



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



[Personal Website](#)

**Sarah Thomas** competed a 128.7 km/80.0 miles Lake Powell (Arizona USA) swim in 2016 in 56 hours and 5 minutes – that’s more than two days of swimming! According to the previous lists published by The Daily News of Open Water Swimming: it was the longest distance EVER lake swim surpassing those by other IMSHOF honorees: Vicki Keith – 104 km/64 miles double-crossing of Lake Ontario in 1987 and Abdel-Latif Abo-Heif/Ted Erikson 96.5 km/60 miles Lake Michigan in 1963. Sarah’s swim was also the 13th longest swim EVER in terms of time, according to Openwaterpedia.

The swim was covered by Associated Press, ESPN, The New York Times and AP, Swimming World, the Triathlete Forum (SlowTwitch) and another 50+ media outlets. Her swim expanded the horizon of marathon swimmers. Sarah broke the record this year with a 168 km/104.6 mile Lake Champlain swim. This took 67 hours and 16 minutes and drew similar media and Facebook attention. It put her #7 on the list for the longest swim ever in terms of time. In 2019 she also completed an unprecedented 4-way crossing of the English Channel.

Sarah completed the Triple Crown in 2012 and Loch Ness in 2015. She was the first person to complete double crossings of Lake Tahoe (67.5 km/42 miles) and Lake Memphremagog (80 km/50 miles).

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 \(Marathon Swimmers Federation\)](#)