



**Sally Anne Minty-Gravett, MBE, Honor Swimmer,  
Great Britain, 2005**



[Personal Website](#)

**Sally Anne Minty-Gravett, MBE** has crossed the English Channel each of five sequential decades. Sally swam 18.5 km (11.5 miles) across Lake Windermere in 1974 and first swam in the English Channel in 1975 in 11 hours and 57 minutes to win the Captain Webb Memorial trophy for the fastest British crossing of the year. She represented Jersey in the 25.7 km (16-mile) Lake Windermere International Race in 1978, represented Great Britain in a 1976 8 km (5-mile) race in Belgium and a 25.7 km (16-mile) race in Holland 1977.

She swam 22.5 km (15 miles) from Jersey to France in 1978 and swam the English Channel for the second time in 1985 in 15 hours and 3 minutes. She swam the English Channel, from France to England, for the third time in 12 hours and 8 minutes and swam 65.9 km (41 miles) around Jersey in 10 hours and 47 minutes, both in 1992. Sally swam around Manhattan Island in New York in 7 hours and 19 minutes and swam around Sark in the Channel Islands in 4 hours and 25 minutes, both in 1999. She swam the English Channel for the 4th time in 2005.

In 2013, she swam the English Channel for the fifth time (in her and the 5th decade). She has helped train over 40 Jersey Round swimmers and 20 Jersey English Channel swimmers. She was the first woman to swim from the Island of Sark to Jersey in the Channel Islands UK and to date is still the only woman. She swam around the Island of Jersey TWICE in 72 hours - Friday 22nd July in 10 hours and 36 minutes - a personal best time in perfect conditions, and then again on Sunday 24th July in 11 hours and 10 minutes - in challenging conditions. She is now the oldest female (59) to have completed this swim and Sally is the only female who has completed a 'hat-trick' of Round Jersey swims! She also completed a two-way English Channel swim.

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

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