International Swimming Hall of Fame in 2021 for her high-level performance that advanced the development and status of Marathon Swimming to the world.

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

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